

Kyle Seeback, MP

Dufferin-Caledon



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Happy New Year Dufferin-Caledon! I wish you all the very best for 2020. My office is open, please contact me regarding any federal concerns you may have. I'm always happy to assist constituents with any federal government issues, including: Passport Canada, Canada Revenue Agency (CRA), Service Canada, or Immigration, Refugees and Citizenship Canada (IRCC), to name a few.

I also welcome hearing your thoughts on all matters regarding the federal government, including bills before the House of Commons.

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Kyle with his children at his Swearing-In Ceremony (November 20, 2019)



Kyle participating in the Bolton Santa Claus Parade (December 07, 2019)



Kyle attending the 10th Anniversary of the Palgrave United Community Kitchen (November 16, 2019)



Kyle participating in the Orangeville Santa Claus Parade (November 16, 2019)



Kyle joining Sylvia Jones, M.P.P. (Dufferin-Caledon) and Town of Orangeville Mayor, Sandy Brown, at the BIA's annual Moonlight Magic and Tractor Parade of Lights (November 15, 2019)



Kyle attending the 27th Annual Optimist Christmas in The Park (December 06, 2019)



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PHOTO: BRIAN LOCKHART

BIG WIN FOR MUSKIES: Shelburne Muskies goaltender Eddie Davey reacts well to stop the puck during the team's blowout victory over the Milverton 4 Wheel Drives back on Saturday, Dec. 21. Played on home ice at the Centre Dufferin Recreation Complex, the Muskies took the game to their opponent, eventually coming out with a 7-2 victory. The Shelburne team is currently in fourth place in the Western Ontario Athletic Association Senior Hockey League. For the full story, see Page 6.

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Get a jump start on New Year's resolutions at Shelburne Health and Wellness Expo

Written By MARNI WALSH

New Year's resolutions often include improving health and state of mind, seeking inspiration and setting goals. The Shelburne Health and Wellness Expo, to be held on Saturday, January 18 from 10 a.m. to 2 p.m. at Centre Dufferin District High School, is a great place to jump start those resolutions.

This is the fourth year for the event, and organizer Amanda Phillips says they have more vendors than ever before.

"The line-up includes a great mix of returning favourites, and brand new vendors, who branch out to cover more health and wellness products, and professionals who have opened new businesses in Shelburne," says Amanda Phillips.

The event was launched four years ago, when Ms. Phillips and friends noticed the same questions kept coming up on the Shelburne community Facebook groups.

"People were looking for recommendations for massage therapists, chiropractors, optometrists, dentists, fitness classes, etc. and all the replies were sending them out of

town to Orangeville, or even to Alliston and Collingwood," she says.

She added, "We knew these services were in town, but it seemed many residents in Shelburne did not. That's when we got together to create an event that allowed the community to meet the professionals who were ready and waiting to serve them in Shelburne. We started off with a handful of brave local businesses, who took a chance on us, and now it's exploded to the point that we sell out within a week of registration."

For 2020 the event has "expanded to utilize more space" so that they "could accept even more vendors," says Amanda Phillips.

"Last year we added four workshops, which were a hit with the community and the presenters, so they are back again and there are now opportunities to shop for products. We are also excited to have the Dufferin Area Family Health Team joining us this year. It's an amazing opportunity for the community to meet their local physicians and staff."

Ms. Phillips notes there are several emerging trends in Health and Wellness care in

Canada.

"Using Cannabis-based products to manage health issues, such as pain, as well as an aid for anxiety and depression, is gaining traction since the legalization of marijuana," she says. "Another is the growing interest in meditation."

Ms. Phillips says in a fast-paced world, people are busy with work, family, living - and it's taking a toll.

"We are starting to see the need for a moment of calm and stillness, where we can take a few minutes to regroup, breathe, and feel peaceful," she said. "Along the same lines, mindfulness is becoming important as we strive to be present in our life and experiences, instead of distracted by to-do lists and mindless activities."

Finally, she says, "I think mental health is really coming to the forefront as we see the need for improved services and support, and we understand more about mental illness and recognize its impact on the lives of people in our community."

Continued on Page 2

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Shelburne's Town Planner helping to guide community into the future

Written By PETER RICHARDSON

When you think of a Town Planner, do images of someone sitting at a drawing board, laying out streets and avenues, come to mind? Well, throw that image aside and prepare to be amazed, as one of the municipality's chief thinkers discusses what he does on a day-to-day basis.

Steve Wever became Shelburne's official Town Planner back in 2008, when Dana Andrews, of Meridian Planning, the Planner at that time, left Meridian for greener pastures. The position went up for tender and GSP Group, Mr. Wever's company, won the bid. Mr. Wever, a senior planner with GSP, became Shelburne's new Town Planner. Steve has a Bachelor of Environmental Planning degree from The University of Waterloo, and is a Member of the Canadian Institute of Planning, MCIP, as well as a Registered Professional Planner, RPP. Together with many years of work experience, Steve is recognized as a leader in his field.

So what, exactly, does a planner do? Although they may be enjoined in the layout of a municipality, the planner really comes to the fore in the day to day oversight of how a municipality grows and expands. Everything from zoning bylaws to building permits, official plans and even something such as a parks and recreation master plan would fall within their realm of influence.

When a developer comes to town with plans for a new subdivision, it is the Town Planner who will guide them through the potential labyrinth of codes, bylaws, official plans and required permits. The planner works with the developer to ensure that their proposal will meet all of the Provincial, County and Municipal, rules and regulations, as well as comply with the vision for the Town, held by the municipal Council. All of this, comes in steps and proce-



PHOTO: PETER RICHARDSON

PLANNING FOR THE FUTURE: Shelburne's Town Planner Steve Wever has more than a decade's worth of experience in the position. Here, he discusses exactly what his job entails with the Free Press.

dures that, if successfully followed, will see the developer's dreams become reality.

Every step of the way, the Town Planner leads the progress of the proposed plan, through numerous Council meetings, assuring compliance with the requirements of Conservation Authorities, County Official Plans and Provincial legislations. It is the Planner, who will determine that the water and sewage requirements of the proposed development fit within the abilities of the municipalities facilities. The planner will

maintain the "look" of the Town, assuring that everything from light standards to road widths meets the local Councils guidelines.

Beyond all this, however, the Planner also is instrumental in the design and drafting of zoning within the town, as well as helping to create, and maintain, municipal bylaws and official plans. Together with other members of Town staff, the Planner brings all the various intergovernmental requirements to the table, allowing the municipality to design all of its regulations so as to maximize their control over the appearance and the structure of their municipality.

At first glance, a planner can appear to be working for the developer, rather than the Town, but nothing could be further from the truth. Although the Planner is in constant contact with the developers, or others wishing to build or renovate within the municipality, including residents doing major changes to their lots or buildings, the planner's role, is to assist the individual builders, with being compliant with the wishes of the Town. When the day is done, it is the Town that is the client of the Planning Consultant, not the developer/builder.

There are numerous pitfalls in every

municipality, and the planner must know and understand all of them to do thier job properly and effectively. Although federal statutes do not often come into play, all other tiers of government do. For a municipality such as Shelburne, both the County of Dufferin and the provincial government directly affect how the Town is allowed to grow. Ultimately, expansion is not always the answer. The County, must adhere to Provincial legislations and regulations. In turn, the municipality must adhere to both the County and Provincial initiatives.

The County puts forth an official plan, to which the eight local municipalities must adhere to when composing their own official plans. Furthermore, both must comply with provincial legislations. All of this is the domain of the Official Town Planner. In carrying out his duties, Mr. Wever must know all of these various regulations and comply with them all when presenting a report on a development, or other potential change to the town. It is the Planner's job to mold the plans presented to him into a plan that the Town Council will sign on to.

By using off site services for it's planning, Shelburne reduces it's costs dramatically, while being able to avail themselves of a much larger facility than would otherwise be feasible. GSP Group, plans everything, from large industrial parks, such as Hanlon Creek Business Park in Guelph, to municipalities such as Shelburne. They have in-house landscape design capabilities and even plan and design cemeteries. Their large size and staff could never be sustained by a small municipality, yet all its expertise is at Shelburne's disposal if required. Steve Wever is the tip of a very large iceberg on one hand, and on the other, he represents the heart of Shelburne's sustainable development.

From the grandest plan to the smallest detail, Steve Wever guides Shelburne into the future. Whether it is a homeowner wishing to expand his homestead, or a major developer planning a grand commercial/residential addition to Shelburne eastern boundary, Steve Wever is an integral part of their success. With his guidance and knowledge of the legislations involved, no project is beyond the realm of possibility. Ultimately, it is the Town Council that decides what will and will not become a part of Shelburne's landscape, but they come to those conclusions on the back of the advice and expertise of Town Planner Steve Wever MCIP,RPP!

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Continued from FRONT

4th annual Shelburne Health & Wellness Expo

Ms. Phillips told the Free Press, the most important benefit of the Health and Wellness Expo is "connection - for both the community and businesses."

She says, "Many of the vendors don't have a way to make a personal connection with the community - to let them know what services they offer, or how they can help." (cont'd)

Four free workshops will be offered throughout the day at the Jan. 18 Expo. Organizers say the workshops focus on fitness, nutrition, meditation, and connection, and will run on the hour. Workshops require registration at shweworkshops@gmail.com.

and visitors are welcome to attend as many as they wish. Many vendors will be offering specials at the Expo, from products or memberships at discounted prices, to mini-services, such as card readings and massage.

"We have some fantastic door prizes this year," says Amanda Phillips, "including a wellness package from Shelburne Family Chiropractic and a six-week Yoga session with Catherina Satya Stilo. Ballots will be given to the first 50 people through the doors at Centre Dufferin District High School, starting at 10 a.m."

For more information visit: Shelburne-Health-and-Wellness-Expo on Facebook.

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CDDHS students lend a hand through successful hampers initiative

Written By MARNI WALSH

Centre Dufferin District High School teacher Julie Senese, and members of the local student council offered something of a helping hand to Shelburne service clubs over the holiday season, by sorting Christmas hampers.

"They were extremely helpful in sorting and organizing all donations," said Rotary Club member and Chair of the Shelburne Christmas Hamper Program, Bobbi Ferguson. "We could not have done it without them."

She added, "I was very happy to see the students arrive on collection day. There was so much to do and not much time to get everything done. One student in particular took the lead, made a plan and the group executed the plan. I knew I could leave it in their capable hands."

Bobbi Ferguson says it was "a positive, supportive and successful hamper campaign."

She says, "It ran like a well oiled machine. Each year we learn to make improvements for the next year."

105 families were served by the Hamper Program in 2019, which is up 25 percent over recent years. Ms. Ferguson says the need, and the generosity of Shelburne residents, was "overwhelming."

"Volunteers and community support was amazing," says the Chair. "There were many smiles and 'thank you's' from the moms and dads as they loaded their cars with boxes of food, gift cards and piles of toys for their families."

"A special thank you goes out to Kerstin Stinson of the Rotary Club of Shelburne for her work in securing much needed monetary donations," says Bobbi Ferguson.

"Additionally, a huge thanks to Deb Wagstaff for her amazing support and partnership with the Shepherd's Cupboard Food Bank," noted Ms. Ferguson.

"I wish I could name each contributor individually for their generous support of this program, but there are just so many. This is a great 'problem' to have," she says. "Thank you so much to businesses, organizations, schools, churches and individuals for your time and support in helping make the holidays special for 105 Shelburne families."



PHOTO: MARNI WALSH

CDDHS HAMPERS A SUCCESS ONCE AGAIN: Co-chair of the Hamper Program, Rotary member Sandra Gallagher (centre) is flagged by CDDHS teacher, Julie Senese, on the left as well as CDDHS Student Council volunteers at the Mel Lloyd Centre in December, when they gathered to organize goodies for the hampers.

Former Headwaters hospital president and CEO Liz Ruegg passes away

Written By ALYSSA PARKHILL

A former CEO and President of Headwaters Healthcare Centre, Liz Ruegg, passed away on Dec 28 following an ongoing battle with cancer.

Ms. Ruegg dedicated her life to the health care sector in Ontario. She began her career as a nurse, and worked passionately over a span of 40 years. She retired in 2016, after spending a decade employed by the local hospital, first as Vice-President of Patient Services, and, finally, as CEO and President.

Liz was described as "adventurous" by those who worked with her, and held three major passions outside of her life in healthcare, which was family, fashion and travel.

"With a well-worn passport from years spent criss-crossing the globe with family and friends Liz 'retired' and inspired others to appreciate the world as a local travel agent. It was important to her to live an inspired life, and in her own words 'live life to the fullest and live every day as if it were your last,'" stated current CEO and President of Headwaters Healthcare Centre, Kim Delahunt.

Many members of the community have shared words of condolences and thoughts over social media. John McDermid, a former colleague through the Central West Local Health Integration Network (LHIN), shared his sentiments on Facebook following the loss of his "friend".

"Orangeville just lost one of its angels today," McDermid began in his post. "Liz Ruegg, former President and CEO of Headwaters Health Care Centre passed away after a courageous battle with cancer. She fought to the end and even made it to the Celine Dion concert in early December. She made it to her favourite day of the year, Christmas and for that, we are thankful."

He added, "I worked with Liz when I was on the Board of the Hospital and a more loving, caring and beautiful caregiver you will be hard pressed to equal. She did so much for our hospital and was loved by her staff,



SUBMITTED PHOTO

LASTING LEGACY: Liz Ruegg, former President and CEO at Headwaters Health Care Centre, passed away on Dec. 28 following a 'courageous' battle with cancer.

her friends and most importantly her family. She will be sorely missed. Liz, I love you, rest in peace, you have earned eternal glory."

The legacy Ms. Ruegg built, and left behind, at HHCC will help lead the hospital into a bright future, says Ms. Delahunt. She shared her belief that Liz would want family and friends to continue their work in providing exceptional healthcare in the local area.

"She was proud of Headwaters and what this organization means and represents to the residents of Dufferin- Caledon and beyond," Ms. Delahunt said. "While this is a sad occasion, Liz would not want us to dwell on it, rather to press on and continue to be inspired and support each other to provide the best possible care to our community, patients and families."

A funeral service is to be held at Harriston United Church on Saturday (Jan. 4), at 1 p.m. followed by a celebration of life at the Harriston Legion. Memorial donations are being accepted through the Hardy-Lee Funeral Home and will go to the Headwaters Health Care Foundation.

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New Year's resolutions

It's that time again where party hats and noise makers are the attire de rigueur – at least for one night.

Although I've never actually been to a New Year's Eve party where people were wearing festive coloured cone hats, but I guess it happens.

At least it does in the movies.

It's a night for revelry and drinking champagne cocktails and possibly dancing on a table top if you're at a really good late night bash.

Yes, there's nothing like over imbibing and waking up the next morning with a head that feels like a football for good old fashioned alcohol induced fun. Well, for some people.

It's also the time of year when it is traditional to make one or several New Year's resolutions.

I'm not sure how that tradition started but I would imagine it makes sense to try and correct your personal bad behaviours by initiating a starting point on the calendar. Although any other date would serve the purpose just as well.

A quick check reveals the most common New Year's resolutions people make.

This list may or may not be scientifically accurate, may or may not reflect your per-

sonal resolution interests, and in fact may be made up by some lonely writer figuring it out in a basement room illuminated by a single bare light bulb. But it does seem to show some of the most common changes people want to make in their life.

1) Exercise more. Well, that might happen. But if you haven't exercised regularly before, the odds are you aren't going to start. Just ask any gym manager how many people purchase memberships and enthusiastically show up once or twice, then put off the third visit a couple of days, then a week. Suddenly it's been six months and you realize that gym membership didn't really pay for itself.

2) Lose weight. This doesn't take a resolution. It just takes number one, above, self control, and some self esteem.

3) Learn a new skill or hobby. This is probably the easiest one. Hobbies are something you are supposed to do because you enjoy it. Why would you waste time on a frivolous pursuit if you didn't enjoy it?

4) Get organized. This is another easy one. You can't be that disorganized that taking a few minutes to get your home files or closet rearranged would require an actual resolution.

5) Live life to the fullest. You should already be doing that. If you're the kind of person whose idea of quality leisure time is sitting in front of the TV watching Judge Judy and eating Lays potato chips, no resolution will have you taking tap dancing lessons, running a marathon, visiting a museum or attending a theatre performance any time soon.

6) Save more money / spend less money. Good luck with that.

7) Quit smoking. It's a tough thing to do if you're a smoker. But here's the thing if you're a guy. You have to meet a really beautiful woman with a lot of sex appeal who tells you if you don't quit smoking she won't see you again. If that doesn't work for you, you've got big problems. I have no idea if this works from a woman's point of view.

8) Spend more time with family and friends. Spend MORE time with family or friends? People don't go on vacation to get away from it all, they go on vacation to get AWAY from family and friends.

9) Travel more. This is a good one. However the thing of 'travelling more' is someone is going to pay for it. If you're the person footing the bill for that condo retreat in Maui you may start to feel the pinch

unless your name is Rockefeller or similar. Everyone I know who 'travels more' have a tendency to do it on someone else's dime.

"Oh yes, my parents have a condo in Mexico."

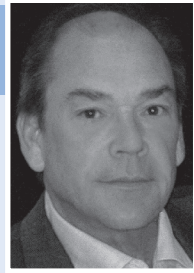
10) Read more. Read more of what? Harlequin Romance novels? Archie Comic books? I do a lot of reading – a lot. However almost all of it is job related or similar research. I don't want to hang out with people who plan to read more. Unless your girlfriend looks like Zoey Deschanel's even more attractive sister and she also happens to be a serious, yet, beautiful librarian, why would you want to spend an evening with someone reading a book in the corner of a room?

I don't plan on making any New Year's resolutions however I do have some new ideas in mind.

If you plan to make some changes, good luck, stay strong.

If you do fail, you can always try again next year!

BRIAN LOCKHART
FROM THE SECOND ROW



A decade of progression

What a ride it has been over the past ten years.

As we prepare to wrap up the decade that was, I thought it might be an appropriate time for me to partake in something of a wander down memory lane. Please, feel free to join me.

I was just 18 years old when the clock struck midnight on Dec. 31, 2009. I was in Canada, visiting my now wife and grandparents for Christmas. As the ball dropped in Times Square, I was having the time of my life, partying with a group of high school friends. I didn't have a single care in the world. Ahhh, to be young again.

Back then, I was actually living in England. After spending two years at high school in Canada, I decided to take something of a gap year. Since I wasn't studying, and I didn't have a Canadian work permit, I returned to my roots in Manchester. The intent was that I'd find a job and save money to pay for whatever post-secondary program I decided to enrol in upon my return to the Great White North. Yeah... That didn't quite pan out.

It took me four months to secure my first job. It was a minimum wage position as a door-to-door salesman, attempting to flog cavity wall and loft insulation. Despite how mundane that sounds, I was actually quite good at it. Within weeks I went from being the new kid on the block to the number one salesman. When I began this endeavour, the promise was that, while my hourly rate was a measly £5.25 per hour, I would earn commission if I met certain targets. In my first month, I blew those targets out of the water. I was looking forward to my big fat bonus.

Then, the harsh realities of life in the working world slapped me right in the face. After enquiring about my well-earned bonus, I was informed the majority of my sales didn't qualify for commission for some reason or another. Two weeks later, I was let go.

As it turns out, that was probably the best thing that could have happened to me. In my seven or eight weeks working as a door-to-door salesman, I managed to save zero dollars. For those of you who don't understand how things work over here for international students, my college fees were going to set me back close to \$20,000 per year. And that's just for tuition and books. Bottom line, I needed money, lots of it, and quickly.

And that's how I ended up landing the best job I've ever had. Now, before your minds wander, allow me to explain. My mother worked for a direct competitor of the organization I sold for. My now former firm, apparently, was a bit of an upstart, cowboy operation, launched by someone who had been let go from my mother's company. It was all a bit strange.

After learning of my untimely departure, my mum managed to pull some strings within her own company. She managed to get me an interview. I didn't particular enjoy walking around in the

rain, attempting to convince people to part with hundreds of pounds so that they could stuff some wool-like material in their walls and loft space, but I was willing to do it.

When I arrived for my interview, I was greeted by one of the firm's senior managers. Strange, I thought, for such an entry level position. Now, I don't know what my mother told this person, but here I was, basically a kid with next to zero experience in the working world, being interviewed for a position that would see me become a senior surveyor. What that means, basically, is I would be the individual going around to people's homes and conducting on-site tests to determine if their home is suitable for cavity

wall and loft insulation installation, and recommending, to the work crews, the best way to go about installing previously aforementioned insulation.

To this day, I don't know how I managed to pull it off, but the interview went well, and I got the job. I started two days later. Fortunately, I was tasked with tailoring an experienced surveyor on my first day. The job, as complicated or important as it might sound, was actually very, very easy. Within a week, I was completing between 10 and 15 surveys per day.

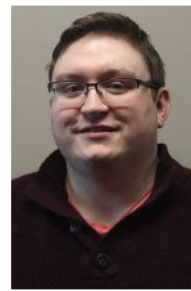
And that's why that was the best job I've ever had. I was paid based on how many surveys I completed. While I had targets I had to meet on the low end, I could actually complete as many as I wanted. Perfect for somebody with nothing but time on his hands, and a need to make a buck. In six months working that job, I raked in more than what I make in 12 months working for the Citizen.

While my intent was always to save, and return to Canada, for the briefest of moments I allowed myself to wonder. Wonder what life could be like earning that sort of money at such a young age. In the end, I made the right decision. Within six months of returning to Canada, that company was bought out by a larger competitor, stripped down and closed. A lucky escape if ever there was one.

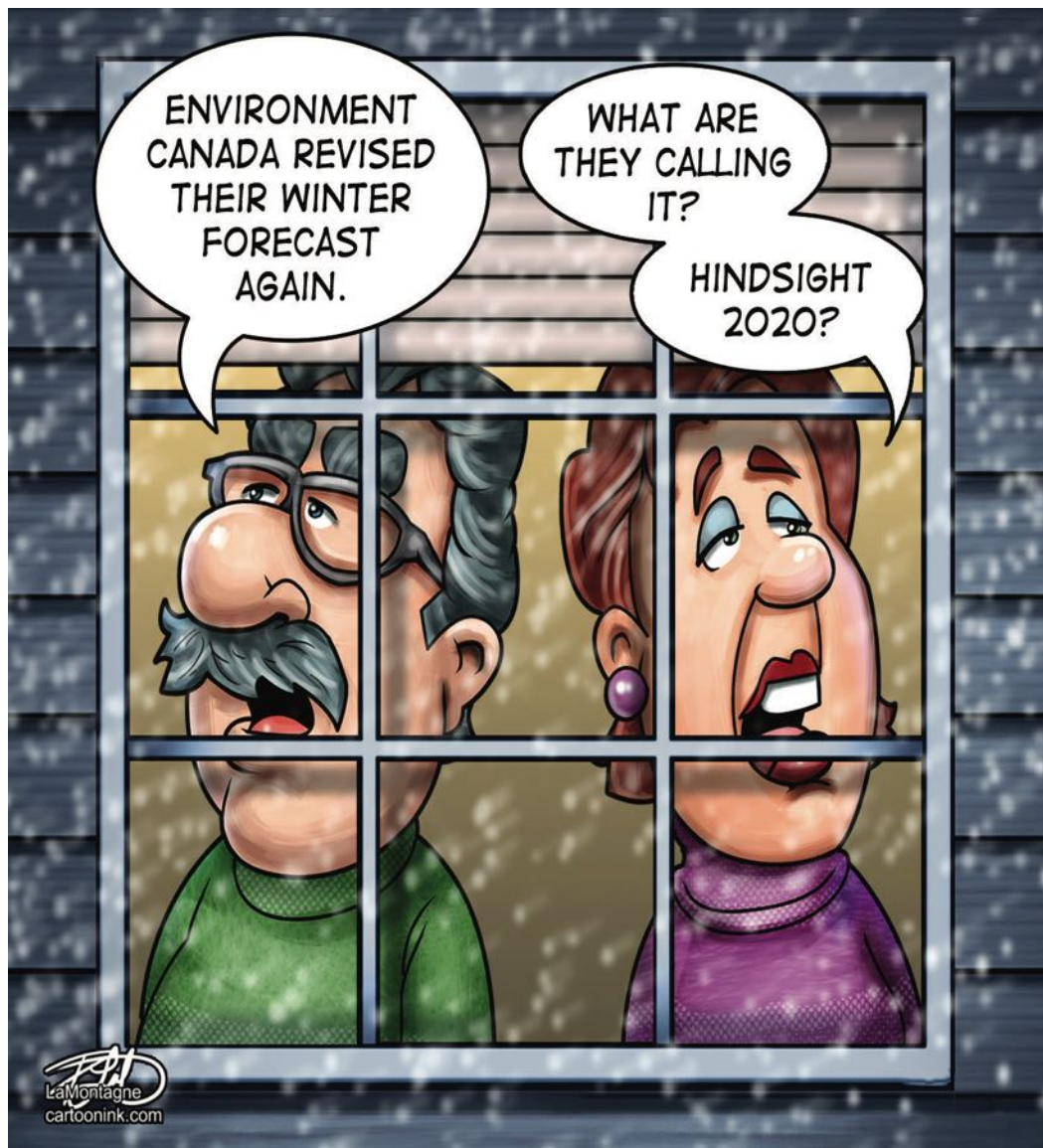
My journey since has been fairly well documented in many a page of past Citizens - j-school in Oshawa, my first newspaper out in Alberta, a brief fling with the magazine industry in Peterborough, and, finally, landing here in Orangeville. It's been one heck of an adventure, professionally speaking.

If you had asked me that night, Dec. 31, 2009, where I would be ten years later, I wouldn't have even been able to tell you, for sure, what continent I'd be on, never mind my job, or anything else. I guess that's the beauty of life – we never really know what's around the corner.

While there have been many, many fond moments for me over the past ten years, I'm very much looking forward to seeing what the 2020s have in store for me. Until next time, Orangeville...
Oh, yeah, and Happy New Year!



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Shelburne Police seeking assistance to ID theft suspect



SUBMITTED PHOTO

DO YOU KNOW THIS MAN?: Shelburne Police need help identifying this man, who allegedly stole gas from a local gas station on Dec. 15.

Back on Dec. 15, a rear passenger of a newer model Black Mazda 3 Hatchback pumped gas at a Shelburne gas station. The suspect then entered the gas station's store, selected a few items to purchase, but ended up leaving without the selected items, and without paying for the fuel.

The suspect is described as a white male, with short black hair, and black facial hair. The male appears to be in his 20's. He was wearing a black jacket over a red and black flannel shirt and light brown shoes. There were three other occupants in the vehicle; however they stayed in the vehicle the whole time.

Shelburne Police is appealing to the public to assist in identifying the suspects in these stills taken from security camera footage. If anyone can identify the suspect, or has any information in relation to this case or any other matter, they are encouraged to contact the Shelburne Police Service at 519-925-3312 or anonymously through Crime Stoppers at 1-800-222-TIPS (8477) or online at www.crimestoppersdm.com.

First snowmobile fatality, OPP issues warning to public

With mild temperatures forecast for many parts of the province into the holidays, the Ontario Provincial Police (OPP) and Ontario Federation of Snowmobile Clubs (OFSC) are warning snowmobilers to stay off closed OFSC trails. The OPP is also urging riders to stay off frozen waterways as they too remain unsafe.

The OPP responded to its first snowmobile fatality of the season earlier this month after a man lost control of his snowmobile. The tragic death is the latest reminder that snowmobiling comes with an unpredictable environment and unique set of risks.

Excessive speed, driving too fast for the conditions losing control and alcohol are among the top contributing factors in OPP-investigated snowmobile fatalities every season.

Snowmobilers are reminded to regularly check the OFSC Inter! active Trail Guide for real-time trail availability information over the holidays and throughout the season. OFSC prescribed trails are subject to laws governed under the Ontario Motorized Snow Vehicles Act and enforced by police throughout the province.

The OPP remains committed to saving lives on Ontario highways, waterways and trails.

The OFSC wants to remind snowmobilers to Go Safe when they Go Snowmobiling Ontario.

Local home ransacked

Officers from the Caledon Detachment of the Ontario Provincial Police (OPP) are investigating a residential break and enter that occurred on Sunday, December 22, 2019 at about 5:30 p.m.

Officers responded to a residential alarm on Snellview Boulevard, and found that the rear window was smashed and bedrooms were ransacked.

Officers arrived on scene within minutes, however the suspect(s) were able to get away with approximately \$30,000 worth of jewellery, cash and Christmas presents.

Caledon OPP is asking residents in the area of Mayfield Road and Kennedy Road to check their security cameras for suspicious people, vehicles or activity on Sunday, December 22nd between 5:00-5:45 p.m. If you have any information or video surveillance footage in relation to this break and enter, please call the Caledon Community Street Crime Unit at (905) 584-2241 or 1-888-310-1122.

You can also provide information anonymously by contacting Peel Crime Stoppers at 1-800-222-TIPS (8477) or online at www.peel-crimestoppers.ca. When you contact Crime Stoppers you stay anonymous, you never have to testify, and you could receive a cash reward of up to \$2,000 upon an arrest.

When to report suspicious activity? People in or around buildings or areas who do not appear to be conducting legitimate

business;

- Vehicles driving slowly and aimlessly through neighborhoods, around schools or parking lots;
- People peering into parked vehicles that are not their own;
- People who change their behavior when they notice they have been seen.

Be able to explain to the 911 call taker why the behaviour you are seeing, or hearing is suspicious. What gives you the feeling that a crime is in progress or about to occur? Call 911 and let our call takers evaluate and respond to whatever information you may provide.

CHRISTMAS TREE COLLECTION

JANUARY 2020

Trees must be out by 7 a.m. on the Monday to ensure collection during the designated week.

Christmas trees in the Town of Orangeville will be collected during the week of **January 6th.**

Christmas trees in the urban areas of Grand Valley, Shelburne & the rural subdivisions will be collected during the week of **January 13th.**

Residents in **rural areas** must call 1.888.941.3345 ext. 1 a week in advance to be put on the list for collection the week of **January 13th.**

Do not bag trees for collection and ensure that decorations and tree stands are removed.

Trees that are buried in snow will not be collected.



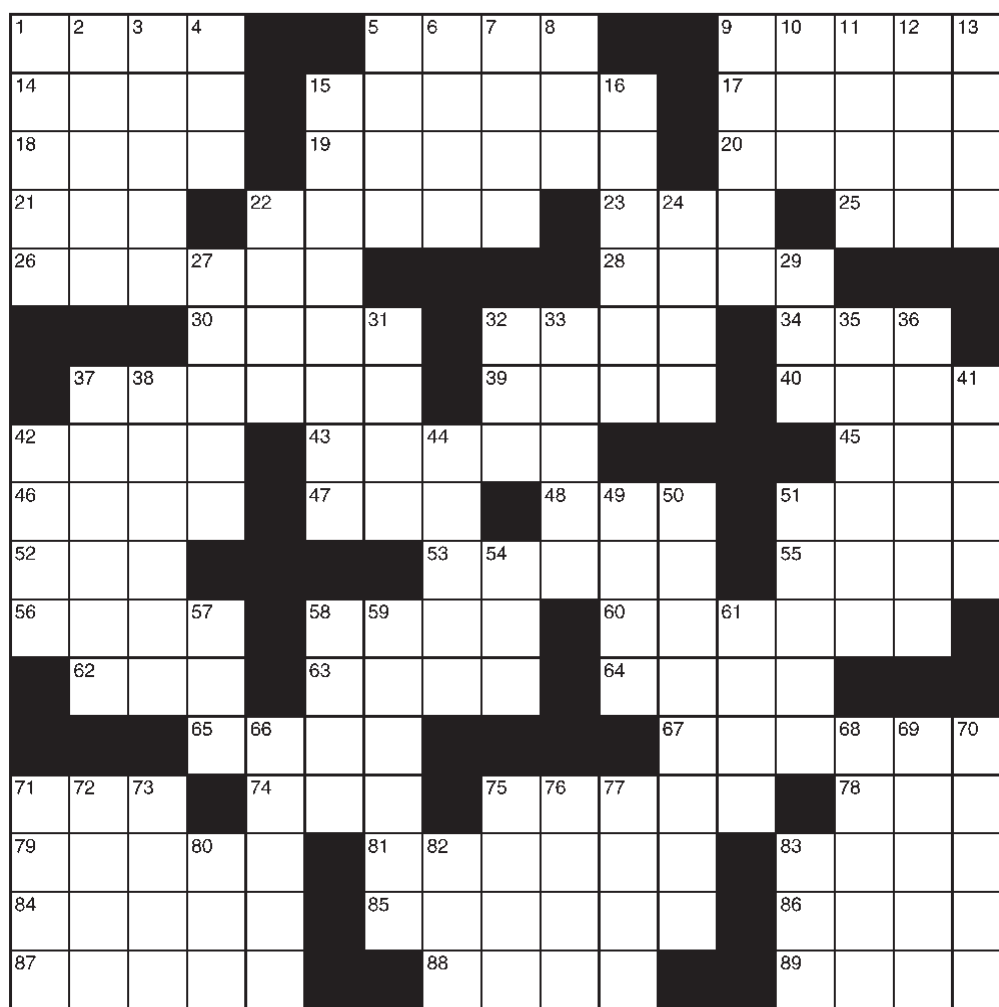
Please note: If you have any yard waste left over from the fall, you may put it out beside your tree for collection.



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PUZZLE NO. 446



- 9. Locale
- 10. Trailing vine
- 11. Festival
- 12. Admired one
- 13. Let use
- 15. Spanish ranch
- 16. Antelope
- 22. Precinct
- 24. Transfer
- 27. Promo producers
- 29. Twilled fabric
- 31. Hammer end
- 32. Timber tree
- 33. Terse
- 35. Sake
- 36. Brazen
- 37. Empty inside
- 38. At hand
- 41. Spelling mistake
- 42. Bound
- 44. Filament
- 49. Lunar body
- 50. Guitarist, e.g.
- 51. Japanese verse form
- 54. Drill
- 57. "Blue Hawaii" handout
- 58. 18-wheeler
- 59. Baby food
- 61. Read a bar code
- 66. Adjust
- 68. Coveted chalice
- 69. Throng
- 70. Blazer material
- 71. Office furniture item
- 72. Exact
- 73. Tiresome one
- 75. Mall happening
- 76. Purl's companion
- 77. Rim
- 80. Korean auto maker
- 82. Group of whales
- 83. Dads

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ACROSS

- 1. Mention
- 5. Low voice
- 9. Period of watching
- 14. Awestruck
- 15. Bridle
- 17. Sidestep
- 18. Printing method
- 19. Connect
- 20. Chute material
- 21. Kind of silkworm
- 22. Tom Cruise, for one
- 23. Old French coin
- 25. Var.
- 26. Photographic opportunity
- 28. Norm's drink
- 30. Intense
- 32. Footless creature
- 34. Ease off
- 37. Kind
- 39. Diving position

- 40. Frisky
- 42. Mislay
- 43. Trim of nonlean parts
- 45. Hit the ____
- 46. Dash
- 47. Tropical bird
- 48. Thoughtful sound
- 51. Door clasp
- 52. Linen vestment
- 53. Louisiana swamp
- 55. Additionally
- 56. Sample of voters
- 58. Say forcefully
- 60. Harden like bone
- 62. Miniature
- 63. Aristocrat
- 64. Chip
- 65. Poetic part
- 67. Snagged
- 71. Rookie socialite
- 74. Wire measurement

- 75. Coil of yarn
- 78. Fray
- 79. Elicit
- 81. African nation
- 83. Peel, as fruit
- 84. Finch
- 85. Slander
- 86. Staff member
- 87. Work with dough
- 88. Dole out
- 89. Santa's vehicle

DOWN

- 1. Nose parts
- 2. Greek marketplace
- 3. Design
- 4. Freud's topic
- 5. Sheet of cotton
- 6. Voice part
- 7. Sheriff's badge
- 8. Not sweet, as wine

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SHELBURNE SPORTS

CDDHS Royals travel to Tottenham for exhibition fundraiser

Written By BRIAN LOCKHART

The Centre Dufferin District High School Royals junior basketball team travelled to Tottenham on Thursday, December 19, to play an exhibition game against the St. Thomas Aquinas Catholic High School Stingers.

The event is an annual Christmas fundraiser at STA.

The school hosted a junior game followed by a senior game with a large contingent of students in the gym to watch the action.

A team from Six Nations arrived in Tottenham for the senior game.

It is a good chance for high school basketball teams to meet up with other squads they won't normally meet during the District 4 season.

It was a tough game with the lead chang-

ing several times during the game and a very close score through the four quarters. Although the teams were playing well, it was not a high intensity game as the players treated it as the charity event it was, with the mood being light on the court.

Both teams put on a good show with a lot of really good basketball skill on display on the court.

"Today we're doing a South Simcoe classic basketball event," explained Leila Ciullo, a member of the Leadership Team at STA. "For the junior game, Centre Dufferin plays our junior team. At 1:30 p.m. the seniors will play Six Nations."

While the students had the fun of attending the games, they also raised money for a good cause.

"We are raising money for Matthews House Hospice," Leila said. "We're donating the proceeds from cookies and Gatorade sales to them. This event is to kick off our Christmas break and to help our school get excited for what's next. We made it a free game so everyone could come out and watch."

The Centre Dufferin junior team will continue with their regular season schedule



PHOTO: BRIAN LOCKHART

EXHIBITION TOURNAMENT: The Centre Dufferin District High School Royals junior basketball team take on the St. Thomas Aquinas Catholic Secondary School Stingers during an exhibition game in Tottenham on Thursday, Dec. 19

when they return to school after the holiday break.

The Royals will be in Fergus on January 8. They return to home court at CDDHS on Monday, January 13, when they will host Erin District High School.

Game time is 2:30 p.m.

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SATURDAY, JANUARY 11TH



MUSKIES VS. SAUGEEN SHORES WINTERHAWKS

PUCK DROP AT 8PM



PHOTO: BRIAN LOCKHART

ENDING 2019 WITH A WIN: The Shelburne Senior Muskies host the Milverton 4 Wheel Drives at the Centre Dufferin Recreation Complex on Saturday, December 21. The Muskies played a good game and left the ice with a 7 - 2 win. The Shelburne team is currently in fourth place in the league.

Muskies finish 2019 with a win

Written By BRIAN LOCKHART

At just past the midway mark in the season, the WOOA Senior Men's Hockey League is seeing a really tight battle in the standings.

Four teams currently have 26 points recorded for the season.

The Ripley Wolves, Clinton Radars, Saugeen Shores Winterhawks, and the Shelburne Muskies have all won 13 games so far this year.

The Muskies have had an outstanding season winning on home ice and bringing out good size crowds at the CDRC for their Saturday night home games.

Their final home game of 2019 had them hosting the Milverton 4 Wheel Drives on Saturday, December 21.

Taking an early 2 - 0 lead in the first period, the Muskies blew the game wide open in the second.

Milverton got on the scoreboard early in the second period but the Shelburne response was to score five straight to make it a 7 - 1 game with one period left to go.

The 4 Wheel Drives scored one goal in the third period to end the game with a 7 - 2 Muskies win.

The seven Muskies goals were spread out among the team.

Blake Lovell, Luke Richardson, Brendon Richardson, Jamie Bennett, Trevor Van Alstine, Josh Sguigna, and Chris Greer all notched goals for the game.

The win comes on the heels of a Friday night (Dec. 20) win when the Muskies went to Shallow Lake to take on the Crushers.

After trailing 2-0 at the end of the second period, the Muskies scored with 11 seconds left on the clock.

They scored three unanswered third period goals to take a 4 - 2 win for the night.

Ryan Hunter got a pair for the night with Chris Greer and Jamie Bennett getting singles.

The Muskies will be back on home ice at the CDRC on Saturday, January 11, when they host the Saugeen Shores Winterhawks.

Game time is 8:00 p.m.



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ATHLETE OF THE WEEK

TRISTAN SZYMANOWSKI

A goalie for his entire hockey career, Centre Dufferin District High School Royals net minder, Tristan Szymanowski, brings a lot of experience to his team.

"I like the intensity and how the game flows," Tristan said of why he likes playing the sport. "I like to play goalie because I like making saves."

When he's not on the ice, Tristan also plays soccer with the Centre Dufferin boys senior team.

TEAM: CENTRE DUFFERIN DISTRICT HIGH SCHOOL ROYALS HOCKEY
POSITION: GOALIE

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Province providing funding to help those living with dementia

Written By ALYSSA PARKHILL

On Dec 16, Dufferin-Caledon MPP Sylvia Jones announced a program in partnership with The Alzheimer Society of Ontario to provide safety precautions for those living with dementia and their families.

According to a release distributed by the provincial government, approximately 125,000 seniors who are living with dementia in Ontario are at risk of wandering out and possibly going missing. Roughly 60 per cent of those living with dementia go missing at one point, while 50 per cent of people who go missing for 24 hours risk serious injury. In 2018, approximately 7,500 people were reported missing.

The Ontario government is funding \$600,000 towards The Alzheimer Society of Ontario to provide the Finding Your Way program.

"This funding will go a long way in helping seniors, especially given an estimated 240,000 seniors in Ontario are living with dementia," said Raymond Cho, Minister for Seniors and Accessibility. "This is another

example of how our government is putting seniors and their families first by making it easier to find our missing loved ones faster."

According to the new release by MPP Sylvia Jones, "Finding Your Way is a multicultural wandering prevention program which provides practical tools and advice for individuals, caregivers and the community to recognize and reduce the risk of someone with dementia wandering and going missing, while supporting a quick, safe return should an incident occur."

The Alzheimer Society of Dufferin will receive \$5,000 to work with the community and organizations to provide education and awareness to the risks those living dementia.

"I am pleased that the funding given to the Alzheimer Society of Dufferin County is being used to help keep seniors safe," said Jones. "We have a great community support network between the Alzheimer Society and first responders and organizations who may encounter vulnerable seniors. The programs and resources available ensure that there is help for seniors in their home and in our community."

The program provides a variety of resources to those living with dementia, as well as families and caregivers. University of Alberta PhD Candidate Noelannah Neubauer developed an easy and simple set of guidelines that provides communities with proactive tips and strategies to reduce the risks of those living with dementia going missing. These guidelines were put together with the help of first responders, caregivers, health-care professionals, social works, communities, Alzheimer Societies and people living with dementia.

Funds will also be put into group events and seminars for individuals, caregivers and families, support workers and first responders such as police officers and paramedics.

"The Finding Your Way funding Alzheimer Dufferin has received from the Province of

Ontario, has enabled our team to further educate our local stakeholders on how to support persons with dementia who are lost in our community," said Lindsay Butcher, Executive Director of Alzheimer Society of Dufferin County. "Finding Your Way also helps to raise awareness of Alzheimer's disease and related dementia's, how to become familiarized with the signs of someone suffering from the disease and how to navigate them through those difficult situations."

If you are aware of a family member, friend or neighbour who lives with dementia and is at risk of wandering, contact the Alzheimer Society of Dufferin County for more information at Alzheimer.ca/dufferincounty or learn more about the Finding Your Way program at findingyourwayontario.ca.

MP Kyle Seeback named deputy shadow minister

Written By ALYSSA PARKHILL

On Dec. 20, while he was attending the first session of the 43rd Parliament, Dufferin-Caledon MP Kyle Seeback was named the Conservatives' Deputy Shadow Minister for Immigration, Refugees and Citizenship.

Mr. Seeback also sits on the Standing Committee on Citizenship and Immigration, where studies are to be completed regarding issues related to citizenship and immigration in Canada.

"Citizenship and immigration, without a doubt, is the single largest file I'm contacted about in my offices. During the election and the weeks since I've become the Member of Parliament for Dufferin-Caledon, I've repeatedly heard how the current immigration system is broken, from baseless refusals for visitor visas to delayed processing of study permit applications," he said.

Asserting a lack of attention the Liberal Party has shown towards the matters of immigration and citizenship over the past four years, he added:

"We, the Official Opposition, will continue to hold Prime Minister Justin Trudeau and the Minister of Immigration, Refugees and Citizenship accountable for their failures, including their disastrous handling of people illegally entering Canada from the United States and the escalating costs associated with that immigration flow."

Mr. Seeback said he is dedicated and honored to work with Peter Kent, the Shadow Minister of Immigration, Refugees and Citizenship, and other members who sit on the Standing Committee.

"The concerns raised by my constituents are shared across the country and highlight the need for an improved immigration system which is fair, compassionate, and orderly, while also maintaining Canada's international reputation as a welcoming country for those who are the most vulnerable. I'm dedicated to working with my colleagues to make these much-needed improvements to the system for both my constituents and for all Canadians," he said.

Centre Dufferin's Co-op Corner

Students: Haley Short, Alena Campbell
Placement: Shelburne Long Term Care

This week Haley Short and Alena Campbell from Centre Dufferin District High School share a little bit about their experience and how Shelburne Long Term Care is contributing to our community's future.

Shelburne Long Term Care has proudly been in business for over 20 years providing constant care day in and out to up to 60 residents. This long term care facility is owned by Southbridge Care who has entrusted a team of managers to build a safe, welcoming and caring foundation for the residents. A variety of departments all play essential roles in providing a functioning home for the residents. This includes the dietary staff who prepare, cook and serve all the meals throughout the day, as well as preparing a snack cart. Additionally, the RPN's provide medical care, such as giving residents their medication, examining any injuries and checking in on them to see how they're doing emotionally and physically. In addition to these, the housekeeping staff keep the place clean and sanitary which helps lower the chance of outbreaks, while the laundry staff wash, dry and fold the residents clothing and bedding. Lastly, the PSW's/HCA's help the residents by assisting them with normal daily tasks they can no longer do independently, including feeding, bathing, and basic hygiene.

Our job title at Shelburne Long Term Care is Health Care Aide, and we perform a variety of tasks throughout the day. These tasks vary depending on what is going on, or what needs to be done. On any given day we make beds, wheel residents in and out of the dining room, feed the residents, serve teas and coffees, putting away their clothing, handing out face towels and helping with mechanical lifts. We also find time to have conversations with the residents and sometimes even get to play games with them. Special equipment that we use day to day is hydraulic lifts, slings, oxygen tanks and electric beds.

We have become more aware of the huge variety of jobs within a care centre. These include Registered Practical Nurses who provide primary care to the residents, while monitoring the residents' vitals, injuries and medication. There are Dietary Aides, who cook the meals for the residents. As well, a Health Care Aide makes the residents' beds and they strip or wipe the bed down if it is dirty. Personal Support Workers help residents with daily tasks they are unable to do on their own, including getting them



SUBMITTED PHOTO

LEARNING ABOUT LONG TERM CARE: (from left to right: Haley Short (Co-op Student), Chantelle Napholc (Nursing Unit Clerk and Education Coordinator), Alena Campbell (Co-op Student)

in about out of bed, and brushing their hair and dressing them. Dental Hygienists come through often to check or fix up some of the residents' teeth. Physiotherapists come often to help residents exercise and to keep them active. There is also a Hair Stylist who comes in to cut and style everyone's hair. Finally, there is an Activity Director who plans activities for the residents such as crafts or outings.

Shelburne Long Term Care participates in the community through events like the Torch Run for the Special Olympics which is held by the Police Foundation. The facility also does Treats in the Streets for children around Halloween.

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CHRISTADELPHIANS
THOUGHT OF THE WEEK

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OF 25TH
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WEST SIDE

What are the things that you can't see that are important? I would say justice, truth, humility, service, compassion, love....They're the guiding lights of life.
- Jimmy Carter (President)

O Lord, who shall sojourn in Your place? Who shall dwell on Your holy hill? He who walks with integrity and truth and does what is right and speaks truth in his heart.
- Psalm 15:1-2 (ESV/ISV)

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- Willing to work hard and enjoy rewards in a team environment
- Willing to take chances and learn from your peers

DESIRED SKILLS & EXPERIENCE:

- Sales Driven
- Work well in results based environment
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- Great Personal Skills
- Some Sales Skills Preferred but would be willing to train the right candidate
- Marketing and/or Communication education would be a great fit

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AUCTIONS



THE ANTICIPATED AUCTION SCHEDULE FOR 2020

JAN 18TH - ANTIQUES, JEWELRY & MILITARY - CREEMORE
 FEB 22ND - FIREARMS - CREEMORE ARENA HALL
 MAR 21ST - ANTIQUES - CREEMORE - KFA ANNIVERSARY EVENT
 APR 25TH - KFA OUTDOOR EQUIP - MELANCTHON
 MAY 16TH - ANTIQUES, ETC - CREEMORE
 MAY 30TH - FIREARMS - CREEMORE LEGION
 JUL 18TH - ANTIQUES, ETC - CREEMORE
 AUG 29TH - FIREARMS - CREEMORE LEGION
 SEPT 19TH - ANTIQUES, ETC - CREEMORE
 OCT 10TH - THANKSGIVING WKND - KFA EQUIP SALE
 NOV 21ST - FIREARMS - CREEMORE LEGION
 DEC 19TH - ANTIQUES, ETC - CREEMORE
 NOTE: AUCTION DATES WILL BE ADDED AS THE NEED COMES UP. WE PROMISE TO KEEP YOU POSTED.

NEW FOR 2020

- KIDD FAMILY AUCTIONS APP FOR APPLE & ANDROID
- MORE CUSTOMER APPRECIATION EVENTS
- REFER A FRIEND BONUS

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OBITUARIES

Trudy Dougall

Resident of McKelvie-Burnside Village, Shelburne



Passed away peacefully with her family by her side at the age of 69 on Thursday December 12, 2019 at Matthews House Hospice, Alliston. Loved sister of Darlene Linder (Dean) and Sharon Dougall (Raymond). Loving aunt of Krista Hughes and Jessica Gratton. Trudy will be fondly remembered by her extended family and friends. If so desired memorial donations to Matthews House Hospice would be appreciated. Trudy's family would like to say thank you to the staff and volunteers at Matthews House Hospice for the care she received. To her second family the staff at March of Dimes for the care and support over the last 12 years, your efforts will be forever remembered. Arrangements entrusted to Drury Funeral Centre, Alliston. 705-435-3535

PARKER, Mervyn (Merv)



Mervyn "Merv" Parker passed away peacefully at Matthews Hospice in Alliston on Wednesday December 25, 2019 at the age of 77. Beloved Husband of Beverly Parker. Dear Father of Ross (Deb), Mike (Kathy), Diana (Tim) and Bruce. Cherished by his many grandchildren and great-grandchildren in Texas, his sister Joyce (Kendall) in Florida, and his nieces and nephews in Nova Scotia and throughout the USA. Predeceased by his parents Claude and Leah, and his brother Ron. Merv will be greatly missed by his many relatives and friends.

Merv Parker served over thirty years in the Canadian government as a decorated Police Officer and Security Specialist. After retirement Merv continued to serve on international security projects as a volunteer advisor. Merv is the author of "Aviation Security in Canada - a Management Perspective"; "Chief Constable"; and "Anxious to Serve." Merv was a life officer of Acadia University Class of 1966, a member of the Royal Canadian Legion and of the Masonic Lodge. Cremation has taken place. Celebration of Life will be held at The Royal Canadian Legion Branch 220, Shelburne at 1:00 p.m. on January 18, 2020, and in March 2020 in McMahan TX. If desired, donations to Primrose United Church or Matthews House Hospice would be appreciated in lieu of flowers.

Online condolences and donations may be made at www.imfunerals.com
 In Memoriam Funeral Services Inc. has been given the honour to serve the Parker Family.

Little, Reg



Passed away peacefully with family by his side at Dufferin Oaks on Sunday, December 22, 2019 in his 84th year. Beloved dad of Lori (Wayne), Jane (Luc) and Tom (Luba). Proud and devoted grandpa of Lindsay (Josh), Ben (Steph), Luke, Drew, Ryan, Hannah, Holly, Joel and Anna. Dear big brother of Mary Jane, Barbara, Betty Marie, Susan and Joe. Predeceased by his parents Walter and Gracie. He will be lovingly remembered by all who knew him. For Celebration of Life details, please visit www.jackandthompsonfuneralhome.com

MATTHEWS, "Bev" Beverley Bruce



"King Of The Used Cars"
 Bev made his last deal at Shelburne Residence on Wednesday, December 18, 2019 in his 88th year. Son of the late Henry and Violet (nee Willis) Matthews. Father of Michelle Matthews (Drew Brooks) and Mike Matthews. Grandfather of Spencer and Ian Matthews both of Collingwood, Eli and Madeline Brooks both of British Columbia. Loving companion of the late Jessie Pilling. Bev will be fondly remembered by Jessie's children John (deceased), Doug, Melanie and Trent and their families. Predeceased by his brothers Ronald and Gerald Matthews. A Private family gathering has taken place on Sunday, December 22, 2019 and a public celebration of his life will be held at Fiddle Park in the spring. In honour of Bev's long term dedication to the Kinsmen Club of Canada, donations to Cystic Fibrosis would be appreciated. Online condolences may be placed at www.jackandthompsonfuneralhome.com

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These times may vary based on location within Town.

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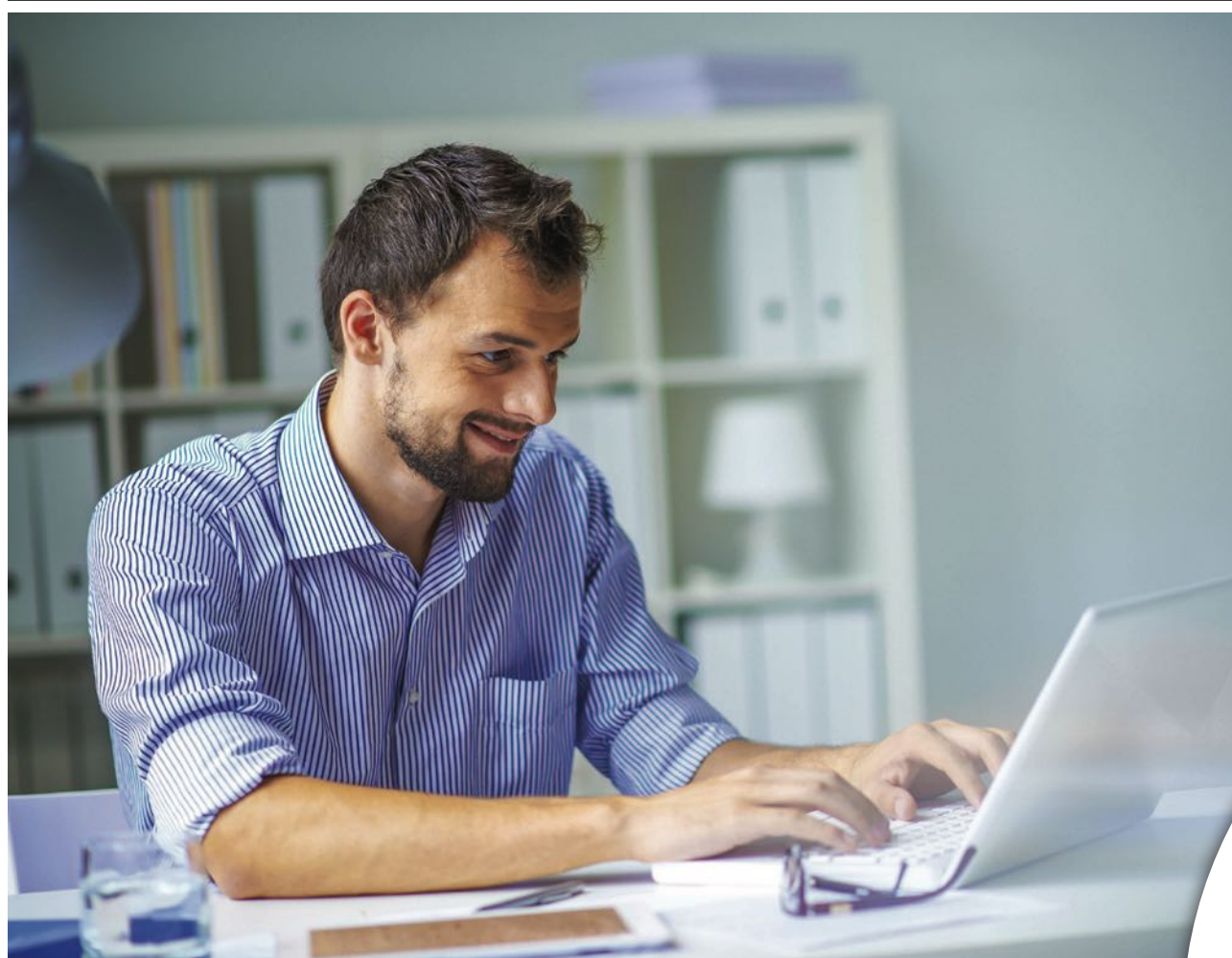
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