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FREE | Thursday, March 11, 2021 | Volume 41, Issue 10



STAYING WATER SAFE – With warmer temperatures in the air and clocks set to move forward by an hour this weekend, spring is just around the corner and, as such, the Town is reminding residents to stay safe as ice begins to thaw. "As temperatures fluctuate, ice conditions on lakes, rivers, streams and creeks can be unsafe," said the Town. "Caledon firefighters continue to train for their water rescue certification, but we hope that they never have to be actually called out. Please do your part and stay off the ice." For more on some of the activities being carried out by Caledon Fire members, see Page 6. **PHOTO COURTESY OF THE TOWN OF CALEDON**

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GO Train station lands formally designated by Province through MZO

BY BROCK WEIR

The Province has designated lands near Humber Station Road and King Street for a future GO rail site, the Province and Town announced Monday.

The decision is the result of a Ministerial Zoning Order (MZO) which the Town says was issued to "designate the lands and increase the ability for Caledon to grow."

"Caledon is planning ahead for growth, staying true to our Caledon plans Caledon approach," said Mayor Allan Thompson in a statement. "This announcement fulfills a Council request and is a step forward in ensuring our future is both sustainable and connected. Effective public transit is a critical part of the plan. It will bring both economic and environmental benefits to our community."

Once complete, the planned GO site will complement the Bolton and Mayfield West bus routes launched by the Town in 2019.

"The Province's approval is the next phase in a long-awaited Bolton Residential Expansion Study that started in 2008," said Caledon's Chief Planner Sylvia Kirkwood. "The process included extensive consultation, was supported by Town Council, and approved by the Local Planning Appeals Tribunal (LPAT) in late 2020. We look forward to moving ahead with our planning."

The Bolton Residential Expansion Study aims to determine the best course of action to accommodate 2031 population targets handed down to Caledon by the Region.



Bolton author publishing quartet of books

BY ALYSSA PARKHILL
LOCAL JOURNALISM
INITIATIVE REPORTER

Local author Glenn Carley strikes again with a new and unique book coming out this spring.

Around this time last year, we sat down with Glenn to talk about his then new book, "Good Enough from Here", which told the story of a young man's journey and experiences posted in the High Arctic at Canadian Forces Station ALERT.

Glenn spent two summers working on an environmental clean-up crew on the northern tip of Ellesmere Island in the 1970s.

Additionally, he grew up alongside Canadian Forces Base (CFB) Trenton as his father worked as a chief inspection officer as a civilian, where Glenn was introduced at a young age to military culture and an understanding of the work the Canadian Armed Forces did. This experience provided the inspiration to publish the book.

Continued on Page 2



TOWN OF CALEDON
TOWN NEWS
See Page 7



Bolton author publishing quartet of books

Continued from FRONT

Since then, Glenn has been working on not one, not two, not three, but four new books that are being published this year, with another one planned for 2022.

His newest book is titled "Il Vagabondo: An Urban Opera."

"Il Vagabondo" is an extension of Carley's first memoir, "Polenta at Midnight" that was published back in 2007.

"It's a different book right from the start," explained Carley. "The form itself is like an opera. It has six acts, with three scenes in each act and there's a couple intermissions, there's curtain calls and I close with a glossary of surtitles 'spoken in the dialect of love' at the end. That's what I wanted to get across to the readership, that this is a different way to look at a story and literature. It's called a libretto."

In the simplest of terms, a libretto is a text of work for musical theater. But, to Carley, Il Vagabondo is piece of art that allows readers to interact and participate with the book itself.

"You can read it in four ways. The traditional way would be to read it silently or out loud. But in an installation art opera, this is written so, if you want to, you could actually chant or sing this out loud," either solo or in an ensemble of your friends and family, he said.

This is meant to be a community installation art, something where the reader can participate and interact with the story on their own or over Zoom and push the isolation of COVID back to the outer limits.

"Il Vagabondo" is a story about a young Canadian man who falls in love and marries into another culture, specifically an Italian Canadian family who immigrated from Castropignano, Italy in 1957. It tells the story of love, joy, the good parts and the bad, and is, in fact, a true story.

"My vision of the preferred future for Vagabondo, either a modern opera company or traditional opera company will perform it on stage, as well, either in parts or as a whole," said Carley. "I want to take this really, into a beautiful place. I envision it performed in small neighbourhoods with an open garage acting as neighbourhood stage."

"Il Vagabondo" is titled as an urban opera. But what exactly is an urban opera?

"It has some elements that I think are really easy to identify. It's a true story, it's a story about cultures meetings; it's pan cultural. It really focuses on the simple dramas of family," Carley said. "All of life isn't always beautiful. There's drama, there's beauty, there's joy. An urban opera to me is just simply a beautiful way to talk about the simple growth and cycles of family."

Carley's work doesn't stop there. Alongside Il Vagabondo: An Urban Opera, he has three other books planned to be released in 2021.

These include two children's books co-written with his son, Nick Carley, who also illustrated the books, The Long Story of Mount Pester, and the sequel, The Long Story of Mount Pootzah, which are aimed to come out in the fall. (Rock's Mills Press)

Titled Jimmy Crack Corn: a novel in C Minor is also set to be released in the fall this year. And to top it all off, we can look forward to his fifth new book coming out next year called "In the Days Before APPS when Boys Roamed the Earth."

"This is my time as a writer," said Carley. "You put in so much hard work and nothing happens for frankly months and years, and then all of a sudden everything's coming together. It's like climbing a mountain, like Everest. You get to the top and by the time you get there, you're so tired. You have little oxygen left, but you're so happy."

He added, "the advice for all of us writers is to be tenacious and just get out there and work hard at it and believe in your writing.

"Il Vagabondo: An Urban Opera" is set for an April 1 release and can be pre-ordered from the beloved local bookstore Forsters Book Garden.

It will also be available from Guernica Editions at guernicaeditions.com and on amazon.ca. Carley's arctic memoir, Good Enough From Here, is also available for order at Foster's Book Garden, amzon.ca and Rock's Mills Press.

Council receives mid-term Code of Conduct refresher from Integrity Commissioner

BY JESSICA LAURENZA

Caledon's Integrity Commissioner, John Fleming, spoke to Council on March 8 regarding the Code of Conduct's guidelines for appropriate social media use.

Fleming's role in regards to social media is to determine whether something that has been said, done, tweeted or posted is acceptable in the realm of political life or whether it is in breach of the Code. Fleming spoke to Council on their personal social media use, not that of the general public's.

Councillors Innis, Kiernan and Downey addressed the need for mandatory training of the Code for Council members and strongly supported revising and strengthening the social media guidelines included in the Code.

Councillor Innis told her colleagues that "as soon as we participate on any social media it legitimizes what is being discussed…you need to be accurate. We need to portray the truth to the best of our ability."

Social media is the modern-day equivalent of town square where people can gather to voice their opinions. Although social media can be used as a positive, informative tool for what's happening in the municipality, it can also be toxic for those who don't respect diverse opinions and ideas.

Fleming noted that blocking constituents on social media is interpreted as an issue of free speech. Blocking should only be used if language is hateful, racist or discriminatory. There is a distinct difference between voicing an opinion and spreading misinformation or making derogatory comments.

Innis stated she has blocked residents who have spread misinformation or posted disrespectful comments about her. When Innis reaches out to residents to clarify their comments, she said they allegedly feel targeted while she is "trying to defend [her] reputation."

Fleming reminds Council that the ultimate purpose of the Code is to ensure the confidence of the public.

The Commissioner states "the things [Council has] found objectionable are the kinds of things that are emblematic of the political environment you're in." That is to say that in this so-called "town square," members of the community are able to share their perspectives, no matter how diverse they may be, while being respectful of others.

"In an adult, professional setting, one would think we wouldn't have to create guidelines around name calling or defamation," noted Councillor Downey.

She recognized the multi-faceted complexity of social media and called for a deeper analysis into the details of the Code to make it more specific.

Additionally, Councillor Kiernan said she doesn't see a downside to ensuring training is mandatory for everyone and enquired about possible monetary penalties for non-compliance and participation.

Fleming reminded Council of some of the Code sections pertaining to social media use: members need to behave in a manner respectful of all views no matter how diverse views may be; members need to ensure communication and presence on social media platforms will be fully compliant with social media guidelines; members may seek advice from the Integrity Commissioner if specific situations arise.

Mayor Allan Thompson ended the meeting with a statement, noting that these principles aren't only relevant to social media use but everyday life.

"Everyone is entitled to have a voice, everyone needs to be respected – even if you don't agree with them," he said.



INTERNATIONAL WOMEN'S DAY

Monday marked International Women's Day and a number of organizations across the Dufferin-Caledon area took the time to salute Phenomenal Women. Headwaters Health Care Centre underscored their #phenomenalwomencampaign on social media with a number of photos of staff outside and throughout the hospital campus reminding the community that "Phenomenal women work here!" on the frontlines every day, including the fight against COVID-19.

PHOTO BY HEADWATERS

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Older adults, hotspots will be focus of vaccine rollout's second phase

BY BROCK WEIR

Older adults and individuals living in COVID-19 hotspots will be the focus of Phase 2 of Ontario's vaccine rollout.

The Province detailed the second phase of the program on Friday as more vaccines rolled in, leading to a revised timeline on what was previously presented.

Phase 2 is expected to begin next month "with a focus on vaccinating populations based on age and risk," said the Province.

This approach, they said, is "designed to save lives, protect those at risk due to serious illness and to stop the virus from spreading.

"Due to the incredible work of an army of people we have a solid vaccine distribution plan and we are ready to get needles into arms as soon as the doses arrive," said Premier Doug Ford in a statement. "This is a true Team Ontario effort and we are mobilizing our greatest asset – the people of Ontario. Vaccines will be administered in hospital clinics, primary care settings, mass vaccination sites, mobile clinics and pharmacies across the Province by dedicated, caring and compassionate frontline health care heroes."

Phase 2 will centre on older adults between the ages of 60 and 79, along with individuals with specific health conditions and some primary caregivers. People who live and work in congregate settings and some primary caregivers will also be eligible, as will people who live in "hot spots" with high rates of death, hospitalizations and transmissions. Certain workers who cannot work from home will also make the cut for Phase 2.

"Thanks to the hard work of our healthcare partners and frontline workers, Ontario's vaccine rollout is making a positive difference and helping to save the lives of some of our most vulnerable," said Health Minister Christine Elliott. "We continue to ramp up capacity and are committed to administering as many doses as quickly as possible to every Ontarian who wants a vaccine."

As of midday Friday, the Province said 820,000 doses of COVID-19 vaccines had been administered, with 269,000 individuals now fully immunized. More than 95 per cent of long-term care residents are also fully immunized and work continues with these living settings to vaccinate staff and essential caregivers.

"The fight against COVID-19 continues to be our government's top priority," said Solicitor General Sylvia Jones. "With the approval of the AstraZeneca vaccine, and now the Johnson & Johnson vaccine, and with increased supplies coming into the Province, this gives us renewed focus to get even more Ontarians vaccinated sooner. We have made tremendous progress and ask that Ontarians continue to stay the course to protect themselves and keep their families, friends and communities safe."

Phase 3 will be rolled out when vaccines are available for every Ontarian who wants to be immunized, the Province noted.

This Monday, March 15, the Province will launch an online booking system and a Provincial customer service desk to answer questions and support appointment bookings at mass immunization clinics after public health units in Simcoe-Muskoka and York Region, among others, began the process of distributing appointments based on their own platforms.

Once this new Ontario-wide platform is launched, it is anticipated that the majority of the Province's public health units will migrate over to this system.

"As supply increases, Ontarians will be able to get vaccinated with the three Health Canada approved vaccines in several new settings," said the Province. "In addition to hospitals, mobile clinics and mass vaccination clinics, the province is working with the pharmacy sector and with primary care professionals to offer vaccinations in primary care settings and community locations in collaboration with public health units. A pilot for pharmacy vaccine administration is planned for mid-March in select regions, including Toronto, Windsor and the Kingston, Frontenac and Lennox & Addington region, followed by specific primary care pilots in collaboration with public health units."

PUBLIC NOTICE

HAVE YOUR SAY

NOTICE OF PUBLIC MEETING

17736 Heart Lake Road
Proposed Official Plan Amendment

FILE NUMBER(S): POPA 13-02
RELATED FILES: NIAGARA ESCARPMENT PLAN AMENDMENT PP 213 18

A Public Meeting will be held to consider a proposed Official Plan Amendment. Your input and insight will inform and shape plans that meet the needs of our community.

MEETING DATE: **APRIL 6, 2021**
PUBLIC MEETING START TIME: **7:00 P.M.**

To listen to the Meeting (but not participate), you may call 1-833-311-4101, Meeting Access Code: 132 485 3221#.

Members of the public are welcome to participate via phone or WebEx Meeting upon request. For more information on how to participate, please visit **caledon.ca/notice** or contact the Planning Department. Please note that there are deadlines by which the request to participate need to be made.

You can also ask questions or provide comments by:

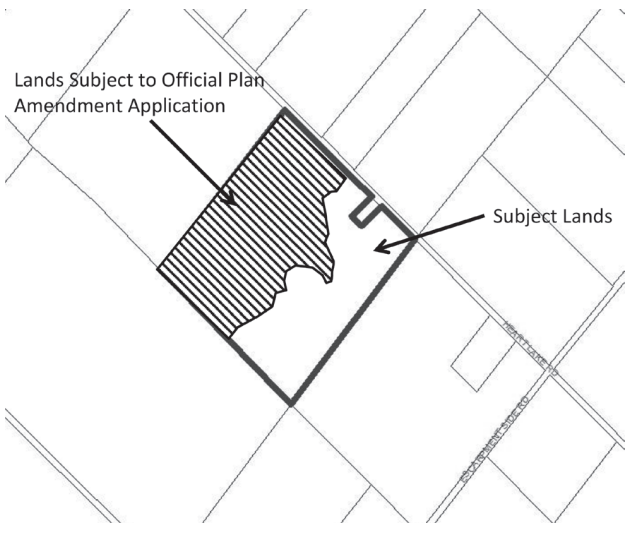
- Submitting written correspondence to agenda@caledon.ca and planning@caledon.ca for consideration during the Public Meeting. Please note that written comments will form part of the public record.
- Contacting Planning staff or the Lead Planner during office hours by phone or email.
- Booking an appointment to visit Town Hall to speak with Planning staff. Visit **caledon.ca/development** for more information.

APPLICANT:
Harrington McAvan Ltd. on behalf of Blueland Farms Ltd.

LOCATION:
17736 Heart Lake Road
Part Lot 12, Concession 2 EHS (Caledon)
West Side of Heart Lake Road, South of Charleston Sideroad

Ward 1

PROPOSED CHANGES:
To amend the Official Plan to redesignate a portion of the lands from Rural Lands and Environmental Policy Area to Extractive Industrial Area B to permit a mineral aggregate resource extraction use (gravel pit) above and below the water table as well as accessory uses (crushing, screening, washing, stockpiling and recycling of material).



The illustration is a conceptual plan for information purposes and it is subject to change. The application is currently under review by the Town of Caledon.

LEAD PLANNER:
Stephanie McVittie, Acting Manager, Development Review Services
905.584.2272 x. 4253
stephanie.mcvittie@caledon.ca

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

ACCESSIBILITY:
If you require an accessibility accommodation to attend or participate in this Public Meeting, or to access any materials related to this item in an alternate format please contact Records and Information Services by phone at 905-584-2272 x.2366 or via email at accessibility@caledon.ca. Requests should be submitted at least 10 days before the Public Meeting.

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

Notice Date: March 11, 2021

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TRAFFIC STOP LEADS TO CANNABIS AND WEAPONS RELATED CHARGES

On March 5, at approximately 12:50 a.m., officers from the Caledon OPP conducted a traffic stop for a Highway Traffic Act offence in the area of Mayfield and Kennedy Roads in the Town of Caledon.

During the interaction with the driver, property was observed in plain view which led to both occupants being arrested.

As a result of the investigation, Joshua Burnette, 23, from Scarborough, was charged with the following offences:

- Unauthorized possession of weapon;
- Class G1 licence holder - drive at unlawful hour;
- Class G1 licence holder - unaccompanied by qualified driver;
- Class G1 licence holder - carry front-seat passenger;
- Drive vehicle with cannabis readily available; and
- Drive vehicle with cannabis in open original packaging.

Kevon Holmes, 22, from Scarborough, was charged with the following:

- Unauthorized possession of weapon; and
- Failure to comply with release order - other than to attend court.

Both accused are scheduled to appear at the Ontario Court of Justice in Orangeville on May 20, 2021 to answer to the charges. The charges have not been proven.

"Although an individual may legally own a baton, the Criminal Code of Canada prohibits to carry any weapon," say Police. "If the intent is to use it as a weapon (even for self-defence), it is a criminal offence."

INVESTIGATION CONTINUES INTO HWY 9 CRASH

On March 7, 2021 at approximately 3 p.m., officers from the Caledon OPP, along with Peel EMS and Caledon Fire, responded to a single motor vehicle rollover. It occurred on Highway 9, west of Horseshoe Hill Road, in the Town of Caledon.

"There were four occupants in the involved vehicle," say Police. "One of them was airlifted to a trauma centre with life altering injuries. The three others sustained minor injuries and were transported to a local hospital.

"Highway 9 between 3rd Line and Horseshoe Hill Road was closed until approximately 7:45 p.m. while police investigated. The investigation is ongoing."

Anyone with information regarding this collision is asked to contact the Caledon OPP Detachment at (905) 584-2241 or toll-free at 1-888-310-1122.

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

FAILURE TO PROVIDE BREATH SAMPLE

This past weekend, officers from the Caledon Detachment of the Ontario Provincial Police (OPP) conducted two impaired driving investigations that led to charges for failing to provide a breath sample.

"The first investigation occurred on Saturday, March 6, 2021, at approximately 1:56 a.m.," say Police. "Officers were investigating a vehicle in a parking lot in Bolton. The driver was asked to provide a sample of their breath into an Approved Screening Device, however failed to comply with the officer's demand.

"As a result of the investigation, Gurjot Sanghera, 21, of Brampton was charged for Failing to Comply with a Breath Demand."

The charges have not been proven.

"Similarly, on March 7, 2021 at approximately 7:39 p.m., a driver involved in a single motor vehicle collision on Castlederg Side Road was asked by in the investigating officers to provide a sample of their breath but failed to do so. Again, this investigation resulted in Pawandeep Bahia, 36, of Pickering being charged with the same offence for Failing to Comply with a Breath Demand."

The charges have not been proven.

Both drivers' licences were suspended and vehicles impounded for a period of seven days. The two accused are scheduled to appear at the Ontario Court of Justice in Orangeville on May 20, 2021 to answer to the charges.

"In addition to existing legislation that allows an officer to make a demand for a roadside breath sample when they have reasonable suspicion, a new legislation that came into effect on December 18, 2018, gives officers who have an Approved Screening Device (ASD) the authority to make a demand for a roadside breath sample from any lawfully stopped driver to determine whether a person has alcohol in their body, without first having to suspect the motorist has been drinking," say Police. "It is mandatory for drivers to comply with this demand or they can be charged criminally with failing or refusing to provide a breath sample."

"HAWK-EYED" OFFICER

On March 4, 2021 at approximately 1:18 p.m., an officer from the Caledon OPP was conducting a general patrol on Mayfield Road, in the Town of Caledon.

"At that time, the officer spotted an injured hawk in the middle of the road," say Police. "A passerby with the Roads Department assisted in safely moving the animal to a safer location. The officer remained on scene until help arrived.

"The National Wildlife Centre attended the scene and rescued the bird. As of March 5, 2021, they report that the adult female red-tailed hawk is doing well and has been transferred to a longer-term rehabilitation centre."

Dr. Sherri Cox, the Medical Director and Wildlife Veterinarian from the National Wildlife Centre shares the following information:

"If you find a sick, injured, or orphaned wild animal, contact a wildlife rehabilitator for assistance or advice. A list of wildlife rehabilitators can be found at: learningcompass.learnflex.net/Upload/Public/WildlifeRehabilitatorsPublicList.htm from the Ministry of Natural Resources and Forestry (MNRF) website."

Dr. Cox is also happy to say that the National Wildlife Centre, located in Caledon, hopes to have their new wildlife hospital and rehabilitation centre open in 2022 and will accept sick, injured, and orphaned wildlife from the public. More information can be found at www.nationalwildlifecentre.ca.



PHOTO COURTESY OF THE OPP

Caledon man among those charged in York investigation

BY MARK PAVILONS

A Caledon man is among a group of 10 people charged in a large number of residential break-ins.

York Regional Police charged 10 people and recovered more than $400,000 in cash and property following "Project Rise," which focused on break and enters across York Region and southern Ontario.

Project Rise began in 2020, with investigators seeking to identify a number of suspects believed to be involved numerous break and enters. Through the investigation, officers executed search warrants at 11 locations, including 10 residences and one commercial property.

Officers seized approximately $23,000 in Canadian currency as well as $30,000 U.S., $85,000 in Bolivian currency and significant amounts of stolen property.

Phillip Nkrumah, 36 of Caledon, was charged with Possession Contrary to Order and Fail to Comply.

The charges have not been proven.

Other suspects, from Vaughan, Innisfil, Brampton and Toronto were charged with various offences, including break and enter, traffick in property obtained by crime and possession of property obtained by crime.

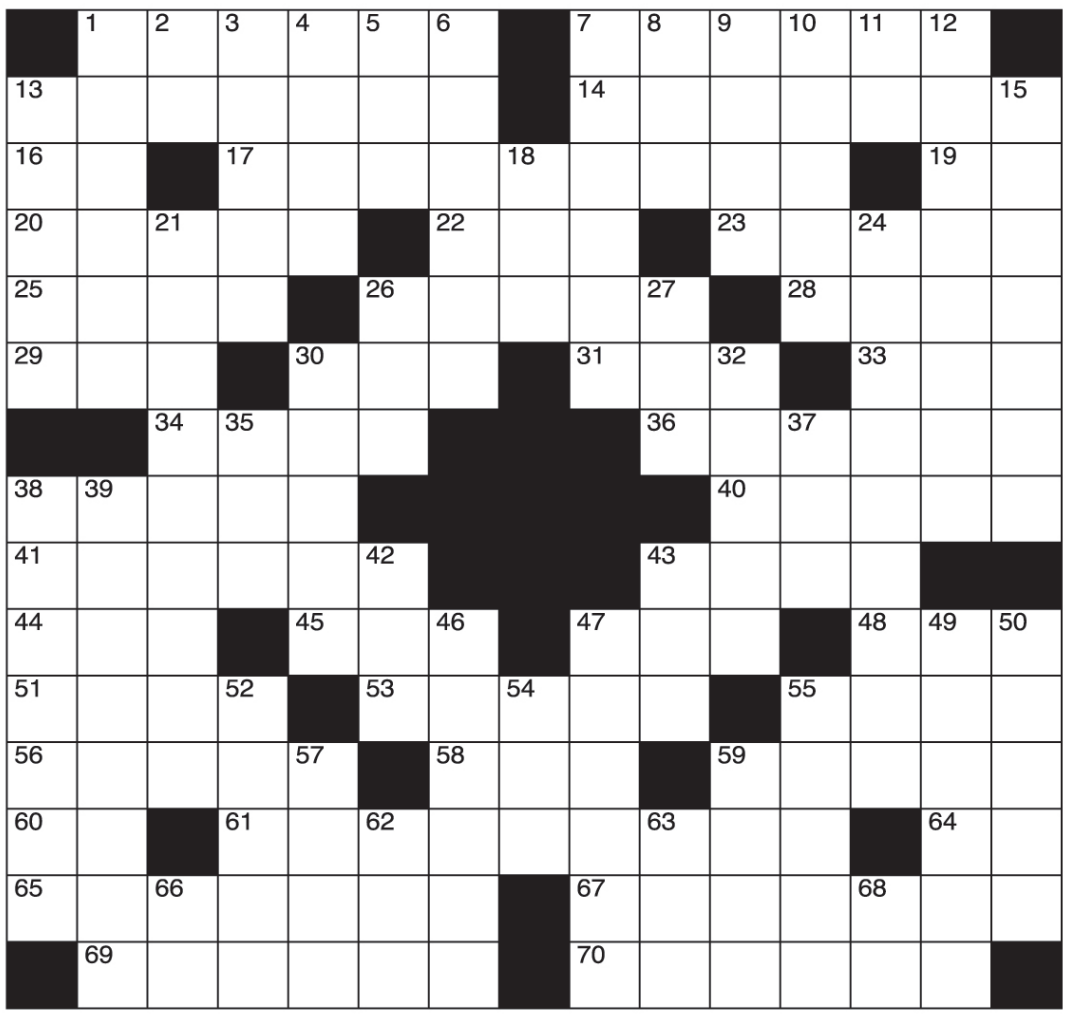
During the investigation, officers shared information with the Windsor Police Service that led to investigations by the Windsor Police Service and the LaSalle Police Service, involving several of the same suspects. During those investigations, additional charges have been laid, firearms were seized and stolen property was recovered. Windsor Police and LaSalle Police can be contacted for additional information on those investigations.

IYRP would like to thank both services for their assistance, along with the Toronto Police Service, Peel Regional Police, the Ontario Provincial Police, the Durham Regional Police Service, the Halton Regional Police Service and the London Police Service," said Police. "Through funding provided by the Ontario Government, Criminal Intelligence Service Ontario supported this York Regional Police investigation."

Anyone with information is asked to contact the York Regional Police Integrated Property Crime Task Force at 1-866-876-5423, ext. 7232, or call Crime Stoppers at 1-800-222-tips or leave an anonymous tip online at www.1800222tips.com

The Citizen CROSSWORD

Solution on page A11



CLUES ACROSS

1. Large dung beetle
7. Representation of a plan
13. In a fervid way
14. The Book of Psalms
16. Morning
17. Exactly the same
19. About
20. Brown and basmati are two
22. Swiss river
23. Philippine island
25. Expressions of surprise
26. An ant
28. Common Japanese surname
29. Deoxyribonucleic acid
30. Car mechanics group
31. A person's brother or sister
33. Ancient pharaoh
34. Quantitative fact
36. Vividly colored bird
38. Your home has one
40. Organic compound
41. Section at the end of a book
43. Flat tableland with steep edges
44. Criticize
45. Split pulses
47. Brief trend
48. Cool!
51. Purposes
53. Brews
55. Skin condition
56. Pops
58. American air travel company
59. Minute bug
60. Anno Domini (in the year of Our Lord)
61. One who rides in your car
64. One of the Gospels
65. City in southern Spain
67. Inquisitive
69. Jean Paul __, author
70. Pop singer Harry

CLUES DOWN

1. An ape or monkey
2. Chemical element
3. Zodiac sign
4. Removes
5. Brew
6. Nickname
7. Architectural structures
8. Trigonometric function
9. Postmodern architectural building in Vienna
10. Henderson and Fitzgerald are two
11. Mountain (abbr.)
12. Landscaping practice
13. Capacitance unit
15. Redirect
18. Hat for women
21. In a way, dressed down
24. Granny
26. Feed
27. Endpoint
30. Indian instrument
32. Bleated
35. Cablegram (abbr.)
37. Root mean square (abbr.)
38. Jellyfishes
39. Individual TV installments
42. Talk
43. More (Spanish)
46. Leaseholder
47. Monetary units
49. Hostility
50. Work stations
52. Linguistics giant
54. Female sheep
55. Calendar month
57. Seasoning
59. Lofty nest of a bird of prey
62. Single Lens Reflex
63. A way to remove
66. Virginia
68. Old English

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

Studio Tour King 2021 Goes Virtual showcasing area artists

BY KATHLEEN RODGERS

Visiting the country is a wonderful way to spend a weekend. It offers the opportunity to explore quaint villages and the studios of the local artists and artisans whose artwork often reflects the landscape around them.

In King Township, each spring brings the Studio Tour King, typically held at the end of April. Unfortunately, due to the pandemic and public health restrictions, the studio tour cannot be in person but will be held virtually.

The 16th Studio Tour King has been extended and will take place from April 12 to 25 with the preview from April 5 to 11. The studio tour will include fine paintings (in acrylic, oil, and watercolour), wood working, photography, fibre arts, metal works, mixed media, etc.

Studio Tour King will feature many artists and artisans in studios around King, including King City, Nobleton and Schomberg.

Their information can be found on the Arts Society King (ASK) website at www.ArtsSocietyKing.ca as of April 5. Go to the ASK website, click on EVENTS then VIRTUAL STUDIO TOUR 2021 to see the participating artists, their biographies and up to 12 photos of their artwork for sale. There will be a link to their website and social media accounts for additional artwork available. If you are interested in purchasing any item, please contact the artist directly for their payment options and to arrange for delivery of the item. Here are a few of the artists who will be participating this year:

Michelle Zikovitz has been weaving functional baskets for over 20 years and teaching for the past 15 years, throughout southern Ontario. Her early weaving years were spent at her two floor looms focusing on woven tapestries, rugs, placemats and runners. A basketry workshop taught by a fellow guild member, a love of baskets and the ability to weave baskets almost anywhere all led to a newfound passion for basket weaving. Reed is her personal material of choice for teaching, incorporating her own hand dyed reed whenever possible.

Michelle enjoys experimenting with random dyed or "space dyed" skeins of reed, creating many unique colour combinations and resulting in truly one-of-a-kind baskets.

When not basket weaving or working, Michelle dabbles in photography, sewing, fibre arts and various painting mediums. She loves to explore and find local basket weavers, artists, shops and galleries on her travels. Her website is www.michellezikovitz.ca.



Algonquin Winter

PHOTO BY STEPHEN SLOAN

Catharine Somerville was born in Toronto. She works in the UK and Canada. After completing her diploma at Georgian College, Catharine studied printmaking at York University and later realized a BA Arts and Humanities (Art History) at the Open University. In 2009 she completed her postgraduate studies at West Dean College/ University of Sussex, UK.

Somerville is a recognized award-winning artist. Her work can be found internationally in public, private and corporate collections in Mexico, the U.S.A, Canada and England. Her website is www.catharinesomerville.com.

As a life-long photography enthusiast, Stephen Sloan hopes his work brings you some of the joy he has found in creating it. He enjoys the entire process of creating a photographic print, from the press of the shutter all the way through to the translation to the print media.

He has worked with both film and digital, in the dark room and in front of my computer. He likes to work with various print media and his interest in subjects and techniques varies greatly as he enjoys constantly learning and challenging himself. While Stephen strives to satisfy his need to express himself with every image that reaches the printed stage, to deliver an image that also evokes an emotional response, prompts a memory or even inspires a viewer is an even greater reward.

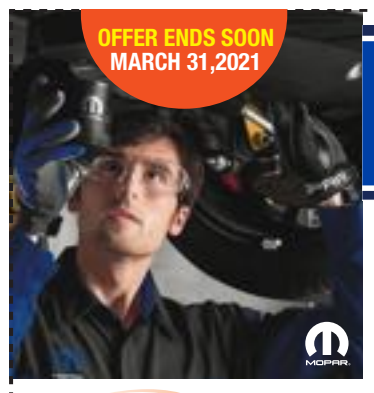
His work can be seen online at considerthis.company.

A native of Toronto, Steve Silverman is an award-winning fine art photographer with a keen and unique artistic vision. His love and passion for black and white photography are reflected in his dramatic landscapes and engaging cityscapes from across Canada and abroad. Steve's photos are visual metaphors – intimate, interpretive views of the world around him. An implied comparison creating a link between the mundane and the sublime.

He uses strong tonal contrast, texture and mood to express his artistic vision. His photos are easily recognizable by his use of strong leading lines combined with the interplay of light and shadows to create depth, giving a two-dimensional image the illusion of three dimensions. Simply put, he can transform a simple, mundane scene into a compelling black & white fine art photograph.

Steve's photos have been published in many international books and magazines. He is also a guest speaker at local camera clubs. Steve works with several Canadian art galleries and publishers on a variety of corporate and home decor fine art projects. His website is www.monochromevision.com.

If you are looking for something to do in April after a long winter, visit some art studios virtually to support area artists and artisans. Some artists offer classes so it may be an opportunity to try something new! Who knows, maybe one day you will be participating in a studio tour! The artists look forward to "seeing" you and sharing their work with you on this year's Studio Tour King 2021.



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CarHub

Caledon \ Dufferin Victim Services

Support, Information, Referrals

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BECOME A CRISIS RESPONDER-VOLUNTEER



As a Crisis Responder-Volunteer, you will be trained to:

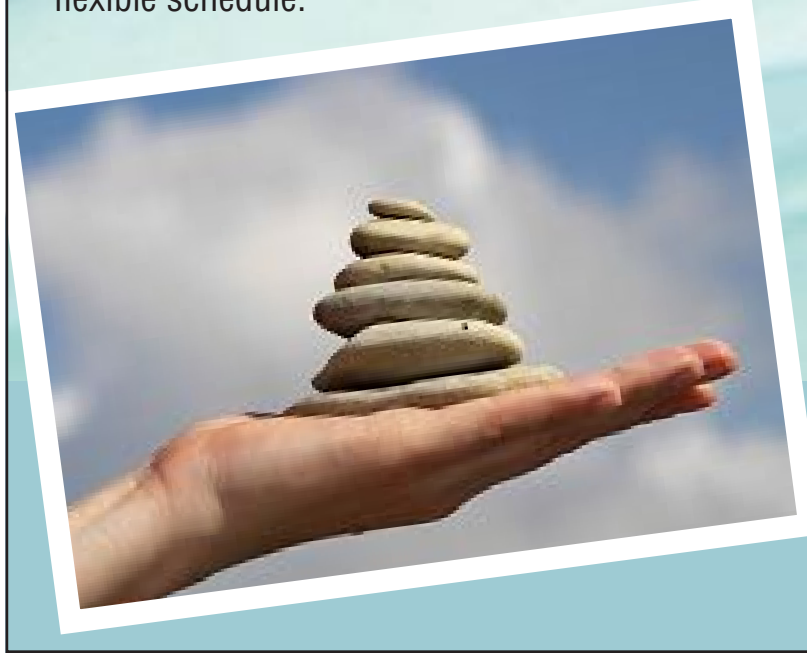
- **Help victims cope with the impact of crime, tragedy and adverse situations**
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Your work will empower those affected by crime and tragedy to participate in the healing process of their choice.

You will receive specialized training in such areas as: crisis intervention, domestic violence, sexual assault, elder abuse, grief, bereavement and effective communication skills.

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Contact us at **905.951.3838**; visit our website at **www.cdvs.ca** or email **info@cdvs.ca** for more information. **Application Deadline: April 30, 2021**

Please help us to support victims in our community by becoming a volunteer.

LET US WELCOME
YOU HOME



Bolton Mills
Retirement Community

By Esprit Lifestyle Communities

100 Morra Ave., Bolton
289-206-0775
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www.espritlifestyle.com
*Certain conditions apply. All images were taken prior to Covid-19.

Off-duty firefighters come to the rescue of the Food Bank of York Region

BY MARK PAVILONS



CONTRIBUTED PHOTO

Off duty firefighters from multiple regions, including Caledon, have signed on to become delivery truck drivers for the Food Bank of York Region (FBYR).

Three full-time and one retired firefighter are the main drivers for the collection and distribution of the daily food donations provided by the FBYR to its network of front-line organizations. They also partake in delivering food through the COVID home delivery program when needed.

Christine, who lives in Bolton and works with Caledon Fire and Emergency Services, is one of the drivers.

These four firefighters began their training with the FBYR prior to the COVID pandemic, alongside the CEO Alex Bilotta. They were taught how to sort, pack, load and unload the refrigerated delivery trucks, had to learn the scheduled delivery routes, and meet the people running the agencies that the organization supports locally. With the added extra qualified drivers, the FBYR can operate at a more efficient level and deliver more food to more agencies and collect more food donations from community partners within the food hub network.

"Getting drivers before the COVID-19 pandemic, was already hard. Each driver must have a spotless DZ licence held for over 3 years, before our insurance company will cover them," explains Alex Bilotta, founder and CEO of the Food Bank of York Region. "The need for drivers in the distribution industry was already urgent. Now we face even harder times with the corona virus impact. We thought we'd try to reach out to any firefighters in York Region as they all hold a DZ license, and they thankfully, answered our call."

Christine, Allan, Tommy, and Edmund have all been employed by the FBYR as DZ delivery drivers in their off-duty time as firefighters.

They have begun to schedule themselves for the delivery driving shifts around their full-time firefighting work weeks, making great use of their spare time to further support their communities. It was an answered call to an urgent need for drivers at the FBYR to ensure more food assistance is provided across the region.

"We can all look up to these wonderful individuals as examples of people who are consistently contributing to their neighborhoods in a way that positively impacts the communities and residents affected most by COVID-19," said the FBYR.

For more information on how to become a volunteer with the FBYR, visit www.fbyr.ca/volunteer.

The Food Bank of York Region is the regional food hub network serving the nine municipalities of York Region (Vaughan, Richmond Hill, Markham, Whitchurch-Stouffville, Newmarket, Aurora, East Gwillimbury, Georgina, and King). They source, collect, warehouse, and deliver surplus fresh, frozen, and non-perishable food donations for the 80+ local front-line direct service agencies within their network.

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TOWN OF CALEDON | News | Subscribe: caledon.ca/enews



COVID-19 Vaccination

Vaccine appointments for people 80 years and older are now available at:

- Brampton – William Osler Health System
- Mississauga – Trillium Health Partners

Visit **peelregion.ca/covid19vaccine** for more information.

COVID-19 Testing

If you have symptoms or have been in close contact with someone who has symptoms, get tested.

- **CALEDON CENTRE FOR RECREATION AND WELLNESS**
  14111 Regional Road 50 North
  Hours: Mondays | 2 - 6 p.m.
- **SOUTHFIELDS COMMUNITY CENTRE**
  225 Dougall Ave
  Hours: Wednesdays | 2 - 6 p.m.
- **CALEDON EAST COMMUNITY COMPLEX**
  6215 Old Church Rd
  Hours: Fridays | 2 - 6 p.m.

  *For the above locations call **905-796-4922** to book an appointment.*
- **HEADWATERS HEALTH CARE CENTRE**
  100 Rolling Hills Drive, Orangeville
  *Visit **headwatershealth.ca** to book an appointment.*

Help is at your fingertips

Call 2-1-1 if you are feeling isolated, anxious or overwhelmed.

211's Service Navigators are available 24/7 in 150+ languages to help find the right supports in your community for your situation.



Change your clocks. Change your batteries.

Spring forward one hour at 2 a.m. on March 14.
Remember to install new batteries in all smoke and carbon monoxide alarms when changing your clocks.

Improve communication & grant opportunities to help your small business

Attend this online workshop to transform the internal communication of your small business to come out of the pandemic even stronger. Plus, learn about grant opportunities to help your small business in this challenging time.



Thursday, March 18
from 6 - 8:30 p.m.

For details and registration go to:
caledon.ca/business.

CBIZ | CALEDON BUSINESS INNOVATION ZONE

Community Cats Program

Community cats, also known as feral cats, live outdoors and are generally not socialized or friendly with people. They live full, healthy lives with their feline families in outdoor colonies.

Left unchecked, these colonies can grow over time, to the point where the health of the individual cats can suffer because of overcrowding, food scarcity and disease.

To manage these colonies humanely, the Town has launched a trap-neuter-return-manage (TNRM) program where these feral cats are humanely trapped, neutered or spayed, vaccinated, microchipped and returned to their outdoor home.

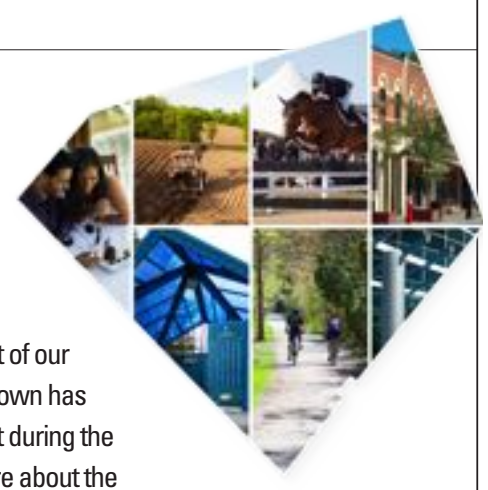
HOW YOU CAN HELP

This is a collaborative program between the Town and local volunteers. There already is a small group of volunteer caregivers helping to take care of these cats, but we are looking for more volunteers to provide regular care.

If you would like to become a volunteer caretaker, please contact Animal Services at 905-584-2272 x. 4698 or visit our website.

caledon.ca/cats





Ward Boundary Review

The ward system is a fundamentally important part of our local government. Over the past few months, the Town has been reviewing its ward structure. To provide input during the second round of public consultation and learn more about the review, attend any of our virtual public engagement sessions below.

Public Engagement Sessions

SESSION	DATE	TIME
1	Monday, March 22	7 – 9 p.m.
2	Wednesday, March 24	10 a.m. – Noon
3	Monday, March 29	10 a.m. – Noon
4	Monday, March 29	7 – 9 p.m.
5	Wednesday, March 31	7 – 9 p.m.

Please note, more information on proposed ward options will be provided on our website closer to the sessions.

Register now to reserve your spot: **caledon.ca/wbr**.



Protecting Caledon Roads



Starts March 15

At this time of year, as frost comes out of the ground, heavy trucks can damage Town roads.

To protect our roads during the spring thaw there is an annual half-load season from March 15 to May 15.*

During this period vehicles making local deliveries are restricted to a maximum of 5 tonnes per axle.

For more information please contact Service Caledon at 905.584.2272 x.7750 or info@caledon.ca.

* This date may change depending on weather.

TOWN OF CALEDON
6311 Old Church Road
Caledon, ON L7C 1J6
caledon.ca
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Brock's Banter

The lost art of planning ahead

BY BROCK WEIR

"You know what we should do this summer? We should –"

Well, what should we? I thought I knew how that sentence could be completed, but by the time the words started coming out of my mind, I trailed off. What was the point of finishing the thought? Sure, if you're of a particular philosophical way of thinking, there's some value in throwing these things "out into the universe" to see if they come back to you in some sort of tangible way, but you can only burn so much through exercises of futility.

It's not my intention to sound like a "downer" but, if this pandemic has taught us anything, it's that it never hurts to have a Plan B, C, D, or E, just in case something gets in the way of what you set out to do.

After invariably bleak Januarys and Februarys, March brings no small shot of hope along with it.

Spring is, of course, right around the corner. Birds are coming out of their doldrums to sing their sweet songs, daylight hours are getting longer, there's a feeling that there are more hours in the day to accomplish whatever is on your to-do list, there's a freshness in the air that has nothing to do with brisk temperatures. Despite your best efforts, all these factors can conspire to buoy you up to make some pretty ambitious goals.

What we now define as an ambitious goal has likely changed over the course of the past year, but however you define them, now is usually the time you start thinking ahead to seemingly endless possibilities.

As the sun blazed down on a cool Sunday morning this past weekend, it was hard not to get swept away by the what-ifs and what-could-bes. With the vaccine rollout ramping up once again, it felt like in just a few "short" months there would be a return to some semblance of normalcy and, thus, those aforementioned endless possibilities.

But it didn't take long for reality to come back into the scene and rear its ugly head.

No matter what you have on your so-called vision board, putting a checkmark beside whatever it might be is now contingent on so many other factors: the continuing and smooth release of vaccinations, people continuing to do everything that is required of them to squash the curve, and, as trite as it might sound these days, keeping the simple fact that we are all still in this together uppermost in mind.

It was not all that long ago that planning ahead almost seemed like a chore. Now, as this pandemic still rolls out, the ability to plan ahead feels like a simple pleasure we almost took for granted.

How nice it will be to plan a get-together with friends a week or two in advance. Or to plan an in-person birthday celebration for a loved one. To lay the groundwork for a trip out of Town, whether for a lengthy vacation or just an overnight respite away from the same four walls that have formed our world for the past 12 months. To make a shopping list without also having to consider a game plan to get in and out of your chosen store as quickly and efficiently as possible with a full arsenal of PPE to hand.

This longing for days where we had the luxury of planning ahead isn't limited to the individual. Businesses are also feeling this challenge every day.

York Region is now going into the second full week of being back into the Red (Control) Zone of the Province's re-opening plan and, despite a significant uptick in new cases of COVID-19 reported by the Province on Monday, these local numbers appear to be holding relatively steady, an encouraging sign.

In Peel Region, the week started out with a welcome return to some degree of "new normalcy" with stay-at-home orders lifted and the rest of the area, along with the City of Toronto, being lifted back into the Grey (Lockdown) Zone.

Simcoe-Muskoka, on the other hand, continues its trend towards change at a whiplash rate, lifted back into the Red Zone on Monday, the level in which they were placed in February 16 before the Province slammed the emergency break and threw the area back into the Grey on March 8, leaving everyone with the herculean task of adapting to and rolling with these incredibly complex and rapidly changing punches.

It is anyone's guess how long the current levels in all three regions will hold, leaving residents and business owners alike forging ahead with what is currently required of them while simultaneously holding their breath waiting for the next shoe to drop in this complex and patchwork response to the emergency we're all so tired of.

Until we're in the clear, we're all in the same boat and that's just the reality of it.

Despite these challenges, this week began with multiple observances as International Women's Day converged with Commonwealth Day, a recognition of the unique relationships shared by more than 50 nations around the world. The latter is normally a day that passes with little fanfare, but given the fact this year's commemorations would be virtual rather than in-person, interest was heightened as so many more people were able to take part.

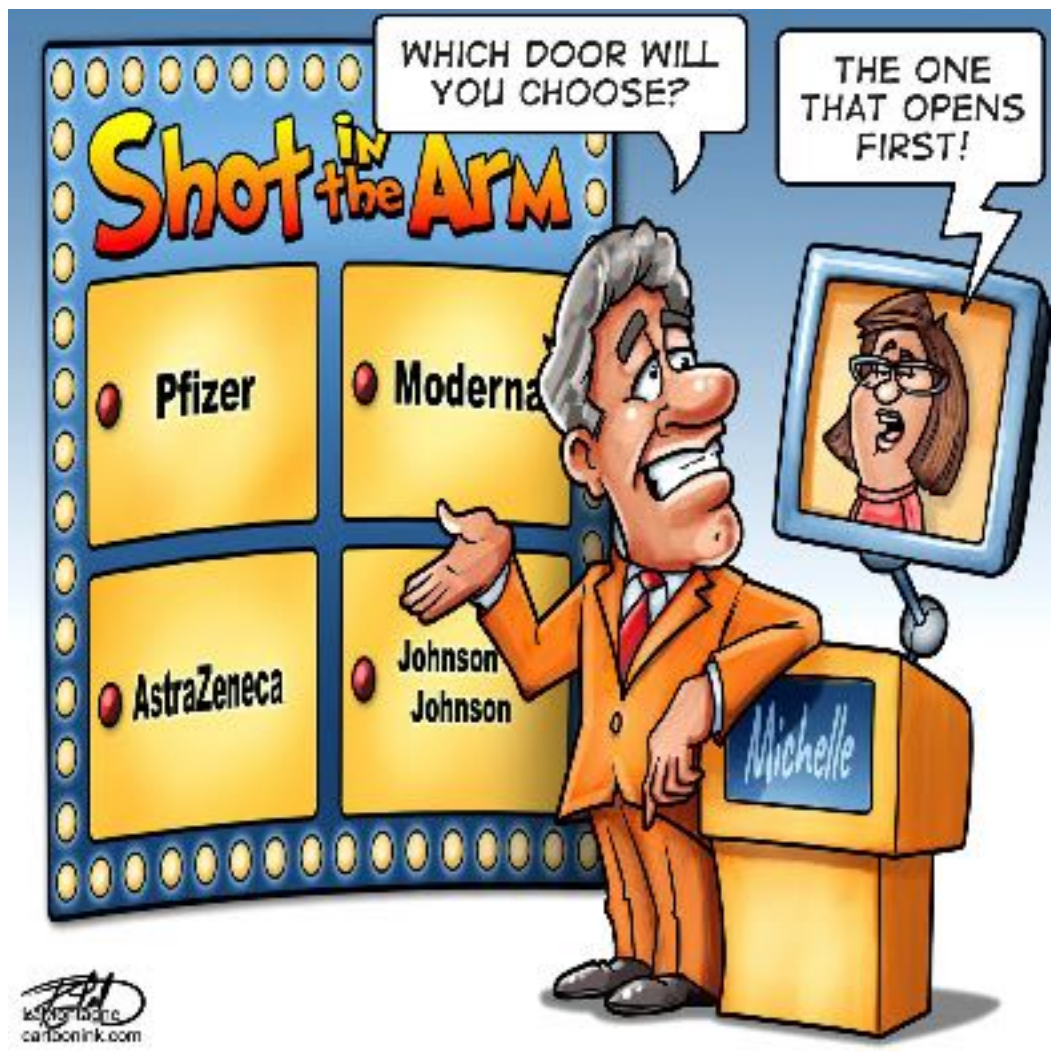
It was also a welcome reminder that no matter how hard we're fighting the fight at home, other nations in this "family" have had their own share of unique challenges and triumphs over a shared foe.

In her role as Head of the Commonwealth, the Queen released a message reflecting not only the experiences that have come to bind us together, but highlighting how these efforts are now allowing us to look to the future.

"The need to maintain greater physical distance, or to live and work largely in isolation, has…been an unusual experience," she said. "In our everyday lives, we have had to become more accustomed to connecting and communicating via innovative technology – which has been new for some of us – with conversations and community gatherings… enabling people to stay in touch with friends, family, colleagues and counterparts, who they have not been able to meet in person.

"Increasingly, we have found ourselves able to enjoy such communication, as it offers an immediacy that transcends boundaries or division, helping any sense of distance to disappear. We have all continued to appreciate the support, breadth of experiences and knowledge that working together brings, and I hope we shall maintain this renewed sense of closeness and community."

As the light at the end of the tunnel continues to grow, we look back with appreciation on these same tenets, recognizing that many of the solutions we have come up with to maintain what is required and necessary have indeed brought us closer together. It remains to be seen which innovations will stand the test of time as a new "new normal" approaches. With spring approaching, it never hurts to look ahead, but the ability to plan ahead? Now that's a luxury.



Venturing down many rabbit holes

by Mark Pavilons



For decades, humans have been aware of the existence of black holes in the universe.

These all-consuming regions pull in everything in their path and the gravity is so strong not even light can escape it. Black holes often occur when suns die.

There's nothing like it on earth, and fortunately not one within earshot in our solar system.

And then there are rabbit holes, but not the dens for small furry rodents.

Merriam-Webster defines "rabbit hole" as a "complexly bizarre or difficult state or situation conceived of as a hole into which one falls or descends ... one in which the pursuit of something (such as an answer or solution) leads to other questions, problems, or pursuits."

These, on the other hand, abound almost everywhere on terra firma.

These invisible whirlwinds that suck the life out of people in search of answers, can be mind-boggling.

And they're everywhere.

I bumped into one the other day and almost lost a shoe!

The term was first coined by Lewis Carroll in his 1865 classic Alice's Adventures in Wonderland. Within those captivating pages, Alice follows the White Rabbit into his burrow, and is transported to the very strange, often nonsensical world of Wonderland.

If only our modern rabbit holes were that simple, and that enjoyable.

Our technologically advanced rabbit holes involve seemingly endless rolls of red tape. They almost always defy logic. It's often difficult, if not impossible, to escape from such a hole.

Alice herself admitted the futility of it all.

"It's no use going back to yesterday, because I was a different person then."

Venturing down one of these holes will change you.

Today's rabbit holes, often facilitated by the internet, feature countless distractions, dead-ends and endless loops.

So, brothers and sisters, here we are living in a world of misinformation and mistrust, a world we all pitched in to build.

I never thought of myself as naive, but wakeup calls are there, just waiting for you to hit "snooze." But eventually you have to get up.

Some of these can be minor, but others are like a shovel in the face; The Three Stooges style.

In recent excursions in the surreal world of the internet, I discovered there's a fair amount of dishonesty. Many people would like to sell you something, but it's nothing like what's depicted. It's a finely crafted lie, a deceitful myriad of photos, promises and methods of payment.

Some would say that at this very minute, people are lined up in cyberspace, ready to lie to you at the drop of a hat.

The most annoying rabbit holes are customer service sections of company websites. It takes forever to find an appropriate way to "contact us" and it's often in a template format, a message board that is never answered.

Few even want to accept emails, likely because they don't want to pay staff to answer them. There are "live" chats, but the only living thing in this case is you.

Go to the list of FAQs and "commonly asked questions," which almost always offer little help at all.

Then, we're faced by the always optimistic "was this helpful?" or "glad we could help."

Oh, what a tangled web we've woven.

Misinformation and mass distrust, partly due to the isolation of the pandemic, is abundant. People today seem to be more vulnerable to conspiracy theories and baseless ideas.

During the worst of the pandemic, we've heard people say the virus was man-made and let loose on an unsuspecting society. We've heard that the vaccines are "poison." Anti-maskers came together.

Of course, there's a big difference between conspiracy theories, and uncovering oddities, discrepancies and unusual circumstances.

As a journalist, I wanted to know the total budget being spent by the Federal government and Provinces on vaccines. Three or four attempts provided no answers. Surely someone, somewhere must know how much Ottawa is paying Pfizer or Moderna. Someone is signing the cheques.

And make no mistake, when sums as large as billions of dollars are at stake, well, anything can happen.

Is this an unfounded conspiracy theory, base-less assumption or plain quackery?

COVID-19 and the pandemic has created one massive, global rabbit hole. The vaccines work, but some may require annual doses, like the flu shot. This sets in motion an endless, multi-billion-dollar gravy train for pharmaceutical companies. It's enough moola that they could afford to abandon all research and production of other life-saving drugs.

Just saying.

Masks may become commonplace in public from here on in.

Mask-makers are a dime a dozen, and all promise fantastic results, all for the one-time low price of...

Again, government contracts for PPE are massive and likely has create millionairess overnight. People have lied, cheated and killed for much, much less.

I'm not saying that government graft and inappropriate behaviour is common. I'd like to think it's rare in our society today and everyone is working together in our best interest.

That's not to say rabbit holes don't exist at all levels of government. Think of dropping a dime through a sewer grate. You want it back, and make every effort to find it, but it's gone forever. There's no evidence that dime existed in the first place! And, no one will offer to replace it.

Just saying.



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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.

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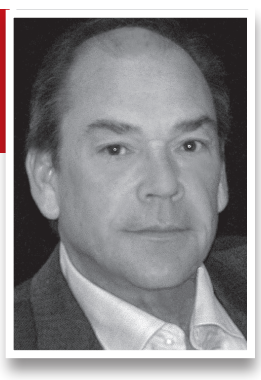
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Our history?

BRIAN LOCKHART
FROM THE SECOND ROW



It is amazing how much of world history has been re-written incorrectly.

The blockbuster movie, Braveheart, was a fun film to watch complete with the blue-painted faces of Scottish warriors, the overly graphic depiction of close quarters Medieval warfare and, of course, the fanciful kilts the men wore into battle.

However, ask a Scotsman what they think of the movie, and although they appreciate it for what it is, you will get an earful of the historical inaccuracies of the movie, including the fact that the kilt wasn't even invented until several centuries later.

The Scots are depicted as living in filthy conditions and the kids all had dirty faces for some reason. Even in the 12th century mothers took the time to wipe the grime off of a kid's cheek.

While Mel Gibson did produce and star in a rather epic movie, historical it was way off base in an historical context.

The gladiators in ancient Rome have a storied history. They were well trained combatants who would go into the forum to do battle and slay another man without a thought.

The forum ran full with the blood of the dead or dying.

At least that's the depiction of the events that occurred there. According to the movies, every battle in the ring ended with a big thumbs-down from Peter Ustinov and the resulting coup de grace when the man still standing thrust his sword or spear through his opponent's throat.

That's the image we seem to have from the Rome of couple of thousand years ago.

However, checking into actual historic records, the battles in the forum weren't quite the bloodbath that we thought – and for good reason.

All those gladiators were slaves. Hence, they were property. Someone owned them.

No wealthy slave owner wanted to see his investment disappear at the thrust of a sword.

They spent a lot of time and money training their gladiators to fight in the ring. They didn't want to see their slaves die – it was bad for business.

Just like a modern boxing manager who doesn't match his fighter up against a far superior fighter and a sure loss, a slave owner wanted his fighters to able to fight another day.

There were, no doubt, deaths in the forum, but not like it is depicted in the movies.

That brings us to pirates.

Movies and a lot of books have swashbuckling stories of jauntily dressed pirates with peg legs, eye patches, and a parrot on their shoulder.

They say things like "avast ye matey" and "arrr," and speak, well, like a pirate.

The pirate captain is a charismatic leader in charge of the ship and orders his dutiful crew around while they sail the seas and bury their loot on random islands.

Historically, pirates didn't "talk like a pirate." That whole way of speaking comes from the 1950 Disney movie, Treasure Island, starring Robert Newton as fictional pirate, Long John Silver.

His performance, full of "arrrs" and "shiver me timbers", seemed to set the standard for pirate talk.

Although real pirates wouldn't have sound any different than any other merchant seaman of the day.

As for pirate ship captains, they weren't really the leader of any ship.

Pirates were outlaws, desperados and criminals – they just happened to be on a ship – a stolen ship.

As a gang of cutthroats, no pirate worth his salt would be talking orders from a "captain."

There were men called pirate captain, but, in truth, they had no more real say of what the gang was going to do than anyone else on the ship.

Modern history has been radically changed in just a few decades.

In 1963, John F. Kennedy, was not the popular president that media portrays these days. He was elected with the smallest margin of votes in history, and a lot of those votes were dubious.

Kennedy was a hated man in much of the US with a lot of enemies and some very unpopular policies and ideas.

A bullet changed all that.

After his assassination, he was referred to as "beloved president" and his administration was named "Camelot" by a wistful reporter to make it sound like that administration could do no wrong.

What a difference a few years and a bullet can make.

I wonder how our current history will play out in the future?

It would be interesting to read how historians record the first few decades of the 21st century in a book 500 years from now.

Maybe we will all be portrayed by a writer, or what ever form movies take in the future, as a society quite different than we really are.

Reasons to Celebrate

SHERALYN ROMAN
TALK CALEDON



In the newspaper world, writing about something that happened three or four days ago is the very definition of OLD news. Sometimes, however, old news is important news, just like understanding history in all its glory and its ugliness is an important opportunity for us to reflect upon and learn from those who have gone before us. That's my excuse for writing about something that happened this past Monday, a celebration of International Women's Day. There are reasons to celebrate, even while there remains much work to be done.

I think of myself as coming from a generation that was raised to believe all things were possible. If I wanted to be a scientist or a doctor or whatever – I could. The fact that I was a woman was not to stop me from dreaming big. Yet, feminism was still, for many, an "F" word. Feminists were sometimes viewed as "strident" or "oppositional" and did they have to be so loud? Rather than being seen (as perhaps a man would have been) as strong, independent and as leaders, they were instead fighting battles perceived by men as having already been "won." After all, didn't we have the right to vote? Weren't we now being recognized in our educational institutions and in business and government as equal to men?

Here's how short-sighted that opinion was. In the US, as late as 2010, there were still some states that had not independently voted to approve the Equal Rights Amendment Act! Here at home, the Canadian Charter of Rights and Freedoms was only signed in 1982, and even then, for some provinces and premiers, it was problematic. According to PEW research statistics, as recently as 1995 there were still no women CEOs in any of the Fortune 500 companies and while that number today might be higher, as of 2020 there are only 37 and none are women of colour.

I know that many women my age would also agree that while we were raised to believe all things were possible, we faced both large and small challenges every step of the way. During one summer job experience, a male co-worker asked me if I was wearing a bra that day. It was one comment in a long line of many from that same individual and I have never forgotten it.

But, he was a senior manager and I was just university student. Did I say anything or complain to anyone? Nope. There was no mechanism in place for that to happen, nor did I feel empowered in any way to do so. After graduation, with a degree in my hand and full of excitement, potential and confidence, I interviewed for a position where the much older, male manager, asked me if I "planned to get pregnant anytime soon?" This didn't happen in 1923, or 1952 (still wrong of course) but in the late 1980s!

Perhaps some of you would have spoken up, but there was no #MeToo movement at the time and many companies had not yet even dreamed of a policy on harassment and discrimination. As a result, working in HR, a career highlight for me was to be a part of a team that implemented change on this front and on other similar forward-thinking policies. Educating employees on appropriate workplace behaviour and paving the way for the next generation of young women to have systems in place for calling out the bad behaviour is something I'm proud of. Back then the only person who might have taken any kind of affirmative action was my Mom if I had told her. She's never backed down from a fight.

On a more positive note, not long ago I wrote a column called "Shattered Ceilings" addressing positive female role models right here in the Region of Peel, in Caledon and in Dufferin. Currently five women sit on our municipal Council of nine and strong female Mayors have provided leadership to these communities both in the past and currently. I am privileged to know the Executive Directors of a number of female-led organizations who are leading the way in changing our communities for the better and who mentor and empower other women along the way. I am proud to be a part of agencies and business cohorts who are the living embodiment of women supporting women. Progress continues even if it is sometimes a slippery slope. I am not happy for example, to live in a world where women are targeted just for going to school but I am amazed that militants couldn't silence Malala Yousafzai. It's sad that a former President tried gaslighting a young girl but nothing could stop Greta Thunberg and it's the pathway to a better world when the World Health Organization makes time to listen Indigenous water warrior and youth leader Autumn Peltier.

As hard as my mom tried to instil it in me, I'm trying even harder to raise my daughter to know that she can do anything, and her brother to know that we are all equal citizens of the world. When systems fail, as they sometimes do, I'm happy to know that in 2021 we live in a world where problematic behaviours might still exist but where there are stronger mechanisms in place for meaningful action to be taken to address and rectify them. It's been particularly challenging throughout this pandemic to know that women have been harder hit, impacted more than men by loss of jobs or by having to both work and home school. Collectively though, we're up for the challenge and there are reasons to celebrate. Happy International Women's Day!

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PUBLIC NOTICE

HAVE YOUR SAY

NOTICE OF APPLICATION

Caledon Village
Proposed Draft Plan of Condominium

FILE NUMBER(S): 21CDM-210001C
RELATED FILE NUMBER: RZ 2021-0001 (UNDER REVIEW) AND SPA 2021-0001 (DEEMED INCOMPLETE)

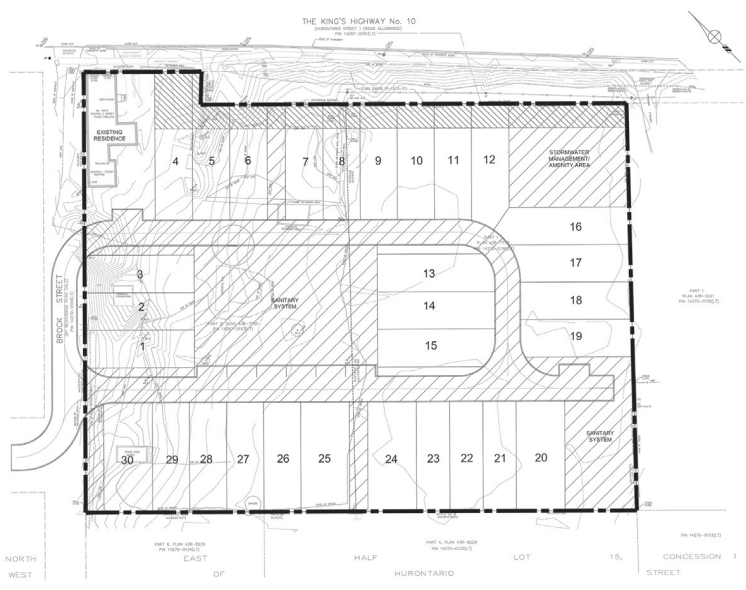
This is to inform you that the Town of Caledon has received a Draft Plan of Condominium application. Your input and insight will inform and shape plans that meet the needs of our community.

APPLICANT: Design Plan Services Inc. on behalf of Jeannett and Richard Nichalson and 2683894 Ontario Inc.

LOCATION: 0 and 18314 Hurontario Street
Part of Lot 15, Concession 1 WHS (Caledon),
designated as Parts 1 and 2 on Plan 43R-7750
West Side of Hurontario Road, South of Charleston Sideroad, Caledon Village
Ward 1

PROPOSED CHANGES:

To establish a Common Element Plan of Condominium on the subject lands comprised of 30 townhouse units, a private road and private amenity area.



The illustration is a conceptual plan for information purposes and it is subject to change. The application is currently under review by the Town of Caledon.

LEAD PLANNER:
Aleah Clarke, MHBC
On Behalf of Development Review Services, Planning Department, Town of Caledon
905-584-2272 x.7338
aclarke@mhbcplan.com

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

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

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

Notice Date: March 11, 2021

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3P Concept: Pain, Posture and Performance our reprieve from a seated life



Hip Bridges (top-left), Collapse Crawl Stretch (bottom left) and Median Nerve Flossing are three stretches anyone can do on a daily basis to relieve compression of the joints and muscles from being seated for too long. CONTRIBUTED PHOTO

BY ROBERT BELARDI

In the wake of the COVID-19 pandemic, daily life shifted from being on the go and active to being stuck at home.

In many ways, this could have been beneficial to everyone. No morning traffic. No crowded subways. No commuting.

But, in other ways, this has been a detriment to our bodies. Being seated for many hours on a daily basis is compressing our muscles, tightening our joints and making it quite difficult to presumably move our bodies in ways we moved them before.

In light of these current predicaments, Caledon native Quinton Nurse, who is in the process of receiving his Doctor of Naturopathic Medicine degree at the Canadian College of Naturopathic Medicine, and registered massage therapist and owner of Araya Health Centre in Scarborough Christopher Araya, shared three stretches anyone can do on a daily basis that will help improve mobility.

Elite gymnasts, pro athletes and jujitsu fighters use these stretches to continue to enhance their performance. As the weather continues to get better (and hopefully it doesn't regress back to the cold), these can help your body be ready for when outdoor activities begin.

Collapse Crawl Stretch

Similar to the downward dog position in yoga class, the collapse crawl stretch (bottom-left of the photo), is a decompression exercise that benefits many areas of the body.

"That one is targeting your centre-mid-back between the shoulder blades and the side. The real purpose there is to help your T spine for middle spine mobility and the other one is to test what your functionality is," Nurse said.

In order to perform this stretch, do not fall into the stretch directly. You must ease into it slowly.

"You want to slowly crawl sideways with your fingertips until you feel a stretch," Araya said. "You crawl out, stretch, and slowly side-bend sideways. You isolate obliques, lats and rotator cuff."

This stretch that elite gymnasts perform, will enhance your posture and functional range of motion. This position helps to decompress the tightness in your back and in your rotator cuffs. This will relieve your joints and is a very common therapy.

Median Nerve Flossing

Just like tuning the strings of a guitar.

Median Nerve Flossing is a technique that frees up this nerve that flows from the back of your neck all the way to your hand.

Nurse says this technique can alleviate the cause of up to 47 per cent of shoulder pain. It can also help elbow and wrist issues moving forward.

In order to do this stretch (diagram is on the right), you must stretch your arm out just below the shoulder. Your opposite hand is positioned on the shoulder of the arm that is extended.

"It's a sensation you cannot pin-point. It's not like you're stretching one specific point. Nerve Flossing is a general region where you are achieving a bright sensation," Araya said.

With your arm extended outward and with your palm open, bend your hand downward to the floor and turn your neck in the direction of your arm. Following a few seconds, turn your neck the opposite way and turn your hand inward towards your body.

Just like flossing your teeth, this is moving the nerve back and forth. When someone has compression syndrome, muscles will compress the nerve. By freeing up the nerve, it will restore its function.

Hip Bridges

Jujitsu fighters use this one.

Hip Bridges are a way to take advantage of the neurological system in your body. It's also known as "reciprocal inhibition."

Our glutes and muscles around our hips are continuously compressed and this will help relieve tension and allow your body to extend the hip area.

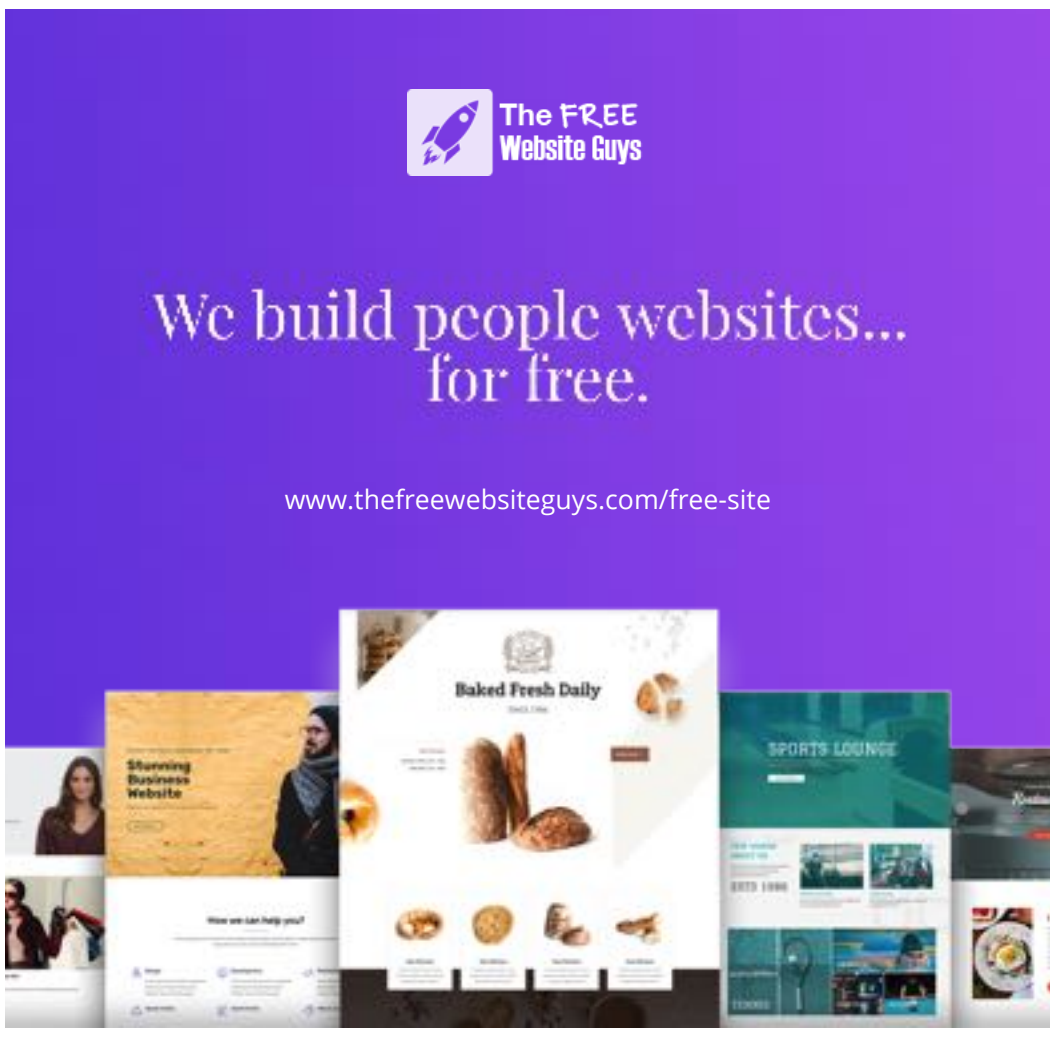
"When you flex your glutes behind the hip, the front is relaxed automatically by your nerves which allows you to go through your range of motion and it gives you the activation of the glutes which are basically asleep all day."

To perform this stretch (top-left), lay on your back with your hands flat on the floor. Lift your hips while flexing your glutes and hold that position for a short time and then come back down. Do this repeatedly a few times and you will see a difference.

To book a free consultation, you can do so on www.arayahealth.com.

For more information on these stretches and you can email Araya at arayahealth@gmail.com and Nurse at quintonnurse@gmail.com.

You can also check out Araya's "7 Pressure Points to Manage Soreness" e-book here www.arayaservices.com/araya-pressure-point-lead-gen1606437731723.



Solutions to reducing your kids' screen time and keeping them active

BY BRIAN LOCKHART

If you speak to someone in the electronics industry you will find out that sales of video games, smart phones and other electronic devices have gone through the roof during this current pandemic.

With so many people staying at home and sports activities cancelled, everyone is looking for a way to fill idle time.

That includes a lot of kids who have traded ice time for screen time.

There's no doubt that physical activity is important to maintaining good health.

It's very easy to get into a routine that includes playing a game on a screen rather than going out and actually taking part in an activity.

Experts agree that not all time spent looking at a video screen is bad. You can learn a lot by going on-line. However, there must be a balance between watching something on a screen and actually getting out there and doing it.

So, the experts have come up with a few solutions to help get your kids to maintain an active lifestyle.

First of all, be a role model.

You can nag or try to reason with kids to get them off of devices, laptops and television, but the reality is that while your kids may not always listen to what you say, they are always watching what you do.

So keep track of your own screen time – the kids will notice.

Secondly, try to resist the urge to take devices away as a punishment, or give them as a reward.

Present screen time a something to enjoy in moderation.

Try sticking to a schedule.

You can ask kids questions like, "what do you like to do best on your devices?" or "are there certain times a day you like to watch movies or play games?"

You can block off certain times during the day when screen time is not permitted. It teaches kids to be more mindful of their on-screen choices.

When it comes to physical activity, it's a lot more fun when you're doing something you love. You may like to jog a few miles, but your child may hate it.

By encouraging something they like to do, whether it's riding a bike, skateboarding, swimming, or playing a round of golf, they are much more likely to participate in that activity.

Finally, join in the fun.

Toss your own phone aside. Kids aren't the only ones addicted to their phones and screen time.

Playing a sport or being part of an activity with your child will give you some exercise as well as creating a lifelong memory.



Minor hockey calls it a season but CMHA hopes for spring opportunities

BY ROBERT BELARDI

Caledon Minor Hockey Association has officially cancelled the rest of their hockey season, the association announced on March 1.

Following an "executive meeting" that was held February 25 and further discussion between the Town of Caledon and local health officials, the decision was finalized because of the current state of the COVID-19 pandemic.

As per the Ontario Hockey Federation, associations across all townships that have permitted the return of minor hockey will be running their season until the end of May.

As for Caledon, that means the association can begin to plan for the upcoming year. Caledon Minor Hockey confirmed they are considering Spring/Summer programs if the opportunity arises. There will be no Spring tryouts this year.

CMHA confirmed in their statement the Town of Caledon has removed the ice as of now and they hope in the near future it will be returned.

"It is our current understanding that we may be able to return to the ice in August 2021 in some capacity and that all try-outs will commence in mid-September with the hockey season then starting in October 2021," CMHA wrote.

The OHF and the Ontario Minor Hockey Association (OMHA) Fall season will host rep tryouts later this year and the season is expected to return.

For now, CMHA says parents will be receiving money back.

"Pro-rated refunds will be made, by cheque to all players who remained registered in the CMHA program."

Refunds are being confirmed between CMHA, OHF and OMHA. The association predicts, refunds will be returned to all parents by cheque by the end of April.

CMHA says it is saddened, to have made this decision. But, with warm weather just around the corner, it wouldn't be a bad idea to pick up a cheap hockey net and some roller blades. Driveway hockey is nice alternative and a great way to remain fit for when the Fall arrives.

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TOWN OF GRAND VALLEY
SEASONAL SUMMER EMPLOYMENT - PUBLIC WORKS SUMMER STUDENT LABOURER

The Town of Grand Valley is accepting resumes for a Public Works Summer Student Labourer, for employment for spring/summer of 2021.

Duties for this outdoor position will include lawn maintenance (cutting, trimming), gardening/watering, painting and assisting with general municipal labour. This position will work a regularly scheduled 40-hour work week. Occasional weekend work will be required for scheduled plant watering and occasional community events.

CSA approved work boots and a Current Ontario Class 'G' Driver's License are required. Fall 2021 Enrollment in a qualifying Post-Secondary Education program will also be required.

Previous experience with push mowers, zero-turn mowers and powered line trimmers would be an asset.

Resumes will be accepted until **2:00pm on Friday, April 2, 2021** at the Municipal Office located at 5 Main Street N, Grand Valley, ON, L9W 5S6, or by email at **mtownsend@townofgrandvalley.ca** marked Confidential-Summer Labourer Position.

Full posting available at **https://www.townofgrandvalley.ca/en/town-hall/employment.aspx?_mid_=7013**

We thank all applicants for their interest. Only those individuals selected for an interview will be contacted.

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BIRTHDAYS

HAPPY 1ST BiRTHDAY
Alicya Speck!



HAPPY 1ST BIRTHDAY
to our special girl. Alicya, hoping your birthday is as special as the day you were born, as that was a pretty special day for all of us. Your bright smile and laughter brings such joy to us.

Lots of Love,
Mom and Dad and the Durante and Speck Families

PLEASE RECYCLE THIS NEWSPAPER!

BIRTHDAYS



Happy Birthday!

We are proud to help Kim Hesketh celebrate a milestone birthday, one that marks a long list of accomplishments. Kim has done so much in a relatively short period of time, it's admirable. She's spread unlimited amounts of love, joy and compassion. She's raised three impressive human beings, and tried to train another, older human male. She deserves the world, but instead, she gets all of our undying love.

Happy Birthday, Kim!
Love Mark, Lexie, Liam and Kyleigh

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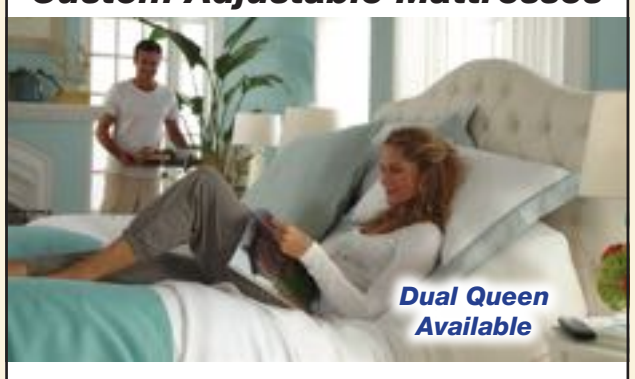
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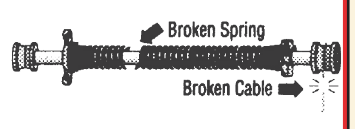
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In memory of
Gerald Staveley

We thought of you today
But that's nothing new.

We thought about you yesterday
And days before that too.

We think of you in silence
And often speak your name.

All we have are memories
and your picture in a frame.

Your memory is a keepsake
From which we will never part.

God has you in His arms
we have you in our hearts

Love Sheila and family

IN MEMORIAM

MARY JEAN KRALIK

JANUARY 11, 1938 - MARCH 12, 2019

In loving memory of Mary Jean Kralik, Mother, Grandmother, Great Grandmother, Sister, Aunt and Friend.



We cannot believe it has been two years since you left us.
Not a day goes by that is not filled with thoughts of you, and no words can convey how much we love and miss you!

Mum...

If I could have only one more day, only one more.
I would pick up the phone and tell you I love you.
I would thank you for loving me unconditionally.
And I would thank you for helping me to be me.
If I could have only one more day.
I pray heaven is everything you dreamt it to be.
I pray you're safe and free of pain,
And have met up with your loved ones.
And I pray you have heard every word I have said.
To my Darling Mum, I will love you forever,
So be safe until we meet again.

OBITUARIES

McMULLIN, Ralph Gordon



Peacefully at Oak Terrace Long Term Care in Orillia, on Tuesday March 2, 2021 at the age of 76.
Predeceased by his parents Alex and Melissa McMullin; brother of Gwen. Dear father of Troy (Diane), Travis (Charlene), Todd (Kathy). Cherished grandfather of Kenny, Emily, Liam, Jack, Avery & Tessa. Ralph will also be missed by a special friend Dawn Draper.
Ralph's passions included his beef farm which he ran since his father's passing in 1975 until his declining health in 2017. Cattle and crops was his life for over 40 years. Although sometimes gruff on the exterior you would often find most of the cows and calves had their own names and catch him petting them.
He also loved Truck and Tractor pulling where he campaigned his Super Stock Dodge Truck dubbed the "Caledon Hauler" for some 30 years. During the Tractor pulling days Ralph made many life long friends by being a true sportsman and a fierce but friendly competitor. Ralph was also a 35 year employee of Northern Telecom where he worked in Quality Control and Process Support.
Ralph had a sweet tooth and would very often spend Sunday afternoons with Dawn and family in the bush at the back of the farm around a campfire with a plate of food and desserts. He always enjoyed a good meal mostly when someone else was cooking it. Ralph was stricken with Alzheimer's disease at age 71 and it very rapidly robbed him of his golden years. Rest in peace Dad... Alzheimer's is gone!
Love, Your Boys!
Private Family Service will be held at ***Dods & McNair Funeral Home, Chapel & Reception Centre***, 21 First St., Orangeville followed by Interment at Caledon East Cemetery. Recorded Service will be available to be viewed after 3:00 p.m. on Monday, March 8th.
Memorial donations to the Alzheimer Society of Dufferin County would be appreciated by the family.
A tree will be planted in memory of Ralph in the Dods & McNair Memorial Forest at the Island Lake Conservation Area, Orangeville. The next annual dedication service will be held on Sunday, September 12, 2021 at 2:30 p.m. Condolences may be offered to the family at www.dodsandmcnair.com

OBITUARIES

WILSON, Raymond Lyle
December 2, 1943 – February 17, 2021



Lyle passed peacefully at Trillium Health Partners, Mississauga, at the age of 77.
Predeceased by his parents George Wilson and Jean (Young), by his siblings Barbara (1956), Glenn (1974) and William (Bill) (2020).
Loving husband to Aileen (Moffitt) for 53 years, together raising their children in Hockley Valley.
Lyle went to a one room public school at SS#2, Adjala Township. He became a welder and continued in this career for 47 years. He enjoyed hunting, fishing and outdoor hobbies.
He was a pillar of strength to his family and will be dearly missed by his wife Aileen, his children Nadine, Richard and Nicole (Jason), his grandchildren Jacob, Ryan, Kendall and Adam. He is survived by his sisters Betty, Patti and many adoring cousins, nieces, and nephews.
To honour Lyle's wishes, a cremation has taken place and there will be a memorial service at a later date.
In lieu of flowers, donations may be made to the Canadian Lung Association, Gideons International Canada, War Amps of Canada or a charity of your choice.
We miss you Lyle.
Love your family
Online condolences may be made at www.imfunerals.com
In Memoriam Funeral Services Inc. has been given the honour to serve the Wilson Family.

BRIAN LAVENDER



Brian passed away on Sunday, February 28, 2021 at Headwaters Health Care Centre, Orangeville. Brian was born in England on the 29th of April, 1945. He married Catherine Hird in 1966 (predeceased September 1, 2020) and they had a daughter named Teresa. A funeral service was held on Friday, March 5 at 2 o'clock at the Egan Funeral Home, 203 Queen Street S. (Hwy. 50), Bolton (905-857-2213). Spring interment in St. Andrew's Cemetery, Caledon. Condolences for the family may be offered at www.EganFuneralHome.com



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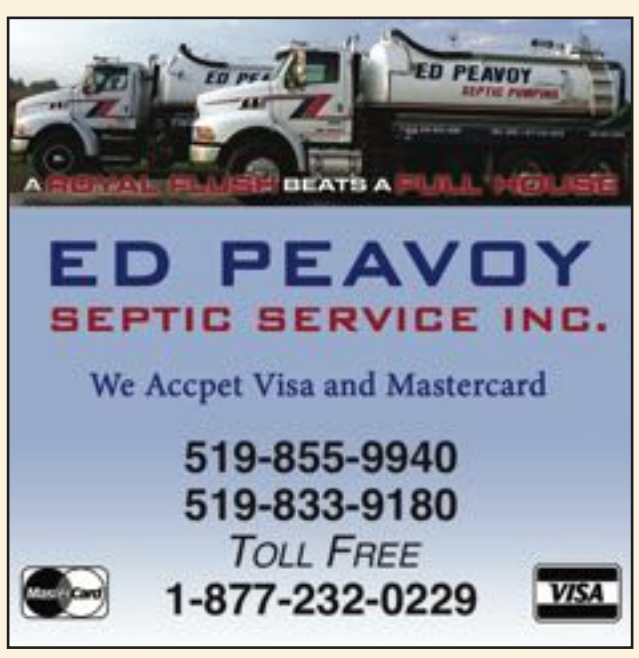
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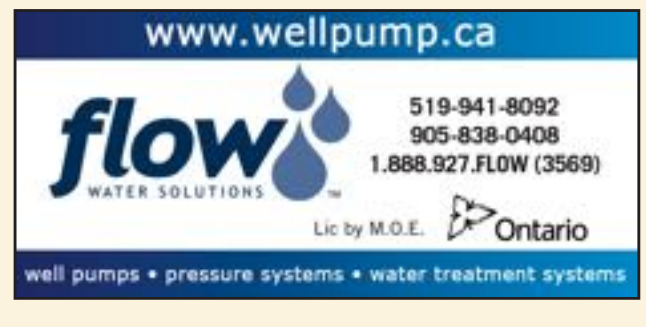


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