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FREE | Thursday, July 30, 2020 | Volume 40, Issue 29

LOOK FOR NEW RESALE HOMES COLLECTIONS IN THIS WEEK'S PAPER



PHOTO: ALYSSA PARKHILL

OFFICIAL OPENING: Trisha McLean, owner of The Story Isn't Over, was joined by members of her team, as well as Caledon Mayor Allan Thompton and Ward 2 Regional Councillor Johanna Downey on Tuesday (July 28) as she celebrated the grand opening of her new community psychotherapy and counselling clinic. For the full story, see Page A6.

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Province putting up $3.3 million to develop programs to battle hate-crimes in Ontario

Written By ALYSSA PARKHILL

The provincial government is taking significant steps to support the prevention of hate-motivated crimes in communities across Ontario.

Last Wednesday (July 22), Dufferin-Caledon MPP Sylvia Jones revealed the Province is writing a cheque for $1.7 million to go towards 'community-based programs to combat hate-motivated crimes.'

"Our government has zero tolerance for hate, racism and discrimination in all forms," said MPP Sylvia Jones, who also serves as Ontario's Solicitor General.

The funding will go towards programs for the next two years, until 2022.

The $1.7 million is being provided from the Safer and Vital Communities Grant and will be distributed to successful applicants from non-profit organizations and First Nation Band Councils.

The grant "provides funding to community-based, not-for-profit organizations and First Nations Chiefs and Band Councils to address local risks to safety and well-being in the community".

Continued on Page A2

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Town of Caledon launches petition calling for improved high-speed internet

Written By ALYSSA PARKHILL

The on-going concerns over a lack of high-speed internet options in the rural areas of Caledon has forced the Town of Caledon to launch an online petition lobbying for improved services.

The municipality moved forward with the petition earlier this month to declare broadband service an essential service within the municipality. The petition is to motivate both Dufferin-Caledon MP Kyle Seeback and Dufferin-Caledon MPP Sylvia Jones to support the declaration and to 'help facilitate telecommunication access to existing infrastructure, including underutilized or dark fibre optic network and hydro poles in support of affordable and reliable broadband expansion in all communities'.

The situation has only been exasperated by the COVID-19 pandemic, with many locals forced to work from home, and students expected to learn online, despite having inadequate internet resources.

According to the petition, "Most businesses including agriculture, require high-speed internet to operate, and it has become a key component of economic development. Current and future residents expect to have access to high speed internet for both personal and professional endeavours. Much of the school curriculum has become dependent on students having access to internet and a computer at home."

MP Kyle Seeback has been fighting for better internet in rural areas in his riding since being elected last year. Mr. Seeback states on his website that residents have shared their concerns and complaints about the lack of high-speed and limited access in the Dufferin and Caledon areas.

"Almost all the government funds are accessed by the large telecoms. And by doing that, you drive out the smaller internet service providers from their ability to compete and to also provide broadband services in rural communities," he said in an interview with the Citizen last week. "We have to redesign those programs really for the benefit of smaller and regional internet service providers, because they're the ones that are actually trying to expand their services across rural municipalities."

> "This pandemic has shown us that access to affordable high-speed internet service is more important than ever, and there are many areas of Caledon that are under-served.
>
> Caledon Mayor Allan Thompson

The Town of Caledon is asking for the help of the community to sign their petition to allow their voices to be heard to find a solution to this ongoing issue.

Over the past couple months there have been small fillers to the gaps, including on(-June 2, where Caledon took a step forward through an RFP that was issued to improve Caledon's internet infrastructure, worth over $5 million. The proposal was issued by Southwestern Integrated Fibre Technology Inc. (SWIFT).

"We have long advocated that this is an essential service and now the pandemic has underscored it," said Mayor Allan Thompson. "I'm thrilled that our dream of Town-wide access to affordable, reliable high speed is that much closer to reality. I want to thank our provincial and federal governments, our SWIFT partners and Members of Council for all their support."

But it hasn't been enough.

The Town is hoping that residents will come together and sign the petition to make high-speed internet access an essential service for our community.

"This pandemic has shown us access to affordable high-speed internet service is more important than ever and there are still many areas of Caledon that are under served. The Town of Caledon has added more public Wi-Fi and partnered with providers such as Vianet to boost infrastructure, but more needs to be done," said Mayor Allan Thompson on his Facebook page. "We need our federal and provincial governments to declare broadband internet an essential service."

To learn more, please visit Caledon.ca.

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Continued from FRONT

Province putting up $3.3 million to develop programs to battle hate-crimes in Ontario

In 2017, Canada had 2,073 police-reported hate crimes, with over 1,000 of them taking place in Ontario. In 2018, there were a total of 1,798 police-reported hate crimes in the country with 762 of them in Ontario.

According to these statistics, Ontario sees more motivated hate-crimes, whether on race or ethnicity, religion and sexual orientation, than any other province.

"We must continue to work together to confront these real-life barriers that threaten and limit opportunities for too many Ontarians," said Jones. "Effective solutions cannot come from government alone, and the Safer and Vital Communities grant will allow community-based organizations to be full partners in the fight against hate in Ontario."

To be eligible for the funding, organizations must apply and be dedicated to address hate-crimes in their community. This can be done in the form of a series of programs such as recreational, youth development and raising awareness.

Applicants will be chosen and announced in the winter of 2021.

In addition to the grant of $1.7 million toward community organizations, another $1.6 million is being invested to protect communities against all hate and racism.

Solicitor General and MPP Jones announced on Tuesday (July 28), the new grant that will flow over the next two years to 'create a new Anti-Racism and Anti-Hate Grant program.'



FILE PHOTO

FIGHTING HATE CRIMES: Dufferin-Caledon MPP Sylvia Jones, who also serves as Solicitor General, unveiled $3.3 million in funding to fight hate-motivated crimes in Ontario last week.

"Racism and hate will not be tolerated and our government is doing everything it can to protect people from being victimized because of their race or religious beliefs," said Jones. "This new grant program will be developed collaboratively with community partners across Ontario to ensure it leads to the most effective solutions in the fight against racism and hate in our province. These much-needed solutions cannot come from government alone."

This new grant also falls in line with Ontario's Anti- Black Racism Strategy to combat and break down the barriers to improve and move forward with racial equity. To do this, the government is planning on reviewing government policies, programs and services to provide more opportunities and better outcomes.

Working in the role of Minister Responsible for Anti-Racism, MPP Jones is dedicated to increasing public awareness and bringing vital change.

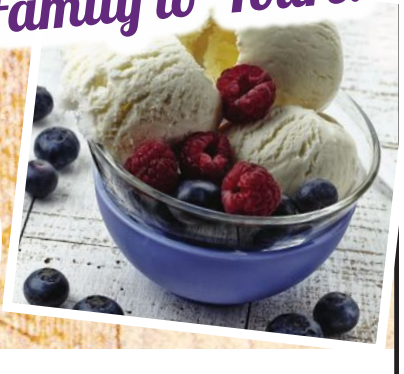
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Rock Garden Farms pushing through challenges amid pandemic

Written By ALYSSA PARKHILL

Rock Garden Farms has had to make several necessary changes in recent months to keep their staff and customers safe, but management says they are "so grateful" to have had the opportunity to remain open and serve the local community throughout the COVID-19 pandemic.

Located on Airport Road, the retail market and greenhouse are known for their fresh produce and flowers. From seasonal fruit and vegetables to festive pies, Rock Garden Farms has been serving the Caledon community for 30 years.

Like many other local businesses, Rock Garden Farms has had their ups and downs through the COVID-19 pandemic.

"The beginning was very overwhelming. We weren't expecting to open the farm with COVID-19, and not knowing what we were getting into," said Margaret Galati "When we did get into it, we had to roll with it, and try to function and make this place very safe, COVID friendly, so that we were all managing without feeling too much stress and anxiety."

They opened up curb-side pickup to allow the community to continue buying their produce and products. They found it challenging to transition to no in-person shopping but did what they could to make it work.

"It was a challenge because I had to get a laptop out here, a printer. It had a few glitches at the beginning, but we definitely ironed them out with some great help and support," said Galati.

The 88-acre farm is run by owners Nick and Tish Iuglio and their daughter Margaret, along with her children and grandchildren. A true family business.

Galati expresses that without her family, and without the staff at Rock Garden Farms, business wouldn't have run as smoothly as it has.

"I can't say enough about the staff. I couldn't run this business without good staff around me," she said.

She added, "The people that did come back and wanted to work, and the new people that stepped into places where I needed, they came through like angels from above. Our family can only do so much to make this place run, we definitely need good hands and people around us and we were fortunate to have that."

Business has been booming for Rock Garden Farms as COVID-19 has made people uncomfortable to go into the busy, grocery stores, and have been leaning on local markets and produce retailers for their food.

"People had nowhere to go, and food is a necessity. So, when there was no restaurants or going out, or going to work, they're all home and going to need more food on a daily basis," explained Galati. "They had all their family, whether it be their children back home and that's three meals a day. There's been an increase in food sales, and all the other businesses I'm sure felt that."

Rock Garden Farms produce are all hand-picked and thoroughly chosen to ensure high quality produce for their customers.

"Our motto is that you'll taste the difference and you'll know by the taste, how much fresher it is than anywhere else that you've purchased, like a chain store," expressed Galati. "We are here to serve the community, and we want to make sure that we're here on a daily basis to make sure that the community has somewhere to purchase fresh ingredients and products."

For more information, please visit rockgardenfarms.ca.



FILE PHOTO

A FAMILY BUSINESS: Rock Garden Farms has pushed through the challenges with serving the community during the COVID-19 pandemic, but are grateful to continue providing the freshest Ontario produce.



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Caledon OPP looking for public held to identify theft suspects

Officers from Caledon OPP responded to several reported incidents of theft from motor vehicles that occurred in the early hours on Wednesday, July 22, 2020 in the area of Dougall Avenue and Maple Trail Road in the Town of Caledon.

In total, three separate incidents had been reported, where two unknown suspects rummaged through unlocked vehicles parked in the driveways overnight.

The suspects stole a wallet, cash and an iPhone left in the vehicles.

Suspect #1: male, 16-20 years old, thin build, wearing a face mask, dark grey Raptor's hoodie, grey sweatpants, black Adidas shoes, black gloves, and a blue Jan Sport backpack.

Suspect #2: male, 16-20 years old, thin build, wearing a hoodie, track pants, athletic footwear, baseball cap and a backpack.

If you recognize the suspects or have any security footage that could assist with this investigation, please call the Caledon OPP Detachment 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 your vehicles and close the windows;
- Remove everything from sight leaving nothing in your vehicle to steal;
- Remove garage door openers from your car, and

Never leave the car running and unattended.

Operation Safe Driver yields 'impressive results'

Officers from the Caledon OPP Detachment joined other law-enforcement agencies across North America to participate in an annual week-long campaign "Operation Safe Driver". The campaign ran from July 12th-July 18.

During the campaign, Caledon OPP joined North American police and other road safety partners to target unsafe driving behaviors among commercial and non-commercial motor vehicle drivers.

Speed, improper lane changes, following too closely, driver inattention and losing control are lead contributing factors in OPP-investigated CMV collisions year after year.

The following charges had been laid by the members of the Caledon OPP:

- Speeding - 453 charges
- Seatbelt - 37 charges
- Fail to obey traffic control - 19 charges
- Fail to yield right of way - 6 charges
- Distracted driving - 6 charges
- Other provincial charges - 118 charges
- Other moving violations - 3 charges
- Impaired driving - 8 charges
- Other Criminal Code driving - 4 charges.

In addition to the above, the officers had stopped 40 Commercial Motor Vehicles, charging the drivers with the following:

- Speeding - 18 charges
- Speed limiter violation - 2 charges
- Seatbelt - 7 charges
- Distracted driving - 1 charge
- Defective equipment - 10 charges
- Moving violations - 10 charges
- Document - 6 charges.

Caledon OPP reminds drivers that we all have a role to play in keeping our roadways safe.





SUBMITTED PHOTO

CAN YOU IDENTIFY THESE MEN?: Caledon OPP is asking for the public's help as they attempt to identify two suspects believed to be involved in a collection of thefts from cars in the early hours of July 22, in the area of Dougall Ave. and Maple Trail Road.

OPP lay 6,000 charges during truck safety initiative

The Ontario Provincial Police (OPP) joined North American road safety partners for Operation Safe Driver last week, laying a total of 6,049 charges on OPP-patrolled roads.

The week-long traffic safety campaign targeted commercial and non-commercial vehicle drivers who failed to share the road safely, with a focus on speeding.

With last year (2019) marking the highest number of commercial motor vehicle (CMV) collisions on OPP-patrolled roads in more than 20 years, officers were well-prepared to deal with the significant number of drivers they observed engaging in poor driving behaviours during the enforcement initiative.

Speeding dominated the offence categories among non-commercial drivers, with 3,687 speeding charges laid. In contrast, there were 145 speeding offences among CMV drivers, which also led the list of charges for this driver class.

Among other CMV driver charges were 110 document-related offences,

104 for moving violations, 45 defective equipment-related and 21 speed limiter charges. Officers took 19 CMVs off the road during the initiative.

Among non-commercial vehicle drivers, the OPP laid 251 seat belt charges, 112 distracted driving charges and 85 impaired driving charges.

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**names have been changed to protect privacy.*

How Do You See It?

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Cathy Perennec McLean, Director, Employment and Training, Caledon Community Services at 905-584-2300 ext. 220 or cmclean@ccs4u.org

This column is provided free of charge by the Caledon Citizen.



PHOTO: PAULA BROWN

TWINNING: Renee (#37) and Rambo are twin calves that were born 11 days apart with one being born on June 10 and the other June 21 at the Morningcall Farm in Mulmur.

Twin cows born 11 days apart may be first-time occurrence

Written By PAULA BROWN

Patsy Glover and Doug Martin, owners of Morningcall Farm, never expected that when one of their cows gave birth to a calf last month, that 11 days later a second one – a twin would be born alive and healthy.

"We never expected it, there were no signs, she [the cow] wasn't doing anything," said Ms. Glover in an interview at the Mulmur-based farm.

She added, "It's quite an experience, because nobody have ever heard of this before, ever."

The duo, which Ms. Glover has taken to calling the miracle twins, are now better known as Renee and Rambo. Both are names picked out by Ms. Glover.

"I call him Rambo because he was in there for 11 days, ramming to come out," she said. "I call her Renee because I like the name."

Scrumptious, the 6-year-old mother to the duo, first gave birth to Renee back on June 10th. Ms. Glover recalls that it was just beginning to get dark when she noticed, looking through an upstairs window of their home, odd behaviour from a few of the other cows in the pasture of their Mulmur farm. When her husband Doug went out to check, he found a new born calf. On June 21, 11 days after Renee's arrival, Glover says her husband was cleaning a part of their barn out when he found Rambo.

"[He] noticed a calf and questioned how it had gotten out of the field and into the barn," said Glover. "Looking closer he realized that it was a new calf – it was still wet."

Scrumptious, Rambo, and Renee are a breed of cow known as Hereford, which according to the Canadian Hereford Association, an organization that handles registry of the breed and its profitability, is known for being fertile and docile.

When the calves were first born, Ms.Glover reached out to some of the bigger breeders in Western Canada, none who have heard of an experience like this one. Contacting the Canadian Hereford Association, she's been asked to have the DNA of Renee and Rambo tested.

"We just take two hairs out of each of their tails," said Glover.

Laying on the hay of their pen in the barn, the duo are curled together, sleeping through the heat, Ms. Glover says they're always together. The two also have their own personalities.

"She's a wire, she loves to be would up and he's kind of laid back," she said.

Looking on at the calves, Ms. Glover still speaks about the surprise of Rambo being alive and healthy – "11 days in there and still living, I can't believe it".

YourWaste

What you need to know.

On Monday, August 3, there will be no waste collection due to the Civic holiday. Waste will be collected one day later.

All Community Recycling Centres are closed on **Monday, August 3,** and will reopen on **Tuesday, August 4.**



Sign up to receive **FREE** waste collection reminders
peelregion.ca/waste

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ADVERTISING FEATURE

5 REASONS FAMILIES CHOOSE MEMORY CARE AT AMICA



With the health and safety of residents as a top priority, Amica is a trusted leader in providing exceptional care. This is especially important for people living with Alzheimer's. Changes in abilities and behaviour mean safety becomes an even greater concern. Knowing you or your loved one will be cared for by professionals certified in dementia and behaviour support is key.



CARE THAT IS PERSONALIZED

At Amica Peel Village care is personalized – according to each resident's unique needs and preferences. Memory Care residents get enhanced care in dedicated Memory Care suites including support with bathing, dressing, grooming, medication management and much.

CARE THAT IS PROFESSIONAL

Each team member is trained to understand the needs of people at all stages of dementia, and to support seniors who may be experiencing frustration, anxiety, aggression or communication issues as a result of cognitive aging. This ensures that each Memory Care resident receives care that is knowledgeable, respectful and compassionate.

CARE THAT IS ALL-ENCOMPASSING

Not only is there a nurse and specialized support team on site 24/7 – we also ensure our Memory Care residents receive consistent care with scheduled appointments from a visiting physician, massage therapist and physiotherapist, with access to foot care, a walker clinic and a hearing clinic.

CARE THAT COMFORTS

We use individualized support tools such as My Life Story Book and My Life Story Box to help engage and comfort residents. Residents are also encouraged to participate in activities like music therapy and outings proven to bring feelings of purpose and belonging.

CARE THAT EVOLVES

With our professional staff providing the assistance and services you require at every stage of life, you don't have to worry about moving again if your care needs change. Interested in learning if Memory Care is right for you or your loved one? Book a private tour today.

To learn more call Susan or Zeba at 905-460-0080. For information about our Covid preparedness visit Amica.ca

AMICA
PEEL VILLAGE

223 MAIN ST S ▪ AMICA.CA

Local psychotherapy & counselling clinic opens up in Bolton

Written By ALYSSA PARKHILL

One local group of health care providers have come together to provide the Caledon community, whether that be couples, families, children or individuals, with vital mental wellness care.

The Story Isn't Over held their grand opening on Tuesday (July 28), where founder Trish McLean, along with her team, cut the shiny red ribbon, beside Mayor Allan Thompson and Ward 2 Regional Councillor Johanna Downey.

The Story Isn't Over was developed by McLean who was in constant frustration several years ago when trying to seek help for a family member, and even herself. The lack of education, resources and facilities resulted in her creating her own clinic, now located in downtown Bolton.

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

The Story Isn't Over has a variety of specialized health care providers who bring their own type of services to the facility.

In addition to family, groups, individuals, children, adolescents and couples, art and music psychotherapy is provided, as well as specialized referrals and online/telephone counselling and even yoga.

What makes The Story Isn't Over different from other mental wellness resources, is the first-hand understanding behind each provider. McLean has battled her own mental demons over a number of years, along with caring for a family member who has suffered.

But with that experience, McLean has become relatable, personable, and easier to open up to for those who seek her services. She told the Citizen that she looks for the same understanding in her staff. Each team member has their own story and endured their own journeys and have their own fill of training and experiences.

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

She added, "This is why I'm so passionate about this, because I've seen the dark side of this and it's not adequate. There's no compassion," said explained.

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

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

Through the series of services provided at The Story Isn't Over, not only is there the help that is needed, but education as well. Education about different types of mental wellnesses and resources.

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

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

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



SUBMITTED PHOTO

NEW CLINIC: Trisha McLean accompanied by her team as they celebrate the grand opening of psychotherapy and counselling clinic The Story Isn't Over on (July 28).

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

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

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

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

Health officials asking attendees of Schomberg party to get tested for COVID-19

Written By MARK PAVILONS

York Public Health is asking those who attended a large party near Schomberg recently to get tested for COVID-19.

Three confirmed cases resulted from July 12 gathering at 17015 8th Concession, Township of King.

The first case was confirmed July 20 and all three so far are non-York residents.

York Region Public Health issued a public notice to assist in contact tracing for individuals who attended the party.

The three confirmed cases were infectious while at the party and reported that they did not practice physical distancing and did not wear a face mask or covering. A public notice is issued as further information on possible close contacts of these three confirmed cases is required to identify others who may have become infected and to help prevent further spread of COVID-19.

Anyone who attended the party on July 12, from 6 p.m. to 12:30 a.m. July 13 may have been exposed to COVID-19. If you attended the party:

• Seek assessment and testing at a COVID-19 Assessment Centre.

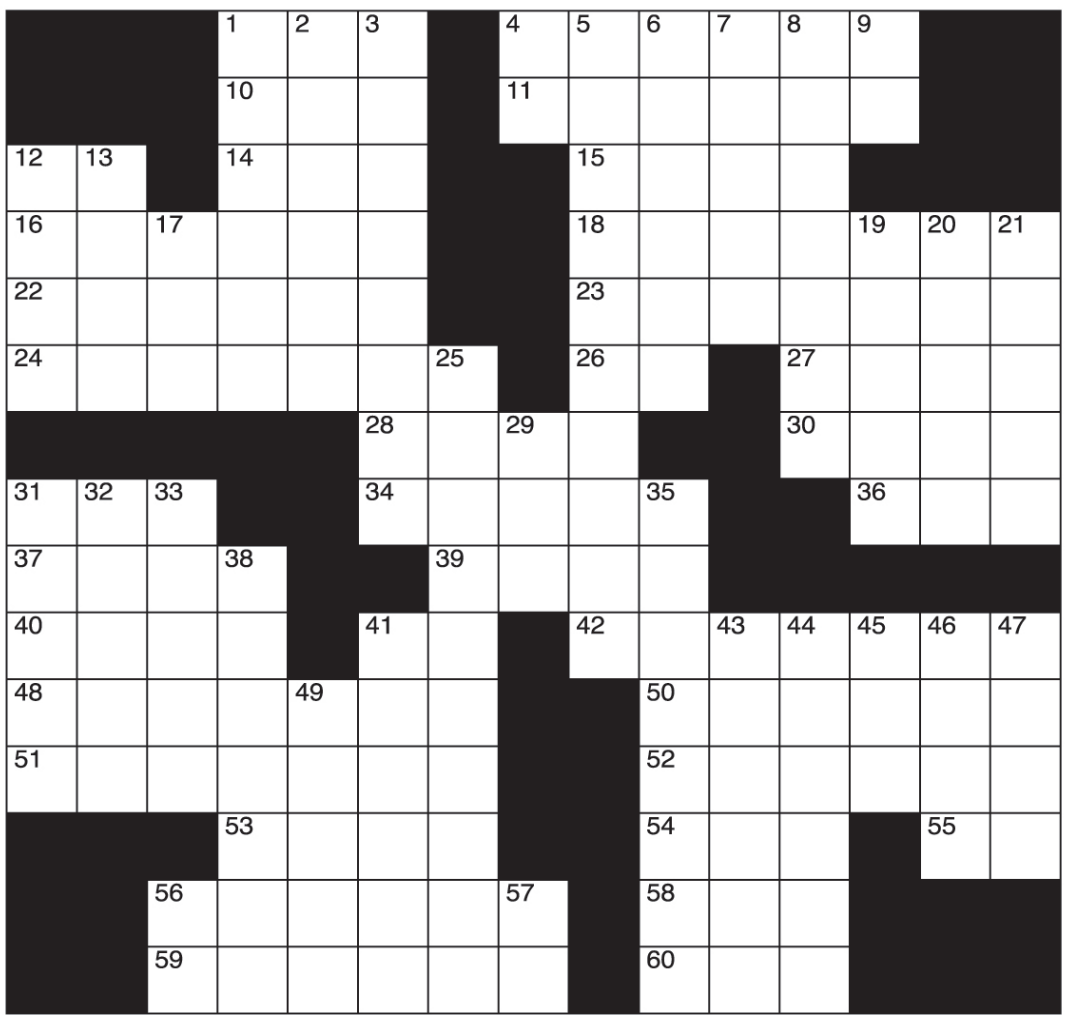
• If you experienced symptoms related to COVID-19 on or after July 12, and attended the party, self-isolate immediately and call York Region Public Health at 1-800-361-5653.

If you attended this event and have not yet developed symptoms of illness, call York Region Public Health at 1-800-361-5653, go for testing at an assessment centre.



The Citizen CROSSWORD

Solution on page A11



CLUES ACROSS

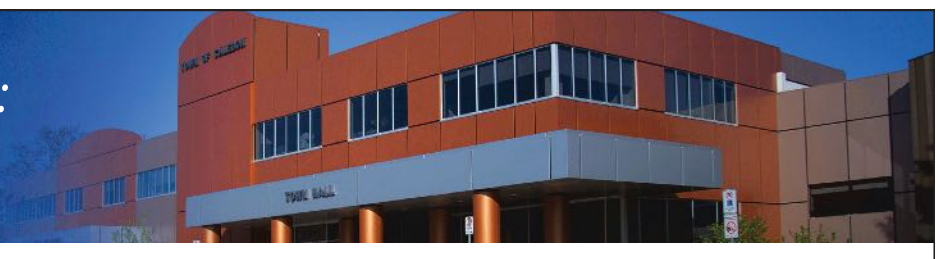
1. Central processing unit
4. Military action
10. How electricity gets to train carriages (abbr.)
11. Unsafe
12. Of (French)
14. Autonomic nervous system
15. Type of bean
16. Accuse formally of a crime
18. Promote
22. Type of lava
23. Meat from a deer
24. Herbaceous plants
26. Potato state
27. Helsinki neighborhood
28. Sports officials
30. Shout wildly
31. Reptile genus
34. Frocks
36. Born of
37. N. Scandinavian indigenous people
39. Poultry cage
40. Aquatic insect genus
41. Of I
42. Ad __: tirelessly repetitive
48. Item
50. Produce
51. Seedless raisin
52. Bond in a third party's control
53. Legendary character __ Finn
54. Space station
55. Note at the end of a letter
56. In a way, contradicted
58. Midway between northeast and east
59. Bears important traffic
60. Brooklyn hoopster

CLUES DOWN

1. Presides
2. Artist's tool
3. On a higher floor
4. Commercial
5. Something to watch
6. Chased
7. Commercial producers
8. Keyboard instrument
9. Blue grass state
12. Phonograph recording
13. Unusual
17. Popular average
19. A native or inhabitant of Asia
20. N. Sweden river
21. Related on the mother's side
25. Mediator
29. Partner of to
31. Arm bones
32. Korean seafood dish
33. Tap of the foot
35. Astronauts
38. Carolina footballer
41. Indiana city
43. Of or relating to bears
44. Not widely known
45. Body part
46. At the peak
47. High-pitched cries of a cat
49. A way to intimidate
56. Prosecutor
57. Atomic #66

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

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Masks are mandatory in public indoor spaces

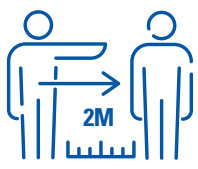


As per Town of Caledon By-Law No. 2020-47

Exceptions include children under the age of two, anyone who has trouble breathing or has a medical condition and those who cannot remove a mask without assistance.

To learn more about the Town's By-law and for a full list of exceptions, please visit **caledon.ca/covid** or contact us at 905.584.2272.

Wearing a mask is only one way to keep ourselves and our families safe. Please continue to follow these additional safety guidlines:



Stay two metres apart while in public.



Wash your hands frequently and avoid touching your face.



If you feel sick, stay home and get tested.

Chalk Art Contest

Calling all children, 6 – 10 years old



Fire safety is even more important while we're all at home. Show us your creativity by using chalk to draw fire safety art on the sidewalk. You could win a free ice cream coupon, delivered to your home by Caledon firefighters.

Have fun drawing!

caledon.ca/firesafety



Visiting Town Hall? Make an appointment

To protect public and staff, access to Town Hall and the Animal Shelter is by appointment only. Book now at **caledon.ca/appointment**.

COURTS ARE CLOSED

The Provincial Offences Administration (POA) in Caledon and Orangeville are closed.

For more information about courts and tickets, visit **caledon.ca/poa**.

AVAILABLE SERVICES:

Animal Shelter
Monday – Friday
Building Services
Monday and Wednesday
By-law complaints
Monday – Friday
Marriage licenses
Tuesday and Thursday
Planning and Development
Monday and Wednesday
Taxes
Monday – Friday

Property Tax Update

Final tax bills will be mailed out in August.

For thoses experiencing financial hardship due to COVID-19, tax payments can be deferred to December 31, without penalties and interest. For those that can, please make your payments by September 3 and November 5, 2020.

PAYMENT OPTIONS:

To make a payment at Town Hall, you must make an appointment first: **caledon.ca/appointment**. Additional payment options are also available:

- Pay online with credit card
- Pre-authorized payments
- Through your financial institution/online banking
- Place payment in the drop box located outside of the main entrance at Town Hall
- Through your mortgage company
- By mail

For more information, visit caledon.ca/tax or call 905.584.2272 x.7750

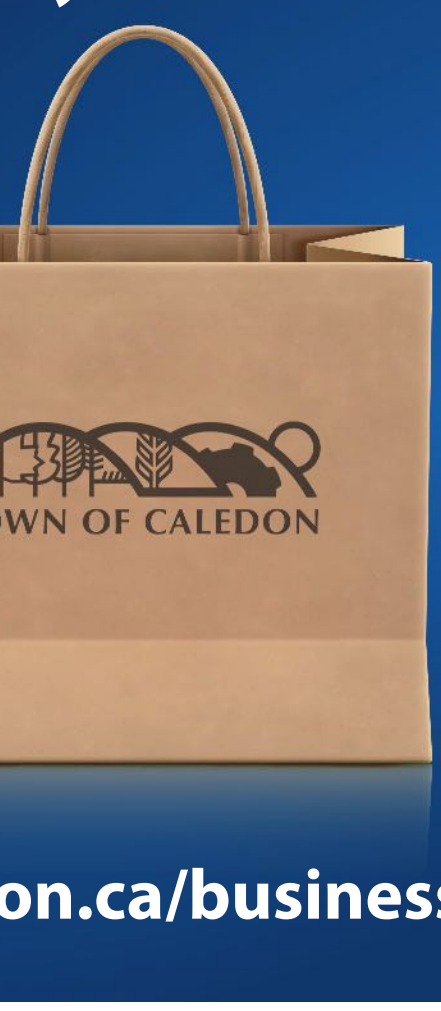
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We're equipped to deal with the passage of time

by Mark Pavilons

"Time keeps on slippin', slippin', slippin'

"Into the future ..."

Well, the Steve Miller Band had it spot on when they sang this 1976 hit.

It had a bit of a "dreamy" feel to it, not unlike the feeling we have these days, during what's turning out to be one of the longest and strangest years ever.

We've all had the feeling that some days drag on like we're walking in mud, while others fly by.

We know that time doesn't change, so it must be our perception, right?

Our brains and bodies are complex, indeed.

On our own, we can't really keep track of time, that's why our ancestors invented sundials and clocks. Tracking minutes and seconds has become much easier, thanks to technology.

But have our "inner" clocks or sense of the passing of time gotten better or worse over the centuries?

Psychologists have identified many factors that affect our sense of time, some of which explain our heightened awareness of it this year, during the pandemic.

Our emotion distorts time, the experts say.

A number of studies have looked at how attention and emotion affect our sense of time.

They said things that grab our attention or require more attention and they actually feel like they last much longer.

Emotions can also influence our perception of time. Sadly, if we're having fun or on vacation, time flies. Conversely, if we're sad, depressed, lonely, stressed, burdened, time drags like a ball and chain.

Most of us know that a busy day usually goes by quickly, especially when we're running errands.

But for some the opposite is true in 2020. Front-line healthcare workers, for example, know they are at high risk of exposure to the coronavirus, and the resulting anxiety heightens their attentiveness and slows their perception of how quickly a day passes.

We tend to rely on memory rather than knowledge to date events happening within our lifetime. But as our memory distorts our perception of time, it also affects our sense of when an event took place.

Psychologists have found that it's common when recalling a long-ago event to think that it happened more recently than it did. But if the event happened within the past three years, we often think that it happened longer ago.

This effect is called telescoping. Think of it as looking backward or forwards through a telescope where images are distorted depending on the orientation.

There's no question 2020 will not soon be forgotten. But already, more than four months into this altered reality, and I can't recall the details of March, when the world came to a halt. I remember the shortage of essentials and the mad dash to the grocery store, but I don't have many crystal-clear memories of pandemic activities around our house.

Is it selective memory, or an illusion of time itself?

Wouldn't it be great if we could freeze those special moments in our brains and make them last forever? How about creating a device that let's us access any memory we want, so we can replay it over and over in our mind's eye?

I have a decent memory for facts, figures and information. I also have quite vivid dreams. Yet, I have no recollection of my early years – nada prior to age 5. The only vivid "traumatic" memory I have is waking up from nap time in kindergarten. The teacher, for some reason, let me sleep in, while the rest of the class gathered together and began singing songs. This off-key ensemble woke me up and as I rubbed my wearing eyes, I remember a few kids laughing at this "sleepy head."

Few memories spring to mind from 7-10.

Those years did pass by as they should have, yet I have no detailed recollection of events.

Even today, my memory is quite selective, and I don't seem to retain much of the mundane, everyday moments.

From day to day, I don't really feel the passage of time. I can see the real-world effects, however, like hair and finger nail growth. If I was lost on a remote island, these, and my Fabio-like locks would be my only indicators of weeks gone by.

I guess I could count the number of sun rises and sunsets, and notch some ticks into a nearby palm tree. At one point, it would all blend together and time would slow to a crawl.

Scientists are still learning about the human brain and memory to this day. Memories are stored mainly in the hippocampus, neocortex and the amygdala. Fiddle around with any of these and our precious memories are lost forever.

Experiments in animals showed that removing or changing just a single chemical or molecule can prevent the formation of memories, or even destroy memories that already exist.

I'm not alone in the memory game. Our ability to remember new information peaks in our 20s, and then starts to decline noticeably from our 50s or 60s. But new studies centre around whether exercise can improve brain function. Fingers crossed.

Time carries on without a mere thought of us mere mortals.

Until our concept of linear time changes, we are stuck with "slippin, slippin, into the future."

Enjoy the ride.

Editorial

What difference will Torstar sale make?

PERHAPS THE MOST DIFFERENCE in the proposed sale of Torstar Com. for $52-million was the size.

It wasn't that long ago when the sale of one of the country's largest newspaper chains would have commanded many times that figure. Part of the reason could have been the enormous impact of the COVID-19 pandemic and the fact that the five families who owned the conglomerate all wanted out before there was a further decline in ad sales.

The sale happens to be just a few years after Ontario witnessed a huge difference thanks to a deal between Torstar and Postmedia, which essentially elimated all competition between the two chains and saw the death of some of the nation's best community papers, one being the Collingwood Enterprise Bulletin.

Although there were speculations that the sale would lead to the new owners making the Torstar publications follow the lead of Postmedia in ordering its publications to support the Conservatives in the next election, that seemed to disappear with the proposed selection of former Liberal premier David Peterson to head up the newly private Torstar.

Jordan Bitove and Paul Rivette, who formed Norstar Capital to make the $52-million bid, denied any plan to make dramatic changes in either the Star or its stable of Metroland papers, which includes the Orangeville Banner, Caledon Enterprise and the Erin Advocate.

However, Wednesday's Globe and Mail included an op-ed piece by Cecil Pascal, a professor at the University of Toronto's Ontario Institute of Studies in Education and former director of the Atkinson Charitable Foundation, which said the sale could lead to the end of "much of Canada's most significant and progressive ethos."

The Star's "unrelenting fight for social justice, civil liberties, workers rights and the important role of the government as a buffer between the individual and society had been central to our national journey and the 'Canadian experience.'"

In its early days, industry insider John Hinds said he didn't expect the sale of Torstar to a pair of Canadian entrepreneurs would lead to dramatic changes at the company's chain of weekly community newspapers. And he saw the deal as sending some positive signals about the embattled industry.

"I think the good side is that people are interested in owning newspapers and news media, and that is always positive," said Mr. Hinds, CEO of News Media Canada, an advocacy group for daily and community media outlets.

"Our current focus is that we are excited to bring new potential revenue sources and partners to the business and find ways to grow, not cut," said Mr. Rivett, who recently retired from Torstar's largest independent shareholder Fairfax Financial Holdings Ltd.

As far as specific plans for Torstar's community newspapers, not much has been said, at this point, but Hinds doesn't expect any major changes.

"Local is key right now and we've certainly seen that in the community sector. I don't see that the ownership is really going to change that. It's really about serving those communities and being the medium of record in those communities, which Metroland (now Torstar communities) has been for a lot of those communities."

He noted the new owners have talked about shifting to a more "digital strategy", but added "it's something you guys have already ambraced and are moving forward with".

The sale of Torstar comes at a time when the already struggling newspaper industry is being further battered by dramatic declines in advertising revenue caused by the coronavirus pandemic.

Hinds said that "we've got huge (readership) demand at the same time when a major source of revenue, and for many of the community sectors the primary source of revenue, has disappeared or has been severely cut back."

But the pandemic have also revealed how vital local newspapers are to the communities they serve.



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The CALEDON CITIZEN is a member of the Ontario Press Council, an independent body set up by the newspapers of the province to uphold freedom of expression and deal with complaints from readers. The Press Council encourages complainants to first give the newspaper an opportunity to redress their grievances. If not satisfied, they may then write to the Council, enclosing a copy of material that is subject of the complaint, at 80 Gould St., Suit 206, Toronto, ON M5A 4L8.

Caledon Citizen

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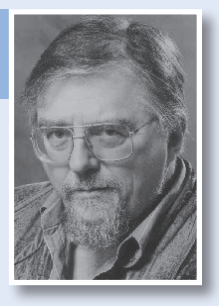
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Iran's nuclear theshold game

GWYNNE DYER
OUR WORLD TODAY



"A glance at the history of nuclear weapons manufacture shows that all 11 countries that wished to build bombs did so within three to 10 years," wrote Yossi Melman, intelligence and strategic affairs correspondent for Israel's Haaretz newspaper, on Sunday. So why, he asked, has Iran failed to do it in over thirty years of trying?

Maybe, Melman suggests, it's because Iran doesn't really want to build nuclear weapons. Maybe it just wants to be a 'threshold' nuclear power, always able to finish the job quickly if it really needs to.

This is not exactly a new thought, but it's the first time I have seen it in the Israeli media. It's also the first time I've seen the obvious question put so plainly: how could any country possibly spin the job out that long?

Iran has 80 million people with adequate scientific and technological skills. At any point in the past fifty years it could certainly have built nuclear weapons in less than ten years if it had gone all out. It didn't. Why not?

Iran's original nuclear weapons programme was started by the Shah in the 1970s with the blessing of the United States, which was hoping to make him the pro-American policeman of the Middle East.

Ayatollah Khomeini's revolutionaries shut that programme down when they seized power in 1979. They reckoned they didn't need it. The only country in the Middle East that does have nuclear weapons is Israel, and the Iranian assessment has always been that it won't be reckless with them.

What really does get the Iranians going is nuclear threats from OTHER countries.
The first time was after Iraqi dictator Saddam Hussein invaded Iran (with US support) in 1980. Iraq really did have a nuclear weapons programme, Iraqi ballistic missiles were already falling on Iranian cities, and so at some point during that eight-year war Iran restarted the Shah's nuclear weapons project.

Saddam's invasion of Iran failed, however, and his subsequent invasion of Kuwait and defeat in the 1990-91 Gulf war ended with the dismantling of Iraq's nuclear facilities under UN supervision. So Iran's nuclear weapons programme went back into hibernation. How can we be sure? Melman's '10-year rule': if Iran had kept going, surely it would have nukes by now.

The next panic was in 1998, when India and Pakistan each tested half a dozen nuclear weapons. India is no threat to Iran, but Pakistan potentially is. It is a powerful Sunni Muslim state (220 million people) right next-door to Iran, the world's only major Shia country.

Sunni extremists have never gained power in Pakistan, but there is a big jihadi influence that even extends into the army. Iran panicked again, and in 1999 it secretly restarted its nuclear weapons programme.

That only ran until 2002, however, when an anti-regime Iranian revolutionary group, Mujahedin-e-Khalk, spilled the beans in public. Sanctions were imposed on Iran, and work on nuclear weapons once again ceased.

So the 'mystery' is solved. The Iranian nuclear weapons programme has not been active for a total of ten years, let alone ten continuous years. And Iran was willing to sign the internationally guaranteed ten-year deal to stop all potentially nuclear weapons-related work in 2015, because it is already close enough in terms of being a 'threshold' state.

There is the same constant tug-of-war between the rational actors and the ultra-hawks in Tehran as there is in Washington, Moscow and Beijing, but most of the time the grown-ups are in charge. If they lose the argument to the extremists in next year's Iranian election, it will be because Donald Trump pulled out of that deal and reimposed sanctions in Iran.

Why did he do that when even his own intelligence services were saying the Iranians were keeping their promises under that deal? Because the deal was part of Barack Obama's legacy, all of which Trump is determined to destroy, and for no better reason.

Israel's Prime Minister Binyamin Netanyahu does have a rational reason for wanting to destroy the deal, however. His intelligence services also told him that Iran was fulfilling its commitments under the deal, but he needs the Iranian nuclear 'threat' in order to win Israeli elections.

Does the phrase 'rogue states' spring to mind?

If only...

SHERALYN ROMAN
TALK CALEDON



It's a short column today. The "dog days" of summer have set in, it's super hot outside and I don't know about you but the heat and humidity makes me feel just a tad lazy. When it's hazy outside movement slows to a crawl and any real exertion seems to bring on a possible case of heat stroke! Unfortunately, what doesn't slow down this time of year (and possibly, in keeping with the season, even heats up a bit) is ignorance, a lack of care for our fellow humans, rumour-mongering running unabated, racism, riots, continued debate over school re-openings and so much more. If only the hate also slowed down in the heat, the world and even our little corner of it, would be a much better place.

What follows are a few of my "If Only's." It's a compilation of wishes for our community, our country and our world in general. If only some of these changes took hold locally, perhaps I could then dream of them taking hold on a more global scale. Perhaps even a global movement of kindness, sparked by the resolution of even just one or two of these "If Only's." Hey, a girl can dream right?

• If only people could agree to disagree without the rumour mongering, the name-calling and the implied aggression that sometimes rears its ugly head. We will not all of us always agree. Such a world would actually be almost as intolerable as the one we're in now. We'd be no better than automatons and all insightful discussion – from which much knowledge and learning is often gained – would end. Let's have the conversations but leave the baseless accusations, derogatory comments and wild assumptions behind. Yes community facebook groups, I'm talking to you. Foster community, not faux outrage. Some are doing a great job. Others, not so much. It's time for a change.

• If only people would get their news from credible news sources and not rely on "facebook facts," publications of dubious merit or papers and websites produced by special interest groups with their own purposeful slant on the information they publish. If only people understood the difference! If only we didn't fall victim to every meme created by a bored but industrious Covid housebound computer "hackspert" with nothing better to do than wreak havoc with the simple click of a photo shopped picture. If you've ever shared something that just didn't sound quite right but not taken the trouble to verify the source and veracity of the facts – you're as much to blame as the original author. Winston Churchill once said, "A lie gets halfway around the world before the truth has a chance to get its pants on." If and when the truth is ever finally shared, somehow it never seems to travel nearly as far.

• If only these first two points weren't so relevant to current events happening right here at home. So much chatter recently, by so many, without reference, background or a more fulsome understanding, who are weighing in on a recent MZO with respect to ongoing development in Mayfield West. Get the whole story first. Please.

• If only people would follow the dang rules. COVID-19 just isn't that complicated. It likes people. It NEEDS people. Without people, in close contact with one another and not wearing masks, COVID will die. Stop shaking hands, start wearing a mask and in the immortal words of the popular 80's Band "The Police" – "don't stand so close to me." You know what that means people? It means don't have house parties with OVER 200 PEOPLE IN ATTENDANCE! Can someone do the math for me? If 200 people are exposed to even one case of COVID-19, that means how many people are now at risk? I can't do the calculations but I know the short answer is TOO MANY.

• If only I couldn't predict the future with such tiresome accuracy. Here is my latest prediction: When a Covid-19 vaccine is finally available, the same conspiracy theorists currently arguing over whether to wear a mask will switch their arguments to opposing a vaccine instead. Anti-vaxxers will proliferate and haters will hate and the debate will rage on. You think mandatory masks are a big deal? Just wait.

• If only there was not some random person in one of our local communities within Caledon continually devoting themselves to taking down signs related to Black Lives Matter. Are you THAT racist? Is my simple act of choosing to post a #BlackLivesMatter sign on my OWN front lawn so offensive that you must, under cover of night, steal it? Maybe our Canadian "superiority complex" over our southern neighbours is not so warranted after all? If I heard, from a credible news sources, this behaviour was happening somewhere in the Southern US I might not have been too surprised. Right here at home however? I just don't get it.

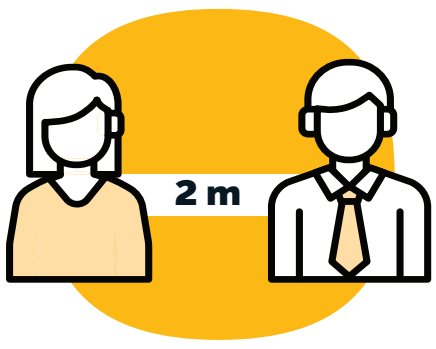
• If only this last point was obvious and did not have to be stated. While we're on the topic of hate, if you're in the wedding business you should already know that #Loveislove and that since you're in the business, you just might be asked to officiate a wedding, photograph a wedding, video a wedding or cater a wedding. It shouldn't matter one iota who is actually getting married.

Utopian vision? Looking at the world through "rose-coloured glasses?" Perhaps. But the view in my "If Only" world is so much nicer than our current outlook.

If Only……..



As more businesses and services reopen, we must all continue our efforts to protect each other.



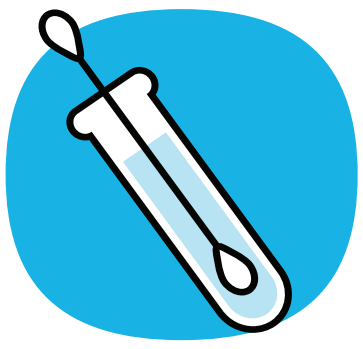
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Dig a Little Deeper partners up with Caledon Community Services

Written By ALYSSA PARKHILL



SUBMITTED PHOTO

PARTNERING UP: Christina Crowe and her team at Dig a Little Deeper Psychotherapy and Counselling have partnered with local organization Caledon Community Services to help serve the community during the difficult times of COVID-19.

Two local organizations have joined forces to help ensure the Caledon community is served better than ever.

Dig a Little Deeper Psychotherapy in Bolton have collaborated with Caledon Community Services to help one another assist area residents.

The clinic, located in downtown Bolton, was founded in 2015 by Christina Crowe when she saw the demand for services for clients who have had to endure hefty waitlists. Crowe established Dig a Little Deeper for the Caledon community to ensure local residents had access to a variety of mental health services, psychotherapy and counselling resources.

Dig a Little Deeper provides services for adults, children, adolescents, couples and families.

"We are a self-manager team of modern psychotherapists and counsellors, passionate about supporting our local community. We continuously strive to offer a wide range of services, accessible mental health education and seamless access. We also endeavor to partner with our local community leaders and programs to support the diverse needs of our community," Crowe states on the organization's website.

Crowe reached out to CCS CEO Monty Laskin prior to COVID to introduce the wide array of services her organization provides, as well as introduce a potential pilot project to them. The clinic has a team of trained and graduate interns to assist in training new psychotherapists.

"By taking on graduate interns, I help train new psychotherapists for Ontario, which I quite enjoy. CCS lets potential clients know about the program we offer, and if they want the support, the client signs up for services with us, through CCS," said Crowe. "There is no cost to CCS for this, and for us, I am donating my supervision time."

She added, "It fulfills part of the Dig A Little Deeper company purpose of providing accessible services, so it's a win-win."

Crowe had actually reached out prior to the COVID-19 pandemic to form a partnership with CCS to be able to be able to provide opportunities and services for residents where it's needed.

Along with several other businesses and organizations, Dig a Little Deeper switched to offering online services due to the COVID-19 pandemic, and have been working virtually ever since.

"Luckily, most of us already had a part of our practice online. It's convenient for many people -parents on mat leave, people with limited mobility, business travellers. We already had the secure platform, so that transition was simple," said Crowe. "It was a tougher transition to be screen-facing all day long, five days a week. While initially we worried about missing cues we would see in-person, ironically meeting from our homes, we found sessions can, in fact, be more intimate than either therapist or client would have expected."

Crowe added, "It turns out, in many surprising ways, online therapy can be more effective, if people are willing to try."

CEO of CCS Monty Laskin took to Twitter to thank the clinic for their partnership and the help they provide for those in the community who seek psychotherapy and counselling services. He stated, "Big shout to Dig a Little Deeper Psychotherapy in Bolton. Christina has stepped up to provide our clients with psychotherapy supports over the past many months. Improving health and improving community well-being, thank you very much."

"I became a therapist later in life, as my second career, and I never intended to only help those who had great benefit plans. It took a while to figure out how I could help in a sustainable way. When I became a clinical supervisor, and my trainee's needed clients, the program started to come together," explained Crowe. "Because I supervise all the graduate intern's sessions, these clients are getting the expertise of both myself, and my trainee, at no or very low cost."

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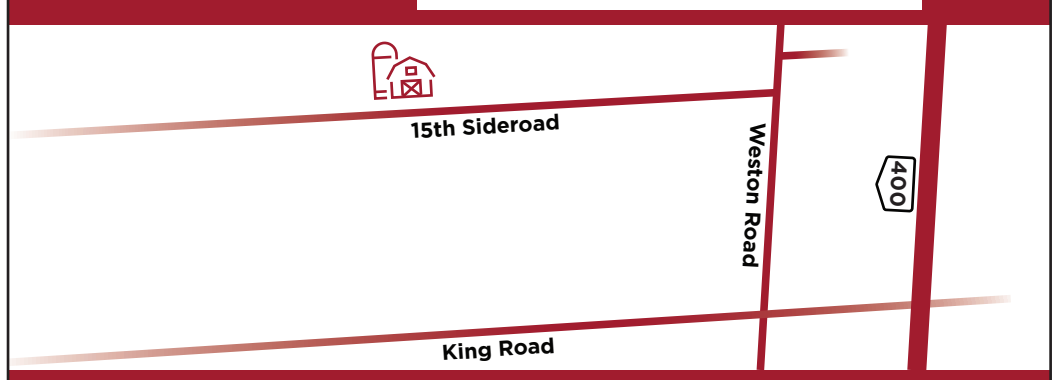


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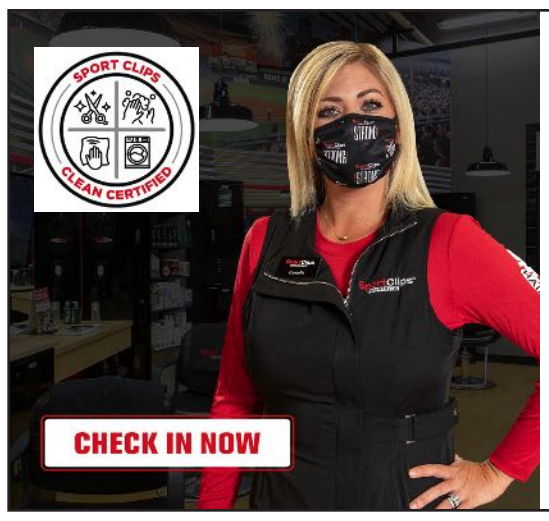


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Caledon Cyclones 'ecstatic' to get back to the top of the food chain

Written By ROBERT BELARDI

Maintaining the number one status as the best ranked club in the country at the U-15 level isn't quite as simple as you might think.

It becomes quite gruelling to try and withhold a reputation by kicking the ball around cones in your basement without touching grass at all.

For the past few months that's what it was like for the U-15 Caledon Cyclones girls' soccer team. Much to the appreciation of Manager Cosimo Mazzaferro, the girls were training extensively five times a week on Zoom calls, working on technical ability on the ball.

The girls also participated in running and biking sessions which were tracked by the club. Mazzaferro says this method motivated the girls to be better.

"They all can see what everyone else is doing. They kind of thought, 'this girl has run five kilometres I have to run six,' or 'this girl ran five kilometres in 30 minutes I have to run it in 28.' They motivated each other during the break as opposed to waiting for soccer to come back. We kept them as fit as possible. Now, there were different levels. Some girls were more engaged than other as is normal with any team. But for the most part, we had our Zoom calls we had 15 girls on the call consistently out of 20," Mazzaferro said.

Before the province shutdown, the goal was to win a national title.

Not knowing the national tournament was going to be cancelled, the coaching staff continued to motivate the Cyclones to remain in tip top shape.

Now, it's all about revisiting the fundamental aspects of the game twice a week and rekindling chemistry on the pitch. It's about enjoying cadences from the coaching staff, the sweet sound of the ball off the first touch and the jovial conversations amongst one another.

One of the newest girls on the team, Eliana Rocha said this is one of the most welcoming teams she has ever been on and appreciates how well the girls connect on the field.

"A lot of other teams kick and chase and I feel like that's not how you are supposed to play soccer. I feel like we connect very well."

The striker/midfielder, transferred to the Caledon Cyclones this past season from the Woodbridge Strikers. She says, she wants to be a part of the "best of the best" in order to fulfill her future aspirations of one day, playing in the United States on scholarship.

In practice, the girls are permitted to continue working on technical abilities while remaining as far apart from one another as possible. For the past four weeks, the club has been working on passing and moving drills. This past workout, the club finally saw some shots on target.

The hope is with stage three, the girls are allowed to begin scrimmaging under the OSA rules. The next step is exhibition games which have yet to be considered.



PHOTO: ROBERT BELARDI

GOAL SIDE: The Caledon Cyclones take part in their first shooting drill in the past four months.

As the season moves forward with training, Mazaferro says he is awaiting a decision to be made for a tournament to be played in the Fall. Hopefully the decision will be made in the coming weeks.

Cyclones player Hailey Greco, said she is thrilled to be back with the club and looks forward to finally getting back into game action.

"I hope we get back to games. Besides that, I hope we can get back to training and back to where we were. Be that number one team that we were and I hope that we can get back on the field again and love what we do."

Currently, Mazzaferro and another coach Dimitrios Kalogerakos are looking for an experienced coach as a player or with NCAA experience.

Kalogerakos says, they are simply looking for someone that is the "right fit" more than anything else.

Tryouts will be held in September for a spot on the team. For further information, please contact Mazzaferro at 647-530-2937.

With hockey finally back, we predict round one of Stanley Cup playoffs

Written By ROBERT BELARDI

If you think about it, it took a pandemic to bring the Stanley Cup finals back to Canada.

Under these circumstances, it's what no hockey fan in this country ever imagined.For hockey to be running at the beginning of August.

Around this time last year, King City's Alex Pietrangelo and Aurora's Robert Thomas were celebrating their time with beloved Lord Stanley. Now, the St. Louis Blues teammates, will be competing in the 24-team playoff bracket for another shot at the sports greatest prize.

In the Western Conference, the Blues will play the Colorado Avalanche, Vegas Golden Knights and Dallas Stars once to determine who gets the top seed in the west.

In the Eastern Conference, the Boston Bruins, Tampa Bay Lightning, Washington Capitals and the Philadelphia Flyers will do the same, to determine the top four seeds in the east.

While these eight teams anxiously await their unforeseen opponents, the rest of the 16 teams will be participating in their play-in series. The Citizen, broke down each Canadian matchup and predicted who will emerge from the best of five series.

Toronto Maple Leafs vs Columbus Blue Jackets:

The Columbus Blue Jackets had the Toronto Maple Leafs' number in their last matchup. Gustav Nyquist scored the overtime winner back in December in a 4-3 victory in Scotiabank arena.

This time, it's a whole different ball game. Maple Leafs head coach Sheldon Keefe has some history with Blue Jackets head coach John Tortorella. Keefe, was drafted by the Tampa Bay Lightning in 1999 and never found a place on the roster when Tortorella took over the team.

How the Leafs will do will depend on the play of their big-four; John Tavares, William Nylander, Auston Matthews and Mitch Marner.

But, that won't be all what the Leafs will need. The Buds, will need secondary scoring, outstanding goaltending from Frederick Andersen and arguably the x-factor in this one will be the special teams. The Leafs ranked 6th in the league in power play percentage, tallying 45 power play goals on 195 opportunities (23.1 per cent). That is much better, than Columbus (rank 27) at 16.4 per cent. Prediction: Leafs in 5.

Pittsburgh Penguins vs Montreal Canadiens:

The Montreal Canadiens will muddle with some of the league's top stars in this five-game bout.

The Habs, will be up against veterans Sidney Crosby, Evgeni Malkin, Kris Letang and newly-acquired Penguins forward Jason Zucker from the Minnesota Wild earlier this year.

Should the Penguins see Omaha, Nebraska native Jake Guentzel return to the lineup since suffering a season ending shoulder injury back in December, the Penguins will be looking to redeem themselves this year after being swept in last year's playoffs against the New York Islanders.

It will be a lot of work for Carey Price, Shea Weber, Max Domi and company. However, if the Habs upset the Penguins, this wouldn't be the first time. In 2010, the 8th seed Montreal Canadiens upset the President's trophy winning Washington Capitals in the first round before upsetting the Pittsburgh Penguins in the second round. The Habs made it to the Eastern Conference finals that year, before losing to the Philadelphia Flyers. Prediction: Penguins in 5.

Vancouver Canucks vs Minnesota Wild:

The Vancouver Canucks finished one point ahead of the Minnesota Wild in the standings this year. The Canucks ended the year off with 78 points to the Wild's 77.

It will be a thriller between two teams practically, evenly matched in points. The Canucks will have a very healthy lineup heading into the playoffs, with their goaltender Jacob Markstrom back in the mix.

J.T Miller (72 points) and Elias Pettersson (66 points) will be at the fore for the Canucks offence along with Bo Horvat, Brock Boeser and newly acquired forward from the Los Angeles Kings Tyler Toffoli.

The most interesting matchup, is both teams' defence cores. Rookie Quinn Huges has been on fire with 53 points this season while Alexander Edler and Tyler Myers will be tough to get by.

But, the Wild, have a defence core arguably as strong, if not stronger, with veteran Ryan Suter (47 points on the year), Jared Spurgeon, Matt Dumba and Jonas Brodin. Kevin Fiala has caught fire and with other veterans such as Eric Staal and Zach Parise, the Wild won't be a walk in the park. Prediction: Canucks in 5.

Edmonton Oilers vs Chicago Blackhawks:

It's the old versus the new.

The Oilers have arguably the greatest tandem in the NHL with Connor McDavid and Leon Draisaitl. Draisaitl, led the league with 110 points and is up for MVP while McDavid was second on the team with 97.

The two can lead the Oilers past a dynamic Chicago Blackhawks team. The former Stanley Cup champions, will be going up against the Oilers in their own house with Patrick Kane leading the way with captain Jonathan Toews, Dominik Kubalik and Alex De Brincat.

This round may not be in the Blackhawks' favour as the Oilers might be hungrier defending home territory. Prediction: Oilers in four.

Calgary Flames vs Winnipeg Jets:

In the all-Canadian matchup, the Winnipeg Jets and the Calgary Flames have had no shortage of drama this year.

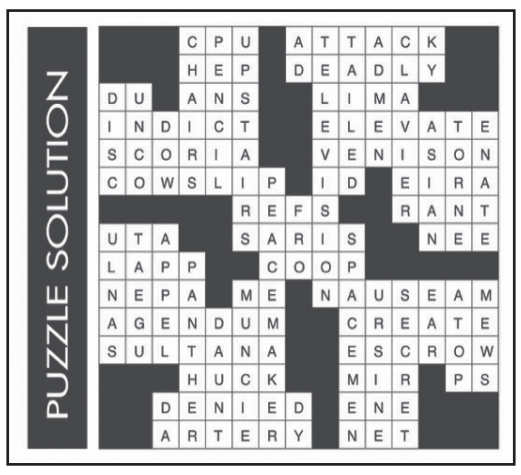
The Flames, have dealt with plenty of inconsistencies since the beginning and the firing of former coach Bill Peters in November has surely left a sour taste in all of their mouths.

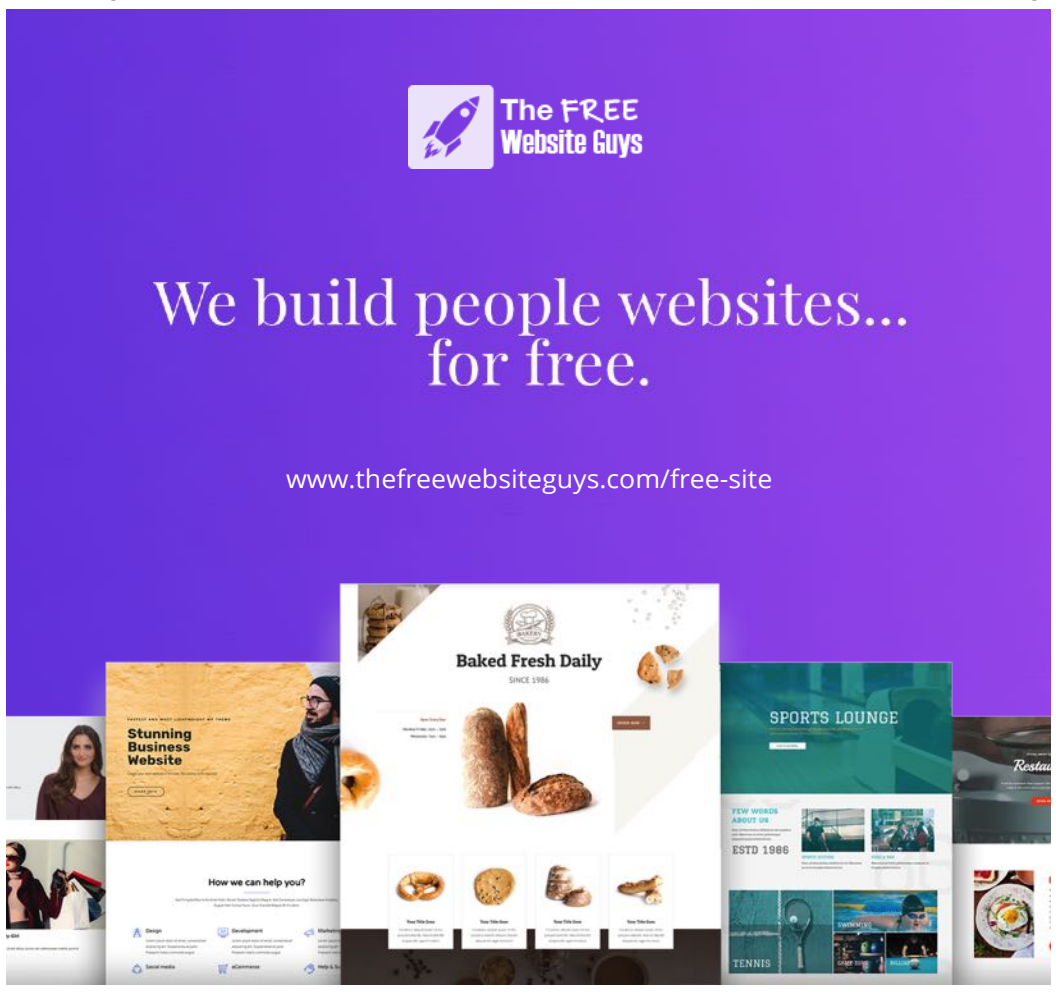
The Flames entered the playoffs with a 3-2 record in their last five games. Johnny Gaudreau, Sean Monahan and Matthew Tkachuk will have to be at the top of their game.

The Jets on the other hand, have had to deal with the absence of their number one defenceman Dustin Byfuglien. The 35-year-old took indefinite leave last September and is now an unrestricted free agent.

With the strength of the Jets offence with Kyle Connor, Blake Wheeler and Mark Scheifele leading the way, along with Vezina trophy finalist Connor Hellebuyck on the back end, the Jets should pull through. Prediction: Jets in four.

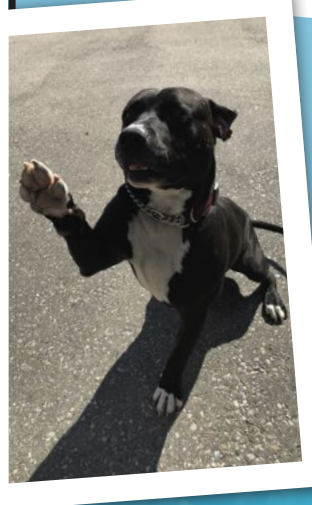
The Stanley Cup playoffs kick off this Saturday, August 1 with the New York Rangers taking on the Carolina Hurricanes at noon





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CAMPBELL Thank you for all the kindness and compassion shown to our parents. For all the cards, messages and visits from friends and family. A special thank you to the Day Program Ladies, and staff at Avalon Lodge and Shelburne Residence for exceptional care. To the Legion, Sandra, Peter, Terry and Amanda for the lovely send off for Jack and Royena. Sincere thanks- The Campbell Family

IN MEMORIAM

McINNES, Sharon Ann August 13, 1959 – July 30, 2009. If tears could build a stairway. And memories a lane. We'd walk right up to heaven. And bring you home again. Each and every day. You are deeply missed. But remain forever in our hearts. Love Tom, Diane, Dean, Shannon

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The Lord Dufferin Chapter IODE holds their meetings at the Lord Dufferin Centre on the 4th Tuesday of every month. We are looking for women who would like to help in the Community. Call 519-941-1865.

TOPS (TAKE OFF POUNDS SENSIBLY) meets at 6:15 pm every Wednesday night at the Avalon Retirement Centre, 355 Broadway. For more information call Trudy Rockel 519-941-6146.

IF YOU WANT to keep drinking, that's your business. IF YOU WANT to stop drinking, that's our business. Call Alcoholics Anonymous Hot Line, 1-866-715-0005. www.aanorthhaltonerin.org.

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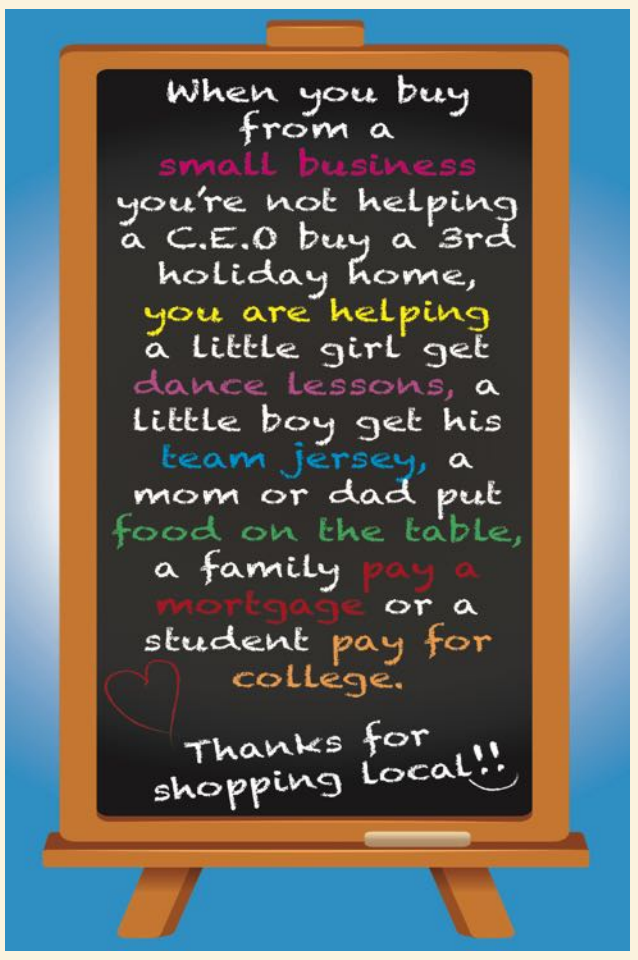
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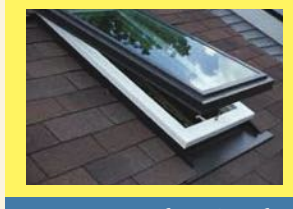
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