Merry Christmas! from Kyle Seeback, M.P. Dufferin-Caledon



Kyle and his volunteers participate in the 2021 Orangeville Santa Claus Parade (November 13, 2021).

A Message from Kyle:

It's Christmastime in Dufferin-Caledon!

You can already feel the tremendous Christmas spirit everywhere you go. It's my favourite time of the year and not just because of the beautiful lights and decorations or the lovely, festive music. It's my favourite time of the year because it's the season of peace, joy, and goodwill. The season brings out the best in everyone, as we share in the hope and optimism this magical season brings this time each year. It's an opportunity to catch up with family and friends and to remember those who are no longer with us. We fondly reflect back on the beautiful Christmas memories we made with them and the lasting happiness they brought and continue to bring to our lives.

It's also my favourite time of the year because it's the season of giving. Few holidays compare to the generosity that's witnessed at Christmas. When we spread joy, we receive joy back. As we look forward to spending time with loved ones again this Christmas, it's important to remember those who are less fortunate and needing a little extra help. Dufferin-Caledon is known for its generous heart and supporting each other. Let's ensure everyone may have a Christmas to remember!

I encourage anyone who has the means to do so to make a contribution to any of the many outstanding local charities and community groups we're so fortunate to have in Dufferin-Caledon. They work incredibly hard year round to ensure the needs of our community are always met.

From my family to yours, I wish you a very Merry Christmas and a Happy and healthy 2022!

Sincerely, Kyle Seeback, M.P. Dufferin-Caledon

Kyle Seeback, M.P. Dufferin-Caledon Constituency Office 229 Broadway, Unit 2

Orangeville, ON L9W 1K4

Phone: 519-941-1832

Toll Free: 1-866-941-1832 Website: www.kyleseeback.ca

E-mail: kyle.seeback@parl.gc.ca

SOME OF THE AMAZING **CHARITIES & COMMUNITY GROUPS IN DUFFERIN-CALEDON**

Here's just a few of the exceptional charities and community groups serving Dufferin-Caledon. If you're able to make even a small contribution this Christmas season, it can help ensure critical services are delivered in our community.

Caledon Community Services & The Exchange

Salvation Army New Hope Community Church

Shepherd's Cupboards Food Bank

Orangeville Food Bank

Family Transition Place

Caledon Animal Shelter

Headwaters Health Care Foundation

Hospice Dufferin

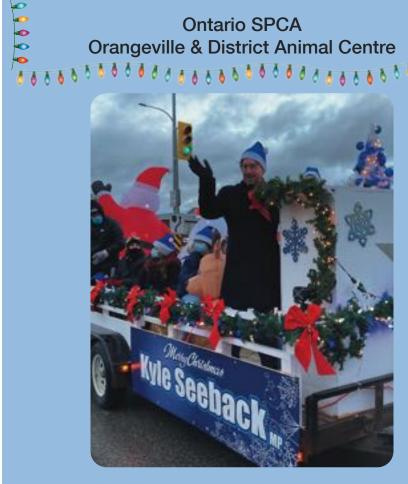
Bethell Hospice

Caledon Meals on Wheels

Choices Youth Shelter

Community Living Dufferin

Orangeville & District Animal Centre



HOLIDAY EVENTS IN DUFFERIN-CALEDON

Nov. 10 - Jan. 2 - ARTFUL GIVING SHOW

Alton Mill Arts Centre 1402 Queen Street West, Village of Alton Wednesday-Sunday, 10 a.m. to 5 p.m.

Dec. 1 – 12 HOLIDAY TREASURES ARTS & **CRAFTS SALE**

Museum of Dufferin 936029 Airport Road, Mulmur Wednesday, Thursday and Sunday from 11 a.m. to 4 p.m., Friday and Saturday from 11 a.m. to 6 p.m.

Dec. 1 - 23 CHRISTMAS SEASON WITH THEATRE ORANGEVILLE

Show Schedule & Tickets: 519-942-3423 or 1-800-424-1295

Dec. 3 – 31 CHRISTMAS IN THE PARK

Kay Cee Gardens 29 Bythia Street, Orangeville 5:30 p.m. to 10:00 p.m.



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PAULA BROWN PHOTO

SANTA RETURNS: Santa Claus made a special visit to the Shelburne community on Saturday (Dec. 4), taking part in the annual BIA Shelburne Santa

Claus Parade, which returning after a 2020 hiatus. Turn to Page A6 for more photos from the parade.

Santa Claus makes trip to Shelburne for yearly parade

Written By Paula Brown Local Journalism Initiative Reporter

Shelburne families braved the cold temperatures on Saturday evening, lining the streets to catch a glimpse of the man in the red and white suit as the local BIA Santa Claus Parade made a return after a hiatus last year.

Melissa Hooper, treasurer for the Shelburne BIA, said ahead of the event residents were excited to see it's return and the response from the community has been positive.

"We were excited and pretty happy to see it turn out the way it did. A lot of the responses we got on Facebook were that the parade was really well enjoyed," said Hooper. "It's nice to see after trying to pull it together as quickly as we did, that it worked out."

Starting from the Shelburne Agricultural Community Centre, a total of 26 floats decked out in holidays themes were lead by the Shelburne Fire Department. The floats made their way down to Robert Street, passing in front of the long-term care homes and making a loop through Jelly Street, Main Street, First Avenue back to William Street.

The Borges family has been attending the Shelburne Santa Clause Parade for around 30 years, and said they were glad to see the experience, for many of the children the big parade back.

to be able to see people out. We missed it of honour himself – Santa Claus. last year, it was hard for the little ones," said the family.



PAULA BROWN PHOTO

WAVING TO SANTA: Adam, Amber and Claudia Langeraap waved and greeted Santa Claus as he made his way past them on his sleigh pulled by horses, during the Shelburne Santa Claus Parade

been a past attendee of the local event and watched the parade with family and friends. Despite the chilly weather, as the spectacle of floats rolled by he told the Free Press "it's beautiful and great to see everybody out."

While adult attendees indulged in the social moment was catching a glimpse, a wave, or a been in," she said. "It's nice to have some normalcy back and hello from family, friends and even the guest

Local resident Craig Hutchings has also they told the Free Press they were waiting to see their grandmother walk by in the parade. The duo said their Christmas list to Santa included a hockey net and a new mini-stick.

Rachel Gawthroup, 8, shared a similar sentiment at seeing her brother participate in this year's Santa Claus parade.

"This is my brother's first parade he's ever

Five-year-old Aria Fontes had at the top of her list to Santa Claus, a baby Elsa doll and Chase and Oliver Crawford stood at the front also gave the Free Press the scoop on Santa's of the Santa Clause Parade with excitement as favourite cookie; oatmeal.







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MONTREAL MASSACRE VIGIL: Representative from Family Transition Place (FTP) commemorated the 14 victims of the École Polytechnique Massacre and the National Day of Remembrance and Action on Violence Against Women, in a vigil outside the FTP offices on Bredin Parkway in Orangeville on Monday (Dec. 6). The day marked the 32nd anniversary of the Montreal Massacre.



TYING A RIBBON: Family Transition Place staff, David Nairn of Theatre Orangeville, and local Councillor Joe Andrews tied white ribbons on a weeping tree outside of the FTP offices following a memorial ceremony in honour of the 14 École Polytechnique Massacre victims and all victims of gender-based violence on the National Day of Remembrance and Action on Violence Against Women (Dec. 6)

Family Transition Place honours victims of Montreal Massacre

Written By Paula Brown Local Journalism Initiative Reporter

Representatives of Family Transition Place (FTP) joined with members of the local community on Monday (Dec. 6) to commemorate the victims of École Polytechnique, on the nedy made the point of changing the lan-32nd anniversary of the massacre.

"We're here to recognize that on Dec. 6, 1989, 14 women got dressed and went off to school, to never return home again," said Norah Kennedy, executive director of Family Transition Place, to the crowd gathered Kennedy. "They were not killed because outside the FTP offices on Bredin Parkway they were women, they were not killed it is also a day of action for gender-based in Orangeville.

the Montreal Massacres, took place on Dec. a man who hated women. 6, 1989 when lone gunman, Marc Lepine, inside the engineering school before opening steeped in anger, hatred, and misinter- mately well-known. fire; killing 14 women and injuring others.

For the last 30 years, the National Day Against Women (Dec. 6) has been observed on the anniversary of the 1989 massacre, honouring the women who were murdered.

that day. It was a hate crime against women day of the massacre.

and we had never seen anything like that an interview with the Free Press.

As part of this year's recognition, Kenpointed out to her as being misleading.

"We usually use it to say that they were The École Polytechnique, also known as that they did. They were killed because of have been killed through femicide since.

preted privilege."

how they connected to the vigil.

Lyn Allen, who has worked with Family "As a nation we lost a bit of our innocence Transition Place for 34 years, recalled the

before, and we can't allow ourselves to similar in age to a lot of the women that work, but it felt so big and I think I kind of friend, who survived," said Kennedy. lost my innocence at that time," said Allen.

guage often used when speaking about the vigil will be the last that's needed, with dents, middle-aged women, women in the the women's murders, noting that it was the world being a kinder and safer place height of their careers, and grandmothers

While the National Day of Remembrance killed because they were women," said and Action on Violence Against Women bly and horrifically many killed by sons or honours the École Polytechnique victims, because of anything they were or anything violence; recognizing the women who moment of silence in memory of the École

Femicide is a term used to describe the "This was not because they were act of a man murdering women because the young women that they were and we separated the men from the women students women, this was because he was a man they're women, and who is often inti-

According to the Ontario Association of would they have been now? During the memorial ceremony, attend- Interval and Transition Houses (OAITH), of Remembrance and Action on Violence ees read out the names of the 14 victims, thus far in 2021 there have been 58 women engineering was dominantly male. They and were given the chance to speak about and girls who have lost their lives to fem- were trailblazers, they would have been icide. This is a 47 per cent increase from the directors of companies, they would last year. The oldest victims were in their have been manager, and laid down new 80s, killed by a husband and another responsible for young women to follow. They ident at a long-term care facility. The never got the chance."

"I remember being a young person youngest victim was three-years-old.

"[She] was having a sleepover at a forget that that is what extreme misogyny had been killed, and it just profoundly friend's house. The friend's mother's and hatred can look like," said Kennedy in impacted me. I was already doing this ex-boyfriend poisoned her and her little

> Over 50 other names are on the femicide She also shared how each year she hopes list including teenagers, university stuadded Kennedy.

> > "All killed by intimate partners, incredigrandsons," she said.

> > Concluding her speech, proceeding a Polytechnique victims Kennedy said, "We remember those girls. We remember grieve and mourn the older women that they were never allowed to become. Who

"They were engineers at a time when

Headwaters declares Code Grey 'All Clear' following security breach

Written By Paula Brown Local Journalism Initiative Reporter

eopened last Wednesday (Dec. 1), after being includes private medical data. closed due to the Code Grey being declared the hospital's systems.

to internet on Nov. 25 after the Headwaters mail, database's, invoice's, signature's etc." Information Technology (IT) System and team noticed suspicious email activity.

come from her account to hundreds of recover the files.

The email continues, "We will publish all on Nov. 25, following unauthorized access to the contents of your company on our site," noting that this includes, "All your confiden-As a preventative action, Headwaters shut tial medical history, employers information, down all of its internal systems and access documentation, catalogs, reports, configs,

of this data, visit its website and follow we learn that any personal information ther updates on the matter.

Kim Delahunt, Headwaters President its instructions which entails download- has been exposed," said the press release. and CEO had several suspicious emails ing a TOR browser and paying money to

its Code Grey (Loss of Essential Services) "All of the hospital on Nov. 25. The email's somware, which is designed to encrypt cians as a result of the security breach. Clear" yesterday (Wednesday), with all of its header reads "Welcome to Lorenz" and the data and demand ransom for decryption. email says all the files across Headwaters This means Lorenz renders affected files lent patient care despite the recent chal-Headwaters COVID-19 Assessment Centre entire system has been encrypted, which inaccessible and then asks for payment to lenges, said Delahunt in a press release regain access.

In a press release from Dec. 8, Headwaters said cybersecurity experts continue to sup- continued as scheduled at Headwaters port the investigation into what happened and Emergency Department remains open

"This process is complex and will take urgent care. some time. We are committed to being The email says to prevent the publishing transparent and will notify individuals if the hospital will not be providing any fur-

Access to Headwaters' health information

system and reports have been delayed to Headwaters Health Care Centre declared contacts, primarily being staff members Lorenz is a new variant of Sz40 ran- community partners and primary care physi-

The hospital continues to provide excelfrom Headwaters on Dec. 3.

Surgeries and outpatient clinics have and whether any sensitive data was exposed. 24 hours a day, seven days a week for

Now that the Code Grey is declared over,

Shoebox Project, supporting unhoused women, returns for sixth year

been worsened by COVID-19, giving back this women impacted by homelessness. holiday season is more important than ever.

On Monday (Dec. 6) The Shoebox Project with gifts, basic essentials and messages of announced its partnership with Allstate for support for women, this year The Shoebox the sixth consecutive year, to raise funds and Project will also be offering 'virtual gifts' in

Continuing its mission to fill shoeboxes

with funds directly going to local chapters including Orangeville and shelters serving Indigenous women in remote regions. Locally, Family Transition Place, Catho-

lic Family Services Dufferin-Peel, and Salvation Army Family Resource Centre will be receiving the shoeboxes to distribute to women in need.

Those looking to create a virtual shoebox can visit: shoeboxproject.ca/virtual/ca-en/

The holidays are a time to give back, and support those affected by the housing crisis the form of donations and gift cards. In fact, home or if you want to make a physical shoewith an ongoing housing crisis that has only ¬- specifically the thousands of Canadian for this week only (Dec 6 - 12), all donations box and drop off it in person, go to shoeboxwill be matched by Allstate (up to \$25,000), project.ca/ways-to-give/make-a-shoebox

Correction

A story with the headline "Senior's Santa Christmas Stockings Program returns" on Page 3 of the Dec. 2 edition of the Shelburne Free Press incorrectly stated that Marg McCarthy's Real Estate office is located on 98 Church Street. The Shelburne office is located on 110 Centennial Rd.



THE CORPORATION OF THE TOWN OF SHELBURNE NOTICE OF INTENT TO REMOVE A HOLDING PROVISION **UNDER SECTION 36 OF THE PLANNING ACT**

Take notice that the Council of the Corporation of the Town of Shelburne has received an application for removal of a Holding Provision (File No. Z17/05) from Zoning By-law 38-2007 and intends to consider passing By-law 71-2021 to remove the Holding Provision on:

MONDAY, DECEMBER 13, 2021

The Council meeting is scheduled to start at 6:30 p.m., or as shortly thereafter as possible, and will be held in an online virtual meeting format, as outlined below

The subject property is located at the northwest corner of Main Street West and Gordon Street, at the westerly terminus of First Avenue West and Second Avenue West and along the easterly limit of the former railway right-of-way. The accompanying map illustrates the location of the subject property

The purpose and effect of By-law 71-2021 is to remove the Holding Provision from a portion of the subject property, including Blocks 1 to 6, 8 and 9 on the related Draft Plan of Subdivision (File No. DPS 17/02) to allow for 33 townhouse dwellings to be developed in accordance with an approved Draft Plan of Subdivision and Draft Plan of Condominium. The removal of the Holding Provision is conditional upon the Owner entering into a Subdivision Agreement with the Town which has been authorized by Council, reports and plans which have been submitted, servicing capacity which has been allocated, winter maintenance requirements for the proposed private condominium road and parking areas which is addressed in the Subdivision Agreement, and a permit from the Nottawasaga Valley Conservation Authority (NVCA) which has been issued

A by-law considered by Council to remove a Holding Provision under section 36 of the Planning Act is not subject to the requirement of a public meeting and cannot be appealed by anyone other than the applicant. Comments may be submitted in writing via email and will be considered by Council if the submission is received no later than 4:30pm on the date of the

Further to the COVID-19 Pandemic and the Orders gatherings, the Council meeting will be held electronically through Zoom conferencing and will be livestreamed. Should you wish to view the proceedings, you will have the opportunity to view a live stream of the meeting on the Town of Shelburne's YouTube channel ttps://www.youtube.com/channel/UCsar-

For more information about this matter. including information about appeal rights, or to submit written comments, please email burne.ca or visit the Town's





Dufferin County installs 24 electric vehicle chargers

Written By Sam Odrowski

County are in luck.

The region's electric charging network, called "Charge Up in Dufferin", has massively expanded, with 24 electric chargers recently Garafraxa, Mono, Mulmur and Melancthon.

announcement of the chargers on Tues- with no signs of slowing down. day (Dec. 7) behind the local courthouse, installed the 24 chargers locally.

our path to net-zero by 2050 in Dufferin. sion Vehicle Infrastructure Program (ZEVIP) We are gearing up for the future of electric for \$100,000 from the Department of Natural transportation," said Dufferin County War- Resources Canada. This funding is in addiden Darren White.

"Dufferin County is in a strong position to install the first 24 EV chargers. contribute to climate mitigation efforts, as municipalities are on the frontline of the climate crisis, and can influence 50 per cent of Warden White. greenhouse gas emissions in Canada."

the county's emissions are from transpor- ward to expanding our charging network as tation so building up a more robust electric we race towards the net zero future," he said. charging network is important for moving consumers towards electric vehicles (EVs) important move for the county, as the federal and mitigating local emissions.

"We do know through consumer interactions, consumer research, that one of the by 2035, said Warden White. primary barriers to EV adoption is access to public charging infrastructure," said Dav are anticipated to be electric by 2030. Cvitkovi, chief operating officer of Plug'n

Drive. "It creates what we call that 'range anxiety'. Well, if I have an EV, where am I Electric Vehicle drivers across Dufferin going to charge my car? So, efforts such as this goes a long way in building consumer confidence towards purchasing an EV – plain and simple."

Cvitkovic shared a positive outlook for the installed, in Orangeville, Shelburne, East future of EVs, noting sales increased through the COVID-19 pandemic, proving it to be a A press conference was held for the resilient economic driver around the world

In addition to the 24 EV chargers recently where speeches were shared by dignitaries installed, 20 more chargers will be installed and a representative of Plug'n Drive, which throughout Dufferin County be the end of 2022. This was made possible through a sec-"This is an important stepping stone on ond phase of funding through the Zero-Emistion to \$289,000 provided through ZEVIP to

> In the years ahead, Dufferin residents can expect to see more EV chargers, according to

"As the number of electric vehicles on the Warden White noted that 49 per cent of road grows every year, the county looks for-

> The Charge Up in Dufferin project is an government is requiring 100 per cent of car and truck sales to be zero emission vehicles

"Here in Ontario, we're fortunate to have as mayor.



SAM ODROWSKI PHOTOS

EV CHARGERS LAUNCH: Dufferin County Warden Darren White cuts the ribbon to unveil one of 24 new electric vehicle charging stations that have been recently installed in the County during a small press conference in the parking lot of the local courthouse on Tuesday.

94 per cent emissions free electricity supply. This means that we can make a significant to our Mennonite hitching post, which is a reduction in our greenhouse gas emissions great dichotomy to show the past, the preswhen we shift away from gas powered vehi- ent and the future coming together," Warden cles to electric ones," Warden White noted.

When looking at the evolution of vehi-He added that one out of three automobiles cles, he commented on the location of EV additional information about the electric chargers in Melancthon, where he serves vehicles and charging can be accessed at

"Our charger stations are set up right next White remarked.

A map of charging station locations and dufferincounty.ca/chargeupindufferin.

Council approves fund transfer for second replacement water truck

Written By Paula Brown

Local Journalism Initiative Reporter

a transfer of funds to purchase a new water truck.

During a special budget framework meeting on Monday (Nov. 29), Council received a report from treasurer, Carey Holmes, to transfer just over \$120,000 from development charges into a water reserve to purchase a second new water truck.

town's current 2008 model.

"In the 2022 budget, we have included the purchase of another replacement truck for the 2008 truck," Holmes told councillors the Town will be seeing realignment with replacement vehicle is included in the 2022 water truck after ordering it.

replaced the plan is to sell the 2008 model.

The Town of Shelburne purchased its first sewer department full-time. Shelburne Town Council has approved replacement water truck in 2019, which was onset of the COVID-19 pandemic, the 2008 need two water trucks. water truck, which was intended to be sold, remained in service.

truck in order to allow staff to work inde-The new water truck will be replacing the pendently, and with social distancing protocols. That still remains the case today," said Holmes.

Holmes noted as part of the 2022 budget

lic works operator moving to the water and

at the time intended to replace the existing growth, and the water and sewer depart- used vehicle auction or advertised for pub-2008 truck. After taking possession of the ment growing to three staff members, lic tender for bidding. 2019 Ford F550 in February of 2020 at the Holmes said going forward the Town will

forecasted in the 2019 water budget to maximize returns. "We ended up keeping that old water cost \$106,000, with the actual cost being \$121,104.59. The purchase, considered in one form or the other, then maybe not eligible for development charges, was that's what we should be pursuing," said funded through the water reserves and the Anderson. water and sewer rates.

at the Nov. 29 meeting, adding that once staffing, including the movement of a pub-draft budget in the amount of \$132,000.

With two new water trucks, the town plans to sell its 2008 truck and declaring it With Shelburne experiencing high surplus. The vehicle can be sold through a

Deputy Mayor Steve Anderson questioned how other municipalities have han-The original replacement vehicle was dled the selling of surplus equipment to

"If they feel they've had better returns

Staff noted that it will likely be at least According to the Nov. 29 report, the a year before the Town receives the new

"Which bin does

go in?"

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Another Olympics?

The 2022 Olympic Winter games are approaching and set to take place in Beijing, China in February.

Athletes have been preparing for years for this event. They train and hone their skills to become the best athletes in their sport so they can wear their national colours with pride.

The Olympics are the ultimate event in the sporting world. Even if an athlete doesn't win a medal, there is still the prestige of being good enough to make your national team.

Athletics is about competition. It's about breaking records and striving to be the best in your field.

It is about a lot of hard work and personal sacrifice.

With some exceptions, Olympic athletes don't get rich from competing. Most will never sign a contract to be on a box of Wheaties or sign their name on a custom brand of running shoes.

The Olympics should be about sport, and politics should never be part of it.

It is the international level of the event that draws world leaders to somehow push politics onto a sporting event.

U.S. President Joe Biden is now pushing for some kind of ridiculous diplomatic boycott of the Beijing games. It doesn't mean U.S. athletes won't compete; it means there won't be any American government officials involved in the games.

Big deal! Why would you want government officials involved in a sporting event anyway?

The Olympics have always had some political garbage tossed into the games.

From fists raised in protest on the podium to countries withdrawing from the games because of other political reasons, there has always been some kind of nonsense that keeps runners off the track and bobsledders off the course.

In the 1956 Olympics in Melbourne, less than 67 countries competed after several armed conflicts caused other countries to withdraw in protest.

In 1980, 66 countries chose not to attend the games in Moscow in protest of the Soviet Union's war in Afghanistan. That's some real irony isn't it?

Four years later, the Soviets started their own protest and led a bunch of Eastern bloc countries in a boycott of the 1984 games in Los Angeles.

What did all these boycotts and protest accomplish? Well, nothing, other than having some athletes watch the games from home and see their spot in the track and field events filled by someone else.

The Olympic games are rarely successful financial events. They don't generate a lot of money and are filled with cost over-runs.

Fred M. Claridge, Publisher 1964-1974 Thomas M. Claridge 1974-2012 The Free Press and Economist was formed from the amalgamation of The Shelburne Free Press (est. 1875) and The Shelburne Economist (est. 1883) in 1928.

If you google former Olympic venues, many did not become a lasting sports centre for high level competition. Many sites are now in ruins and falling apart.

I don't know why a city would want to go to the expense of hosting a one-time event that will cost billions of dollars but not produce a return on investment.

Maybe it's time to scrap the whole idea of different cities hosting the event.

It's time to select a permanent place to host the summer Olympics and a separate location to host the winter games.

Once you build the entire venue that can host all the sports, have each country contribute a yearly fee for maintenance. Split by over 200 competing countries, it wouldn't cost that much to maintain one sporting venue.

It would eliminate the political aspect on many levels.

For starters, it would eliminate the politics that goes into the bogus IOC selection committee that determines which city will host the next Olympics.

Secondly, if no country in particular is hosting the event, why would you protest the Olympics because Bermuda has finally

FROM THE SECOND ROW

BRIAN LOCKHART

invaded Australia? The problem with this idea is of course, the massive political crap that would be involved

in determining a single location for a sports venue.

There isn't a chance in the world you could come up with a committee that would search out appropriate sites and come to a logical conclusion without a bunch of in-fighting and political interference.

The IOC is already a massive political disaster on its own - trying to get them to make a sound decision would be next to impossible.

It would be a decision based on politically manoeuvring, national pride, and bribes.

Once built, however, a permanent home for the Olympic game would provide a stability that is needed to have the competition without all the political nonsense that goes with a single country hosting every four years.

It would also provide an international venue for other athletic meets between Olympics.

Politics should not be involved in sports. Let the athletes have their moment in the sun without the interference of government leaders and bureaucrats.

Gut love

Your gut is your entire digestive system. It starts at your mouth and ends at your bottom, and includes your esophagus, stomach, intestines and colon. It is in constant movement throughout the day, helping you chew, swallow, break down, process and expel your food; cool, right? This system effects everything in your body; gut-brain connection, hormones, skin health, hair health... you name it, I guarantee that there is a connection back to your gut. So, is it any wonder that when something is wrong in the body we look to the gut for more answers?

Your gut is made up of a menagerie of bacteria – good and bad – and it is where your health starts. Healthy gut = healthy you.

A lot of trendy articles and fast diets will have you believe that you must clean out your gut, or detox your body, or rid yourself of bacteria in order to regain control over your flora (you've heard that word before, right?). Well, what if I told you that if you eat the right foods and take care of yourself, your body will (in many cases, however, not the case if you have a parasite or severe bacterial overgrowth*)

any cleanses or detoxes. Amazing, right? Let's get into it.

Your gut microbiome (good bacteria) is something that you want to feed daily. These little guys are what keep your bad bacteria in check and act as security, so that the bad bacteria don't over-populate and run wild. More than anything, your microbiome loves fiber, especially a variety of fiber. Adding berries (raspberries and blackberries are highest in fiber), chia and flax seeds and legumes and lentils to your daily diet will significantly boost your fiber intake, and therefore boost the happiness, and efficacy, of your microbiome; protecting your gut health, and the health of your body and mind.

Focus on relaxation, engagement with your food and chewing. I cannot stress this enough. Enjoying your food, relaxing while you eat, engaging with your food (not watching tv, scrolling through Instagram or Facebook, or watching your favourite YouTube channel) and therefore spending the time to thoroughly chew your food, makes for a much better, healthier and happier digestive process. Digestion doesn't start when you rebalance its own flora, naturally. Without eat, it actually starts before food even

CHELSEA SPACKMAN, M.SC., R.H.N **HEALTHY WITH CHELSEA**

hits your lips. It starts when you look at/ smell food.

Have you ever been cooking and felt your mouth start to salivate because the food smells so good? That's your body gearing up for digestion! Those juices in your mouth are beginning to stimulate your stomach to start gearing up for incoming food to breakdown. The more responsive we can make our stomach (ie. By sending clear signals that food is coming by being engaged with food), the more efficiently our stomach will process that food, and the easier it is to digest and eliminate without distress.

Switching out raw fruits and veggies for cooked can make a huge difference for your digestive health. Cooked fruits and veggies are much easier for our gut to process, and easier for our bacteria

to enjoy, too. Contrary to popular belief, cooking these doesn't actually strip away any nutrients. Instead, roasting veggies and stewing fruits can

break down hard to digest fibers that can cause digestive distress.

Lastly, listen to your body. All foods can be a part of a well-rounded, healthy diet, but if any food is causing you anxiety, pain or intolerance, it is important to remove it and dig deep to find the reason it's not working with your body.

Health is not a one-size-fits-all definition. Health is going to look and feel different for everyone. However, health will always feel good. So, it is important to recognise what is working for your body!



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Multiple charges laid following R.I.D.E check in Melancthon

The Dufferin Detachment of the Ontario Provincial Police (OPP) charged a driver for concentration (80 plus) impaired operation and several other driving related charges while conducting R.I.D.E in suspended under HTA sec 41/42 Melancthon Township.

On Saturday (Dec. 4) at approximately 1:00 tainer of liquor p.m., Dufferin OPP officers were conducting R.I.D.E. (Reduce Impaired Driving Everywhere) in Melancthon. The officers stopped a vehicle and were led into an impaired driving investigation.

• Operation while impaired - blood alcohol

- Driving while under suspension while
- Driving motor vehicle with open con-
- Fail to surrender insurance card
- Fail to surrender permit for motor vehicle • Use plate not authorized for vehicle

The accused is scheduled to appear at of seven days. the Ontario Court of Justice in Orangeville

As a result, Richard SCOTT, 50-year-old, in February 2022, to answer to the charge. from Grey Highlands, has been charged with: Their driver's licence was suspended for 90



days and the vehicle impounded for a period

Thank you to the concerned citizen who called police. If you suspect an impaired driver, call 9-1-1.

Citizens often ask, why police conduct R.I.D.E. programs during daytime hours. Officers make impaired operation arrests at all hours of the day, seven days a week.

The Dufferin OPP reminds motorists to plan ahead when consuming alcohol or drugs. Use a designated driver, cab, rideshare, public transit or stay overnight. Any amount of alcohol or drugs can impact your ability to make sound judgements. In a split second you could ruin your future, injure or kill others, and tear a hole in the heart of everyone who loves you.

Dufferin OPP lay charges following theft of vehicle from business

Officers from the Dufferin Detachment of OPP located the vehicle a short time later. security cameras for any suspicious activity car, and charges in relation to a theft of vehicle from a in a ditch on Highway 10. parking lot in the Town of Orangeville.

1:00 p.m., Dufferin OPP attended a business charged with: parking lot on Centennial Road in Orangeville • Possession of proceeds of property obtained for the report of a stolen vehicle. The com- by crime - over \$5000 vehicle in the parking lot. A few minutes later under \$5000 he heard the screeching of tires leaving the • Failure to comply with undertaking parking lot and observed his vehicle exiting • Driving while under suspension - while susthe lot.

The vehicle is described as a grey Toyota • Driving while under suspension

Officers from the Caledon Detachment of the area of 195 Centennial Road to check their • Remove garage door openers from your

- plainant advised that he parked his delivery Possession of property obtained by crime -

 - pended under HTA sec 41/42
 - Dufferin OPP is asking business owners in nothing in your vehicle to steal

the Ontario Provincial Police (OPP) have laid The vehicle left the roadway and came to rest or a vehicle matching the above description. • Never leave the car running and unattended If you have any information or video surveil- What to do if someone steals your garage As a result of the investigation, Sukhjinder lance footage in relation to this theft, please door opener? Last Wednesday (Dec. 1) at approximately Singh RAI, 34-year-old from Orangeville was call the Dufferin OPP Detachment at (519) • Immediately disable the remote and repro-942-1711 or 1-888-310-1122.

> mously by contacting Crime Stoppers at 1-800- your garage and the inside of your house and 222-TIPS (8477) or submit your information always keep it locked online at https://ontariocrimestoppers.ca/. Dufferin OPP reminds residents to:

- the windows

- gram the unit
- You can also provide information anony. Get a deadbolt lock for the door between
- Keep the garage door remote with you at all times - look into getting a mini-remote Always lock your vehicles and close that fits on your key chain, or a smart-
- Remove everything from sight leaving Hide your vehicle registration showing your home address

Dufferin OPP searching for suspect of vehicle theft

Officers from the Dufferin Detachment of the Ontario Provincial Police (OPP) have laid charges in relation to a theft of vehicle from a parking lot in the Town of Orangeville.

vehicle was gone.

Dufferin OPP is asking business owners in area of 489 Broadway in Orangeville to check their security cameras for any suspicious activity or a vehicle matching the above description. 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 infor-

Last Thursday (Dec. 2) at approximately 7:04 p.m., Dufferin OPP attended a business parking lot on Broadway in Orangeville for the report of a stolen vehicle. The complainant advised that he parked his vehicle in the parking lot while he attended a store. When he returned a few minutes later the

The vehicle is described as a 2007 Ford Edge, white in colour. There is no suspect description at this time.

mation online at ontariocrimestoppers.ca

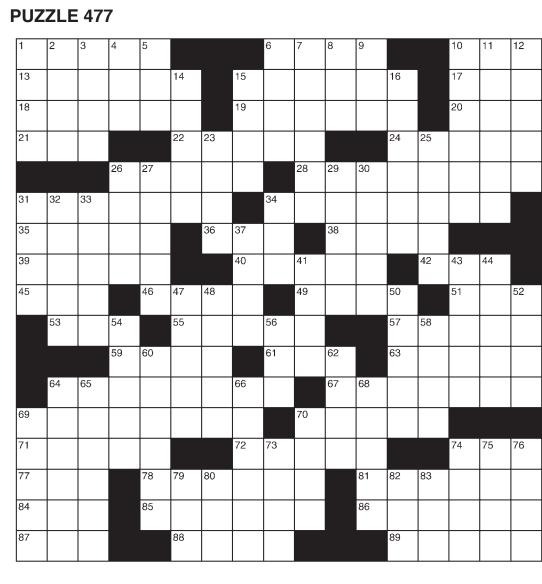


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ACROSS

1. Slapping noise 6. Top 10.Tattered cloth 13.Educated

15.Batting order 17. Holiday night 18.Dry creek bed

19.Esoteric 20.Diaper fastener

21.Command to oxen

22.Zoo creature 24.Pledge an oath 26. Facial expression

28.Gradual 31.Pudding

34.Desire for food

35.Glorify 36.Fa's follower

38."Yes _____" (Sammy Davis, Jr. autobiography) 39.Seat request

40.Treeless plain 42.Shoot the breeze

45.Scatter rug

46.Burden

49. Active word

51.Kind of feeling

53.Lass's counterpart

55. Type of chisel

57. Alpine ridge

59.Cartridge-box contents

61.Unit of energy 63.Busybody

64.Bugle call 67.Hen's mate

69.Demean

70.Entire range 71. Chalcedony

72. Notwithstanding 74.Sketch_

77.Brief doze

78. Asian wild ass 81.Grating

84. Some sons: abbr.

85.Plump

86.Supply with oxygen

87. "The Bard," e.g.

88.Bamboo, e.g. 89. High male voice

DOWN

1. Buck

2. Whittle

3. Fishing implement 4. Back in time

5. Old pronoun

6. Tweety, for one

7. Set up tents 8. Mediterranean or

9. Large wine cask

Caspian

10.Parrot

11.Fly a plane

12.Category 14.Theme

15.Rural road 16. Former Spanish coin

23.Sad cry 25.Twist

26.Window part 27.Lodging place

30.Ornamentation

31.Jazz or Magic

32. Along the middle 33. Spaghetti or linguine

34.Entirely

37.Dairy-case selection

41.Declare

43.Go-between

44.Mesa 47.Own up to

48.Wry

50."Blue 52.Sign of crying

54.Ship's crane

56.Neckline style

58.Sit a spell

60.Shooting star

62.Alum

64.Consider

65.Pass by 66.Alliance

68.Last Greek letter

69.Guitar's relative 70.Brace

73.Relay

74.Design

75. Singing voice 76."The ____ Hunter"

79.Likewise not

80.Had a snack

82.Steep flax 83.Strong rage

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More photos from the Shelburne BIA's Santa Claus Parade



PICTURES WITH SANTA: Araiah (left) and Savannah (right) Newfield enjoyed taking photos with Father Christmas on Saturday (Dec. 4) at Jack Downing Park, prior to the Santa Claus Parade starting.



WAITING FOR SANTA: Kids in Shelburne bundled up and braved the cool weather as they lined the streets of the community to catch a glimpse of the man in the red and white suit on Dec. 6.

Upper Grand District School Board starting kindergarten registration on Jan. 4

Written By Paula Brown Local Journalism Initiative Reporter

for kindergarten next school year will need to not receive it in your main inbox folder). start the enrollment process next month.

(UGDSB) has announced they will begin regment can be either in-person or online). istration for new junior kindergarten (JK) and run until Jan. 21.

The local school board has provided a step-"hybrid" registration process.

garten between Jan. 4 and 21.

Parents looking to register their children your inbox (check your spam folder if you do home school."

4. If applying for French Immersion, you senior kindergarten (SK) students for the Sep- must complete the application process, tember 2022 school years on Jan. 4 and will including submission of all required documents by 4 p.m. on Jan. 21, 2022.

"The online pre-registration process allows by-step guide for parents as they introduce a families to fill out the pre-registration form when it's convenient for them," wrote the 1. Pre-register online at www.ugdsb/Kinder- school board in a press release. "If parents

and guardians require assistance pre-regis- www.ugdsb.ca/jkfi. 2. Once you have registered, make sure that tering online or do not have access to tech-

Families looking to enroll their child in 3. Make an appointment with your school to French Immersion at the junior kindergarten the 2022-2023 school years is currently for The Upper Grand District School Board provide the required documents (this appoint-level need to be aware of the enrolment cap in-person learning. at all UGDSB schools that offer the program. Parents and guardians wishing to apply for English, the UGDSB website is available to be junior kindergarten French Immersion must translated into a preferred language by presscomplete their pre-registration and a French ing the 'select language' button on the top Immersion application by Jan. 21 at 4 p.m. to right-hand side of the website. There are over be considered 'on time'.

> More information on the junior kindergarten French Immersion application ten registration visit the UGDSB website and the selection process can be found at -ugdsb.ca.

English Track families have been asked by you have received a confirmation email to nology, they are asked to contact their child's the school board to complete their registration during the same time window.

The school board said all registration for

For families whose first language is not 90 languages to choose from.

For more information about kindergar-

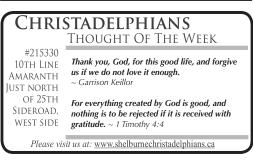
SHELBURNE CHURCH DIRECTORY





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The 'steaks' are high for Dufferin County to grow agricultural stability

Written By Paula Brown Local Journalism Initiative Reporter

Dufferin County is looking to beef up the the support of local farmers.

cultural sector.

project was born out of the numerous con- to grow."

cerns and challenges the County was hearing from local farmers about processing meat, at least 50 local farmers to commit to utiliz- were working on with the Ontario Minisespecially during the pandemic.

"We started hearing more and more from local meat supply in 2022 through it's first- our farming community that meat processever meat processing plant, and is seeking ing was getting to be more of a challenge, in that farmers were struggling to get animals The plan to establish a meat processing book in to be process with timelines being plant within the county is part of an effort to extremely long in some cases a year, and bring Dufferin's farm-to-table system closer they were having to drive long distances," to home and create a more sustainable agri- said Downey. "Our local producers have said they're having trouble expanding their exist-Karisa Downey, manager of economic ing operations because they simply can't development for Dufferin County, said the obtain the meat processing capacity required

facility before March 2022.

mal commitments, there are 10 farmers who mine if a processing facility would be benhave already shown interest in moving for- eficial to the community. The final report ward as investors.

Bill McCutcheon, president of the Dufferin Federation of Agriculture (DFA), had plant initiative.

thing a little more local and predictable, that we could respond to our customers in ing plant is that the majority of it would be a timely fashion," said McCutcheon. "We're owned by local-producers. really doing a pretty poor job of capturing local demand that is there because we can't ship of it and run it in a way that works for respond fast enough. It's a pretty poor busi- them and is suitable and to the advantage of ness model."

problems farmers in the community are create a facility that meet their goals," said seeing now, McCutcheon says the struggles Downey. "It's also another potential income have been growing over the last 10 years.

"We've seen how vulnerable our meat processing system could be if there was a prob- the facility is a retail component for farmers lem," he said.

McCutcheon added that a meat processing facility would connect the local identity of ferin County would require eight people to producers with consumers.

"There's a demand out there from consumers to know where their food comes from, to have a relationship with a local producer. At facility to the community could draw busithis point it's difficult to do, I mean it's still ness from outside of the county. possible, but the producer has to do a lot of work to make that happen because there's meeting for more information on the project nothing local to help."

Dufferin County, after hearing the trou- District Community Centre.

To make the plant, Dufferin County needs bles from farmers, shifted a project they ing and investing in the new producer-owned try of Agriculture, Food and Rural Affairs (OMAFRA), to focus on the concern. A Downey said while they don't have any for- feasibility study was completed to detercompleted in spring of 2021, supported the need for the facility.

From the report it was recommended that been farming on his own in the community the facility be located within an urban censince 1986, working primarily with sheep, ter. If built in an existing industrial buildand is a supporter of the meat processing ing, Downey said the rough estimate cost is around \$1 million. The meat processing "It just makes more sense we having some-facility would not be a kill facility.

What is unique about the meat process-

"The producers are able to take ownertheir own business. It's providing them with While COVID-19 had partly fueled the an opportunity to take the lead on this and and revenue source for our local farmers."

Another aspect that is being looked into at to sell their meat directly to consumers.

Downey said bringing the facility to Dufrun it, and would be creating eight good paying jobs in the local economy.

McCutcheon also noted that bringing a

Dufferin County will be hosting a public on Dec. 15 at 1 p.m. at the Grand Valley and



CONTRIBUTED PHOTO

MAKING DONATION: Mari-Anne Tate (left), who is president of RCOH, along with RCOH member and Taste of Autumn Chair Lori McHenry (right), presents FTP executive director Norah Kennedy (middle) with a cheque for \$10,000 on Dec. 1.

Family Transition Place recieves \$10,000

major beneficiary of this year's Taste of months have created barriers for fund-Autumn event, organized and hosted by raising initiatives. the Rotary Club of Orangeville Highlands (RCOH).

Taste of Autumn event, to be used to sup- with new and exciting opportunities. port FTP's Youth Education programs.

to teach youth the importance of healthy, groups like RCOH. Generous donations respectful relationships that are free of vi- like this are needed to help FTP continue olence in interactive and engaging ways.

Family Transition Place (FTP) was the many other challenges, the last 18 +

FTP's youth educators have had to move to a virtual format to accommodate ongo-FTP recently received a very generous ing COVID-19 protocols, which has been donation of \$10,000, sourced from the challenging, but has also provided them

FTP said it is so grateful to have the on-FTP's Youth Education program strives going support of our community and from providing Youth Education programms, FTP relies largely on fundraised dol- which help in the organization's work to





PETER RICHARDSON PHOTOS

CELEBRATING ONE YEAR ANNIVERSARY: (Left Picutre) Bruna Zarlenga, owner of Village Refillery celebrated the store's one year anniversary on Nov. 28. (Right picture) Chloe Carleton paints Alecx Gilberts, at the Village Refillery for its one-year anniversary celebration. In addition to hand and face painting, there were also several gift giveaways. The Village Refillery helps customers reduce waste by reusing bottles for household cleaners and personal care products, as well as food.





SHELBURNE SPORTS

PJHL delivers a couple of upsets over the weekend

Written By Brian Lockhart

Anything can happen in Junior C hockey, and it did over the weekend with a couple of surprising upsets in the Carruthers Division Orillia to take on the second place Terriers. of the Provincial Junior Hockey League.

The first place Stayner Siskins were this season. handed their third loss of the season when they went to take on the Alliston Hornets on the first period of that game. Alliston home ice on Sunday, December 5.

place team with an 11-6 record.

The Siskins took an early lead in the game and were leading 3-2 going into the period with Penetang leaving the ice with a third period.

That's when the real action started.

by one. Then Stayner tied it up and went 14-3 record and 28 points.

goal each.

Alliston scored with less than five minutes remaining to make it a 6-6 game.

The Hornets got the upset win when Dunthe season goes on.

can Grube scored with six seconds left on the clock to give the Alliston team a 7-6 win.

The other upset happened when the fifth place Penetang Kings took the highway up to

The Terriers had lost only three games

Penetang managed to get a one goal lead in

They went ahead 3-1 in the second, before The Hornets came to the ice as a fourth- Orillia scored to make it a 3-2 game with one period left to go.

> Both teams scored a single in the third 4-3 win.

After the weekend, the Stayner Siskins The Hornets tied it up then went ahead remain in first place in the division with a

They are followed by Orillia with 27 points, Both teams again tied the game with a and the Schomberg Cougars who also have

> The Alliston Hornets are close behind with 25 points and have been getting stronger as



HUSTLING TO PUCK The Alliston Hornets take on the Caledon Golden Hawks on Friday, December 3, at the New Tecumseth Recreation Centre. The Hornets won this game 8-0 then went on to defeat

Shelburne

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

Photo Credit: Anthony Oragunye

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Shelburne Muskies pick up overtime win in Milverton

Written By Brian Lockhart

time, but the Shelburne Muskies finished decide the game. the weekend with a 7-6 win over the Milverton 4 Wheel Drives on the road in Milverton Lovell scored in OT and the Muskies got on Saturday, December 4.

The Muskies had a good start in the first period jumping out to a three goal lead on win in a row in net. markers from Jamie Bennett, Nick Hodgson, and Josh MacDonald.

That big lead got a little smaller when Miland 12 points. verton responded and scored two to make it a 3-2 game going into the second period.

put a big gap in the scoring when the hit the hawks, and the Clinton Radars. back of the 4 Wheel Drive net three times to make it a 6-2 game.

Muskies goals came from Justin Graham, Blake Lovell, and Jamie Bennett.

With a big lead, fans were sure the team verton out of their zone.

on and had a huge third period that saw Coyotes. them score four unanswered goals to tie Game time is 8:00 p.m.

When the buzzer sounded to end the pe-It took a tough three periods and over-riod, the teams re-grouped for overtime to

The Muskies got the win when Blake the two points for the game.

Malcolm Young picked up his second

The Muskies remain in the number eight spot in the league with a 6-7 record

The Seaforth Centenaires are in first place with 20 points, followed by the Rip-Returning to the ice, the Shelburne squad ley Wolves, the Saugeen Shores Winter-

The Muskies have two games this coming weekend.

On Friday, December 10, they will travel to Clinton to take on the Radars.

They will be back on home ice at the could finish off the third just by keeping Mil- Centre Dufferin Recreation Complex, the following night, Saturday, December However, the Milverton squad poured it 11, when they will host the Creemore

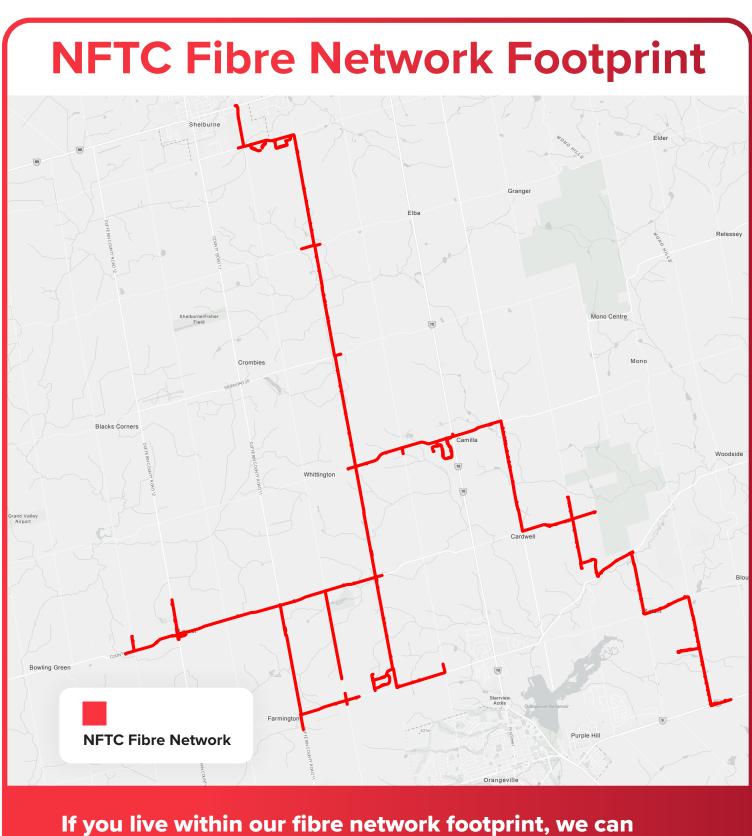


CHRISTMAS SHOW: The Dufferin-Peel Skating Club held their Christmas Ice Show at the Teen Ranch Ice Corral last Sunday (Dec. 5). Competitive and STARSkate teams along with the Learn-to-Skate members entertained family and friends in their first performance since Covid. Santa and Mrs. Claus were a hit among the audience as they performed in the closing number.





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OBITUARIES

MOUNTFORD, EDWARD

Passed away peacefully in his 99th year at his home in Shelburne on Thursday, December 2, 2021, just 6 months after the passing of his beloved wife of 75 years Muriel.

Loving father of the late Gwen Greene (the late Gerry), Dianne (Del) Gallaugher, Gerald Mountford, Ken (Kim) Mountford and Steve (Kim) Mountford. Cherished grandfather of 16 grandchildren and 17 great-grandchildren. Also survived by his sister, Eleanor (Ron) Clark.

Due to the current restrictions, a private family service will be held. Interment at Shelburne Cemetery. If desired, donations to Headwaters Health Care Foundation would be appreciated. Online condolences may be placed at www.jackandthompsonfuneralhome.com

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2021 Christmas

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