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PHOTO: DEB FREEMAN

SHELBURNE MINOR HOCKEY had another winner earlier this month in Drayton, Ontario with the PeeWee LL 1 winning the D Championship at Drayton's Annual Hockey Tournament. A fun filled day with Shelburne playing 3 games against Shallow lake, Cambridge and the home team Drayton. The final game against Drayton brought Shelburne a win of 2-1 and the D Championship Cup. 3 tough games, but the PeeWee's played hard and fast, goals were scored by Joshua Jones and Harrison Freeman. SMHA coaching staff would like to thank the Drayton arena for organizing such a great event and for providing lunch and snacks throughout the day.

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'Banner year' for Headwaters Health Care Foundation

Written By **MIKE PICKFORD**

It has been a big 12 months for Headwaters Health Care Centre. With the unveiling of its new \$14 million ambulatory care unit in the fall and a multi-million-dollar renovation project to open up a third operating room currently under way, there is a lot to be excited about at the local hospital.

For years, much of the facility upgrades and major equipment purchases at the hospital have been made possible thanks to the work of the Headwaters Health Care Foundation (HHCF). Since the building's opening 20 years ago, the Foundation has brought in millions of dollars to help the hospital deliver on its mantra to bring quality care close to home.

Speaking to the Free Press this week, HHCF Annual Giving Manager Nicole Hand

noted 2017 had been a "banner year" for the organization. While final numbers are still being calculated, Ms. Hand gave every indication it had been a record-breaking year for the foundation.

"2017 has been one heck of a year on so many fronts. Our new ambulatory care centre has been a wonderful addition to the hospital. It's the first major upgrade since this facility was constructed in 1997 and allows us to increase our capacity for service, which is very exciting," Ms. Hand said. "Then, from a fundraising standpoint, we've been absolutely blown away. Our community never ceases to amaze us as far as their generosity goes."

The foundation granted more than \$2 million to the hospital in 2016 and hopes to announce it has done at least as much in 2017. The final total for the year will be

boosted by more than \$511,000 raked in through the foundation's five signature events – its Radiothon, Annual Hospital Gala, Take a Hike for Headwaters, Headwaters Golf Classic and Tour de Headwaters. Fitting in alongside other fundraisers such as the Headwaters House Tour, and Angel Campaign, which has so far brought in \$134,000, Ms. Hand stated you can very quickly see how and where the community makes a difference at the facility.

With 2018 now upon us, the Foundation has released its schedule for the year highlighting its signature events. First up is the 2nd annual Radiothon, taking place on April 4. With it being run in conjunction with local radio station 101.5 myFM, Ms. Hand is hoping to raise \$15,000 through this year's event.

Continued on Pg 2

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FEATURED ITEMS

Provincially funded naloxone kits available in pharmacies

Written By **BRIAN LOCKHART**

As deaths from fentanyl overdoses continue to rise, the Ontario government has responded by issuing naloxone kits that can temporarily reverse the effects of an opioid overdose.

The kits are free to the public and can be picked up at participating pharmacies around the province.

Fentanyl has been abused by drug users

for several years, however deaths from overdoses began to hit the news when it was discovered the drug was being cooked up in illegal labs and used to cut or enhance other drugs.

Many deaths occurred when unsuspecting victims took a drug without even realizing that fentanyl was in the mix.

The kits have two syringes, two glass vials of naloxone, and several other items such as medical style gloves and a face mask.

Anyone requesting the kit need only show their Ontario Health card.

Naloxone won't save a person from an overdose. It can only reverse the effects of an opioid overdose temporarily. A victim must still receive prompt medical attention at a hospital.

"When a person first gets the kit they are trained how to use it," explained pharmacist Beverly Irwin. "The provincial government supplies them to the pharmacies for free and they also reimburse the pharmacist when we first train someone to use it. Anyone, for any reason can come in and request one. They prefer to have a particular reason for wanting one, however for example, 'I have a friend who uses,' or 'I have a mother who is on narcotic pain relievers,'" are common reasons a person would request a kit.

Not everyone who could use a naloxone kit is a drug abuser Ms. Irwin explained. Many people use opioid drugs for pain relief or other legitimate reasons. With such drugs in the house there is always potential for an accidental overdose.

Naloxone is only effective with opioid type overdoses. It will not be effective with other types of drug overdoses.

"Opioids would be most prescription pain relievers, including fentanyl. It is available in patch form for chronic pain, something like



FILE PHOTO

LIFE SAVING KIT: Pharmacist, Beverly Irwin, shows a naloxone kit that is now available free of charge in many Ontario pharmacies. The kits are a response from the Ontario government to combat a growing number of fentanyl overdoses in the province.

cancer pain. The dangerous part is when it is getting cut into other drugs and people don't know it's there," Ms. Irwin explained. "When a person overdoses the most important part is giving them the injection. It usually works in one to five minutes so it works very quickly but it doesn't work for very long. It's enough time to get them to the hospital. It reverses the effects of the fentanyl. You should be calling 911 even before you give them the injection. That's why you get two vials. You're not always within 20 minutes of a hospital. It doesn't get the fentanyl out of your system. It blocks the receptors so you start breathing again but as soon as this drug wears off the fentanyl is still there so it will go back to the receptors and cause all the same problems."

Naloxone itself will not do any harm if injected into a person who is not having a opioid overdose and it produces no effect if injected for any other reasons so it can't be abused by drug users.

The drug is administered through direct injection into muscle mass – usually the thigh.

"Once a person goes to a hospital they will receive a similar type medication but through an IV so it's continually dripping. Naloxone works for its 20 minutes and it goes away. In the hospital they will give you the IV that blocks those receptors until the fentanyl goes away," Ms. Irwin said.

You can find out where to get a naloxone kit by visiting the government of Ontario website and visiting the health pages.

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FILE PHOTO

BANNER YEAR: The Headwaters Health Care Foundation announced 2017 had been a "banner year" this past week, with the organization's five signature events raking in over \$511,000 for the local facility.

Continued from FRONT

Headwaters Goes Hollywood the very next month as the foundation presents its 21st annual Hospital Gala on May 5. After celebrating an unprecedented windfall of \$308,000 from its 'Shake, Rattle and Roll' gala last time out, the foundation is looking forward to what it hopes will be another milestone in 2018.

"We're very excited about this year's event. We'll be getting a preliminary list from the hospital in February stating what equipment they need this year. I'm confident we'll have another successful gala to help get our hospital the equipment it needs," Ms. Hand said.

On June 2 the second-annual Take a Hike for Headwaters will return to Lyric Pond in Mulmur. Having raised \$22,000 through its inaugural event, Ms. Hand is hoping for another successful year in 2018.

The incredibly popular Headwaters Golf Classic is back for a third consecutive year. Taking place at Devil's Pulpit Golf Course in

Caledon on July 10, the day-long event will bring 144 golfers together to help raise funds for the hospital. Last year's offering brought in a net total of \$124,000.

The fifth and final signature event put on and solely run by the foundation will be the 4th annual Tour de Headwaters. Taking place in Inglewood on Sept. 15, the event will see more than 200 riders come together for a great cause.

"We're very excited about our 2018 schedule," Ms. Hand said. "Our goal this year is to ensure we grant at least \$2 million to the hospital. We're confident it's going to be another big year for Headwaters Health Care Centre."

For more information on the foundation, or to enquire about getting involved in any fundraising idea or opportunity with the organization, contact Nicole Hand at 519-941-2702 ext. 2309, or via email at nhand@headwatershealth.ca.

THE CORPORATION OF THE TOWN OF SHELBURNE

NOTICE OF PUBLIC MEETING

UNDER SECTIONS 34 AND 51 OF THE PLANNING ACT

Take notice that the Council of the Corporation of the Town of Shelburne has received complete applications for a Draft Plan of Subdivision and Zoning By-law Amendment. The Town will be processing the applications in accordance with the Planning Act, and the applications are now being circulated to Town departments and public agencies for technical review. Town Council may not make a decision for approval of the applications until a Public Meeting is held in accordance with the Planning Act. Notice of a Public Meeting will be given and a Public Meeting will be held to receive comments on the applications at a future date (to be determined), in accordance with the Planning Act.

The land subject to the proposed Draft Plan of Subdivision and Zoning By-law Amendment is located in the north-east quadrant of the intersection of Highway 10/89 and County Road 124. The subject property has a municipal address of 900 Main Street East and is legally described as Part of the West Half of Lot 1, Concession 1, Old Survey, in the Town of Shelburne, County of Dufferin. The subject property is 38.4 hectares in area and is currently vacant. A map showing the location of the subject property is provided below.

The purpose and effect of the Draft Plan of Subdivision application is to permit a proposed development consisting of lots and blocks for commercial and residential land uses, including 47 condominium townhouse dwelling units, 55 street townhouse dwelling units, 218 single detached dwelling units, as well as blocks for a park, open space, stormwater management facility, natural heritage system and buffer blocks, and a sanitary pump station. The development is proposed to be accessed via an internal road network with full movement accesses at two proposed new intersections, one on Highway 10/89 and one on County Road 124.

The purpose and effect of the related application for Zoning By-law Amendment is to re-zone the property from the Special Commercial Four Exception 3 Holding (C4-2(H)) Zone, Open Space Recreation Exception 1 Holding (OSR-1(H)) Zone, Natural Environment (NE) Zone, and the Development (D) Zone to Residential Three Exception (R3-#) Zones, Residential Five Exception # (R5-#) Zones, Mixed-Use Commercial (C2) Zone, Mixed-Use Commercial Exception # (C2-#) Zone, Open Space Recreation (OSR) Zone, and the Natural Environment (NE) Zone. The requested exceptions are requested to permit altered zone standards, including frontages, lot coverages, and building height, among others.

For more information about this matter, including information about preserving your appeal rights, contact Jennifer Willoughby, Clerk, at the Town of Shelburne Municipal Office at 203 Main Street East, during normal office hours, 8:30 a.m. to 4:30 p.m., by email to planning@shelburne.ca, or by telephone at 519-925-2600, or visit the Town's website at www.townofshelburne.on.ca.

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Shelburne doctor receives provincial recognition

Written By MARNI WALSH

Dr. Richard Magder of Shelburne Family Chiropractic says being named Top Recent Graduate by the Ontario Chiropractic Association in 2017 is a reward he does not take lightly. "I will continue to strive to live up to the expectations I have set for myself," he says.

Dr. Magder, who recently opened his new location at 310 Main Street in Shelburne, says he is "grateful to all my colleagues, family, patients, and the community of Shelburne for their unwavering support" since he opened his first clinic location in Shelburne in November of 2016.

The Recent Graduate Award recognizes a recent graduate from Chiropractic College who demonstrates outstanding promise, achievement and commitment to enhancing the chiropractic profession. The recipient must demonstrate success transitioning from school into practice as well as a commitment to enhancing the understanding of chiropractic by volunteering within their community to represent and promote chiropractic, building collaborations with other health-care providers, and contributing to the development of innovative and patient-centered models of care.

Dr. Magder says his number one focus has always been to help as many people as possible in the community whether it's through treatment or giving his time to help

raise funds for those in need or areas that promote healthy, active living, such as the funds he is helping to raise for a splash pad in Shelburne. He has also been nominated by the County's Board of Trade as "Best Chiropractor", "Best Chiropractic Clinic", "Outstanding Achiever", and "Best New Business."

In the new wellness clinic, which opened in November, Family Chiropractic is able to provide a range of new modern wellness services to the community. "I could not have envisioned this possibility one year ago" says Dr. Magder "and am still humbled by the outpouring of support from our incredible community."

"Moving up from the city was certainly a transition," says the doctor, "but my wife and I have embraced the small town life and could never envision living anywhere else." He says they "love going out into the community, walking around downtown and knowing everybody by a first name basis. Shelburne has given my family the opportunity to give back and become involved through various charitable initiatives such as the Heritage Music Festival and raising funds for a Splash Pad Project. The positive attitude and friendliness of this community has pushed me to become the best doctor that I can be. I hope to continue to provide innovative, evidence-based chiropractic and wellness care so that I can help the citizens of Shelburne attain their health goals."



PHOTO: MARNI WALSH

DR. RICHARD MAGDER has been honoured as Top Recent Graduate by the Ontario Chiropractic Association. He is seen here in his new office located at 310 Main Street in Shelburne.



FILE PHOTO

SHELBRRR FEST: Approximately 500 people came out for Shelbrrr Fest on Family Day in 2017. This year's event takes place on Feb. 19 from 11 a.m. to 4 p.m. at Fiddle Park.

Polar plunge adds a little more "chill" to Shelbrrr Fest

Written By MARNI WALSH

"Shelbrrr Fest" will add a chilly Polar Plunge to the family friendly events of this year's annual winter festival held at Fiddle Park. The Shelburne Police Service (SPS) is organizing the icy plunge to raise funds for the Special Olympics Torch Run.

This will be the fourth year for the popular event which saw over 1000 people attend in a single day in 2017. "This year, I hope to exceed that number and see over 1500 attend," says Committee Chair Councillor Dan Sample. "We all got our fingers crossed for snow."

After attending a successful event in West Gray in March 2017, Shelburne Constable Jeff McLean said it decided that SPS "could mirror the event to compliment our annual Torch Run and raise more money for the Special Olympics." He says law enforcement agencies have raised approximately \$1.3 million dollars through Polar Plunges over the past 5 years.

"Living in Ontario, the Polar Plunge offers a way that we can raise funds in the winter, and take plungers out of their comfort zone to raise money for a good cause," says Constable McLean.

"Last year was a record year for SPS for the Torch Run, with almost \$20,000 raised, and we look forward to having the two

events raise more money for the Special Olympics," he says.

Challenges have been sent out to Town Council, the elementary schools, Centre Dufferin District High School, SDFD, Dufferin Paramedics and SPS setting a goal of \$10,000 for this first plunge. Within the first two weeks of actively fund-raising, Constable McLean says, "We have raised approximately \$2000."

SPS Chief Kent Moore says, "The Polar Plunge is going to be a fun and cold opportunity to support Special Olympics Ontario athletes by jumping into very cold water." I am very proud of Constable McLean's efforts and the amazing support we get from our community. We take great pride in being able to provide opportunities for athletes facing challenges. I am looking forward to February 19th when our officers and other community members will come together for this great cause. I encourage others to participate, donate or just spread the word. The link to the event page is www.polarplunge.ca/plunges/shelburne2018.

Mark your calendars for the 2018 Shelbrrr Fest: Monday February 19th (Family Day) from 11:00am - 4:00pm at Fiddle Park, 2nd Line Shelburne and watch for the complete events line-up soon in the Shelburne Free Press.

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Ottawa Journal: Standing up for Canadian jobs

Written By DAVID TILSON

The NAFTA talks continue to heat up, as we approach the Montreal negotiations later this month and the ongoing threat from the Trump administration to withdraw from the pact if improvements for the U.S. can't be reached. Canadians are increasingly concerned about our country's future, more specifically, Canadian jobs, if such a scenario occurred. It is an unthinkable scenario, but one that can't be ignored. We must, therefore, do everything possible to work together to ensure NAFTA remains in place.

The importance of NAFTA to our country and Canadian jobs cannot be understated. Canada and the U.S. are the world's largest trading partners. Since NAFTA came into effect, it has created hundreds of thousands of well-paying jobs in Canada, including 550,000 in the auto sector, 400,000 in the forestry sector, and 211,000 in the aerospace sector. It is also important to remember that over \$2 billion in trade crosses the Canada-U.S. border every day and that approximately nine million U.S. jobs depend on trade and investment with Canada. We're also the top trading partner for more than 30 of the 50 U.S. states. Furthermore, U.S. exports to Canada increased by 179 per cent since 1993 when NAFTA came into force.

These are just a few compelling reasons why NAFTA is an essential agreement that benefits its member countries and why we need to work together to save it, not scrap it.

Our leader of the Official Opposition, Andrew Scheer, together with Conservative Shadow Ministers will be travelling to Washington this week to stand up for Canadian jobs and industries. We are working with the Government of Canada and doing our part to present a united Canadian front against U.S. protectionist policies. We want the best deal for Canadian families, workers, and businesses. We also understand why Canadians are concerned with the NAFTA renegotiations since one in five Canadian jobs are created as a result of free trade agreements. Thus, it's critical for Prime Minister Justin Trudeau to continue to protect these well-paying, high-quality jobs.

Canadians can count on the Conservative Official Opposition to stand up for Canadian jobs, as we are the party of free trade. We have negotiated the vast majority of Canada's current free trade agreements, including NAFTA. Mr. Scheer and his team will make a significant contribution to the meetings taking place with stakeholders to advocate for the merits of the agreement.

Shelburne Legion News:

Written By LESA PEAT

Congratulations Shelburne Legion Zone team Darts. We had 3 teams playing and all 3 advance to District Darts being held in Victoria Harbour on February 3rd.

Good Luck to those that are playing in District Cribbage this weekend.

This Thursday January 18th the Ladies Auxiliary will be hosting their monthly Luncheon at 11:30am - 1:00pm. They will be serving Open Faced Hot Hamburger with Mashed Potatoes and Dessert.

This up coming weekend is a quiet one at the branch (well deserved). Please NOTE the time changes for our next Red Friday wings we will be selling wings from 5:30pm - 9:30pm. We are asking parents to please have the children gone by 9:00pm, DJ's Robbie and Rodney will begin at 8:00pm and entertain until 12:00am.

Crokinole is almost full, don't delay and

sign up today. Thank you to all of the Volunteers that helped out for our last wings and breakfast, without all of you we would not be successful.

If you wish to be apart of our Volunteers please come in and sign your name up on the sheet or simply call us at 519 925 3800 and ask where your help would be needed.

Our next General meeting is on January 23rd and we will be doing initiations that night. If you have not heard from our Membership Chair and you are waiting to be initiated please contact us. For some reason it is very difficult for us to contact the new applications by phone so hopefully this spreads the word.

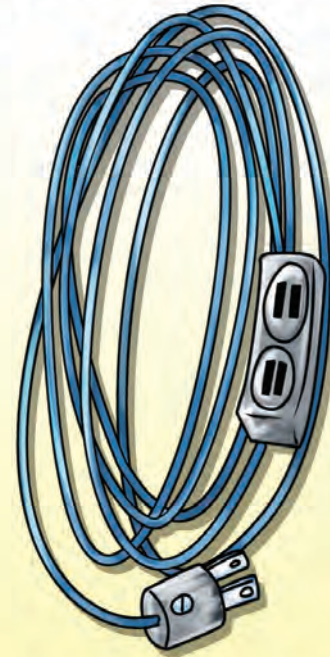
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Shelburne Library News:

Coffee, Conversation & Books

Coffee, Conversations & Books- After the success of our first Coffee, Conversations & Books event with Don Hayward, we are looking forward to February's event, featuring John L. Riley! John is a winner of the Nature-Serve award, and author of The Once and Future Great Lakes Country, which delves into the ecological history of this area. Check out a copy from YOUR Library in anticipation of meeting John at Euphoria Café in Orangeville on February 21st @7pm!

Archivist on the Road

Laura Camilleri from the Dufferin County Museum and Archives will be at YOUR Library on Tuesdays (10-4pm) during the renovations at the museum. This is the perfect opportunity to come in and ask that burning question about local history, to find tips on using Ancestry, and so much more. Stay tuned for more details on upcoming workshops!

Children's Programs:

Lego Club, Paws to Read, and Story Time have all started up again now that winter break is over!

Lego Club: Wednesdays 3:30 - 4:30

Test out your Lego building skills. See if you can complete the weekly challenge. There will be snacks, snap circuits, and TONS of Lego so come by and check it out.

Paws to Read: Our good friend Mac will be here on Wednesday as well! If you make an appointment you can reserve 15-minute spot to read to Mac the dog (he's a really good listener).

After a long break, Story Time is happening this Friday January 19th at 10:30am. We are so excited to see everyone! There will be songs, stories, crafts and lots of fun activities.

The children's library has also purchased a bunch of BRAND NEW science experiment books! Come and visit us if you would like to borrow a book and try some experiments at home!

Saturday January 27th is Family Literacy Day. Stop by and visit the library for fun family activities, and instructions for how to use some of our online resources. We would love to introduce you to some of our awesome new library apps like "Libby" and "ComicsPlus", and we will be available to help download these programs on your own devices.

Teen Scene

Our Teen Advisory Board has been hard at work preparing several events in the upcoming months! They will be organizing a Paint

Night (February 20th), and a Teen Iron Chef competition (March 20th). Both of those events will require registration so we can be adequately prepared. Email jnoble@shelburnelibrary.ca to register.

As a result of the approaching exam session, YOUR Library will be offering Study Hall space on the following dates: Tuesday, January 23rd (4-5pm), Thursday, January 25th (3:30-7pm), and Tuesday, January 30th (4-5pm). All students are welcome to come and study for their exams, however a quiet policy will be in place to allow everyone the maximum amount of concentration. Refreshments will be provided.

NEW BOOKS

I have just finished reading, Lie to Me by J.T. Ellison. If you want a psycho thriller like Gone Girl or Girl on the Train, this book is for you. The conclusion we are led to right from the beginning in so many ways is NOT what really happens. Sutton Montclair disappears from her family home and all clues lead to her husband Ethan's involvement in her disappearance; there are blood stains, calls to police regarding domestic violence etc. The plot is involved and intriguing and seems almost implausible until the last few pages. It is a page turner for sure and will be one of the books discussed at Rose's Book which meets the 4th Thursday of every month @ 2:00pm. This month we will meet on January 25, 2018.

Fiction:

- The Prague sonata by Bradford Morrow
- Justice delayed by Patricia Bradley
- Blade of empire by Mercedes Lackey and James Mallory
- Want you gone by Chris Brookmyre
- Secrets of Cavendon by Barbara Taylor Bradford
- Strange music by Alan Dean Foster
- Ramses the Damned by Anne Rice and Christopher Rice
- A season to lie by Emily Littlejohn
- The last Mrs. Parrish by Liv Constantine
- The last ballad by Wiley Cash
- Rooted in evil by Ann Granger
- The secrets she keeps by Michael Robotham
- Winter solstice by Elin Hilderbrand

Non-fiction:

- The best of us by Joyce Maynard
- The art of stopping time by Pedram Shojaei
- Unplug: a simple guide to meditation for busy skeptics and modern soul seekers by Suze Yalof Schwartz



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WEBPOLL

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Results from last week's poll:

Would you like to see the Heritage Music Festival parade return in 2018?

a) Yes 70%

b) No 30%

THIS WEEK'S QUESTION

Will you be attending Shelbrrr Fest this year?

Yes
No

Go to shelburnefreepress.ca to cast your vote!

The results of this poll are in no way considered to be valid or infallible.

Headwaters Tourism hosts annual awards ceremony

Written By JASEN OBERMEYER

Headwaters Tourism this week made their annual Headwaters Tourism awards, recognizing local businesses and individuals who help attract tourists to Dufferin County and Caledon.

The event took place Tuesday evening (Jan. 16) at the Orangeville Opera House. The awards were presented in partnership with Shelburne Home Hardware Building Centre.

According to the Headwaters Tourism website, the awards are designed to honour those tourism businesses and individuals, who, during 2017, "exemplified excellence, and helped profile the Headwaters region as one of Ontario's premier tourism destinations."

It also states that the nominees from 2017 demonstrated "the exceptional calibre of tourism offerings we have in the Headwaters region, and who showcase the best of rural tourism service and hospitality."

Michele Harris, executive director for Headwaters Tourism, said they have over 11'000 businesses related directly or indirectly to tourism in Dufferin-Caledon. "Those people provide business, they pro-

vide jobs, they provide money to our tax base, and they are our first line ambassadors for people who come and visit, they're the greeters."

The categories cover various areas of tourism, from food and nature, to new businesses and recreation.

Winners of the 2018 Headwaters Tourism Awards:

- Best Arts and Heritage Visitor Experience: Dragonfly Arts on Broadway.
- Best Fresh and Local Visitor Experience: Snowberry Botanicals.
- Best Fun and Festive Visitor Experience: Caribfest (Soulyve) and Mud Hero Toronto North.
- Best Nature and Leisure Visitor Experience: Seven Bridges Run (Orangeville Lions).
- Best Horse and Country Visitor Experience: Grand River RAM Rodeo.
- Best See, Shop and Stay Visitor Experience: Millcroft Inn and Spa, and Wicket Shortbread.
- Best New Tourism Business: Alabaster Acres.
- Tourism Innovator of the Year: Credit Valley Conservation.
- Tourism partnership: Lavender Blue Ca-

tering.

- Tourism Champion of the Year: Phillip DeWar (Soulyve).

Mr. DeWar said he was very pleased to have won, and is happy to call Dufferin County "home." He told everyone in attendance that they have "been very welcoming, and very supportive."

Sandy Camplin, with Credit Valley Conservation (CVC), said she and the rest of staff at CVC are excited about the new amphitheatre at Island Lake. "We're proud that something's worked, and that we're continuing to bring in new ideas."

Orangeville Mayor Jeremy Williams was in attendance, and told the Citizen how valuable it is to recognize all that everyone does for tourism, as it's a driving force of the economy. "When we recognize them, we don't just say 'thanks' and a pat on the back, but it also helps these different companies and organizations promote themselves."

He added that the awards highlight not just the winners, but also the nominees, and how everyone works together to build tourism. "All of them come together to make (Headwaters) a destination."



PHOTO: JASEN OBERMEYER

TOURISM CHAMPIONS: All the big winners from the 2018 Headwaters Tourism Awards pose for a photo with their prize.

Improving mental health services across Ontario

Written By SYLVIA JONES

It is estimated that one in five Canadians have experienced a mental health or addiction problem. By the time Canadians reach the age of 40, one in two will experience a mental illness. Research also indicates that 70% of mental health problems emerge during childhood or adolescence. A recent report from Children's Mental Health Ontario shows that children are waiting an average of 18 months to receive mental health services. A new study from the Canadian Medical Association Journal found that the majority of Ontarians treated in an emergency room after a suicide attempt is not seen by a psychiatrist within six months. Clearly, the current mental health system in Ontario is not providing the support and care that Ontarians deserve.

From my work on the Select Committee on Mental Health and Addictions, I heard directly from many Ontarians are being let down by the mental health system. In 2010, MPPs from all parties came together and offered 96 recommendations on how to improve the mental health system in Ontario. It is clear from recent reports that the Liberal government has not addressed these concerns. It's time that mental health issues get the same attention as physical health.

Patrick Brown and the PC Caucus believe that it is time for the largest mental-health investment in Canadian provincial history that will be used to build a comprehensive mental health system. Our plan will add an additional \$1.9 billion

funding to match the federal government's funding commitment for mental health services to ensure that all Ontarians have access to mental health services when they need them.

This improved mental-health system will build on existing investments in mental health by directing funding to priority areas. One of these priority areas is the investment that will expand access to mental health services such as support for suicide prevention counselling. Another priority is the need to invest in the Alzheimer Society of Canada's First Link program to help people diagnosed with dementia.

We also recognize that reducing wait times for mental health services for youth and children should be made a priority in this province. Through targeted investments

into youth and children's mental health services across the province, including funding for mental health support services on Ontario's college and university campuses, and the youth and children of Ontario will be able to access the services they need when they need them. Additionally, elementary and secondary school will see an increase in supports for services targeted at improving mental health and well-being, including funding awareness campaigns. Our plan represents a real opportunity to address the serious and ongoing issues in Ontario's mental health system. To read the full Select Committee on Mental Health and Addictions report including the recommendations, please visit my website at <http://sylviajonesmpp.ca/>.

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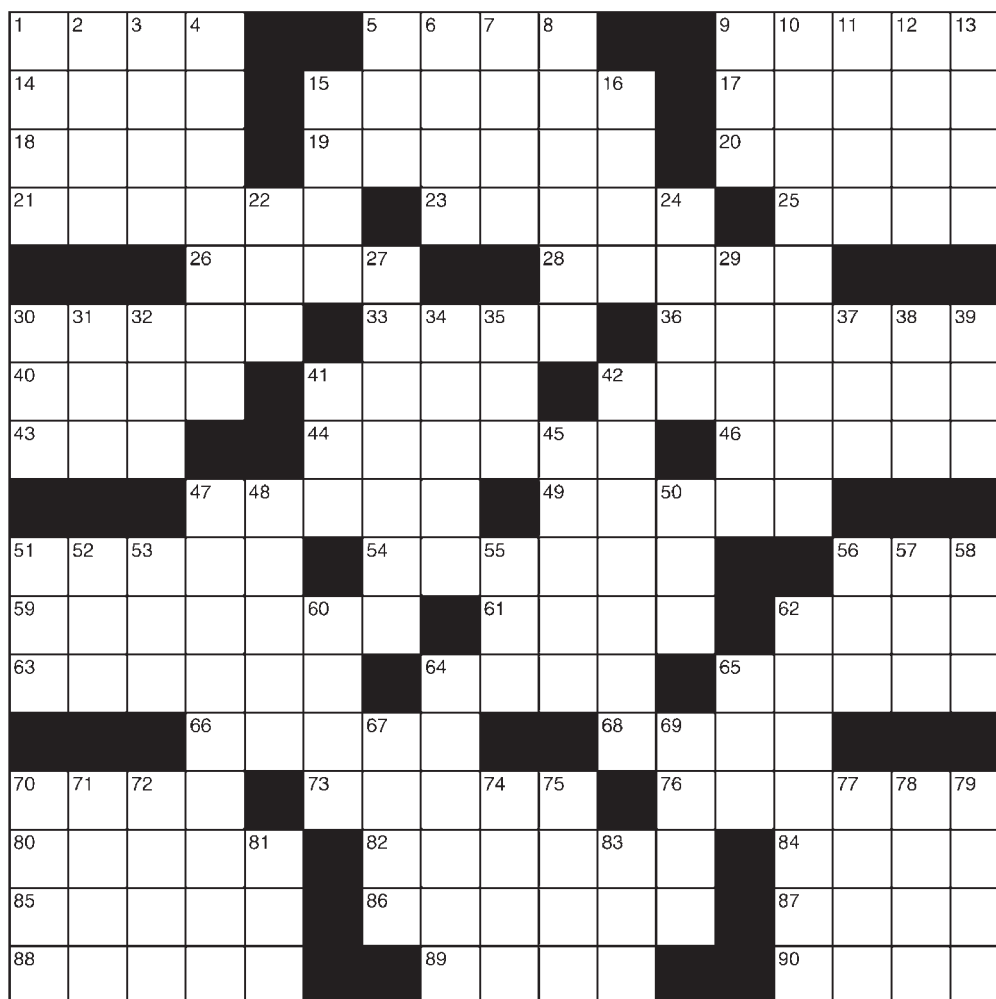


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ACROSS

1. Land surrounded by water
5. Pilsner
9. Beat it!
14. "High ____"
15. "The Tuskegee ____"
17. Defense
18. Brotherhood, for short
19. Trigonometric function
20. Eatery
21. Cloddish
23. Step
25. Swirl
26. Biblical pronoun
28. Matured
30. Wrap
33. Lily plant
36. Senility
40. Sheer
41. Type of school
42. Eventually

43. Lumberjack's tool
44. Fluster
46. Marry in haste
47. Period
49. Sheeplike
51. Billiards shot
54. Window topper
56. Passe
59. Disturb
61. Hawaiian goose
62. Opera solo
63. Disconnect
64. Julep flavor
65. Set in
66. Light tan
68. Type of exercise
70. Word-of-mouth
73. Pundit
76. Fertilizer
80. Well-founded
82. Taste-worthy

84. Double curve
85. Flavoring seed
86. Whim
87. Principle
88. Supple
89. Sundown direction
90. Cry out

DOWN

1. Facts, briefly
2. Short-billed rail
3. Take it easy
4. Name
5. Life story, briefly
6. Once
7. Islamic prince
8. Go back on a promise
9. Pathetic
10. Customers
11. Fruit skin
12. In the sack

13. Muddy
15. Tooth pain
16. Far and ____
22. "____ Stoops to Conquer"
24. Dull-witted person
27. Otologist's concern
29. Adult females
30. Whirlpool bath
31. Prom wear
32. Mined matter
34. Oblivion
35. Elect
37. Hubbub
38. Space
39. Seeing organ
41. Supportive of
42. LXX
45. Wool fabric
47. Institute
48. Calm
50. Strong resentment
51. Angered
52. Mellow
53. Make a lap
55. Black cuckoo
56. Globe
57. Tell a tall tale
58. Patriarch
60. "____ Magic Moment"
62. Loving
64. Lea
65. Freudian term
67. Actress Verdon
69. Exposed
70. Presidential office shape
71. Indian princess
72. Came to ground
74. Small amount
75. Long-legged wader
77. Malaria symptom
78. Hawk
79. Bounder
81. Barely passing grade
83. Real-estate parcel

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SHELBURNE SPORTS

Muskies 'Fight Cancer Night' coming up this weekend

Written By BRIAN LOCKHART

The Shelburne Senior A Muskies will be hosting a special night of hockey this weekend when they play their home game against the Milverton Four Wheel Drives on Saturday, January 20.

Muskies Fight Cancer will be the theme as the team dons special jerseys for the game.

The team will be donating their half of the 50 /50 draw, as well as having raffle tables, and donations jars in the lobby of the Cen-

tre Dufferin Recreation Complex during the game.

Proceeds from the event will go to the cancer wing of the Headwaters Health Care Centre in Orangeville.

The game will get underway at 8:00 p.m. and a large crowd is expected to attend on this special night.

The Muskies will be looking for a win on Saturday to tip their record back to the plus side.

Currently they have a 9-9 record for the

season after taking a loss to the Lucknow Lancers on Saturday, January 13.

It was a disappointment for the Muskies as the Lucknow team came to the ice as the last place team in the League with only one win behind them.

The Shelburne squad opened the scoring the first period on a goal from Travis Knight.

Lucknow turned the game upside down in the second frame hitting the back of the Muskies net three times before the Shelburne squad could respond.

Nick Glassford scored late in the period making it a 3-2 game going into the final 20

minutes.

The Lancers scored early in the third for a two goal lead.

Shelburne's Chris Greer got on the only third period Muskies goal at the 14:06 mark in the period but they couldn't get the tie goal to get back into the game and had to settle for a 4-3 loss to the Lancers.

The loss leaves the Muskies in fifth place in the 13 team League – still a decent spot with the playoffs coming up.

The Clinton Radars maintain their first place in the League going undefeated after 17 games.



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PHOTO: TABITHA WELLS

THE SHELBURNE WOLVES Novice LL1 team host the Honeywood Hurricanes at the Centre Dufferin Recreation Complex on Sunday, January 14. The Wolves got off to a good start and kept the pressure on for the full game to leave the ice with a 5-1 win over the visitors.

Wolves Novice LL1 team gearing up for playoffs

Written By BRIAN LOCKHART

With only two games left on the schedule in the regular season, the Shelburne Wolves Novice LL1 team dug deep for a win over the Honeywood Hurricanes on Sunday, January 14.

The two teams were pretty evenly matched when they got on the ice with some good plays by both sides.

The Wolves managed to go ahead by three with a 4-1 lead in the third period then turned it up a notch.

Shelburne scored a final goal in the third period and left the ice with a 5-1 win.

Shelburne goals came from Jordan Jezior-ski – who managed two for the game – Lachlan Alexander, Tristan Love, and Logan Boise.

Goal tender Mason Fogal was between the pipes for the game and managed to keep the Honeywood team to a single goal.

The team has shown a lot of improvement since their first outing on the ice at the beginning of the season.

“The past couple weeks they have really come together as a team and started figuring out how to come together. They’ve been coming together really well over the past few weeks,” said coach Jordan Beatty. “At



the beginning of the year we had a couple of first year players who couldn't really skate – it was their first time getting into it. Now, one of them is probably our best player.”

Because several teams in the League come from centres that don't have rep teams and have players with higher levels of skill, the top three teams will move to the playoffs at the rep level. The rest of the teams will battle it out in a playoff situation at the end of the regular season.

The Novice LL1 team will be back on home ice this Saturday, January 20, when they will be up against the other hometown team, the Wolves Novice LL2 squad.

Game time is 11:20 a.m.

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“I tried it once and I liked it so I have been playing goal ever since,” said Shelburne Wolves Novice LL1 goal Mason Fogal of why he likes playing in net. “I get to make saves and it's a lots of fun.”

The Glenbrook Elementary School student has been playing hockey with the Wolves for three years and plans to continue playing for a long time.

When the ice melts, Mason plays baseball with the Shelburne Schooners.

Name: MASON FOGAL
Team: SHELBURNE WOLVES NOVICE LL1
Position: GOALIE

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Dufferin Para Athlete seeks sponsors for nationals

Written By **MARNI WALSH**

Shelburne area teen, 17 year old Daniel Mustapha is proud to have earned the opportunity to represent Ontario in a bid to win a spot on the National Karate team for Para Athletes. Daniel will travel to the Canadian Nationals in Halifax, in early March and is hoping for sponsors to help him get there.

Karate translated to English, means "empty handed," says Daniel Mustapha, "The type of style of karate that I practice is called Goju-Ryu which means hard soft style." The intricate and intensive sport requires a grace and focus that presents additional challenges for para athletics such as Daniel who lives with cerebral palsy.

Despite his challenges, it is easy to see that Daniel is as athletically inclined as his twin Nicholas and younger brother Mateo. "I started the sport in 2005, when I was 5 years old," says Daniel. "I have worked hard for thirteen years to get where I am. I have good parents and good instructors that help me along the way."

The teenager trains at the Orangeville Dojo, opened by Sensei Angelo in 2005 followed by another dojo in Shelburne in 2015. Both Dojos have traditional Goju-Ru classes as well as Brazilian Jiu Jitsu and MMA. His coach, Sensei or teacher is Angelo Panoussis, the founder of both Shelburne and Orangeville Dojos. He is skilled in traditional Goju-Ryu and Brazilian Jiu Jitsu and currently holds a 5th Dan in Goju-Ryu Karate, as well as a 1st degree in Brazilian Jiu Jitsu.

Daniel says that one of the things that appeals to him about the sport is the community and the many opportunities that come with being a karate practitioner. "Not only is a tournament about competing," says Daniel, "but it's about making friends, having fun and learning new things along the way, as well as showcasing your awesome talent. Whether you are doing sport or doing traditional Goju-Ryu, there will always be a karate community, ready to cheer you on."

He says, "Karate has taught me honesty, integrity, loyalty, time, patience and focus. To be honest some of these I am still working on today, but nevertheless I am making progress on it."

Like his brothers, Daniel has been home schooled most of his life and says it has played a instrumental role in his development in karate and as an artist with a goal to one day work in Animation. "It is because of home schooling that I have become better at karate," he says. "Home schooling allows me to be flexible with my schedule, so that I can focus on school and karate at the same time."

When Daniel was 12, he took a break from competing in karate. It wasn't until 2016 that he started re-entering competitions with the Ontario Karate Federation (OKF). "After a couple of OKF tournaments I found out about the Para athlete division and quickly enlisted. The rest, you can say, is history." Daniel beat the World Karate Champion in the Para Athlete Division, Patricia Wright, in November of 2017, in Markham. "She had an

amazing kata (routine) and I am very thankful for the opportunity to compete with her."

Right now, Daniel is training hard and winning medals, but he has no sponsorship other than his parents to reach his goals of representing Dufferin, Ontario and ultimately Canada in the sport. It is hoped that sponsors will step forward for the para athlete to help cover the expensive cost of traveling, food, accommodations and equipment.

Daniel's first goal is to win at Nationals

then the Worlds, and eventually work up to the Paralympics in either 2020 or 2024. "Another goal of mine is to motivate people like myself, with cerebral palsy, downs' syndrome or any other disability to try sports and excel at life. That is one of my ultimate goals, to inspire others and make a difference in the world." Interested sponsors can help Daniel Mustapha reach for the Paralympics at 519-925-2742 or email: gracielamustapha@yahoo.com.

What honours should I seek

As a very young child, I remember praying with my mother, asking Jesus to come and be my friend. I know that I became conscious of His presence in my life, even though I was only five. I certainly didn't understand all the finer points of theology, but I did understand that God loved me and that my sins were forgiven.

At fourteen I received a call to ministry. My denomination actively encouraged women to explore God's calling on their lives and gave me an opportunity to preach my first sermon when I was only sixteen.

Despite all this, I knew that God wanted something deeper for me. And when I was eighteen years old, it became clear what was missing.

Herbert Booth (1862-1926) penned these words.

Around me in the world I see
No joy that turns my soul from thee;
Its honors fade and fall;
But with thee, though I mount the cross,
I count it gain to suffer loss,
For thou art all in all.
Christ is all, yes in all
My Christ is all in all.

This hymn was sung in a worship service and the words came to my heart with strength. I had been on the Christian journey for almost as long as I could remember. I knew with all my heart that Christ was my Saviour. But in that moment a desire was born for Christ to be my Lord, my all in all.

It can be so easy to seek honours in this world. Jesus asked me to seek the Kingdom of Heaven above all. It can be so easy to try and find happiness in everything that the world has to offer. Jesus promised me abundant and abiding joy. I made a new commitment to Christ that night, to seek His Kingdom above all.

Without a doubt, I have made mistakes in the years since and have failed Him many times. But as I look back on the last four decades, I can testify that the desire of my heart has been to put the priorities of God first.

This year I will turn 58. Life has gone by so fast. I hope to have a few more decades in this world, but am conscious of the fact that those years will go by even faster and that there are no guarantees.

At times I feel like I am still that little girl, joyously confident that Jesus is my Saviour and Friend. Other times I feel battle scarred and more than a little weary. Then I go back to that other moment in my life, and remind myself that Jesus is my Lord.

In 1926, Sinclair Lewis received the Pulitzer Prize for his book "Arrowsmith". He refused it and gave this as one of his reasons.

"Those terms are that the prize shall be given 'for the American novel published during the year which shall best present the wholesome atmosphere of American life, and the highest standard of American manners and manhood.' This phrase, if it means anything whatsoever, would appear to mean that the appraisal of the novels shall be made not according to their actual literary merit but in obedience to whatever code of Good Form may chance to be popular at the moment." (The Sinclair Lewis Society)

Given that the Pulitzer Prize is a prestigious award, I have to admire Lewis for adhering to his principles.

To paraphrase him, it would be too easy to allow the appraisal of my life to be made not by the light of grace of God but by whatever code others would choose to create. Or even by my own sense of righteousness. This would be a mistake.

I need to remember that no matter what the future holds, I surrender to the Lordship of Jesus.

"Christ is all, and in all" (Colossians 3:11).
No tempest can my courage shake,
My love from thee no pain can take,
No fear my heart appall;
And where I cannot see I'll trust,
For then I know thou surely must
Be still my all in all.
Christ is all, yes all in all
My Christ is all in all.

Any thoughts? Feel free to contact me at graceandjoy@icloud.com

Rev. Barbara Moulton

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Full details for all these positions including hours of work and wage ranges, are available on the Town of Shelburne website at www.shelburne.ca

Resumes for the Seasonal Head Lifeguard and Seasonal Head Day Camp Leader positions will be received until 2:00pm on Tuesday, January 23, 2018;

Resumes for the Seasonal Assistant Head Lifeguard, Lifeguard/Instructor and Day Camp Leader positions will be received until 1:00pm on Thursday, February 15, 2018 by email or in person, addressed to:

Kim Fraser, Facility Administration Manager
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OBITUARIES

DRESAR, Branka Mary (nee Jurinic)

Jan. 3, 1942 – Jan 13, 2018

Branka Dresar passed away on Saturday, January 13, 2018. She was the loyal wife of Stephan; beloved mother of Vladimir (Bay), Daniel (Shannon), and Jonathan (Amy); adored grandmother of Meghan, Natasha (Johnathan), Luke, Brooklyn and Ava; dear sister of Stefica Zuzak and Frank Jurinic. She will be deeply missed not only by her family but also by her innumerable friends, congregation and community. However, Branka leaves behind a rich legacy by virtue of the many lives she touched through her innumerable acts of kindness and generosity. She epitomized the "capable wife" described in the Bible, a book she loved and lived by, at Proverbs chapter 31. There it characterizes an ideal wife as someone who: "delights to work with her hands...rises while it is still night, providing food for her household...plants a vineyard from her own labours...prepares herself for hard work and strengthens her arms...extends her palm to the lowly one and opens her hand to the poor...". And, indeed, Branka was inexhaustibly hardworking, thoughtful and hospitable. Her incredible meals were legendary not only because of their "home grown goodness" but also because of the huge numbers she could feed at any given time, as well as, the abundance and variety of foods that made up each feast she served. Her beautiful, bountiful garden brought her profound joy and it's prize winning produce was generously and widely distributed. Branka's remarkable "love of neighbour" was demonstrated not just through her gifts of food and flowers but also through her desire to share Bible teachings with others. Her faith in Jehovah God and the promise the Bible holds out of "a new heavens and a new earth" never wavered and allowed her to look "...to the future with confidence." (Prov 31:25)

Branka was a truly phenomenal woman accurately summarized by the words at Proverbs 31:29 where it reads: "There are many capable women, But you – you surpass them all."

Visitation will be at *The Dods & McNair Funeral Home, Chapel & Reception Centre*, 21 First St., Orangeville on Friday, January 19, 2018 between 2 - 4 and 7 - 9 p.m.

Memorial Service will be held on Saturday, January 20, 2018 at 11:00 a.m. at the Shelburne Kingdom Hall, 156245 Hwy #10 (north of Shelburne) with any overflow to be tied in to the service at The Town and Country Room at the Centre Dufferin Community Complex, 200 Fiddle Park Lane, Shelburne, Ontario. Refreshments will be served at the The Town and Country Room following the service.

In lieu of flowers, Branka would appreciate donations to be made to The Watchtower Bible and Tract Society. A tree will be planted in memory of Branka in the Dods & McNair Memorial Forest at the Island Lake Conservation Area, Orangeville. A dedication service will be held on Sunday, September 9, 2018 at 2:30 p.m.

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

O'Reilly, Helen
(nee Davis)

On Friday January 12, 2018 in her 92nd year. Helen, survived by her devoted husband Ron of 70 years.

Loving mother of Mary (Alex Netchay), Margaret (Alexey Netchay), Jamie (Lisa), Heather Peco and Alex (Rachel). Loved grandmother of Andrea, Gregg, Wes, Heather, Meghan, Jennifer, Brian, Alex, Duncan and Clare. Devoted great grandmother of Emma, Abby, Jake, Charlee, Sam, Will, Jordan, Travis, Gage, Kenna, Stella and Max. Helen will be forever remembered for her exemplary sewing and quilting skills – always determined to complete her projects to their full potential. She was an avid fan of the Toronto Blue Jays, active in the Bruce Trail over the years and enjoyed the challenge of her daily crossword. She will be lovingly remembered by all who knew her. Cremation has taken place. Helen will be interred in the family lot in Shelburne Cemetery in the springtime. Arrangements entrusted to Kopriva Taylor Funeral Home, Oakville. If desired, remembrances to the Multiple Sclerosis Society of Canada, Hamilton and Halton Chapter, 875 Main Street West, Lower Level 7, Hamilton, Ontario L8S 4P9 would be appreciated. Visit our guestbook through www.koprivataylor.com

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IN MEMORY

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Harriet Jean Doney – Jan 14 1999

Hi mom

It's hard to believe how time has gone by. A lot has happened since both of you left. No one to talk to, no one to sit down and have some good laughs with about the things we did together.

No one to pick up the phone and say I love you,

No one to say things will go alright when you have lost your partner.

I love you, you will never be forgotten mom.

Love Bonnie

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THANK YOU
Jamieson

The family of the late Keith Jamieson would like to thank Shelburne long term care and Shelburne Residence for their care and sympathy over the last 6 ½ years. To the people who sent flowers, donations and cards they are gratefully appreciated.

Thank you to the Reverend Norma Godbold and to Jack & Thompson Funeral Home.

Thank you for the comforting music played and sang by Murray & Ruth Irwin & Alec Aldcorn. Thanks to Gordon Jamieson for his enlightening memories of Keith, and thanks to the Trinity United Church for the delicious lunch.

Evelyn Berry, Mabel McLaren and families.

NOTICE

Shelburne Fair Board
Annual AGM

is scheduled for
Friday January 26th at the
Shelburne Agricultural Center.
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followed by the AGM.

If you need more information
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busyfamilyoffour@yahoo.ca
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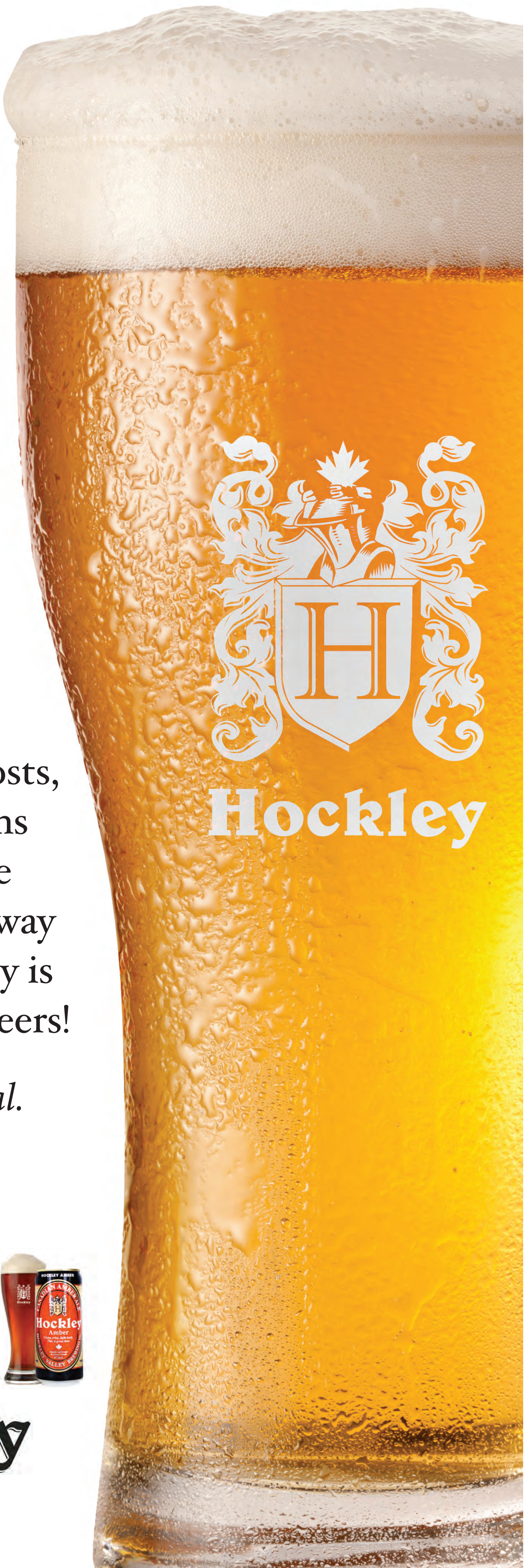
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