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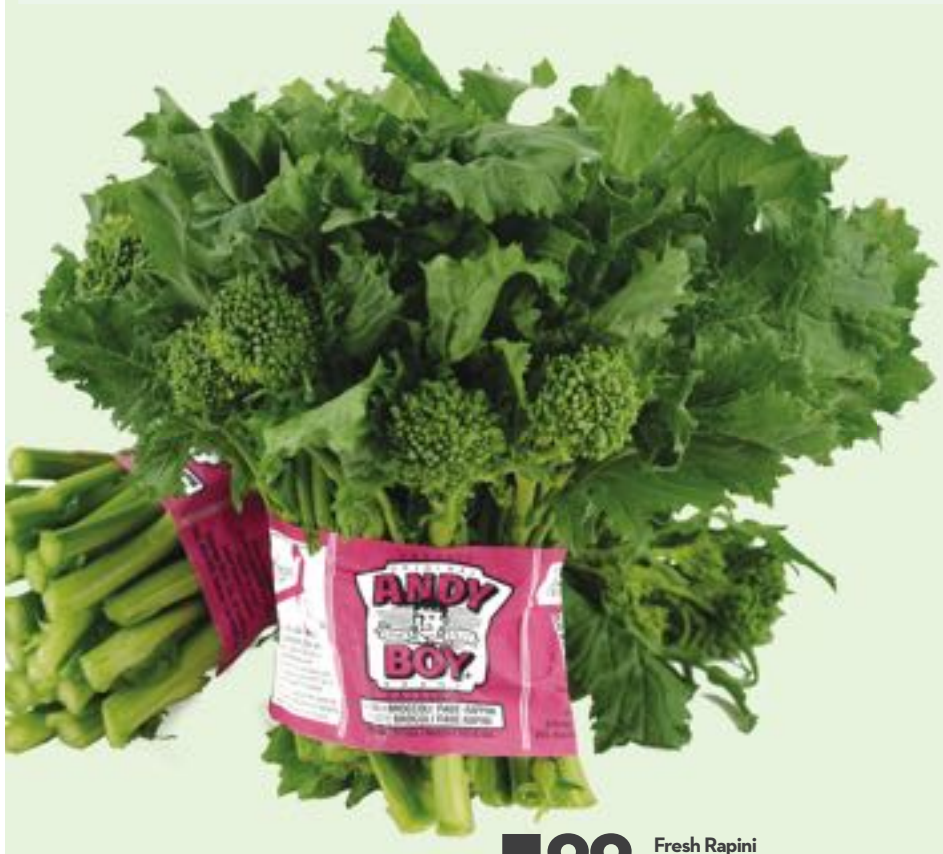
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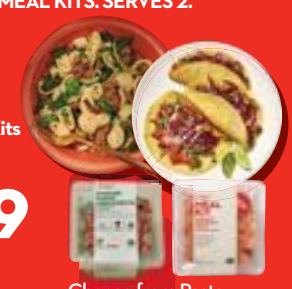
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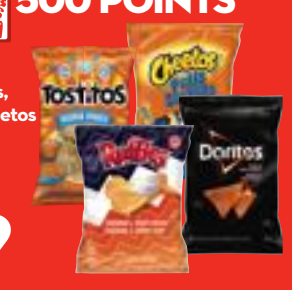
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COMMUNITY-BUILDER HONOURED – Long-time Kin leader and member Howard Phee was recently honoured for his 50 years of service to the Club and the community. For more with Phee on a half-century of community-building, see Page A10. **PHOTO BY RILEY MURPHY**

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With A Little Help From My Friends

Friends of Caledon Public Library donates $6,000 as CPL looks ahead to 2026

BY RILEY MURPHY
LOCAL JOURNALISM INITIATIVE REPORTER

The Friends of Caledon Public Library donated $6,000, raised largely through their regular book sales, to the Caledon Public Library this week.

The Friends of CPL is a non-profit, volunteer organization that both supports and enhances library services in the community.

With the Friends donation, Colleen Lipp, CEO and Chief Librarian, says that CPL will be able to undertake numerous initiatives.

CPL is now able to purchase nine Envoy Connect Players, supported by the Centre for Equitable Library Access (CELA).

These devices support users with disabilities with print, providing easy access to a wide range of digital reading materials, and make the library more inclusive for all members of the community.

They will be able to host gardening expert Frankie Flowers as the keynote speaker at their Seedy Saturday event planned for later this winter, and add loanable Maker equipment to the Library of Things, allowing customers to safely borrow and use these technologies in the comfort of their own home or business.

"These are things we would not be able to do without your help," Lipp said to the Friends.

Continued on Page A6



PHOTO BY RILEY MURPHY

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A new starting point for families as BrightStart Caledon launches Connections Service

BY RILEY MURPHY
LOCAL JOURNALISM
INITIATIVE REPORTER

BrightStart Caledon is ringing in the new year by launching BrightStart Caledon Connections, a centralized intake, information, and referral service designed to help families find information, support, and community resources.

Through this new service, BrightStart Caledon can connect families to relevant programs and services that best meet their needs.

Tracey Stewart, Program Manager, says this new service will be a starting place for all families in Caledon seeking support.

During their pandemic recovery strategic planning process, this type of service was identified as a key priority, explains Teresa Colasanti, Executive Director.

"What we were hearing from families was that it's really difficult to navigate services," says Colasanti. "Families were finding it hard to access services due to Caledon's geographic spread, limited local availability and fragmentation. The goal was to create a seamless experience for families throughout Caledon, tailored to their unique needs. Feedback from the families really helped to shape the design of this information, intake, and referral service."

Families surveyed emphasized the importance of clear guidance and quicker access to programs, which directly shaped the design of this centralized model.

Families parenting children with diverse abilities and complex needs also provided critical insights.

BrightStart Caledon just celebrated its 38th anniversary and Shelly Ives, Community Engagement Manager, says throughout their history, they have continued to grow to support the community's needs, and the new service is "another perfect example of the way we grow to reflect and respond to the needs of our community."

For almost four decades, BrightStart Caledon has always been a trusted place where families can access free programs and supports, build community connections and warm relationships with staff and each other.

The organization has grown with the community, adapting as it changed and partnering with other community organizations to meet the needs of young families.

The team reflected on the generational impact of the organization. Parents who once used the services years ago now visit with their grandchildren; the "children" from BrightStart Caledon's early years now attend drop in and registered programs with their own kids now.

"That continuity speaks to our longevity and impact in our community. To be part of those lives across generations is really something special," says Colasanti.

"Whether a family is new to Canada, new to the community, or have lived here all their lives, this service aims to provide a supportive, personalized experience from the start, helping families navigate services efficiently," says Stewart.

BrightStart Caledon says it is a place where families can access professionals and resources to help navigate the parenting journey.

"When a family first connects with BrightStart Caledon Connections, they are welcomed by our intake team, who listen carefully to their needs and goals. Families provide basic information about their children, household, and what type of supports they are seeking."

Families who wish to use this service just have to call or use the website referral button to submit an inquiry.

From there, the team guides them through the options available, whether it's BrightStart Caledon programs, EarlyON programs, parenting resources, or referrals to specialized services and community supports.

Stewart says it is all about tailoring the experience to the family's needs and streamlining the process to make it easier on everyone involved. Most intakes will be responded to within a matter of days, ensuring families will not have to wait to access and receive information about the services that suit them best.

This formalized approach also allows organizations to refer families directly with consent.

In this situation, BrightStart Caledon Connections acts as a central hub, the BrightStart Caledon team explains, helping families and partner organizations work together more effectively.

"By coordinating referrals, tracking service availability, and sharing information with consent, we reduce duplication and streamline access. This collaborative approach is especially important in Caledon, where programs are spread across the region and service capacity can be limited, helping agencies collectively support families in a coordinated way."

Many families, Stewart notes, have to tell their story over and over again to numerous organizations. This not only streamlines the process for families but also makes the experience more personalized for them.

"They can come to us, and we hopefully can get them to where they need to go in a very warm way," says Stewart.

Ives says it is important to point out that the new service is an addition to the organization's current programs and service offerings. Not every family will need the service. Families are still more than welcome to visit any of their locations across Caledon and enjoy free family drop-in time and registered programs without using the referral service.

BrightStart Caledon Connections has been designed to support families with children from birth up to their ninth birthday. However, the BrightStart Caledon team says they will continue to be flexible where they can, when it comes to age thresholds, recognizing that sometimes need supersedes age restrictions.

They recognize that families may cross geographic borders and boundaries seeking to meet their family's needs, and they are here to support those families in surrounding areas as well.

As the years go on, BrightStart Caledon hopes that this new service will make it easier for families across Caledon to access programs and support.

By providing timely guidance, personalized referrals, and integrated support, they say families can participate fully in community programs, strengthen their child's early development, and feel confident navigating resources.

Their goal is for families to experience a connected, responsive system where their needs are understood, prioritized, and addressed effectively.

Ives explains there is a very broad range of services and resources they can help direct families to, whether they are seeking programs, services or support for challenges in their own lives, such as food insecurity, employment or financial supports or counselling services.

BrightStart Caledon Connections is funded through an Ontario government grant from the Ontario Trillium Foundation (OTF), an agency of the Government of Ontario that supports community-driven projects that strengthen people's sense of belonging, well-being, and engagement.

Families and community partners can access BrightStart Caledon Connections by visiting https://brightstartcaledon.com and clicking the referral button.

For additional information, contact Tracey Stewart, Program Manager at tstewart@brightstartcaledon.com.

BrightStart Caledon Family Centre is a registered not-for- profit charitable organization since 1987, responding to the needs of Caledon families, made possible through government funding, foundation grants, fundraising and donations.

Additional Open House and Public Meeting to be held for Site Alteration By-law

BY RILEY MURPHY
LOCAL JOURNALISM
INITIATIVE REPORTER

At the most recent General Committee meeting of Caledon Council, two motions were brought forward regarding the Site Alteration By-law.

The Site Alteration By-law has been a topic on the community's mind for months. This by-law will repeal and replace the Town's Current Fill By-law.

It aims to regulate the placement/removal of vegetation, topsoil, fill and/or grading or drainage alterations on private lands, in addition to outlining requirements for studies, permits, public notice, enforcement, and compliance with other federal, provincial, or regulatory agencies.

After an Open House held in October, residents have continued to voice concerns over the by-law and have further questions.

Both Councillor Mario Russo and Councillor Christina Early tabled motions regarding further public consultation for the proposed by-law.

"We've gotten some public interest on this issue. It's something that I think is important enough for the Town to take a little bit of time and digest. I wanted to bring this motion forward so that we essentially direct staff to give the public some more time to digest and have some more meaningful dialogue and consultation," said Russo.

Domenica D'Amico, Commissioner of Engineering, added that not only have residents asked for further consultation, but also for the opportunity to participate in a focus group.

She later added, "the focus group will be used to present and discuss the changes that we have made as a result of the public feedback that we have received to date."

During the meeting, the advantages and disadvantages of holding a second open house were discussed.

Councillor Christina Early said although the previous open house was well managed and moderated, there was a "small timeline," as well as a set start and end time.

"I think we would like to see it in Chambers; we would like to see an actual public meeting," said Early.

Councillor Lynn Kiernan echoed this point, saying they want to give the public "every opportunity."

Councillors noted the benefits of a public meeting as opposed to an open house; public meetings are streamed, and therefore the community can participate both online and in person.

It was also noted that the community has expressed a desire to see comments on the by-law made publicly available.

"The intent is that we will publish the updated Site Alteration By-law with an accompanying comment tracker, for lack of a better word, that thematically captures the comments that we have received to date," explained D'Amico.

Councillor Russo and Early's motions were combined and approved, illustrating that the public consultation and engagement strategy will include a resident focus group comprised of 5 to 6 community members with previously expressed interest.

Staff will use the Focus Group to discuss the detailed changes to the bylaw resulting from public feedback.

The motion explains that the Town will concurrently post the revised Site Alteration By-law on the Town's website for public review.

It was also decided in the combined motion that Town staff will hold an additional Open House and Public Meeting to maximize opportunities for the public to continue asking questions and providing feedback, with 20 days' notice in accordance with the Town's Public Notice By-law.

The motion was unanimously approved and will return to Council for the January 27 Council meeting for final ratification.

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CONTRIBUTED PHOTO

Expanded Provincial grant brings new firefighter safety investments to community

BY RILEY MURPHY
LOCAL JOURNALISM
INITIATIVE REPORTER

Fire departments across Dufferin-Caledon are receiving new support and benefiting from Ontario's expanded Fire Protection Grant, doubling from $10 million to $20 million this year.

The grant will help enhance cancer prevention measures for firefighters and improve emergency-response capabilities for lithium-ion battery-related incidents.

"Our firefighters face new and evolving risks, and our government is committed to giving them the tools they need to stay safe," said Sylvia Jones, MPP for Dufferin-Caledon. "This expanded funding ensures fire departments across Dufferin-Caledon are better protected, prepared and equipped to respond to emergencies."

Throughout 2026, several fire departments across Dufferin-Caledon will receive specific investments.

Town of Caledon funding will go towards purchasing and installing a self-contained breathing apparatus (SCBA), air compressor and filling station to support clean-air operations.

Other services receiving funding include Orangeville Fire Services, Rosemont District Fire Department, Shelburne Fire Department, Mulmur/Melancthon Fire Department, and Grand Valley Fire Department.

The constituency office of Sylvia Jones says that fire departments in Dufferin-Caledon face a mix of rural and urban challenges, including exposure to wildland and structural fires and an increase in incidents involving lithium-ion batteries.

It was shared that "the expanded Fire Protection Grant directly addresses these realities by supporting the purchasing of cancer-prevention equipment, improved decontamination processes, and tools designed to respond to emerging hazards."

To obtain this grant, municipalities were required to submit an eligible application for the Fire Protection Grant funding that aligned with their fire department's needs and the grant's objectives and criteria, which focused on firefighter health and safety.

The Office of the Fire Marshall (OFM) worked closely with municipalities throughout the application process, providing guidance and support as needed.

Caledon has numerous stations across the municipality, including smaller stations and stations composed of volunteer firefighters, and it was shared that for these smaller and volunteer departments, "this funding is especially impactful."

"Many of these departments operate with limited capital budgets, making it difficult to invest in cancer-prevention equipment and facility upgrades," said Jones' office.

This funding will help address long-standing health risks by enabling access to modern personal protective equipment (PPE) and to proper cleaning and decontamination infrastructure and equipment.

Some fire departments that received funding, such as Shelburne and Grand Valley, have already received some of their equipment.

Many of the funded projects involve equipment purchases and minor facility upgrades, meaning residents can expect to see these improvements implemented over the coming months as installations and deliveries are completed.

"This investment recognizes evolving risks and supports fire services adapting to them, ensuring departments across Dufferin-Caledon are better equipped now and into the future."

Residents launch petition for traffic light at King Street and Centreville Creek

BY RILEY MURPHY
LOCAL JOURNALISM
INITIATIVE REPORTER

Caledon residents Sabrina Rai and her family have launched a petition for the installation of a full traffic signal at the intersection of Centreville Creek Road and King Street.

Rai and her family live in the area of the intersection, and she shared that she has witnessed several accidents over the years.

"It has become an ongoing concern for many of us, and several neighbours encouraged us to put together this petition," says Rai. "It's also important to note that traffic signals exist at every other major intersection along King Street from Dixie Road to Highway 50, which makes this location a critical and unsafe gap in traffic control along the corridor."

Looking at the news and recent articles, Rai says she is aware of the growing number of traffic incidents on and around King Street in Caledon.

"Residents on Centreville Creek Road regularly witness high vehicle speeds, failure to yield, and near-misses when turning or trying to cross at this intersection," says Rai. "Without a traffic light, drivers often approach at unsafe speeds or with limited sight-lines, which increases the likelihood of collisions."

Vulnerable road users such as pedestrians, children, seniors, and cyclists, she says, are "especially at risk given the absence of safe crossing infrastructure or traffic control measures."

As local business owners, Rai says their increasing fear is not only for their family, but for their employees who use the intersection often for work.

She adds their business, Neighbourhood Electrical, has covered all the costs of forming and distributing the petition, as they are invested in their community.

For her community, Rai says that the risk from the lack of a signalized intersection isn't hypothetical.

"We are already seeing dangerous, life-threatening collisions."

Rai and her family are currently proceeding with a request for traffic calming measures within the Town of Caledon, which begins with a petition requiring support from at least 66 per cent of affected households in the identified area of concern.

If you live in the affected area and wish to sign the petition, contact centrevilletrafficlight@gmail.com.



The intersection in question. PHOTO BY RILEY MURPHY

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Nominations for the Civic Awards Program are now open!

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AMBER ALERTS SAVE LIVES

The Ontario Provincial Police (OPP) is reminding Ontarians that AMBER Alerts are a call for the public's help to find a child in danger.

An AMBER Alert is an emergency broadcast that is issued in the event of a child abduction. It is only issued when the abducted child is believed to be at imminent risk of bodily harm or death.

When the alert is issued, the description of the child (and, if available, the alleged suspect or involved vehicle) is immediately broadcast through television, radio and LTE-connected and compatible wireless devices via Alert Ready, Canada's emergency alerting system.

The issuing of an AMBER Alert is not taken lightly. Before an AMBER Alert is issued, specific guidelines must be met, and all of the following criteria must be satisfied:

- The law enforcement agency believes a child under 18 years of age has been abducted;
- The law enforcement agency believes the child is in danger of serious bodily harm or death;
- There is enough descriptive information about one or more of the following: the child, the abductor, and/or the vehicle, which is sufficient to allow the law enforcement agency to believe that an immediate broadcast alert will help in locating the child.

During an AMBER Alert, time is critical. If you see or hear an alert, you should watch for the child, suspect and/or vehicle described, and report tips or sightings immediately by calling 9-1-1.

Calling 911 to complain about an AMBER Alert is considered public mischief and may result in charges.

Learn more about AMBER Alerts and how you can help by visiting opp.ca/AMBERAlert.

RISE IN COPPER THEFTS

The Dufferin Detachment of the Ontario Provincial Police (OPP) is once again investigating an increase in copper thefts throughout Dufferin County.

"Between January 14 and January 15, 2026, Dufferin OPP responded to two separate copper theft incidents on River Road in the Township of Melancthon. Both incidents occurred during the early morning hours," say Police. "These thefts commonly involve telephone lines, utility wiring, and cable infrastructure and are often reported in rural, poorly lit, or isolated areas.

"These thefts typically occur during the early morning hours but may happen at any time. In many cases, wires are cut from utility poles, dragged to nearby roadways, and collected later to avoid detection.

"Police have also received reports of suspects wearing reflective clothing or safety gear to appear as legitimate utility or road workers. This tactic is used to reduce suspicion from passing motorists and nearby residents."

Copper theft is not only a criminal offence but also presents a serious public safety concern. Damage to critical infrastructure can result in service disruptions, including impacts to telephone and internet services and, in some cases, emergency services such as 9-1-1. These disruptions can delay emergency response and place the public at risk.

These thefts can also affect residents in other ways. Repairing damaged infrastructure can take time and resources, which may influence service availability or cause temporary interruptions in affected areas.

The Dufferin OPP is asking for the public's help in reporting suspicious activity. Residents are encouraged to remain vigilant and report individuals cutting or handling utility lines, tampering with infrastructure, or vehicles parked on road shoulders without an apparent purpose. If you observe suspicious activity in progress, contact police immediately by calling 9-1-1.

Members of the Dufferin OPP remain committed to public safety and continue to work in partnership with the community to prevent and investigate these offences. Public awareness and timely reporting play a vital role in protecting essential infrastructure and keeping our communities safe.

Anyone with information regarding suspected unlawful activity is asked to contact the OPP at 1-888-310-1122, or report anonymously through Crime Stoppers at 1-800-222-8477 (TIPS) or online at www.crimestopperssdm.com.

IMPAIRED CHARGES ON SNOWMOBILE TRAIL

Members of the Nottawasaga OPP have charged one individual with impaired operation following a public complaint to emergency services of an individual unconscious behind the wheel.

"On Wednesday, January 14, 2026, shortly before 3:30 p.m., officers from the Nottawasaga OPP responded to a call for service after emergency services received a report from a member of the public regarding a driver found unconscious behind the wheel of a pickup truck on an Ontario Federation of Snowmobile Clubs (OFSC) trail," say Police. "The incident raised concerns of possible impairment."

As a result of the investigation, officers arrested the driver for impaired operation.

The driver, Justin Wright, 44, of Essa Township, has been charged with:

- Operation while impaired - blood alcohol concentration (80 plus);
- Operation while impaired - alcohol and drugs;
- Driving while under suspension.

The accused party was released on a Form 10 Undertaking and is scheduled to attend the Ontario Court of Justice in Bradford to answer to the charges.

The charges have not been proven.

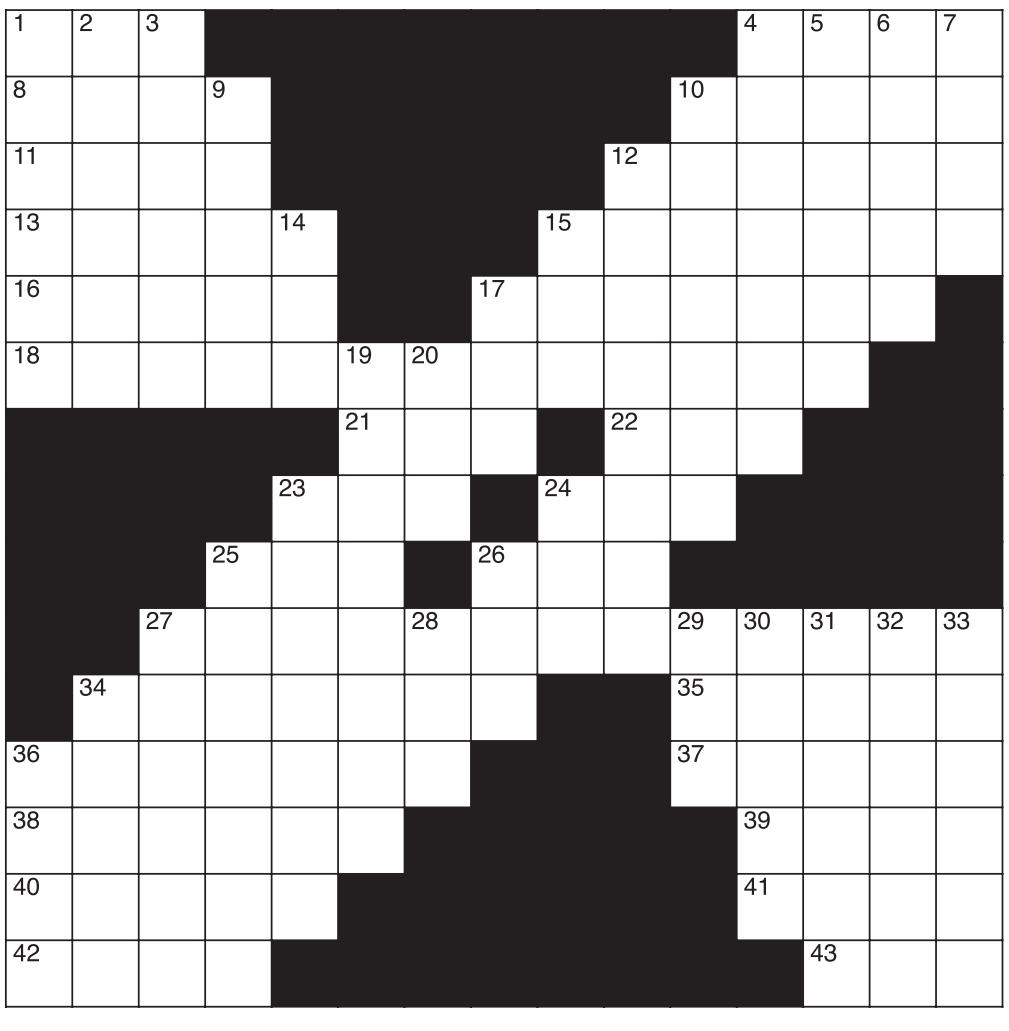
The OPP remains committed to keeping Ontario roads and trails safe from impaired drivers. If you suspect that someone is driving while impaired by alcohol or drugs, call 9-1-1 immediately to report it. You can also provide information anonymously by contacting Crime Stoppers at 1-800-222-TIPS (8477). When you contact Crime Stoppers, you stay anonymous, and you never have to testify.



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CLUES ACROSS

1. Racket sport pros
4. Make tea
8. City South of Moscow
10. Spanish bullfighting term
11. Egg-shaped
12. Could not remember
13. French modernist painter
15. Persons
16. Painful intestinal obstruction
17. Professions
18. Is up to the task
21. Wood or metal bolt
22. Tax collector
23. A way to save for the future
24. Georgia rockers
25. Midway between north and northeast
26. High schoolers' test
27. Does not accept responsibility
34. One who prepares
35. Gout-indicative deposits
36. Place to play games
37. Book of Genesis character
38. Cleans oneself
39. Unloaded for money
40. Genus of flowering plants
41. Take a puff
42. Congressmen
43. God of battle in Scandinavian mythology

CLUES DOWN

1. Type of bomb
2. South Pacific islands
3. Celestial body
4. Negotiates
5. Consider in a specified way
6. Type of group in organic chemistry
7. Buddhist monasteries
9. Inhabitant of Bering Sea island
10. Body part
12. Milestone birthday
14. Thyroid-stimulating hormone
15. More (Spanish)
17. Chicago ballplayer
19. Leaves a place
20. Cannot be found
23. One's internal body parts
24. Tell on
25. North American peoples of southwest
26. Soviet Socialist Republic
27. Extract used for jams and jellies
28. Greek goddess of the dawn
29. Old English letter
30. A way to exaggerate
31. Get up and leave
32. "Boardwalk Empire" character
33. More generous
34. Hanging cloth used as a blind
36. Ancient Greek sophist

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

Caledon resident calls for action as illegal dumping worsens on Boston Mills Road



Recent dumping in the area.
CONTRIBUTED PHOTO

BY RILEY MURPHY
LOCAL JOURNALISM
INITIATIVE REPORTER

Wendy Boughton has lived in Caledon for 30 years, 20 of which have been spent on Boston Mills Road, a street she says has become littered with illegal dumping in recent years.

Boughton looks out onto her road and sees garbage bags, empty liquor bottles, Amazon packages, and leftover construction materials strewn across various areas of the street.

As she walks her dog, she finds herself picking up the smaller pieces of trash herself in an attempt to help.

"I just pick it up and dispose of it myself because I can't stand looking at it when I drive down the road. It's awful," she says.

Boughton calls the Region to come and collect the trash, but she's hoping to one day see preventative measures in place to stop this from happening in the first place.

"The Region comes and picks it up, which is great, but it doesn't solve the issue of the dumping – it is illegal dumping," says Boughton. "But in order to impress a fine, you have to catch them, and they do it in the middle of the night, so it's really hard to catch them in the act, which is unfortunate."

Boughton says this is not just an issue in her neighbourhood, but in all of Caledon.

"There just needs to be something more in place that's going to be more of a deterrent for these people that if your garbage is identified, you're going to be fined," she says. "It needs to be addressed."

Over recent years, the dumping has grown increasingly worse, she says.

"All my neighbors feel just as strongly, and it's just getting more and more frustrating because this just doesn't happen once in a while, this happens, I would say, on a weekly basis, if not twice a week," says Boughton. "It's constant."

She says there's always been garbage on the roads, but it's becoming an "epidemic."

On her road, she says she originally only used to see the occasional water bottle from a cyclist, but in the last four to five years, it's become "bags and bags."

Just last Sunday, Boughton saw numerous bags tossed out along the road.

In the garbage, she noticed various bags of toys, even a high chair, something she says could have been used by other families if they had just been taken to a donation center.

"A lot of the time it's just easier for them to just open up the back of the truck and dump stuff rather than go all the way to the dump," Boughton says, reflecting on those who dump garbage. "It's just laziness and no respect for the environment."

In 2025, Peel responded to 32 reports of illegal dumping.

Kelly Sousa-Dias, Director, Peel Region Waste Management says that Peel Region actively works to address illegal dumping on regional roads, "which is our responsibility."

"We also collaborate with local municipalities, the Town of Caledon, and the Ontario Provincial Police," says Sousa-Dias.

Residents are encouraged to report illegal dumping anonymously by calling 905-791-9499 or 905-584-2216 (Caledon) or online at peelregion.ca/waste.

Fines under Peel's Waste Collection By-law range from $500 to $5,000.

"Through our annual public education campaigns, we also encourage proper disposal and participation in Peel's waste programs, including reminding residents that excess waste can be dropped off at Peel Community Recycling Centres," says Sousa-Dias.

Credit Valley Conservation encourages nominations for Environmental Awards

BY SAM ODROWSKI

Nominations for the 40th annual Friends of the Credit Conservation Awards are officially open.

Through the awards program, Credit Valley Conservation celebrates people and groups who have made a lasting impact on the local environment.

Now in its 40th year, the CVC is encouraging the community to submit nominations so it can shine a spotlight on the many residents who protect, restore, and enhance natural spaces.

"Do you know someone whose dedication is creating a healthier, more sustainable environment? Nominate them today and join CVC in recognizing the champions who are caring for the Credit River Watershed," reads a press release from the CVC.

Holly Nadalin, the CVC's Manager of Community Outreach and Education, noted the importance of ensuring the work of people and organizations to improve the local environment doesn't go unnoticed.

"CVC's Board of Directors and staff proudly celebrate the incredible people who help our watershed thrive," said Nadalin. "This milestone year is a tribute to the passion and dedication of our communities. For 40 years, we have achieved so much together, and we will continue celebrating the environmental champions who protect and enhance our community."

Landowners, community groups, schools, municipalities, and businesses that take on a leadership role to ensure a green future are eligible to receive nominations.

An example of this would be a landowner who takes action to protect and restore nature on their property. Local businesses, municipalities, or regional governments could be nominated for adopting innovative or environmentally-friendly approaches to infrastructure.

There can also be nominations for individuals or businesses that donate or purchase land to ensure its long-term protection.

As well, youth or individuals who have taken action to protect and improve the natural environment in their community are suitable for nomination.

Another area of focus is leadership and initiatives that advance diversity, equity, and inclusion, engaging people from diverse backgrounds and cultures to support a sustainable future.

There are eight categories open for nominations: Youth Achievement, Outstanding Volunteer, Environmental Awareness, Landowner Stewardship, Corporate Leadership, Green Cities, Watershed Excellence and Diversity, Equity and Inclusion Leadership.

Nominations are currently open on the CVC's website and will close on Feb. 20. The nominations will be reviewed by the CVC Board of Directors, who will select the winners for each category.

To learn more, visit cvc.ca/ConservationAwards.



PUBLIC NOTICE

HAVE YOUR SAY

Notice of Application and Public Meeting Zoning By-law Amendment

FILE NUMBER: RZ 2025-0024
RELATED FILE NUMBERS: POPA 2025-0012 and SPA 2025-0067

This is to inform you that the Town of Caledon has received an application for a Zoning By-law Amendment. A statutory Public Meeting will be held to provide those interested an opportunity to make representation with respect to the proposed Zoning By-law Amendment application. Your input and insight will inform and shape plans that meet the needs of our community.

Please be advised that the Town of Caledon is offering a Hybrid Committee and Council Meeting model with options for you to engage with Council, including in-person or virtual opportunities.

Meeting Date:	**March 10, 2026**
Public Meeting Start Time:	**7:00 p.m.**
Location:	**Council Chambers, 6311 Old Church Road, Caledon East**

HOW TO PARTICIPATE:

1. Attend In-Person: Members of the public may register to delegate in-person and speak to an item listed on the agenda or sit in the gallery to watch the meeting.
2. Submit Written Comments: Members of the public may submit written comments regarding the proposed application by completing the Participation Request Form, available at http://www.caledon.ca/speak-at-council
3. Virtually: Members of the public are welcome to participate via phone or WebEx Meeting upon request. For more information, please visit http://www.caledon.ca/notice or contact the Planning Department. Please note that there are deadlines to request participation at the Public Meeting.

YOU CAN ALSO PROVIDE INPUT BY:

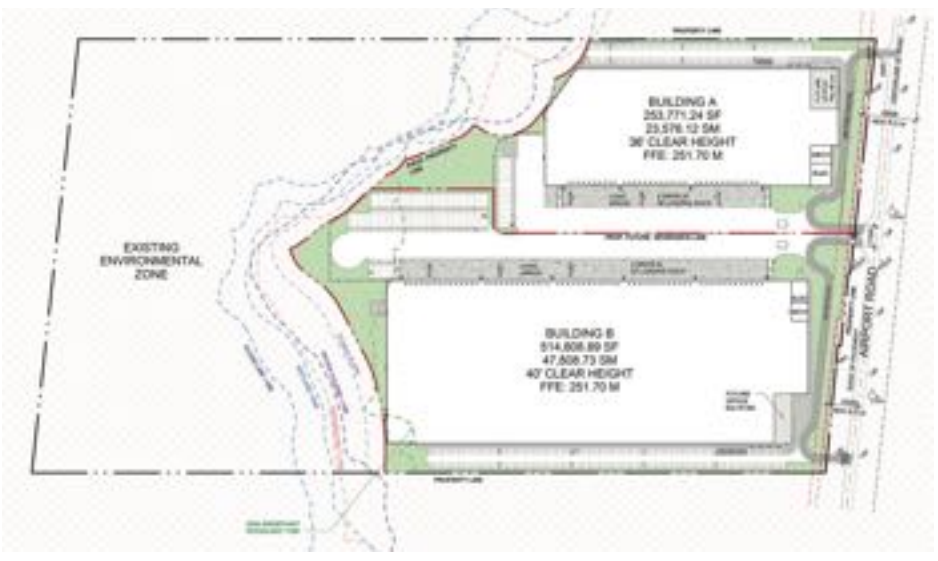
- Submitting written correspondence to agenda@caledon.ca and planning@caledon.ca for consideration during the Public Meeting. Please note that written comments will form part of the public record.
- Contacting Planning staff or the Lead Planner during office hours by phone or email (See contact information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

APPLICANT:
Glen Schnarr & Associates Inc. on behalf of Broccolini Airport Road Limited Partnership

LOCATION:
0 Airport Road
Part of Lot 21, Concession 6

PROPOSED CHANGES:

The applicant has submitted a Zoning By-law Amendment application to permit two (2) industrial warehouse buildings. The lands are currently zoned Agricultural (A1) and are proposed to be rezoned to Serviced Industrial (MS-XX) Zone, with site specific development standards, and Environmental Protection Area One (EPA1) Zone, under By-law 2006-50, as amended.



**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:
Simone Fiore
Senior Planner, Development
Planning and Development
Department
905-584-2272 ext. 4108
simone.fiore@caledon.ca

ADDITIONAL INFORMATION:

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

HOW TO STAY INFORMED:

If you wish to be notified of the decision of the Town of Caledon on the proposed Zoning By-law Amendment, you must make a written request to the Clerk of the Town of Caledon, 6311 Old Church Road, Caledon, Ontario L7C 1J6.

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: January 22, 2026

TOWN OF CALEDON

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

ARTS & CULTURE

Alton Mill Arts Centre prepares for 16th Annual Fire and Ice Festival

BY RILEY MURPHY
LOCAL JOURNALISM
INITIATIVE REPORTER

The beloved Fire and Ice Festival hosted by Alton Mill, presented by TPC Toronto at Osprey Valley, returns for another year, the 16th annual held on January 31 and February 1.

What began as a pond hockey event has grown into a large community-oriented festival with something for everyone.

Sarah Sansom, Special Events and Marketing Manager, says that this year is no different, with the festival growing once again.

Each year, the festival hosts ice carving, and this year, the live event is amped up, complete with judges and a cash prize, as the annual event is turned into a competition.

This year, sculptures will be judged not only by the nominated judges but those in attendance will also be able to vote on their favourite.

Sansom says they're making the carving "as big as it really has always deserved to be."

"We thought, where else do people get to go to see this level of skill? And what can we do to attract even more talented carvers to our event? We decided that a fun competition was the way to go," she says. "This will be the first year, but definitely not the last that we will really elevate it."

Also new this year are family mini sessions offered throughout the weekend. "We know how families are always looking for a chance to kind of capture that moment and get those family pictures," says Sansom.

A familiar favourite is the live music, held each year during the "hot mic comedy and concert," but Sansom explains that this year they felt the event needed even more.

They will have various performances and artists now performing throughout the weekend as well.

The goal, Sansom says, has always been the community, whether through the featured community artists and bands or through the community they welcome to the event.

Looking forward to the following years, she says she hopes they can partner with even more local businesses.

The focus of the event, Sansom explains, is a classic Canadian winter festival.

"Our goal is to incorporate as many activities for as many people as possible," she says. "I think this year, I can say with confidence, there is something for everyone. Indoors and outdoors."

There will be skating, the super snow slide, a family zone complete with a hockey accuracy challenge and laser light games, face painting, open studios with participating artists, artisan markets, shops, and much more.

Alton Mills doesn't expect you to leave with an empty stomach. On site, they'll have food trucks, maple taffy, and s'mores, because, as Sansom says, "everything tastes better over the campfire."

And don't forget the drinks!

This year, they will have John Sleemans and Sons on site with craft whiskey to sample, and the Hot Stove Lounge will be running all day Saturday for guests to come in and enjoy some beer from Good Lots, Pommies cider, or a whiskey hot chocolate.

Saturday will be the traditional Big Burn, which this year includes the sculptural and show element, created by Artist Paul Morin.

"If you have never attended the Big Burn that happens on Saturday night, it is impossible for me to describe," says Sansom. "It is so engaging. It is so much more than a bonfire; it is truly an artistic sculptural burn."

"It is going to shock and surprise you," she adds. "You'll not know what to expect. I still don't know what is happening this year, it is kept top secret. It is one of those things where you just really have to see it to believe it. And once you have done it once, you won't miss it again."

Sansom says the festival is a "must do activity for the winter."

"We are all struggling for things to do over the winter season. It's a great opportunity to get out and do something fun and exciting and engaging in our cold winter months."

This year, they are offering free off-site parking within walking distance, with a shuttle service looping between the Alton Mill Arts Centre, Agnes Street, and Alton Legion from 10:00 am - 11:00 pm on Saturday, Jan. 31, and 10:00 am - 4:00 pm on Sunday, February 1.

The event is pedestrian-only.

Tickets are available for purchase both online and at the door, so make sure to suit up and check out the 16th Annual Fire and Ice Festival this year.

Caledon Public Library looks to year ahead

Continued from FRONT

"We're very grateful for what you've done," she added. "You are supporting us this year, and…the manner in which you're doing it, you're setting us up for a year of new projects that are not funded through our operating budget."

But these aren't the only exciting initiatives CPL is looking forward to this year.

CPL will host new Makerspace social clubs, such as Cricut Craft Social and Sew-cial Club, where people can gather, create and share their ideas.

They will also hold an Indigenous-led Cedar Salve Workshop and Sweetgrass Medicine Infusion workshops, Book Publishing 101 for those dreaming of becoming an author, and the Travel Diaries series, with upcoming talks on Costa Rica and the Highlands of Scotland.

When the Winter Olympics roll around, CPL will host programs for the entire family.

As they look toward the upcoming year, Jill Jambor, Manager, Communications and Cultural Development, shares numerous initiatives and goals CPL has set out for 2026.

This includes their March Break programs, which will feature a K-Pop Demon Hunters Party and a Wild Animal Kingdom Show.

They will continue to offer the Visiting Library Service for people who have difficulty making it to a library branch, working with Caledon Meals on Wheels to offer the service more broadly.

They will also continue their partnership with Caledon Community Services (CCS), where community members can visit branches and receive on-the-spot job search and employment help from CCS staff at Caledon East on Tuesdays, Bolton on Thursdays, and Southfields Village twice a month.

CPL this year will continue to offer personalized technology assistance to cardholders of all ages.

Jambor explains that, through the Tech 1-on-1 program launched in late 2025, customers can book one-on-one appointments with library staff to get help with devices, apps, online resources, and digital skills.

"Whether it's navigating eBooks or learning to use online tools, this service ensures that everyone can confidently access and use technology," she says.

As they just launched extended access in 2025 at its Inglewood Branch, the Library's Comprehensive Growth Plan recommends that extended access be made available at both the Caledon Village and Alton branches as well.

Jambor explains that the Board's proposed 2026 budget included the funds needed to expand this service to the Caledon Village Branch this year, but they were unable to secure the funding.

"It remains a priority, and we will continue our efforts to supplement the branches' current staffed hours as part of future budgets," she says.

CPL always has numerous events, programs, and activities running daily, so they encourage the community to check out their CPL Calendar, where there's sure to be something for everyone.

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With sincere appreciation to our 2025 Gala Volunteer Committee Co-Chairs Laura Boughen and Stephen Julian and members Liana Cancian, Mollie Cavan, Summer Gibson, Leah Hoole, Louise Milliken, Howard J Phee, Blanca Polanco, Elena Rosati and all our tireless Gala volunteers.

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Men's Sheds concept eyes Caledon launch at Seniors Centre

BY RILEY MURPHY
LOCAL JOURNALISM
INITIATIVE REPORTER

This week, Chris Jenkins, Executive Director of Men's Sheds Ontario, gave a presentation at the Men's Lunch at the Caledon Seniors Centre.

Men's Shed is a group of men who get together in their community to develop new skills, discover new interests, and make new friends, but Men's Sheds says it's so much more than that.

The organization works to combat "loneliness and a loss of purpose" that many men face as they age and retire.

They share that research indicates older men experience higher rates of depression and anxiety and are at increased risk of suicide, as these conditions often go undiagnosed and untreated.

They're looking to break down these barriers and connect to improve men's well-being.

Men's Sheds was founded in Australia in the 1990s and came to Canada in the early 2000s.

Since then, Canada has developed four provincial Shed associations and over 140 Sheds operating across ten provinces.

And now, they're looking at bringing Men's Sheds to all local communities, including Caledon.

Jenkins held his presentation to members of the Caledon community this week, and he says the response was "very encouraging."

The room had about 25 participants, one of the strongest showings he's had when doing these presentations.

"I was really encouraged when we were finished," he says, noting that numerous members came up to him to discuss starting this in the Caledon community.

"I'm excited. We do quite a few of these presentations and stuff, and it's nice to see that when you leave, you feel like that's going to really work and you've done something."

Jenkins began Men's Sheds in London alongside his friend, who started one in Puslinch, and he says they realized it takes strong leadership and a lot of effort to put it all together.

"Recognizing that Men's Shed Ontario wants to have more sheds is that we need to sort of make that process easier," he says.

Their goal now is to provide these community leaders who want to create a Shed with all the support they need, allowing them to focus on what they want to do rather than the administrative aspects.

"We're taking that off of the centres, these senior centers are looking for more male engagement and struggling to get it. We're trying to give it, put that male engagement into the hands of the men, let them sort of decide the things they're going to do, go out and make those connections and do the things instead of more costly sort of avenues."

This is just the start to get the ball rolling, he says, "We want it to become its own physical space in the community. Once they've built up enough support, then hopefully they can afford some rent or a space at a low cost to build a shop or whatever they want."

"I'm just super excited to be doing this and spreading this message and seeing more sheds pop up, more guys getting out and involved. That's what it's about, is sort of fighting that social isolation," says Jenkins. "Once those guys see the group happening, they'll start coming out of the woodworks."

Brian Sawyer is the Outreach and Member Services Manager for Men's Sheds Canada, and he also began a Shed of his own, which has become a welcoming space for all.

He says the concept just grows organically.

"A lot of us are older, some of us are younger, but what we all enjoy is working with young men and kids, doing the mentoring, being positive about male role models, because there's so much about toxic masculinity, that's a minority. We're a part of the big majority of longstanding values. We want to help our kids and grandkids grow up.

"That's what we're really about."

He says that, in communities, it's often service organizations, like senior centres, that get these started because "they know there's men in their communities who are not participating in the programs."

Sawyer says that Men's Sheds are places where guys can meet other guys, get to know each other, and eventually "want to build something or give back to the community."

"It just kind of comes naturally to us and that's what a Men's Shed is all about: they could start just having coffee but they enjoy each other's company and they meet weekly and it builds from there," says Sawyer.

He says that he has seen numerous community-oriented projects come out of these Sheds, such as benches for local areas or shelves for the local food bank.

"It's eye to eye, shoulder to shoulder. It's not virtual. This is where guys really meet each other and are authentic with each other and have some fun," he says.

Men's Sheds Canada, he adds, is planning for 25% annual growth across Canada.

And now, it can come to Caledon.

"This is about men's well-being and mental health, but we need good men in the organization. We can have an influence that we do good things in our communities, and so that's what the invitation is to men, join us because we need more good men."



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The more things change...

The first chapter of a New Year is often one of introspection.

It's sometimes a time to reflect on the previous year as it settles into the history books, and sometimes these reflections help a person set some late-breaking resolutions.

If you happen to have a milestone birthday just ahead or just behind, this introspection can often get a bit deeper, reflecting on the last five years, the last decade, or more.

My own milestone birthday, which took place about four months ago and is barely visible in that rear-view, wasn't necessarily a time for looking back, although there was some time spent reflecting on what I intended to accomplish by the time the final digit age odometer flipped around to this particular zero, and what should be prioritized by the time the zero comes back around again. Still, I found myself with my eyes on the horizon.

But social media can sometimes make this a taller order.

No matter your platforms of choice, chances are you've seen scores of individuals doing the shallowest of deep dives into themselves.

The 2016 "Challenge" – which is hardly herculean in the task at hand – most often sees the individual post a photo of themselves today side-by-side with a photo taken a decade previously. Now, to be fair, many of the posted images in question mean different things to different people. For some, they represent a decade of change and growth. For others, the pictures-of-the-past represent a specific milestone, celebratory or difficult, that were part and parcel of 2016.

For others still, maybe even the slight majority, the compare-and-contrast can even be something of a fishing expedition – that is, fishing for compliments about how well they've aged, or otherwise turned back the so-called hands of time in the ensuing decade.

Now, as someone whose hairstyle has changed very little since my father first took me to his elderly barber, a man who began taming his own tresses more than 25 years before, in the 1990s – aside from the mass arrival of grey over the last five years, I didn't have much visual material to compare.

So, of course, I turned to the written word.

My first step was looking into some of the back issues of this newspaper.

This space here is one of the only places I express my views and I was curious to look back on some of the topics that were on my mind 10 years ago this month.

A cursory flip through some of the pages leading up to this one, I was struck by how many issues that were front-of-mind 10 years ago are still bandied about – creative ways to preserve greenspace, how to secure greater autonomy for municipalities over upper levels of government, community heroes being recognized for achievements large and small, and particularly telling, a trifecta: supporting local business in the face of impending challenges south of the border, community groups and organizations teaming up to eradicate hate crimes and bias within our communities, and students finding avenues to speak out on the issues that matter to them, whether it was through visual art, the written word, or through challenging worldviews in spirited international debate arenas.

"The sights and sounds of Times Square this time around were very recognizable, but there were very noticeable differences," I wrote in early 2016 about spending New Year's Eve in New York City and, in a remarkable example of foresight and getting ahead of trends, comparing it to my first NYE in NYC a full decade before. "In the lead-up to the Holiday Season, one of our very own columnists shared her initial plans to also travel to New York City for the celebration, only to scuttle them well beyond the embryonic stage after ISIS released a video their radicals apparently filmed in what was set to become the centre-stage for that evening's party. I wasn't prepared to let them spoil the party, so I continued on my merry way. A couple of hours before I set off to take in the action – come what may – I got a text from this individual recommending an extra layer of Kevlar to keep warm. Thankfully it wasn't needed."

Ten years on from that experience, and 20 years on from the first, there are different threats in the air and different reasons to consider one's options when thinking about travelling to the United States, but, for many, that sense of trepidation remains.

Another instance that struck me in a further column of January 2016 – accidently eavesdropping upon a scene that, sadly, is unfolding ever more seldom these days.

"A shared glance. A subtle wink. A short, curt nod. You see these gestures in everyday life. Sometimes you might be on the receiving end of these signals and somehow, instinctively, you usually have the tools at your disposal to translate them into some reasonably useful information. They have spotted the same thing on the horizon. They are in on the joke. You have met before. These tools can often come in handy when observing interactions between others as well. Then there are other times when these tools fail you.

"You are thrown into something – be it a situation, conversation, or another kind of exchange – where you only have the sum of its parts and can't possibly hope to come anywhere close to holding the whole in your hands."

One often finds themselves in this situation in this particular line of work, but this instance involved a gathering at a local library when two Second World War veterans who had participated in The Note To Self Project, a book combining beautiful portraits of individuals accompanied by letters they would have written to their younger selves.

Their conversation was jovial and from a short distance away I could hear they were trading stories, but I knew at the end of the day, however open they were in their experiences, these were experiences shared solely by the two men in the room.

The two men, one of whom was 102 at the time, had 200 years of shared experience between them, and the conversation was doomed to be impenetrable to everyone else in the room, but it was invaluable to overhear.

Once upon a time, we took the memories and experiences of people of this generation – and the lessons we could learn from them – for granted, now the chances to do just that are fewer and further between with each passing year. And, simply put, we're not the richer for it.

It's often said that the more things change, the more they stay the same – and while that is true on the surface, if you scratch it deep enough, you can see the equation is a little bit more complex.

Comparing selfies, or even New Year's experiences, a decade apart might be fun, and it might even be an ego boost, but when it comes to deep dives, it's barely sticking a foot into the shallow end of the pool.

Let's dive a bit deeper this year.



Allowing our civil liberties to be eroded

by Mark Pavilons



Most of us skip along merrily in our daily lives, enjoying the rights and freedoms granted to us in this beautiful country of ours.

We are a multi-cultural mosaic – a welcoming, giving, embracing society.

We also cherish, and extend basic human rights, to all who've been denied them. We are activists, lobbyists, environmentalists, and community role models. We care about our neighbours.

While most of us may not fully appreciate the roles and responsibilities of all levels of government, we're assured that politicians and civil servants are working in our best interests.

That's the basis of our system and for the most part, it works. Okay, it may not be the best in terms of citizen access, response and timely action, but it has served Canadians and newcomers alike very well since Confederation.

But the world has changed, my friends, and our civil liberties and rights are being eroded, and chipped away, bit by bit.

It was blunt at first, with waves of in-your-face political correctness, sprinkled with apologetic measures and rhetoric.

For the most part, these measures, moves, documents and policies were needed, and long overdue.

But in some cases, we've been stripped of some very fundamental rights, some of which threaten our Charter of Rights and Freedoms.

In the past few years, books and passages have been either altered or removed, deemed by the powers that be to be either offensive, "too religious," or not inclusive enough. Symbols, even images on maple syrup bottles, got an upgrade.

In our country, school boards and other organizations have banned books, and criticized parts of the Holy Bible for their references. We now use Common Era (CE) and Before the Common Era (BCE) as year notations for the Gregorian or Julian calendar – equivalent to the Anno Domini (AD) and Before Christ (BC). But we avoid those religious timelines.

I get the intention behind such moves, but come on. Those who know their history know that banning books is the first step in fueling tyranny, fascism and citizen control. Yes, restricting what residents can read and know is a way to mold them, break them, bend them and make them subservient.

Similarly, statues honouring our historic figures have been removed, since they were, at one time, involved in the slave trade.

Watching our media "soften" and – in the case of the U.S. – being refused access – is not only horrible, but another step towards dictatorship.

Our federal government is taking our guns away.

Our premier is dumping perfectly good hooch on the street.

There are hundreds of examples where the "word police" are watching, ready to swoop in and pick something apart.

Being a Boomer, I'm not fazed by these things. I grew up when bigotry, racism and sexism were commonplace. But that doesn't mean we all practiced these things. Being aware of an issue, poking fun at it, and learning how not to engage in such things is what led us into the light. How subsequent generations didn't realize this, or "get it," is beyond me.

We lived through it, experienced the best and the worst. I had thought we reached a place of common ground, flexibility, compassion, understanding and give and take.

I truly believe that deep down, the majority of citizens are kind, caring, accepting, and neighbourly.

They are not necessarily impacted by racism or sexism on a daily basis so it's not top of mind.

It becomes a bit of an issue when government moves to announce wide-sweeping changes to syntax, grammar, gender terms and religious ideals. Governments, pushed by special interest groups, want take residents by the hand – like children – and lead them into a peaceful, non-confrontational playground where everyone gets along.

How is that working out?

Canada has become a leader in the fight for equality and righting wrongs. We have entire levels of bureaucracy dedicated to changing mind sets and behaviours.

Some mandates, policies and measures have worked. Others have not.

It's been said that the road to hell is paved with good intentions.

The recent actions by the U.S. are proof of that. Kidnapping government leaders, stealing oil and killing citizens – how is any of this in any way acceptable?

It's sad how anyone and any government can legitimize their actions, all in the name of democracy, protecting its citizens and saving the world.

I'm sure Genghis Khan, Napoleon, Hitler and Mussolini thought the same way. Can we now add Trump to that list?

They all began by substituting common sense and civil liberties with lies, double-speak, fear, and party gibberish.

And people ate it up, and went back for seconds.

Some, risking their lives, opposed draconian measures in an attempt to slow the evil. Thousands of demonstrators in Iran have been killed and the regime there promises swift action and executions!

Here, we're facing new threats – economic tariffs, high costs of living, out of control grocery prices, job uncertainty and housing shortages. Yes, these are economic tangibles, but they do impact our ability to get out and protest, and act on our behalf. Many homeowners are just too stressed and tired to ensure their liberties are protected.

So, behind the scenes, bit by bit, we lose some of our power.

Government services are navigated online and only the well-seasoned can handle the ebbs and currents of virtual rabbit holes. Spending a good portion of our lives on hold would test anyone's mettle.

An overburdened system – at every level – leads to fast-tracking, backlogs, inefficiencies and waste.

Few of us turn to the Charter of Rights and Freedoms for comfort. In these troublesome times, we cling to family, count our pennies and cross our fingers.

And as announcement after announcement test our freedoms, we don't even blink an eye.

Will we go down kicking and screaming, or with nary a whimper?



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Anti-Extortion Summit

MAYOR ANNETTE GROVES
MAYOR GROVES' COLUMN



Recent extortion-related activity in our community and across Peel Region is deeply disturbing and completely unacceptable.

I recently attended the Peel Region Anti-Extortion Summit, hosted by the Federal and Provincial governments in partnership with municipal leaders and law enforcement including Canada Border Services Agency. This highlights the importance of the fight against extortion and other emerging threats in Peel Region. It also builds on ongoing efforts to strengthen collaboration, improve coordination among enforcement agencies across all levels of government, and advance integrated initiatives aimed at disrupting the criminal networks operating across borders and jurisdictions.

We have seen what decisive action can achieve. In British Columbia, governments have invested in integrated enforcement by bringing federal, provincial, and border agencies together into a single regional team focused on dismantling organized crime and extortion networks. This model strengthens investigations, accelerates intelligence-sharing, and targets criminal activity at its source.

We have also seen the impact of targeted, immediate action at the local level. In Surrey, police received dedicated funding to establish an extortion reward fund and tip line—sending a clear message that threats and intimidation will be met with swift consequences.

Action means properly resourced police services. It means intelligence-led investigations, stronger bail provisions, tougher sentences for extortion-related offences, and the deportation of individuals who commit these crimes. It means real consequences for those who attempt to control communities through fear and it means governments working together at every level.

Extortion will not be tolerated. It will not be normalized. It will not be ignored. I will continue to advocate relentlessly for community safety.

Violence, intimidation, and criminal threats have no place in Caledon. Caledon OPP and Peel Regional Police are working closely together, in collaboration with our Federal and Provincial partners, to ensure we have the tools necessary to put these criminals behind bars—and keep them there.

We encourage anyone with information to come forward and work with police. Tips can also be provided anonymously through Crime Stoppers at 1-800-222-TIPS.

To those who believe they can bring fear and violence into our town, hear this clearly: Caledon will not be intimidated.

Caledon is a strong, law-abiding community, and we will continue to protect our residents, our businesses, and our shared values.

SHERALYN ROMAN
TALK CALEDON



It never gets old

Ever wondered about that expression "it never gets old?" Like, where did it come from? Why do we say it? And what does it refer to? I ask, because while plowing through yet another 18 inches of snow (might have been more, definitely wasn't less) a fellow weary shoveler commented on the severity of the weather this year by saying something unprintable in a family newspaper, followed by, "it never gets old." Still shovelling hours later and with nothing better to think about, I began to contemplate the origins of the various versions of this oft-overused phrase.

Under the category of things that never get old, it's a cold, hard truth that Canadians WILL ALWAYS have the weather to talk about and that winter weather in particular tops the list.

When it comes to weather related stories, most of them are a bitter, frosty, windswept lament about how $*%&^* cold it is, how deep the snow is and how much worse it is this year than last year. Let's face it, we say that last part every year. Finally, the winter weather monologue is usually followed by an ungodly-sounding, keening, wail of despair when, after all that shovelling, the snow plow comes by creating a mountain of snow and ice equal in height to base camp on Mount Everest. Yeah, it's winter and talking about the weather "never gets old." Or does it?

Oscar Wilde is alleged to have once said, "conversation about the weather is the last refuge of the unimaginative." Well colour me "sans imagination" then. When one is surrounded, nay even buried, in a deluge of the white stuff (and it's cold enough for your nostril hairs to freeze your nose shut) your brain also freezes, losing more and more capacity for reasoned and rational thought with each degree below zero that the temperature plummets. Given that the average sane person (skiers and snowmobilers excluded) doesn't exactly want to stand around outside talking to anyone, especially about how bleeping cold it is, I challenge even Oscar Wilde to come up with something witty! It should be no surprise that we're pretty unimaginative, perhaps even downright dull, when we're finding it hard to breathe in gale force winds and are blinded by blowing snow.

Shovelers experiencing this "winter wonderland" first hand, I ask you: Neighbourly or not, do we really need to lower the scarf blanketing most of our face, risking frostbite, to acknowledge the obvious? What's to be gained? Certainly not any new insights as to how to deal with all the snow. It's snow. There are no "strategies" for dealing with it outside of another old adage, "don't eat yellow snow." The only true strategy is to wait. Snow's not going anywhere until it decides it's good and ready to leave, and that might not be until March, perhaps even April. It doesn't care if you're running out of places to put it. It's snow. Cold, hard and unfeeling. Much like your fingertips after an hour of shovelling it.

Since we're quoting tried and true analogies, here's another. We're at that point of winter when you might as well just "hunker down." Stay indoors binge watching whatever it is that tickles your fancy. I hear "ER," popular back in the good old days, is enjoying a resurgence, no doubt due to the popularity of The Pitt, and the actor they share in common, Noah Wylie. The Pitt is a good show, but what really strikes my funny bone is that it is single-handedly teaching this next generation of kids and young adults what it was like to be a kid "back in my day" when you had to WAIT A WHOLE WEEK between episodes! Oh, the horrors! Thank you Crave TV for helping teach Gen Z and Gen Alpha about the value of patience.

By the way, have you been keeping track of the number of other useless idioms, metaphors, expressions and phrases I've used throughout this column? I'll reiterate them here: "tickles your fancy," "back in my day," "funny bone," "hunker down." Do you ever wonder where all of those phrases come from? Are there similar equivalents in other languages that are equally overused? I'm quite sure there must be. As for things that "never get old," it clearly must be meant sarcastically when said in the context of snow because the "definition" of the saying includes all kinds of pleasant things like: baby snuggles, watching a beautiful sunset, holding the hand of someone you love, or things that are similarly enjoyable, interesting or exciting. In my opinion, snow is none of those things.

This winter really has been the worst one ever. Until next year that is. Perhaps you're tired of talking about it and I'm sorry I took up a whole column devoted to snow. However, given that in addition to being tired of shovelling snow, I'm also really, really, tired of all the nonsense going on in Caledon, it's an election year, and it's too early to be this disillusioned, I thought perhaps I'd get away with a quick little lament about the weather. Maybe not so quick though? Chances are in the time it took you to read this column another 12-14 inches have fallen.

**and yes, I used imperial measurements throughout because in metric, 12 - 14 inches becomes about 30+ centimetres and that just sounds way the heck worse!*



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TOWN OF CALEDON

COMMUNITY events

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

Bolton Kin Toonie Treasure Sale Saturday January 24th from 10 am till 1 pm at the President Building Albion Bolton Fairgrounds. Racks and racks of new/gently used apparel for men, women and children all for a toonie ! All proceeds help support community needs.

Pouring in Positivity:
A Powerful Stress-Management Retreat through Art for People Who Want More Peace
Join us for a unique retreat day combining positivity techniques through the art of Dot painting in the historical village of Alton. The new year is the perfect moment to set gentle, lasting habits — and what could be better than learning simple, practical ways to shift toward more positively.
Learn a powerful and practical stress-relief technique through a beautiful water metaphor.
Discover how to gently and naturally replace negative thoughts with positive ones.
Learn Dot Painting from an experienced artist and create a meaningful artwork that becomes a daily reminder of the calming technique.
Spend a day in a cozy studio in the historic village of Alton
Enjoy a nourishing experience with good food and wonderful company.
Leave feeling lighter, grounded, and inspired.
Date: Sat, Feb 7 from 10 am to 3 pm
Registration fee including art supplies, lunch and snacks: $225
To register, visit https://wholepepperstudio.com/events
Email art@wholepepperstudio.com or call Janine at (519) 496-4008

Albion Bolton Historical Society - Monday, February 9, for a 7:30 PM start, at Rotary Place, 7 Rotarian Way, Bolton, Multi-purpose Room 2. NOTE: NEW MEETING LOCATION. Following a brief AGM there will be a Historical Show & Tell. Members & Guests are asked to bring a local historical item to share with the group. Guests $5.00. Questions: nhillerphoto@bell.net or 905-584-2801 visit us at boltonhistory.com

Caledon Chamber Concerts presents
Payadora Tango Ensemble
Saturday January 31st at 7:30 p.m.
Great Hall
St. James Anglican Church
6025 Old Church Rd., Caledon East
L7C 1H8
For tickets and more information:
www.CaledonChamberConcerts.com
Or call Janice Reed 905-838-0888

FREE COMMUNITY BREAKFAST and BAKE SALE
Saturday, February 7th from 8:30 a.m. to 10:30 a.m.
Pancakes, scrambled eggs, sausages, fruits, tea, coffee, juice and yoghurt.
Caledon East United Church, 6046 Old Church Rd.
All are welcome!



BUSINESS

YOUR SOURCE FOR BUSINESS IN CALEDON

Phee reflects on 50 years of community contributions with Kin

BY RILEY MURPHY
LOCAL JOURNALISM
INITIATIVE REPORTER

Over the past 50 years, Howard Phee has truly made his mark in the world of Kin Canada; from first joining the club in Newmarket, to being President, to becoming the National Kin President. Phee has truly done it all.

It all began when his wife wanted to join the Kinette Club of Newmarket and, at the time, that could only be done if your husband was a part of the Kinsmen Club.

So, Phee joined, and little did he know the journey this decision would take him on.

In 1978, he became the treasurer for Newmarket Kin, shortly followed the next year by becoming Vice President, then becoming President the following year, until he took grand steps and became the Deputy Governor of his Zone.

But Phee did not stop there; he continued changing roles, moving on to Vice Governor and Governor of District 8, then, in 1984, he became the National Vice President of Kin Canada.

Before too long, in 1985, he became the National President of Kin Canada.

"Then the rest is history," says Phee.

As National President, Phee led over 100 service clubs and 16,000 members in raising over $26 million for thousands of charities, including $ 3 million for Cystic Fibrosis Research.

And still, his wife Carole by his side, as the National Kinette Coordinator: "She had all the Kinette's responsibility, I had the Kinsmen's responsibility."

Phee and his wife participated in over 100 speaking engagements a year during that time.

"I have fond memories. Great memories," says Phee.

In 1983, they joined the Kin Club of Bolton, where it was decided that Phee would be recognized with a Life Membership.

Phee also served as president of the Bolton Kin Club for two years.

When he looks back on his 50 years with the organization, he says it's all about the people.

"The enthusiasm that members and volunteers show and give to various charities, thousands of charities across the country, always stands out to me as an achievement," he says. "It's a heartwarming feeling to see the achievements of volunteers."

"It's about the people and it's about the contributions that our people make to each community."

When he looks back on 50 years with the Kin Club, he says there's a sense of satisfaction in the contributions he's been able to make.

"Really made a difference," says Phee.

"I thank my wife who has been supportive," he adds. "And all the people who I met who gave me sage advice and assistance."

Phee's volunteerism doesn't stop there; he also serves the Caledon community as a Board Member and Chair of the Finance and Audit Committee with Caledon Community Services.

He says that once you start volunteering, it's hard to stop.

Looking back on a lifetime of service, Phee's greatest achievement is not measured in years or titles, but in the people he spent it with and the community he helped build.

Caledine returns fresh for 2026 Winter Season

BY RILEY MURPHY
LOCAL JOURNALISM
INITIATIVE REPORTER

Caledine is returning to Caledon this winter, allowing residents to try different restaurants and cuisines across the community.

Caledine is an event run by the Caledon Chamber of Commerce that allows local residents to try various restaurants in the area, which are running special prix-fixe menus for the event, usually at a great price.

This year's winter Caledine will run between January 28 and February 11, featuring nearly 20 restaurants.

"People just generally need that social interaction this year," says Stephanie Rowe, an Administrative Assistant with the Caledon Chamber of Commerce. "I feel like at the end of the day, everybody's looking for that local place to go. It's going to be great for people to get out there and check out local restaurants."

This is especially so, she says, as given the heavy amounts of snow Caledon has been facing, being able to go somewhere locally is a great thing.

"Getting out there during the winter is important for mental health," says Rowe. "I generally think that the Caledine experience is a positive one and I think people should check it out."

Not only is Caledine a great way to fight the winter blues, but it is also a chance for community members to find their new favourite spot.

Rowe says that many restaurants this year went "above and beyond" when creating their menus.

This season's Caledine will also feature various cuisines, including Portuguese, Italian, Caribbean, and more.

Rowe notes many previous participating restaurants are returning yet again.

"For us at the Chamber, that's something that's telling for us. It means that it's generating that business. It's bringing people into the restaurant," she says. "It's letting local people understand what's available in the community as opposed to taking their business to other communities. The idea of community for us is really big, and businesses within the community being supported is our goal."

She adds they are always looking to support local businesses because they support Caledon, whether through supporting local sports teams, organizations, and more.

Flame House Grill in Bolton is one restaurant returning to the Caledine directory this season.

This local family-run restaurant has been a part of the Bolton community for almost five years now, serving popular Portuguese dishes.

Owners Nelson Da Paz and Cindy Aleixo first opened their takeout restaurant during COVID-19, and have watched it grow since then.

Da Paz says that they participated since the inaugural Caledine and look forward to returning this year.

"I think it's a great event," he says. "It's a great way to get people either coming back or thinking about eating out again; it's just highlighting all the local restaurants."

Da Paz adds that he loves to attend Caledine himself to see what all the new restaurants are offering in Town.

For them, Caledine is a great way to let people know they're there.

This year, they will feature a Prix fixe lunch menu at $20 per person.

Da Paz shares they'll offer items such as their Shrimp Patty, Cod Fritter, Half Chicken with sides, and a Portuguese Custard Tart.

"We've been around five years serving Portuguese cuisine takeout, everything's made fresh," he says. "We really pride ourselves on the community, on customer service, and great quality food. We'd love for people to come and try it if you haven't already, and if you have, we'd love to see you again."



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SPORTS

Admirals keep playoff hopes alive with 5-2 road victory over Raiders

BY JIM STEWART

Xavvier Rowe, Nate Brentnell, Cole Kirton, Nolan Keeler, and Nathaniel Gibbons scored one goal each to pace the Caledon Admirals to a 5-2 win over the Raiders in Georgetown on Saturday night.

Three minutes into the game, Rowe's power play goal opened the scoring—earning assists for Jalen Lobo and Jack Fang.

The Admirals' power play clicked again when Nate Brentnell finished a passing play with Clarence Allain and Curtis Freeman to give the visitors a 2-0 lead at 2:17 of the middle frame.

Former Admiral Owen Meli's power play goal at 10:25 reduced the Raiders' deficit to 2-1. It was Meli's 13th of the season.

Less than two minutes later, Meli aggravated his old club again by setting up Kasen Beitz's tying goal.

However, the Admirals righted the ship with six minutes left in the second period when Allain earned his milestone 30th assist of the season by setting up Kirton's go-ahead and game-winning goal.

Admirals' leading scorer Nolan Keeler notched his 18th of the season and gave the visitors a wee bit of breathing room when he beat Raiders' goaltender Ivan Kastelan at 7:37 of the third period. Fang earned his 22nd assist on Keeler's marker that made it 4-2.

With Kastelan pulled for an extra attacker, Gibbons's empty netter—set up by Connor Hollebek and Fang—provided Caledon's three-goal margin of victory with 50 seconds left on the clock.

Admirals' goaltender James Meredith earned the W by turning aside 25 of the 27 shots he faced at the Mold Masters Sportsplex.

The much-needed road win over the twelfth-place Raiders (5-32-0-2) kept the ninth-place Admirals (17-19-1-3) within seven points of the eighth-place King Rebellion (22-16-1-0).

The much-anticipated matchup between the Rebellion and Admirals on Thursday night in Caledon was postponed due to a province-wide snowstorm that closed schools and highways.

Details regarding the makeup game specifics have not been forthcoming from the OJHL schedule makers.

Caledon hosts seventh-place Burlington (20-13-3-5) on Thursday night at Mayfield RC. Puck drop at The Icebox is 7:30.

After battling the Cougars, the Admirals will set sail for Oakville and the palatial Sixteen Mile Recreation Complex to take on the tenth-place Blades on Saturday night. The Fleet will then head east to Prince Edward County to face the Wellington Dukes on Sunday afternoon.

All three games would best be described as "must-win" games for the playoff-aspirant Admirals.



Admirals leading scorer Nolan Keeler notched his 18th of the season in Caledon's 5 – 2 win over Georgetown.
PHOTO BY JIM STEWART

Bolton hoopsters set for 54th Annual Knights of Columbus Free Throw Competition

BY JIM STEWART

Coinciding with the rise of the revamped Raptors this month is the much-anticipated return of the Annual Knights of Columbus Free Throw Competition.

After some dismal performances from the Charity Stripe versus the Lakers (10/15=67%) this week and the Pacers (17/26=65%) last week, it appears that some of the Raptors would be well-advised to watch the techniques demonstrated by the kids in this contest.

The winners of the popular province-wide competition often shoot in the 80-95% range.

In 2025, Silas Tesseris of Baxter Central Elementary School shot an amazing .920 (23/25) from the line to win the Boys 10 division. Tesseris had the best percentage of all the champs, surpassed four Raptors starters, and tied Raptor point guard Immanuel Quickley's season FT performance in 2024-25.

Two other District 99 free throw champs distinguished themselves:

- In the Boys 11 Division, Allessio Raimondo of F. X. O'Rielly Elementary School in Tottenham shot a blistering .880 (22/25);
- In the Boys 17 Division, Harisan Naguleswaran of Banting Memorial Secondary School in Alliston shot .800 (20/25).

Naguleswaran won the 2025 Free Throw Competition for the second consecutive year. The smooth-shooting senior basketball player's 80% free throw success rate was better than three of the Raptors' 2024-25 starters.

The 54th Annual Knights of Columbus Free Throw contest will take place on Saturday, January 24 at Holy Family School in Alliston.

Long-time event organizer Richard Maguire, a distinguished high school basketball coach who has put his administrative stamp on the contest for over thirty years, noted, "This year we have the winners from New Tecumseth, Bolton, and Orangeville competing."

"The District finals will be held at Holy Family School on February 14."

Orangeville Blitz maintains second place after a shutout over Halton Hills Coyotes

BY BRIAN LOCKHART

The Orangeville Blitz are in second place in the North Division of the Metropolitan League after a 5-0 shutout over the Halton Hills Coyotes on home ice at the Alder Street Arena in Orangeville on Friday, Jan. 16.

The Blitz opened the scoring in the first period on goals from Tyler Randell just past the midway mark in the frame and a late goal with 2:15 remaining in the period from Keenan Suthers.

Continuing to play a strong defensive game, the Blitz shut down the Coyotes' attack in the second period.

Two more Blitz goals from Luca Marandola and Kyle Heffenan made it a 4-0 Orangeville game with one period remaining.

In the final period, the Coyotes remained scoreless, while Cameron Searles got the final goal of the night for the Blitz when he scored with 13:27 left on the clock.

The final was a 5-0 win for the Blitz.

Orangeville goalie Ryan Mantle was named the First Star of the game, making 41 saves for the night.

The Blitz took eight minutes in minor penalties for the night. The Coyotes spent six minutes in the box on minors and took one 10-minute misconduct penalty.

After the weekend, the Blitz are in second place in the North Division with a 10-7 record, including one overtime win, and 20 points.

The Six Nations Ironmen have an identical 10-7 record and 20 points, but have first place based on GF/GA average.

In the number three sport, the Halton Hills Coyotes are well behind with seven points and a 3-15 record, including one overtime loss.

The Woodstock Lakers have won only two games after 17 times on the ice this year.

The Alviston Killer Bees lead the South Division with 28 points, followed by the Strathroy Jets with 27 in the points column.

The Blitz will have one road game on Feb. 1, against the Six Nations Ironmen.

They will return to home ice at the Alder Street Arena on Friday, Feb. 6, when they will host the Strathroy Jets.

Game time is 8 p.m.



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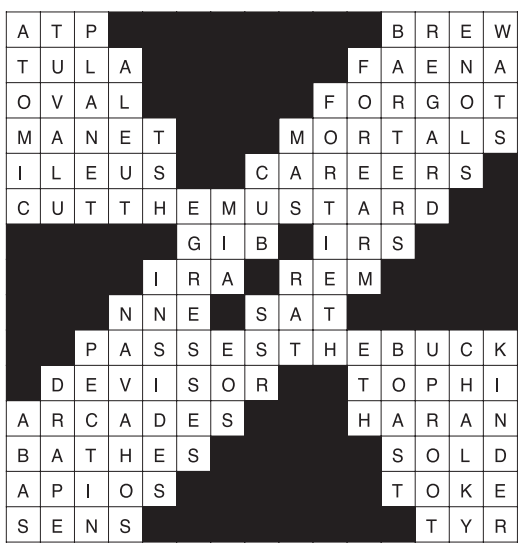
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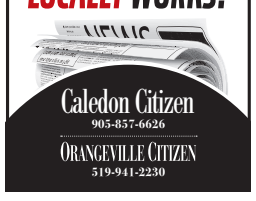
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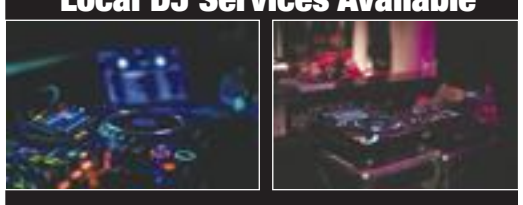


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- Virtual interview formats are available upon request.
- This position is subject to budget and grant approval and thus may be subject to change.

Qualified candidates are invited to apply no later than **12 p.m. on February 20, 2026**. Please email your resume and cover letter to Shannon McGrady, CEO, at smcgrady@shelburnelibrary.ca . Please note that only those who are selected for an interview will be contacted.

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OBITUARIES - FOREVER IN OUR *Hearts*

ROSS HUTCHINSON LOWREY



Ross Hutchinson Lowrey passed away on January 13, 2026, at the age of 87, in Orangeville, Ontario. He was born in Toronto, where he spent his early years before moving to Orangeville in 1972, where he continued to raise his family and make his home for the remainder of his life.

Ross was the beloved husband of Irene Lowrey and a devoted father to his children, Danita Lowrey and Sean Lowrey. He was a proud grandfather to Liam Cramp (Erin), Ava Cramp (Mike), Jennifer Lowrey (Aaron), and Danielle Lowrey (Beau), and a cherished great-grandfather to Grayson Rivet, affectionately known as "Gigi", Ross was also a beloved uncle to Greg, Sheryl, Natasha and Wesley. Family was the centre of Ross's life, and he took great pride in every generation that followed him.

He was predeceased by his parents, Fred and Ruth Lowrey, and was the dear brother of Marilyn Prior.

Ross dedicated much of his working life to the Ford Motor Company, where he worked for 30 years. He also served in the Air Force, stationed in Uplands, Ottawa, as part of the maintenance crew working on air force engines—an experience that reflected his strong work ethic and mechanical skill.

Known for his meticulous nature, Ross took great care in everything he did. His lawn was always immaculate, his vehicles spotless and well maintained, and his hands were rarely idle. He loved working on classic cars and trucks and was a true jack of all trades—handy, capable, and always willing to try something new. Ross was someone who consistently put others first, offering help quietly and without hesitation.

Above all, Ross will be remembered for his happy spirit and his loving heart. He was always smiling, always full of love, and deeply devoted to his family. He will be missed beyond words and loved forever.

Funeral services were held at St. Mark's Anglican Church (5 First Ave, Orangeville, ON. L9W 2Z5) on Friday January 16, 2026, at 11:00am. The family received friends 1 hour prior to service time. Spring interment will take place at Orangeville Greenwood Cemetery. Reception followed in the lower level.

In lieu of flowers donation may be made to St. Mark's Anglican Church or Headwaters Health Care Centre.

Online condolences can be made at www.imfunerals.com

In Memoriam Funeral Services Inc. has been given the honour of serving the Lowrey Family.

GERHARD KOHNEN



It is with deep sorrow that the family of Gerhard Kohnen announces his passing. He died peacefully, surrounded by family, on Sunday, January 11, 2026, in his 91st year.

Born May 19, 1935, in St. Tönis, Germany, Gerhard married the love of his life, Katharina Gleumes, in 1962. In 1968, they immigrated to Quebec, Canada with their young family, and in 1972 settled in King City, which remained their home for life. In 1986, Gerhard and his wife founded Black Forest Garden Centre, creating a lasting legacy for his family and community.

A gifted storyteller, artist, and visionary, and lover of song and choir, Gerhard was known for his warmth, humour, and ability to connect with people. His life reflected deep faith, devotion to family, and a belief that life without hope is hopeless.

Gerhard is survived by his beloved wife of 63 years, Katharina; his sons John, Karl (Dan), George (Maria), and Andrew (Sherry); his granddaughters Meaghan, Daniela and Martina; his brother Willi of Germany; and many nieces and nephews both here and abroad. He will be fondly remembered and dearly missed by all who knew him.

Viewing will take place on January 21 between 6 p.m. – 8 p.m. at Thompson Funeral Home, Aurora, Ontario

Funeral Mass will be on January 22, 12:30 at Sacred Heart Church,14485 Jane Street, King City, Ontario

Instead of flowers a donation can be made to: Doane House Hospice, Newmarket, Ontario

LENA LILA REID (NEE GOULTER)

Peacefully at the Davis Centre, Bolton on Thursday, January 15, 2026. Lena Reid at the age of 97 years, beloved wife of the late William Reid. Loving and devoted mother of Donna and her husband Larry Hall. Cherished grandmother of Michelle (Jordan) and Mackenzie (Matt). Proud great-grandmother of Bentley, Leandro (Leo), Myles and Abbygail. Dear daughter of the late Robert and Mary (Velma) Goulter. Dear sister of Violet and Les Allan (both deceased), Jack and Vera (both deceased), Dorothy and Fergus (both deceased), Mary and Matt Jackson (both deceased), Gladys and Vernon Downey (both deceased), Myrtle and Bill Jackson (deceased), Freda and Bruce Downey (both deceased), George and Velda (both deceased) Henry and Eileen (both deceased), Jim and Doreen (Dot) (deceased). The family will receive their family and friends at the Egan Funeral Home 203 Queen St. S. (Hwy 50), Bolton on (905) 857-2213 on Thursday, January 22 from 6-8 o' clock. Funeral services will be held in the chapel on Friday, January 23 at one o' clock Interment Morningside Cemetery, Palgrave. If desired memorial donations may be made to the Canadian Alzheimer Society (alzheimer.ca). Condolences for the family may be offered at www.EganFuneralHome.com

BETTY MAY CUNNINGHAM (NÉE RITCHIE)

FEBRUARY 5, 1938 – DECEMBER 30, 2025



Betty May Cunningham passed away peacefully on December 30, 2025, in London, Ontario, at the age of 87. Born on February 5, 1938, in Grand Valley, Ontario, Betty lived a long and steady life shaped by devotion to family, enduring friendships, and quiet perseverance.

Betty was raised in rural Ontario, where she developed a deep sense of resilience and practicality. In 1956, she married Emerson Stephen Cunningham, beginning a partnership that lasted more than sixty years, until Emerson's passing in 2020.

She was a devoted mother, grandmother, and great-grandmother. Betty is survived by her loving daughters Linda O'Connor (Mike) and Lori MacVicar, (James), her cherished grandchildren Grace, Joseph, Taylor (Tyler) and Griffin, and her treasured great-granddaughter Ellie. She also carried a lifelong love for her son Leonard, who predeceased her and remained close to her heart always.

Family mattered deeply to Betty, and her friendships held a special place in her life.

A celebration of life will be held on Feb. 7 from 1-4 pm at Greystones Restaurant, 61 Broadway, Orangeville, Ontario. Betty leaves behind a legacy rooted in family, friendship, and steadfast love. She will be remembered with gratitude and affection by all who were fortunate enough to share in her life.

www.HarrisFuneralHome.ca

ROY FRANCIS HILLIS



Peacefully passed away at Avalon Care Centre on Monday, January 19th, 2026 at the age of 95. Beloved husband of Betty Hillis (nee Taylor) for 74 years of marriage. Dear father of the late Sherry Lee (1958), Kerry (Shelley), Lisa (Troy) and Mark (Michelle). Cherished grandpa of Colleen (Chris), Owen (Dana), Ross (Melissa), Blake, Logan, Martin, Matthew and Joshuah. Roy will be missed by his sister Aileen. Roy will also be greatly missed by other relatives and many friends.

Roy began the first 20 years of his work life as a farmer on his 100-acre farm. He earned a degree in public health from Ryerson Polytechnical Institute, which allowed him to transition to a 20-year career as the Director of Public Health for the Wellington Dufferin Guelph Public Health department. Roy's strong leadership also led him to seek and hold roles in public council, which included holding the role of Warden for Dufferin County in 1968. Roy contributed to the spiritual health in his community by assuming the role of volunteer pastor and head of district council for local Community of Christ congregations. When Roy was not serving the public through work or volunteer roles, his hobbies included farming, curling, and traveling around the United States and abroad.

In lieu of flowers, donations in Roy's memory may be made to Alzheimer Society or Avalon Care Centre.

Funeral Service will be held at Dods & McNair Funeral Home, Chapel & Reception Centre, 21 First St., Orangeville on Thursday, January 22nd, 2026 at 12:00 p.m. with visitation beginning at 10:30 am.

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

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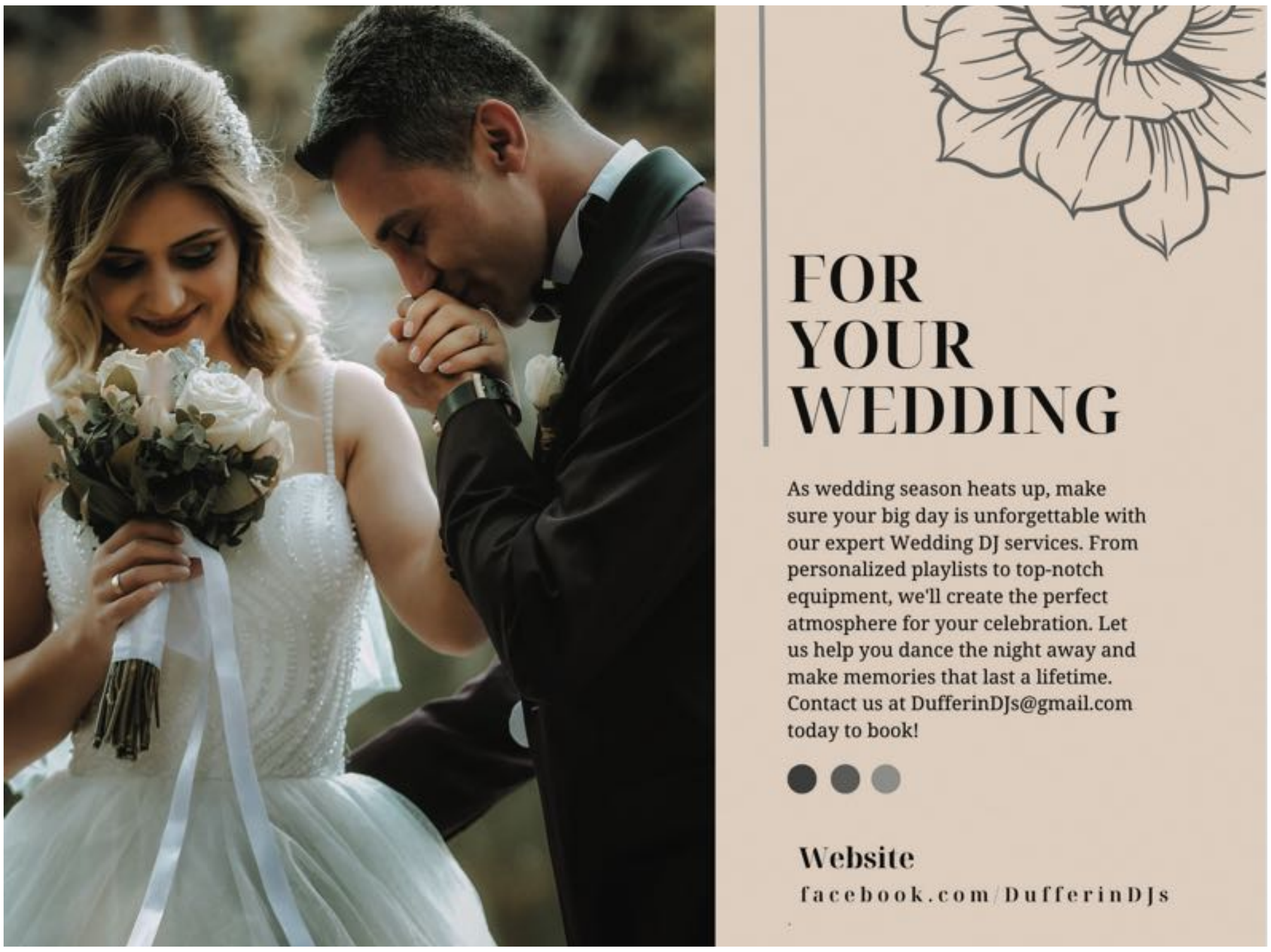
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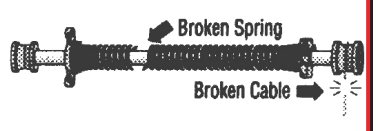
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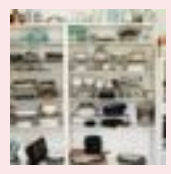
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Two Headwaters MCRT nurses awarded for exemplary service



Dufferin OPP Const. James Giovannetti nominated Marr (left) and Armbrister (right) for the Health Care Rockstar Award they received for their outstanding service to the community. In 2025, they diverted 1,000 calls that would have gone to the emergency department at Headwaters, helping to reduce the backlog.
CONTRIBUTED PHOTO

BY JOSHUA DRAKES

The impact of community Mobile Crisis Response Teams (MCRTs) in only a few years of operation has already left a lasting effect on community response.

Responding to 911 calls involving mental health or emotional crises can be unpredictable and possibly dangerous, and special care is needed to make sure the right response is provided for the individuals who need it. MCRTs take those calls.

Two nurses from the Headwaters Health Care Center have been at the vanguard of that response, and have been recognized for their dedication with the Healthcare Rockstar Award presented by Bayshore Broadcasting. Michelle Marr and Angela Armbrister were both surprised and deeply moved by the award nominations.

"I had no idea I'd been nominated, so this recognition is incredibly meaningful," Armbrister said. "Mental health nursing is about compassion, patience, and showing up for people when they are most vulnerable. Our work isn't always seen or celebrated, so this acknowledgment means a great deal to us."

Marr was likewise moved and said she's glad the program is gaining more community recognition.

"I was very humbled to receive the Healthcare Rockstar Award," she said. "It's meaningful to see the Mobile Crisis Response Team becoming more recognized in the community as a valued resource. We often meet people on the worst days of their lives, so knowing we can make a difference and be acknowledged for that is truly heartwarming."

The MCRT pairs a Headwaters mental health nurse with an Ontario Provincial Police (OPP) officer to respond together to 911 mental health crisis calls.

Their primary role is to de-escalate situations on scene, conduct a clinical mental health assessment, and connect people to appropriate community resources such as the Canadian Mental Health Association, Dufferin Child and Family Services, Victim Services, Family Transition Place, and a developing centralized hub at the Edelbrock Centre.

If a situation can't be safely resolved in the community, they will apprehend the person and bring them to the emergency department for psychiatric assessment.

Tania Alexander, Manager of Ambulatory care at Headwaters and the MCRT nurses' supervisor, said she is exceptionally proud of the nurses and the positive impact they have made.

"I'm so proud of them, and they should be so proud of themselves," she said. "They are extraordinary people... they're just incredible supports to the community, and I'm so glad that they're out there supporting Dufferin County."

Alexander continued by highlighting the impact they have had in the community, helping reduce the hospital backlog by addressing cases in the field.

"They've already diverted over 1,000 calls last year from our emergency room," she said. "That has enabled the emergency room to treat people for their injuries, for their illnesses, at a much quicker and more efficient kind of pace, and it's allowed the mental health patients in the community to receive their care right on scene and resources right on scene, which is safer for them. It's safer for their family, and it avoids unnecessary hospital time."

The nurses' counterparts at the OPP were likewise extremely proud and thankful for their experience in working with them.

Sergeant Terri-Ann Pencarinha of the Dufferin OPP praised their dedication and tireless commitment.

"I couldn't be prouder of the nurses in our Dufferin OPP MCRT program for winning the Healthcare Rockstar Award," she said. "Michelle and Angela pour their hearts into this work every single day, and it shows in everything they do. Their compassion, dedication, and genuine care for people have truly taken this program to the next level."

"They are always willing to go above and beyond, staying flexible and stepping in wherever they're needed, no matter the situation. They also take such pride in training and mentoring new nurses, helping them grow while ensuring MCRT continues to thrive. We are so incredibly lucky to have Michelle and Angela in Dufferin," Pencarinha added.

Currently, the pair of nurses are the only MCRT nurses in the community, but there is hope from both Headwaters and the OPP that the program can expand in the coming years with more funding.

For now, however, the Region is in the extremely capable hands of Marr and Armbrister.

PDSB opens new Science and Technology Activity Centre at Palgrave PS

BY RILEY MURPHY
LOCAL JOURNALISM
INITIATIVE REPORTER

Last week, a brand new Science and Technology Activity Centre (STAC) was opened at Palgrave Public School.

These dedicated spaces provide students with authentic, hands-on learning experiences that strengthen engagement, confidence, and skill development.

The Peel District School Board (PDSB) shares that STAC programming has been part of their learning landscape for several years, and has grown steadily in response to student interest, educator feedback, and system planning.

"What began as a small number of applied learning spaces has evolved into a district-wide model, with 30 schools currently offering STAC programming and continued expansion planned to ensure equitable access across communities," says Malon Edwards, Manager, Communications.

Edwards says these spaces help students build foundational skills such as problem-solving, critical thinking, collaboration, creativity, and design thinking skills that are essential across all future pathways.

"STAC also introduces students at an early age to STEAM and skilled trades concepts, helping them see a wide range of possibilities for their learning and future careers while staying deeply connected to curriculum expectations," he adds.

STEAM learning means that students learn by actively designing, building, testing, and refining ideas rather than only learning concepts theoretically.

In STAC spaces, students work on real-world challenges using tools, materials, and technologies that mirror authentic applications.

Edwards says this approach empowers students by giving them ownership over their learning, helping them "build confidence, persistence, and a strong sense of capabilities especially for learners who thrive through doing, making, and problem-solving."

In this new space, students at Palgrave Public School will be able to work with tools and materials, collaborate on design challenges, and connect classroom learning to real-world applications.

"Just as importantly," says Edwards, "it creates opportunities for creativity, exploration, and early exposure to skilled trades and applied pathway experiences that help students discover interests and strengths they may not realize they have."

This environment will support woodworking, design, and applied STEAM projects in a safe and structured way.

Stan Cameron, Trustee for Caledon Peel District School Board, explains that there are 3 STAC rooms currently running in Caledon, at Alloa Public School, Palgrave Public School, and Tony Pontes Public School, and a fourth room in Caledon East is expected to open this September.

"Any elementary aged students in the Palgrave Public School boundary, if you are looking for an education with a wide variety of experiences and opportunities, including learning in a woodworking shop, while enjoying Science, Technology, Arts, Athletics and Academics, Palgrave Public School is the school for you."

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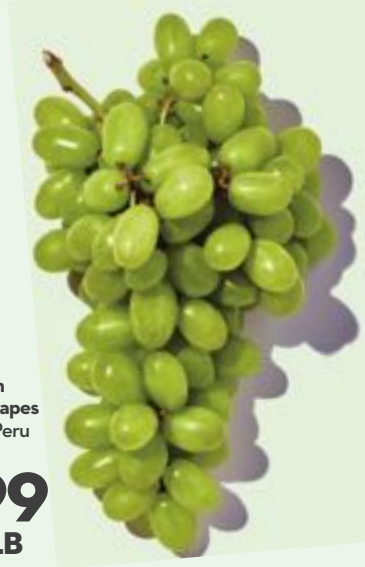
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Seeing clearly: Why your vision is the gateway to your health



AS the years pass, we often find ourselves prioritizing our physical fitness, heart health, and nutrition. We stay active, watch what we eat, and visit our primary care physicians regularly. However, there is one vital aspect of our well-being that often goes overlooked until things begin to blur: **our vision**.

At **King & Queen Opticians**, we believe that an eye exam is more than just a check for a new prescription; it is a critical window into your overall health.

Many people believe they only need to see an optometrist if their vision feels "off." In reality, many age-related eye conditions are "silent"—meaning they develop without pain or noticeable symptoms in the early stages. During a comprehensive exam, our doctors look for:

• **Glaucoma:** Often called the "silent thief of sight," this condition involves increased eye pressure that can damage the optic nerve.

• **Macular Degeneration:** The leading cause of vision loss for those over 50, affecting your ability to read, drive, and recognize faces.

• **Cataracts:** A natural clouding of the lens that, if monitored, can be managed or treated to restore crystal-clear sight.

Beyond the eyes themselves, a thorough exam can reveal signs of systemic health issues such as **high blood pressure, diabetes, and even high cholesterol**. Your eyes truly are a mirror of your body's internal health.

If you find yourself holding the morning paper at arm's length or squinting at the television, it isn't just a nuisance—it's a strain on your brain. Modern eyewear is no longer just a utility; it is a tool for a higher quality of life. For our older patients, the right eyewear can:

• **Prevent Falls:** Specialized lenses, such as high-quality progressives, help with depth perception and peripheral vision, keeping you steady on your feet.

• **Reduce Fatigue:** Properly fitted glasses eliminate the headaches and "heavy eyes" that come from constant squinting.

• **Protect Your Vision:** Our lenses feature premium UV protection and blue-light filtering to shield your eyes from further age-related damage.

At **King & Queen Opticians**, we pride ourselves on more than just our technology; we pride ourselves on our community. We understand the unique needs of our older patients, from the patience required during a fitting to the expertise needed to manage complex prescriptions.

We invite you to visit our clinic, where our curated selection of frames ensures you don't have to choose between seeing well and looking your best. For a limited time when you book an eye exam you will receive $50 off your eyewear purchase, our expert opticians are here to help you find the perfect fit for your face shape, lifestyle, and comfort.



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Your vision loss may not be just a *sign of aging*

(NC) We've all heard the saying "it's all downhill" after a certain age, whether we believe it or not. While many seniors still enjoy active lifestyles, most of us accept that our bodies just won't be as good at certain things as time goes on.

But that acceptance can sometimes keep us from noticing when something is going wrong that isn't "just one of those things." One example is geographic atrophy (GA), an eye disease where the centre of the retina, called the macula, dies off over time.

GA affects an estimated five million people worldwide, most of them seniors. Vision loss occurs slowly, starting with blind spots in the middle of a person's field of vision, then worsening until household tasks, driving and even facial recognition become very difficult.

That's why it's so important to listen to our bodies and note any changes in vision. Although some symptoms could be nothing to worry about, they could also be signs of a serious condition that will only get worse if left unexamined.



Make sure to reach out to your eye-care professional if you notice it's getting harder to read or track objects in your central vision. They can tell you whether you simply need a new prescription for your glasses, or whether it's time to run more tests. There are scans available that can detect GA, but like with many conditions, early diagnosis is essential.

Learn more at livingwithga.ca.

www.newscanada.com

Managing age-related eye changes and diseases



(NC) AS WE AGE, our eyes go through natural changes and in some cases, age-related diseases that can affect quality of life. Understanding and managing these changes is vital to long-term vision health.

Typical age-related changes include decreased ability to focus on close objects (presbyopia), slower light adaptation, increased sensitivity to glare, difficulty distinguishing contrasts, dry eyes and tearing. While reading glasses often solve presbyopia, other eye changes may need professional attention. The four most common serious eye conditions Canadians should be aware of as they age are as follows:

CATARACTS: a clouding of the eye's lens that can cause blurred vision and difficulty driving at night. While aging is inevitable, lifestyle choices matter. Eating a diet rich in antioxidant vitamins (A, C, E), lutein, zeaxanthin, zinc and omega-3s may slow progression. UV exposure, tobacco use and high blood sugar increase risk, so sunglasses with UV protection, quitting smoking and managing chronic conditions like diabetes are key.

AGE-RELATED MACULAR DEGENERATION (AMD): one of the most common causes of poor vision after age 60 and primarily affects central vision. There are two types of AMD: "dry" AMD and "wet" AMD. Risk factors include smoking, poor diet, excessive UV exposure and inactivity. Research shows that antioxidant supplements (vitamins C, E, zinc, lutein, zeaxanthin) can cut AMD progression by about 25 per cent in those at moderate or high risk.

GLAUCOMA: often symptomless in early stages, it damages the optic nerve by increasing the pressure inside your eyes. Regular eye exams are critical, as are healthy habits: moderate exercise, balanced diet, controlled blood pressure and weight help manage risk.

DIABETIC RETINOPATHY: an eye condition that can cause vision loss and blindness in people with diabetes. It occurs when high blood sugar levels damage the blood vessels in the retina, the light-sensitive tissue at the back of the eye. Over time, this damage can lead to vision problems and, if left untreated, can result in blindness.

Healthy lifestyle choices aren't just good for your overall health; they're vital for protecting your vision as you age. While these habits can lower the risk of developing serious eye conditions, it's also important to recognize the critical role ophthalmologists play. They're essential in diagnosing, managing and treating eye diseases, and can offer effective medical and surgical options when needed.

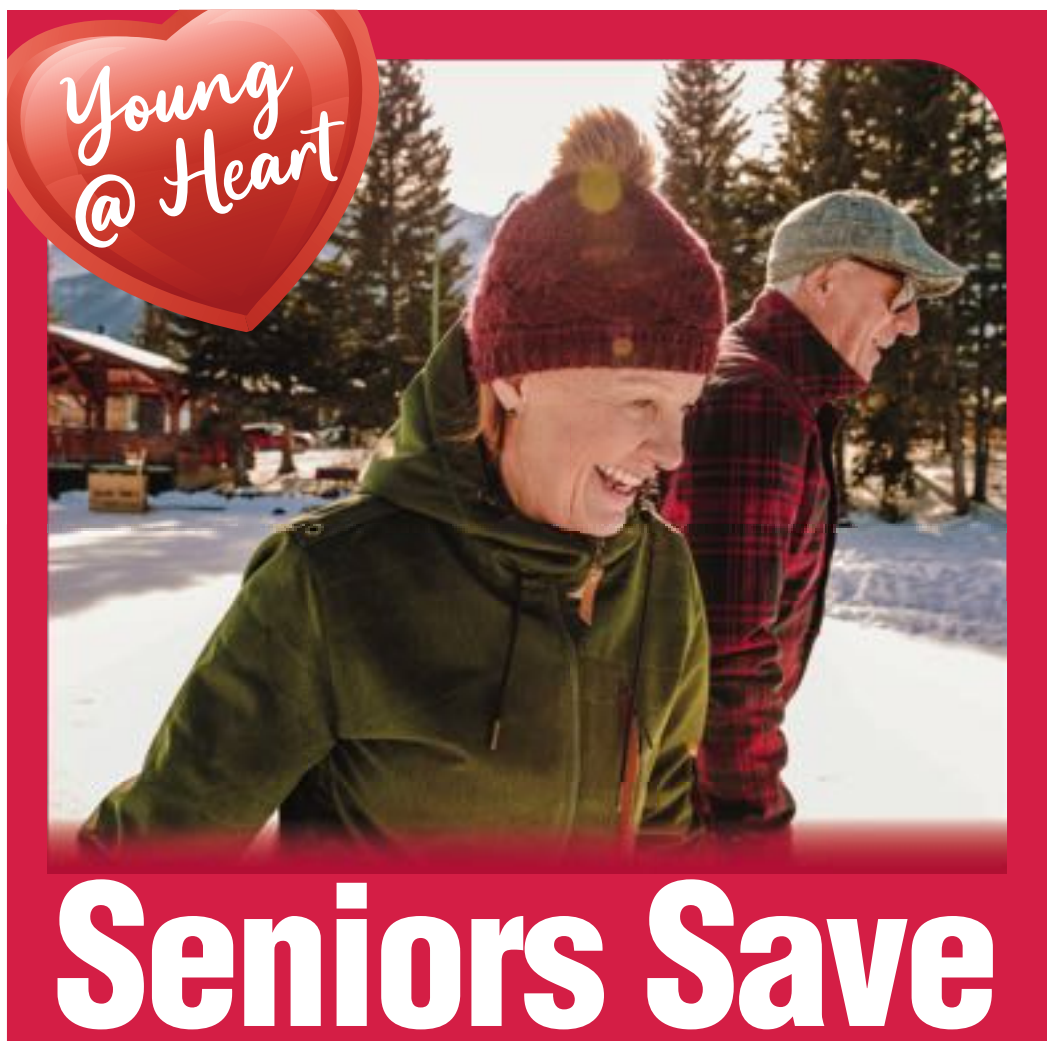
With the support of Specsavers, the "My Corner of Canada" photography contest is helping showcase the role of vision in connecting Canadians by having participants submit photos showing what their community means to them. You can find more information at seethepossibilities.ca.

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Celebrating SENIORS

Fitness classes FOR THE OVER-50 CROWD



Exercise is a pillar of a healthy lifestyle. When individuals exercise regularly and pair physical activity with a healthy diet and smart lifestyle choices, they can extend their life expectancies and sleep well knowing they're doing everything they can to increase their chances of enjoying a limitless retirement.

Adults over 50 know it's not always so easy to exercise. Hectic schedules can make it seem like there's little time for exercise. And even when adults make time to break a sweat, they might find that traditional workouts combining strength training with cardiovascular exercise are too time-consuming and possibly even a little dull. In such instances, fitness classes can take the place of more traditional exercise regimens. Various classes provide a challenging workout, and many can do so in an hour or less.

PILATES: Improving balance, core strength and flexibility are three goals of Pilates. Pilates has an interesting history, as it was created by Joseph Pilates, a German prisoner of war who was imprisoned off the coast of England during World War I. Pilates and the exercising phenomenon he created ultimately made their way to the United States, where the routine was embraced by dancers looking for a way to aid their injury recovery. Pilates is now part of millions of individuals' exercise regimens. This low-impact exercise is designed to strengthen muscles and improve alignment and flexibility. Achieving greater balance after 50 pays untold dividends for older adults, who can decrease their risk for falls and fall-related injuries by increasing their steadiness.

SPIN: Spin classes are a wildly popular exercise program that utilizes cycling to help people break a sweat. Cardiovascular exercise is beneficial for a number of reasons, including its connection to heart health and even cognitive health. But many people lament daily sessions on a treadmill or elliptical that they find boring. Spin classes involve the use of stationary bikes, but instructors typically guide class members through conditions that mimic outdoor cycling sessions. Resistance and pedaling speed changes throughout a spin class, which serves to keep individuals engaged and burn lots of calories.

KICKBOXING: Sometimes referred to as Krav Maga, kickboxing is another unique and challenging class offered at many fitness facilities. Martial arts like kickboxing assist with weight loss and can help people improve their muscle tone, flexibility and stamina. Adults over 50 who are not accustomed to physical activity may find their energy levels are low, but a few kickboxing sessions may produce noticeable differences in stamina. The balance benefits of kickboxing are similar to those provided by Pilates, so this activity may be particularly beneficial for adults over 50 looking to reduce their vulnerability to falls as they grow older.

DANCE: Dancing is widely seen as a fun activity, and rightfully so, as few things can be as enjoyable as cutting a rug. But dancing also provides a great cardiovascular workout. Local community centers and even some fitness facilities offer age-specific dancing classes, which are great for individuals who want to build core strength, improve bone health and protect their heart.

Adults over 50 who want to be more physically active can look to any number of fitness classes to break a sweat, build strength and have fun all at once.

What is a denturist?



This is a question I often get asked by my patients when they first come into my office. As a Denturist I am a denture specialist, not a Dentist. As a licensed Denturist I am responsible for the recognition or dental deficiencies and oral complications. I do not do fillings, nor do I pull teeth–I co-ordinate this with your Dentist to provide the best treatment options for you. We sit down together and discuss what your expectations are from your new teeth and what we can provide in terms of appearance, fit and function.

Having a new set of dentures fabricated can often be a stressful and fearful experience. Here at The Kostynyk Denture Centre I take strain out of the process. With 30 years' experience and the utilization of new techniques and materials I can eliminate many of the unpleasant procedures associated with denture creation. Creation, it truly is! Each step of the process will be clearly outlined to you as we proceed towards your new smile and, we will not complete the new denture until you are happy with the appearance, and I am happy with the function. Having an on-site laboratory allows me to make special accommodations you may require for your new smile.

A proper fitting denture provides not only a sense of confidence when out in public but allows you to eat a proper and balanced diet. The ability to properly chew food takes the strain off the digestive system and often reduces stomach problems. Don't be afraid to order your favorite foods when out because you are worried about your dentures.

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Planning today for the impact you'll leave tomorrow

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

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

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

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

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

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

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

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

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

It can begin today with a simple conversation.

BUILDING EQUITY FOR SENIORS THROUGH SOCIAL DETERMINANTS OF HEALTH

AT Caledon Community Services (CCS), we believe dignity and health are not privileges; they are rights. For too many seniors in our community, poverty casts a long shadow over their golden years. It's not just about empty wallets; it's about empty fridges, missed medical appointments, and the quiet loneliness that comes when choices shrink. That's why we've made it our mission to tackle the root causes of health inequity by addressing the social determinants of health head-on.

Health is more than a doctor's visit. It's the security of a warm home, the comfort of a nutritious meal, the freedom to get where you need to go, and the joy of human connection. Through our services, we bring these essentials directly to seniors. From food support, health education workshops, health and wellness activities and affordable, accessible transportation, we're removing barriers that poverty builds.

Our Seniors Health and Wellness classes and Seniors Helping Seniors are both life-changing. They do more than connect people; they open hearts and create connections. Our assisted living Personal Support Workers (PSWs) make it possible to remain independent while sharing laughter and life stories. Small acts create big ripples: reducing isolation, building resilience, and restoring hope and community wellbeing.

Ontario Health's Social Determinants of Health Framework provides a powerful approach and at CCS, we strive to listen to lived experiences and respond with practical solutions—because equity isn't a concept; it's a commitment.

A report prepared by Maytree Foundation through the lens of its mission to eradicate poverty showed that senior poverty rates have historically decreased; however, the absolute number of seniors living in poverty is on the rise.If that isn't alarming enough, the progress in addressing this has largely stalled. Poverty is growing, and its impacts ripple through families and communities.

At CCS, we're determined to be part of the solution. By weaving transportation, nutrition, social connection, and accessible health services into the fabric of our work, we're not just cushioning the blow of poverty; we're rewriting the narrative of aging with dignity and hope in Caledon.

Because independence is health, and health is dignity. And dignity is what every senior deserves.

You can make a positive impact, one senior at a time. Take the first step if you can help by volunteering, donating or advocating. And if you need help, call us at (905) 584-2300, Food & Basic Needs-ext. 201; Health and Wellness and Seniors Helping Seniors-ext.273; Transportation-ext. 218; Assisted Living-ext. 225.



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HEALTH



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Seniors and people with disabilities in Caledon can enjoy accessible transportation seven days a week with advance booking after registering with Caledon Community Services.

Contact us to learn more.

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Celebrating SENIORS

SEEING IS BELIEVING:

Rethinking Retirement Living at Avalon



For many older adults and their families, the idea of retirement living is often shaped by long-held assumptions. It's seen as something to be delayed, avoided, or approached with hesitation ; a decision associated with loss rather than possibility.

But for those who have spent time inside Avalon Retirement Lodge, the experience tells a very different story.

In fact, one of the most common things families say after visiting is simple: "*This isn't what we expected.*" And that's exactly the point.

At Avalon, retirement living isn't about slowing down. It's about living with fewer worries, more connection, and the freedom to focus on what truly matters.

A Change Families Can See and Feel

While every resident's journey is unique, many families notice a shift not long after a move to retirement living. Loved ones appear more relaxed. More engaged. More at ease.

There's a reason for that.

Daily responsibilities that once felt overwhelming — cooking, housekeeping, home maintenance — are gently lifted away. In their place comes time. Time to socialize. Time to rest. Time to enjoy meals with others. Time to say yes to activities that bring joy, without worrying about logistics or safety. For many residents, this balance leads to improved overall well-being. Regular meals, consistent routines, opportunities for movement, and meaningful social interaction all contribute to feeling better both physically and emotionally.

And for families, there's something just as important: peace of mind.

More Quality Time, Less Worry

When adult children visit a parent living independently at home, those visits can sometimes revolve around concerns. Is the fridge stocked? Is the house safe? Are they lonely?

At Avalon, family visits often look very different. Instead of managing tasks or addressing worries, *time together* becomes just that: time together. Shared meals. Walks. Conversations that aren't rushed or overshadowed by responsibility. Knowing that support is available 24/7 allows families to step back from the role of caregiver and return to the role they value most: son, daughter, sibling, or friend.

Social Connection Changes Everything

One of the most profound, and often underestimated, benefits of retirement living is social connection.

At Avalon, community happens naturally. Residents greet one another in common spaces. They gather for activities, celebrations, and shared interests. New friendships form not because they have to, but because the environment makes it easy. Loneliness is something many older adults experience quietly, especially after the loss of a spouse or the downsizing of a social circle. Retirement living offers daily opportunities for connection; the kind that builds confidence, lifts spirits, and brings laughter back into everyday life.

Independence, Supported, Not Replaced

A common fear about retirement living is the idea of losing independence. In reality, many residents find they gain more of it.

With support close at hand when needed, residents are free to focus on living life on their own terms. They choose how they spend their days, which activities they participate in, and how involved they want to be. It's not about being looked after, it's about being supported, so independence can continue safely and comfortably.

A New Year, A New Perspective, and An Invitation To See For Yourself!

While New Year's resolutions often focus on health, happiness, and peace of mind, those hopes don't disappear once January passes. For many seniors, retirement living quietly supports those goals every day of the year. More social opportunities. Less daily stress. A genuine sense of belonging. Confidence in knowing help is always nearby. At Avalon Retirement Lodge, these aren't abstract ideas, they're lived experiences.

Retirement living is often misunderstood because it's rarely seen up close. But when families take the time to visit, talk with staff and residents, and experience the atmosphere firsthand, perspectives begin to shift. They see smiles. They hear laughter. They notice how relaxed their loved one feels. And suddenly, retirement living isn't something to fear, it's something to consider with optimism.

If you're curious about what retirement living can look like for yourself or someone you love, we invite you to experience Avalon firsthand.

To book a personal visit or ask questions, connect with Sales Coordinator Alisa by phone at (705) 527-3493 or by email at athoma@jarlette.com.

Sometimes, all it takes is a visit to see what's possible.







Seeing Is Believing...

Retirement living isn't what many people expect, and Avalon is proof. Here, conversations happen naturally, routines feel lighter, and families notice the difference.

Now It's Time
To See For Yourself



AVALON RETIREMENT LODGE

Avalon Retirement Lodge

355 Broadway, Orangeville, ON L9W 3Y3

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

Celebrating SENIORS

Snowbird survival guide



There are many reasons to welcome the arrival of winter each year. The holiday season, recreational activities like skiing and snowboarding, and the undeniable beauty of snow-covered landscapes are just some of the reasons to look forward to winter.

Winter certainly has its positive attributes, but some may shudder at the thought of colder temperatures and shorter hours of daylight. In fact, some people dislike the cold so much they take to the road each winter and make for locales noted for their mild temperatures. Snowbird is a term used to refer to individuals who depart their homes around the beginning of winter so they can spend the ensuing months in warm climates. Snowbirds often are retirees, but the flexibility of remote working has enabled more and more working professionals to become snowbirds, too. Those considering a pivot to the snowbird lifestyle can consider these tips to make that transition successful.

FIND THE RIGHT LOCALE. Those new to the snowbird lifestyle might assume anywhere that isn't cold will fit the bill, but warm weather isn't the only variable to consider when choosing where to spend your winters. Many snowbirds spend several months at their winter destinations, so you will want somewhere that can accommodate the lifestyle you've grown accustomed to. First identify your priorities and then consider variables like the accessibility of nightlife, the availability of recreational activities and opportunities to socialize. A warm but especially remote location might appeal to some, but those who like to get out might do best spending their winters in a more vibrant locale.

GET A FIRM IDEA OF THE COST. Though there's ways to save on the snowbird lifestyle, it can be costly. Whether you plan to rent a winter home or purchase a second home, there's notable costs that come with each approach. The costs of renting might seem more straightforward, as renters may think a deposit and monthly rent is all the added expense. But snowbirds who plan to work during the winter will need to consider the tax implications if they will be living and working in a different state or province. Buying a second home also comes with its own tax implications, so it might be best for aspiring snowbirds to work with a certified financial professional who can help them navigate those costs. Certain locales may be tax-friendly for retirees, who also can work with a financial professional to identify locations where the financial implications of snowbirding might not be too significant.

DON'T FORGET YOUR PETS. Pets merit consideration when pondering the feasibility of the snowbird lifestyle. If you plan to rent lodgings for the winter, you must find a pet-friendly option, which can prove difficult depending on the type and size of your pet(s). Pets' comfort also merits consideration. If you have a dog, a winter residence with access to a yard or nearby dog park should be a priority. And some complexes that specialize in offering winter lodgings may restrict pets or charge hefty fees to allow them.

DON'T FORGET YOUR CURRENT HOME. Snowbirds also need to arrange for the homes they live in most of the year to be looked after. If you plan to rent your primary home over the winter, that might come with hefty tax implications. If not, someone will need to look after the home while you're gone. Snow removal and security are two notable components of winter home care that will need to be arranged before you head for warmer locales.

The snowbird lifestyle is tailor-made for people who prefer year-round warm weather. But several variables merit consideration before adults can commit to the snowbird lifestyle.



LIONS TV BINGO: CALEDON CONNECTION

Caledon BINGO players can now play BINGO from the comfort of their own home. Every Wed. evening at 7:00 PM from October through May Lions TV BINGO is on Rogers Community Channel 63. The broadcast can also be streamed on your computer, tablet or smart phone @ www.rogerstv/dufferin-caledon/show/orangeville-lions-tv-bingo.

Between 7 and 8 PM we play 4 games (letter O, letter L, letter C and coverall). The first 3 games each have a prize of $500 with the concluding coverall game played for a prize of $1,500. Total prizes of $3,000 are awarded each night. The last Wednesday of each month is a special bonus night with the first three games going for $750 and the final coverall game going for $2,750 for a total prize of $5,000.

BINGO wraps containing a rules flyer and three BINGO cards for each of the four gamse can be purchased for $10 at the following local merchants:

- Bolton Food Basics, 301 Queen St. S
- Bolton Home Hardware, 12833 Hwy. 50
- Bolton Milk and Variety, 15 Queen St. N
- Caledon East Foodland, 15771 Airport Rr.

Successful BINGO players call our studio in Orangeville to verify their prize. Prize cheques can be picked up at Bolton Milk and Variety as well as locations in Erin and Orangeville after noon on Thursday.

BINGOs are carried out under licence granted by Alcohol and Gaming Commission of Ontario (AGCO).

The Lions Club uses the BINGO proceeds to support local Charities. Beneficiaries in Caledon have included Bethel Hospice, Bolton Food Bank, Headwaters Healthcare Centre, Meals on Wheels – Project lifesaver, Lions Home for the Deaf, Lions Foundation of Canada Dog Guides and Lions Camp Dorset for dialysis patients.



LIONS TV BINGO

ROGERS – CHANNEL 63

Or Stream Online At
rogerstv.com/dufferin-caledon/show/orangeville-lions-tv-bingo

Every Wednesday at 7PM

$3000.00

WEEKLY PRIZES

Last Wednesday Each Month is a BONUS with $5,000 in Total Prizes

BINGO CARDS ARE AVAILABLE FOR $10 THE WEEK PRIOR TO EACH BINGO AT THE FOLLOWING VENDORS:

Name	Address	City
Bolton Milk and Variety	15 Queen St. N.	Bolton
Food Basics - Bolton	301 Queen St. S	Bolton
Home Hardware - Bolton	12833 Highway 50	Bolton
Foodland - Caledon East	15771 Airport Rd. #4A	Caledon East
Metro	150 First St.	Orangeville
Zehrs - Orangeville	50 4th Ave.	Orangeville
Sobeys	500 Riddel Rd.	Orangeville
Broadway Shell	226 Broadway	Orangeville
7-Eleven	268 Broadway	Orangeville
Daily Convinience	200 Elizabeth St.	Orangeville
Total Convenience & Video	1-41 Broadway	Orangeville
Circle K	400 Townline, Unit 1	Orangeville
Hillsburgh Foodland	102 Trafalgar Rd.	Hillsburgh
Grand Valley Clover Farm	5 Main St. S.	Grand Valley
Marc's Your Independent Grocer	134 Main St.	Erin
Erin Rexall Drugstore	123 Main St.	Erin
Giant Tiger - Shelburne	226 First Ave. E	Shelburne
Foodland - Shelburne	824 Ojibway Dr.	Shelburne



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Celebrating SENIORS

Rotary Bolton

Is it a service club, is it a social club – we think it's both!

Are you looking for a venue that fosters friendship and community? You will find the Rotary Club of Bolton may be just the solution! Often when people are planning for retirement they are searching for an organization that can provide activity and connectivity. Despite being more digitally connected than ever, people are struggling to forge the kind of deep and meaningful relationships that give life purpose.

We are involved in many community projects that require planning, co-ordination and volunteering – things like our monthly Soul Soup cooking schedule, Coldest Night of the Year involvement, annual Charity Golf Tournament, Haunted Hill Walk/Run, Peace Park and Hwy 50 planters maintenance, Murray Stewart and Simmons Trails conservancy…

Our club raises funds to fill the gaps in many of the social service programs. Local groups like Humberview Robotics Alphadogs, Caledon Cavaliers Rugby, Scouts and Guides, Girls Can Too, Caledon Kids First, Caledon Seniors Centre, all benefited from our sponsorship. It is heartwarming to know that our club is making a difference in so many ways.

Here is your Invitation to join our dynamic club. See some of our more recent accomplishments on Boltonrotary.ca or email boltonrotary@gmail.com for more information.







Invitation to join our dynamic club.

The Bolton Rotary is a local service club that has FUN raising money to distribute locally and globally to support peace, literacy, health and environment!

Is it a service club, is it a social club?
We think it's both!

Interested in joining?
Go to our website to learn more!

Rotary Bolton

BOLTONROTARY.CA

THE BENEFITS OF LIVING IN ABBEYFIELD CALEDON'S NON-PROFIT SENIORS RESIDENCE



YOUR GOLDEN YEARS SHOULD BE A TIME OF JOY, comfort and peace, a period to enjoy the fruits of your lifelong journey in a serene and welcoming environment, At Abbeyfield Caledon, we've mastered the art of blending care, community & comfort to create an unparalleled living experience for seniors. Set in the heart of Caledon East's tranquil neighborhood, our non-profit seniors residence promises more than just a place to stay - it offers a chance to thrive among peers in a family-like atmosphere. Let's talk about the myriad of benefits that life at Abbeyfield Caledon provides, highlighting why it stands out as an exceptional choice for seniors seeking companionship, independence, and a vibrant lifestyle in their later years:

WE OFFER....
- COMPANIONSHIP AND COMMUNITY
- HOME-LIKE SETTING
- NUTRITION AND WELL-BEING
- AFFORDABLE LIVING
- INDEPENDENCE AND DIGNITY
- VOLUNTEER SUPPORT

Living in a non-profit seniors residence like Abbeyfield Caledon offers the privilege of a supportive, caring community, nutritious meals, and a comfortable living space. It ensures a secure, dignified, and affordable lifestyle for seniors, helping them preserve their independence while living in a social, stimulating environment. This combination of benefits makes Abbeyfield Caledon an attractive choice for senior living in Ontario.

We can't wait for you to make Abbeyfield Caledon your new home. We are here, ready to welcome you with open arms into our family. Get in touch with us if you are interested in becoming a resident or if you want to join us as a volunteer serving the community. Call Lisa Chevalier, House Manager at: 905-860-0181 or visit us at: abbeyfieldcaledon.org.

We are Looking for Volunteer Board Members, Volunteer Treasurer & Volunteer Director of Development.

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

Abbeyfield Caledon



Abbeyfield Caledon is a non-profit home for independent seniors. Nestled in the beautiful town of Caledon East, our house is dedicated to providing good nutrition and companionship.

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

905-860-0181
abbeyfieldcaledon.org



Breakfast made easy

Why breakfast is important and can be easy and nutritious

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

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

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

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

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

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

1. Microwave an egg in a mug and enjoy with fruit or toast on the side

2. Overnight oats with yogurt and berries

3. Yogurt bowl with fruit and homemade granola

4. Shredded wheat with fruit and milk

5. A breakfast burrito like the one below from Kidney Community Kitchen

Quick Breakfast Burrito

INGREDIENTS:

4 eggs
3 tbsp (45 ml) green chilies, diced
¼ tsp (1 ml) ground cumin
½ tsp (2 ml) hot pepper sauce
2 large unsalted flour tortillas
2 tbsp (30 ml) salsa

DIRECTIONS:

1. Spray a medium-size skillet with nonstick cooking spray and heat over medium heat.

2. In a bowl, beat eggs with green chilies, cumin and hot sauce.

3. Pour eggs into skillet and cook. Stir 1 to 2 minutes until eggs are done.

4. Heat tortillas for 20 seconds in microwave or in a separate skillet over medium heat.

5. Place half of the egg mixture on each tortilla and roll up burrito style.

6. Serve each burrito with 1 tablespoon (15 ml) salsa.

Not only do these simple combinations provide you with fuel to manage your busy day, they also help you meet your needs for fibre, protein, and fruits and vegetables. They also provide micronutrients, vitamins and minerals that help prevent deficiencies that are common in chronic kidney disease. Balancing your meals in this way can improve your blood sugar control, heart and digestive health. It can also provide more opportunities to keep our muscle mass intact.

Making meals easy, delicious, nutritious, and cost-effective are the key ingredients to achieving overall health and meeting your nutrition goals.

Discover more tips and recipes to make your mornings easy and nutritious at kidneycommunitykitchen.ca.

www.newscanada.com

SENIOR *of the* YEAR

Every year, the Town of Caledon recognizes an exceptional senior, aged 65 or older, as part of the Province of Ontario's Senior of the Year award. This prestigious honor celebrates individuals who have enriched the social, cultural, or civic life of our municipality through their contributions.

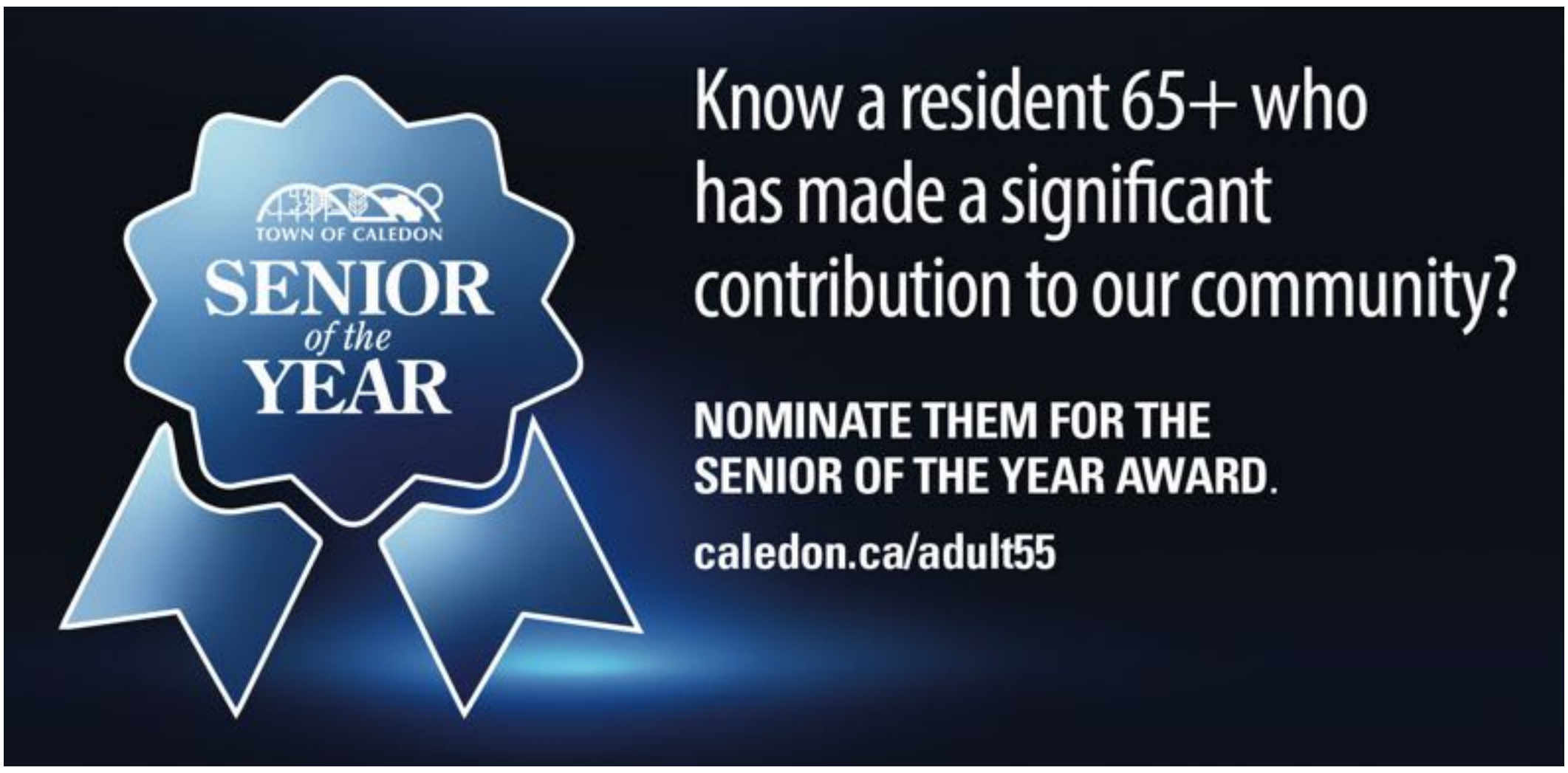
Older adults are a vital part of our community and bring experience, wisdom, and talent to every aspect of life in Caledon. Whether it's through sharing knowledge, supporting local initiatives, or fostering connections among neighbors, seniors play a key role in making Caledon a vibrant and thriving place to live.

Do you know someone over the age of 65 who has made a difference in Caledon? Help us celebrate the remarkable seniors in our community by nominating them for the Senior of the Year award.

Nominations are open from January 26 to February 20, 2026. For more information, including eligibility criteria, visit caledon.ca/adult55 or contact us atadult55@caledon.ca or 905-584-2272 x4106.

Let's come together to honor the incredible contributions of Caledon's seniors!





Celebrating SENIORS

Fruits and vegetables that can make for nutritious snacks

Snacking is a routine part of many people's lives. In fact, a 2023 study published in the journal Nutrients estimated that adults consume one to three snacks each day, and that said consumption ultimately accounts for roughly 20 percent of their energy intake.





Such frequent and routine snacking could be detrimental if people aren't opting for nutritious foods when eating between meals. With that in mind, the following are four fruits and vegetables that feature a low-calorie, nutritious profile, which makes them ideal foods to reach for the next time hunger pangs demand a between-meal bite.

APPLES: There might be something to the adage, "An apple a day keeps the doctor away." Apples are rich in antioxidants, which have been touted for their anti-inflammatory properties as well as their role in building a strong immune system. Chlorogenic acid is an antioxidant found in apples that researchers have found can help to lower a person's risk for diabetes, while the catechins in apples have been linked to a reduced risk for heart disease and cancer. WebMD notes that the fiber in apples helps people feel fuller after eating, a benefit most easily attained when eating apples with the skin on.

BANANAS: Bananas make a perfect snack because they're easily portable and loaded with nutritional value. The Harvard T.H. Chan School of Public Health notes that a medium ripe banana contains just 110 calories and zero grams of fat. The potassium in bananas can promote heart health by enabling the heart to beat regularly, and this popular fruit also has been characterized as beneficial for digestive health.

BROCCOLI: Broccoli might not finish in the top 10 if people were asked to name the foods they're most likely to eat as a snack, but this nutrient-rich vegetable makes for a healthy between-meal bite. Broccoli can be eaten raw or cooked, and the U.S. Department of Agriculture notes a single cup of cooked broccoli contains just 55 calories. Within that small serving snackers can get roughly 134 percent of their daily value of vitamin A, 112 percent of their daily value of vitamin C and 92 percent of their daily value of vitamin K.

CARROTS: Carrots are another accessible, nutritious vegetable to consider the next time hunger pangs hit between meals. WebMD notes a single serving of carrots contains just 25 calories but is loaded with vitamins and minerals, including vitamin A (73 percent of the recommended daily value), vitamin K (9 percent) and vitamin C (5 percent). The fiber in carrots can promote healthy digestion, and the wealth of antioxidants like carotenoids and anthocyanins found in carrots help to fight off free radicals that can increase a person's risk for disease.

Snacks are a part of many people's daily routines. Finding the right foods to snack on can make a world of difference for people aspiring to live healthier.



When ...is the right time for retirement living?

Deciding when a loved one may benefit from retirement living is never easy. It's normal for families to feel uncertain, emotional, or even guilty when considering such a meaningful transition. At Delmanor, we understand these feelings—and we're here to help guide families with compassion, clarity, and confidence.

There are often a few clear signs that additional support can make life safer, richer, and more fulfilling. Safety is one of the most important. Changes in mobility, frequent falls, slower recovery from injuries, or missed medications can signal that living alone is becoming challenging. Small moments of forgetfulness—like leaving appliances on—can create real risks over time.

Social connection is another important consideration. If your parent is spending more time alone or no longer participating in the activities they once enjoyed, loneliness may be taking a toll. Everyday tasks can become exhausting, leaving little energy for socializing, hobbies, or time with friends.

Families also need support. Caring for a loved one while balancing careers, children, and daily responsibilities can lead to caregiver burnout. What begins as helping out occasionally can quickly become overwhelming, placing strain on both emotional well-being and family relationships.

Starting the conversation with empathy is key. Share your concerns thoughtfully, listen to what matters most to your loved one, and reassure them that their comfort, independence, and dignity remain the priority.

At Delmanor, retirement living is about more than care—it's about living well. With chef-prepared meals, enriching programs, welcoming communities, and professional support, residents gain the freedom to focus on what brings them joy. Families gain peace of mind, and time together becomes about connection, not caregiving.

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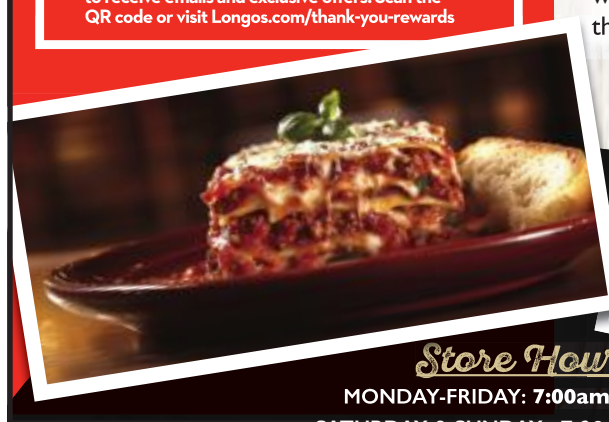
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Stan Douglas (b. 1960), *Masonic Lodge, Barkerville* (detail), 2006, laserchrome print, 127 x 145 cm, courtesy of the artist, Victoria Miro, and David Zwirner © Stan Douglas

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