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PAULA BROWN PHOTO

BOOST FOR FOOD BANK: Shelburne Auto and Cycle presented \$2,000 to the local food bank Shepherd's Cupboard, last Thursday (Dec. 17) at their garage. The donation was part of the businesses annual effort to support different causes within the community. (Left to right: Preston Joseph, Tanner Keeping, Dan Bullock, Niels Pearson, Chris Ferris, and Beth Brown).

Ontario enters province-wide lockdown starting Dec. 26

Written By PAULA BROWN LOCAL JOURNALISM INITIATIVE REPORTER

numbers of COVID-19 cases continue to rise daily and the Province looks to prevent in- County. undating hospitals and intensive care units

(ICU) with sick patients. "This difficult action is without a doubt break areas to areas with fewer cases. necessary to save lives and prevent our hosing weeks. Make no mistake, thousands of lives are at stake right now," said Premier consequences could be catastrophic."

made by Ford during a press conference on into a four-week lockdown. Monday (Dec. 21). The lockdown will take effect on Dec. 26 (Boxing Day) and will reday," said Ford. "We have seen a 70 percent main in place until Jan. 23, 2021 for health increase in hospitalisations and 80 percent units in southern Ontario. Regions in north- increase in ICU admission in the past few ern Ontario, where numbers of COVID-19 weeks." are significantly lower, lockdown ends on Jan. 9, 2021.

(WDGPH) has reported a total of 2,149 cas- be done. es of COVID-19 in the region since the start

59 in Dufferin County and 44 in Wellington whelmed."

on the spread of the virus for higher out- the risk of inter-provincial travel and the

Prior to the lockdown decision the Ontarpitals from being overwhelmed in the com- io Hospital Association (OHA) was calling pressed concerns for the number of travpm the Province to move all regions with "Red" zones of the COVID-19 framework to Doug Ford. "If we fail to take action now the move to "Grey" or a lockdown. The recommendation from the OHA was to have areas The announcement of the lockdown was with an infection rate of 40 per 100,000 to go said Ford, later adding that the borders are

"Our hospitals are filling up more each

Health Minister Christine Elliott said despite the investment of 2,000 new beds in 57 Wellington-Dufferin-Guelph Public Health of Ontario's hospitals, more work needs to

"The situation in our hospitals is a re-

of the pandemic, and on Monday reported flection of the spread of COVID-19 in our 133 new cases. At the time of the lockdown communities," said Elliott. "Urgent and im-Ontario will be entering another prov- announcement WDGPH reported 315 active mediate action must be taken to prevent ince-wide lockdown come Boxing Day, as cases in the region, including 152 in Guelph, our healthcare system from becoming over-

> Ford spoke directly to those living in "yel-In the announcement, Ford shared details low" and "green" zones in Ontario, noting spread.

During the announcement Ford also exellers going through Pearson Airport and across borders, with the new, more contagious strain of COVID-19 found in the U.K.

"This is an extremely serious threat," like spaghetti drainers. "They aren't getting checked."

With the province-wide lockdown, Ontario schools will be shut down, although Ford said the schools are "not part of the problem of COVID in our communities."

Before students left school for the holiday break the Ministry of Education provided a memo encouraging boards to have staff and students take their materials home.

Continued on Page 2













Seasons







Author pens novel on former CDDHS student turned killer

Written By PAULA BROWN LOCAL JOURNALISM INITIATIVE REPORTER

Ann Burke can recall that he melted into the background, he was shy, and uncomfortable making eye contact with woman.

warnings even as a child that now today filers, and experts in criminology. "If he was would suggest you had someone potentially dangerous," explains Burke.

In her debut novel, "The Seventh Shot: with some people." On the Trail of Canada's .22 Calibre Killer," Burke tells the story of infamous murderer ders comes from a personal connection. Ronald Glenn West, nicknamed the .22 Cali- In the mid-1960s Burke and West attended bre Killer, a once classmate of hers who com- Grade 12 together at Centre Dufferin District mitted two grisly murders in 1970.

ders of Doreen Moorby and Helen Ferguson 1999, but wouldn't begin researching and in May of 1970 at the hands of West, who at writing about them for another decade. the time, worked as a Toronto Police Officer. For 30 years the murders would go unsolved, from the Ontario Provincial Police (OPP)

tences in 2001.

"What struck me about West, was how highly he scored as a potential sexual psy-"He had those behaviours, triggers, or chopath," said Burke, who spoke with proa young person today there's no doubt that some of these signals would have registered

Part of Burke's fascination with the mur-High School (CDDHS) in Shelburne. Burke The book details the brutal rapes and mur- would become aware of West's murders in undetected for almost 30 years Burke said,

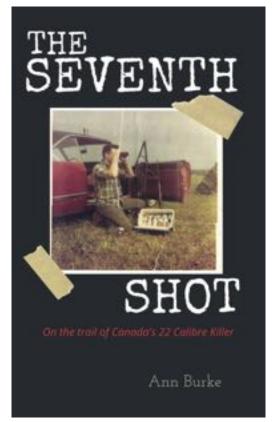
when advancements in DNA testing led to Museum, interviewing those who knew him the arrest and conviction of West, who plead as a child, and speaking with many Toronto guilty and was sentenced to two life sen- Police Officer, the novel took Burke almost five years to write.

> "I interviewed quite a few individuals from the Amaranth area, where he grew up on the farm, and other friends that he had in high school," said Burke. "I think they as much as anybody were surprised, he held his inner sight very close to him.

> "He exhibited other signs in parts of his life that made people close by realize that he was someone very dangerous, possibly not a rapist murderer, but his first and second wife realized he was abusive and very troubled."

When speaking about his ability to go "He was pretty savvy as far as making sure he didn't leave a lot of a lot of clues behind -Spending hours researching documents he wiped down door handles - and consider there was no DNA at the time."

> Burke's book, which was published through norther Ontario publisher Latitude 46, was released in October and is available for purchase at Indigo, Chapters, and Amazon. For more information go to www.annburkeauthor.com.



SUBMITTED PHOTO

Shelburne

New to Shelburne?

Contact Sandra Gallaugher or Bella Carter to receive a basket full of welcome gifts from local businesses to welcome you to our beautiful

s.gallaugher@hotmail.com and/or shallacarter@gmail.com

Photo Credit: Anthony Oragunye

Former Shelburne resident shot in hunting accident

Written By PAULA BROWN LOCAL JOURNALISM INITIATIVE REPORTER

A former Shelburne resident and retired Canadian Armed Forces veteran was shot spend several months in hospital to recovin a hunting incident in Alberta last week, er and will also need rehab for his injuries. family members report to the Free Press.

of Okotoks Alb., was seriously injured on 35 years, including a 13 month stint in Af-Dec. 15 while duck hunting at the banks ghanistan, and receiving two Governor of the Bow River, a remote area. Family General Awards. The accident happened a members say he was shot in the face allegedly by another hunter, suffering serious injuries and was airlifted via STARS to name has not been released, was charged Foothills Hospital in Calgary.

Rusk underwent a seven hour long surysis on his right side, which his family told ing-regulations-summary

the Free Press has been improving. While he is recovering, making better than expected progress, his family adds that he is not out of the woods yet. He is expected to

Rusk, retired five year ago from the 58 year-old Chris Rusk, a now resident Canadian Armed Forces after serving for week after Rusk's 58th birthday.

> A 62-year-old man from Calgary, whose with careless use of a firearm.

For tips on hunting safety visit: https:// gery for his eyes and is experiencing paral- www.ontario.ca/document/ontario-hunt-

HOLIDAY INTERRUPTION FOR WASTE COLLECTION

Collections for the day of the holiday and the rest of the week will be shifted to one day later.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
	December 13	December 14	December 15	December 16	December 17	December 18	December 19		
			December 22	December 23	December 24	CHRISTMAS DAY	December 26		
9	ouble up	December 28	December 29	December 30	December 31	NEW YEARS Day	January 2		
	January 3	January 4	January 5	January 6	January 7	January 8	January 9		

Monday **ZONE**









Happy Holidays!

There will be **no interruptions** to waste collection over Christmas and New Years. Please place all garbage, Blue Boxes and Green Bins out on your regular collection day.

Place up to **two (2)** untagged bags/containers of garbage out on your collection day during the week of New Years Day.



REMEMBER!

Always search an item on the **DufferinWaste** app to see if it's acceptable in the Dufferin program **before** placing it in

the Blue Box!



#6 plastic packaging & "air pillow" packing Plastic packaging with **no recycling symbol**

This holiday season, remember to place the following items in the GARBAGE:

- Ribbon & bows
- Foil wrapping paper
- Styrofoam





Continued from Page 1

Ontario entering province-wide lockdown

Heather Looney told the Free Press that Ford. "Give them the opportunity to get the Upper Grand District School Board ready and get ready to hunker down. We (UGDSB) had advised staff to take devices can't do it overnight and leave these people and materials home over the winter break, a with inventory." practice she added was not uncommon. With the lockdown essential businesses

school students will return to remote learn- and delivery. ing on Jan. 4 and will return to the classroom on Jan. 25.

down of the Province, Ford said it was to pointments. given business times to prepare.

amount of them across the province," said

Students from Kindergarten to Grade 8 such as grocery stores and pharmacies will will return to remote learning on Jan. 4 and remain open with reduced capacity and othto in-person learning on Jan. 11, while high er retailers will be open for curbside pickup

Ontarians are being asked to stay home and only leave if necessary, including work, When asked about holding off on the shut-groceries, prescriptions, and medical ap-

The province-wide lockdown will remain "We want to give the same opportunities for 14 days for regions in northern Ontario, to businesses that haven't experience a while regions in southern Ontario will have lockdown before and there is a tremendous a lockdown lasting for at least 28 days.



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Shelburne Mayor Wade Mills reflects on 2020 Council

Written By PAULA BROWN LOCAL JOURNALISM INITIATIVE REPORTER

Shelburne Town Council has held their final meeting for the year, and Mayor Wade Mills spoke with the Free Press, reflecting on the local council's role through 2020.

"In a word the year has been challenging, it was very early March when [we] were confronted with the pandemic on a local level and almost overnight everything changed," said Mills. "We've had to be pretty nimble and flexible since, when it comes to how we've proceeded, what that's meant is a number of plans that we had in place for 2020 had to be set aside."

Mills, alongside Shelburne Police Chief Kent Moore and former Fire Chief Brad Lemaich held a meeting back in March to discuss COVID-19 measures with the first confirmed case in the Dufferin-Caledon region by Public Health – the result was the closing of all municipal facilities and the start of Mills' daily COVID-19 updates.

group very early on, was that when it came to May, and the Black Live Matter marches dissemination of information, we were going that took place globally, Shelburne develto err on the side of inclusion to try to get oped the Anti-Black Racism, Anti-Racas much information out to our residents as ism and Discrimination Task Force to possible and be as transparent about things address equity and inclusion within the as possible; whether it was good news or bad community. news," said Mills.

Since the closing of Town Hall, Shelburne print of recommendations to councillors Council meetings have been held remotely to address equity and inclusion, which via Zoom and streamed live.

"The whole Zoom structure for Council in January 2021. meetings had been an interesting challenge," said Mills admitting it's not his preferred a fairly wholesome list of recommendamethod. "It's been effective because it's tions, which they saw as being the path allowed us to continue on, to carry out the that Council should pursue towards business of the municipality, in a democratic racial reconciliation. Council has way - we're still holding open, transparent C Council meetings, that the public still has an come back with essentially a work plan opportunity to see details of the decisions and some cost estimates as to how those that we're making."

With the move to remote meetings, Council has had an average of 40 to 100 views, an the local Council during 2020, was the vote increase from their in-person attendance.

Despite the challenges brought on by the COVID-19 pandemic, Mills notes a number of important projects seen from Town Council throughout 2020; including the development of an equity and inclusion lens, a decision to cial sustainability over the long run. I pointed disband Shelburne Police Service (SPS) and providing new services to the community.

Following the murder of George Floyd by



SUBMITTED PHOTO

"One of the things that we decided as a Minneapolis police officer Derek Chauvin in

In Oct. the task force presented a blue-Mills said will begin to be implemented

"The taskforce presented Council with reviewed those, and we've asked staff to recommendations can be implemented."

One of the biggest decisions made by to disband the 141 year-old local police force.

"You'd be hard pressed to find any councillor who would say that that was an easy decision, there was a lot of history there," said Mills. "It simply was a matter of finanout the night of the vote, that if this Council didn't have the courage to make the decision that was necessary, then all we were going to

be doing was kicking the can down the road it, at least as a base service," said Mills. to another Council who would be forced to make that decision."

ruary 2021.

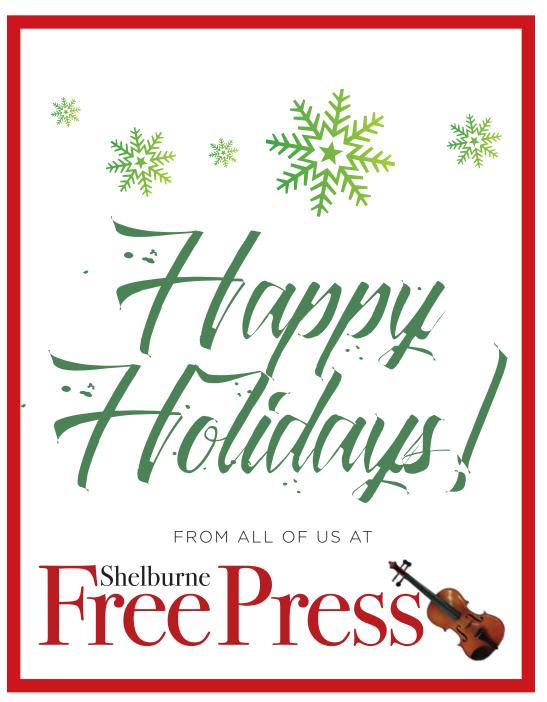
While 2020 has halted a number of projects with two local stops to the community.

"It really came with a price tag that was more or less non-existent. The service is including Shelburne's first ever tennis and being delivered and Shelburne taxpayers are pickleball court and the revitalization of Jack not really having to contribute to the cost of Downing Park, which Mills said he hopes will

Looking towards 2021, Mills said Council will focus on projects that were put off in The transition to OPP will happen in Feb- 2020 as well as initiatives in infrastructure development.

"We'll see some significant movement on that Council looked to bring in, a partnership the commercial development on the east with Grey County brought a transit system end of town, which has certainly been long awaited."

Other infrastructure projects set for 2021



Ontario Declares Santa Claus an **Essential Service**

Premier Doug Ford issued the following statement on Santa Claus' annual delivery

"As children across Ontario count down the days to Christmas with excitement, I want to reassure all the boys and girls out there that Santa is still coming this year despite the COVID-19 pandemic.

As Premier, I have officially designated Santa Claus as an essential service provider and authorized to deliver toys, treats and good cheer to the children of Ontario. I have also designated the Elves' Toy Workshop as an essential manufacturing business and authorized to supply Santa Claus with toys and gifts. Finally, Santa's Reindeer, including Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Donner, Blitzen and Rudolph, are proclaimed essential transportation service providers and permitted to pull Santa's sleigh across every part of Ontario.

Santa and his reindeer have one of the most essential jobs of all, delivering toys to all the good children in Ontario and around the world every Christmas Eve. While this Christmas is different than any other, Santa is taking every safety precaution necessary and will continue to make his rounds.

I would like to thank Santa Claus, the elves, reindeer and all of Ontario's essential workers this holiday season. From nurses to construction workers, personal care workers to grocery store clerks and so many other essential workers, we are grateful for the hard work you have done all year long.

From my family to yours, I want to wish everyone a healthy and safe Merry Christmas and a wonderful holiday season!"

COVID-19 case count

Dec. 18 (Friday)

WDG Region: 37 (New cases), 266 (Active cases), 18 (Hospital)

Dufferin County: 10 (New cases), 38 (Active cases), 6 (Hospital)

Shelburne: 3 (Active cases)

Dec. 21 (Monday)

WDG Region: 133 (New cases), 315 (Active cases), 18 (Hospital)

Dufferin County: 35 (New cases), 59 (Active cases), 6 (Hospital)

Shelburne: 6 (Active cases)

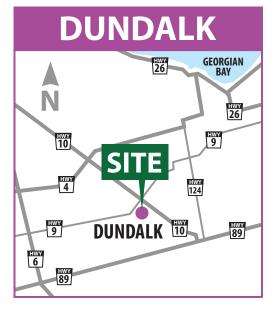
Dec. 22 (Tuesday)

WDG Region: 26 (New cases), 280 (Active cases), 13 (Hospital)

Dufferin County: 10 (New cases), 54 (Active cases), 2 (Hospital)

Shelburne: 8 (Active cases)









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Make a memory

There's a small town I used to visit when returning from my travels in the northern part of Central Ontario.

In many ways it is a non-descript place, but it still has a lot of charm.

You pass a park as you enter the town where you would see local kids bobbing about on inner tubes on a man-made lake on a hot summer day. There's a path that runs through the park and crosses over the dam providing a picturesque place where the water cascades into the lower river.

Entering the town, the main road goes down a hill leading to the business district.

At the bottom of the hill there is a popular local restaurant. It isn't fine dining – it's picnic tables, a flat roof, part ice cream parlor, part burger joint and part fish and chips.

I can't remember the first time I stopped there, but it impressed me enough that it became a habit that I would time my travels to arrive in town around dinner time so I could order aw burger and fries and sit at one of the tables and just enjoy the surroundings and the tranquility of small town life. And the burgers are really good.

When friends were with me I would convince them we had to stop there on the way home.

One summer I noticed the first few houses entering the town had blue and white ribbons hanging from the front porch.

I saw the same colour ribbons hanging from trees in the park and at the top of the hill. By the time I got into town, I noticed all the

buildings, trees, and lampposts were festooned in blue and white.

I pulled the car into the familiar restaurant parking lot. An older couple pulled in beside me. Pointing at the ribbons, I asked them what was going on.

"It's homecoming weekend!" the man said enthusiastically.

Apparently it's a tradition there, that this one weekend every summer, those that have left the town for greener pastures return to see old friends, family, and reminisce about what was special about growing up there.

It's those memories of youth, and growing up, and meeting friends at the park to go swimming, and diving off the dock, that are in the back of your mind and buried in your heart forever.

BRIAN LOCKHART FROM THE SECOND ROW

We are currently living in a difficult, challenging, and stressful time.

This holiday season, in many ways, will be very different than any we have seen in the past.

Holiday parties have been canceled or never planned in the first place. Private gatherings are discouraged if not downright illegal.

Many Christmas dinners this season, will be immediate family only, not the traditional gathering of in-laws, extended family, and those cousins you only see at holidays and special events.

as much fun when there's only three of you. It does seem strange that you can be in violation of a law and risk being fined by the state for

Somehow a Secret Santa gift exchange isn't

being the sixth person at a holiday meal. For many people, Christmas can be a lonely time of year - even in a good year. Not everyone has family they can rely on or look forward to

Some of us lost family members this year and will be celebrating the season with a heavy

Many people already suffering with mental

health issues can feel a crush of loneliness and depression when the holidays arrive.

I know a few people who won't be able to

travel to see their family and friends and will most likely be spending Christmas alone.

Maybe this is the year we can all make a little extra effort and reach out to those who won't be with family when the turkey is served and brighten their day with just a few words or a gesture of thoughtfulness.

It works in the movies, but quite often those movie moments never translate to real life.

It doesn't take a lot of effort to make a phone call or buy one extra gift that can be placed on a porch with a note of encouragement.

In spite of these desperate times and dark days, we can still have a holiday filled with new memories that people will remember for a life-

Merry Christmas to all, and to all a good night.

Love Jihad

The 'Prohibition of Unlawful Religious Conversion Ordinance' was passed into law in the north Indian state of Uttar Pradesh on Nov. 28, providing jail sentences of up to ten years for Muslim men who marry Hindu women with the intention of converting them. 'Love Jihad' must be stopped at all costs, to preserve the Hindu majority in India.

Prime Minister Narendra Modi (occasionally known in the White House as 'India Trump') depends almost exclusively on Hindu votes to win elections, so anything that threatens to reduce the number of Hindu voters is obviously a problem for him. People with mathematical skills, however, may calculate that the threat isn't really very big.

India's population is one-and-a-third billion people (1,353,000,000 people, to be precise). and there are currently only 195 million Muslim Indians – 14% of the whole. For Muslims to become the majority by 'love jihad' will require Muslim men to marry at least 481 million Hindu

There's probably no more than 75 million Muslim men of marriageable age in India, and most of them are already married. According to Islam (and to Indian law), Muslim men can have up to four wives, but there's still not

enough Muslim men to marry all those Hindu women without exceeding four wives each.

Moreover, the conspirators behind the love jihad are condemning Muslim women in India to very crowded marriages, or alternatively no marriage at all. They clearly haven't thought this through properly.

Four more BJP-ruled states are already planning to pass identical laws against 'love jihad', but for the sake of argument let's assume for a moment that they don't work. Those wicked Muslim boys go on marrying innocent Hindu girls. How long would it take for the 'love jihad' to create a Muslim-majority India?

I'm glad you asked. By my calculation, around 200,000 years, give or take a millennium or two. So the disloyal thought occurs that maybe the BJP's goal in passing laws against an alleged Muslim 'love jihad' isn't really to defend the majority status of the Hindu population and its own voting base.

Maybe it's to stir up anti-Muslim hatred and paranoia and energise Hindu voters who are getting a bit disillusioned with the BJP.

That's not to say that Uttar Pradesh's Chief Minister Yogi Adityanath, the part-time Hindu monk who passed the first of these laws, is not a religious extremist and a fanatical anti-Muslim bigot. Of course he is. But there are more calculated people in the BJP who simply work out what will play best with Hindu voters.

The BJP won a landslide victory in last year's national election thanks in large part to a fortuitous military confrontation with Pakistan at just the right time, but its economic performance

has been poor and it has been losing state elections even in its tra-

GWYNNE DYER OUR WORLD TODAY

Unemployment high, the BJP's initial response to the corona-

ditional strongholds.

virus was chaotic, and the farmers are starting to revolt. And, of course, the government lost a mini-war with China in the Himalayas last June. It's definitely time for a morale-boosting hate campaign, and unfortunately a lot of people in northern India, especially higher-caste BJP supporters, quite enjoy hating Muslims.

Of all the populist leaders that have come to power in democratic countries in the past few years, Modi is by far the most dangerous - partly because he is cleverer and more disciplined than people like Donald Trump, Boris Johnson and Rodrigo Duterte, and partly because India is the second-biggest country in the world.

Actually, Modi is more like Turkey's Recep Tayyip Erdogan: also clever, also cynically manipulating religion even though he is genuinely a believer - and seventeen years in power. Indian democracy has quite deep roots, but it probably wouldn't survive seventeen years of Modi.

Indian journalist Tavleen Singh may have been right when she wrote recently in the Indian Express: "We seem in India to be regressing into a Hindu version of Pakistan." After 73 years of democracy in India, that would be a very great pity.

Celebrate the holidays at home

The safest way to celebrate the holidays and to ring in the new year is with the people you live with or one other household if you live alone.

Protect each other this holiday season by not hosting or attending gatherings, parties or playdates.





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Impaired driver nabbed by OPP in RIDE check

On Friday, Dec. 11, 2020, uniformed officers from the Caledon Detachment of the Ontario Provincial Police were conducting a Reduce Impaired Driving Everywhere (RIDE) spot check in the area of Forks of the Credit Road and McLaren Road in the Town of Caledon.

At approximately 10:30 p.m. a black Sport Utility Vehicle (SUV) failed to stop for the RIDE check, driving through at high speed and narrowly missing the officers. The vehicle then proceeded westbound on Forks of the Credit Road at a high rate of speed.

Police were able to locate the SUV a short time later after it struck a guard rail causing extensive vehicle damage. Officers arrested the driver and demanded they provide a sample of their breath into an approved roadside screening device, which resulted in a "fail" reading. The driver was then transported to the Dufferin OPP Detachment, for further breath testing.

As a result of those breath tests, the driver's Blood Alcohol Concentration was found to be 210 mg of alcohol in 100 ml of blood.

As a result of the investigation, a 22-yearold driver from Brampton, stands charged with:

- Operation while impaired blood alcohol concentration 80 plus;
 - Fail to stop for police;
- Dangerous operation of a motor vehicle - two counts; and
- Driving motor vehicle with open container of liquor.

The accused is expected to appear at the Ontario Court of Justice in Orangeville on February 25, 2021 to answer to the charges.

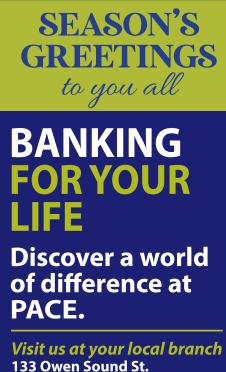
Caledon OPP and the Ministry of Transportation would like to remind all motorists that impaired driving hurts us all - through deaths, injuries and property damage, as well as costs for health care and emergency response services:

Driving impaired by alcohol, drugs or both is dangerous and against the law in Ontario. There are serious consequences:

- Immediate driver licence suspension or even cancellation
- Immediate vehicle impoundment
- Fines and penalties
- Criminal record
- Alcohol and drug education or treatment program
- Ignition interlock device
- In creased insurance premiums
- Jail time
- An impaired driving conviction could cost \$23,000 or more.

If you suspect impaired driving, call 9-1-1 immediately.





PACE

519.925.3204

pacecu.com

Residents continue to be targeted by OEB fraud

Since October of 2020, the Ontario Provincial Police (OPP) in Eastern Ontario have received an increased number of complaints from homeowners who have been solicited by individuals claiming to be associated with the Ontario Energy Board (OEB). The OEB does not engage and is not involved in any type of sales activity.

Typically, the individuals will contact a homeowner by way of telephone requesting to attend the residence in order to conduct a green energy assessment to qualify for a green energy rebate or Ontario Rebate Program for COVID-19 relief. Once in the home, the representative will use high pressure sales tactics to have the homeowner purchase products and services in order to qualify for a rebate.

Door to door scams continue to pose a threat to Ontario consumers and businesses. Door-to-door salespeople can use high pressure tactics and can be aggressive in nature. Consumers may find themselves in a situation where they purchase a product or sign up for a service contract they neither need nor want.

The OEB has received in excess of 710 complaints related to energy scams in 2020 from consumers across the province.

In 2019, the Canadian Anti Fraud Centre receive 1,641 complaints related to service scams affecting 863 Ontario residents, for a loss of \$2.878.898. Door to door scams reported to the Canadian Anti Fraud Centre include solicitations or a service scam involving the sale or maintenance of an appliance.

On March 1, 2018, Ontario banned unsolicited, door to door sales of certain household appliances to better protect consumers from aggressive and misleading contracting at home. The new rules apply to air cleaners, air conditioners, air purifiers, duct cleaning services, furnaces, water filters, water heaters, water purifiers, water softeners, water treatment devices as well as bundles of these goods and services.

On January 1, 2017, Ontario banned energy retailers from signing up customers for an energy contract while at their homes to give consumers the ability to make choices about their energy supply at their own pace and with better information.

Know your rights under the Consumer Protection Act, at https://www.ontario.ca/ page/your-rights-under-consumer-protection-act

How can people of Ontario protect them-

• Ask for photo ID, get the name of the person and the name of the company or charity they represent;

- Be sure to get it in writing, ask for literature and don't feel pressured to make a decision on the spot;
- Never share any personal information or copies of any bills or financial state-
- Research before you invest. Don't sign anything and always read the fine print;
- An energy retailer cannot sign you up for an energy contract while they are at your home. For more information about the rules that energy retailers have to follow, visit: https://www.oeb.ca/knockknock.
- For other contracts signed within the home, you have a cooling off period. For example, consumers in Ontario have the right to cancel a contract for any reason within a 10-day cooling off period. For water heater contracts, there is a 20-day cooling off period; and
- To learn about programs and credits to reduce your electricity bill, visit: https:// www.ontario.ca/yourelectricitybill.

If you believe you have become a victim of fraud, contact your local police service and the Canadian Anti-Fraud Centre at 1-888-495-8501 (toll-free) or report online at www.antifraudcentre.ca. You can also call Crime Stoppers at 1-800-222-8477 (TIPS) or report the incident online at www.ontariocrimestoppers.ca.

CROSSWORD

PUZZLE 424

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ACROSS

1. Old lace hue 5. Allow to enter 10.Gold bar 15. Word of regret

16.Record envelope 17. Horse sound

18. Antitoxins 19. Tropical fruit 20.Flood foiler

21. Type of silkworm 22.Maiden

23. Aegean, e.g. 25. Still, in poems 26.Kindled

27.Knight's garb 29.Censor 31.Go by ten-speed

33.Babble

35. "Talk turkey," e.g. 38.Zip

40. Catch the waves

42.Extol 44. Mentally healthy

46.Fish hawk 48.Shrewd

49. Unfilled 50. Violin's kin

51. Variety is the ____ of life 53. Masculine address

54. Avenue 55.____ browns

56.Covered walk

58. Spinning sound 59.Racetrack 61.Come next

63. To's companion 65.Protozoan

68.British baby buggy 70. Certain agave

72.Liable 74. Take it on the 77.Bikini part

78. "More ____ You Know" 79. Dennis Quaid film

80.Soul 82.Tyrant

85. Frittata fundamentals

86. Passenger car 87.Excite

88. Sock fillers 89. Once too often?

90.Paint finish 91.Deuce follower

DOWN

1. Art stand 2. Churchman

3. Nonesuch

4. UN member 5. Startle

6. Arrange, as troops

7. "Cry ____ River"

8. College vine 9. Bedevil

10.Like parquetry

11. Named formerly 12.Bestow

13.S-shaped molding

14.Next

16. Rose-family shrub

22. Skipper's kitchen

24. Enlighten

28.Bronx cheer 30."Dusk ____ Dawn"

32.1/100 of a dollar

34.Blender button

36.Haven 37. Gardener's material

39. Compass point

41.Right-hand page

43. Artificial color 44.Strike

45.Cook's garment

47.Letter stroke

49. Sibilant sound

51. Tribal medium 52. Turn white

54. Pledge an oath

57.Cleo's serpent

60.Leave

62. Well-mannered

64.Product

66.Pester

67.Climax 69. Term of address

71.Opted

73.Toothsome

74. Stick with

75.Afresh 76. Average skirt

81.Slicker

83.Timespan

84.Tippler

85.Small newt

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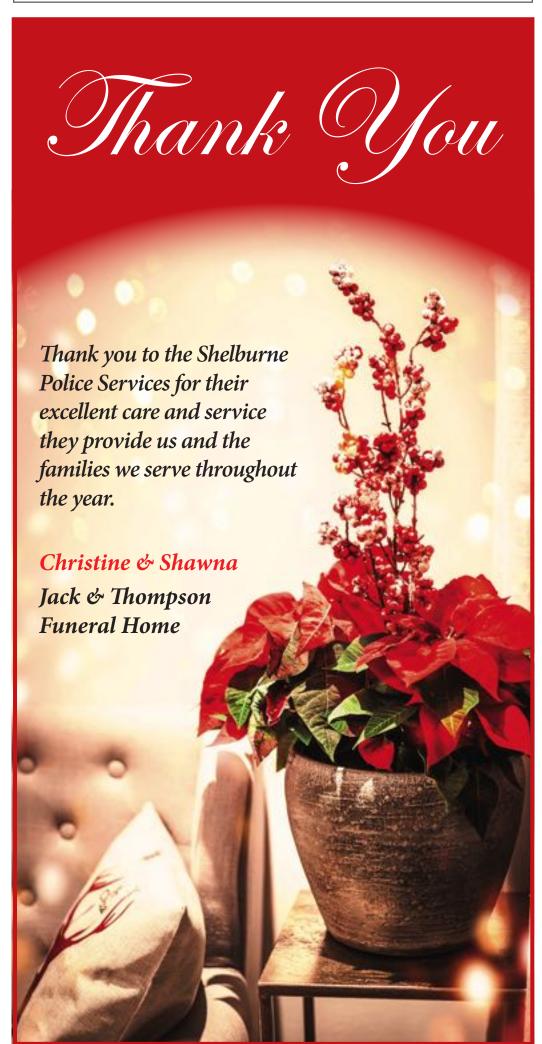


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Headwaters Health Care Centre reports two deaths

Written By PAULA BROWN LOCAL JOURNALISM INITIATIVE REPORTER

Headwaters Health Care Centre has reported the death of two patients who tested positive for COVID-19, as the local hospital continues to face an outbreak of the virus.

Three patients in the medical in-patient sion. unit (F-wing) of the hospital had tested positive for COVID-19, according to Headwaters break and continue to work with Wellington press release last Friday (Dec. 18).

Two patients, one with hospital acquired hunt. COVID-19, and another who acquired he virus in the community have also died.

Wellington-Dufferin-Guelph Public Health (WDGPH) reported two deaths related to COVID-19 in Dufferin County last week. WDGPH communications specialist Danny by WDGPH on Dec. 4 following four positive Williamson said that the individuals were a cases of COVID-19 in the F-wing. An out-56 year-old man and a 90 year-old man.

Headwaters Health Care Centre has con- case of the virus within its walls. firmed that the two deaths reported by Public Health were the same as those reported bulatory care services, and scheduled surby the local hospital.

Four staff members in the F-wing have tested positive for hospital acquired COVID-19, hospital can be declared out of an outbreak and at the time of print are self-isolating, is Dec. 24. as well as three other staff members. The

hospital said five F-wing staff members are self-monitoring at work.

Headwaters Health Care Centre's Occupational Health team and Infection Prevention and Control Practitioner as well as Public Health have conducted investigations to identify linkages or sources for transmis-

"We have not found the source of this out-Dufferin Guelph Public Health," said Dela-

"Sometimes there is a very clear path and sometimes you can't exactly match the point where it originated, to the outbreak," said Williamson.

An outbreak was declared at the hospital break is declared in facilities such as hos-Kim Delahunt, President and CEO, at pitals when there is one or more confirmed

Headwaters Emergency Department, amgeries are not impacted by the outbreak.

According to Headwaters the earliest the

MPP Sylvia Jones reflects back on 2020 and facing COVID-19

Written By PAULA BROWN LOCAL JOURNALISM INITIATIVE REPORTER

As 2020 comes to a close, Dufferin-Caledon MPP Sylvia Jones spoke with the Shelburne Free Press to look back at the year and her role in parliament through 2020.

"It's been an incredibly busy, and incredibly focused year - unlike any other I have experienced," said Jones.

"While it's been very challenging, it's also very exciting to be part of the decision making and the discussion, the ongoing pivots and changes that have occurred as we see numbers rise and lower," said Jones. "And seeing how Dufferin-Caledon businesses and individuals have adapted, pivoting their model, their business models to continue to operate."

In speaking with the Free Press, Jones said that one of the biggest challenges through 2020 has been connecting with constituents following the declared emergency in March.

"How I was connecting as an MPP had ent way to make sure that people were getting timely and accurate information," said ditional \$1,000 for PPE, relief on hydro and Jones. "You couldn't have people waiting for municipal taxes, we had to make sure we answers, they needed to know."

of different sectors, Jones notes that providing support through grants became a large project for the year.

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Other Services

Bible Prayer & Share

Youth Night

Men's Fellowship

Women's Fellowship

Pastor Gavin Sullivan



"As support started to roll out in the various sectors we tried to pivot and make sure that the agricultural producers in Dufferin-Caledon knew what supports were out to change, we had to come up with differ- there and how to apply," said Jones. "When the small business supports came in for adcould push that out so those small business While COVID-19 has impacted a number owners and operator knew what the provincial government was providing."

> Following the initial impact of COVID-19, Jones said they were able to focus on other projects for 2020 including transportation in Dufferin and a safety zone in Caledon Vil-

> "There was an understanding that COVID is going to be with us for a while, but we couldn't continue to pretend that the other projects that we're working on, aren't happening."

> As Solicitor General, Jones has since been working with Minster of Health with the rollout of the COVID-19 vaccine.

> "We're at a stage where we can give people some hope that as the vaccine becomes available and provided by the federal government, we'll get it into people's hands as soon as we possibly can."

> In the two locations, Toronto and Ottawa, where the Pfizer vaccine is being piloted, there have been 3,200 people vaccinated for

> Looking ahead to 2021 Jones said she is focused on the reopening of the economy and the continual rollout of the vaccine.

"My priorities for 2021 circulate around as we get more and more access to vaccines, reopening businesses and ultimately reopening our ability to meet in person to connect with people," Jones noted.



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Thought Of The Week

He that has never known adversity is but half

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(NC) The holidays are here and while this year may feel a bit different, it's important to keep our family traditions alive.

Every family has their own set of traditions that has been passed down from generation to generation, as well as new ones created each year.

Many of our customs are centred around food – whether it's mom's decadent chocolate yule log, nana's savoury sausage rolls, or nonna's famous cappelletti soup, you don't have to miss out on those special treats just because our celebrations might need to change.

Let's go virtual.

If you're unable to gather with friends and family, take your traditions online. Prepare for your virtual get-together by hanging your stockings and decorating your tree. Organize an epic gift exchange and traditional potluck. You can make a few porch drops ahead of jumping online with your crew for some festive cheer. Or you can share your favourite recipes ahead of time so that everyone is able to enjoy the same dishes.

Secret's out of the bag.

Secret family recipes are a seasonal staple, but at some point all recipes need to be passed down to the next generation so the traditions can live on. This year, have the keeper of those precious family recipes host a virtual cooking class to walk close family members through the steps so that everyone can still enjoy the coveted dish this year.

Keep active.

Holidaytime can be stressful and we may be eating a little more than normal, so it's important to try to maintain regular physical activity. Spending time outside with family can do you a world of good, So go build that snowman or organize a snowball fight – two great socially distanced activities. You can also bundle up for a walk around your neighbourhood to see all the twinkling lights or go skating at a local outdoor rink.

Sip smart.

With multiple virtual events planned you're likely going to find yourself enjoying foods and beverages with higher sugar content. Eggnog and other festive drinks contain more sugar than you may realize. Enjoy them, but in moderation. Have one of your favourite cocktails, then switch to sparkling water flavoured with fresh fruit and herbs, such as cranberries and rosemary for a festive touch.

If you're looking for more tips and simple ways to boost nutrition, Loblaws registered dietitians are here to help. To book a session to learn how to eat healthier during the holiday season and into the new year visit loblaws.ca/dietitians.

www.newscanada.com



Thursday, December 24 • 4:30 PM Pre-registration required.

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FAMILY GAME NIGHTS can be a great way for families to disconnect from their devices and spend quality time together. Much in the way that family dinners can facilitate conversation and closeness, game nights can spark companionship and hours of fun.

particularly handy on those nights when there's not much to do or when the weather makes

To get started, use these game ideas as a catalyst for fun.

Game nights are easy to organize and are outside activities impossible.

LEARN CARD GAMES. From War to Spades to Gin to Uno, many card games have withstood the test of time. This is a great way to bridge gaps between grandparents and grandchildren. The older generation can teach these familiar games to children, and everyone can join in the fun.

and Scrabble. Adults who had a favourite game

growing can play it with their children and see

who outsmarts who.

STICK TO THE CLASSICS. Certain games

remain tried and true family favourites. These include Monopoly, Trouble, Risk, Clue

STRENGTHEN DRAMA SKILLS. Charades is a game in which teams must act out a word or phrase based on certain categories and have others on their side guess what is being mimed. Charades often lead to lots of laughs and stumped participants.

SHOP FOR NEW FUN. Take a family trip to a toy store or another retailer and browse the games aisle. Let each family member pick out a game that appeals to them and then include them in your family game night rotation.

Families can engage and converse over entertaining games that bridge generations.

Get Christmas crafty with homemade ornaments

HANDMADE GIFTS, trinkets and treats help make the holiday season special. Although cookies and other baked goods are some of the most popular homemade creations this time of year, gift-givers young and old can put their talents to use with various craft projects. Ornaments and decorations are one such idea. Here are some clever and, not-too-time-consuming craft projects to try this holiday season.

Mini sleighs: Create miniature replicas of Santa's famous sleigh. Paint several popsicle sticks to form the main body of the sleigh and glue them together. Put one at the top perpendicular to the others to serve as the steering rudder. Two silver-painted popsicle sticks placed on their thin sides act as the blades of a sled.

Popcorn garland: Garland made of popcorn is a classic handmade holiday project. For a new twist, toss the popcorn with food colouring and allow it to dry before stringing for some bright colour on the tree.

Photo ornaments: Print out several different photos that you love. Purchase round or square thin wood pieces from a craft store and attach the photos with Mod Podge. When dry, drill a hole through the top and thread with twine.

Advent calendar: Make an Advent calendar to count down to Christmas by covering a foam board with fabric. Use paper tags or small ornaments and write a number on each for each day of the month. Hang these all from the board. As each day passes, move the tag or ornament to the tree.

Wooden snowflakes: Have children collect small twigs from outdoors, as well as holly leaves and some sprigs of evergreen. Arrange similarly sized twigs in the shape of snowflakes and glue them together, or tie with twine. Embellish with stickers, glitter, dried berries, and more.

Dough ornaments: Anyone can have fun moulding their ornaments, letting them dry and then painting them. Use cookie cutters to get perfect



holiday shapes. Craft stores sell various types of modelling clays and lightweight modelling materials. Or, make your own salt dough.

Reindeer bottle topper: Put to use any wine corks you have lying around. Attach googly eyes and a small fuzzy nose to the front of a cork. Insert twisted, brown pipe cleaners to make the antlers up top. Add ribbons, small snippets of faux fur or any other extras you desire.

Sweet sentiments: Use old Scrabble letter tiles to form a favourite holiday phrase, like Joy to the World. Glue the tiles together and hang from the tree on a piece of ribbon.













FOR YOUR CRANBERRY AND **TABLE: SWEET POTATO STUFFING**

(NC) Looking for something special to serve up this holiday season? Add some colour and flavour to your table with this delicious stuffing. A perfect marriage of sweet and savoury, this is a recipe the whole family will love.

Cranberry and Sweet Potato Stuffing

Prep time: 20 minutes Cook time: 20 minutes Serves: 4

INGREDIENTS:

- 1 loaf Promise Gluten Free soft white bread, breadcrumbed
- 2 tbsp (30 mL) olive oil
- 30 g unsalted butter
- 1 medium onion, finely chopped
- 2 small sweet potatoes, grated
- 100 g dried cranberries
- 75 g shelled pistachios, roughly chopped
- Handful of flat leaf parsley, chopped
- Pinch of saffron threads soaked in 3 tbsp (45 mL) water
- 1 bunch of red currants

INSTRUCTIONS:

- 1. Heat oil and butter in a pan with a lid. Add onions and sauté over medium heat for 5 minutes until softened.
- 2. Add grated sweet potatoes and continue to cook for another 3
- 3. Add the ingredients in the pan to your breadcrumbs, parsley and saffron with soaking water; mix.
- 4. Season with salt and pepper.
- 5. Bake at 365°F (185°C) for 15-20 minutes until golden brown.
- 6. Stir the cranberries, pistachios and herbs into the breadcrumb and sweet potato mixture.
- 7. Garnish with a bunch of red currants.

For more recipe inspiration, visit www.promiseglutenfree.ca.

A sweet and spicy mocktail to enjoy this season



(NC) Tired of too-sweet mocktails? This booze-less option is made with sugar-free ginger ale flavoured sparkling water and naturally sweetened with honey syrup and pomegranate juice.

The result is a subtle, sweet and spiced sipper you'll want to make all season long. If you want to add alcohol, try a splash of white rum or vodka.

"You'll make more spiced honey syrup than you need for four mocktails, but the leftovers will keep in the fridge," shares Michelle Pennock, executive chef for the President's Choice test kitchen. "Use it to sweeten coffee, tea or sparkling water, or brush over cake layers before icing to keep the cake extra moist."

Sparkling Ginger Pomegranate Mocktails

Prep time: 10 minutes Cook time: 15 minutes Serves: 4

INGREDIENTS:

- Spiced Honey Syrup:
- 4 black peppercorns
- 3 whole cloves
- 1 each cinnamon stick and star anise
- 1 piece (about 3 inches/7.5 cm) fresh ginger, sliced
- 2/3 cup (167 mL) honey

- 1 $\frac{1}{2}$ cups (375 mL) ice cubes
- 1 cup (250 mL) 100 per cent pomegranate juice
- 1/2 cup (125 mL) spiced honey syrup
- 1/2 cup (125 mL) PC ginger ale flavour sparkling water
- 4 sprigs fresh rosemary
- 8 pieces crystallized ginger (optional)

DIRECTIONS:

1. To make the spiced honey syrup, combine peppercorns, cloves, cinnamon stick, star anise, fresh ginger, honey, and 1 cup water in a small saucepan. Bring to a boil; reduce heat to a simmer and cook 10 minutes. Discard star anise. Let cool to room temperature. Discard peppercorns, cloves, cinnamon stick and ginger. TIP: Refrigerate in sealed jar or airtight container up to one week.

2. To make the mocktails, divide ice among glasses. Pour 1/4 cup pomegranate juice and 2 tbsp spiced honey syrup into each glass. Top with sparkling water, dividing evenly. Stir to combine.

3. Garnish glasses with rosemary sprigs. If using, thread crystallized ginger onto wooden cocktail skewers and place in glasses.

Nutritional information per serving: calories 80, fat 0g, sodium 5 mg, carbohydrates 21g, fibre 0g, sugars 20g, protein 0g,

www.newscanada.com











Serves 10

- 12 tablespoons (112 sticks) unsalted butter, softened
- 14 cup packed fresh flat-leaf parsley leaves, chopped, plus 4 whole sprigs
- 1 large sprig fresh rosemary, leaves
- chopped, plus 2 whole sprigs
 tablespoon chopped fresh thyme,
- plus 4 whole sprigs 15 leaves fresh sage, chopped,
- plus 3 whole leaves 34 teaspoon kosher salt,
- plus more for the turkey

 12 teaspoon freshly ground black pepper,
- plus more for the turkey
- 1 15-pound turkey
- 1 lemon, quartered
- 8 shallots, peeled and halved
- 1 head garlic, cloves separated and peeled
- 4 cups low-sodium chicken broth or stock
- 23 cup dry white wine
- 3 tablespoons all-purpose flour

DIRECTIONS:

- 1. In a small bowl, combine the butter, chopped parsley, chopped rosemary, chopped thyme, chopped sage, salt, and pepper, and mix well.
- 2. Position a rack in the bottom third of the oven and preheat the oven to 450 F. Sprinkle the main cavity of the turkey with salt and pepper. Place the whole sprigs of parsley, rosemary and thyme and the sage leaves into the cavity. Add the lemon, 4 shallot halves and half of the garlic cloves.
- 3. Starting at the neck end, carefully slide a hand between the skin and the breast meat to loosen the skin. Spread 3 tablespoons of the herb butter over the breast meat under the skin. Tuck the wing tips under the skin, and tie the legs together to hold the shape. Season the turkey generously all over with salt and pepper.
- 4. Place the turkey on a wire rack set in a large roasting pan. Rub 4 tablespoons of the herb butter over the turkey. Roast about 30 minutes, until golden brown, and reduce the heat to 350 F. Baste the turkey with 12 cups of the broth. Cover only the breast

area with a sheet of heavy-duty aluminum foil. Scatter the remaining shallots and garlic cloves in the pan around the turkey.

5. Continue to roast the turkey for about 1.5 hours, basting with 12 cups of broth every 30 minutes. Remove the foil from the turkey breast. Continue to roast the turkey, basting with pan juices every 20 minutes, about 1 hour longer, until its golden brown and a thermometer inserted into the thickest part of the thigh registers 165 F. Transfer the turkey to a platter and brush with 1 tablespoon of the herb butter. Tent it loosely with foil and let it rest for 20 minutes before carving.

6. Using a slotted spoon, transfer the shallots and garlic from the roasting pan to a plate. Transfer the pan juices to a medium bowl, then skim off and discard the fat. Set the pan over two burners on medium-high heat. Deglaze the pan with the wine and 1 cup of chicken broth, scraping up any browned bits. Bring the sauce to a boil, reduce the heat to medium, and cook until it's reduced by half, about 4 minutes. Pour the sauce into a large measuring glass. Add the degreased pan juices, and broth, if necessary, to equal 3 cups of liquid.

7. Blend the flour into the remaining herb butter until combined. Pour the broth mixture into a medium saucepan and bring to a boil. Gradually whisk in the herb-butter mixture. Add any accumulated juices from the turkey platter and boil until the gravy thickens enough to coat a spoon, whisking occasionally for about 6 minutes. Add the remaining shallots and garlic to the gravy and simmer for 1 minute. Taste and adjust the seasonings, if necessary. Serve the turkey with the gravy. RESTING TIP: Slow-roasted meats need far less resting time (pretty much none) than those that are traditionally roasted. The reason for resting meat that has been roasted at a high temperature is to allow juices that have collected in the cooler centre time to migrate back into the dryer (hotter) exterior sections after it comes out of the oven. Because slow-roasted meats are cooked evenly and at a temperature that keeps most of the juices in place, a resting period is largely unnecessary. A brief resting time does allow the meat to become a little firmer as it cools, making it

Recipe from Yolanda Banks "Cooking for Your Man" (Broadway Books)





easier to carve.







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How to involve kids with holiday baking

holiday season is steeped in tradition.

Many holiday traditions are centred around food, with much of the focus on all of the decadent treats and desserts taking centre stage at many family gatherings.

Many parents hope to involve their children in as many family holiday traditions as they can. Holiday baking is one kid-friendly tradition, and parents can make it even more so by taking a few simple steps before they get started.

Purchase kid-friendly baking equipment. Bakers rely on lots of tools to make cookies, cakes and other delicacies. That equipment is even available in kid's sizes. Kids may be more excited about baking if they have their own equipment, and such gear also can make it easier for them to lend a hand. A spatula made for youngsters can make it easier for kids to move cookies from a baking sheet to a platter, while colourful measuring cups and their own whisk can excite youngsters about baking.

Plan ahead. Seasoned bakers know that it's imperative to have the right supplies, including ingredients, on hand before beginning a baking session. That's even more necessary when baking with kids, who might not be as patient as moms and dads hope if a baking session has to be paused to run to the store for a missing ingredient or to dig out some tools

from the back of the pantry. Plan ahead by setting everything out and assembling all the necessary ingredients the night before you plan to bake.

Delegate wisely. Young kids may want to do everything mom and dad do, but baking is a delicate science that requires careful attention to detail and a strict adherence to recipes. It is important that parents delegate wisely when involving children in holiday baking. Whisking, stirring and topping off cookies with frosting and sprinkles are fun, kid-friendly tasks.

Add some fun foods to the menu. If you plan to bake holiday cookies, purchase kid-friendly holiday cookie cutters before your baking session so youngsters have as much fun as possible. Kids may have more fun if they get to make Santa Claus, Frosty or Rudolph cookies.

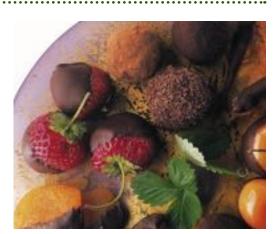
Make a mess. Don't be afraid to get a little messy when baking with children. Moms and dads may love a clean kitchen, but kids tend to have more fun in the kitchen when things get a little messy. Douse each other with a little flour and make a joke of things if some ingredients find their way onto the counter or the floor instead of into your mixing bowl.

Parents can make the holiday baking that much more fun by letting their kids pitch in this year.



- 6 ounces semisweet chocolate
- ounces very low-fat fromage frais
- tablespoons confectioners sugarteaspoon vanilla extract
- 12 ounces semisweet chocolate, grated1. Break the chocolate into a bowl over a pan of
- simmering water. Let it melt, stirring occasionally.

 2. In a separate bowl, whick together the fromage.
- 2. In a separate bowl, whisk together the fromage frais and sugar. Whisk in the vanilla.
- 3. When the chocolate is melted and smooth, remove from the heat and allow to cool slightly. Slowly whisk the chocolate into the fromage frais mixture, using a rubber spatula to incorporate every bit of chocolate. Cover with plastic wrap and the state of the cool at the state of the state o



4. Line a baking sheet with waxed paper. Scatter the grated chocolate on a plate. Scoop out the chilled chocolate mixture in teaspoonfuls, roll into balls, then roll the balls in the grated chocolate and put on the prepared baking sheet. Cover with plastic wrap and refrigerate until firm.

5. Put the truffles in small paper cases. Store in an airtight container in the refrigerator until ready to use.



An ice cream cake to serve all holiday long



(NC) Ice cream nestled on cake and wrapped in toasted meringue is so irresistible. We're struggling to figure out why the baked Alaska disappeared from popular culture in the '60s.

As luck would have it, this impressive layered dessert is poised for a comeback, and we're leaning into it hard with our peppermint hot chocolate-inspired version.

"This delicious dessert is the perfect way to finish off a festive celebration or indulge in a little weekday treat," says Michelle Pennock, executive chef for the President's Choice test kitchen. "If you're feeling a little extra decorative, top with crushed candy canes or festive sprinkles."

Peppermint Hot Chocolate Baked Alaska

Prep time: 30 minutes Cook time: 20 minutesServes: 10

INGREDIENTS:

Cake:

1/3 cup (83 mL)

1/4 tsp (1 mL) 1 large egg 1/2 cup (125 mL) 1/4 cup (60 mL) 4 cups (1 L) each all-purpose flour and cocoa powder baking powder

granulated sugar vegetable oil PC peppermint hot chocolate ice cream, softened at room temperature for 20 minutes

Meringue:

- 3 large egg whites
- 1/2 tsp (2 mL) cream of tartar - 3/4 cup (188 mL) granulated sugar

DIRECTIONS:

- 1. For the cake, begin by preheating oven to 350°F (180°C). Line bottom and sides of 9- x 5-inch (2 L) loaf pan with parchment paper, leaving 1-inch (2.5 cm) overhang on two opposite sides.
- 2. Whisk together flour, cocoa powder and baking powder in small bowl; set aside. Whisk together egg, sugar and oil in large bowl. Add flour mixture to egg mixture and stir with wooden spoon or rubber spatula until smooth. Scrape into prepared loaf pan, smoothing top.

- 3. Bake until puffed and toothpick inserted in centre comes out with a few small crumbs attached, 18 to 20 minutes. Let cool completely.
- 4. Scrape softened ice cream over top of cooled chocolate layer, smoothing top. Freeze until firm, about 4 hours.
- 5. For the meringue, beat egg whites with cream of tartar in separate large bowl using electric hand-mixer on high speed until soft peaks form. Reduce speed to medium high and gradually beat in sugar, 1 tbsp (15 mL) at a time. Increase speed to high, beat until glossy and stiff peaks form, about 1 minute.
- 6. To assemble the baked Alaska, line baking sheet with foil. Lifting with parchment, remove cake from pan; peel off parchment and place cake on prepared baking sheet. Spread meringue all over top and sides of cake, making layer on top of ice cream thicker than sides. Using back of spoon, make swirly peaks in meringue. Freeze 30 minutes.
- 7. Preheat broiler to high. Broil cake on middle rack, rotating baking sheet once or twice to toast evenly, until meringue peaks are golden, 1 to 2 minutes. Watch closely or broil with oven door slightly ajar to ensure meringue doesn't burn.
- 8. Cut into 10 slices. Serve immediately.

Tip: For mini baked Alaskas, divide the chocolate batter among 10 greased wells of standard muffin tin and bake on middle rack of 350°F (180°C) oven 10 to 12 minutes. Let cool, then remove to a foil-lined baking sheet and top each round with a scoop of ice cream, dividing evenly. Freeze 2 hours, then spread meringue all over tops and sides. Freeze 30 minutes. Broil as directed in recipe above.

Nutritional information per slice: calories 260, fat 11 g, sodium 50 mg, carbohydrates 31g, fibre 1 g, sugars 34 g, protein 4 g.

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Double Chocolate Chip Cookies

Makes about 12 large cookies

- tablespoons unsalted butter, softened tablespoons granulated sugar
- tablespoons light brown sugar, sifted
- 1 large egg, beaten
- teaspoon pure vanilla essence or chocolate extract (see note)
- 1 cup plus 2 tablespoons self-rising flour 3 tablespoons unsweetened cocoa
- tablespoons unsvteaspoon salt
- 23 cup (or more) dark and white (or milk) chocolate chips (or roughly chopped chocolate) A heavy, nonstick baking sheet
- 1. Preheat the oven to 350 F.
- **2.** Using an electric mixer, cream the butter and sugars together until pale and fluffy. Beat in the egg and vanilla essence.
- **3.** Sift the flour with the cocoa and salt in a small bowl. Fold into the egg mixture with the chocolate chips.
- **4.** Place 4 heaping tablespoonfuls of the mixture on the prepared baking sheet, spacing them well apart. Press down and spread out to about 14-inch thick with the back of a wet spoon or with dampened fingers (you may like to scatter some more chocolate chips over the top). Bake for 10 to 12 minutes. Let cool on the baking sheet for 1 minute, then transfer to a wire rack. When cool, store in an airtight container. Repeat with the remaining mixture.

Note: Chocolate extract is a fat-free flavouring ingredient made from a blend of roasted cacao beans, water and alcohol.

Recipe courtesy of Maxine Clarks Chocolate: Deliciously Indulgent Recipes for Chocolate Lovers (Ryland, Peters & Small)



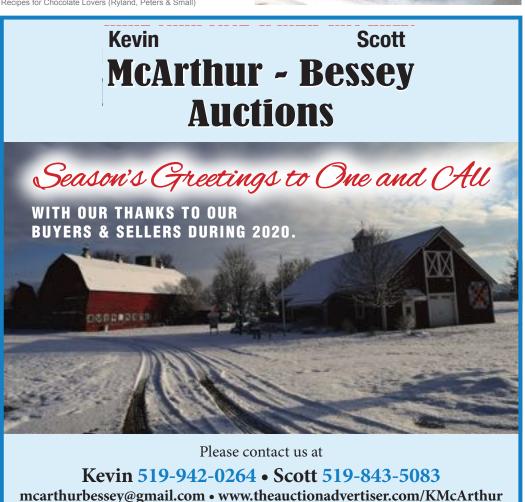


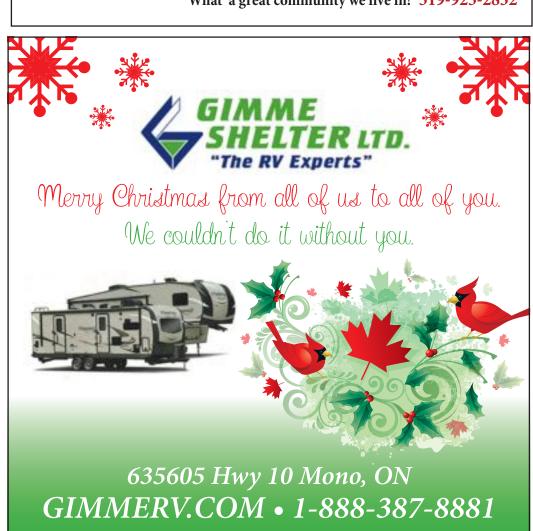


Our office will be CLOSED from Thursday, December 24th until Monday, January 4th, 2021.

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I appreciate your support and referrals this year, as I do every year. Mental Health is a struggle for most of us this time of year, for many different reasons, but this year is different with all the COVID restrictions/ Lockdowns. Financial difficulties are not something you should go through alone. Let's chat and see what we can do to ease some of your financial struggles.



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GLAZED CRANBERRIES AND APPLES

2 cups apple cider

6 tablespoons light corn syrup

2 tablespoons light brown sugar

8 tablespoons unsalted butter, diced

3 Golden Delicious apples (about 1 1/4 lb), peeled, cored and cut into 1/2-inch cubes

2 cups fresh or frozen cranberries (see note 1) 1/2 cup granulated sugar, plus more if needed

For the Glazed Cranberries and Apples: Whisk together the apple cider, corn syrup and brown sugar in a large, heavy saucepan over high heat. Boil until reduced to 1 cup, about 15 minutes. Whisk in 4 tablespoons of the butter until melted. Remove from the heat and set

Melt the remaining 4 tablespoons of butter in a large, heavy frying pan over medium heat until hot. Add the apples stirring, for 2 minutes. Add the cranberries and granulated sugar, and stir until cranberries begin to pop about 2 minutes. Stir in the reduced cider mixture and cook until the mixture has reduced to a syrup-like consistency, about 6 minutes. Taste and stir in more sugar, if desired. (The cranberries and apples can be prepared 1 day ahead; cool, cover and refrigerate. Reheat, stirring, over medium heat.)

For the Eggnog French Toast: Arrange the bread slices in a 9-by-13-inch shallow baking dish. Whisk together the eggnog, nutmeg and cinnamon in a medium bowl. Pour the mixture over the bread. Cover the pan with plastic wrap and refrigerate for 6 hours, or overnight.

Arrange a rack at center position and preheat the oven to 450 F. Butter a large, rimmed baking

EGGNOG FRENCH TOAST

1/2" thick (34-inch) bread slices, cut on a sharp diagonal from a day-old baguette (see note 2)

2 1/2 cups purchased eggnog (see cooking tip)

1/2 teaspoon freshly grated nutmeg

Pinch of ground cinnamon

3 tablespoons melted unsalted butter

Confectioners sugar

sheet with some of the melted butter. Using a metal spatula, transfer the bread slices to the baking sheet. Brush the bread with the remaining melted butter.

Bake for 10 minutes, and then turn and 5 Bake tor 10 minutes, and then the bake until golden brown on the outside and still soft inside, 5 to 6 minutes more. Watch carefully so they do

Arrange 2 slices on each of six dinner plates and mound the warm fruits on top. Dust generously with confectioners sugar and serve.

NOTE 1: If using frozen cranberries, defrost

NOTE 2: You also can use a good, crusty sourdough bread; cut 3/4-inch slices from it, and if they are large, cut them in half.

COOKING TIP: If eggnog is not available at the supermarket, whisk together 4 egg

1/2 cup sugar and 2 cups light cream to blend. Then proceed with the recipe.

Recipe courtesy of Betty Rosbottoms Sunday Brunch (Chronicle Books).



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Ski hills open back up, with restrictions, for winter fun

Written By BRIAN LOCKHART

It only took a few days of colder weather for local ski hills to start producing enough snow to open at least some of the runs for this season.

The Hockley Valley Resort had opening day on Saturday, Dec. 19, with three runs open. That was pretty quick considering the previous weekend had a lot more grass visible than snow.

As of Saturday, one chair lift was operating.

At Blue Mountain in Collingwood, the resort announced 13 trails had been open as of Saturday as well as five lifts.

There will be a few changes if you are planning to hit the slopes this winter.

Currently you must book lift tickets in advance by going online. The number of tickets is limited this year, so the number of people can be controlled an monitored.

You must also wear a mask.

remain within their social bubble. Singles



BRIAN LOCKHART PHOTO

When going on the ski lifts, people must HITTING THE SLOPES: The ski hills are open at the Hockey Resort after the colder weather allowed for snowmaking following a natural dusting of the white stuff over the weekend.

cannot hook up with another group for a ride to the top.

To eliminate the spread of COVID, some ski clubs will not be opening buildings.

That means there will be no warm up stations at some resorts, so be prepared to be outdoors the entire time you are at a ski

As a result, some places are only offering tickets for four-hour intervals.

Hockley is issuing lift tickets for fourhour morning slots and four hours in the afternoon.

When it is fully open, Hockley has 16 ski runs, a magic carpet, and two terrain parks. It's convenient and close by location makes it a popular choice for skiers and boarders in Dufferin County.

Editors Note: Pending COVID-19 restrictions, ski hills could close, so check their status before visiting.

Girl's hockey clubs stay on the ice through 'red' zone

While the move to the "Red" zone in the

The Orangeville Tigers decided to keep celled.

region has caused many hockey organiza- ciation didn't make the decision to con- would be smooth." tions to temporarily cancel all on-ice activ- tinue lightly," said Club president Michelle ity, many girls hockey clubs have made the Whyte. "In fact we had two meetings to players in Tigers hockey compared to the decision to play through the current situadiscuss whether we should or shouldn't OMHA, the organization felt they could continue programs during the Red Control The decision is due in part, to the fact stage. We felt it would be more beneficial that girl's leagues have fewer players which for the girl's mental and physical health to makes it logistically easier for organizers offer programs to those families that were to schedule and stay in line with current comfortable attending. We have excellent restrictions and necessary protocols on the protocols in place and felt we could do organization will have to adjust how they ties will be limited to ten players and two this safely while following the guidelines of play. public health and the Town of Orangeville. practicing although games have been can- We started planning for this a few weeks

"The Orangeville Girls Hockey Asso- so we would be prepared and the transition

Ms. Whyte acknowledged that with fewer continue with the program.

The Clearview Ice Cats, based in New Tecumseth have announced that they will they must keep in line with restrictions continue playing until the Christmas break. issued by the Simcoe Muskoka Health Unit. However, with the Code Red alert, the

"After consultation with the Executive Committee, we have decided to continue skills training and practice can take place.

with our scheduled ice until the Christmas ment. "We are currently awaiting decisions they have cancelled all games and pracfrom the Town of New Tecumseth on postices. sibly extending ice times to accommodate reduced numbers."

The Ice Cats will continue to play, but the region was going into a Red Alert.

As of December 14, all hockey activi-

Games have been cancelled and only

coaches on the ice.

The Guelph Gryphons of the Guelph Girls Break," the Club said in an issued state- Hockey Association have announced that

> They had no choice as the City of Guelph closed all arenas when it was announced







TEAM: ORANGEVILLE TIGERS U11

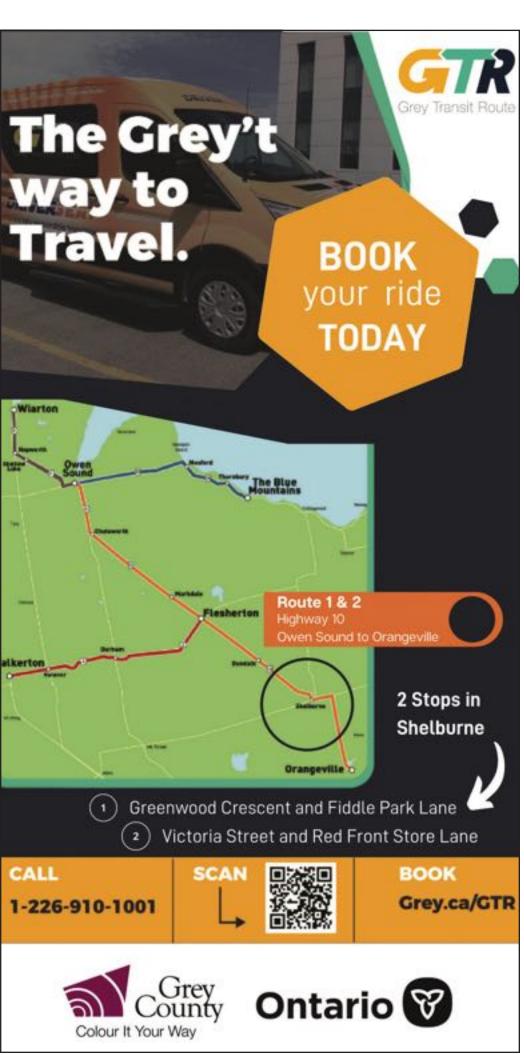
POSITION: RIGHT WING

"I like being on the ice and skating with the puck and trying to get a goal, and passing," said Orangeville Tigers U11 forward, Avery Tessman, of why she likes playing hockey. "I like everything about the game."

This is Avery's third season with the Tigers.

When she's not on the ice, she plays soccer during the summer months.

Avery plans on continuing with the sport.



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Full details for all positions including hours of work and wage ranges, are available on the Town of Shelburne website

Resumes for the Seasonal Summer Camp Head Counsellor, Summer Camp Counsellor, Pool Deck Supervisor and Lifeguard/Instructor positions will be received until 3:00pm on Wednesday January 20th, 2021 by email or in person, addressed to

> Emily Francis, Recreation Program Coordinator Centre Dufferin Recreation Complex 200 Fiddle Park Lane, Shelburne, ON L9V 3C9 Email: efrancis@shelburne.ca

Please note position applying for on cover page. We thank all applicants for their interest and advise that only those selected for an interview will be contacted



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OBITUARIES

BROCK, HAROLD (JOE)

Passed away, December 18, 2020 at Southlake Regional Health Centre, Newmarket at the age of 87. Beloved husband of Shirley of 68 years. Dear father of Sharon (Howard) MacIntosh.



Grandfather of Brock (Kate Keilty) MacKinnon and Amber MacKinnon (Damien Gonsalves). Great grandfather of Dale, Beverley and Miles. Survived by brothers Jack (Joan) Brock and Murray Brock. Predeceased by sister Betty (Ted) Denny and sister-in-law Audrey Brock.

Joe had a long and happy life. He followed in his grandfather's footsteps to become a skilled stone mason. He was an avid hunter and fisherman. Many hours were spent touring the country side with Shirley on the back of his Goldwing Honda in the summer and ski doing in the winter.

Arrangements entrusted to MacIntyre Family Funeral Home, 5399 Wellington Rd 52, Erin. Cremation has taken place. Donations in Joe's memory can be made to a charity of one's choice. Cards are available at the funeral home or you may send the family a condolence at www. macintyrefamilyfuneralhome.com

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MP Kyle Seeback reflects back on a monumental 2020

Written By SAM ODROWSKI

Lots happened in 2020 and Dufferin-Caledon MP Kyle Seeback said there's lots to look forward to in 2021.

The biggest challenge of the year, of course, was responding to the COVID-19 pandemic, which created unprecedented levels of Internet usage while everyone stayed home, with Canadian Internet providers noting a more than 50 per cent increase.

This created challenges in Dufferin-Caledon since the service is slow or spotty in several places and extraordinarily expensive, according to Seeback.

"It was hugely challenging for people who were being told to stay home, try and educate their children online, while dealmassive data overage charges by the large regarding the virus to his constituents. internet service providers," he explained.

"I put enormous pressure on the large telecom companies through both social media videos and letters to their presidents, saying that data overage charges to people other than through their member of parliain my riding and all across Canada during ment. the pandemic was unacceptable."

viders waived data overage charges of all from the public trying to get information on Canadians in light of the COVID-19 pan-government programs related to COVID-19. demic, which was a huge accomplishment for 2020, Seeback noted.

He said one of the bigger challenges through phone calls, through social media, tough, especially for my constituents in our rural customers."



SUBMITTED PHOTO

when COVID-19 first started spreading here ing with slow internet and in many cases, was getting all of the relevant information

> Back when the pandemic started in March, all Service Canada locations shut down, so Canadians had nowhere to go to get information on government programs,

The result was Seeback's office becom-For around four months, service pro- ing inundated with phone calls and emails

> "That was incredibly challenging, to try and provide information to our constituents

we did it really effectively," he noted.

thousands of phone calls and emails over small businesses navigate through the prothe course of that early shut down."

Supporting local businesses was another the COVID-19 pandemic.

Seeback has been hosting a Small Busi- another key priority. ness Spotlight video series, where he brings ing.

"I've gone around and put a spotlight on so many of those great organizations remarked. throughout our riding over the last seven months and I thought that was fun, inter- he's going to continue to "beat the drum" esting, and a great way to support our local on getting more affordable and high speed economy," he noted.

Small businesses enduring tough times economically is one of the largest issues facing the Dufferin¬-Caledon riding, according to Seeback. He said it's especially important to support small businesses and make sure their viable since roughly 70 per \$400 a month for home internet in 2020," he cent of Canadians are employed by them.

"Small businesses are really the ones that the Citizen.

through our website, all of these things, but Caledon. They're in their second lockdown now, this has had a devastating affect on "We were able to answer and respond to small business and trying to help those grams that are available to help them."

Seeback said promoting local businesses area of focus during 2020, brought on by and the fact that people need to shop local, particularly during the pandemic, is

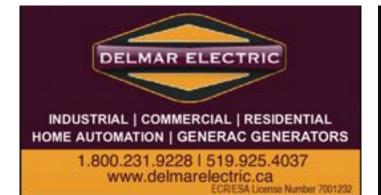
"It's very easy to push a button on our attention to Dufferin-Caledon businesses phone, it's convenient, but going out and that were nominated by people in the rid-supporting our local businesses, the ones that sponsor our kids sports teams and others, that's what we have to do," he

> Going forward, Seeback told the Citizen Internet throughout Dufferin-Caledon.

"The [federal] government's announced a whole bunch of money and I expect them to deliver and not just deliver on providing access, but delivering on affordability, because people shouldn't be spending \$300-

"The government's got to get involved, employ the vast majority of Canadians and they've got to ensure that there's compewhen small business suffers, our communitition, so that we're not just getting our ties suffer, so this is the number one issue I Internet from the two, Rogers, Bell. Comhear about almost everyday," Seeback told petition will lower prices and also, the government has a role to play in determining "Lockdowns have been extraordinarily what prices can be charged, especially to

SHELBURNE SERVICE DIRECTORY





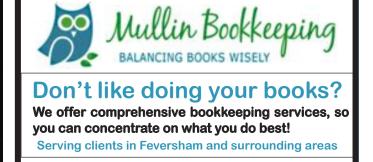




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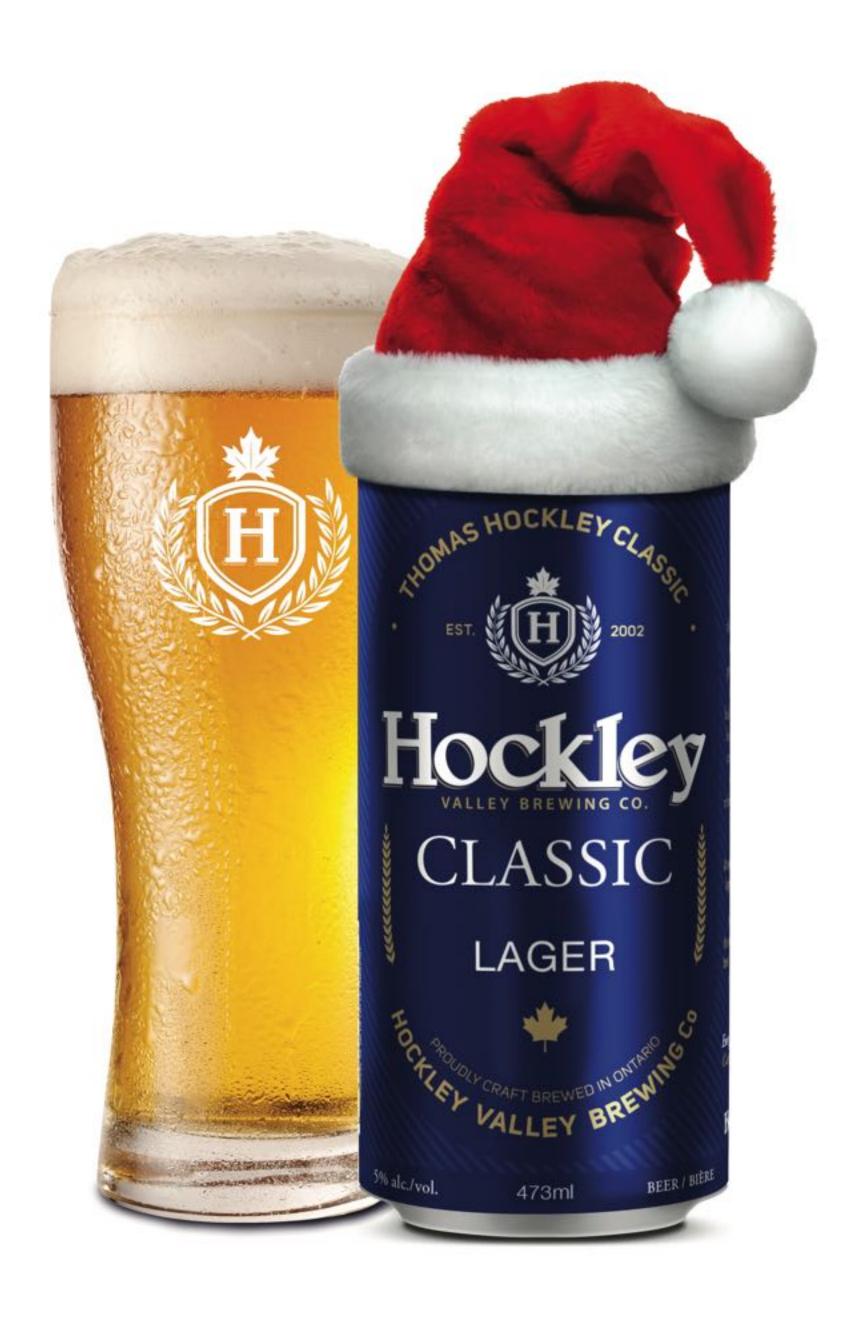
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