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FILE PHOTO

CREATING PERSONAL PROTECTIVE EQUIPMENT: While AJ Cavey, pictured above, may have been forced to close her downtown store Cobwebs and Caviar, the longtime local resident has stepped up in a big way during the COVID-19 pandemic, gathering a team of volunteers to make protective masks and gowns to help frontline workers stay safe. For the full story, see Page 3.

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North Dufferin Wellness Centre offering virtual services during COVID-19 pandemic

Written By MARNI WALSH

With the COVID-19 pandemic lockdown making regular healthcare a challenge for everyone, the team at North Dufferin Wellness Centre (NDWC) on Main Street East in Shelburne, is working to support all their services "virtually, safely and securely in the comfort of their patient's home."

According to the NDWC team, "the physicians and physiotherapy are still open Monday to Friday and are available to see patients virtually or in person as needed in emergency situations."

The team says, "Staff are answering the phones and the physicians and physiotherapists are working from home as well as seeing appropriate patients in the office. Patients are being screened and staff are wearing personal protective equipment in order to keep themselves and the patients safe."

The North Dufferin Wellness Centre officially opened in January of 2019 with Shelburne Physiotherapy Centre, Shelburne Town Pharmacy and The North Dufferin

Family Physicians at 712 Main Street East. The site now also provides Hearing Services through Hear Right Canada.

Opening with only one family physician, the NDWC now hosts three family physicians including Dr. Catania, Dr. Gill and Dr. Caruso.

Dr. Catania, a Comprehensive Family Physician in Dufferin for the past 15 years, is the current Chief of Family Practice at Headwaters, with an interest in palliative care, and provides home visits throughout the community as well as provides care at Headwaters Hospital.

Dr. Gill, is a Comprehensive Family Physician, who provides care in Shelburne, makes home visits, as well as working at Headwaters Health Care Centre.

Dr. Caruso is also a Comprehensive Family Physician, and a provider of low risk Obstetrics at Headwaters Health Care Centre, who makes home visits and performs various in-office procedures.

North Dufferin Wellness Centre's David Egbert, MSc(Hon) Kin, MScPhysiotherapy,

has 27 years of experience providing specialized rehab services, and is a clinic instructor for physiotherapy and physiotherapy aide students.

Sanjay Lekhi, owner and managing pharmacist of Shelburne Town Pharmacy, says he and his staff are passionate about providing the best possible assistance to their clients during the pandemic.

"We compound hand sanitizer formula based on World Health Organization standards to help the community and sell at not-to-profit pricing. Our pharmacy delivery service has seen an increase during this time and we are glad that we are able to help customers by bringing their medications to them. We provide counselling on their medications and answer their OTC questions via telephone and video."

David Egbert says, "The unique part of this group is the collaboration that occurs between all the businesses in the building.

Continued on Page 5

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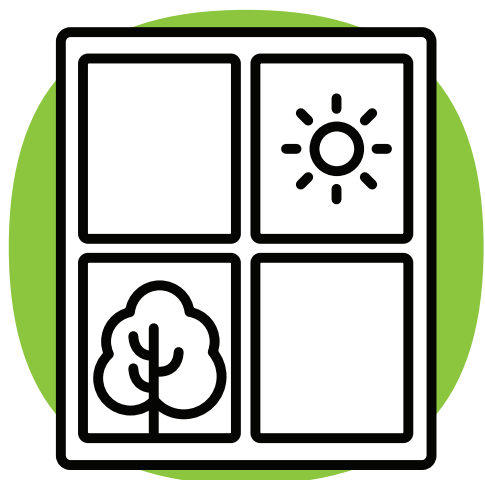
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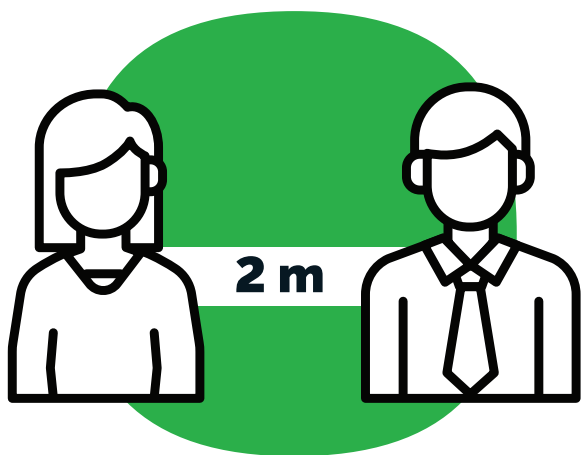
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COVID-19 outbreak claims 15 lives at hard-hit Shelburne Residence

Written By MIKE BAKER

Top brass at Shelburne Residence Retirement and Nursing Home say staff at the facility are doing all they can to protect its residents and limit a deadly outbreak of the COVID-19 virus.

In an open letter penned to the community last week, Stacey Rooyakkers, Executive Director of Shelburne Residence, said the organization was continuing to address numerous challenges brought on by the coronavirus. The care home, located at 200 Robert Street, has had one of the most significant small-town outbreaks anywhere in the country.

As of Tuesday afternoon, 55 residents and 23 staff members had tested positive for the virus, with 15 residents having died. Operated by Cambridge-based Southbridge Care Homes, the local facility houses approximately 60 residents.

While the provincial government has started to take steps to reopen the economy over the next few weeks, new cases of COVID-19 continue to come in. In the past week, there have been 10,449 new cases nationwide, with more than 2,000 of those here in Ontario. In total, Canada has 31,010 active COVID-19 cases, with a further 31,036 closed cases – 4,043 of those being deaths. There has been 18,310 confirmed cases of COVID-19 in Ontario.

Within our local public health region, which encompasses Dufferin County, as well as Guelph and the County of Wellington, there have been 312 confirmed cases of COVID-19, 27 of which have been fatal.

Dufferin has, overtaken its regional neighbours in terms of both total cases, with 137 confirmed as of Wednesday morning, and deaths at 18 of the region's 27, while 49 individuals had made a full recovery. There is currently one individual from Dufferin in hospital, with a further 59 in self isolation.

Dufferin Oaks, another senior care facility in Shelburne, has, seemingly, succeeded in limiting the spread of COVID-19 there. As of press time, four residents and six staff at the site have been infected with the virus, with no new cases recorded in the past week.

Charts in the Wellington-Dufferin-Guelph Public Health unit's website show a slowing in the number of new cases, with only four in the latest 24-hour period.

A chart listing outbreaks in the region's institutions shows Shelburne Residence and Dufferin Oaks as the only ones thus far, with four Orangeville facilities – the Avalon residence and nursing home, Bethsaida residence, and the Lord Dufferin Centre and Chartwell Montgomery Village seniors residences all apparently infection-free.

Officials from Southbridge and staff from Shelburne Residence have stopped providing direct updates to media regarding the outbreak, and are instead forwarding any inquiries on to Wellington-Dufferin-Guelph Public Health. According to the open letter, which has been posted online at headwater-health.ca, all staff and residents have undergone rapid testing for COVID-19.

The Shelburne facility confirmed its first case on April 7. Since then, staff at the care home have enacted various infection control protocols. Residents who have tested positive for COVID-19 have been placed in isolation, with all rooms at the site subjected to a deep cleaning and sanitization process specifically designed to enhance infection control. Staff are required to wear full personal protective equipment (PPE) while on shift, while only essential visitors are permitted to the home, and only after completing an extensive screening process.

With the bulk of the facility's regular staff base stricken by COVID-19, the care home has had to lean on various healthcare partners in the region in recent weeks. Staff from Headwaters Health Care Centre, and other health and social service organizations, have offered some much-needed guidance in recent weeks, and helped to cover the worker shortage at Shelburne Residence.

"The support from our community partners will ensure that we continue to have everything we need to keep our residents safe in their homes, and we would like to thank them for helping all of us through these challenging times," Ms. Rooyakkers said. "In addition to providing us with additional expertise in areas such as managing viral outbreaks, they will also provide us with additional staffing support across various functions, including care, infection control, housekeeping and dietary departments."

She added, "Be assured that our priorities going forward remain unchanged. We are working every day to protect the health and safety of our residents, staff and their loved ones and limit the spread of this virus."

Ms. Rooyakkers went on record to thank the families of all of those living at Shelburne Residence for their patience and understanding during these trying times.

"We know that being away from your loved ones has not been easy, but your participation in our response plan will help us save lives," she said.

The organization is continuing to send out daily updates to families over the phone, and are directing anyone with any questions to call 1-888-746-5511 for updates. The new toll-free line is staffed seven days a week from 9 a.m. to 7 p.m.



FILE PHOTO

COVID CRISIS: Shelburne Residence Retirement and Nursing Home has been hit hard by the COVID-19 pandemic. As of press time, the local care home confirmed that 55 residents and 23 staff members had tested positive for the deadly virus.



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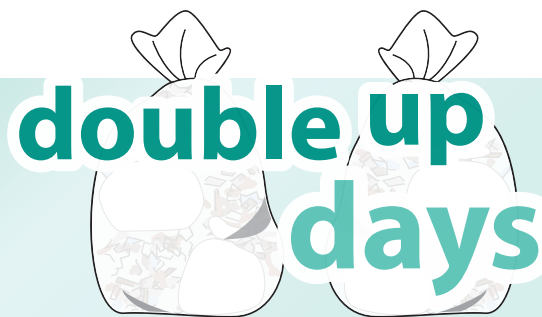
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They're doing a good job

As we wait at home – well, many of us – during the doldrums of this spring brought on by a situation that for the most part is out of our control, there are a few good things have come from it.

Rarely do you see a sense of unity in political circles.

It is an inherent part of the political game that you must attack the policies of the 'other' party and continue to do so as long as you sit on the opposite side of the chamber.

If someone wants to pass a bill in the legislature regulating the use of widgets during daylight hours, it is the duty of the other party to attack the proposal and come up with reasons why unlimited use of widgets should be a basic right.

That's just the way it is.

During this current situation it seems party politics has not come into play, at least not at a level worth talking about. There have been a few instances where someone decided to shake things up, however that really didn't pan out.

Our leaders are showing true leadership during a time when there really isn't a precedent in recent years.

This is one of those times when you

could not see the approaching storm.

While most crisis situation usually have a period where trouble is brewing and plans can be made, this one simply came out of nowhere.

Criticism comes easy to people. It is easy to criticize political leadership.

For a lot of people, it is easier to say what is wrong, than to access a situation and declare what is right.

I'm sure many of you have, or have had, a job where your boss or manager is quick to point out what you are doing wrong, but will rarely if ever, approach you and tell you what a great job you just did on a project.

I've been there and it is very frustrating. Although as long as the pay cheque keeps coming you put up with it.

The worst thing a leader can do – is nothing – when a situation arises.

Roman Emperor Nero has gone down in history for doing absolutely nothing while his city burned and collapsed around him.

Of course Nero paid a price later which probably made him wish he had led by example.

Both Prime Minister Justin Trudeau

and Ontario Premier Doug Ford have been available and where they should be during this situation.

Premier Doug Ford has especially been in the forefront with almost daily briefings for the public and he has been accessible for news reporters' questions.

He has given directives based on information from credible health care advisors and put temporary but tough rules into place without going to an extreme.

For the most part, the public is following the advice of both government and health care leaders who are working hard to contain this virus.

On the local level, Orangeville Mayor, Sandy Brown, and Shelburne Mayor Wade Mills have done an outstanding job keeping the public informed of the situation in the region, notifying the public what is happening at the Town Halls, and working in cooperation with other municipalities and the provincial government.

Mayor Brown has led several public meetings via social media and introduced figures who have been able to weigh on different matters regarding the COVID-19 crisis. He has made sure

all public facilities remain under lockdown until it is safe to once again allow access.

Mayor Mills is releasing almost daily messages to the public through social media keeping everyone informed of what he and the Town is doing to keep everyone safe.

Both mayors have stepped up and taken the appropriate leadership roles when we need them.

The challenge now, is to lead us out of this darkness with a well-thought-out plan that will get business back and running and re-start the economy.

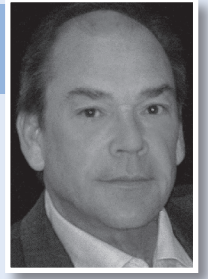
The economic base drives the country and keeps us all fed.

There are already indications of possible food shortages as some meat processing plants have had to close. The ripple effect of having empty grocery store shelves would be catastrophic.

Our leadership is doing a good job in a bad situation.

The future depends on the decisions of those leaders over the next few months.

BRIAN LOCKHART
FROM THE SECOND ROW



Editorial

Some lessons already learned?

THERE'S SURELY NO DOUBT that once the COVID-19 pandemic finally subsides there will be inquiries into what could have been done to prevent the horrendous death toll across the world and here in Canada.

The need for the inquiries should be obvious, particularly when the experts are predicting a second wave of the coronavirus next fall, likely coinciding with the annual influenza season.

However, we need not wait weeks or months to begin looking into how it is that some countries, states, provinces and cities did so much better than others in combating the virus about which so little was known because of its novelty.

For example, how was it that South Korea, with nearly twice Canada's population, has as of this week had just 254 deaths, compared with more than 4,000 here, and Taiwan, with a current population of 24 million, had just six?

Even in the United States, with by far the world's highest death toll at more than 70,000, California had about 2,400 deaths among its 40 million residents while New York State, with half the population, has had about 25,000.

And in Canada, Quebec has the highest death toll at about 2,300 while next door in New Brunswick none have been reported.

One thing that's now obvious is that the epicentre of the outbreaks in both Ontario and Quebec are the two provinces' long-term care facilities. But while some might say this was inevitable, the truth of the matter is that you don't have to go to New Brunswick to find areas that have nursing homes with no COVID-19 deaths.

The Globe and Mail disclosed last week that in the Kingston area none of the 26 care facilities has had a COVID-19 case, let alone a death.

The explanation given is that on the day after the Province ordered the closure of all bars and restaurants, the local public health unit ordered the unit's six restaurant inspectors to turn their attention to the nursing homes to make sure they had the staff, testing and personal protection equipment needed to prevent outbreaks.

Clearly, that's not what happened in the Greater Toronto Area, where we

learn almost daily of caregivers who were wholly unprepared to deal with outbreaks, most of them not having the personal protective equipment, to the point where in some nursing homes most of the staffs as well as a majority of the residents had the virus.

Perhaps the three most important lessons learned to date are the need to listen to expert advice, the importance of having a good stockpile of medical supplies for health care workers to treat pandemic victims safely, and the need to have effective testing, without which you never know how widespread an outbreak has become.

Even today, South Korea seems to be about the only place where most of the inhabitants have been tested. And it's only within the last week that initial testing for antibodies in New York City showed that about 20 per cent of the population had become infected, or many times the number of reported cases.

And thanks to the lead story in a recent 60 Minutes, we learned that a Toronto firm most people have never heard of was able to use artificial intelligence to forewarn its clients that the pandemic was coming.

The company is BlueDot, which developed an algorithm that scours the world for outbreaks of infectious disease. It's a digital early warning system, and it was among the first to raise alarms about this lethal outbreak.

They call their new weapon "outbreak science," and it has already led to calls for an overhaul of how governments operate.

Said the 60 Minutes report: "It was New Year's Eve when BlueDot's computer spat out an alert: a Chinese business paper had just reported 27 cases of a mysterious flu-like disease in Wuhan, a city of 11 million. The signs were ominous. Seven people were already in hospitals."

"Chinese officials were secretive about what was happening. But BlueDot's computer doesn't rely on official statements. Their algorithm was already churning through data, including medical bulletins, even livestock reports, to predict where the virus would go next."

BlueDot's clients at the time included South Korea, but not the U.S.



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Tight planting kills weeds ‘nature’s way’ says Hockley landscaper

Written By CONSTANCE SCRAFIELD

Gardening, sensibly and for best results, begins with feeding the soil and never with chemicals -at all.

“Spend 75 percent of your time on the soil,” advises David Warburton, well-known landscape designer, living in Hockley Valley, in one of the region’s very few Straw Bale houses. “Dig in any old leaves that you’ve got, manure, compost – it’s all good.”

Then, he said, a bit surprisingly, “Park your plants close enough to each other. We feed the plants so that they very quickly fill in and diminish the weeds. This is nature’s way – just look at a meadow. This is lovely to be close to it because it’s so satisfying.

“By all means, have a big beautiful garden and I’m going to show you how to have it without too much work.”

The spring air can be filled with the sound of rototillers: “If possible, avoid tilling,” said Mr. Warburton. “But, when you’re making a garden that’s got a lot of turf, there can be a reason to till and then return the tiller to the rental – but, to till for years, you wind up with a powder of land; most of the nutrition is used up and you have hard pan lower down, which is an impervious layer of soil that roots can’t penetrate and is not much good for gardening.”

The most astonishing and, essentially, very little labour, in the fall, is “sheet mulching. A single layer of cardboard, over any ground, including turf, covered with good mulch and left for the winter, works incredibly well. You get the original soil undisturbed, plus the organic stuff you put on top. The water gets through the cardboard – one layer not several; some use newspaper but cardboard is best.”

He told the Citizen, “This is not well known. It came from permaculture. Most smart gardeners do prepare their gardens in the fall; they use non-chemical fertilizers and let it cook down to the spring.

“The aspect of growing vegetables in a garden is a series of opportunities. The two windows are early in the season, planting greens for the most part; then, you are ahead of warm weather planting.”

Some time ago, “every hut had a little polyculture around their hut, had it so it carefully planted, that way they had something coming in all around the year. Then, industry came along and wrecked all that.”

Those small gardens were ideal in their way.

For those starting to garden recently, maybe for the first time, “just starting: vegetable gardens are gardens that you’re passionate about; there needs to be some passion; if not, the garden will inevitably fail.”

He said, “So, grow what you love, whether it’s vegetable or floral. The tomato plant, your favourite flowers and your garden becomes the kind of garden of how you are and what you love.

“The Victorians relegated vegetables to the back,” he mused, “in case ‘m’lady’ would have the vapours at the sight of a cabbage. But the original cottage garden was a mix.

Continued from FRONT

North Dufferin Wellness Centre offering virtual services during crisis

He added, “All the providers work together to provide the best care for their patients and this community. Because we are in the same building it is easier to communicate and support our patients.”

In addition, the Dufferin Area Family Health Team has providers that work with the physicians. In September 2019, Family Transition Place and Dufferin Child and Family Services, in collaboration with the physicians at the North Dufferin Wellness Centre, opened a weekly walk in clinic to provide counselling and crisis support for children, families and women in Shelburne.

The team at NDWC recognizes, “these can be difficult times – staying at home, supporting your children’s schooling, and the inability to work. While it is important to practice physical distancing, we can still be social,” they say. “Remember to be thankful for one thing each day, tell someone that you care about them, write a letter, make a phone call, get some fresh air. And look for the silver lining.”

For more information visit: dafht.ca/clinics/view/north_dufferin_wellness_centre, or call 226-259-9000.



IT’S ALL ABOUT DOING THINGS NATURE’S WAY: Pictured above, David Warburton takes pride in his work as a landscape designer.

You want a successful garden that you love and you become attuned to it and discover what you like. Then, you’ll have a beautiful garden full of stuff that makes you feel good.”

Explaining further how this works, “You feel your way that way; put it in your head and start looking around. Maybe, pick up a magazine for ideas. It’s anything else you need for some feed back to know what you like.

“The people who are the best gardeners,” he went on to say, “are those who are the beneficiaries of family gardeners. It might be a national tradition if you have an ethnic heritage; could be your grandmother’s hollyhocks – then plant those.

“Choose a spot not on the roots of trees, some place that is as far as possible,” were his instructions “six hours of sun at the least to ripen, like tomatoes and peppers need lots of sun. Plant your garden east to west and south facing is best.

“Plan things like tomatoes and pepper to get the best sun. The deeper you make your garden for the plant to go into, the better for the plants.”

Clarification of this came later.

When it comes to “watering: everything of a vegetable nature is fairly shallow, anything making fruits, 90 percent of those are water. Basically, you have to be pretty attentive with the watering because of their shallow roots. The sun dries them out from the top. This is a really good reason for mulch and interplanting.”

When plants are closer together, they eliminate the space for weeds, protect each other and help to keep the soil moist.

Most importantly, it seemed, David Warburton talks about the “spiritual experiences connected to the garden are profound: the sunshine, the smell of the fresh dirt, the act of exposing all around the roots of a plant. I think, wholly, the relationship that we have with plants: the reality is, our lives depend on them; our bodies are constituted to fundamentally, mortally need them. That’s the true nature of that relationship.”

He said, “I have extraordinary reverence for plants because we follow that same evolution as plants: we develop in our way and they in theirs. They don’t need us but we need them.

“Each one possesses a master chemist that makes chemicals that we couldn’t even begin to make. They can make chemicals that stop a bug from eating them but without poisoning anything. They’re extraordinary beings and I think we have points in our history when we revered them properly and I think we’ve over shot that and taken them for granted.”

He pointed to modern, industrial farming, using noxious fertilizers and insecticides: “The way farming is now is one of the most destructive businesses on earth,” he said sorrowfully.

Mr. Warburton’s business is to design gardens for homes but also, he pioneers some techniques: “When I came up with a deep bed design, intuitively, this shows the most utmost respect for the plants that we’re putting in that garden.”

This is: “Give them a nice deep root run the roots will grow down instead of out – after the fact that I realized what I had done, I really achieved what I wanted: to maximize yields. To achieve that, I looked at an organic farm and got a chance to contrast the soils – one rich and thrusting with energy and the other, non-organic, gray and nearly lifeless. “The essential difference between organic and non organic is, one uses everything they can to help the plants and the soil – the other is stripping the soil of its essentials.

“I talk about chemical rape.

“For me, it’s the understanding that God is everywhere and in everything. It’s just there for the understanding, if your approach and attitude is correct and I believe, when we work intuitively, we’re guided.”

For the future of his own property which he has and will again use, in part, to grow plants for sale: “I’m planning to go back to plant sales, turn the property over to various kinds, working with the environment I’ve got here. In the pond, I’m going to introduce fish and grow watercress around the edges, fertilized by the fish. As many associations as I can manage, I’ll do it that way.”

His plan, “If I have a nursery, it’s going to be the plants that I love, of which there are usually varieties, and it will be the best plants that I can produce.”

His website: www.davidwarburton.ca

X CROSSWORD

PUZZLE NO. 466

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ACROSS

1. Drama part
4. Bakery treat
8. Lady’s shoe
12. Unlock, in verse
15. Green
16. Fever
17. Milky gemstone
18. Rose-colored
19. Greek letter
20. “____: Warrior Princess”
21. Gumbo ingredient
22. Zig’s partner
23. Certain bowler’s target
25. Title of respect
27. Tower or Coast
29. Thus
30. Property document
32. Lab burner
34. Fine
36. Detect

38. Sort of resort
41. Earthen vessel
43. Pertaining to a time period
45. ____ leather
48. Chorus syllable
49. Cameo
51. In the center of
53. Conscious being
54. As well
55. Seed cover
56. Scottish girl
57. Overcame
58. Chair cushion
59. Oceanic movement
60. Atop
61. Unit of work
62. Hi-fi
64. Moniker
66. Ratite bird
68. “Look ____ ye leap”
69. Minstrel’s item

71. Jeer
73. Flush
75. Forewarning
77. Period of repose
81. Uniform color
84. Draw the ____ (limit)
86. Spot
88. Nothing
89. Still sleeping
91. Blackthorn
93. Soil-breaking tool
94. “To Autumn,” e.g.
95. Beak
96. Antitoxins
97. Slip up
98. Teensy
99. Makeshift bed
100. Jerk
101. Unit of radiation

DOWN

1. Mountain crest
2. Furnish food
3. Pluck
4. Hired car
5. Meeting plan
6. Move quickly
7. Flirt
8. Pitiful
9. Maintenance
10. Scratch
11. Ordinary
12. Ricelike pasta
13. Bosc, e.g.
14. Anxious
24. Billiards game
26. Imaginative thought
28. Extensive
31. Facial feature
33. Office keyboard user
35. Martial art
37. Ski race
39. Runt
40. Soft wool
41. Elaborately adorned
42. Device for climbing
44. Yield
46. Hold in a condensed coating
47. Chinese association
48. Bugle serenade
50. Bird at bat
52. Horsemanship
63. Smell strongly
65. One billion years
67. Medal of Honor winner
70. Except
72. Innate
74. Food item
76. Disorderly
78. Clear sky
79. Make a goal
80. Heating unit
81. Recognize
82. Mask
83. Toward shelter, nautically
85. March 15
87. Plumber’s problem
90. Ghostly saying
92. Pastoral setting

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NOW OPEN IN ORANGEVILLE!

Choices Youth Shelter urgently in need of donations

Written By MARNI WALSH

Choices Youth Shelter in Orangeville is the only emergency shelter for youth in Dufferin County.

The non-profit organization provides temporary accommodations and services for homeless youth from ages 16 to 24 years. Required changes due to COVID-19, have increased the shelter's financial shortfall, putting the organization in an urgent situation.

"While Dufferin County generously provides significant funding, Choices depends on grants and community donations for over 50 percent of our budget," says the shelter's director, Althea Casamento. Consequently, the shelter is appealing to the community for donations to help us address funding challenges.

Choices Youth Shelter has been helping vulnerable youth since 2001. The facility on Townline, currently has 11 staff and can accommodate 20 youth. However, due to physical distancing, Althea Casamento says, "we can not accommodate the max capacity and have opened our Headwaters Transitional Housing to further assist youth."

The director explained that costly accommodations have been necessary to protect youth with a safe environment during the pandemic. Changes include, increased operating times and staffing levels to keep the shelter open 24/7 with staff onsite; readjusted accommodations in accordance with Public Health guidance; repurposed space for isolation and quarantine rooms; the purchase of personal protective equipment for staff; and increased cleaning and health-related expenses.

"The emergency shelter component is vital to the very basic fundamental need for safety, food and shelter," says Althea Casamento who took over as director in June of 2019. "We currently have two Case Managers and an Addictions Counsellor for our residents. These individuals work with our residents to create goals and a succession plan."

"Programming is aimed at educating our youth and preparing them for successful integration into the community as productive members," says the Director. "The shelter has implemented the Targeted Independent Living Program which consist of Life Skills, Wellness Programs, and Food and Nutrition Programs."

All proceeds raised go directly to shelter operations and the staff at Choices say any amount of support will be greatly appreciated.



FILE PHOTO

IN DESPERATE NEED OF FUNDING: Althea Casamento is concerned for the future of Choices Youth Shelter.

Funds can be donated at: <https://www.gofundme.com/f/choices-youth-shelter>.

Cobwebs and Caviar - from stylish fashion to vital personal protective gear

Written By BRIAN LOCKHART

When life hands you lemons, you can make lemonade.

You take a bad situation and make the best of it.

That is what one local business owner is doing during this current pandemic.

A.J. Cavey, owner at Cobwebs and Caviar on Main Street in Shelburne, may have had to close her store, but along with a team of volunteers, the group has been using their

skills as quilters to make protective masks and gowns to help front line workers stay safe.

The store, which has a book shop, quilting supplies, and clothing, had to close its doors as a retail establishment, but the work continued when A.J. decided to start making the protective gear to fill a need in the region.

Along with 13 volunteers, A.J. has kept very busy producing the masks and gowns for several local establishments including seniors homes where the risk of staff being infected is very high.

The store which usually features fashions shows, ladies nights, and related events, in addition to sales, is empty of personnel, however A.J. and her volunteers have been working from their homes.

"Right now, Community Living needs around 170 gowns," Ms. Cavey explained. "We've also sent them to Dufferin Oaks and the Shelburne Residence."

Normally A.J. doesn't keep polyester fabric at her store, however the fabric is perfect for making the gowns and she ordered 300 metres from her supplier in Montreal.

While the group of quilters, most of whom are regular customers at the store, may be used to the delicate stitching that goes into making a quilt, creating a protective gown is a whole new challenge for them.

"They're not easy for everyone to make," Ms. Cavey explained. "It's a lot different from quilting. It's an exercise in tolerance. They are used to sewing for the sheer joy of it - they have really stepped up."

The volunteers come from Shelburne as well as Orangeville and Grand Valley.



FILE PHOTO

STEPPING UP: AJ Cavey, owner of Shelburne's Cobwebs and Caviar, has stepped up in a major way during the COVID-19 crisis, creating masks and other personal protective equipment for frontline workers.

When the Wednesday Night Dart League, which play at the Shelburne Legion Branch 220, heard of A.J.'s mission, they stepped up to help buy supplies.

The group donated \$1000 to help pay for materials needed for the gowns. A Legion member, A.J. said Shelburne Legion members always offer help when it is needed.

"We have an awesome branch that always pulls together," she said.

Hopeful Cobwebs and Caviar can open its doors to customers in the near future, however in the mean time, A.J. and her volunteers are making the best of a difficult time with their contribution to keep front line workers safe.

LET'S SORT IT OUT!

Place up to **two (2)** untagged bags/containers of garbage out on your collection day during the week of **May 11th**.

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THANK YOU!

To all of our frontline workers, nurses, doctors, health care, emergency response teams and to all the businesses going above and beyond during this difficult time. There are so many individuals and businesses stepping up and we are so grateful. Shelburne is truly an amazing community. We are all in this together, stay strong!

SHELBURNE SPORTS

Shelburne Soccer Club to kick-off summer season in July

Written By BRIAN LOCKHART

There is some light at the end of the tunnel for kids who want to play soccer this summer.

Although many sports leagues have been forced to cancel the season due to the COVID-19 pandemic, the Shelburne Soccer Club has announced they are planning to go ahead with the season beginning in July.

The Club is banking on the current predicted date of July 1, being the day that outdoor parks will again open.

Soccer activities usually get underway during the week following the May long weekend so this will be a shortened season.

“Keeping with the current news, Ontario has reached the peak earlier than anticipated successfully flattening the curve through social distancing,” said Shelburne Soccer Club president, Chris Valade, though an on-line video on the Club’s Facebook page. “With this in mind, we are confident our soccer season with commence in July with a full ten weeks of play through August and September.”

The Club is mindful of the continuing situation and is putting off collecting registration fees to help those who may be experiencing financial difficulties.

“We realize we are living we are living in very uncertain times being financially difficult for most, if not all, families in our community,” Mr. Valade said. “This is why we have created a plan to help ease some financial stress for you, and what you may feel about soccer registration and the outdoor season. Effectively immediately, we are waiving the need for payment for registrations at this time. Registration fees will instead be due the first week of July without any late payment or additional expense to you.”

“We usually have about 400 registered year,” explained Club executive member, Melissa McKechnie. “Before Covid we were at around 200. I am optimistic that we will still register close to our regular numbers.”

The Club has six divisions in house league ranging from U4 up to U17. Travel rep teams include U10 boys, U14 boys, and U18 girls.

The Club will continue to keep registrations open for the 2020 season. Volunteers are currently working on putting teams together and getting a schedule in place.

You can register on-line and defer payment if you require some extra time to pay your fees. Deferring payment will not require any additional expense.

While the predicted date of local parks



FILE PHOTO

GREEN LIGHT: It may be a late start to the season, but the Shelburne Soccer Club is ready for summer games on local soccer pitches with a planned July start. The Club is currently planning to follow guidelines with a predicted July 1, opening for outdoor sporting ven-

opening is slated for July 1, there is no guarantee this will happen.

You can monitor the situation by visiting

the Town of Shelburne website and checking in with the Soccer Club for updates leading to the start of summer play.

Slo-pitch leagues will have to adapt to new guidelines once season commences

Written By BRIAN LOCKHART

With many of the local diamonds busy with slo-pitch games all summer long, local leagues may have to adopt a new set of rules once the parks are available for play this summer – if they are opened at all.

Currently all Shelburne sporting venues are off limits for both leagues and pick-up games.

If local leagues do get on the diamonds this summer they will be playing a short season.

If play does get underway, most likely the sport will be governed by a new set of rules regarding behaviour on the diamond.

While no leagues in Ontario have yet convened for the summer season, NSA Canada, a governing body of slo-pitch in Western Canada has already released guidelines to be followed by teams when the season gets

underway.

While NSA Canada does run the show in the west, there is probably a reasonable expectation that Ontario Leagues will follow suit with regards to new rules.

According to NSA Canada, some adjustments will include a maximum of 12 people per team for a game.

There will be no sharing of bats and no warm-up allowed.

There will also be restrictions in place for the team on offence regarding the use of the dugout and where the on-deck batter can stand.

Some rules will be more complicated – like the batting order.

Once the visiting team leads off in the top of the first inning, the home team will then take their bats for the first and second inning.

The visiting team then will be up to bat for

their second and third consecutive innings.

If a player hits but is thrown out at first or is out on a caught fly ball, they will be required to pick up their own bat. If, however, the batter makes it on base, the on-deck batter must pick up that bat – by the barrel – and return it to the dugout.

Game balls will be wiped with an alcohol based cleaner before the game and in between every inning.

Forget about gathering for three cheers after the game or celebrating a win. Handshakes between teams can’t happen.

There are also a number of other regulations for umpires.

While these new rules will be effect in the western provinces, expect them to be put into place in Ontario as well if leagues are following governing body rules.

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AMANDA GAILBRAITH

As a front line worker at Caravaggio IDA, Amanda Gailbraith, is working hard to keep pharmacy services available to customers during this current COVID-19 pandemic.

“I do the scheduling, all the ordering, customer service, and all the new ordering for the store,” Amanda said of her responsibilities at the store.

A busy person, Amanda has three children at home who are also keeping busy during the current situation.

Amanda and the rest of the team at Caravaggio IDA are working hard to keep pharmacy services available for residents while ensuring a safe environment for customers.

location
CARAVAGGIO IDA
position
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Cat of the Week

Forest

Forest is a 1 year old, sweet boy who recently came to us after living in a wooded area. We were all pleasantly surprised with just how friendly he was with humans and other cats in a short time. Just like our other orange cats he has proven to be a wonderfully sweet boy, who loves company and head scratches. This cutie is a young cat but incredibly docile, allowing him to fit into many families easily. Forest is neutered, microchipped, vaccinated, flea treated and dewormed. The adoption fee is \$150.

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

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Local musician produces new song to bring people together

Written By ALYSSA PARKHILL

Artists all over the world have taken this time during the global COVID-19 pandemic to create new music in the hopes of, spiritually at least, bringing people together. Virtual concerts, collaborations among several artists, and new songs have been released to promote and engage in togetherness.

Local musician Sara Rose aims to do the same.

Rose began her music career at age 10, when she first started song writing and performing. When her aunt gave her first guitar on her birthday, music quickly became a key part of her life.

Sara's first album, 'Until Now' was released in 2018. She has recently released her second album 'We Could Be Beautiful'. Since truly starting to focus on her musical career a couple of years ago, Sara has been recognized with multiple awards – such as the Headwaters' 25 Under 25 Award in 2018, and the Town of Orangeville's Emerging Artist of the Year award in 2019. Recently, Sara was invited to a closed audition to appear on an upcoming season of the popular TV show The Voice.

"Music is something that everyone feels and it's a way of making sense of all things in life for me; all parts happy, confusing, sad, good and bad," said the 24-year-old. "I find some days I'm feeling fine and others I'm not okay."

Through her passion for music, and wanting to spread the power of song, she wrote 'Coming Home' from her ups and downs during COVID-19.

"I wrote this song on one of those good

and bad days. I was feeling anxious and sad about what was going on in the world, and heard my grandpa say to my mom that when he gets to hug us again that he won't let go," said Rose. "It made me think about how we're all each other's salvation and we lean on each other in times like these, even when we're physically apart."

She added, "It centres on a piece of what I think every human being has been feeling some degree of lately."

Rose released Coming Home on April 8 to express how she has been dealing with living through the pandemic, in hopes to help people relate and know they're not alone.

"We aren't always in control of the things that happen, but we're in control of how we respond to them and in this case, we stand together in doing our part to fight this virus," she said.

Alongside her music career, Rose is also the Vice-President of Hospice Dufferin. She gained her Honors in Bachelor of Social Work in 2018 to fulfil her passion of helping those through palliative care. She mixes these two joys by hosting an annual benefit concert that she co-founded in 2017, Hope through Harmonies.

"Music brings people together in the most beautiful ways, especially in times like this. I'm so glad to see musicians coming together from far and wide to help out in any way they can. Music is so empowering, and it opens the door to help us get through difficult times through connecting to a song that relates to what you're going through. Singing along to your favourite song is enough to put a smile on your face in a matter of seconds," expressed Rose.



FILE PHOTO

NEW SONG: Local musician Sara Rose released 'Coming Home' to help others resonate with the challenges living in the COVID-19 pandemic.

The talented 24-year-old hopes her new song brings comfort and consolation to those who are struggling through these difficult times, and to know to lean on others when it gets hard.

"Love carries us together more than ever

right now," she said. "To those showing up to work every day, thank you. And to those who too struggle with their mental health, please hang in there."

To learn more about Sara and her music, please visit sarahollyrose.com.

Shelburne Library News

We hope you are all still keeping well!

It appears there are signs of some businesses opening up albeit on a limited basis. Be assured we are watching and listening closely to determine when we may start even at a minimal level. At this point, I think there is still enough uncertainty that we must focus on keeping everyone safe and in good health.

If you are not able to log in to e-resources, because there may be a fine on your account because you have not been able to return materials, please let us know immediately at info@shelburnelibrary.ca. Those fines etc., are all computer generated but will be removed once we are aware of them. As we have stated, do NOT worry about renewals or fines during these times but be aware the computer might still be working behind the scenes totally unaware of the COVID virus!!

Great Divide Challenge

Even though last week wasn't so conducive to getting the steps in, our steppers took great strides! Our top three steppers still had over 115,000 steps each! If you're still up late on Friday nights getting those steps in, you can send your step counts in to jwyse@shelburnelibrary.ca on Saturday mornings!

Teen Scene

We're launching a new initiative where a new Teen activity will be posted to our social accounts on Monday mornings, and Teens will have the full week to complete the challenge. This week we're challenging Teens to show us what a day in their lives look like in comic strip form! Our special comic strip is available for download from all of our social media platforms. We can't wait to see your creations!

Children's Programs

YOUR Library is finding creative ways to bring you Children's Library programming! This now includes printables with our LIVE programming.

We are happy to bring you Sleepy Story Time LIVE on our social media pages. We will be streaming every Monday and Friday evening at 7:00 pm.

Each Tuesday from 3:30 pm - 4:30 pm we will be streaming "Tween the Page Book Club Live from Facebook and Instagram. Together we are reading Holes by Louis Sachar, and completing activities at home after each read-aloud. If you miss the stream - no worries! We are posting our readings on our YouTube page. Visit our Facebook page to grab the link.

Every Wednesday we are posting a brand new LEGO Build Challenge online!

Interested in keeping up to date with the Children's Library? Email children@shelburnelibrary.ca and we will sign you up to our email list.

New Books

I have just finished reading Kelley Armstrong's latest book, in the Rockton series, Alone in the Wild and found it well plotted and well situated in the wilderness where Casey Duncan now lives. If you like J.A. Jance's Joe Pickett series, you will like the Rockton novels. A few eerie elements are introduced to create late night reading tension and are an integral part of the atmospheric elements of the small town with its many secrets. This is the fifth book in the series and the first one that I have read so I will now go back to Libby and try to read some others.



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Shelburne Free Press

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- Paul Chappell
Jesus said to her, "I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die."
- John 11:25-26
Please visit us at: www.shelburnechristadelphians.ca

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Sun - 11:15am Proton (Southgate Rd 4)

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OBITUARIES

Brown, Cathy

JAN 12, 1961 – MAY 1, 2020

Peacefully after a courageous battle with colon cancer, at the William Osler Health Centre, Brampton on Friday May 1st, 2020, at the age of 59.



Catherine Anne Brown was predeceased by her loving parents Muriel (Little) and James Brown and her stepfather George Roberts. She is now reunited with her devoted sister, the late Marlene.

Cathy will be lovingly remembered by her extended family in Bolton, neighbours and many friends. And will always be remembered by her Little cousins, the Brown-Rodgers-Netzke-Phillips cousins, the Roberts family and her many Home Town Shelburne friends.

Cremation has taken place. A Celebration of Life will be announced once it is safe for family and friends to gather together again. If desired donations to Colorectal Cancer Canada or the Canadian Cancer Society would be appreciated.

Online condolences and donations may be placed at www.jackandthompsonfuneralhome.com

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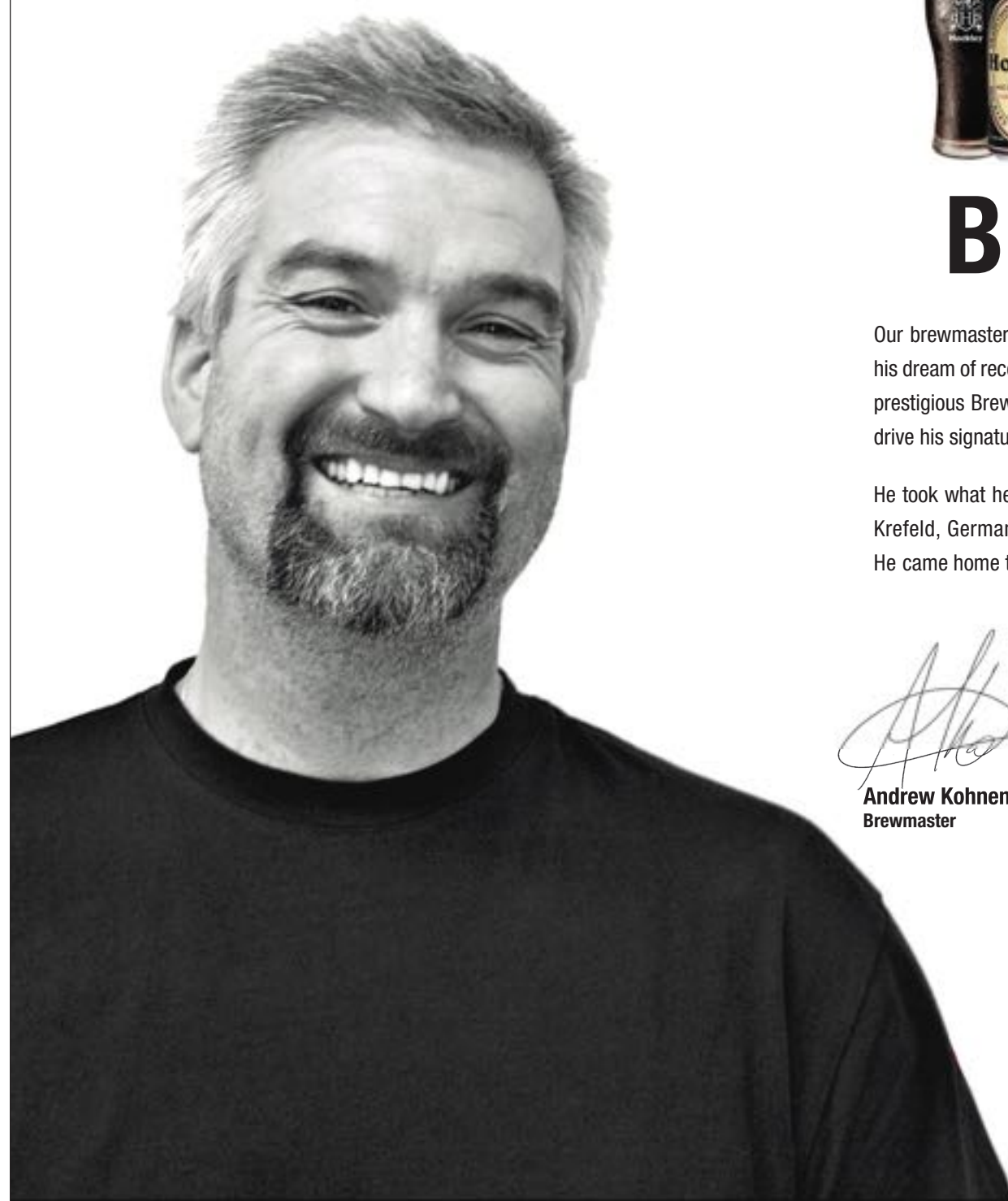


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