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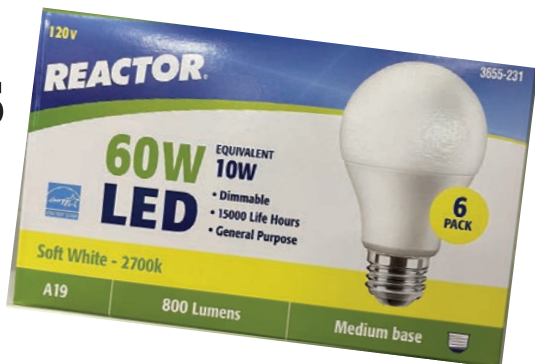
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PETER RICHARDSON PHOTO

SKATING FOR A CAUSE: Families enjoyed some time on the ice at the Alder Recreation Centre on Sunday (Jan. 14) for the Alzheimer Society of Dufferin County's annual Skate and Scones. The cost to skate was \$5 per person and the money raised will go towards the Alzheimer Society of Dufferin County, which is a not-for-profit organization that supports people with dementia and their caregivers. See more photos on Page A6.

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Police investigating illegal dumping at local Legion

Written By SAM ODROWSKI

The Orangeville Legion is the latest victim of illegal dumping in the region.

Royal Canadian Legion Branch 233 released video footage from the evening of Jan. 6 showing an unidentified man dumping an unwanted mattress in the waste bin of its parking lot at 7 John St.

"This is not what good citizens do in this town," said the Orangeville Legion in a Facebook post on Jan. 8.

The waste bin is on-site to deal with kitchen renovation waste and other garbage the Legion produces.

Despite catching the act on camera, the license plate was too blurry to read, and the Ontario Provincial Police's investigation into the matter was unsuccessful in identifying the plate.

"We did have an officer attend that address [7 John St.]; however, due to the fact a licence plate was not provided or obtained from the video, it would be hard to ID the suspect in this matter. The officer did check local gas stations and so on trying to obtain further video with negative results," said Const. Andrew Fines of the Dufferin OPP Detachment.



CONTRIBUTED PHOTO

CAUGHT ON CAMERA: Video footage from roughly 8:30 p.m. on Jan. 6 shows a man unloading a mattress from his vehicle and placing it in the Orangeville Legion's waste bin, located within its parking lot at 7 John St. This act of illegal dumping is under investigation by the OPP and anyone with information is asked to call the OPP at 1-888-310-1122.

To address illegal dumping, the OPP monitors roadways at night and pays attention to areas that may be used for illegal dumping.

"We continue to conduct proactive BEAT/cruiser patrol around the County both at night and during the day. I would recommend anyone who is concerned to follow some basic tips on how to prevent such things from happening," said Fines.

Tips to prevent illegal waste dumping on your property include:

- Survey your property and look for areas that are easily accessible by the road or hidden from neighbours, and consider ways of restricting these areas from public access
- Plant trees or shrubs for use as a fence line

Continued on Page A13

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Mono residents face 6 per cent tax increase for 2024

Written By JAMES MATTHEWS
LOCAL JOURNALISM INITIATIVE REPORTER

Mono town council achieved the targeted six per cent tax levy increase limit for this year's municipal budget.

The 2024 municipal operating and capital budget's first draft was broached in November. Council asked that \$3.3 million, which was almost 40 per cent of expenditures, be cut from it in order to get to a desired 3.9 per cent inflationary increase.

Council suggested that contributions to reserve funds to cover non-essential capital projects be deferred. Staff was asked to further reduce operational costs and to find ways to generate revenue to municipal coffers.

Staff managed to trim about \$2.7 million, which was about 30.5 per cent, from a subsequent draft of the spending plan. But, if accepted, that version would have yielded a 10 per cent increase to property owners' tax bills.

Council directed staff to limit any tax increase to six per cent, which required another \$358,675 to be trimmed.

"We had a few kicks at the can," said Les Halucha, the town's treasurer.



There are continued cost pressures on the 2024 budget.

The town's fire budget increased by 10 per cent and the service agreement with the Orangeville Fire Department increased by 15 per cent.

Costs of property insurance have risen by 10 per cent. Sand and salt for winter road maintenance costs 25 per cent more than last year.

Similarly, measures to hamper summer dust on municipal thoroughfares has increased by seven per cent.

Town contributions to conservation authorities are 11 per cent more than last year.

The costs for municipal vehicles and equipment went up by about 10 per cent.

All that is pitted against a reduction in annual provincial grant funding for 2024. The Ontario Municipal Partnership Fund is down by 15 per cent, and the Ontario Community

Infrastructure Fund has decreased by 4.4 per cent this year. That means the town is out \$57,500 and another \$17,535, respectively, with the reductions.

There's been a reduction of almost 224,000 in provincial grants over this budget and the last two budgets, Halucha said.

Cost reductions to achieve the six per cent ceiling include \$7,000 for office administration, \$25,000 for roads administration, \$14,500 for street lighting, \$2,000 for landfill costs, \$1,000 from the recreation committee, \$8,900 from parks, \$197,500 from planning, and \$50,000 from gravel resurfacing.

Halucha said the town isn't planning to deny roads gravel resurfacing. Rather, a cheaper material will be applied to some sections of gravel roads that don't require limestone resurfacing.

The budget's final draft included a reduction of \$11,000 for climate change initiatives. But council decided to transfer \$10,600 that council would normally donate to community groups. That money will go toward climate change and environmental initiatives.

This year's budget also draws money from reserve funds to pay for capital needs. The town will take \$34,500 from the roads reserve, \$7,600 from the Mono Centre Park

fund, and \$5,000 from a fund to cover reforestation efforts.

"It has been a tough budget this year," Halucha said. "We have experienced cost increases from external sources.

"External forces on our budget are making life difficult."

Deputy Mayor Fred Nix said the town has had to "cut and scrape" over the last two years.

"I think we're building up problems," Nix said.

He suggested that the council needs to seriously consider cuts to some of the services the town provides to residents in the near future.

"We just don't have the money," he said.

Mayor John Creelman said council needs to send a very early message to the conservation authorities.

"We can no longer afford these double-digit increases," he said. "They've got to sharpen their pencils.

"I know that will get me in trouble with some people but I think that any third parties, whether they're conservation authorities or other entities that are expecting us to do what we've done in the past, may be in for a bit of a surprise next year."

Mono calls on province to address road safety concerns

Written By JAMES MATTHEWS
LOCAL JOURNALISM INITIATIVE REPORTER

Mono Mayor John Creelman has some ideas on how the province could raise awareness about road safety.

He even has a suggestion on where the provincial government can get the coin to cover his ideas.

Mono council called on Queen's Park and other Ontario municipalities to recognize a road safety emergency on the province's highways, roadways, and town thoroughfares.

"Road safety is of continuing and increasing concern to Ontarians," Creelman said. "The number of traffic collisions, injuries, and even fatalities are at unacceptable levels."

As such, Creelman called on the government to launch a provincewide road safety educational program. That initiative could be paid for by some of the money used to advertise Ontario Gaming and Lottery Corporation's offerings.

Highway Transportation Act fines and penalties should be increased to better deter reckless driving above the speed limit.

He said municipalities should be allowed to deploy automated speed enforcement (ASE) in 80-kilometres per hour zones or less without having to declare them Community Safety Zones.

A working group with municipalities should be established to identify and recommend the elimination of regulatory red tape associated with the use of ASE and administrative penalties.

Steps should be taken to make sure Provincial Offences Act (POA) fines and penalties do not lose their deterrent effect over time. Fines for speeding have not increased for more than 30 years. And 60 per cent of fines for highway infractions remain at \$85.

The means of collecting outstanding POA fines and victim surcharge money needs to be improved. It has been estimated that more than \$1 billion is left uncollected from as far back as 2011.

Creelman said the estimate is taken from a white paper report by the Ontario Association of Police Services Boards. The association suggested a number of ways outstanding fines could be collected, including working with the federal government to garnish an individual's tax refund.

"This may sound to be sort of punitive and arbitrary, but it's already being done in at least two Canadian provinces," he said. "So we're completely behind the eight ball, relying exclusively on collection agencies."

A collection agency takes 20 per cent of the sum if they're successful at all.

Creelman said his motion is an amalgamation of many highway safety concerns that have been expressed over the years.

"The idea here is to try and get municipalities to join in on this," Creelman said.

He anticipated that, when the idea of an educational program is brought to the provincial government, somebody at Queen's Park will inevitably question where the money will be from.

"Well, you're spending untold millions of dollars advertising games of chance and lotteries, why not take some of those monies and put it into a road safety campaign?" he said.

Creelman said he intends to file a Freedom of Information Act request to find out how much is spent on OLG advertising.

"The statistics, I think, speak for themselves," he said about the need to focus on road safety.



CONTRIBUTED PHOTO
CALLING FOR CHANGE: Mono Mayor John Creelman would like to see the provincial government step up and increase penalties for speeding and increase efforts to collect the more than \$1 billion that's been uncollected in outstanding POA fines and victim surcharge money.



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Grand Valley joins Orangeville Food Bank under ‘Dufferin Food Share’

Written By **SAM ODROWSKI**

The Orangeville Food Bank is joining forces with the Grand Valley Food Bank to create the “Dufferin Food Share.”

The Orangeville Food Bank announced on Jan. 12 that it is partnering to better address food insecurity within Dufferin County, as the Grand Valley Food Bank has seen a 47 per cent increase in need over 2022. This is even larger than the 37 per cent increase seen at the Orangeville Food Bank over 2022.

The merger between the two food banks in Orangeville and Grand Valley extends their long-standing relationship, sharing resources and helping with administrative tasks.

“As the need for food banks increases across our community, we can better support area residents when we consolidate our resources, expertise and efforts to better serve the residents of Dufferin County who are facing food insecurity. Through Dufferin Food Share, we will continue to uphold our dedication to serving our community with compassion, dignity, and efficiency,” said the Orangeville Food Bank in a press release.

The Dufferin Food Share will continue to serve residents of Grand Valley and the surrounding area in the same location it always has, Trinity United Church (12 King St., Grand Valley). It is open Mondays from 1 to 2:30 p.m. and Thursdays from 5 to 6:30 p.m. There is also a new contact number – 519 415 9400 – where people can leave a message and arrange an appointment to access food. The email contact is dfsgv@orangevillefoodbank.org.

With the increasing number of people accessing the Grand Valley Food Bank, its volunteers have struggled to manage all the different aspects of running the organization. To be effective, the food bank would have had to become a not-for-profit with a board of directors, which is challenging to find and manage in a smaller community like Grand Valley. Its population is just under 3,000 people.

“That was not something they [the volunteers] felt they could take on,” said Heather Hayes, executive director of the Orangeville Food Bank. “At the end of the day, they just wanted to provide food to those in their community.”

The Orangeville Food Bank is now handling the administration of the Grand Valley Food Bank through the Dufferin Food Share and continuing with technical advice as it always has.

“The Orangeville Food Bank and the Grand Valley Food Bank have been partnering for years supporting the residents of Orangeville and Grand Valley through programs like the Seniors Market and sharing food resources,” said Hayes.

“The dedicated volunteers of the Food Bank have consistently gone above and beyond to serve their community and those in need of food assistance. They also wanted to ensure that they could support all the incredible community members who are the donors behind their incredible work. Moving forward this partnership will enable donors to receive tax receipts on an annual basis,” she added.

The partnership also better enables the flow of fresh and perishable foods to those accessing food in Grand Valley, noted Hayes.

“Working together and sharing resources is always a benefit,” she said. “Both food banks have been doing the same work for many years; they are made up of incredible volunteers and dedicated community members; bringing all that experience and passion under one banner makes the community a stronger place.”

When looking at other community partnerships, the Orangeville Food Bank is excited to have support from the Community Kitchen Program at the Westminster United Church.

“Margo Tasker and her incredible team of volunteers are making food for the vending machine to allow our chef more time to prepare meals from the reclaimed food for our clients,” said Hayes.

The Community Vending Machine at the Mill St. branch of the Orangeville Public Library offers quality meals at 25 cents each to help with food insecurity. It has been there since November of last year.

“[We’re] so thankful for their support and all they do for the community,” said Hayes.

Rotary Club commits to donating \$250k for Rotary Park redevelopment

The Rotary Club of Orangeville (RCO) has committed to donating \$250,000 to the redevelopment of Rotary Park, a Town of Orangeville project slated to begin this spring.


The Rotary Park project, approved by Orangeville Council in June of 2022, is planned over six phases (pending budget):

1. Watermain Work
2. Play Structure
3. Tennis and Pickle Ball Courts
4. Parking Lot and Artificial Skating Loop
5. Sports Fields (baseball and soccer)
6. Club House

Watermain work will commence in Spring 2024, followed by the playground renovation work, tentatively scheduled for late summer 2024. The remainder of the design work is

Rotary

Club of Orangeville



being completed by a private sector contract, RK & Associates Consulting Inc.

The RCO is contributing \$50,000 in 2024 and splitting the remainder of the funding over the next six years, 2025-2030, with contributions based on fundraising efforts from the annual Rotary Ribfest and other revenue generating functions.

“The RCO has been a long-standing service club with a demonstrated commitment to youth in the community,” commented Heather Savage, general manager of commu-

nity services. “We are exceptionally grateful to the RCO for their partnership and support of this and other local community projects.”

This is not the first time RCO has donated funds for playground improvements - through fundraising initiatives during the years 2010-2015, RCO donated \$250,000 to the Town to build the Fendley Park splash pad.

To learn more about the Rotary Park Redevelopment Project, and other projects happening in Orangeville in 2024, visit orangeville.ca/construction.

Town Page

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GET CONNECTED!





UPCOMING MEETINGS

Date	Time	Location	Meeting	To Listen In
Monday, Jan 22	7 p.m.	Council Chambers and Virtual	Council	Youtube @OrangevilleCouncil
Wednesday, Feb 7	6 p.m.	Council Chambers and By Phone	Comittee of Adjustments	1 289-801-5774 ID: 401 996 553#
Thursday, Feb 8	10 a.m.	Council Chambers and By Phone	Access Orangeville	1 289-801-5774 ID: 260 826 207#
Tuesday, Feb 13	8 a.m.	Lakeview Boardroom and By Phone	Economic Development & Culture Committee	1 289-801-5774 ID: 747 512 000#

*Start time of Council and Committee meetings is subject to change
*For more information on how to participate and to view Council and Committee agendas, please visit [calendar](http://orangeville.ca/meetings).

WHAT’S HAPPENING

Saturdays, 10:30 - 11:30
January 20 to February 10



DES LÉGENDES EN FRANÇAIS

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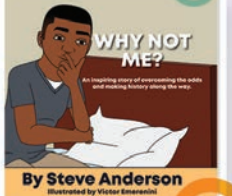
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Celebrate World Read Aloud Day

Wednesday, February 7
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Mill Street Library

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By Steve Anderson
Illustrated by Victoria Hernandez



Orangeville Public Library | orangevillelibrary.ca

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orangeville.ca/recreationregistration

Water Meter Replacements are coming!

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The project will be completed by Neptune Technology Group, a private sector contractor.

Residents will receive more information on the project and how to book an appointment when work is preparing to begin in your area.




Learn more: orangeville.ca/water-meters

TOWN NEWS



Mayor Post Quarterly Town Hall

February 21

 Tony Rose Memorial Sports Centre

Join Mayor Lisa Post, Deputy Mayor Todd Taylor, Councillor Rick Stevens, and Town Staff at the first meeting of 2024. Residents will hear about community safety initiatives from Dufferin OPP, learn about the upcoming Water Meter Replacement Program, and more.

Light refreshments will be provided.

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Village Refillery changes ownership, moves back to Old Mill Hub

Written By JAMES MATTHEWS
LOCAL JOURNALISM INITIATIVE REPORTER

It's funny how life sometimes takes a circuitous route.

Bruna Zarlenga, the founder of Village Refillery in Orangeville, is well aware of how there are times when you end up right back to where you started, despite the various events that cause life's hiccups.

Events like a late-night fire at the building that houses your business.

"It's just unbelievable," Zarlenga said. "It seems like the Refillery is here to stay because all the challenges it has endured."

Environmentally conscious, sustainable shopping in Orangeville took a hit in August 2022. And Zarlenga had somewhat of a difficult go at recovering from the fire that took out 18 Mill Street businesses in the Old Mill Hub (former Mill Street Mall).

"It was a very difficult year for us," she said. "Coming out of the fire and it was a slow year for business."

But the picture is a little rosier now that she's sold the Village Refillery to new ownership.

Even getting the sale done was a trial. As the new owners were about to sign before Christmas, the building's landlord asked them for six months' rent up front, Zarlenga said.

That's an ask of \$12,000.

That meant the Refillery had to be moved from that post-fire location.

"My buyers were willing to pay the first and last (months' rent)," she said. "I spent a lot of my own money renovating the place that we were at."

Zarlenga said she sunk as much as \$20,000 into those renovations. And it took about three weeks for her to reopen at the location.

The new owners had to move everything out of the 5 Mill Street space by the beginning of December. And Zarlenga said that was unfortunate because the Village Refillery

missed out on any Christmas sales.

"But we were forced to move out and I had to bring the whole store to my house," she said.

The sale has been finalized and has relocated yet again.

It's back at the previous, pre-fire Old Mill Hub location.

Full circle. Somewhat arduous, but it has come back around. A grand opening is planned for later in January, Zarlenga said.

But she isn't done with the Refillery. She'll be working there on a part-time basis.

"I'm no longer the owner, but I'm definitely helping them," she said. "And I'm now working for them."

And her involvement will extend to continuing the Vintage Hussey clothing store.

The clothing industry is responsible for tonnes of global waste. The fashion industry is responsible for 10 per cent of carbon emissions each year worldwide and uses 93 billion cubic metres of water.

It produces as many as 100 billion garments annually, and as many as 92 million tonnes of clothes end up in landfills. With nearly 60 per cent of all clothing material being plastic, purchasing vintage and quality fabrics is one way to offset your environmental impact when acquiring clothing.

The store is tailored to women but has a few pieces for men.

"I'm excited to be able to still be a part of the refillery because it's a passion project," she said. "I'm very happy that it's staying open in town because people really rely on it."

"We really saw that when we had to close for a couple of months."

While it is one thing to contribute less trash, it's another positive thing to generate less recyclables.

Zarlenga said recyclers are overwhelmed with materials, so some of them don't get recycled. Only 9 per cent of plastic waste in Canada is actually recycled, according to the federal government.



CONTRIBUTED PHOTO

NEW OWNERS IN NEW LOCATION: The new owners of the Village Refillery Elaine (left) and Chris are eager to introduce themselves to the community and help people reduce their impact on the climate.

That's why reusing some things like containers is an effective environmental step.

"Once you start refilling it (recyclable containers), start reusing it, it becomes extremely hard to throw things out with the garbage," she said. "You just want to be able to reuse it."

Zarlenga figures as many as 30,000 bottles have been diverted from the recycling process just from her own household.

"I know with my own garbage and recycling, we barely put any out when the Refillery is open," she said.

Peel Art Gallery, Museum and Archives announces new exhibits and events

Written By ZACHARY ROMAN
LOCAL JOURNALISM INITIATIVE REPORTER

The Region of Peel's home for history, the arts and more has announced some of its plans for 2024.

The Peel Art Gallery, Museum and Archives (PAMA) announced on January 11 some of its upcoming programming for the year.

PAMA has updated its "Behind Bars: The History of the Peel County Jail" exhibition with an aim to take a thoughtful and com-

passionate approach to the history of the jail. Visitors to this exhibit will learn the stories of those who spent time in the jail, learn why the jail was built, and see what a double jail cell would have looked like in the early 1900s.

From January 27 to September 8, PAMA will host a traveling exhibition from the Nikkei National Museum and Cultural Centre: "The Suitcase Project".

The exhibition aims to show what Japanese Canadians went through in 1942, when over 23,000 Japanese Canadians living on Canada's

west coast were uprooted from their homes and placed in internment camps.

PAMA describes the upcoming exhibition like so:

"Over 80 fourth- and fifth-generation Japanese Canadians and Americans share what they would pack if forcibly removed from their homes today. They were given one day to assemble their things, similar to what many Japanese Canadians faced in 1942," said Pama.

From 10 a.m. to 4:30 p.m. on February 19,

PAMA is hosting its annual Family Day event. The family-friendly event will feature a chance to create art inspired by astronomy and the universe, and a performance of "Little Red Rocketship" by Applefun Puppetry. Showtimes are at 11 a.m., 1 p.m., and 2:30 p.m., and space is limited.

To learn more about PAMA and its upcoming exhibitions and events, those interested can visit pama.peelregion.ca.

PAMA is located at 9 Wellington St. East in Brampton.

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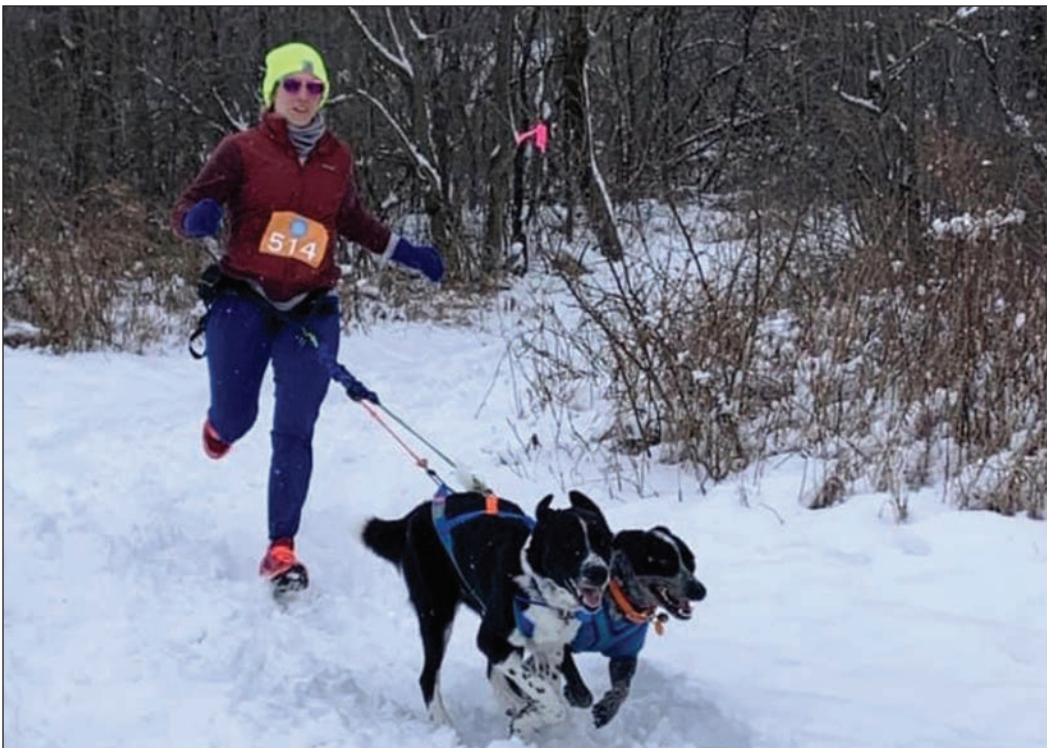


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CROSS COUNTRY WITH CANINES: The Snowy Paws Canicross event was held on the trails at the Island Lake Conservation Area on Saturday, Jan. 13. The event featured competitors with the dogs on 10k and 5k courses around the Conservation Area. A special harness allows the dogs to run while pulling their owner behind them, giving both canines and their owners some good physical activity.

Canicross event held at Island Lake, providing exercise to both canines and their owners

Written By **BRIAN LOCKHART**

It was cold and snowy, but that didn't stop pet lovers and their dogs from participating in the Snowy Paws Canicross event on the trails at the Island Lake Conservation Area on Saturday, Jan. 13.

Dogs of all sizes and their owners went through courses of different lengths and enjoyed a good run that benefited everyone involved with some physical activity.

Canicross is the sport of cross-country running with dogs. Runners use hands-free running equipment with a belt and harness to allow the dog to run in front and pull their owner along behind them.

There are special verbal commands that owners use to guide the dogs. Most dogs understand the new commands pretty quickly and pick up on what the sport is all about.

The event was scheduled for a 9:00 a.m. start for the first 10k race. However, the event was moved back an hour to accommodate people arriving late due to the inclement weather. Once things started, all the races went off without a hitch.

After the 10k race, there were two 5k races.

"The crew at Island Lake did an awesome job," said organizer Shawn Sobon, founder of Canadian Canicross Sports. "They were out there early clearing the snow. When I arrived at 7:15 a.m., the roads leading into

the park were already cleared and the parking lot was clear. There was an outdoor fire pit for spectators to stay warm, and we had the use of a garage to stay warm and register everyone. We had just under 40 people show up. Everybody had a great time. The smallest dog in the event was a miniature Dachshund."

The harness the dogs wear is similar to what a mushing dog would wear when pulling a sled. Instead, they are pulling people behind them. The idea is to get the dog to pull the owner along the trail.

"It seems to be natural for dogs to want to pull," Shawn explained. "There is some learning involved. Some dogs have already been trained to walk along side their owner."

For most dogs, once they are in the special harness, they seem to get the idea about what is going on.

Some dogs see what others are doing and realize this event is different than going for a regular walk.

Each race was a timed event, with the top three finishers receiving an award.

It was a very competitive atmosphere, with first and second place in the 10k run separated by only four seconds.

The Snowy Paws Canicross event will be making a donation to the Friends of Island Lake to help with projects at the Conservation Area.



CONTRIBUTED PHOTO

ATHLETE OF THE MONTH: Shelburne resident Yazmine Wilson-Daponte has been named Athlete of the Month for Special Olympics Ontario. Yazmine is a well-rounded athlete who has participated in and won several medals in different sports. She has been successfully competing in the Special Olympics for ten years.

Shelburne teen named Athlete of the Month for Special Olympics Ontario

Written By **BRIAN LOCKHART**

Special Olympics Ontario has honoured local athlete Yazmine Wilson-Daponte as Athlete of the Month.

Yazmine, who lives in Shelburne, has been an athlete with the Special Olympics for 10 years. During that time, she has participated in numerous sports, including basketball, Bocce, curling, soccer, and swimming.

A well-rounded competitor, she has had great success in her sports.

The thing Yazmine loves most about Special Olympics is the opportunity to spend time with her friends while participating in the sports she loves. Yazmine said Special Olympics "means being able to play sports

without any boundaries and without being judged by her appearance or abilities."

One of Yazmine's most memorable moments in the Special Olympics was when she competed at the 2019 International Youth Games. She earned Gold, Silver, Bronze, and a fourth-place medal at the Games. She is very proud of this accomplishment.

Yazmine said she would like to express her gratitude to the donors and supporters of Special Olympics.

She said she "thanks them for not making fun of her and for the gift of sports which has allowed her to grow and thrive as an athlete."

Yazmine plans to continue with sports and work on her skill level and training to achieve greater success in the coming years.



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Skates and Scones returns to Alder in support of Alzheimer's



PETER RICHARDSON PHOTOS

FAMILY SKATE: Attendees of the Skates and Scones event at the Alder Recreation Centre enjoyed a skate on the ice, with some of the smaller skaters utilizing an ice skate training walker. The event provided an opportunity to skate and enjoy some hot chocolate paired with scones.

GlowJam to hold first Orangeville-wide youth dance fundraiser

Written By DANIELLE WILLIAMS

Glow Jam is having its first-ever school youth dance fundraiser at Orangeville District Secondary School (ODSS) next Friday, Jan. 26, at 7 p.m.

GlowJam expands its target audience beyond sports teams and local groups to find a way to benefit schools in the region. With much excitement, GlowJam anticipates its upcoming youth dance fundraiser to be its “most significant” dance yet, inviting kids, ages seven to 13, to get out and enjoy a “fun-filled night.”

"The excitement of bringing the community together for a cause that benefits youth education is truly inspiring. Seeing my work on all the background stuff coming together for a large event like this is truly unreal," said Dylan Davis, head dance organizer and

owner of Nexus Sound & Lighting Inc., the company that founded GlowJam

GlowJam has introduced school codes that can be entered when purchasing a ticket, which are sold online for \$12 each. Each elementary school has a code associated with it. When the code is entered, students receive \$2 off their ticket and an additional \$3 is sent to the school that matches the code.

Every general ticket sale bought without any school codes is set to have \$3 go toward The Orangeville Foodbank.

The seven schools and codes are Princess Elizabeth Public School (PEPS), Montgomery Avenue Public School (MAPS), Princess Margaret Public School (PMPS), Spencer Avenue Elementary School (SAES), Parkinson Centennial Public School (PCPS), Credit Meadows Elementary School (CMES), and Island Lake Public School (ILPS).

“By directly supporting local schools, we believe we can make more substantial impact on a number of students,” said Davis.

Supporting neighbourhood schools is part of GlowJam's ongoing commitment to fostering a sense of community and ensuring every enjoyable experience serves a greater purpose.

Glowjam will be going into the school youth dance fundraiser with rather high expectations, hoping to continue with future events if it's successful.

"We're expecting a great turnout for this event, contributing to an amazing atmosphere and meaningful support for our local schools. With custom flyers for each school explaining our fundraiser, this event should become our most known dance to date," said Davis.

Emphasizing GlowJam's purpose to sup-

port local schools, the school with the highest ticket sales at the end of the event will get an all-expenses paid GlowJam School Dance on the day of its choosing.

"Glowjam is really making a difference. I think it's really amazing that we are also fundraising for the local schools, so other youth in the community are benefiting from it, as well as the participants. I think parents enjoy bringing their kids to it, knowing it's not just a fun night for them, but also something that is positively impacting their community," said Tyler Dunlop, an employee with GlowJam.

As Jan. 26 creeps near, GlowJam is actively looking for organizations interested in partnering with them for any future events. If any organizations are interested, contact Dylan Davis at Dylan@GlowJam.ca.

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Hobbies for seniors residing in assisted living communities

As individuals adjust to life in assisted living facilities, finding new hobbies or rediscovering old passions can be a great way to connect with fellow residents.

Assisted living facilities have changed dramatically over the years, making them ideal options for adults who may need varying degrees of help with daily activities. Such facilities can help with activities like bathing and preparing meals, but they also can help residents find and explore new or existing hobbies. As individuals adjust to life in assisted living facilities, finding new hobbies or rediscovering old passions can be a great way to connect with fellow residents.

- **Reading:** Reading is a rewarding activity that can greatly benefit seniors and provide an engaging pastime for those with limited mobility. Many assisted living facilities offer activities that are designed to foster communication between residents and a book club can do just that. What's more, reading every day may be especially valuable for

people age 65 and older. A 2018 study published in the journal JAMA Psychiatry found that dementia risk was considerably lower among men and women 65 and older who participated in intellectual activities like reading than it was among seniors who did not engage in such pursuits.

- **Gardening:** AARP notes that gardening provides a host of health benefits that go beyond ensuring fresh fruits and vegetables will be on the dinner table. For example, vitamin D is vital to bone health, which is important for aging men and women who are vulnerable to osteoporosis. A 2014 study from researchers in Italy found that exposure to sunlight can help older adults get adequate amounts of vitamin D. Signing up for a gardening club can be a great way for seniors to get some exercise, enjoy time outside the assisted living facility and promote strong bones.
- **Art therapy:** According to the Chicago Methodist Senior Services, art therapy is a creative form of therapy designed to help older adults with memory loss or those experiencing mental or physical stress. The Harvard Medical School notes that recent research has indicated that engaging in creative activities may be more effective at delaying cognitive decline than merely appreciating creative works. A 2014 study from researchers in Germany found that retirees who painted and sculpted had greater improvements in spatial reasoning and emotional resilience than a similar



group who attended art appreciation classes. Many assisted living facilities offer art therapy or similar programs to residents, and enrolling in such programs can promote social interaction and provide numerous benefits to men and

women over 65. Assisted living facilities offer an array of programs designed to help residents develop rewarding hobbies that can benefit their long-term health.

Keep your brain sharp as you age



Older adults interested in strengthening their brains may want to consider these strategies.

Cognitive decline is on the minds of many adults as they get older. Memory loss and trouble processing things can sometimes be a side effect of aging, as Everyday Health says the brain changes in size and structure as a person gets older. These changes can affect how well the brain works over time.

Furthermore, illnesses affecting the brain, such as Alzheimer's disease, may start showing their symptoms in people when they've reached their mid-60s, says the National Institute on Aging. Cognitive decline and dementia are not a certainty of aging. But older adults interested in strengthening their brains may want to consider these strategies.

Address high blood pressure
High blood pressure can increase the risk of heart disease and stroke. Maintaining healthy blood pressure and cholesterol levels is associated with better cognitive function, according to data published in 2021 in the Journal of Alzheimer's Disease.

Use all your senses
Harvard Health says the more senses used in learning something, the more of the brain that is involved in retaining the memory. Studies have shown that images paired with pleasant aromas leads to better recall later on.

Exercise regularly
Staying physically active helps maintain blood flow to the brain, which also helps reduce the risk for hypertension.

Eat brain-healthy foods
According to Cone Health Medical Group, studies show eating fish rich in omega-3 fatty acids, like tuna, salmon and mackerel, decreases risk for cognitive decline. People should avoid saturated fats, trans fats and hydrogenated oils.

Read and write frequently
According to a study in the journal Neurology, regular reading and writing in one's older years reduced the rate of memory decline by 32 percent. Joining a book club or simply reading more on one's own can improve cognition. Similarly, writing improves memory and communication abilities and can help strengthen the brain as well.

Drink healthy beverages
Tea and coffee can improve alertness and focus, as they're rich in polyphenols and antioxidants. A Place for Mom says caffeine in these beverages can help solidify new memories. Avoid drinking sugary beverages and limit consumption of alcohol, as neither boasts brain-boosting properties. Keeping the brain sharp is a multilayered process that involves healthy foods and beverages, exercise and brain-stimulating activities.

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Dufferin/Caledon Community Help Line

The Dufferin/Caledon Community Help Line is a free service that residents can access by calling 1-844-806-3093 Monday to Friday, from 8 a.m. to 8 p.m., to help navigate local health and social care resources.

Family Doctor

If you or a family member are unwell, please call your family doctor. If you do not have a doctor or your doctor is unavailable, please try one of the options below.

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Many symptoms can be controlled with over-the-counter medications. Your pharmacist can now offer prescriptions for:

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- Acid reflux
- Canker sores
- Cold sores
- Dermatitis
- Diaper Rash
- Hay fever
- Hemorrhoids
- Impetigo
- Insect bites and hives
- Menstrual cramps
- Nausea and vomiting in pregnancy
- Oral thrush
- Parasitic Worms
- Pink eye
- Sprains and strains
- Tick bites
- Urinary tract infections
- Yeast infections

Pharmacists are also able to renew prescriptions for most medications, such as blood pressure, diabetes and asthma medications.

Health811

Health811 is a free, secure and confidential service Ontarians can access 24 hours a day, seven days a week to receive health advice from a registered nurse by calling 811 (TTY: 1-866-797-0007), chatting online or navigating to Ontario.ca/health811.

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50 Rolling Hills Dr., Unit 5, Orangeville

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170 McEwan Dr. E., Unit 105, Bolton

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Chafford-200 Medical Center

195 Broadway Ave., Orangeville

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170 Lakeview Ct., Unit 2, Orangeville

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Volunteers play a vital role at Caledon Dufferin Victim Services. With only three full-time staff and the vast geographical areas of the Town of Caledon and the County of Dufferin to serve, the task of supporting victims of crime and tragic circumstances would be nearly impossible without them. Mature volunteers bring with them a wealth of skills and life experiences that are so unique and valuable. Please don't retire your skills when you retire, consider volunteering with us!

No experience necessary – you got that on your own. As a Crisis Responder-Volunteer, you will be trained to help victims cope with the impact of crime, tragedy and adverse situations. You will also learn how to provide short-term emotional support, community information and referrals. Your work will empower those affected by crime and tragedy to participate in the healing process of their choice. You will support people who have been victims of fraud, scams, family disputes, motor vehicle collisions, and other life situations. You will receive specialized training in many interesting areas, and our staff team will always be there to support you in your work. You will be offered opportunities for free ongoing training and support. Upon successful completion of our training, you will join a team of Trained Crisis Responders and choose your availability from a flexible schedule. Become involved in experiences that will change your life, while you make a difference in someone else's. Contact us at 905.951.3838; visit our website at www.cdvs.ca or email info@cdvs.ca for more information.

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Seniors can boost energy with the right foods



A balanced diet should include certain foods that are natural energy boosters.

A nutritious diet is a key component of a healthy lifestyle. And for seniors, the right diet can be a key part of treating any number of health issues. In fact, changing one's diet may be something seniors can consider if they are feeling sluggish. Food can be a helpful ally for seniors dealing with fatigue and low energy. WebMD says eating a balanced diet is one of the ways to improve low energy levels, and that balanced diet should include certain foods that are natural energy boosters.

- Whole grains: Switching refined grains for whole grains is a good way to boost energy. These grains are full of complex carbohydrates that help boost metabolism and provide energy. They'll also work longer in the body than the more refined options. Swap out "white" products like breads and rices for whole wheat or brown rice.
- Lean protein sources: While protein does not give the same quick boost of energy as a high carbohydrate

meal, it will help fuel the body and keep a person feeling full longer. According to Discovery Senior Living, protein helps increase concentration levels, produces stronger muscles and helps maintain optimal blood sugar levels. Chicken, tuna and legumes are some notable protein sources.

- Nuts: Most nuts are a complete package that provide healthy fats, proteins and amino acids that are good for the body. The fiber and carbohydrates in nuts digest more slowly and help provide a steady supply of energy throughout the day. Replace croutons in salads with nuts, or sprinkle some nuts on oatmeal at breakfast.
- Fruits and vegetables: Berries, sweet potatoes, dark, leafy greens, and other produce are low-calorie, low-sugar options for snacks and sides that boost health. They're full of fiber and antioxidants that can ward off illness, and they can provide an energy boost as well. Berries and vegetables can be added to smoothies or salads.

The right foods can help seniors restore energy levels and promote overall health.

SUDOKU

	6				8		7	
	9	5	3					
					4		2	
	8						4	
		3		1				
						7	3	5
2		9						8
8				2	7			4
					9		1	

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

7	1	2	9	8	6	4	3	5
4	9	3	7	2	5	6	1	8
8	5	6	1	4	3	7	9	2
5	3	7	6	4	8	1	2	9
2	8	9	1	5	7	3	4	6
6	2	7	1	5	3	7	4	8
9	4	6	2	9	3	1	8	5
3	8	1	6	4	5	2	9	7
1	6	1	8	2	3	7	4	9

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10:45 am to 11:45 am – Chair Yoga with Clare – Beverley Nurden Room, Bolton/Zoom
9:30 am to 10:30 am – Exercises with Sandy – Caledon East Community Complex

TUESDAYS:
9:30 am to 10:30 am – Exercises with Clare – Bob Smith Room, Bolton
9:00 am to 9:30 am – Beginner Tai Chi – Beverley Nurden Room, Bolton
9:30 am to 11:00 am – Tai Chi – Beverley Nurden Room, Bolton

WEDNESDAYS:
9:00 am to 10:00 am – Exercises with Cheryl – Beverley Nurden Room, Bolton/Zoom
10:00 am to 11:00 am – Exercises with Soraya – ZOOM ONLY
9:30 am to 10:30 am – Exercises with Sandy – Caledon East Community Complex

THURSDAYS:
9:00 am to 10:30 am – Nordic Pole Walking – Reception, Bolton
11:15 am to 12:15 am – Chair Yoga with Clare – Beverley Nurden Room, Bolton/Zoom
11:00 am to 12:00 pm – Exercises with Liz – Margaret Dunn Community Room

FRIDAYS:
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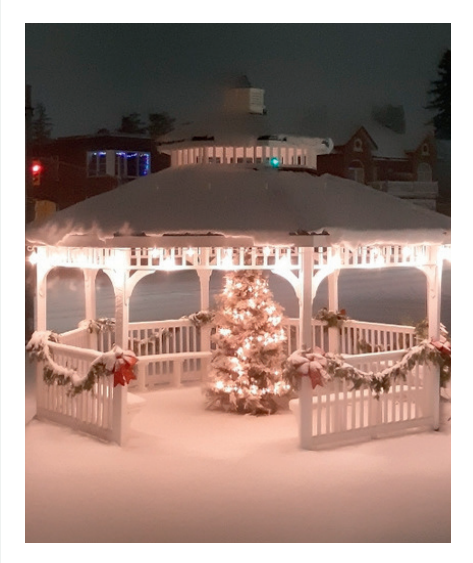
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ADD OATS TO ANY MEAL

A typical pantry contains a host of staples, including oatmeal. Oats long have been portrayed as simple comfort food that can feed a crowd for less. But there's nothing simple about the recipes that can be created when oats are in the mix. Oats are packed with nutrition, and even in their various formulations sold at the store, such as rolled or steel cut, they are minimally processed and almost always in whole grain form. Oats are notable for their ability to lower bad cholesterol and control blood pressure. They contain beta-glucan, which is a soluble fiber not found in most other grains. It has been shown to suppress appetite and help promote gut health. In addition, oats have anti-inflammatory and anti-itching properties, which explains why oatmeal baths are popular for various skin conditions. But oats are perhaps best utilized in the kitchen, as this assortment of uses for oatmeal in favorite dishes can attest.

- Oat flour power: Replace wheat flour with oat flour to deliver feelings of fullness with fewer calories. Ground oats or oat flour also can be used to thicken soups, stews and dips.
- Meatloaf magic: When making meatloaf or meatballs, use oats as an alternative to bread crumbs for binding ground meats.
- Oatmeal latte: By cooking oatmeal with milk, thinning out the finished product with more milk, and adding sugar and spices, anyone can whip up a tasty beverage that seems tailor-made for the coffee house.
- Overnight oats: Oats, when combined with low-fat yogurt, fruit or other add-ins, and left overnight to meld, produce a thick and filling breakfast food that is the best mix of oatmeal and smoothie.
- Oat-corn casserole: Oats can be mixed with cream-style corn, butter and milk to form the base of a side dish casserole. Grated cheddar or pepper jack makes this an ooey-gooney comfort dish.

To start your oatmeal recipe journey, try this recipe for “Cardamom and Orange Overnight Oats” courtesy of Oldways Whole Grains Council.

Cardamom and Orange Overnight Oats

Serves 2

- 1/2 cup plain Greek yogurt
- 1 cup rolled oats
- 1 cup unsweetened almond or coconut milk fortified with vitamin B-12
- 2 tablespoons chia seeds
- 1 tablespoon maple syrup
- 1 teaspoon orange zest
- 1/4 teaspoon cardamom
- 1/4 teaspoon ground cinnamon
- 1 tablespoon pumpkin seeds for garnish
- Orange slices for garnish



1. In a mason jar, mix yogurt, oats, milk, chia seeds, maple syrup, orange zest, cardamom, and cinnamon. Place the lid on the mason jar and shake.
2. Leave in the fridge overnight.
3. Top with pumpkin seeds and orange slices or other fruit.

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Stolen trailer in Shelburne recovered by Dufferin OPP

Members of the Dufferin Detachment of the Ontario Provincial Police (OPP) have laid charges and recovered stolen property as a result of a stolen vehicle investigation in the Town of Shelburne.

On Jan. 8, Dufferin OPP received a call for service at a storage facility on Victoria Street in Shelburne for the theft of a recreational trailer. Officers secured video surveillance where a Ford F 250 is observed entering the compound shortly after 6:00 a.m., on January 8 and then exiting approximately forty minutes later.

On Jan. 10, members of the Dufferin Community Street Crime Unit (CSCU), Nottawasaga CSCU, and with the assistance of Dufferin frontline uniform members executed a search warrant at a rural property



CONTRIBUTED PHOTO

in the Township of Melancthon. Officers located the stolen recreational trailer. The investigation determined the Ford F 250 involved in the theft was also stolen from an address in Peel Region. Officers located and recovered both vehicles.

As a result of the investigation, Kyle COOMBES, 29-year-old, of no fixed address has been charged with:

- Theft Over \$5,000
- Possession Property Obtained by Crime - Over \$5000 (two counts)

- Possession of a Schedule I Substance - other drugs
 - Possession of a Schedule II Substance - other drugs
 - Fail to Comply with Probation Order - (two counts)
 - Operation While Prohibited under the Criminal Code
 - Failure to comply with release order - (two counts)
- If you have any information or video surveillance footage in relation to this theft, please call the Dufferin OPP Detachment at (519) 942-1711 or 1-888-310-1122.
- You can also provide information anonymously by contacting Crime Stoppers at 1-800-222-TIPS (8477) or submit your information online at ontariocrimestoppers.ca/.

Impaired driving charges laid in Amaranth following traffic complaint

The Dufferin Detachment of the Ontario Provincial Police (OPP) have charged one driver with impaired operation related offences as the result of a traffic complaint.

On Jan. 11, just after 3:00 p.m., officers from the Dufferin OPP responded to a traffic com-

plaint in the area of CTY RD 109 and 2nd Line in the Township of Amaranth. Officers located the vehicle and driver and were led into an impaired operation investigation.

Helen RAINBIRD, a 64-year-old female, from Stratford has been charged with:

- Operation while impaired - alcohol and drugs
- Operation while impaired - blood alcohol concentration (80 plus)
- Driving motor vehicle with open container of liquor

The accused is scheduled to appear at the Ontario Court of Justice in Orangeville to answer to the charges. Their driver's licence was suspended, and the vehicle was impounded.

These charges have not been proven in court.

Orangeville man charged with impaired driving along Highway 10

Officers from the Caledon Detachment of the Ontario Provincial Police (OPP) have charged a driver on Highway 10 with impaired operation.

On Jan. 8, just after 1:00 a.m., an officer on patrol on Highway 10 located a vehicle on the shoulder near Hurontario Street. During the interaction with the driver, grounds were

formed that their ability to operate a motor vehicle was impaired by alcohol.

As a result of the investigation, Gary PALMER, 54, of Orangeville, was charged with:

- Operation while impaired - blood alcohol concentration (80 plus)

The driver's licence was suspended for

90 days, and the vehicle was impounded for seven. The accused is scheduled to appear at the Ontario Court of Justice in Orangeville on January 25, 2024, to answer to the charge.

If you plan on drinking or consuming drugs, plan to not drive. Instead, arrange for a designated driver, take a taxi or public transit, or come up with another plan that takes

impaired driving out of the picture. If you suspect that someone is driving while impaired by alcohol or drugs, it is important to call 9-1-1 to report it.



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LOCAL Arts & Entertainment

Arts and Entertainment 2023 Year in Review Part II

Written By **CONSTANCE SCRAFIELD**

Here we are, and welcome back to the second half of our 2023 Arts Review. Last week, we took you through some of the most significant arts and entertainment stories from January to May 2023 for Part I of the review. For Part II of the 2023 Arts Review, we will take you through all the most exciting art projects and events from June to December.

Let's begin with Leisa Way and the Wayward Wind Band, who performed 120 concerts around Ontario last year. Among concerts about other artists, her season did focus on Gordon Lightfoot following his death on May 1 and beginning in his town of birth, Orillia, on May 6.

Ms. Way mentioned the four concerts that stood out for her: Re-opening Early Morning Rain: the Legend of Gordon Lightfoot in Orillia, where she said, "We certainly felt the spirit of Gordon Lightfoot in the hall that night."

"Performing our Early Morning Rain concert outdoors for the Shelburne Rotary's Heritage Music Festival in Shelburne... Closing our Early Morning Rain tour at The Rose Theatre in Brampton... Opening Happy Days Are Here Again at Theatre Orangeville."

June: Headwaters Art – Around the Square invited artists to make an impression within just one square foot. They did not disappoint.

June 1: BookLore - Book discussion & launch with Alberta author and city planner Stephen Shawcross - "Bloodlines" and "To the Beat of a Different Drum."

June 3: Maggiolly - Painting on the side-

walk for the Orangeville Blues and Jazz Festival, adding colour underfoot for fun!

June 9: Orangeville Music Theatre (OMT) – Little Shop of Horrors, with the talent and enthusiasm of the cast and crew from OMT, performed this zany story of a ferocious flower. It was staged at the Opera House.

June 23: OMT – the younger cast brought Little Mermaid and her ocean to the Opera House, with her longings for a life she was not born to and how love beat evil and helped her wishes come true.

June 27 – 29: Leisa Way at the Orangeville Opera House – Songs of the Great American and the Great Canadian Songbooks – Music and stories from many of the best tunes for many decades, from both the US and Canada. Ms. Way and the Wayward Wind Band treated audiences to a couple of hours of fun and musical nostalgia – maybe the best kind.

July: TOV's Young Company Music took the month of July to rehearse and prepare for a full professional-level production of the Addams Family on the main stage in Theatre Orangeville. Performers must audition and understand the full commitment to the program of rehearsals and performing at a high level five days a week before a live audience at the end of the month. It was thrilling and life-changing for many of them.

July: Maggiolly Art – the business's window hosted Michael Pettes, mixed media artist

July 13: Elmer Isler Singers (EIS) - Music and Beyond Ottawa with composer and conductor John Rutter. A real thrill for the choir to work with this world-famous and prolific composer and conductor.

July 14: EIS – Westben Summer Series with Baritone Gino Quillico, The Barn in Campbellford. Westben sits on a 50-acre property in Northumberland County. The purpose-built theatre, The Barn, holds 400 seats and was constructed with care as to the acoustics.

July 17 to August 1: Maggiolly Arts – A kid's camp doing art was hosted by the Maggiolly with Katherine Olenic.

July 22: EIS – Festival of the Sound 20th Anniversary Gala with the Festival Ensemble at the Charles W. Stockey Centre, Parry Sound.

August: Theatre Orangeville's (TOV) Young Company Drama – the crew took on PUFFS to produce at the end of the month. The play featured the story of a boy magician looking to prove himself in the most famous of magic schools, regardless of whoever else attended. Where can there be better magic than in a theatre, after all?

August 11 to 13: TOV – The Summer Arts Festival at the Mount Alverno Luxury resort combined all the arts with three days of entertainment, including live music, comedy, artisans, Kidsfest, Eric Woolfe and his amazing Flea Circus, children's entertainers, Fay and Fluffy.

Drag Bingo was a highlight of the weekend.

August 13: Leisa Way Early Morning Rain – Shelburne Rotary's Heritage Music Festival in an outdoor concert attended by Gordon Lightfoot's nephew.

September 8: Caledon Town Hall Players (CTHP) – Love Letters – The classic story of a lifetime of friendship and romance told through their correspondence.

September 12 and 14: Maggiolly - Landscape Painting Workshops was taught by master impressionist painter John David Anderson

September 15 – 17: TOV - Whiskey Jack presents Stompin' Tom at the Opera House. The music of Tom Connors had audiences rocking in their seats. Duncan Fremlin, who had spent years travelling with Stompin' Tom back and forth across the country, told the tales and brought Tom to people in some wild stories.

September 16 – 24: Century Church Theatre – The Ferndale Avenue Christmas Carol – a somewhat different version of the favourite – all humour and cheer, early in the season to avoid the rush!

September 24: BookLore – Authors Afternoon, presented by the Headwaters Arts Festival, supported by BookLore at the Alton Mill. Featuring Max Wallace, author of "After the Miracle," and Cynthia Matthews, author of "Took You So Long".

October: Maggiolly Arts - Nahid Azari was the window guest for a couple of months, starting in October.

October 14: BookLore – Launch for "Beatrice and Barb," a beautiful picture book about a different kind of pet by Kate Jenks Landry.

October 21: BookLore – joined with the Orangeville Town staff to celebrate the launch of an exciting new picture book for all ages, "Once Upon a Forest." Written by Nancy Early and illustrated by Kasia Charko, this book is an excellent contribution to the history of Orangeville.

October 22: BookLore & Theatre Orangeville presented with Theatre Orangeville – Adam Shoalts at the Opera House with his latest adventure book, "Where the Falcon Flies." Shoalts is an amazing speaker about his solo canoe trips in the Arctic.

October 28: EIS – Celestial Light at Eglington United St. George's Church – fabulous concert of Requiem by Gabriel Fauré and sacred music by others, finishing with a cry for peace The Hour has Come by Srul Irving Glick, text by Carol H. Lackner

November 8: BookLore & Theatre Orangeville – Authors on Stage – Beloved Canadian actor RH Thomson & acclaimed Canadian author Anne Michaels presenting their books "By the Ghost Light" and "Held."


Continued on Page A13



MacMaster
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Sales Consultant



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Jeep RAM
Daniel Basra
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Orangeville Volkswagen
Carson Taylor
Sales Consultant

Dream Car - GMC Sierra Denali Ultimate
Fav Roadtrip Song - Life is a Highway - Rascal Flatts
First Vehicle - 2006 Pontiac Sunfire
When I'm not at work you can find me - In the kitchen cooking

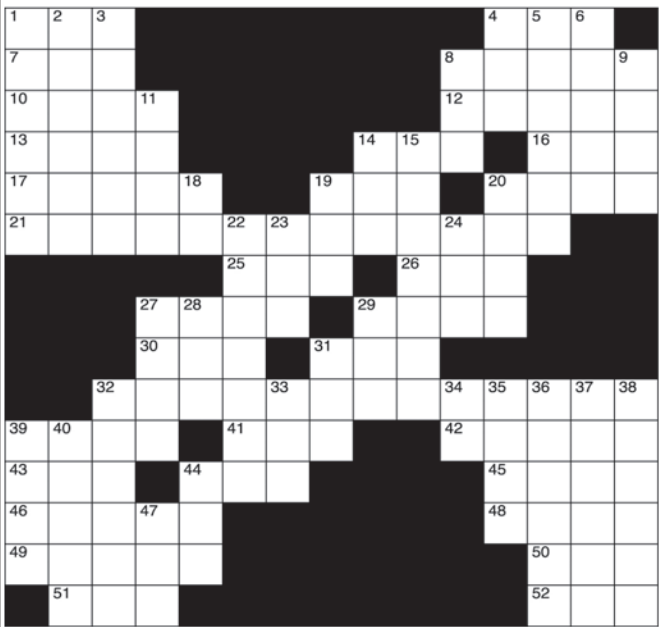
Dream Car - '66 Continental Convertible
Fav Roadtrip Song - Little Black Submarines - The Black Keys
First Vehicle - 1992 Ford Mustang
When I'm not at work you can find me - Riding my motorcycle or cruising in my convertible

Dream Car - Golf R
Fav Roadtrip Song - Candian Summer - Dean Brody
First Vehicle - 2006 Ford Ranger
When I'm not at work you can find me - Fishing or Golfing

BRACKETT
Auto Group

The Citizen CROSSWORD

Puzzle No. 241310 • Solution on page: CLASSIFIEDS SECTION




CLUES ACROSS

- Microgram
- Where golfers begin
- Each
- Warm weather metropolis
- Coat with sticky substance
- Girl's given name
- Myth (Spanish)
- Ultrahigh frequency
- Former NBAer Jeremy
- Where rockers work
- Your consciousness of your own identity
- Soft-finned fishes
- Localities
- Paddle
- Union
- Member of religious community
- Small shrill flute
- Small constellation in

CLUES DOWN

- the Milky Way
- They ____
- College kid on vacation
- de Armas and Gasteyer are two
- Part of the human body
- A progressive grading
- Sound unit
- Noise some birds make
- Abba __, Israeli politician
- Portuguese city
- Be extremely, uncritically fond of
- Resembling old Norse poems
- Ask for out of extreme need
- Sino-Soviet block (abbr.)
- Midway between south
- and southeast
- An insane person
- Boothe Luce, American author
- Buttock muscles
- Men's fashion accessory
- "Hotel California" rockers
- Electronic communication
- Magnetomotive force (abbr.)
- Hostelries
- A way to resound
- Exclamation: yuck!
- A resident of Indiana
- Exclamation of surprise
- Make a mistake
- Boundary
- Antilles island
- It's used to make furniture
- Clod
- They indicate where places are
- Bobby __, NHL champ
- Prints money
- Honorable title (Turkish)
- Appetizers
- Midway between north and northwest
- Spanish be
- Breezed through
- Grilled dishes
- In a way, excites
- Change mind
- A French abbot
- Popular candy
- Partner to cheese
- Wood or metal bolt

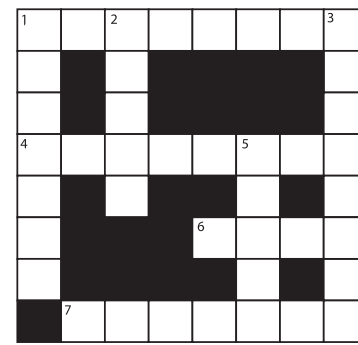
No one has more self-confidence than the person who does a crossword puzzle with a pen.



kids' corner

How they STAY that in...

ENGLISH: Page
SPANISH: Página
ITALIAN: Pagina
FRENCH: Page
GERMAN: Seite




ACROSS

- Resting
- Represented
- Food enjoyed on Tuesday
- Short novel

DOWN

- Enjoying a book
- Illumination providers
- Type of flower
- Path

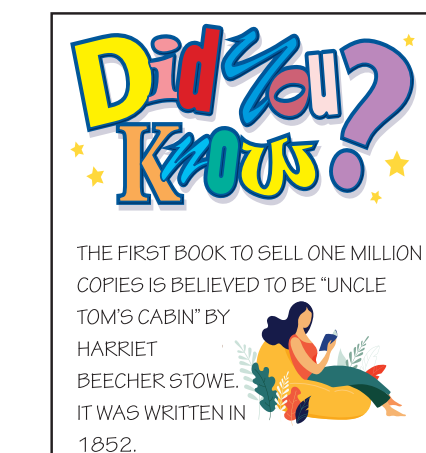
1. Reading 2. Lamps 3. Gladia 5. Trail
Down
Across
ANSWER: 44



BOOK FACT

A CHILD BETWEEN THE AGES OF 6 AND 11 WHO READS THIS MANY BOOKS IN A YEAR IS CONSIDERED A FREQUENT READER.

ANSWER: 44




Did You Know?

THE FIRST BOOK TO SELL ONE MILLION COPIES IS BELIEVED TO BE "UNCLE TOM'S CABIN" BY HARRIET BEECHER STOWE. IT WAS WRITTEN IN 1852.

New word

GLOSSARY
alphabetical list of terms in a book



Orangeville BIA Annual General Meeting

Thursday,
January 25th
at 7:30 pm

Opera House,
87 Broadway

Continued from FRONT

Police investigating illegal dumping at local Legion

• Install cameras on the property
• Place fencing and signs around the property
• Install additional lighting around the site
The Orangeville Legion and OPP are seeking any relevant information that could help in

the illegal dumping investigation.
If charged, the person who dumped the mattress would be charged with:
• Trespass to Property Act Section 2(1)(a)(ii) – \$65 fine – Engage in prohibited activity on premises.

• Environmental Protection Act Section 86 – \$125 fine – Abandoning material that is likely to become litter.
• Criminal Code Section 177 Trespassing at night.
Anyone with information that could help

the investigation is asked to call the OPP at 1-888-310-1122 or Crime Stoppers to remain anonymous at 1-800-822-8477 (TIPS) or www.crimestopperssdm.com.

Continued from A12

Arts and Entertainment 2023 Year in Review Part II

November 11: EIS continued their annual Remembrance Day tradition of singing at Toronto's Old City Hall as part of its Remembrance Day ceremonies.

November 11: CTHP – Norm Foster's Half-way There – The women of the coffee shop in Stewiacke, Nova Scotia, are best friends, but a Toronto doctor arrives, and everything changes.

November 12 – 29: TOV -The View from Here by Jamie Williams, starring himself and Melanie Jensen, is about a long-term married couple at their moment of self-reassessment. Touching, funny, beautiful ending.

November 17: Leisa Way – closing Early Morning Rain at the Rose Theatre in Brampton, on “what would have been Gord's 85th birthday,” with Lightfoot's drummer of 47 years, Barry Keane, “attending and hanging with us after the concert. Barry told us stories about working with Gord that we'd never heard before...”

November 25 – December 10: Century Church Theatre – Panto: Beauty and the Beast

– this theatre's annual treat fills the seats with audiences who make it part of their family tradition.

November 25: TOV – ‘Twas the Night Gala – the annual premiere fundraiser, a grand event of silent and live auctions and splendid entertainment, with David Nairn as MC and Auctioneer and held at the Best Western Orangeville, where Gourmandissimo dished up a superb dinner.

November 25 and 26: Maggiolly Arts - A Mixed Media Portrait Workshop was taught by award-winning artist and new Maggiolly instructor Stephanie Schirm.

November 25, December 2: “Achill Celebrates 40,” a special concert celebrating 40 years as Headwaters' mixed voice community choir featured guest string quintet and Achill alumni singers. It also featured conductor Shawn Grenke and collaborative pianist/organist Nancy Dettbarn. The performances were at Westminster United in Orangeville and Knox Presbyterian in Alliston.

November 30 to December 23: TOV's first

ever Panto, in honour of the 30th Anniversary: Cinderella – if the Shoe Fits, by Debbie Collins and David Nairn – is the ancient story in modern times. Cinderella is an organic farmer living in Greenville with the two (Evil) Silly Step-Sisters, their hilariously Wicked Step-mother, a charming if misunderstood prince, and the magical Buttons, fulfilling the traditions Panto demands. It kept audiences laughing and filling the house. Wonderful.

December: Maggiolly Arts placed the artwork of Jocelyn Burke in the front window.

December 3: BookLore & Theatre Orangeville presented Colonel Chris Hadfield at Authors on Stage. Discussing his latest thriller, “The Defector,” he took time to answer questions and sign every single book.

December 8: EIS – Handel's Messiah at Yorkminster Baptist Church – grand tradition.

December 10: BookLore & Theatre Orangeville – Canada's newsman, Peter Mansbridge, with his latest book, “How Canada Works,” at Authors on Stage.

December 12: TOV Academy Showcase

brings together the Academy programs in a tremendous show. Junior, Intermediate, Theatre Orangeville Exceptional Players (TOEP) and TOYS all trotted out their talents with skits and songs.

December 17: EIS – Sherry and Shortbread ‘at home’ – this event featured Christmas music and reading of Don Gillmor's The Christmas Orange by Ben Heppner.

For 2023: Dragonfly Arts, Joan Hope was not able to give us a list but wanted to let us know that in 2023, “We have welcomed five new jewellery artists, working in silver, gold, semi-precious stones and various other metals. “[We] introduced many new artists with temporary exhibitions through our Window on Broadway program.

“Our permanent artists continue to be recognized outside our community with shows and awards. New faces include a new studio artist, and we have a young intern from York University helping out.

“Our Sunday pop-ups went well in December,” said Hope.

Dufferin Arts Council joins DBOT and SPARC, offering more benefits

Written By PAULA BROWN
LOCAL JOURNALISM INITIATIVE REPORTER

The Dufferin Arts Council (DAC) is ushering in the new year with new added benefits for its members.

The local arts council announced in a press release on Jan. 15 that they'd become members of two organizations that will help provide more perks and services for their members.

“We're very pleased to be offering these new benefits and opportunities to our membership,” said Warren Maycock, chair of the Dufferin Arts Council. “It's a wonderful way to be starting out the new year.”

The Dufferin Arts Council has become a member of the Dufferin Board of Trade (DBOT), a community-building non-profit

organization dedicated to helping local businesses. This is done by helping them connect with other businesses and resources, advocating for business needs, promotion, and financial savings.

Perks DAC members now have access to include:

- Post organization or member events in DBOT's newsletters, which are distributed to about 1,300 people plus on their social media
- To receive the DBOT newsletter, sign up at www.dufferinbot.ca
- A listing in the Business Directory; members can also have their own free basic listing
- Participate in any of the free Level Up Dufferin training programs
- A free, no-obligation quote for special non-profit Health Insurance Benefits through

the Chambers Plan dufferinbot.ca/membership/membership-benefits/insurance-programs/

- Access the space rentals or special Business Support Services offered through the social enterprise, the BizHub.

The arts council has also become a member of Supporting Performing Arts in Rural Communities (SPARC), which is a network of producers, presenters, creators and community animators in rural and remote communities across Ontario. Some of the services and benefits for Dufferin Arts Council members include:

- Community consultations
- Regional showcases
- Community Presenter's Network Small Venue Pitch Sessions
- Peer-to-peer chats and connections to

SPARC social media

- Access to medical and health benefits (health insurance) via the Arts & Entertainment Plan
- Funding opportunities for creativity and cultural animation
- Newsletters

The Dufferin Art Council was formed in 1992 by a group of local residents who came together to help support artists and the arts in Dufferin County. Each year, DAC looks to raise money to fund projects that promote the development of artists and the arts in the community. In 2022, the arts council celebrated their 30th anniversary.

To inquire about becoming a member of the Dufferin Arts Council, visit www.dufferinarts.com.



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Adoption fee: \$275

Check our facebook page to see the other kitties looking for their forever home. Donations always needed to help care for the cats as we are not funded at all, and rely on donations and fundraisers. If you would like to volunteer as well we are always appreciative.

Kate

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ODSS Bears hockey team in second after win over Erin

Written By BRIAN LOCKHART

The Orangeville District Secondary School Scarlett Bears boy's hockey team is now in second place in the District 4 / 10 standings after a 7-0 shut-out over Erin District High School on home ice at Tony Rose Arena on Thursday, Jan. 11.

The win was almost certain when Erin showed up with only seven skaters on their team, so they couldn't roll out a second line. The game turned into a shooting gallery for the ODSS team.

After a shaky start to the season that saw the Bears win two and lose two, the ODSS team is now on a four-game winning streak that moved them up in the standings. They now have a 7-3 record and 14 points.

The Bears have two more games in the regular season, and if they win, they could move into first place before going into the playoffs.

The team from John F. Ross from Guelph is in first place in the District after only one loss in nine games.

Norwell District Secondary School is in the number three spot with a 6-1 record and 12 points.

St. James follows them with 12 points and Centennial Collegiate with 11 points.

Centre Wellington District High School is in sixth place with five points and two wins. Bishop Macdonnell is in the number seven spot, followed by Centre Dufferin District High School.

It's going to be a good playoff series, beginning with an opening round to determine which team will slot in the bottom playoff berth.

From there, the series will go into a quarter-final playoff round with four teams. Those games will wrap up on Feb. 20.



BRIAN LOCKHART PHOTO

ON THE ATTACK: The Orangeville District Secondary School Scarlett Bears boys' varsity hockey team is now in second place after a 7-0 win over Erin District High School at Tony Rose Arena on Thursday, Jan. 11. Bears goalie Lincoln Gear stops a shot early in the first period of Thursday's game.

A semi-final round will see four teams battle it out for a chance to go to the final.

The District 4/10 final game will take place on Feb. 28.

The Bears were up against Norwell District on Wednesday, Jan. 17, at the Tony Rose Arena. Game results were not available at press time.

ODSS will play their final regular season game against St. James on the ice at Tony Rose Arena on Tuesday, Feb. 6. Game time is 2:00 p.m.

High School basketball resumes following holiday break

Written By BRIAN LOCKHART

Highschool basketball teams have resumed their season going into the new year, with both Orangeville high schools competing in junior and senior divisions this year.

District 4 junior

The Westside Secondary School Thunder junior boys' basketball team is having a good season, going 4-2 so far, and they are currently in third place in the District 4 standings.

The District has five teams entered in junior competition this year.

The Thunder have averaged 58 points per game – and that's a good result for a junior team.

They have two games left on the regular season schedule.

The playoffs will feature the top four teams, with the Thunder already certain to have a playoff berth.

District 4 senior

The Westside Secondary School Thunder

senior boy's team is struggling this season, winning only one game after five times on the court.

The team has averaged 38 points per game this year.

There are only four teams in the competition this season. In addition to Westside, Centre Dufferin District High School, Norwell District High School, and Emmanuel Christian High School have basketball teams entered in the competition.

With only four teams, every team will enter a semi-final playoff game to see who will be going to the District championship game.

The Thunder have one more game on the regular season schedule.

District 10 junior

The Orangeville District Secondary School (ODSS) Scarlett Bears junior boy's basketball team is currently in fifth place in the standings with 4-5 record.

The team has averaged 52 points per game this season.

Eight teams have entered the District 10 junior competition this year. The District is

planning on having a quarter-final playoff round, meaning all eight teams will be eligible for the playoffs.

The ODSS junior team has three games left on the regular season schedule.

Their next game is scheduled for Tuesday, Feb. 6, in the gym at ODSS.

Game time is 5:30 p.m.

District 10 senior

The Orangeville District Secondary School Scarlett Bears senior boys basketball team is in sixth place in the District 10 standings.

There are eight teams entered in the District 10 competition this year.

With nine games behind them, the Bears have a 4-5 record and eight points. They have averaged 54 points per game this year.

Going into playoffs, all eight teams will be eligible for a berth in the playoff schedule.

The Bears have three games left on the regular season schedule, which will wrap up on Feb. 8.

Their next home game is scheduled for Tuesday, Feb. 6, in the gym at ODSS.

Game time is 4:00 p.m.

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But first, coffee

I like the sound of the word simple. The hiss of the s, the hum of the m, the soft landing of the p-l-e. I like the word simple for what it stands for and represents. In ‘War and Peace,’ Tolstoy states (rather simply) that: “There is no greatness where there is no simplicity, goodness, and truth.”

A few years ago, I made a pledge to simplify my life. It was my response to a world that seemingly was, and still is, trying to turn us into addicts. We’re constantly being prodded to listen, look, swallow, swipe, click, buy, send. My response was simple: to make choices that would simplify my life. I wanted to focus on five to seven things that would ground and colour my life: family, health, books, words, and food. In some ways, I feel like the pursuit of a simple life is an act of rebellion.

When I think of simple, I think of my grandmother and how she fed her family — she planted and picked, bought the cheapest cuts of meats, and worked magic with leftovers. It was never fine dining, but it was simple and, in some ways, great (see Tolstoy). As I got older and learned to appreciate what she did and how she did it, I brought that same practice to my own kitchen. I try to make simple dishes that taste good while respecting what I learned from my grandmother. My pizzas are sim-

ple: dough, sauce, and cheese. A few sprigs of basil. A touch of oregano. I pay a little more for a good can of tomatoes and source cheeses with a good melt. When you buy quality ingredients, you don’t need to bury your pizza under 15 toppings.

And then there’s coffee.

I love me a good cup. Just black. No milk. No sugar. Nothing. Nothing but a good quality bean, water, and time. Simple. Magic.

It wasn’t always this way.

For a while, I flitted between Starbucks and Tim Horton’s (I’m ashamed). Tim’s was cheap; Starbucks was all about that drip, and that cup, and it was better coffee than Tim’s (not by much). Early in my teaching career, it was fast coffee all the time. If a teacher wasn’t buying, a student was. I was pounding so many coffees that, on some days, I felt like I was drowning in coffee and flying on caffeine. Eventually, I reached peak fast-coffee. I turned away from the brands and what they represented. I got tired of the coffee sh*tick and began to see what these places were all about. Everything that was wrong with the world could be spied at a coffee drive thru: idling cars; our need for convenience; garbage cans filled to the brim. All for a half-ass cup of coffee (at the end of the day,

Tim’s tastes like bathwater; Starbucks just tastes burnt) Both give people what they want: bad coffee. I needed to find a simple solution to something that just got way too complicated.

The first thing that I liked about Mochaberry was that you had to get out of your car to get a coffee. It needs to be a good cup of coffee because you have to work a little bit harder to get it. It’s always an experience. On your way in, you’re bound to come into contact with someone you know (the place is narrow like a stir-stick). You may even get yelled at for holding the door for the gentleman with the four-legged walker; you should consider buying Warren a coffee the next time you see him handing out flowers to the baristas. You’ll have to be patient for the ladies who just finished their yoga practice (they’re a little too amped up for my liking). The space is tight, but the coffee is right. I love that you can find them at the market and community events. They care enough about the community to share their wall space with local artists and community groups. I’ve tried coffee at bougie hipster spots all over Toronto, and I always feel like I’m being duped. Mochaberry makes an honest cup of coffee. Oh, and there’s the Raspberry White Chocolate muffin.

At home, there’s only one way we make our coffee: with Love — and a little bit of muscle. We make our coffee with a French Press (the French make everything look cool). We buy bags of whole bean coffee. We use a hand grinder because it offers a more consistent grind (it’s in the details, man). It took about six months for us to land on the perfect water-to-bean formula and the exact brewing time (and yet, my wife still makes a better brew than I do). I just love the process, the experience— the grinding of beans, the aroma wafting through the room, the press, the pour, the coffee. Followers of Zen Buddhist Master Thich Nhat Hanh swear they’ve seen him reach Nirvana while making and drinking a cup of tea. So simple, so profound.

I’ve been struggling with my writing lately. I’ve been accused of thinking about it too much. Perhaps, I should approach the word game like I do my food game and my coffee game. Jack Kerouac wrote: “One day I will find the right words, and they will be simple.” Just like a good cup of coffee. Just like a great life.



ANTHONY CARNOVALE
OPERATION: BLACK COFFEE

Israel vs the ICJ: Is it a waste of time?

The two sides have had their day in court — one day each, actually. The seventeen judges of the International Court of Justice (ICJ) have now retired to consider what interim decisions they should make on South Africa’s accusation that Israel’s actions in the Gaza Strip amount to the crime of genocide. Is this just a waste of time?

The response of Israel’s mass media and most Israeli politicians has been to treat the case as simple antisemitism, but the fact that the government hired top-flight international lawyers to defend itself before the court reveals a different reality.

The accusations of antisemitism are ridiculous. The court’s other recent decisions were against Burma (for attempted genocide against the Rohingya), against Russia (for falsely claiming that an alleged genocide by Ukraine justified the Russian invasion in 2022), and against Sudan’s military regime (for slaughtering ethnically African tribes.) No Jews there.

Moreover, Israel is not exposed to any real risk of punishment. Even if the ICJ finds that South Africa has a good case, any action the court takes will be unenforceable if the United States uses its veto on the Security Council.

Yet by sending its lawyers to The Hague

to contest the charges, Israel has effectively recognized the court’s jurisdiction. Something real is at stake here, even if it is only Israel’s reputation. The cynics think such things do not matter. The experts know better.

The people bringing the case before the ICJ are experts, too, and they are probably not just South Africans. There were almost certainly quiet discussions between leading members of the BRICS (the organization that aspires to become the international voice of the developing countries) before the task was given to South Africa.

It’s a good choice, because South Africa has a) lots of very good lawyers; b) a legal system that remained largely uncorrupted even through the worst days of apartheid; and c) a population that can spot another apartheid-like political system (like that in ‘Greater Israel’) in a single glance.

Nevertheless, proving the crime of genocide is so hard that there are few convictions. It’s usually fairly easy to show that people are being killed in large numbers, and even that it is being done in a negligent fashion, but the crime of genocide requires intent.

“It’s not sufficient to show you killed people en masse,” explained Nick Kaufman, a British-born Israeli lawyer with much experience

arguing before international tribunals. “You have to show that the government’s intent was to kill people en masse with the intent of wiping out their ethnic group wholly or partly.”

‘Intent’ is hard to prove because it is impossible to read other people’s minds. Very few people will say they are planning a genocide, even if that is what they intend. It usually has to be deduced from the statements and actions of those in power.

Admittedly, Israel is a bit of an exception in this regard, in the sense that the extreme-right religious and nationalist politicians on whom Prime Minister Binyamin Netanyahu’s coalition depends for its survival do say the most amazing things.

Indeed, the South African lawyers could even quote Israeli President Isaac Herzog saying about the residents of the Gaza Strip: “It’s an entire nation out there that is responsible. This rhetoric about civilians not aware, not involved, it’s absolutely not true.”

The lawyers referenced Netanyahu likening the Palestinians to the Israelites’ biblical enemy the Amalekites, whom God ordered the Chosen People to destroy to the last man, woman and child, and Defense Minister Yoav Gallant’s statement

on “fighting human animals.”

But even that does not prove intentional genocide: talk is cheap, and the court needs hard evidence. In fact, neither side actually expects a verdict of genocide — or cares much, given that past performance suggest that a final judgement is three or four years away. (The mills of justice grind slowly, etc....)

What both sides are very interested in is the interim measures that the court recommends in a few weeks’ times, in order to limit the damage while it works towards a final conclusion. In the Russian case, for example, it ordered Moscow to stop the war in Ukraine at least until the case was settled.

Russia didn’t obey that, of course, and since it has a Security Council veto it has suffered no legal consequences. The same is true for Israel, if the American veto still protects it — but what if the court says Israel has to stop the fighting, or at least protect civilians much better?

If President Biden is looking for an excuse to make the Israelis stop (and he probably is), this could be the pretext he needs.



GWYNNE DYER
OUR WORLD TODAY

On a Sunday morning

It was a sad day, I thought, when the British government allowed shops to open on Sundays. I really loved Sundays in London, England. Once a week, there was a special calm; motor traffic was considerably reduced, making the air a little more breathable, and the crowds jamming the sidewalks and pushing into shops were basically gone. They were staying at home with their families, bless them, chowing down on the Sunday roast. At least the pubs were still open but for fewer hours, mind you. There was still time for a chap to nip across the street for a pint or two after a lunch of roast beef with all the veggies, Yorkshire pudding and a bulky dessert. I marvelled at the talent that could down a decent quantity of beer following so much food.

Well, they could and did and sported the bellies to prove it.

Opening the doors to Sunday shopping suited the stores alright, but it ruined the definition of a week when no day was quiet. Instantly, the law was confirmed; Sunday was just another day of heavy traffic and busy sidewalks. It made me wonder how much shopping we had to do for the stores to be so busy on Sundays when there were six other days of the week to run errands.

It makes me wonder, too, if being able to shop seven days a week has made a difference, however slim, to how much more we spend than we did with only six days to shop. Or, to put it another way, did stores see increases in sales overall even though they have to pay staff to come in for that additional day?

After all, one almost always buys something extra to the list one brought to restrain oneself and do these extras benefit shop owners more than one might realize. If we returned to shopping on fewer days, would we actually save money and still have all that we need in our homes?

Routine is comforting in many ways. To count on that one enforced day of rest from shopping and most of the commerce of our lives, one day to hang out with family or a friend; to take the time to make and consume a leisurely meal; go for a walk in a town that is noticeably less busy and maybe have that idle moment to notice things we were in too much of a hurry shopping, to notice before.

Once in a while, there is talk of all businesses going on a seven-day cycle, and I guess some of them do. Hospitals and emergency services must be available, but we still only get our mail five days a week.

Restaurants in town here close on Monday; some more days than that, but by and large, the offices are shut on Sunday.

I looked this all up, and the issue is still a matter of debate in the U.K. Being a country of many millions of people who are much more inclined to engage in politics than we seem to be, it was no simple matter of whether or not to allow Sunday shopping. All the benefits of taking one day a week off versus the very many opinions of “to open or not” were more or less settled at last in 1994 when Parliament approved the Sunday Trading Act. This allowed limited opening times on Sundays for larger outlets at six hours only.

Here in Canada, Sunday closing was debated as being based on religious directives and thus a matter of biased restrictions. The Canadian encyclopaedia tells us “On 24 April 1985 the Supreme Court of Canada in the BIG M DRUG MART case struck down the Lord’s Day Act on the grounds that it contravened the freedom of religion and conscience provision in the CANADIAN CHARTER OF RIGHTS.”

The Lord’s Day Act was a law passed in England under Charles I in the 17th Century, an act prohibiting “Abuses” on the Lord’s Day, namely Sunday. This became

part of the melting pot of British laws ruling the New World, specifically Canada. However, controversy over the law here still exists.

Don’t worry, I am well aware that Walmart, Loblaw’s and well, everybody, I guess would never agree to the backward step of forcing us all to cool our heels, as my daughter Patricia says, closing them on Sundays. Even so, many shops do agree that shopping hours should be shorter on Sundays.

It is not about religion; it is about the attitude that life has to be the same every day and that there is no thought to the real benefits of taking a day off. We need time to recharge, to have genuine time to ourselves; social time with others.

Businesses dealing with overseas companies have a variety of expectations on how many hours a day their employees will work. Those employees must measure those demands with the very clear damage to their health such jobs may inflict.

Yet, to idle sincerely without calling it lazy is to give ourselves creative time.



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Canada’s economic pillars are on shaky ground

Canadians are feeling increasingly pessimistic about their financial well-being – and for good reason.

A new national survey from Pollara released last week confirmed that nearly one out of every two Canadians said they expect their household income to drop this year, with a majority of Canadians saying they are “worried” about their personal finances.

What’s keeping Canadians up at night?

According to the survey, it’s the high cost of groceries, which is taking a bigger and bigger bite out of everyone’s paycheque. Many mothers and fathers throughout the country go to bed every night worried about having enough money to feed their families. That should never happen in a country as rich as Canada.

But it’s not just higher grocery bills eating into the take-home pay of most Canadians.

Higher taxes are also making Canadians poorer. A whole slew of new taxes are scheduled to take effect this year,

including higher taxes for Employment Insurance and the Canada Pension Plan, as well as added taxes on gasoline and home heating.

If all those extra taxes weren’t bad enough, we got news last week that the quarterly federal debt payment in Canada hit an all-time high. According to Statistics Canada, Ottawa spent over \$11 billion in the third quarter of the current fiscal year.

In plain terms, it means that ten cents out of every dollar of revenue the government collects is now going to pay interest on the debt. The national debt is a runaway freight train heading for the cliff – and few people are sounding the alarm. The worst part is that we have no plan in place for tackling the debt.

When you add all of these factors together, on top of a chronically feeble economy, it’s hardly surprising that Canadians are growing poorer and poorer year by year.

And the reason why is that Canada’s economic fundamentals are all on shaky ground.

FRANK STRONACH
CREATING AN ECONOMIC CHARTER OF RIGHTS



As we head into the new year, deteriorating consumer confidence and lower consumer spending will hurt small business the most. It seems that small business always gets the short end of the stick.

When it comes to taxation or regulation or economic policies, the rules are almost always slanted in favour of big business. And yet it’s small business that shoulders most of the load when it comes to creating jobs and developing new products and technologies. It’s baffling that such a large, fundamental chunk of our economy is routinely neglected.

We need to create a more level playing field that unshackles small business and gives them the opportunity to flourish. And we need to firm up the other pillars of our economy so that Canadians can enjoy higher living standards.

A national economic charter of rights and responsibilities would accomplish this. The charter would require government to pay down the debt over twenty years, reduce spending by a specific

percentage each year, and cut red tape. It would also require the government to reform our tax system by making it simpler, more transparent, and fairer. In short, it would establish the strong, solid foundation necessary for our economy to grow.

An economic charter would also ignite our economy by giving millions of Canadians the chance to participate in profit sharing, by removing income tax and reducing the regulatory burden on small business so they can thrive and grow, creating new jobs and new wealth that will benefit all Canadians.

Until we shore up our crumbling economic pillars, the vast majority of Canadians can expect living standards to continue to erode.

Frank Stronach is the founder of Magna International Inc., one of Canada’s largest global companies, and was inducted into the Automotive Hall of Fame.

Stop talking about it

The word ‘racism’ is thrown about a lot these days.

In fact, it’s in the news pretty much every day in one way or another.

The word ‘racist’ has become one which gets thrown into an argument at the drop of a hat by some people – especially those who are arguing some kind of agenda.

For many people, calling the other person ‘racist’ or accusing them of ‘racism’ is the knee-jerk reaction to any event, comment, or idea they don’t like.

I’ve seen people on news shows accuse other people of being ‘racist’ when they are of the same race but from different parts of the world or of a different religion. It made no sense at all.

Just scream ‘racism’, and everyone is afraid to say anything after that for fear of also being accused.

I read a quote from noted actor Morgan Freeman, who said the way to stop racism is to ‘stop talking about it.’

I researched the quote and found he said it on a news show several years ago.

To stop talking about it may seem like a weak response at first, but when he

explains what he means, it makes perfect sense.

“I’ll stop calling you a white man, and you stop calling me a black man,” he said to the TV host.

The media, in particular, is bad for pointing out a person’s race when it comes to news stories – especially when race has nothing to do with the story. And they only point out the race when it is a non-white person.

A recent tragic incident in Florida resulted in the death of a football fan from Six Nations in Ontario. The man was a Buffalo Bills fan and travelled to Miami to watch them play the Miami Dolphins. An altercation after the game resulted in the man being shot and killed.

A CBC report on the incident began with the line, “An Indigenous man from Ontario was shot and killed in Florida.”

What does the fact that he was Indigenous have to do with the story? Why point that out? The fact that an Ontario man was killed is the story, not the fact that he was Indigenous.

He was there to watch a football game,

not solicit funds for the Indigenous community or promote an Indigenous philosophy. He is the victim of violence that had nothing to do with his ethnic background.

If a white guy named Bob Smith, who attended a local Presbyterian church, was murdered, the story would not begin with ‘Local WASP murdered.’

This type of labelling goes on all the time.

As part of my job, I do a lot of research in many different areas. This includes historical research.

For some reason, articles and news reports always managed to include the fact that a person involved in the story wasn’t white.

It could be something as simple as a UFO sighting, and the story will point out it was an ethnic minority who saw the flying saucer.

It always seems to say something like, “Fred Jones, an African-American man, saw the UFO over his farm on Monday night.”

What does being an African-American have to do with the fact that a guy saw

a UFO flying over his property? Isn’t the story about a UFO and not a person’s ethnicity?

And why is it also pointed out when a person is the first of their race or ethnic background to achieve something? Why not just congratulate the person on a job well done or valuable contribution without having to point out the person’s race or ethnicity?

I can think of no other time you would mention race in some type of social setting.

When have you ever been to an event, and someone was introduced as “George, the brown guy,” or “Bob, the white guy?” It simply doesn’t happen, so why is it always mentioned in news stories?

To ‘stop talking about it,’ seems like a simple solution, but it would be effective in a lot of ways and eliminate a lot of problems – especially those where there shouldn’t be a problem in the first place.

BRIAN LOCKHART
FROM THE SECOND ROW



The mind: A not so great depression

Mental health is an issue that has only grown in recent years. More discussions, calls for work-life balance, burnout, therapy; all these concepts and ideas have become more of a focus.

And it’s a big discussion for January. The saddest day of the year is generally the third Monday of January, called “Blue Monday.” Maybe January is just a lousy month in general. After the excitement of Christmas and end-of-year holiday celebrations, we’re feeling the hangover. Kind of feels like nothing is happening. Perhaps how you feel at the beginning of a new year can carry throughout the rest of it.

I’d argue that the mind is a frontier we’ve yet to fully explore and understand. As humans, we’ve conquered the seas, explored new worlds, conquered vast lands, followed a manifest destiny to tame the Wild West, and put men on the moon. But the mind is such a tricky place to explore. And it’s very easy, and dangerous, to get lost in. Even if it’s in your own head, you may think you know yourself, and it’s scary to get lost in your own head. The feeling of being stuck and unable to escape.

Programs and initiatives, like Bell Let’s Talk and Mental Health Awareness Month to help bring information about mental health issues, to break the stigma, have only

increased. Because mental health is a broad umbrella of different types, anxiety, agitation, stress, Bipolar disorder, and depression are just some. And it’s difficult to fully help someone because no two people are exactly alike.

The thing with mental health and depression is it’s harder to physically see. You can see when someone has a broken arm dealing more with health issues, but mentally, it’s tougher to see. But it’s there. Look at someone’s personality and interaction, how they sound, what they say. They might be cold, quiet, lethargic, or just lay in bed and not be responsive. But you can’t see what’s going on in their mind.

The biggest problem with mental health is that it also impacts your physical health. Depending on your mental health, you might eat too much or too little. You lack sleep. Long-term effects like heart disease, diabetes, and stroke can be traced back to mental health issues. You might turn to drugs or alcohol and cause even more serious damage to yourself. And, of course, there’s the big one – suicide.

When something is bothering me, and I think of it at night, it’s impossible to sleep. Then I get agitated; my body temperature starts making me feel like I’m on fire. And the lack of sleep means I don’t have a good day.

When your body takes a beating, you

muscle your inner strength to pull yourself up. But when your mind is down, your body – and everything else – falls into that same hole, and makes it even tougher to get out of. Physically, you can do it, but your mind says no, and so your body follows your mind. Mental health has no particular target. Anyone at any age can be impacted – even children – regardless of race, religion, or physical attributes.

In today’s world, there are so many more internal and external factors that play a role in our mental health. The mind is a constant battle zone that’s become even harder to maneuver through and, at times, overcome and win.

Of course, the stigma around mental health is a massive problem, and that’s what needs to be looked at. When judgment is removed, it makes those barriers easier to go through to seek help.

But mental health shouldn’t be something discussed for only a day, or even a month. It’s something we, either individually or in our circle of friends, families, colleagues – who-

ever – need to undertake constantly. Don’t be ashamed to seek a therapist or just talk to someone.

The first step to solving a problem is admitting there is one, then seeking a solution. Talking to someone, even a friend, goes a long way. You feel like you can move forward. When I keep something to myself, it impacts my family and friends because eventually, they know something is bothering me, and it festers inside me, growing darker and uglier until it comes out, and an unpleasant fight ensues. Please talk to someone whenever you can. For those on the other end, please be there for that person reaching out. You are a help, even if you think you’re not. Don’t make it harder for them than it already is.

Progress on the mind has been made, but there’s still a vast uncharted frontier in there that we’ve yet to fully discover and realize. The journey to improving mental health is not finished.

JASEN OBERMEYER
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CVC shares PSA on staying safe around waterways

Written By SAM ODROWSKI

The Credit Valley Conservation (CVC) would like to remind residents of the dangers near streams, rivers, ponds and lakes this time of year.

The organization urges people to exercise

caution and keep family and pets away from the edges of all waterways.

While temperatures have declined since December's unseasonably warm weather, Orangeville is experiencing frequent freeze-thaw cycles and winter storms bringing wet and mixed precipitation.

This is expected to continue throughout the coming winter months.

"Fluctuations of temperature and precipitation types can increase runoff and contribute to higher water levels and faster flows in local watercourses. Once rivers and waterbodies become ice covered, periods of

rainfall and snowmelt can result in the weakening, shifting, and melting of that ice cover, making it unsafe," said the CVC in a press release.

"Residents living next to watercourses are encouraged to secure loose objects, such as lawn furniture and watercrafts, that are in the floodplain in preparation for the spring snowmelt and rains that can increase the risk of flooding downstream."

Be safe this winter and remember the following tips:

- Keep family and pets away from all bodies of water
- Avoid all recreational activities in or around water, including skating in unsanctioned areas
- Tailor your winter outdoor activities to trails at local parks and conservation areas
- Stormwater ponds/facilities were not built for ice skating. Water levels on these ponds can change due to road salt, snow melt and changing temperatures causing cracks and dangerously thin ice.
- Rescuing another person or a pet from ice is dangerous. If you see anyone that has fallen through the ice, call 9-1-1 for help immediately.

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NOTICE IS HEREBY GIVEN that on behalf of Rajendra Bissoon an application will be made to the Legislative Assembly of the Province of Ontario for an Act to revive 1227068 Ontario Inc.

The application may be considered by the Standing Committee on Procedure and House Affairs. Any person who has an interest in the application and who wishes to make submissions, for or against the application, to the Standing Committee on Procedure and House Affairs should notify, in writing, the Clerk of the Legislative Assembly, Legislative Building, Queen's Park, Toronto, Ontario, M7A 1A2.

Dated at Brampton, this 6th day of December 2023.


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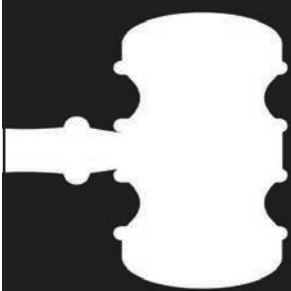
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OBITUARIES

MARIA BROWN (NEE AMANN)

1967 - 2024



Maria (wife of Ken Brown, deceased) died peacefully at Bethell Hospice in Inglewood, Ontario, Stella by her side, after a lengthy battle with cancer on January 9th. She is survived by her siblings in Austria, brothers Andi Angerer and partner Barbara, Klaus Amann and wife Monika, and her sister Kony Amann, as well as by her sister Bernadette Stroemhaell and husband Sven, in Sweden. She is also survived by nieces, nephews and cousins in Europe, as well as her extended family, Ingrid Gingell, Simon Baines and Susan Ives, in England.

Maria is also survived by numerous friends who have constituted her Canadian family and who have surrounded her with love and companionship since 1987. Maria was a remarkable woman with a kind, loving, generous heart. She was compassionate, intelligent, hardworking, forthright, fearless and adventurous.



She was a woman who loved travel, music, good food and drink, going for walks, and the company of friends, and of course, there was a special, deep love for her husband, Ken, and her darling dog, Stella.

We cannot measure the hole left in the hearts of those she has left behind, but her capacity for love of her family and friends, and the respect of colleagues, will linger in the hearts and minds of those whose lives she has touched. Rest in peace, sweet Maria - aka Frau Brown!

At Maria's request, she is to have a simple cremation and no service. She has suggested that if anyone wants to do something in remembrance of her, that they adopt a child or pet if that can be done responsibly, plant a tree, donate to an animal shelter or animal adoption agency, or donate to Bethell Hospice.

MONK, STEWART CALDER

JULY 26, 1953 – JANUARY 7, 2024

Stewart is survived by his loving partner Patty Lambertus and fondly remembered by the Lambertus family. He was predeceased by his loving mother Lena, Aunt Margaret and the Stewart Family. Stewart was born and raised in the Scarborough area. He was one of a kind. The most loyal son, partner and friend.



The first 25 years of his life was devoted to music and he graduated with a BMus from the University of Toronto. After years of dedicated training, he was ready to embark on his musical career when he discovered figure skating and he never looked back. In true Stewart fashion, he dove into skating lessons, sat on executive boards, mentored under famed coach Wally Diestelmeyer, trained as a judge, researched the sport tirelessly and then started coaching professionally.

He met Patty on the ice in Orangeville and she remains shocked and amazed at his talents, accomplishments and idealism. Together they created the Ice Excellence Coaching Team and Dufferin-Peel Skating Club at Teen Ranch Ice Corral where generations of skaters and coaches pursue the sport in a supportive team environment. Stewart also managed the Mono Plaza Bingo for many years enabling funding for figure skating and many local service organizations.

Stewart faced many health challenges in his later years due to type 1 diabetes. We are grateful to all of his healthcare professionals, but gives special thanks to Dr. Brian Wilson and June, Saint Elizabeth Health Care (Nurse Mandy), Closing The Gap's caring PSWs and Marshall, whose skill and dedication made it possible for Stewart to remain at home with us.

Big thanks to family friend Monica who regularly visited Stewart and kept his hair looking great. Stewart always had a sparkle in his eye and a nod for Monica.

Stewart was a reader, a researcher, a builder, a teacher and a dreamer. He wanted to be so many things and seemed to be always racing against time, but now he will rest.

There will be no visitation or service as per our families wishes.

Donations in Stewart's memory can be made to Teen Ranch, Caledon by etransfer to bookkeeper@teenranch.com or if receipts required to Teen Ranch Ministries at giving@teenranch.com. Online condolences can be made at www.imfunerals.com.

In Memoriam Funeral Services Inc., has been given the honour to serve the Monk and Lambertus families.

FARQUHARSON, EDWARD BRUCE (EDDIE)

Peacefully at Headwaters Health Care Centre, Orangeville on Sunday, January 14th, 2024 at the age of 57.



Beloved friend of Ann May, Chris May, Emma May, Cole May, Karen May, Chris Tombasco, Zander Smith and Alexis Tombasco. Eddie will also be greatly missed by his family at Community Living Dufferin.

Memorial service will be held at *Dods & McNair Funeral Home, Chapel & Reception Centre*, 21 First St Orangeville, Ontario on Sunday, January 28th, 2024 at 12:00 pm. with visitation beginning at 11:00 am. Condolences may be offered to the family at www.dodsandmcnair.com

GRAHAM, BRUCE

Peacefully at his home on Thursday, January 11th, 2024 at the age of 82. Beloved husband of Christine Graham for 56 years. Dear father of Scott Graham and Tracy Hellquist . Loving papa of Evan (Kassidy), Chad, Brett and Carson. Great papa of Addison and Kayce. Bruce will be greatly missed by other cherished relatives and friends.



Celebration of life will be held at the *Dods & McNair Funeral Home, Chapel & Reception Centre*, 21 First St., Orangeville on Friday January 19th from 3:00 to 6:00pm. In lieu of flowers memorial donations to Canadian Cancer Society would be appreciated by the family. Condolences may be offered to the family at www.dodsandmcnair.com

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