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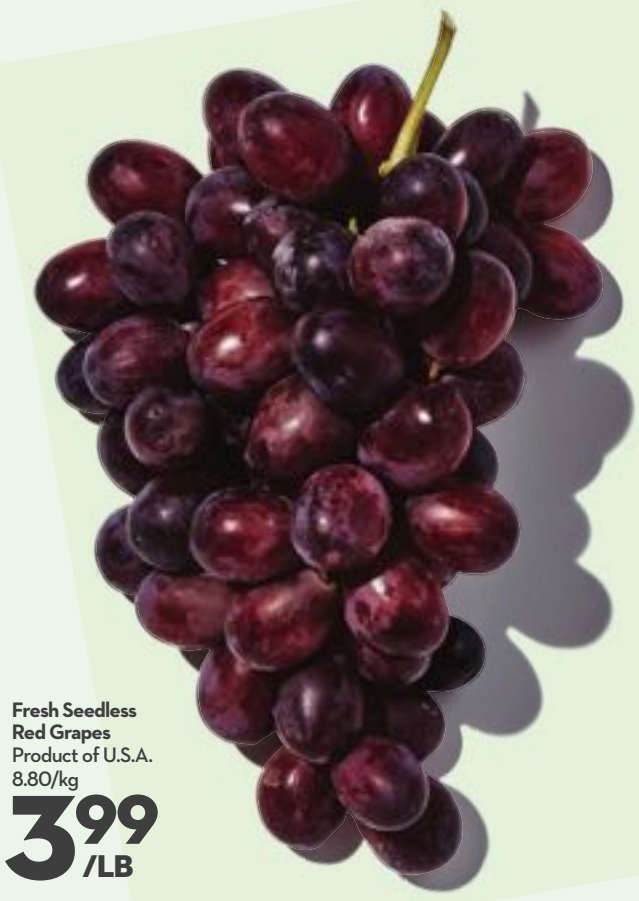
4.99 Callipo Yellowfin Tuna in Olive Oil or Water
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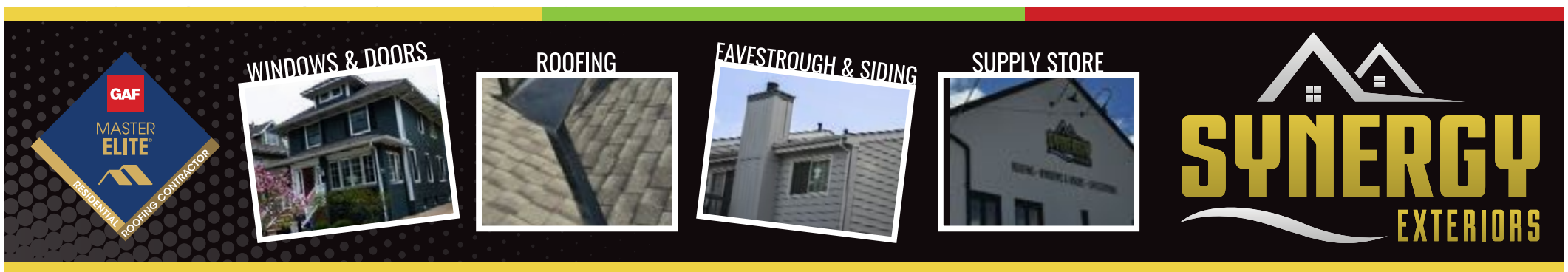
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FREE | Thursday, August 6, 2026 | Volume 46, Issue 32



CASSIE'S PLACE CHEERS GOLFERS ON
Cassie's Place members wave and clap for golf tournament participants as they head to the 18-hole course at Glen Eagle Golf Club on Aug. 4. KATHRYN FRASER PHOTO

Cassie's Place holds annual golf tournament in support of people with disabilities

BY KATHRYN FRASER
LOCAL JOURNALISM
INITIATIVE REPORTER

On Aug. 4, Cassie's Place hosted its fourth annual golf tournament held at Glen Eagle Golf Club in Bolton.

This event supports programs for individuals with disabilities offered at Cassie's House throughout the year.

The gold tournament featured several activities, from a barbecue to an 18-hole course. The night ended with a special dinner and a chance to win awards and other prizes for all attendees.

Joe Sassine, the director of Cassie's House, is proud to see how the community has come out to support the event and that the number of participants has grown quite a bit over the years.

Both golf experts and newly interested players were able to attend and register a team to compete for awards at the end of the evening.

Setting off to the course at 1 p.m., members of Cassie's Place cheered and waved to players as they ventured off on golf carts.

Tournament participants spent the next few hours playing golf until they returned to the clubhouse to hand in their scorecards and prepare for the dinner and award ceremony.

Rocky Punia, a local realtor, has been sponsoring and attending the event for the last few years.

Prior to becoming a realtor, Punia was a special education teacher and feels a special connection to Cassie's Place, which made her want to get involved.

"What they do and the programs that Cassie's Place does is amazing stuff," says Punia. "We want to be a part of it, we want to raise funds, we want to be able to sponsor and donate funds wherever we can."

Continued on Page A3

Council decision sends 'troubling message' says IC complainant

BY KATHRYN FRASER
LOCAL JOURNALISM
INITIATIVE REPORTER

On July 28, Caledon Town Council met to discuss the Integrity Commissioner (IC) complaint ICI-2026-001.

Council in the end came to a decision that Councillor Lynn Kiernan was not to face any monetary repercussions but instead issue an apology to the complainant Sarah Leslie.

Leslie responded to The Citizen with a letter stating her complaint was "never about limiting political debate or preventing elected officials from engaging with residents on social media."

Continued on Page A11



CUDDLES AT CPL – The Caledon Public Library partnered last week with Caledon Animal Services on a new program to teach local youth what it truly means to be a pet owner. For more on what they hope is an ongoing initiative, see Page A8. CALEDON PUBLIC LIBRARY IMAGE

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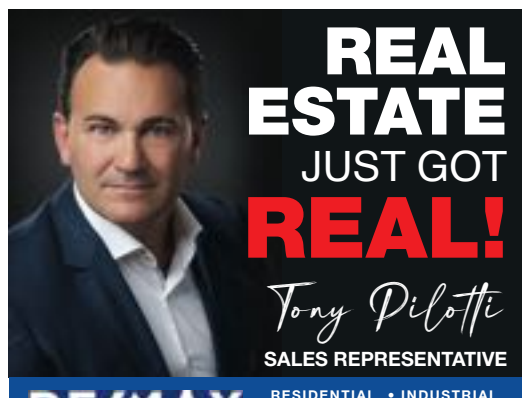
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C3 launches overnight camp experience for local children

BY KATHRYN FRASER
LOCAL JOURNALISM
INITIATIVE REPORTER

This weekend, C3 (Canadian Cross Training Club) will debut its first overnight event, taking place at their James Dick Quarry Lake location at 18075 Hurontario Street near Caledon Village.

C3 will host underprivileged children for a night under the stars and an outdoor camping experience, with a sunrise wake-up.

The event will run for 24 hours, from noon on Aug. 8 until noon on Aug. 9, when parents and guardians will come and pick up their campers.

This partnership comes after former Olympic Rowing Coach Barry Shepley decided to begin his own training area and work closely with James Dick, who owns a gravel company, to fill in the quarry areas that are being used and turn them into a training area.

Harry Skiddaw Crease, also known as Skid, is the main organizer for this event and is looking forward to giving children their first camping experience.

After working in Outdoor Education for over 40 years, Skid has partnered with C3 owner Shepley to host this exciting new event.

Campers will be able to participate in a wide variety of activities, including swimming, fire building and many more activities.

This is the debut of the overnight program, and organizers hope it will be the first of many offered throughout the summer.

The main goal of this event is to test if it is possible for campers to stay at this location and what it would be like to make this a continued program.

Giving these children the opportunity to do things that they have never done before and get them out of their comfort zone is also something that Skid is hopeful to be able to achieve.

Staying in tents, making s'mores, looking at the stars and spending time telling stories will also be included in these fun-filled weekends for all.

Anyone looking for more information about C3 can find out more at c3recreation.com

Town of Caledon unveils plaque honouring No. 2 Construction Battalion

BY KATHRYN FRASER
LOCAL JOURNALISM
INITIATIVE REPORTER

The Town of Caledon installed a new plaque to remember those who fought in the No. 2 Construction Battalion. The plaque was installed at the Cenotaph near Town Hall, commemorating both the people who served their country and the story of Thomas Bush, a member of the Caledon community who fought and died in the First World War.

Kevin Junor, a retired Armed Forces Captain and member of the External Ministerial Advisory Committee on Anti-Black Racism, was there to oversee the installation of the plaque and is hopeful that this is just the beginning of recognition for the members of the No. 2 Construction Battalion.

With Emancipation Day taking place on Aug. 1, this plaque not only serves as a reminder of Canadian History but also plays an important role in teaching future generations about the No. 2 Construction Battalion.

"I think it is important for people to reflect on the legacy, courage, and resilience of the men who served in No. 2 Construction Battalion," says Junor. "In the context of emancipation, people of African descent had regained their freedom and the right to pursue a quality of life like everyone else across the British Empire including Canada. These men when the First World War started chose to serve and fight for King and country."

In early 2025, former Prime Minister Justin Trudeau announced that the soldiers of Battalion No. 2 would be honoured this year, which marks the 110th anniversary of its formation.

This plaque is not the only one there, as it accompanies two other special plaques that have been assigned to the cenotaph and give proper recognition to the members who deserve to be remembered for their bravery.

"It's significant in how it's placed. The plaque is placed at the cenotaph, and the cenotaph is the place where people go to remember, men and women who served, king, queen, country," says Junor. "And the clock for number two wasn't paid in an obscure location, where it separates from the cenotaph, but it is placed at the cenotaph, where all servant members, all members who served, are remembered. I think it's significant that it is at the cenotaph, showing that there is inclusion. There is a separation anymore. They were segregated as a unit, but we remember them as Canadians."

Although the new plaque is a step in the right direction, it does not mean that this is the end, but instead the beginning of a new direction and remembering those who chose to fight and give up their lives for their country.

Junor hopes that those who come look at this plaque will not only remember those who were part of No. 2 Construction Battalion, but also get people to learn more about Canadian History, even if it may be areas that need to be learned from to make new changes.

PUBLIC NOTICE

Notice of Project Completion Open House

Ann Street Emergency Retaining Wall Replacement Works

The Town of Caledon invites residents and interested members of the community to attend a Project Completion Open House for the Ann Street Emergency Retaining Wall Replacement Works.

The project addressed critical structural deficiencies associated with the existing retaining walls, improving long-term stability and public safety along the Humber Valley Heritage Trail. The completed works included the replacement of the retaining walls, foundation stabilization, and restoration of the surrounding area.

The Project Completion Open House will provide an opportunity to learn about the completed project, including the scope of work delivered and project outcomes. Members of the project team will be available to answer questions.

Project Completion Open House Details:

- **Date:** Tuesday, August 11, 2026
- **Time:** 5:00 p.m. – 7:00 p.m.
- **Location:** Humber River Centre (Gathering Space), 28 Ann St, Bolton
- **Parking:** Available at the Town lot on Ann St and Sterne St

A formal presentation will be provided during the open house, followed by an opportunity for attendees to speak with the project team.

The Town appreciates the patience, understanding, and cooperation of residents, trail users, and the community throughout this important emergency infrastructure improvement project.

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Cassie's Place holds fourth annual golf tournament in support of its programs for people with disabilities

Continued from FRONT

Having been to a few of these events, Punia says it's wonderful to see more and more people attend each year.

"It's great to see that the community is coming together. Seeing it grow year after year, people with generous hearts contributing and coming together for a cause that means a lot in the community," says Punia.

Throughout the dinner, there were special appearances from members of Caledon council as well as Mayor Anette Groves, who showed support for the event.

Towards the end of the night,, awards were given to many attendees, including first- and second-place awards for best scores, most honest team, hole-in-one, and many others.

In addition, the event held a 50/50 draw, giving participants the chance to purchase a ticket for a chance to win money, as well as a separate raffle offering an Apple Watch Series 11.

Reflecting and looking back on the event, Sassine is elated to see the community come together to support Cassie's Place and that there will be more events to come.

Sassine said they look forward to hosting the golf tournament again next year.

To find more information about Cassie's Place, please visit cassiesplace.ca

Caledon Lions Club celebrates 55 years of service, community impact and volunteerism while inspiring future generations to continue its legacy

BY KATHRYN FRASER
LOCAL JOURNALISM
INITIATIVE REPORTER

This year, the Caledon Lions Club celebrates 55 years of service, dating back to 1971 when it was formed by Ken Bradley, who served as the president for many years until he passed away in the mid '90s.

This past week, Caledon Town Council celebrated the Lions Club and recognized all the hard work that the members take on.

David Cunningham, the current Caledon Lions Club president, took some time to talk about how much the club means to him and all the hard work that has been done.

"Reaching this milestone is incredible for us. It shows the community, the people who we are, Caledon in itself, the volunteers that put up their free time to come out and support the community," says Cunningham. "This is a testament to a lifetime of dedication to the lions. Just being able on my end to honour Ken Bradley and all the hard work that he has done in creating this group and passing it down onto me is very special."

Community and town council member Mauro Testani has also been a member of the local Lions Club for years and is moved by the growth and connection the Lions Club has as they reach this milestone.

"It's a testament that there is still goodness in the world. In my eyes to see that people come together to help each other and see that we still have that community in effect," says Testani.

Over the past 55 years, the Caledon Lions Club has participated in a large number of events.

Looking back at all the hard work that has been done by the Lions Club, there are a few special fundraisers and events that really stand out.

Camp Dorset, a camp for individuals with diabetes fundraising for the Caledon Village Pool, supporting the Alton Legion and raising money for the blind to provide dog guides, and various barbecue events are just a few of the Lions Clubs' fundraising achievements.

Going to schools and speaking at other events is just one way that the Lions Club hopes to have younger members come and join the group.

Every year, the Lions Club hands out an award to the student who provides the most community service to their fellow peers and their surroundings, acknowledging their hard work and contributions.

"We need to raise children to be compassionate, caring and look after their neighbourhood," says Testani. "That's what we are trying to promote with this award. We're trying to get younger people involved in community service and not just older people".

Looking to the future, both Cunningham and Testani are hopeful that the Lions Club will continue the work that has already been accomplished for another 55 years.

Reflecting on this milestone, Caledon Lion's Club would like to acknowledge all the hard work of founder Ken Bradley as well as past and present members that had and continue to have such an important part in the community and making the Caledon Lion's Club what it is today.

"I hope that three years from now or 40 years from now people will still want to help out in their community and take the time out of their day to put in the work and support others just as we have and will continue to do," says Cunningham.

For those interested in joining the Caledon Lions Club, more information is available at e-clubhouse.org/sites/caledon/contact.php





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Orangeville Fire Service looking to recruit new volunteer firefighters

BY JOSHUA DRAKES
LOCAL JOURNALISM INITIATIVE REPORTER

The Orangeville Fire Service is looking to recruit a new group of volunteer firefighters this year as it works to fill vacancies created through retirements and other departures, ensuring the department maintains enough personnel to respond to big emergencies.

The department expects about four volunteer openings by the end of the year.

While Orangeville maintains a full-time firefighting staff around the clock, volunteer firefighters play a critical role by responding when incidents require additional personnel beyond the department's regular on-duty crew.

Orangeville Fire Chief John Snider said that the new positions don't require prior experience to apply. Training and education are provided to recruits.

"We're diverse," he said. "There's a lot of great people who have never had the time or ability to go and do a pretraining or do college courses and things like that. We're happy to train good people. For us, it really is finding a good person that wants to contribute to the community, and this is a great avenue to do that."

Instead, the department is looking for community-minded individuals who are at least 18 years old and willing to commit to extensive training, emergency call responses and public education events throughout the year.

Candidates must complete an aptitude test, an interview process, and a physical assessment to ensure they can safely perform the job's demanding tasks.

Despite the title, the term "volunteer firefighter" can be somewhat misleading, according to Snider.

"The name volunteer is a bit of a misnomer," he said. "I think back 30–40 years ago, it really was volunteer work. They weren't paid. It was kind of when you could come, and you came. We obviously put a lot more requirements on them, and they are paid [per call]. We're one of the best-paid volunteer groups in the province. We try to take very good care of our volunteers, and they would have access to town benefits as well."

New recruits undergo a six-month training program, attending weekly sessions while also participating in ride-alongs with full-time firefighters to gain practical experience. Although recruits begin responding to incidents after approximately six weeks, becoming a first-class firefighter is a gradual process that typically takes four to five years.

Throughout that time, recruits are paired with experienced firefighters who mentor them, ensuring newer members develop their skills gradually while always working alongside seasoned personnel.

Alongside the requirements to respond to calls, Snider said that volunteer firefighters have a number of other jobs and commitments that come with the role.

"There's a lot of training," he said. "We do weekly training, so basically 50 times a year on Mondays we do training for them, and then the expectation of attending the calls that can go off at two in the morning sometimes, and things that are beyond the capacity of our one truck."

"We do a lot of public education events as well. So, they'll go out and work at the fall fair, they'll work at Blues and Jazz [Festival] and do some public education with our staff as well."

Orangeville Fire Service operates as a composite department, with a small full-time complement staffing one truck around the clock and a larger volunteer force of roughly 32 firefighters who respond to larger incidents and support emergency operations across the community.

Snider said that the department responded to thousands of calls last year, and roughly half involved medical responses.

"Last year we ran just under 2,000 calls," he said. "About 50 per cent of our calls involve a patient, so that can be the result of a fire or a car accident, for example. So, we do a lot of pre-hospital medical support for paramedics here in Dufferin."

Firefighters also regularly attend vehicle collisions, automatic alarm activations, carbon monoxide incidents and technical rescues, while approximately 400 calls each year are directly related to fires, ranging from smoke investigations to structure and industrial fires.

Snider said volunteering offers residents an opportunity to make a meaningful difference close to home by helping friends, neighbours and family members during some of the most difficult moments of their lives.

"We get called to people's places or places of work where they're having the worst days, and we can have a positive impact and make it a little less worse," he said. "You're doing it for your friends and family and neighbours and your community. You see in all these calls what an impact you have on the community and it is very rewarding."

With a community-focused department and a variety of roles and advancement opportunities, the Orangeville Fire Service has a lot to offer potential volunteers looking to explore a career in emergency services.

Residents interested in joining the department are encouraged to attend one of the mandatory information sessions, where they can learn more about the recruitment process, speak with current firefighters and determine whether the role is the right fit before applications officially open.

Orangeville Fire will soon announce the dates of the mandatory information session for interested applicants.

CHARGES FOLLOWING COLLISION INVESTIGATION

Officers from the Caledon Detachment of the Ontario Provincial Police (OPP) have charged an individual following a fail to remain collision investigation.

"On July 26, 2026, at approximately 11:30 p.m., officers responded to a single vehicle collision on the northbound Highway 410 off-ramp at Hurontario Street, in the Town of Caledon," say Police. "The involved vehicle, a black Tesla SUV, collided with a guardrail and entered a ditch, before the driver was observed fleeing the scene on foot toward Treeview Crescent.

"Shortly after, officers arrived on scene, located the driver, and formed grounds that the driver's ability to operate a motor vehicle was impaired by alcohol."

Following the investigation, Bhupinder Gharial, 63, of Brampton was charged with:

- Fail to remain;
- Operation while impaired – alcohol;
- Operation while impaired - blood alcohol concentration (80 plus).

The accused is scheduled to appear at the Ontario Court of Justice in Orangeville on September 3, 2026, to answer to their charges.

The charges have not been proven.

The involved vehicle was also impounded for a period of seven days, and their driver's licence was suspended for a period of 90-days

Anyone who may have witnessed the collision or has dashcam footage is asked to contact Caledon OPP at 1-888-310-1122. You can also provide information anonymously by contacting Peel Crime Stoppers at 1-800-222-TIPS (8477) or online at www.peelcrimestoppers.ca. When you contact Crime Stoppers, you stay anonymous, and you never have to testify.

"The OPP remains committed to taking alcohol/drug impaired drivers off our roads through enforcement and public education. If you suspect that someone is driving while impaired by alcohol or drugs, it is important to call 9-1-1 to report it."

ENFORCEMENT FROM THE SKIES

The Ontario Provincial Police (OPP) is committed to saving lives and preventing serious injuries on Ontario's highways. As part of that commitment, officers conducted targeted traffic enforcement throughout Central Region over the Civic Holiday long weekend.

"The OPP has seen a steady increase in reports of dangerous and high-risk driving across the province over the past several years," said Police prior to the weekend. "This year alone, 33 fatal collisions on Central Region OPP-patrolled highways have claimed 37 lives. Through targeted enforcement and education initiatives, the OPP continues to address the behaviours most often associated with fatal crashes: speeding, aggressive driving, seat belt non-compliance and impaired driving."

From July 30 to August 2, 2026, uniform officers, supported by the OPP Airplane Enforcement Program (AEP), monitored driver behaviour on roadways in Peterborough, City of Kawartha Lakes, Dufferin, Caledon, Orillia, and Northumberland County. During the enforcement initiative, a spotter in the aircraft observed driving behaviours and identified traffic violations from the air to officers on the ground.

"The OPP reminds all motorists that every decision made behind the wheel impacts the safety of everyone on our roads. Drivers are encouraged to obey speed limits, avoid aggressive driving behaviours, ensure all occupants are properly restrained, and never drive while impaired."

MONO COLLISION

Members of the Dufferin Detachment of the Ontario Provincial Police (OPP), along with Dufferin County EMS attended a serious three vehicle collision in the Town of Mono.

"On Friday, July 31, 2026, at approximately 6:30 p.m., officers attended Highway 10 in Mono for the report of a collision involving a SUV (sport utility vehicle), sedan, and motorcycle," say Police.

"As a result of the collision, the lone motorcycle driver sustained serious injuries and was transported to a Toronto area trauma centre where he remains in stable condition. An occupant in the SUV was transported to a local hospital and has since been released."

Highway 10 between Highway 89 and 20th Sideroad was closed for six hours while officers conducted their investigation.

The Traffic Collision Investigation (TCI) team of the OPP was brought in to investigate. The investigation is continuing and anyone who may have witnessed the collision is asked to contact the Dufferin OPP 1-888-310-1122.

If you had witnessed the collision and wish to speak to victim services, Caledon/Dufferin Victim Services can be reached at 905-951-3838.

IRON AND METAL BREAK-AND-ENTER INVESTIGATION

Members of the Dufferin Detachment of the Ontario Provincial Police (OPP) have executed a search warrant at a residence on Muriel Street in the Town of Shelburne in connection with a break and enter investigation involving a business in the Township of Melancthon.

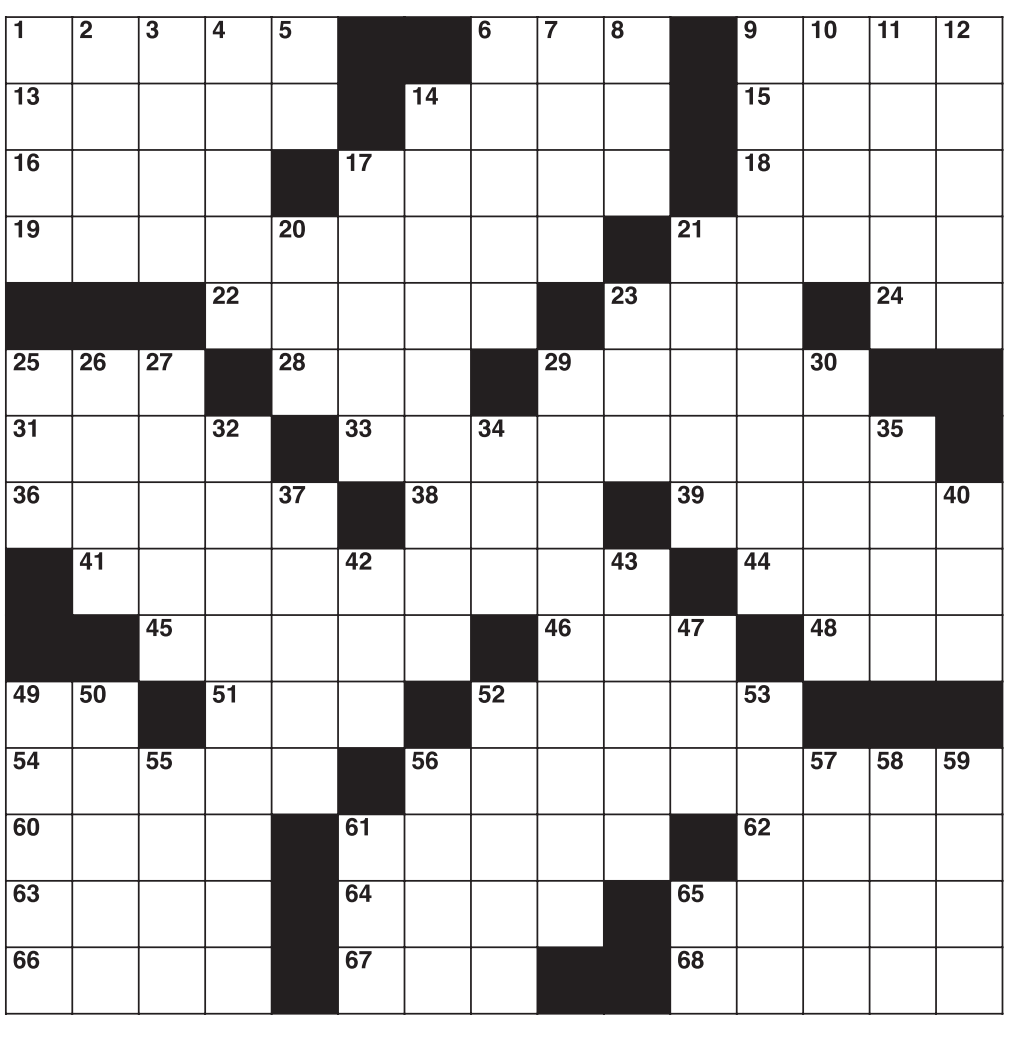
"During the search, officers located and seized footwear and clothing believed to have been used during the incident, along with property believed to have been stolen during the break and enter," say Police.

Continued on Page A5

The Citizen CROSSWORD

Puzzle No.

Solution in the classifieds.



CLUES ACROSS

1. Bleated
6. Snakelike fish
9. Database management system
13. Social evolution anthropologist Service
14. American rocker Grohl
15. Greek personification of compassion
16. Negatives
17. Rescued
18. Self-immolation by fire ritual
19. Assigns tasks
21. Popular type of cigar
22. Discounts
23. The whole quantity
24. New York Giants legend
25. Indicates before
28. Lentils
29. Extremely angry
31. Body part
33. "North Star State"
36. David __, US playwright
38. Lower and raise one's head
39. Private rendezvous
41. In a way, improved
44. A place to play
45. Astronomical period of 18 years
46. Automobile
48. Something you can take
49. A radio band
51. Jaws of a voracious animal
52. Short-billed rails
54. Chinese province
56. Shameless
60. Horizontal passage from the surface into a mine
61. Indian respectful titles
62. Fail to entertain
63. Dried-up
64. Central Utah city
65. Southern U.S.
66. German river
67. Necessary for breathing
68. Put into play

CLUES DOWN

1. Curved segment
2. Wings
3. Yellowish volatile liquid
4. Makes less severe
5. Debit note
6. Overhang
7. The nights before
8. Type of light
9. Lacking enthusiasm
10. Tattle
11. Some is "heavy"
12. One who is canonized
14. Indicates date and place of writing
17. "Peace" in Arabic
20. "Olaf" actor Josh
21. Fragmented rock
23. They __
25. Advanced degree
26. Backside
27. Influential architect and design couple
29. An act of undue intimacy
30. Words from which later words are derived
32. 10 meters
34. Neither
35. Fungal sacs
37. The law of God revealed to Moses
40. A woolen cap of Scottish origin
42. A promise
43. Challenges
47. British Air Aces
49. Large bank
50. Served as an omen
52. Cavalry sword
53. Vaccine developer
55. Belgian WW2 resistance leader Jules
56. Italian Seaport
57. Hip joint
58. __ Clapton, musician
59. Insect repellent
61. Constrictor snake
65 "The First State" (abbr.)

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

IRON AND METAL BREAK-AND-ENTER INVESTIGATION

Continued from Page A4

"On February 21, 2026, police responded to a report of a break and enter at the Shelburne Iron and Metal yard located in the Township of Melancthon, where multiple items were stolen. On February 27, 2026, Dufferin OPP officers identified a vehicle believed to be connected to the investigation.

"Through further investigation, officers determined the vehicle had previously failed to stop for a R.I.D.E. (Reduce Impaired Driving Everywhere) program in the Town of Shelburne earlier that same morning, which assisted investigators in identifying the individuals involved. Officers later located the vehicle and continued their investigation.

"On March 6, 2026, members of the Dufferin OPP Community Street Crime Unit (CSCU), Caledon CSCU, and Dufferin OPP frontline officers executed a search warrant at the Shelburne residence. As a result of the investigation, officers identified two individuals believed to be responsible for the break and enter. Warrants were subsequently issued, and both accused individuals have since been located and arrested. Additional property believed to be connected to the break and enter was also recovered during the investigation."

On March 18, 2026, Michelle Minialoff, 58, from Shelburne, has been charged with:

- Possession of Property Obtained by Crime

The charge has not been proven.

On July 28, 2026, Jakob Hackson, 39, from Algonquin Highlands, has been charged with:

- Break and Enter;
- Flight from Police;
- Possession of Property Obtained by Crime (two counts);
- Theft Under $5,000.

The charges have not been proven.

The following items were seized:

- Footwear and clothing believed to have been used during the Break and Enter;
- Box of stolen parts seized during the warrant, which were confirmed to be stolen during the Break and Enter;
- Stolen copper wire;
- Stolen chainsaw.

The Dufferin OPP remind residents to remain vigilant and report any suspicious activity. Anyone with information, dash camera footage, or security video related to this incident is encouraged to contact the Dufferin OPP.

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

DRUGS AND CASH SEIZED

Members of the Nottawasaga Detachment Community Street Crime Unit (CSCU), with assistance from the Collingwood and Huronia West CSCU of the Ontario Provincial Police (OPP), have arrested and charged two individuals following a drug trafficking investigation in Essa Township that began in July 2026.

"On July 31, 2026, officers executed search warrants at two residences in Essa Township where two individuals were taken into custody without incident and charged."

As a result of the searches at both locations, officers seized:

- 201 grams of Cocaine
- 463 Oxycodone pills
- 6 grams of Fentanyl
- 1.1 grams of Methamphetamine
- $39,615 in Canadian Currency
- 3 Imitation firearms
- Various firearm ammunitions
- Digital scales and packaging

As a result of the investigation, the first accused, a 51-year-old of Angus, has been charged with:

- Possession of a Schedule I substance for the purpose of trafficking – Cocaine;
- Possession of a Schedule I Substance for the purpose of trafficking – Methamphetamine;
- Possession of a Schedule I Substance for the purpose of trafficking – Opioid;
- Possession of firearm or ammunition contrary to prohibition order

The second accused, a 57-year-old of Angus has been charged with:

- Possession of a Schedule I substance for the purpose of trafficking – Cocaine;
- Possession of a Schedule I substance for the purpose of trafficking – Opioid;
- Possession of proceeds of property obtained by crime over $5,000.

Both accused parties were released with a future court date at the Ontario Court of Justice in Bradford to answer to the charges.

The charges have not been proven.

The OPP remains committed to the safety of Ontario communities through proactive enforcement and investigation of drug trafficking.

Anyone with information regarding illegal drug activity is encouraged to contact the Ontario Provincial Police at 1-888-310-1122. Should you wish to remain anonymous, you may contact Crime Stoppers at 1-800-222-8477 (TIPS) or online at www.crimestoppers.ca.





BROCK WEIR
BROCK'S BANTER

Laugh early and often

It was hard to settle into my seat after a particularly active, hectic day – and one that had a bit of excitement in the air – but from the sound of the first flaming arrow leaving its bow with a swoosh and a thwack, I sat transfixed.

It was an active and heavy day, sure, but not for any special reason. The excitement, however, was a bit of a different story.

I can't remember which day of the week it was, but it was a pretty typical one during this particular chapter of my life. It was a time of significant upheaval and challenges from a very personal standpoint. Mornings were sometimes more difficult than the rest of the day as the flurry of activity getting ready for whatever the day had in store, could exacerbate existing tensions, sometimes leading to some verbal sparring that nobody really enjoyed, a few tears here and there, depending on the circumstances – hardly the best way to start the day.

And certainly not the way to start it if you like your mornings to set the tone for the rest of what follows before bed.

But, such was the case when I was about seven-years-old.

School was out for the summer and my daytime hours were spent at day camps as my parents worked during the day and the idea of overnight camp didn't appeal to me in the slightest at the time.

It was a summer where my family was still adjusting to divorce and navigating all the choppy waters that roll in with that was, of course, sometimes difficult for a youngster, particularly when emotions were running high at home.

More than once I arrived to start the day at camp my eyes red from tears. The precise details of what made me upset on that particular day are now lost to me, so they mustn't have been too consequential in the grand scheme of things, but they had their impact – so much so that two of the counsellors involved in the camp took me under their wing.

They went out of their way to comfort me on those challenging moments, helping me settle into the prescribed routine of the camp, and, after more than a few challenging days, they took it upon themselves to go above and beyond their counsellor duties and invited me to join them at the movies one night.

As a seven-year-old, the prospect of a movie outing "with the grownups" made me feel great and to say I was excited for the evening veers dangerously close to understatement. But, once we got to a long-since-gone Newmarket movie theatre to see Mel Brooks' then-new comedy Robin Hood: Men in Tights back in 1993, it became a complete experience.

Looking back, it might not seem like the most ground-breaking of films to have such a profound and lasting impact – after all, a spoof of all the previous cinematic depictions of Robin Hood, including Kevin Costner's Robin Hood: Prince of Thieves, which was all the rage at that point – but, in the right circumstances, it's just as easy to appreciate a doodle from someone you love as it is a Rembrandt.

These were just such circumstances.

From the first thwack of the arrow to the last rap laid down by the film's chorus, it was cinematic love at first sight. I couldn't remember the last time I'd laughed so hard at a movie and, truth be told, it still makes me laugh just as uproariously today. More important, however, was its ability to transport me away, at least for a little while, away from what was on my mind at the time and, afterwards, I felt recharged, renewed, and better equipped to process all that was going on.

I can only imagine it was a secret well-known to the two counsellors in question, but it really underscored how healing laughter can be for us all.

It's certainly not a secret lost to Mel Brooks.

The comedy icon celebrated his 100th Birthday earlier this summer and, as his remarkable milestone approached, he shared some insights on what laughter means to him.

"I think laughing keeps you healthy," he told People Magazine. "It's an amazing sound, people laughing at something I created. Making comedy is a great job. It keeps you sane and happy. It gives you reason to live."

Riffing on this theme, NBC's Today Show looked at the phenomenon deeper, particularly the impact a good guffaw can have on laugh-makers and laugh-consumers alike.

"Research has shown that laughter is, indeed, among the best medicines," they wrote. "In a 2016 longitudinal study published by the journal Psychosomatic Medicine, Norwegian researchers found that women who scored highly on the cognitive component of sense of humor, or the ability to detect humor, were associated with 48% less risk of death from all causes. Mortality due to cardiovascular diseases in particular, the study said, was 'significantly lower,' in women with high scores on the cognitive component.

"A separate 2023 study also showed that spontaneous laughter is associated with a greater reduction in cortisol levels. The study suggested that laughter could be a potential supplementary medical therapy to improve wellbeing. Laughter isn't just important for physical health. It's beneficial for mental well-being, too. 'If a patient can have a moment of levity in the face of crisis, I think it helps them better cope and better deal with the uncertainties of their problems,' Edward T. Creagan, a Mayo Clinic expert and oncologist, said in 2024.

"Hopefully this means that Brooks has many years ahead of him. But he's previously said he doesn't really think about death. 'I gave up after 60 thinking about it because if I did, I'd be thinking about it all the time. So I don't think about it much. When and if it happens it's going to be a sad day — for everybody but me,' Brooks told the Associated Press in 2021. 'I enjoy living,' he told the outlet. 'I'd like to do it as long as I can.'"

And we can all be grateful for these efforts.

This weekend, my family and I are taking our annual trip to Jamestown, NY, to attend the Lucille Ball Comedy Festival, an event that has never failed to bring joy to all of us, make us forget our troubles, and reconnect with lifelong friends.

Among the features of this year's festival is an array of original artefacts donated by Brooks himself to the city's National Comedy Center.

"I've always been proud to say that I make people laugh for a living, so knowing that my work will have a home at comedy's national archive and continue making people laugh leaves me with a deep sense of pride," said Brooks earlier this year.

Seeing the raw materials that resulted in films, shows, and so much more that have brought people so much joy over the years, including myself, will be something of a full circle moment this weekend.

I'm certain it will also serve as a reminder that no matter how challenging our world can seem these days, an era were fewer and fewer things seem like laughing matters, it's so important to find humour in just about everything, not take ourselves too seriously, and be able to point our respective energies in the right direction.

We can all do to remind ourselves of that.

And often.



We have obligations in exchange for our blessings



by Mark Pavilons

We are blessed to be here, free to live our lives to the fullest.

Unfortunately, we often squander such a blessing, or "change our tune" in our latter years. Wisdom will definitely improve one's perspective on things.

And so will our mortality, especially when faced with the cold, harsh realities and life-altering illnesses.

I haven't had an epiphany or remarkable awakening since my cancer diagnosis. I think I've always lived with respect for others, compassion and genuine honesty.

I've written about my life and all of its ups and downs, for decades, and I've been quite upfront and blunt about it.

I am preoccupied with my plight and that makes my daily routine and chores a bit tough at times (sorry for going on about it). I no longer have any patience for the mundane and refuse to engage in stupid debates.

One social media post offered some tips on "creating a day worth living."

One point was to "express gratitude for what you have."

Another suggested that we "do something productive."

I check my emails and do work-related things every day, including evenings and weekends, while working from home.

We should "do something for someone else," and I agree. My oldest daughter recently moved into her first home – a huge milestone and undertaking. My wife and I have been showering her with all the necessities and household items she needs for a great start.

My daughter, and our entire family, often rises to the challenge to help friends, families in need, and pitch in to causes in developing nations.

People often criticize our governments for not helping our own citizens first, before dishing out foreign aid. If you've seen how some of these people live you will understand their desperation.

The post also urges us to get some sunlight and put a smile on someone's face.

I have lived by both over the years. I love the warmer months and have made it a point to soak up the rays every summer, whether away or simply relaxing in the back yard.

Those who know me will agree that I try to entice smiles from those around me, with my wit and sense of humour. Smiles are everything – a gift that's unique to human beings. Facial expressions are priceless.

Another online post, shared by my wife, tells us to "always give yourself something small."

We should look forward to a nice meals, it says.

I'm not sure why, but lately, I'm obsessed with food – chicken wings, steak, all-you-can-eat ribs, "crabfest," smash burgers, the list goes on. And of course, given my internet searches, these images are popping up daily, giving me (pardon the pun) plenty of "food for thought."

My wife and I enjoyed dinner out together recently and it was a great break from the at-home dinner chore. We not only enjoyed the food, but each other's company, and the blessings that come with that.

The post also prescribes a "weekend stroll." Not a walk, but a jaunt, taking in our surroundings.

We had just that opportunity, when our daughter took us to one of the public beaches in Innisfil. While the beach and noise from the food trucks were distracting, we did find solace at the proverbial dock of the bay.

Together, we simply stared out at the lake, felt the breeze on our faces and just soaked up the calming forces of nature. Perfect. Therapeutic.

My Picean wife lives for the water and I know this provided her with some fuel for her tank.

"Your mind and body need gentle reminders that life is meant to be enjoyed, not just a series of chores and survival," according to the post.

Indeed.

Here in hectic North America, we're busy as bees. Too busy.

We tend put work, errands and chores ahead of joy and fulfilment. A lot of it is out of necessity – life is expensive lately. And many people really are in "survival mode," when it comes to paying for rent, groceries, gas, etc. It's hard to remind ourselves to seek cheer when the kitchen table is littered with bills and statements.

Again, life is meant to be relished, savoured. We need to love ourselves, but we also need to extend that to others.

We are not alone on this planet, nor do we navigate our years on Earth without family, friends, acquaintances. There is so much strength in numbers that we ought to attract others to our inner circles and exchange positive energy.

It's okay to tell others – even acquaintances – that we love and respect them. I dish out hugs, even to my male friends, without hesitation. It's genuine. It shows I care.

"Hugs are underrated ... for a moment everything feels so calm and safe like nothing can hurt you."

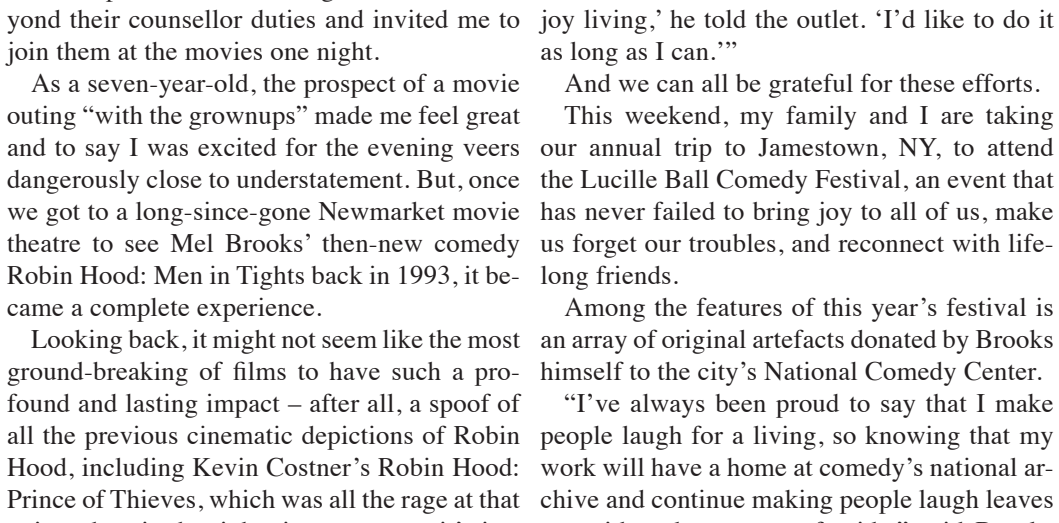
Further, I always give credit where it's due. I often extend thanks and tell everyone I encounter on a daily basis to "have a good day." Good manners are worth their weight in gold, especially these days.

It acknowledges others, in more than just a rote, robot-like way. It lets others know they are seen, heard and valued. Isn't that part of the reason we're here – to lift others up? A little goes a long way, let me tell you.

Even during my hospital visits and blood draws, I thank the techs who work tirelessly each and every day. I'm sure health care facilities, and cancer centres, see thousands upon thousands of patients each year. Are they just numbers – sick and dying individuals? Or are they spouses, parents, best friends, hard workers, volunteers, artists and compassionate souls? I hope the physicians approach each patient with the humanity they deserve.

I don't really know the impact I've had during my life, other than directly upon those in my family. I hope I have made others smile and left a lasting impression. I wish to have contributed, and made things better in some small way. I hope to have brought some sunshine into other people's lives.

Giving is important. And "creating a day worth living" is vital, too. Join in!



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SHERALYN ROMAN
TALK CALEDON



It's the summertime .....

In this song-based ode to summer, I will endeavour to be kind to Caledon and more generally speaking, to be happier in my comments too. I figured I could try this for at least one column. All this doom and gloom about our future can be wearying and while quite justified, today let's remind ourselves of all the good that is Caledon. It's the "summertime and the weather is hot," so we need to try to get outside and enjoy all that Caledon has to offer. That is, before we lose what we've got.

Hmm, it seems it's hard for me to control my sarcastic side. Let's try again. How about we start with a reminder about the "fickle summer wind" of Frank Sinatra fame.

Businesses located in Caledon East were looking forward to both area residents, and tourists travelling through, to stop by and take part in all that the area has to offer. Unfortunately, though, they have been impacted by the fickle summer wind of traffic mayhem and road closures. I wrote about this several weeks ago and many people are involved in efforts to drum up support for the many businesses that are affected and this is great. But another reminder can't hurt!

Please remember, as you are out and about in your travels this summer, that Caledon East has a lot happening there. From the ever popular sunflower fields, a post-dinner ice cream treat, to boutique shopping (both culinary and couture) and everything else in between, Caledon East is hopping. Bakeries, restaurants, hair services and health offices – please include this village on your "summer hits list" of places to visit in Caledon.

Well, some of you might say, "nice try but you still sounded negative." I'll try again. Soon enough we will be complaining about the "long, cold, lonely winter," so instead I encourage you to take advantage of spectacular places to view the sun, perhaps even while humming "here comes the sun."

There are so many places to do so. You can watch the sun rise over the Badlands, hike to the top of the Alton pinnacle and view it from there, or see it from the Albion Hills Conservation area.

Another vantage point awaits in Mono Mills, located at the northern edge of beautiful Caledon and which also serves informally as the gateway to the hills and dales of our neighbour, Hockley Valley. You might even catch a glimpse of the sun rising (or setting) over the always lovely Palgrave Mill pond. In short, there is no shortage of places to greet the sun while it's still shining with summer warmth and maybe enjoy a picnic too.

That last paragraph was a little more positive. Let's see if we can keep the momentum going!

Serving as an oasis, our own little "island in the sun," is the pretty, little, hidden gem of a conservation area in Belfountain. Not just the swinging bridge and hiking trails, but all that the little village has to offer, too. The route along the Forks of the Credit is also lovely and scenic. Of course, that drive has led to some ongoing traffic concerns with speeding traffic, loud motorcycles and it never helps when a transport truck gets stuck after ignoring every single warning sign prohibiting large trucks from the road. However, for local Caledon residents who treat the area with the respect it deserves, it can be a little oasis of sunshine. You might even want to take a little detour through the village of Cheltenham along the way.

Still on a positive note, Caledon also has much to offer in terms of farm stands, farmer's markets, breweries, cideries and coffee stops and bakeries, not to mention a myriad of restaurants, outdoor patios and village cafes. If you are stuck for something to do when the weather is hot, it certainly isn't because there's nothing to do here. Even in the busier hubs like Bolton and the south end of our town there are splash pads, parks, scenic trails, sports facilities and places to hike, bike and dine. So, even if some of us think "it's a cruel, cruel summer," with construction chaos, conservation admission prices making summer fun for families perhaps a bit too costly, and busier roads, full of trucks and motorcycles and cars, let's try and focus on the bigger picture. That is, despite all the potential negativity, Caledon still has so much to offer.

I'd "call it a wrap" but that previous sentence has me thinking just one more thing.

Caledon DOES still have a lot to offer, but a lot of those things are currently at risk. Ongoing threats to our environment, our way of life, questionable quarries potentially arriving on our doorstep and an affordability crisis that comes from even having to pay for parking to walk your dog on a local trail, all put summer enjoyment at risk. If we want to continue to have places to "soak up the sun before it goes out," and not see our "summer dreams ripped at the seams," then we have some tough decisions to make.

This October, as the days turn colder, we absolutely must vote for a Council that takes Caledon's heritage, environment, water, and road safety seriously. Yes, growth is coming, and we are teetering on the edge of being too late to do anything about it, but if we act now, we can still save some of what's good about this place we call home. So, if you enjoy the summer sun, healthy, local, farm fresh food, areas to hike and so much more, get informed and vote responsibly!

PLEASE RECYCLE THIS NEWSPAPER!

MAYOR ANNETTE GROVES

MAYOR GROVES' COLUMN



Caledon Meals on Wheels

In this column, I'd like to highlight the meaningful work being done by Caledon Meals on Wheels (CMOW) and the difference it continues to make in our community every day.

Established in 1984, CMOW is a volunteer-driven, not-for-profit organization that supports seniors and people with disabilities living in Caledon, Orangeville, and surrounding communities. Through compassionate care and community connection, CMOW helps individuals maintain their independence while feeling supported, valued, and connected.

The organization offers a wide range of programs and services designed to promote nutrition, wellness, social interaction, and overall well-being. Its mission is to help create a connected and thriving community where older adults and seniors have access to seamless services that support healthy living, independence, and meaningful social connections.

At the heart of CMOW's work is a simple yet powerful belief: everyone deserves to feel cared for and included. Whether through a nutritious meal, a friendly visit, or a wellness program, the organization helps promote dignity, companionship, and peace of mind for many local residents.

Meal Services

- Meals are freshly prepared each day in CMOW's kitchen and delivered with care by dedicated volunteers.
- Hot Meals: Includes an entrée, soup, and dessert.
- Frozen Meals: À la carte options delivered every other Wednesday.
- Special Diets: Options are available for minced diets, diabetic-friendly meals, low-sodium, and low-fat diets.
- Wellness Checks: Every delivery includes a brief check-in from a volunteer, offering both support and reassurance.

Community Programs

- Beyond meal delivery, CMOW offers programs that help reduce isolation while encouraging active, healthy living.
- Seniors' Wellness Programs: Weekly gatherings featuring gentle exercise, social activities, and special luncheons.
- Friendly Visiting: Volunteers provide companionship through in-person or telephone visits.
- Project Lifesaver: Wearable technology that assists local police in locating individuals who may wander due to cognitive impairment.
- To learn more about Caledon Meals On Wheels and its programs, visit cmow.org.

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ARTS & CULTURE

Friends of the CPL set to host two-day book sale

BY KATHRYN FRASER
LOCAL JOURNALISM
INITIATIVE REPORTER



An array of books are laid out at the Friends of the Caledon Public Library ahead of next week's book sale. PHOTO BY KATHRYN FRASER

Friends of the Caledon Public Library (CPL) are coming together to hold a two-day book sale taking place during and after the Midnight Madness event from August 14 to 15 at the Royal Gardens, 18 King Street East Unit F2.

The sale will support the Caledon Public Library, and all proceeds will go towards activities, events and supplies.

Over the past 30 years Friends of the Caledon Library have been avid supporters of the Caledon Public Library and have held a number of events over the years.

From a large variety of physical books, audiobooks, puzzles, video games and movies, there is something for everyone.

August 13 will be the first day where those looking to donate will be able to bring in good condition used items.

Carts will be left in the second-floor hallway near the door for those to drop off their items.

On August 14, during Midnight Madness, the sale will take place from 6 – 9 p.m. VIPs will be granted first access to the items. Those looking to become VIPs and get early access can pay a $10 fee.

After the VIP access, August 15 will be open to the rest of the public for no charge at the entrance, taking place from 9 a.m. to 5 p.m.

Those in attendance, both VIP and general access, will have the opportunity to fill up a Friends of the CPL tote bag with as many items as they would like for a flat $15 dollar fee.

Attendees will also have the option to select as many books as they like without the tote bag with all items being reasonably priced.

By keeping the price of items low, the Friends of CPL want to be able to make it easy and affordable for readers in the community.

Victoria Edwards, President of the Friends of the CPL, says she is hopeful that this event will be able to get people more involved in reading and will bring the community together to support the Caledon Public Library.

"I'm actually seeing a lot of teens coming in because we have a lot. Sometimes we get the manga and all those, and they're that's the first thing to go at a book sale. There're so many young adult books as well, and they are five for a dollar, says Edwards. "We are seeing a bit more. We do get a bunch of people that will come in here and say, 'Well, I don't read.' Okay, but it's so cheap, you could."

Whether you are an avid book lover, occasional reader or even not particularly interested in reading, there is something for you.

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Caledon Public Library Partners with Caledon Animal Services for first Pet Info event

BY KATHRYN FRASER
LOCAL JOURNALISM
INITIATIVE REPORTER



CALEDON PUBLIC LIBRARY IMAGE

Have you ever wanted to get a pet and not known what it takes to look after one?

If so, the Caledon Public Library (CPL) has a program that is right for you.

Pet Prep 101 is a new event catered towards those that have an interest in having a pet but do not know the full extent of what it means to take care of one.

The program launched July 28 and featured the first what the CPL hopes are many future Pet Prep 101 classes aimed around the tween age that want to own pets and gave them the chance to learn about what it truly means to have one.

This is not the first initiative that the Caledon Public Library has partnered with Caledon Animal Services and the two has hosted many other events together.

One previous standout was bringing animals to the library for those that are studying during exam season to help destress and take a break.

While all other past programs have been successful, the Pet Prep 101 event was a first.

Laurie Groe Programming and Outreach Manager for the Caledon Public Library says she is hopeful that this class is just the beginning.

"It was a wonderful program. The shelter staff came and had three kittens, and they did a little presentation to the parents and the kids who were signed up," she says. "They answered all the questions around what it means to adopt a dog or a cat, or even possibly our bird or a rabbit, and all the implications around that."

The goal of the Pet Prep 101 Program is to help not only teach children and families what it is to own a pet but keep more animals off the street instead of having families buy an animal and not treat it properly.

The program is free and anyone interested can find out more information by checking out the library's website.

Groe is hopeful that the connection between Caledon Public Library and Caledon Animal Services only continues to grow for the better and they hope to continue their partnership with the organization.

"I can tell you, there's so many of our library staff [who are] are animal lovers, and it just seemed like such a natural connection for us. The staff over there are phenomenal to work with. They make it so easy, and, to work with them, they love all our crazy ideas, and they want to work with us", says Groe. "It's amazing because, at the same time, we're promoting library services, and we're promoting, the need for the community to realize that there are homeless animals out there, and if there is an opportunity to open up your own home, it's great that the library can bring awareness to that and support a fellow community organization. We're all in, we just love it."

For those interested in Pet Prep 101 or other Caledon Public Library and Caledon Animal Services event, visit the Caledon Public Library for more details.

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.*

Lunch & Learn - Thursday, August 6, 2026.
The Caledon Seniors Centre is hosting their monthly Lunch & Learn on Thursday, August 6, 2026 at 11:00 am. Topic: Learn How 911 Nurses Support Seniors and Families in the Community. Presenter: Precious Udofe. A sandwich and dessert lunch will be served following the presentation. Cost is $7. Pre-registration is required. Call the Centre at 905-951-6114 to register.

Special Lunch - Wed. August 19, 2026
Join us for a special lunch at the Caledon Seniors Centre at Rotary Place in Bolton on Wed. August 19, 2026! The menu is Peameal Bacon on a Bun, Coleslaw, & Pineapple Sunshine Cake for dessert. Pick-up at 11:45 am, dine-in served at 12:00 pm and local delivery available for $2. Cost is $11.
Order your meals by Monday, August 17 at 3:30 pm. For more information, call the Centre at 905-951-6114.

Monthly Dinner – Friday, August 28, 2026
The Caledon Seniors Centre at Rotary Place in Bolton is having a Monthly Dinner on Friday, August 28, 2026. The menu is Stuffed Chicken Kebab, Tzatziki, Pilaf, Lemon Potatoes, Greek Salad & Lemon Ice-Cream Dessert. Cost is $16. Pick-up at 5:15 pm, dine-in served at 5:30 pm, local delivery available for $2.
Call the Centre at 905-951-6114 by Thurs. August 26 at 3:30 pm to buy your tickets!

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CMHA and Oak Valley Health expand services for people experiencing treatment-resistant depression

BY BROCK WEIR

Depression can often be treated through psychotherapy and medication, but for those living with treatment-resistant depression, finding relief can be just out of reach.

New opportunities to get effective treatment close to home are now possible through a new partnership between the Canadian Mental Health Association of York Region and South Simcoe and Oak Valley Health, with a financial assist from the Provincial Government, to expand access to repetitive transcranial magnetic stimulation (rTMS).

rTMS is a non-surgical treatment and no anesthesia is required. The treatment involves a small magnetic coil placed on the head that delivers targeted magnetic pulses to areas of the brain involved in mood regulation. One course of treatment is typically 30 sessions at five days a week for six weeks.

The publicly funded rTMS program is available through Ontario's Neurostimulation Procedures Provincial Program, supported by an Ontario Government investment of $5.4 million to expand access to treatment for adults with treatment-resistant depression across Ontario. Approximately $321,585 has been allocated to support service delivery at CMHA York Region South Simcoe in collaboration with Oak Valley Health. Ontario Health is leading implementation of the program through its Mental Health and Addictions Centre of Excellence.

"Partnering with Oak Valley Health to launch our first rTMS delivery site marks a transformative milestone for mental health care in our region and province," said Andrew Chung, Chief Executive Officer of CMHA York Region South Simcoe. "By integrating this advanced treatment into the provincial program, we are directly breaking down barriers to specialized care. This collaboration embodies our commitment to building a high-quality and accessible mental health system that meets people exactly when and where they need it most, at no cost."

Ashley Hogue, Senior Director of Provincial Initiatives for the CMHA-YRSS, says the contribution from Queen's Park is part of the government's plan to "build out a pathway for treating people who are struggling with depression and anxiety" in Ontario by creating a "stepped care path" with a variety of evidence-based services available "that are the gold standards in helping alleviate people's symptoms related to anxiety and depression."

"rTMS is… an important component of a more broad investment in helping people manage anxiety and depression," she says. "This is really that next step in supporting people where medication and psychotherapy just isn't working for them."

When it comes to medication and psychotherapeutic treatments for depression, success can vary. While it works for many, sometimes it can have partial effect or no effect at all, says Yaakov Keilikhis, Director, Mental Health and Allied Health, at Oak Valley Health.

"There are now a few more options to treat that depression if people don't respond well for medications and psychotherapy," he says. "rTMS is a very evidence-based, approved treatment, which actually works very well with people who are not responding to other types of treatment. We have had the [rTMS clinic at Oak Valley] for a few years, but it was very limited to our own patients within the program. Now, with the expansion and public funding of the program, we can expand it for the entire region and we don't need our psychiatrists to be very involved in the referrals. Referrals can come from family, physicians, nurse practitioners, [and] psychiatrists outside of OVH.

"This treatment is actually proven to [have a] 50 to 55% response rate for people with treatment-resistant depression and 30 to 35% remission rate, which makes it very close to something called electroconvulsive therapy, which is a golden standard for treating depression. However, rTMS actually is very non-invasive. It doesn't require [being] under anesthesia. It doesn't require a lot of time, doesn't require hospitalizations or outpatient treatment. ECT requires people to stay in hospital for longer, requires anesthesia, they will not be able to work the same day. With rTMS, which has very similar effect as ECT, is probably a much more convenient and better treatment for people suffering from treatment resistant depression, which provides close, very close response rate and remission rates to ECT."

Every individual coming to the clinic from external referrals are assessed by psychiatrists who decide whether rTMS is the right treatment for them.

"Although rTMS has been around for decades and has been an evidence-based treatment with really great outcomes, it hasn't necessarily been accessible in this way before. Oak Valley has been providing rTMS for a number of years, but the pathway was within the hospital system," says Hogue. "I think the exciting part of this program is that now primary care doctors or your family physician or nurse practitioner can submit a referral for a client to obtain access."

Adds Keilikhis: "People who are going to ER department and seeking help from mental health professionals for depression, they just may come to our outpatient department and get the treatment scheduled for them during what's convenient for them during that time, instead of going to ER and then being admitted to mental health inpatient units and being discharged and then only getting that treatment. That may actually save all that resource, all that time for patients to just move around the system, instead of going straight to the treatment which is the best for them. I think it's really exciting. People who are struggling with depression for a while and have tried multiple treatments, in six weeks 50 per cent of them will have symptom reduction by receiving rTMS treatment, which I think is incredible."

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Battle of Caledon
Brewers sweep season series with Cardinals in 16-11 slugfest victory at Taylor Fields

BY JIM STEWART

Brett Chater drove in six runs to impel the Bolton Brewers to a 16-11 win over the Caledon Cardinals in NDBL action on last week at Taylor Fields.

The victory improved the Brewers' final regular season record to 13-8-1, sealed a two-game series sweep over the much-improved Cardinals, and clinched fifth place behind pennant-winning Owen Sound, New Lowell, Ivy, and Orillia.

The second-year Cardinals locked down a playoff spot on the final weekend of the regular season and finished tied for seventh with the Midland Mariners in the twelve-team Senior Division with a 9-12-1 record.

It was a wild one between the cross-town rivals at their "Ballpark on the Parkway" on Monday night.

The Brewers—playing as visitors on their shared home diamond—amassed a 12-0 lead by the top of the fourth.

However, Dalton Clarke's Cardinals revealed their season-long pluckiness by plating three runs at the bottom of four and five more runs in the fifth to narrow Bolton's lead to 12-8.

Former Brewer Josh Catalanotto did most of the damage with a Grand Slam at the bottom of the fifth to pull Caledon to within four runs.

The Brewers responded with four more runs of their own at the top of the sixth inning to expand their lead to 16-8.

The never-say-die Cardinals put up another crooked number with three runs at the bottom of six, but the Brewers protected their 16-11 lead to secure the W. Bolton Head Coach Mike Wallace praised the Cardinals' season-to-season improvement: "Last year, they struggled, but this year they put together some nice wins early in the season. They beat Owen Sound which is a good victory. They've got good hitters and young teams don't go down without a fight. It would be a great NDBL final between the Cardinals and the Brewers. It would cut down on our teams' travel costs to have everything at Taylor Fields."

As per their custom during the 2026 campaign, the upper third of the Brewers' lineup preyed on starting pitching.

The Brew Crew's Three-Headed Hydra—comprised of shortstop Brett Chater, centerfielder Ben Sterritt, and third baseman Jack Larmer—combined for ten RBI and six hits, including four for extra bases.

Sterritt and Chater went yard to provide exclamation points to the victory.



Three Bolton veterans – Head Coach/DH Mike Wallace, First Baseman/Assistant Coach John Hutchinson, and Catcher Carter Burnside, pose for one final photo at North Hill Park prior to moving to their new ballpark at Taylor Fields. The trio played more than 50 years collectively in the NDBL for the Brewers. All three are heading into a first-round best-of-five playoff series with the Orillia Majors starting this week.
PHOTO BY JIM STEWART

Head Coach Mike Wallace offered praise for the 1-2-3 hitters in his lineup as his club steams into the playoffs: "That's our three-headed monster for sure. They're going to stay 1-2-3 heading into the playoffs. Justin [Manabanan] will slide into the four-slot. I'll likely be hitting fifth and Carter Burnside sixth. We'll be a strong hitting lineup. The Death Star is fully-loaded."

The Brewers' dangerous hitting lineup, to which Coach Wallace alluded, looms large for any opponent and it manifested itself during The Battle of Caledon. Catcher Logan Hart exemplified the depth of Bolton's batting order. Hart provided the Brewers with a gritty performance out of the eight-spot with a two-run double, three runs scored, and two hit-by-pitches. He scored on each of his forays on the base paths. In all, the Brewers garnered five RBI from the 6-7-8-9 spots.

Obscured amid the 27 runs scored and the 23 hits accrued by both hard-hitting clubs was a strong start by Bolton hurler Charlie Hughes.

The first-year Brewer struck out six and held the Cards to two hits in his four innings of work, during which he yielded three earned runs, and left the game with a nine-run lead to earn the W. Coach Wallace praised his starter's solid performance: "Charlie's one of the unsung heroes of the club. The offence took center stage tonight, but the numbers that Charlie's put up for us are remarkable. He went to work and we were up 12-3 when we went to bullpen arms that needed work before the playoffs."

Although the Brewers have oodles of momentum heading into the playoffs versus the Orillia Majors, Coach Wallace expressed his disappointment that his club finished in fifth place at the end of the regular season.

"We're not happy finishing outside of first or second. I can't tell you the last time we didn't start the first round of the playoffs at home, but our rough start to the season was a wake-up call for us and now we'll focus on winning Game 1 on the road with good at-bats. If we play fundamental defense and our pitchers pound the strike zone, we have a good chance of winning the series versus Orillia."

After opening the best-of-five series in Orillia on August 4, the Brewers will host the fourth-place Majors (15-6-1) for Game 2 on Friday, August 7. First pitch at Taylor Fields will be 7.30 p.m.

The Caledon Cardinals open their first playoff series in franchise history against the pennant-winning Baysox (17-5-0) in Owen Sound on Thursday, August 6 at 8:30 p.m. The Cards host the Sox for Game 2 of the best-of-five series on Saturday, August 8 at 2 p.m. at Taylor Fields.

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Movies in the Park returns to Caledon August 15

BY KATHRYN FRASER
LOCAL JOURNALISM
INITIATIVE REPORTER

Caledon's annual Movies in the Park series is back with free movies running from August 15 to September 19.

There are three separate locations for the event, the first being Llyod Wilson Centennial Arena on August 15 and again September 12, as well as Caledon Family Village on August 22 and Dennison Park on September 19.

All events are weather permitting and it is suggested that those looking to attend should bring the following:

- Lawn chairs;
- Blankets for sitting on the ground;
- Warm clothes for cooler evening air.

Each movie night will have a different selection and will not be repeating any of the selected shows.

Below are the choices for each day:

- Hoppers (August 15)
- F1 The Movie (August 22)
- The Breadwinner (September 12)
- Zootopia 2 (September 19)

The goal of this event is to create an experience where everyone from young children to older adults can come together feel included and enjoy a movie.

Commissioner of Community Services Judith D'Souza Soares explained that the movies selected were planned to appeal to all ages that everyone can enjoy.

"Movies in the Park has become a cherished summer tradition because it provides families, friends, and neighbours with an opportunity to connect, build community spirit, and enjoy a fun evening outdoors together. The event is free, accessible, and offers quality entertainment in a welcoming community setting," says D'Souza Soares. "It also encourages residents to explore local parks and community spaces while enjoying a unique outdoor experience that many families have made part of their annual summer plans. Residents can bring a lawn chair or blanket, spend time with loved ones, connect with the community and create lasting summer memories."

D'Souza Soares says the Town is hopeful the events will bring the community together to have fun.

"Movies in the Park is about bringing people together and creating opportunities for residents to connect with their community in a fun and welcoming environment. As a free event, it removes barriers to participation and provides accessible entertainment for all residents," says D'Souza Soares. "Some of the goals we aim for are encouraging community engagement and social connection, providing free socializing opportunities, creating memorable experiences for families and friends, promoting healthy, active use of local parks and public spaces, supporting community well-being and belonging."

For more information about the event, visit caledon.ca/en/living-here/movies-in-the-park.aspx.

Council decision sends "troubling message," says IC complainant

Continued from FRONT

Instead, it was a matter of ensuring elected officials "conduct themselves respectfully" and in accordance with the Code of Conduct they have agreed to conduct themselves as elected officials.

"I have always supported respectful discussion and recognize that disagreement is part of democracy," says Leslie. "The Integrity Commissioner, an independent officer appointed by Council, conducted an investigation and concluded that Councillor Lynn Kiernan breached Section 3 of the Council Code of Conduct. That finding was not made by me. It was made by an independent investigator after reviewing the available evidence and hearing from those involved."

Much debate happened around the Council table, including deleted Facebook comments and procedural fairness, she continues, but too little of the discussion focused on the actual findings of the Integrity Commissioner's report.

"Unfortunately, much of the public conversation has focused on me rather than on the conduct that led to the complaint," says Leslie. "In the days and weeks following the investigation, I have read comments suggesting I wasted taxpayers' money, that I should never have filed a complaint, and that I somehow deserved the treatment I received. Those assumptions ignore an important reality: every resident has the right to raise concerns through the accountability process established by Council without being ridiculed or personally attacked for doing so.

"What is particularly disappointing is that the public discussion shifted away from the Councillor's conduct and instead focused on her role as a Councillor with integrity. While Councillor Kiernan may be an effective representative for her constituents, I believe her conduct on social media in this instance fell short of the standard of professionalism and respect expected of an elected official. Residents suggested that filing a complaint was a waste of taxpayers' money, when the reality is that this investigation became necessary because of the Councillor's actions.

"If Council truly believes taxpayers should not bear the cost of Integrity Commissioner investigations, then perhaps the discussion should focus on the conduct that causes those investigations in the first place. Accountability begins with the actions that trigger the complaint, not with the individual who reports misconduct."

Leslie says assertions she had a "professional relationship" with the Town and was subject to the municipality's Vendor Code of Conduct were untrue as her contract with the Town expired in December 2025. This, she says, means she was not bound by the Vendor Code of Conduct and this matter was a "distraction" from the Integrity Commissioner's actual findings.

"I also find it concerning that so much attention was given to public opinion rather than to the Integrity Commissioner's recommendations," she says. "Accountability should never be determined by who has the largest group of supporters in the gallery. If the discussion is to shift toward public popularity or community support, it is equally important to recognize my own commitment to this community. I was born and raised in Caledon, and today I am proud to be raising my own children here. For the past 11 years, I have dedicated thousands of volunteer hours to supporting local initiatives, events, organizations, businesses, and charitable causes. Throughout that time, I have built strong relationships across our community and have always been committed to making Caledon a better place for residents and local businesses alike.

"That commitment was recently extended beyond my own neighbourhood. When businesses in a neighbouring community were unexpectedly impacted by a significant road closure, I volunteered my time and expertise to help the Councillor of Ward 3 organize an event aimed at bringing customers back to those local businesses. I did so because I believe supporting our communities should not be limited by municipal boundaries or personal interests, it is about stepping forward when help is needed. Sadly, I cannot say the same for others who represent the area or live in it."

The public exchange on the issue, she adds, has had an impact on her personally and professionally.

"I own and operate a business in this community. My livelihood depends on the trust of residents, local organizations, businesses, and municipal partners. When an elected official publicly questions my integrity, motives, or professional relationships on a highly visible social media platform, in this case a Facebook group of 26k members, those comments have the potential to damage my reputation far beyond a single online discussion. In a close-knit community like Caledon, reputational harm can affect future business opportunities, partnerships, and the confidence people place in my work.

"Whether people ultimately agreed or disagreed with my views is not the issue. The issue is that I became the subject of personal accusations in a public forum by someone holding public office. That is precisely why standards of conduct exist for elected officials," she says. "Like every resident, I am entitled to express my views on municipal matters without concern that my livelihood or reputation will become the focus of a political dispute. Residents should never have to weigh whether participating in local democracy could expose their business or professional reputation to unnecessary public scrutiny.

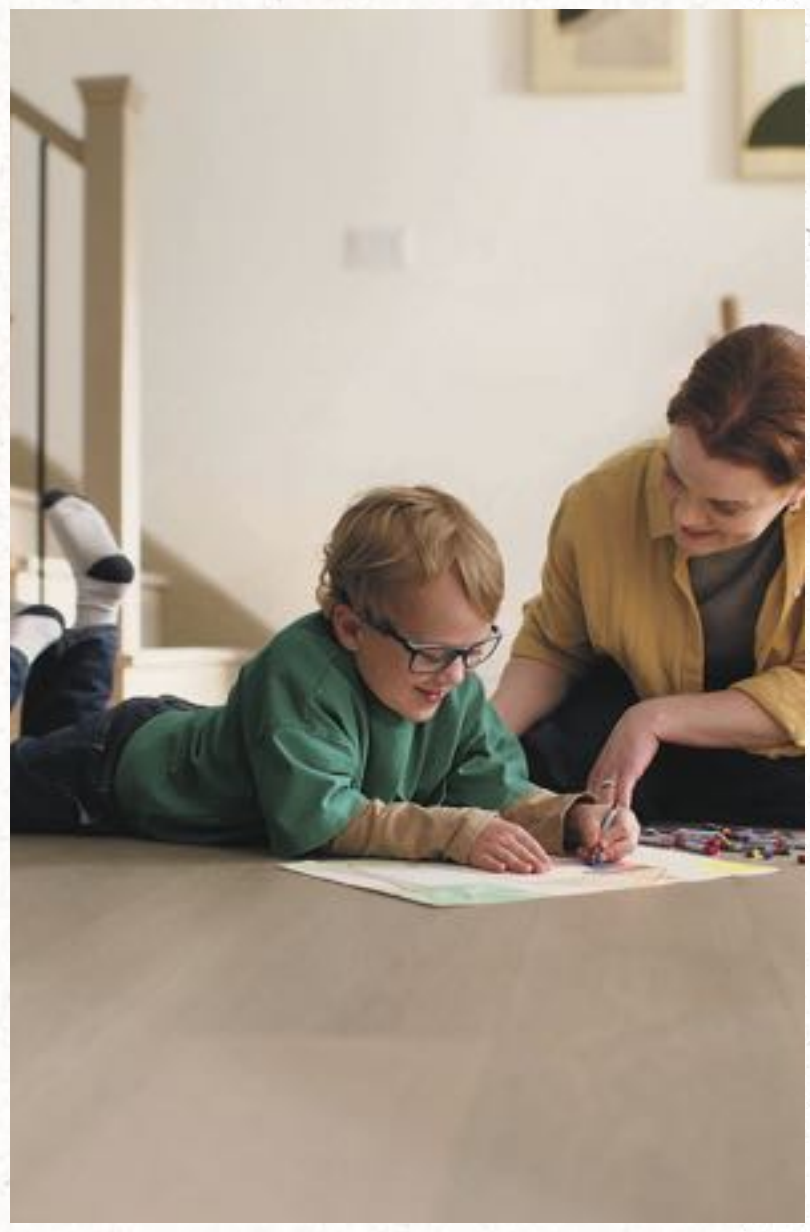
"Council ultimately made its decision, and I respect Council's authority to do so. My purpose in filing this complaint was never to seek publicity or personal gain. It was to use the process that Council has established when a resident believes the Code of Conduct has not been followed. I hope this experience encourages respectful dialogue from everyone involved in municipal government. Strong political debate is healthy and necessary, but it should never come at the expense of mutual respect or create circumstances where residents fear participating in public discussions because of the potential impact on their reputation or livelihood.

"At the end of the day, I remain proud to be part of this community. My character and commitment to this community are reflected in years of volunteer service, collaboration, and advocacy. I will continue contributing to Caledon through my business, volunteer work, and community involvement, and I hope future conversations, whether online or in Council Chambers, focus on ideas and issues rather than personal attacks.

"Council ultimately chose to reject the Integrity Commissioner's recommended sanction and replace it with an apology. While I appreciate that an apology was ordered, it does little to reinforce public confidence in the accountability process when Council can simply disregard the recommendations of the independent officer they appointed. This decision sends a troubling message. If an independent Integrity Commissioner finds that a Councillor breached the Code of Conduct, yet Council chooses to remove the recommended consequences, it raises legitimate questions about whether the accountability system is functioning as intended."



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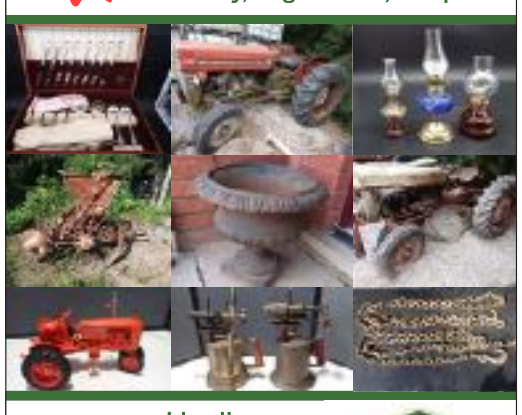
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Choices opens new facility with unit for families facing homelessness

BY JOSHUA DRAKES
LOCAL JOURNALISM
INITIATIVE REPORTER

Choices Shelter and Support Services officially opened the doors to its newest housing facility at 18 Townline in Orangeville on July 30, marking another expansion in the organization's work supporting people experiencing homelessness.

The new building provides transitional housing for both individuals and families, with the county's only family unit located in the basement and three individual bedrooms upstairs. The facility adds another option to the local housing continuum, giving people facing homelessness a place to stay while they work toward greater stability.

Choices Executive Director Jamie Edge highlighted the organization's recent growth and the significance of this project, including bridge housing, its partnership with Heart of Dufferin and the Out of the Cold program, and its expansion into transitional housing.

Choices has long operated shelter support services from its property at 20 Townline. The newly opened neighbouring building at 18 Townline, also donated to the organization, expands those services by providing transitional housing while continuing its existing shelter operations.

"This has been one of the most monumental things that I think has happened for Choices," she said. "We were blessed to have this home at 20 Townline donated to us by an amazing donor, so to have this happen again here and be able to expand our services outside of shelter services has really been instrumental for our community."

"Being able to add a family unit, making this the one and only family unit in Dufferin County, is a cause for celebration."

Choices operates as part of a broader network of housing and community organizations in Dufferin County. Its work extends beyond providing shelter, with staff helping clients access the supports and services they need to move forward.

Edge said the 18 Townline location had already been operating for about two months ahead of the grand opening last Thursday. The organization was able to secure operational funding through the County of Dufferin after successfully proposing that funding previously used for motel rooms through coordinated access and transitional housing be redirected toward the new facility.

She described the building as a significant moment for Choices, particularly because it allows the organization to expand its services beyond that of a traditional shelter. The family unit is also the only one of its kind in Dufferin County, specifically supporting families experiencing homelessness together.

Deputy Mayor Todd Taylor attended the opening on behalf of the Town of Orangeville and congratulated Choices, its staff, volunteers, donors and community partners.

"It's an honour to be here, and it's an honour to represent Mayor Post, who could not be here today, but desperately wanted to be," he said. "A community is not a business. It's not about dollars and cents all the time. It's all related to each other, and the very fact that Choices is branching out and doing these wonderful things helps us all. If you think about communities that are struggling right now with homelessness and other social issues, Orangeville's so blessed."

"The Town of Orangeville wants to thank and offer sincere congratulations to Choices on the grand opening of 18 Townline, and we are so grateful."

Taylor also recognized Ken and Caroline Mikoliew, whose donation allowed Choices to acquire and renovate 18 Townline for transitional housing, noting that their generosity will help provide a place for people to begin rebuilding their lives.

"Because of your extraordinary generosity, this home will offer hope where there was despair, comfort where there was uncertainty, and a place where new beginnings can take root," he said. "Thank you for believing that every person deserves a place to begin again with heartfelt appreciation."

For the Mikoliews, the project began with a tour of Choices arranged through their involvement with the Dufferin Community Foundation.

"We had a tour here, and we had tours for a couple of other charities, and just in conversation, Jamie [Edge] had said, 'You know, eventually we'd like to buy this house,'" Ken Mikoliew said. "It was just a very casual conversation, and it just clicked and seemed like a really good idea. This amount for a donation is unusual for us, but I had sold a business, and we had some extra money, so it just came together."

The Mikoliews said their community involvement has long been important to them, and their support for Choices offered a chance to make a tangible local contribution.

"We are both already members of the Shelburne Rotary Club," Caroline Mikoliew said. "We're both very community-minded, and I think we've been like that all our lives."



From left, Caroline and Ken Mikoliew, Orangeville Deputy Mayor Todd Taylor and Choices Executive Director Jamie Edge gathered at 18 Townline in Orangeville to celebrate the grand opening of Choices' newest transitional shelter. The new facility is set to offer additional support to homeless individuals in the community and is the first of its kind in Dufferin County to have a family unit on the premises.
PHOTO BY JOSHUA DRAKES

They were particularly drawn to being able to see exactly where their donation went and how it would remain in the community.

The grand opening concluded with a tree-planting ceremony, chosen to reflect the Mikoliews' connection to nature and conservation and to symbolize the opportunity for residents of the new home to put down roots and build more stable futures.



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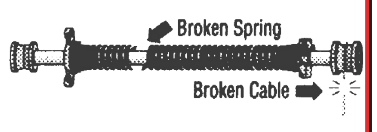
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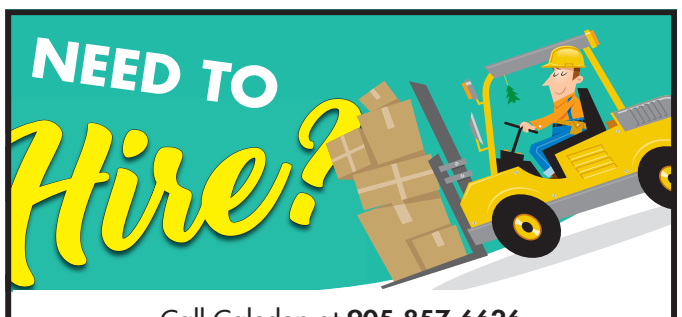
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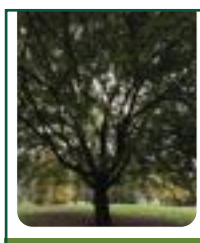
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Historian shares thoughts on Emancipation Day, making a difference

BY BROCK WEIR
LOCAL JOURNALISM
INITIATIVE REPORTER



Rosemary Sadlier, seated left, alongside Dr. Vincent Conville and the Aurora Black Community Association, was instrumental in the establishment of Black History Month across Canada and the continued recognition of Emancipation Day. **PHOTO BY GLENN RODGER**

Rosemary Sadlier was instrumental in the establishment of Black History Month across Canada, but her advocacy work as President of the Ontario Black History Society increased the profile of Emancipation Day in this country as well.

As communities gathered August 1 to mark Emancipation Day, the anniversary of the abolition of slavery across the British Empire in 1834, Sadlier was at Aurora Town Square to speak on the importance of the observance to people all over the world.

Sadlier shared her thoughts in an in-person and virtual seminar hosted by the Aurora Black Community Association (ABC) and hosted by ABC founder Phiona Durrant.

"I became involved in doing Emancipation Day because I was approached by the President of the Caribbean Historical Society of Trinidad and Tobago many years ago," she shared. "The focus was very much on the impact and significance of the British Imperial Act and [my focus was] why is it so important that at least 800,000 people were freed as a result of that?"

Sadlier is a multi-generation Canadian. Her mother's family, she said, came to what is now Canada in 1830 via the Underground Railroad, while her father's side of the family has heritage in New Brunswick going back to 1783.

She didn't find out about her family's deep roots here until she was already married and a mother of two, she said, leading her to wonder why this type of history was not taught regularly in schools. This fuelled her interest and eventual career in studying and amplifying Black history – a line of work which has given her a unique perspective on the present-day challenges facing Black Canadians.

"As a person who had grown up in this country, as a person who had children, as a person who was involved in doing Black History presentations, and I had done thousands, actually – in the process of raising awareness about the importance of Black History, how can you be a part of that and not see why you have to continue?" she said. "There weren't as many people doing it as I might have preferred. You had to keep pushing, because it was a story about me, because it's a story about my family, because it's a story about my kids and who they are going to school with. How do you make that change if you yourself aren't willing to take some of that responsibility to change it?

"When I had a platform heading the only Provincial heritage organization in this country with a focus on Black history, I felt it was important to use that as much as I could."

More platforms exist now than ever before, however, and Durrant asked how people of European heritage can be part of that solution without concerns of "taking up space" or not having the personal lived experience to speak up.

Sadlier responded that not everyone is expected to be a "social justice advocate," but it's important to show up "if you are committed to seeing improvements in society."

"If you are committed to seeing improvements in this society, and if you have children, or you want to see your tax dollars used properly in terms of what you support in terms of our school system, if you're a voter, if you're running for a position, you might need to have a position and you might need to do more than show up. You might need to actually commit and make yourself available to do things, but everyone doesn't have to do the same thing. You work in the area where you have comfort and where you have skill, and you ask questions. If you're not sure, just ask. Everyone has a space."

At the same time, however, Black Canadians shouldn't have to shoulder the burden of educating others.

"Every Black person is not supposed to be providing every White person with a rundown of Black history and issues related to the transatlantic slave trade," she said. "At the same time, you have to come with some preparation. If you walk into a kitchen, you have to kind of know how to cook a little bit. You should have basic rules about what you need to do so that when someone puts a carrot in front of you, you kind of know how to peel it. You need to have some skills.

"Not everybody is going to be able to do everything, but if you're a teacher, what are the things you can do as a teacher? What are the curricula that you can draw from? What are the ways that you can inject issues of injustice or issues of anti-Black racism, or issues that relate to making society just better in terms of issues that might be current and coming up where you are?

"If you went to school in this country, you would not learn Black history, so it's not your fault, exactly, and the grand narrative has certainly not prepared you for the reality of what the Black community in this country is. The grand narrative is lacking, so I think we have to be open to new information. We have to be prepared to become open and curious, be willing to find out new information, and move from that."

OBITUARIES

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With broken hearts we share the news of the sudden passing of Conor of Bolton,Ontario at the age of 82. He was lovingly embraced by his wife Sharon (nee Okum, of Sudbury) and their 2 children Darin (Lori Colucci) and Lara (Josh Maugeri) at the Southlake Health Care Ctre. Conor will be deeply missed by their 3 grandsons Nolan, Jaxon & Bodhi. Conor was the eldest of 3 sons born to Helena (nee Tipping) and Patrick O'Callaghan of Dublin, Ireland. He is survived by his two brothers Ronan (Frances) and Darragh (Annette) & families in Ireland.

Conor emigrated to Canada in 1963 arriving here on the day of the assassination of J.F.K. He came for work and opportunity. Conor was dedicated to his family. He greatly enjoyed kayaking with Sharon on the St. Lawrence River, travelling abroad for adventures in Canada and Europe. Conor enjoyed his grandchildren watching them play sports and enjoying their presence.

Conor made lifelong friends in our local gourmet groups and traditional celebratory gathering events. His quiet sense of Irish humour & wit created an abundance of laughter. The friendships Conor has made over the years through work and with neighbours have been profoundly impacted at the news of his passing. He was a good & faithful friend and colleague as well as a kind and loving husband, father and grandpa and will be deeply missed and never forgotten.

Family and friends will be received at the Ward Funeral Home (4671 Highway 7, Woodbridge) on Thursday, August 27th, 2026 from 12:30 - 2:00 p.m. A Celebration of Life will take place at 2 p.m. in the Ward Funeral Home Chapel. Refreshments will be served following the funeral service.

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UPGRADE NOW & RECEIVE UP TO $5,000+ In Enbridge Home Savings!
Window Replacement
Sliding Patio Doors
High Quality Impact Security Glass
Rebate Program
Front Entry Door
FREE Triple Pane Glass Upgrade
(289) 802-2994 • sales@labwindows.ca
ADVERTISING LOCALLY THIS WORKS!

When you buy from a small business you're not helping a C.E.O buy a 3rd holiday home, you are helping a little girl get dance lessons, a little boy get his team jersey, a mom or dad put food on the table, a family pay a mortgage or a student pay for college.
Thanks for shopping local!



COLDWELL BANKER RONAN REALTY, BROKERAGE

LET US GUIDE YOU HOME

SCAN HERE TO CONNECT WITH US



159.67 ACRE FARM
NORTH OF BOND HEAD
$7,995,000



77 ACRE FARM - MONO
EQUESTRIAN OR LIVESTOCK
$5,995,000



BEAUTIFUL CORNER FARM
93.5 ACRES – NEW TECUMSETH
$5,950,000



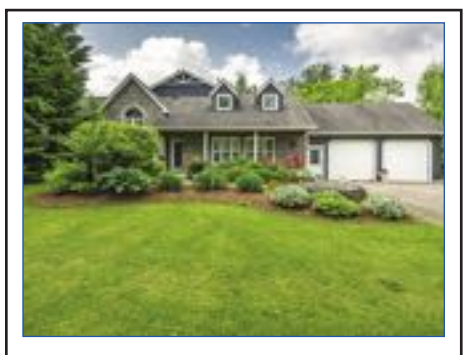
86 ACRE ESTATE
CALEDON
$5,499,000



100+ ACRE BISON/BEEF FARM
ADJALA
$4,890,000



REMARKABLE 100 ACRES
HOCKLEY VALLEY
$3,125,000



EXECUTIVE COUNTRY LIVING
10 ACRES – NEW TECUMSETH
$2,999,000



99 ACRES PRIME
AGRICULTURAL - ESSA
$2,900,000



EQUESTRIAN FARM
50 ACRES - CALEDON
$2,795,000



LOCATION, LOCATION, LOCATION!
PRIME ANGUS RETAIL
$2,500,000



21 ACRES
EQUINE & SHOP
$2,500,000



119 ACRE FARM
RURAL MONO
$2,400,000



EXECUTIVE ESTATE – CUSTOM
BUNGALOW, 2 ACRES
CALEDON - $2,199,000



FOREST VIEW HOME
ALLISTON
$1,999,000



EXPANSIVE WALKOUT BUNGALOW
40 ACRES – NEW TECUMSETH
$1,999,000



PRIVATE 10 ACRES W/SHOP
NEW TECUMSETH
$1,839,900



BEETON CREEK ESTATES
3.38 ACRES – NEW TECUMSETH
$1,798,000



LEGAL DUPLEX
ALLISTON
$949,000



COUNTRY LIVING
MINUTES TO ALLLISTON
$895,000



FAMILY FRIENDLY
NEIGHBOURHOOD - TOTTENHAM
$799,999



MOVE-IN READY BUNGALOW
BRADFORD
$799,900



INVESTMENT OPPORTUNITY
LEGAL TRI-PLEX – BAXTER
$789,900



UPDATED 3-BEDROOM
BACKSPLIT, ALLISTON
$749,900



HEART OF ALLISTON
1.5 STOREY HOME
$699,000



BUILD YOUR DREAM HOME
11 ACRES – NEW TECUMSETH
$695,000



BEAUTIFULLY CRAFTED BUNGALOW
BRIAR HILL – ALLISTON
$679,900



BUILDING LOT - EXCLUSIVE
MONO HILLS COUNTRY CLUB
$650,000



1 ACRE BUILDING LOT
ADJALA
$489,900



Britton Ronan
Sales Representative
dir: 416.992.1024
o: 905.936.4216
britton@marcronan.com

MARC RONAN
RONAN REALTY BROKERAGE

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FLYER PRICING VALID THROUGH THURSDAY AUGUST 6TH TO WEDNESDAY AUGUST 12TH, 2026. **501 QUEEN STREET SOUTH, BOLTON 905-857-1227**

Garden foods

A BOLTON TRADITION SINCE 1972

SAVE $6/LB



18.99/LB
Cut from Canada AAA Grade Striploin Grilling Steak
41.87/kg

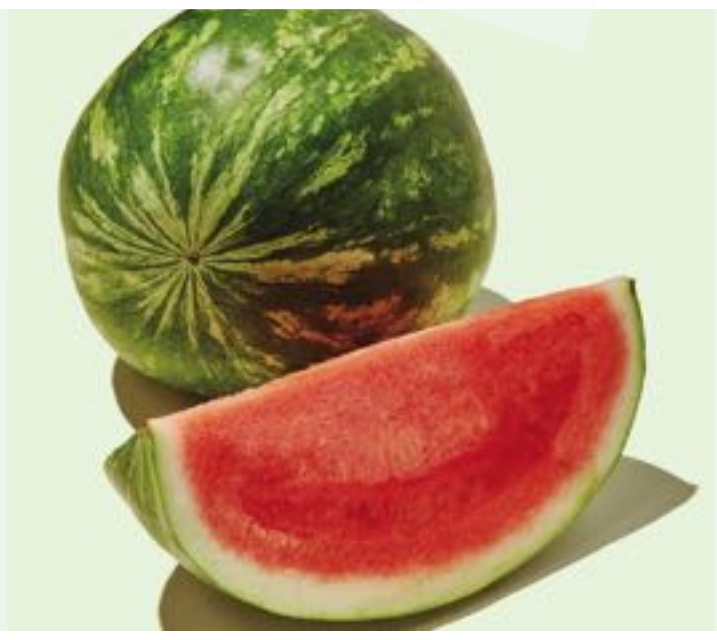
SAVE 50¢ EACH



4.49 EACH
Fresh Canadian Atlantic Salmon Portion 113g
SKIN-ON



2.99
Fresh Cauliflower
Product of Canada
each



Fresh Seedless Watermelon
Product of Ontario
each
5.99



Balderson Canadian Cheddar Cheese
from 2.57/100g
selected varieties
40% OFF

SAVE AT LEAST 50¢



Christie Family Size Cookies or Crackers
226-486g pkg
selected varieties
4.99



Fresh Romaine Lettuce
Product of Ontario
each
1.99

SAVE $2.00



Falcone Amaretti Cookies
Classic Almond, Pistachio or Chocolate
170g pkg
selected varieties
2.99

SAVE AT LEAST $3.00



4.99 Kraft Peanut Butter 750g-1kg jar or Kraft Hazelnut Spread with Cocoa
725g jar

SAVE $1.00



1.99 Italpasta Pasta
900g pkg
selected varieties

SAVE AT LEAST $3.00



9.99 Perrier or Sanpellegrino Sparkling Water
6x1L pkg
selected varieties

SAVE $2.00



8.99 Organic Meadow Organic Milk
1%, 2% or skim
4L bag

PEACHFEST

WE'VE PICKED THE JUICIEST PEACHES SO YOU DON'T HAVE TO!



2.49/LB Fresh Sweet Ontario Peaches
Product of Ontario
5.49/kg



MEET THE FARMER
Edgewood Orchards

LOCATION
Jordan Station, Ontario

WHY THEY ARE OUR PARTNER
The Troup family has grown incredible peaches for five generations. For over 20 years, Longo's has partnered with them to bring this local goodness straight to you.



Fresh Sweet Peaches
Product of Ontario
3L basket
6.99





HERE FOR A LIMITED TIME!
SLICED PEACHES, APRICOT JAM AND REAL WHIPPED CREAM!



NEW

6" Peaches and Cream Topped Cheesecake
650g pkg
17.99
THANK YOU REWARDS EARN 300 POINTS



8.97 Kawartha Dairy Gluten-Free Peaches & Cream Ice Cream
1.5L tub
SAVE $1.50
While supplies last!

Cider Keg Sparkling Apple Peach Cider
750mL bottle
6.99
THANK YOU REWARDS EARN 100 POINTS



Longo's Peach Pie
1kg pkg
12.99
THANK YOU REWARDS EARN 100 POINTS
Half Pie $6.99
THANK YOU REWARDS EARN 50 POINTS

HERE FOR A LIMITED TIME!
BAKED IN-STORE!



4.99 Longo's Braided Peach Strudel
4 pack, 400g pkg
SAVE $1

HERE FOR A LIMITED TIME!



La Rocca 8" Peaches & Cream Cake
1.2kg pkg
31.97
SAVE $1
While supplies last!