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PAULA BROWN PHOTO

RESIDENTS MAKE MEMORIAL: Shelburne residents Judy and Tom Lee have created a display in the front garden of their 325 Robert Street residence in honour of Remembrance Day (Nov.11). Consisting of Canadian flags, poppies, wreaths, and white crosses, the Lee's said they hope the display can be a place for community members to take a moment to reflect on Remembrance Day

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Private condominium road to be named 'Winters Way'

Written By Paula Brown
Local Journalism Initiative Reporter

Shelburne Town Council has approved a street name for a new condominium from Scene Development.

During their meeting on Monday (Nov. 8), council received two options, 'Winters Way' and 'Bennett Blvd', from the Heritage Committee to be considered as the street name for the new development located at the west end of town.

According to the resolution from the Heritage Committee, 'Winters Way' is an ode to William Winters, who served a total of 34 years (1880-1914) with the Canadian Pacific Railway locally. Winters retired in 1914 at the age of 66 and passed way in 1928.

The resolution noted the name "Bennet

Blvd" as being after Harry Bennett, who succeeded Winters as section boss in 1914 and served a total of 34 years with the Canadian Pacific Railway before retiring in 1941 and passing away 13 years later in 1954.

Coun. Lynda Buffet, who sits on the Heritage Committee, said both individuals warranted a street naming.

"The decision to make tonight is one or the other for that particular street, but I would suggest that we use the other alternative name for another future street near that area or somewhere around there in the next new developments that come into play," said Buffet.

Coun. Walter Benotto questioned the possibility of including both names for the street, as both Winters and Bennett worked the same amount of years for the railway.

"I think we're much better off to just utilize one now. We do have areas that are going to go to the west side of the tracks in the distant years out, which I think give us ample opportunity to reutilize the second name," said Coun. Shane Hall. "If you try to combine the two it's too wordy, too much and maybe diminishes one if not both."

Following the discussion, council agreed unanimously in favour of the street name being called 'Winters Way'.

"He was the first, it makes sense we named the first street out of the gate after him," said Mayor Wade Mills.

The new development is drafted to include six residential blocks for a total of 33 townhouse units, and a block for future development at the corner of Main and Gordon Street.

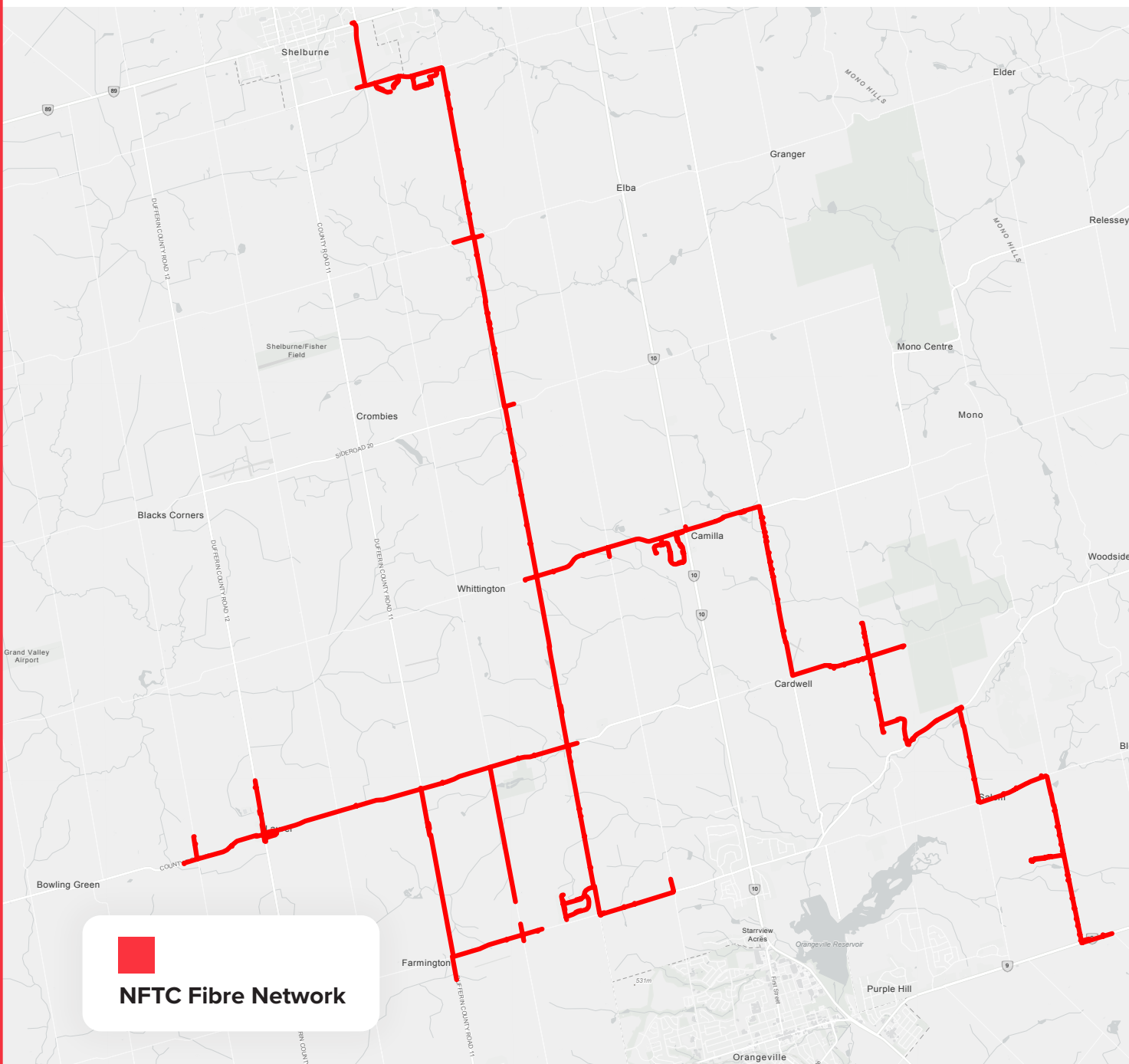
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PAULA BROWN PHOTO

BOOK SIGNING: Local teacher Dorrett Homer celebrated the publication of her children's books 'Hi Ms. Homer' and 'Compliments to My Mommy' with a book signing on Sunday (Nov. 11) outside of the Shelburne No Frills. Homer's debut book 'Hi Ms. Homer' follows the numerous questions she receives from students about her physical disability, and looks to both teach and inspire them.

Local teacher writes children's book about her physical disability

Written By Paula Brown
Local Journalism Initiative Reporter

As a teacher with a physical disability, Dorrett Homer has become accustomed to answering an array of questions from her students. Now, she's published her first children's book to help inspire and teach children about living life with a physical disability.

Titled, 'Hi Ms. Homer' the children's book, which was published in May of this year, is based on snippets of Homer's experiences within the classroom with students.

Homer was born with a congenital birth defect resulting in her left arm being significantly shorter than her right arm, and also only has three fingers.

"Even though my arm is like this, I don't let it stop me. I live a regular normal life with three children and my husband of 28 years," said Homer.

'Hi Ms. Homer' takes the reader through the various questions students asked her over the years, including why she was born this way, can she write, can she hold a cup, and can she put her arm above her head.

"I just answered those questions for the students to let them know how much someone that is born with a disability still is able to function in society just like anyone else," said Homer. "I also tried to inspire them to know even if they have a disability that they are more than capable of setting goals and reaching dreams, and not to let it discourage them; having a physical disability doesn't hamper you from living a life."

In an effort to bring further representation into children's literature, Homer published her second book in July titled 'Compliments to My Mommy'.

Focused on a little girl who wants to give her mom a gift for Mother's Day, by writing messages on pieces of paper in a jar and having her pull them out, Homer said it has a 'Caribbean twist'.

"It's important for children that they are not seeing things from one lens, or fixed one way," said Homer.

To celebrate to publication of both her books, Homer held a signing event outside of Shelburne's No Frills on Sunday (Nov. 7).

Nkese Charles attended the signing event, and told the Free Press she was purchasing the books for her daughter Kalea.

"First of all this is someone who is local in town and I thought we need to go and support them. Hearing that it had a message about pushing forward, and persevering even if you are differently abled, I thought was a really positive message," said Charles.

Sabrina Singh, a teaching assistant for the Peel school board working with students in the autism program, said she was purchasing the book for her students.

"They're curious about disabilities because they themselves have one," said Singh. "This is a good way to show them, that I live in a town where someone is an author and has a physical disability."

One of Homer's own students from Shelburne, Danielle McFarlene, was even in attendance for the book sale and signing.

McFarlene said it was "cool" to see her teacher publish a book.

Seeing the response to her books, Homer said she was thankful for the support from local businesses and community members.

Homer's books are available on Barnes & Noble, Ingram Spark, and Amazon.

Haunt in the Park sees record breaking success

Written By PAULA BROWN
LOCAL JOURNALISM INITIATIVE REPORTER

The Little Family have announced the final tally of donations for the 2021 Haunt in the Park.

Described as a "record breaking year" the Haunt in the Park saw 1971 attendees over their two-day (Oct. 30 and Oct. 31) haunted house event at Fiddle Park.

"We were quite amazed by the enthusiastic turnout by the community," said Carola Little. "Something that started out as a little hobby ends up being something that so many people get to take part in, whether by volunteering or coming out to enjoy it. It really makes our hearts swell to know that something that is so much fun for us to do can also bring so much fun for people around us."

Through the Halloween event filled weekend, which began with their second annual Character Walk on the Friday and led into the Haunt in the Park, the Little family raised a total of \$1,700 and 2,492 lbs of food for Shepherd's Cupboard Food Bank.

"All the effort and work is all the more worthwhile because we're able to provide support to such a worthwhile cause as the food bank and also entertain almost 2,000 people," said Little.

Ardith Dunlop, coordinator for the local food bank, said they rely on the donation from the Haunt in the Park each year to help put together the Christmas hampers they provide their clients with over the holiday season.

"They're just real community heroes. They put in hundreds of hours to make this haunted house for the community and all they ask is for a donation to the food bank," said Dunlop. "We're incredibly grateful to them; for all that they do for us."

The 2021 Haunt in the Park marked the return of the Little families' annual haunted house, following the COVID-19 pandemic.

"This year was a modified event and for the people that came out for the first time, if you think this year was good wait until you see next year," said Little.



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Nov. 5
WDG: 15 (newly confirmed),
51 (active), 4 (newly resolved)
Dufferin: 11 (active)
Orangeville: 6 (active)
Shelburne: 3 (active)

Nov. 8
WDG: 37 (newly resolved),
70 (active), 18 (newly resolved)
Dufferin: 11 (active)
Orangeville: 6 (active)
Shelburne: 3 (active)

Nov. 9
WDG: 13 (newly confirmed),
71 (active), 12 (newly resolved)
Dufferin: 11 (active)
Orangeville: 6 (active)
Shelburne: 3 (active)

Nov. 10
WDG: 11 (newly confirmed),
77 (active), 5 (newly resolved)
Dufferin: 9 (active)
Orangeville: (active)
Shelburne: 2 (active)

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Minimum wage

The Ontario government will soon introduce legislation that will increase the minimum wage to \$15.00 per hour.

That's an increase of .65 cents. The rate will increase every October according to the current inflation rate.

It's good news for people who are currently working minimum wage jobs.

That means someone working full time at that wage, with a standard 7.5 hour work day, at five days a week, could take home around \$29,250 per year.

You're not going to get rich with that type of salary, but at the very least you should be able to pay your bills and have a roof over your head.

It wasn't that long ago that a person earning minimum wage could pay the rent, buy groceries and drive a car. However the rate of inflation has now surpassed what minimum wage employment can keep up with.

I know people paying \$1500 to \$1800 per month in rent for a small one-bedroom apartment. Do the math on a minimum wage salary and you can easily see how life can become very difficult.

There should really be no need for government to legislate a minimum wage.

Employers should have the common

sense to know what a job is worth and that the people working for them are there to earn a living – not do them a favour.

Unfortunately, without a legislated minimum wage, some people would indeed take advantage of others and pay them less than what they should be making.

There are many small family run businesses that stay alive but really don't earn much of a profit. They pay themselves and hire a couple of people to help out.

In those cases, it is understandable that you're not going to be making big bucks working part time in a business where Clara, the cousin-in-law is bookkeeper, supervisor, secretary and vice president of operations.

However, when it comes to businesses that are making a big profit, there is no reason to continue paying employees the absolute minimum.

I recently dealt with a company that makes auto parts for all of the major automotive companies.

They have several manufacturing facilities around the country and are making a hefty profit each quarter. They are now complaining that they can't find enough people to work for them.

Well, guess why? It's an assembly line job, in less-than-ideal conditions. A bell rings, you start to work. A bell rings, you go for a 20 minute lunch, and you better be back when the bell rings to start the line again.

All this, and they pay minimum wage.

People no longer want to work at a mind numbing assembly line job to receive a pay cheque that barely covers their monthly rent.

If these larger companies would start paying a living wage they would be far more likely to attract workers who will stick it out.

Years ago I lived near a warehousing company. They were desperate to hire people. They posted a permanent sign on the front lawn that stated, "Work available. Midnight Shift. Weekends only. Deep freeze warehouse. \$7.50 per hour."

That was the minimum wage at the time, so this was indeed a few years ago.

They want to hire you, for two nights per week, on a weekend, working in absolutely miserable freezing conditions, at night, so you could take home \$120, minus deductions.

How could the knuckleheads running that operation not see why they could not attract interested employees?

The other problem with minimum wage jobs is lack of any kind of security.

How often do you go into your local coffee shop or similar type establishment and see the same people working the same shift every day?

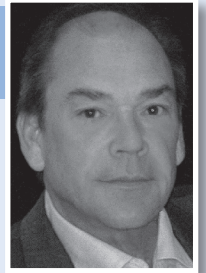
Go into a grocery store every day at 10:00 a.m., and you will seldom find the same cashier there every day. For some reason employers scheduled these people all over the map.

As a test I asked woman I know who works in a local store. Her schedule made no sense at all and never included an eight-hour shift.

She worked four hours one day in the morning, then six hours two days later on the afternoon shift.

If you're going to work for minimum wage the least you should expect is some kind of standard hours that allow you to work a full week.

The minimum wage may be going up and that will give some people a small bonus every week, but with the current rate of inflation, housing costs, and the price of food, most likely anyone making that \$15 will also be looking for a second job to make ends meet.



BRIAN LOCKHART
FROM THE SECOND ROW

Afghanistan: Winter is coming

The first snow of the winter will reach Kabul any day now, and the death rate will start to climb: mostly children, at first, but it will not really be the cold that kills them. The cold will only finish the work that malnutrition began months or years ago – but the other cause of their deaths will be a different kind of freeze.

Most famines are really a direct and sometimes deliberate result of war, like the current blockade of landlocked Tigray by the Ethiopian and Eritrean regimes and the blockade of Yemen by Saudi Arabia and its regional and Western allies. But it's the end of a war that is causing acute hunger in Afghanistan.

There was a drought in Afghanistan in the last couple of years of the American occupation, so many poor Afghans were already vulnerable before the events of last summer. (It's always the poor who go hungry or starve when food is scarce and the prices go up.) But the proximate cause of the impending famine was the chaos of the US evacuation in August.

As the panic played out on American screens and the sense of humiliation mounted, the Biden administration made one thing clear. "Any Central Bank assets the Afghan government have in the United States will not be made available to the Taliban," said an administration official on 15 August – and with that famine became inevitable.

It's understandable that the US government and US-dominated institutions like the World

Bank and the International Monetary Fund stopped pouring aid into Afghanistan after the Taliban took power. That posed a big problem for the new regime, because foreign aid covered three-quarters of public spending in the country, but it was hardly a surprise.

It's a whole different thing to freeze all Afghanistan's own money that is deposited with American and other Western banks. (\$9.5 billion for the US alone.) It's mostly unspent aid money that the previous regime hadn't spent or stolen yet, but it's still Afghan money and it now belongs to the new government of Afghanistan: the Taliban.

That's the freeze that really matters. Afghanistan's domestic economy has virtually collapsed, but there's enough money in those frozen accounts to pay for imported food that would see 40 million Afghans through the coming winter without many deaths from starvation. So why won't the US government release it?

Cynics would suggest that it's because the United States never forgives governments and countries that successfully defy it, and point to Cuba as Exhibit Number One: a sixty-year trade embargo. But cynicism is wicked. We should accept Western countries' explanation for holding onto Afghanistan's money at face value.

Joe Biden avoids addressing this issue himself, but State Department Ned Price

said last month that these funds are among the "carrots and sticks" that the US has to influence the Taliban's conduct.

Another administration official said that "releasing the reserves is no guarantee that the Taliban will actually use it effectively to solve problems." And UK prime minister Boris Johnson explained that "we can't... write a completely blank cheque to the Taliban authorities, we need to ensure that that country does not slip back into being a haven for terrorism and a narco-state."

Who do these people think they are? It's Afghanistan's money, and some Afghans are already starving. What right do they have to hold onto the money until Afghanistan proves that it won't be 'a haven for terrorism'. How could the Taliban prove it won't become one, and how long would that take? Until the first million starve? The second million?

Besides, there are probably people in the State Department, and there certainly are in the American intelligence services, who suspect that the Taliban have never been involved in any attacks on the US homeland.

Washington has claimed for twenty years

that the Taliban were aware of Osama bin Laden's plans for the 9/11 attacks beforehand, but there has never been any proof and it just doesn't make sense. Bin Laden didn't use Afghan territory for the attack, and it would have been a profound breach of security to let the Taliban know about it ahead of time.

This narrative has served America's purposes in the past and it continues to serve them now, but the current purpose is simply to punish the Taliban for winning. It's a shabby way to behave, but great powers often behave like spiteful children when there's no great penalty for doing so.

"The money belongs to the Afghan nation. Just give us our own money," said Finance Ministry spokesperson Ahmad Wali Haqmal last week. "Freezing this money is unethical and is against all international laws and values." But the money will stay frozen, and soon winter will come to Afghanistan.



GWYNNE DYER
OUR WORLD TODAY



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Woman airlifted to hospital following collision in Melanchthon

Written By Paula Brown
Local Journalism Initiative Reporter

A 26-year-old woman was airlifted to hospital with life-threatening injuries following a serious collision in Melanchthon.

Dufferin OPP officers, Shelburne Fire

Department, and paramedics from Dufferin County and Grey County EMS responded to a two-vehicle collision on County Road 2 and 4th Line shortly before noon on Sunday (Nov. 7).

Police said the collision involved two vehicles that collided head-on.

As a result of the collision, a 26-year-old woman was airlift by Air Orgne to a trauma centre with life-threatening injuries.

Police said the driver and passenger in the second vehicle were both transported to the hospital with non-life threatening injuries.

The OPP Traffic Collision Investigation

(TCI) team was brought in to investigate the head-on collision. The road was closed for several hours.

Police say the investigation is continuing.

Anyone who may have witnessed the collision is being asked to contact the Dufferin OPP at 1-888-310-1122.

OPP and Ministry of Labour investigating farm accident in Amaranth

Written By Paula Brown
Local Journalism Initiative Reporter

Dufferin OPP and the Ministry of Labour are investigating a farm accident, which resulted in a 21-year-old man being airlifted to hospital.

Police and paramedics from Dufferin County EMS responded to a report of an

injured worker at a rural property on 9th Line in Amaranth on Nov. 3.

Police said the accident involved a worker who was injured on a job site while operating farm equipment.

The man sustained non-life threatening injuries and was airlifted by Air Orgne to a trauma centre.

The Ministry of Labour was notified of the incident and the Dufferin OPP said an inspector would be attending the scene in a recent press release.

Anyone who may of witnessed the accident or wish to speak to victim services, Cale-don/Dufferin Victim Services can be reach at 905-951-3838.



Crime Prevention Week running until Nov. 13

Written By Paula Brown
Local Journalism Initiative Reporter

Dufferin OPP are kicking off Ontario's annual Crime Prevention Week running from Nov. 7 until Nov. 13.

This year's Crime Prevention Week theme is "Safer Communities, Stronger Ontario", which promotes the benefits of a holistic community approach to addressing local crime and issues related to safety and well-being.

As part of the prevention week the Dufferin OPP are hosting fraud prevention

seminars all week directed to seniors, who are among one of the most vulnerable communities. The seminars will be led by Dufferin OPP's Sgt. Kett and provide valuable safety tips to help protect yourself from falling victim to online scams.

The Dufferin OPP will also be marking the launch of Project Safe Trade at the Orangeville Detachment on Nov. 12.

The purpose of Project Safe Trade is to create a "community safety zone" at the OPP detachment parking lot to have online property transaction, moving them away from secluded parking lots, personal resi-

dences, and other areas.

The designated parking area will be available at all times, with no appointment necessary.

Dufferin OPP shared safety tips for residents during online transactions including:

- Meeting in a busy public space
- Bringing a trusted friend or family member to witness
- Keeping transactions during daylight hours; and
- Not erasing emails, texts, or voice-mails between yourself and the buyer/seller.

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OPP advise parents to check their kids Halloween candy

Dufferin OPP would like to remind parents to carefully check their children's Halloween candy after a report of tampered treats came from an Orangeville resident.

On Nov. 3, 2021, the complainant attended the Orangeville OPP detachment to advise that her daughter located a two-inch sewing needle in a small snack size Aero chocolate bar.

The chocolate bar was obtained on Halloween, in the College Avenue area in Orangeville.

Police are asking parents who had children out trick-or-treating to be extra vigilant about checking the candy that was collected. If there is anything suspicious about the packaging or candy itself, do not consume and report to police.

X CROSSWORD

PUZZLE 473

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- Scramble (for)
- Time division
- Steep hemp
- Fish basket
- Wine type
- Trudge
- Singing part
- Goey
- Newborn
- ___ thin air
- Scrutinize
- Grazing group
- Ballet step
- Wall clinger
- Spend it in Moscow
- Bee's follower
- Twosome
- Landlord's income
- Provide food for
- Plaid cloth
- Naught
- Not used
- Asking price
- Not pro
- Modern gaslight
- Light carriage
- Traitor
- Remark further
- Extinct bird
- Hearty's partner
- Tooth point
- Purify
- Graze
- Daft
- Mound
- First-year cadet
- Decorative fabric
- Mock
- Once ___ a time . . .
- "A Bronx ___"
- Ordinarily disposed
- Before, to Browning
- Shred
- Pool circuit
- Porky, for example

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- Thus
- Better late ___ never
- Underwater worker
- Frog's cousin
- Witchy old woman
- Soil with mud
- Heal
- Lariat
- Do again
- "Take ___, She's Mine"
- Partridge's tree?
- Brownish gray
- Bit of land
- Waist accessory
- Plate
- Revolver
- Storm
- Therefore
- Bypass
- Young grizzly

- Unclose, poetically
- Salt
- Harmony
- Violin's kin
- Nut variety
- Prepare to pray
- Soul
- Gulch
- Chemical compound
- Liquid measure
- Small banknote
- Utmost
- Cut with an axe
- Summary of beliefs
- Market
- Remote
- Capital of Angola
- Antler prong
- Stratagem
- Search party
- Advertising leaflet
- Goey stuff

- Belly
- ___ photograph
- Foreigner
- Mama's spouse
- Heir to the throne
- Actor Hayes
- Pedestal occupier
- Indian's abode
- Fencer's blade
- Heredity unit

DOWN

- Write with acid
- Dissolute fellow
- Military post
- Sonnet's kin
- Trick or ___!
- Frost
- Tiny crawler
- Put in order
- Vertically long
- Hinder

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New seafood store opens up in Shelburne, first of its kind

Written By **Paula Brown**
Local Journalism Initiative Reporter

King crab, muscles, octopus, snapper, and rainbow trout.

Those are just a few of the different types of seafood that can be found in the freezers of Shelburne's newest independent grocery store – Finiti Fish Depot.

A family operated business started by Diane James-Escoffery, her husband Ewen and children Jadon, Jazara, and Josiah, the seafood dedicated store is located on Main Street and opened their doors to the community at the end of September.

"We've been able to meet a lot of different people and they've expressed gratitude for having a store like this in the area," said James-Escoffery.

James-Escoffery and her family have lived in the Shelburne community for the last six years, and she said they would often have to travel to the city to buy the variety of seafood they wanted.

"The journey was a headache," said James-Escoffery.

Seeing a gap in the market and an opportunity to bring a new business to the growing area, the James family decided to start the beginnings of what would then become Finiti Fish Depot.

"When I did my research, I looked within a certain radius – Orangeville, Alliston, Shel-



PAULA BROWN PHOTO

SEAFOOD DEPOT: Finiti Fish Depot, an independent seafood grocery store located at 112 Main Street in Shelburne, opened their doors to the community at the end of September. The store, which sells a variety of seafood items, is a family operated business run by Diane James-Escoffery (picture), her husband Ewen, and three children.

burne, Mount Forest – and there was nothing that sold a wide range of seafood," said James-Escoffery. "It's a growing community, you want to be able to cater for their needs

so that they don't have to go the city. Everything can stay within Shelburne, and that will help the community to grow."

The family first began their business

with sales to friends, family members, and neighbours before soon shifting to online sales for the general public out of their household. Now, they've finally expanded to a storefront.

"We started off by selling salmon and snapper and then people in the area were responding asking to place orders for a wider variety like octopus," she explained. "Most people wanted to see the actual product and the demand was there, so we decided to do a storefront."

While mainly focused on providing a variety of seafood, the grocery store also sells other items from marinate sauces, beans, canned goods, and different meats such as oxtail and goat.

James-Escoffery added that they are also looking to bring in fresh seafood options, but are seeing delays in the arrival of the display fridge.

Open a little over a month, James-Escoffery said her family is proud to see the growth of their business and are happy to help expand the communities growing culinary needs.

Finiti Fish Depot is located 112 Main Street in Shelburne. The seafood depot is open seven days a week, from 9 a.m. to 7:30 p.m. Monday to Wednesday, and 8 a.m. to 8 p.m. Thursdays and Fridays. For the weekends, it's open from 7:30 a.m. to 8:30 p.m. on Saturdays and 11 a.m. to 6 p.m. on Sundays.



PAULA BROWN PHOTO

FINAL COUNT: The Tim Hortons Smile Cookie campaign in Shelburne was a success, with \$12,500 raised between the two Shelburne locations. The campaign, which took place from Sept. 13 until Sept. 19, raised donations for the local Shelburne Splash Pad.

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Unemployment in Dufferin and rural areas on the rise

Written By **Paula Brown**
Local Journalism Initiative Reporter

A new report released by the Workforce Planning Board of Waterloo Wellington Dufferin last week is indicating rising numbers of unemployment in rural areas.

According to the organization's labour market specialists, the rural unemployment rate has risen to over six per cent with unemployment numbers from October showing approximately 2,000 more people being unemployed in the rural regions of Dufferin County, Wellington County, and Simcoe.

The report also said there is a rising number of people leaving the labour market as an extra 2,300 people are no longer seeking work.

"The rural workforce who lost or left employment seems equally divided with some continuing to be optimistic and job searching and some deciding that they are done actively looking for work," said Charlene Hofbauer, executive director of the Workforce Planning Board of Waterloo Wellington Dufferin.

The second quarter of the year, which consists of April, May, and June, saw an increase in almost 10,000 job vacancies for

a total of 26,890 in the economic region. In the first quarter of the year job vacancies sat at 17,555 in the region.

Hofbauer said she doesn't expect another 10,000 jump in the third quarter, but that the region may hit 30,000 job vacancies.

She added, employers will find it challenging to find really specialized skilled workers in the current labour market.

"The available pool of people who are looking is very small. When we start looking at a very small labour pool we are going to have challenged finding those really specialized skills like personal support worker, truck driver, software devel-

oper, or a skilled trade's person," said Hofbauer. "It's going to be much harder because those are not skill sets that sit in the general population."

Dufferin County via FindYourJob.ca saw 1,057 job posting in September. The top ten posted jobs included; material handlers; retail salespersons; home support workers, housekeepers, related occupations; labourers in processing, manufacturing, utilities; cooks; customer and service representatives; food counter attendants, kitchen helpers; retail and whole sale trade managers; construction trade helpers and labourers; and light duty cleaners.

National Senior Safety Week running now until Nov. 12

Written By **AUGUST BETTINELLI**
Special to the Free Press

This week – from November 6 to 12 – Canada is recognizing National Senior Safety Week.

With age, bodies can begin to weaken; with muscles deteriorating, bones becoming more brittle, and eyesight worsening.

Taking these factors into consideration, the chance of accident and injury for seniors – especially those in home-living situations – is increased.

Information from the Canadian Institute for Health Information states that the top five most common causes of injury for seniors are falls, vehicle collisions, accidental poisoning, suicide/self-injury, and finally being hit by objects and/or colliding with people.

For these reasons, the Canadian Safety Council has provided several tips to make a home-living environment safer for seniors.

"Falls are the number one cause of injury hospitalizations for seniors over the age of 65," said Gareth Jones, President and CEO of the Canada Safety Council. "These can happen anywhere, at any time. Home is meant to be a safe place, and for seniors a place where they can live safely, comfortably and without fear."

In 2017/2018, 137 568 people over the age of 65 were hospitalized, with around 81% of this number being due to a fall-related injury.

To help reduce this issue, several preventative measures can be taken:

The installation of grab bars and handrails is recommended in areas that can be problematic, such as in bathrooms near the toilet

or bathtub and around stairs.

If the decision to install these is made, be sure they are anchored to the wall well.

Non-slip surfaces in bathrooms, non-skid wax, and avoiding decor that could be a tripping hazard are additional ways to prevent falls. Be sure to clear away loose clutter;

items such as loose wires, cords, and furniture – essentially anything out of the ordinary that could catch someone off guard.

Additionally, it's important to maintain good lighting, especially around problematic areas, to ensure proper visibility, along with avoiding potential collisions.

Indigenous Veterans Day recognized on Nov. 8

Written By **AUGUST BETTINELLI**
Special to the Free Press

Throughout the years, Indigenous soldiers have played a role in helping to maintain the peace and stability Canadian society strives for.

Chief Tecumseh and his soldiers fought alongside the British, led by General Sir Isaac Brock, in the War of 1812.

Contributions of Ojibwa, Odawa, Potawatomi, Shawnee, Six Nations, Algonquin, Mohawk, Huron, and Abenaki warriors played a significant role in winning several battles, an act that would not have been done without their efforts.

In World War One, around 4000 Indigenous people served in uniform; bringing patience and stealth – both critical skills – to the armed forces as snipers and reconnaissance scouts.

A total of 3,000 Indigenous soldiers fought in the Second World War, serving in the Navy, Air Force and Army.

Along with roles of scouts and snipers, Cree speaking Indigenous soldiers translated sensitive radio messages into their own language to be passed along, this way they would not be understood if intercepted by the enemy.

Contributions on the homefront included donations and granted use of reserve land for

rifle ranges, defence installations and airports.

Many soldiers returning from their service in World War Two re-enlisted to serve in the Korean War as well, among these were several hundred Indigenous peoples.

Despite their efforts, Indigenous Veterans were not treated equally to others, unable to lay wreaths and have their own formed guards at Ottawa's National War Memorial on Remembrance Day until the mid 1990s. First established in 1994 in Manitoba, Nov. 8 is now recognized as "Indigenous Veterans Day", and is to honour the upward of 12,000 soldiers that have been fighting for freedom and peace.

"Throughout our history, Indigenous Veterans have not always been treated equally. Today serves as a reminder of their important contributions and bravery," said Prime Minister Justin Trudeau in a statement on Nov. 8.

"As we continue to walk the shared path of reconciliation, the government is working to ensure that all Indigenous veterans receive the recognition, the support, and the care they deserved."

On Nov. 8, the Royal Canadian Legion issued a statement, thanking Indigenous Veterans for their service, and acknowledge the contributions of all soldiers, past and present, some of which gave the ultimate sacrifice.

Free coffee for veterans and military members today

For all of today (Nov. 11), which is Remembrance Day, free coffee will be available for Veterans and current military members at all ONroute locations. A small coffee from Tim Hortons or a tall coffee from Starbucks are available.

"We have tremendous respect and gratitude for the women and men in the Canadian Armed Forces – past and present," says Melanie Teed-Murch, Chief Executive Officer of ONroute. "Free coffee is a gesture of our deep thanks to those in uniform for the sacrifices made for all Canadians."

Poppies are currently available in all ONroute plazas.

ONroute is partnering with Support Our Troops throughout November and December, with ONroute employees wearing the Support Our Troops Yellow Ribbon and asking customers to consider donating \$1 with each transaction.

ONroute is the operator of 23 convenient plazas located along Highways 400 and 401 in Ontario. Their locations are designed to provide travellers with fresh and exciting food and beverage options, gas, and other amenities that are meant to improve your travel experience. Each of rhwie locations feature family-favourite restaurant brands, a convenient 24/7 market, and free Wifi.

Get your flu shot

Immunization against the flu will be important this season with COVID-19 also circulating in our communities.

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SHELBURNE SPORTS

CDDHS Royals win District 4/10 field hockey championship

Written By Brian Lockhart

The Centre Dufferin District High School Royals claimed the District 4/10 field hockey championship with a 2 - 0 win over Orangeville District Secondary School in Shelburne on Wednesday, October 27.

After the reintroduction of outdoor high school sports this year, it was decided to change up the regular season schedule and instead play a tournament style season over two days with games being played at the University of Guelph.

On the first day of the tournament, the Royals came out on top in both games in their 'B' pool division.

They won their first game 2-0 over Wellington Heights.

In the second game, the Royals left the field with a 2-0 win over Guelph Collegiate.

The third game of the day again Centennial Collegiate resulted in a 0-0 tie.

The record placed the Royals in second place.

In the playoff round, the Royals opened with a 4-0 win over Bishop Macdonnel, then went on to win their semi-final 2-1

over Centennial Collegiate.

That set up the final match against Orangeville District Secondary School with the Royals getting home field advantage.

Katie Galbraith scored for the Royals at the midway mark in the first period with a reverse stick to the far side of the net.

Katie scored again in the second half to give the Royals a 2-0 lead.

The CDDHS team kept up the pressure and managed to hang on for the 2-0 win to claim the title.

The team was undefeated in all their games with goalie Abby Litt earning six consecutive shut-outs.

The Royals did a stellar job on the field this season considering more than half of the team were rookies.

"This team consisted of 15 very committed athletes with more than half the team being rookies," said coach, Kristen Henry.

"Their genuine like and respect for each other carried them through the season just as much as their athletic talents. This season was a whole team effort. With a small team of only 15 players, each team member earned this win, seeing time on the field and putting in the work to get there."



CONTRIBUTED PHOTO

VICTORY: The Centre Dufferin District High School Royals girls field hockey team won the District 4/10 championship with a 2-0 win over Orangeville District Secondary School in the final game. The Royals were undefeated over the season which was played as a two-day tournament this year. The final game was held in Shelburne on Wednesday, October 27.

Senior Muskies take back-to-back losses over the weekend

Written By BRIAN LOCKHART

The Shelburne Senior Muskies took back-to-back losses over the weekend after playing one game on the road then returning to home ice at the Centre Dufferin Recreation Complex on Saturday (Nov. 6) night.

The road trip to Durham on Friday, Nov. 5, to take on the Thundercats ended with a 6-3 loss for the Shelburne team.

The return to the CDRC on Saturday had the Muskies up against the Minto 81's.

The 81's opened the scoring at four minutes into the first period.

It was a tie game when Ryan Hunter scored the first Muskie goal of the night on an assist from Jesse Chidwick.

The 81's went ahead 2-1 on a powerplay goal late in the first frame.

The game was again tied up when Luke Richardson hit the back of the Minto net just a minute into the second period.

The 81's scored twice to make it a 4-2 game.

With four seconds left in the period, Andrew Taylor scored for the Muskies to put them back within striking distance.

The third period has the Minto team scoring two more. The Muskies couldn't respond and had to settle for a 6 -3 loss for the night.

In net, Ryan Mantle took 44 shots on net with 38 saves to his credit.

It was a pretty clean game with only five minor penalties assessed for the night.

Team captain, Chris Greer was back on the ice for his first game of the season. Greer had to sit out the first few games due to an injury he received during the summer.

The Muskies have two games this coming weekend.

On Friday, Nov. 12, they travel to Shallow Lake to take on the Crushers.

They will be on home ice on Saturday, Nov. 13, to host the Lucknow Lancers.

Game time is 8:00 p.m.



CONTRIBUTED PHOTO

HONOURING BOB: The Shelburne Senior Muskies honoured one of their own prior to Saturday night's home game against the Minto 81's, at the Centre Dufferin Recreation Complex. Bob "Swoop" Collins wore the #14 when he played defence on the team. He went on to become coach and an executive member with the club. Muskies captain Chris Greer and assistant captain Luke Richardson present a banner which will hang in the arena.

First Shift program outfits kids for hockey at nominal price

Written By Brian Lockhart

Having a child express an interest in playing hockey may provide years of activity and fun, or it might just end up being an expensive experiment if it turns out hockey just isn't their thing.

The First Shift program allows parents to outfit kids for hockey at a nominal price to get them on the ice. If it works out - great.

If not - the parents aren't out a whole lot of

money. The First Shift program is sponsored by the NHL Players' Association and held at locations across the country every year. Equipment is provided by Bauer.

Orangeville Canadian Tire donated all the hockey tape for the kids.

Locally, the Orangeville Tigers have held a First Shift Welcome Night for the past three years. This year they had over 30 young girls sign up and come out to Tony Rose arena to get fully outfitted in hockey gear.

"The First Shift program is geared toward six to ten-year-olds who have never played hockey before, and are interested but not sure they want to commit," explained Orangeville Tigers president, Michelle Whyte. "For just over \$200 they get full Bauer equipment and six one-hour ice sessions that the association puts on. We volunteer our time and run the six on-ice practices. The First Shift people that are here tonight come out and do all the outfitting. They check in and get their name tag and bags. They go through and get the equipment including gloves, shin pads, mitts, shoulder pads, pants, elbow pads, helmets, skates and sticks."

Many of the participants like it so much they end up joining the Tigers.

"We've had many girls that have done the First Shift program roll into our association league," Michelle said. "They try it, they love it, and keep playing. Some don't, and that's okay. In the new year we'll offer what we call an 'extended shift' through the Orangeville

Tigers. We offer another six or seven weeks for the girls who want to keep trying and keep playing."

Parent, Hailey Bell, brought her eight-year-old daughter Zoey to get outfitted in the program.

"She's only played street hockey with her cousins and her dad," Hailey explained of how they got involved with the program. "A friend told us they were doing it, and they knew we were looking to do something else with other girls, and they told us there was a girls hockey program. It is an amazing program. We want to see if she enjoys it. If she does there's an opportunity for a six week extension."

The First Shift program was created when organizers realized that hockey equipment can be very expensive for a first time out-fit.

In this program, if the child does not turn out to be the next superstar, the initial outlay for equipment is nowhere near what it would cost if you went out and purchased all the necessary equipment separately.



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Believe Bags initiative returning for ninth annual year

Written By **August Bettinelli**
Special to the Free Press

Starting this Friday (Nov. 12) and running until Dec. 12, the Believe Bag initiative is back for its ninth annual year, providing single moms with gifts for Christmas.

This year, the bags will be filled with gift cards as opposed to actual items, due to the pandemic.

The goal is to fill each of the bags with \$100 worth of gift cards, preferably in \$25 increments, that can go towards grocery stores, gas stations, Dollarama and Shoppers Drug Mart/pharmacies.

Last year, the initiative raised \$20,000 in gift cards, all bought locally, which helps support businesses in the area.

"I bought gift cards from all local stores, so \$20,000 was reimbursed right back into our community," says Karen Ross-Smith, founder of the Believe Bag initiative.

After being assembled, the bags are given to Family Transition Place (FTP), Dufferin Child and Family Services (DCAFS), Big Brothers/Big Sisters Dufferin, and the Orangeville Foodbank to be distributed.

While out Christmas shopping herself, Ross-Smith noticed all the initiatives to provide gifts for those who may not

receive them such as Toys for Tots and Hampers for Grandparents.

She thought to herself, "who looks after all those moms that are trying to get out and get gifts for their kids?"

That year, instead of doing a Secret Santa, Ross-Smith got together with a few of her friends to put together Believe Bags for some of the single mothers in the community who wouldn't get a gift otherwise.

"We made 12 of them the first year and that was for Family Transition Place, for all the women staying there, and in those nine years [since it started], it's grown to 200 bags," Ross-Smith noted.

Those interested in donating to the Believe Bag initiative this year, can e-transfer money to believebagsoville@hotmail.com or drop off gift cards at a few different locations throughout town. These places include Deja Vu Diner (318 Broadway), Shoppers Drug Mart (25 Broadway), Bluebird Café (100 Broadway), Black Birch Restaurant (307388 Hockley Rd), and Barley Vine Rail (35 Armstrong St).

For further information, visit the Believe Bags Facebook page: www.facebook.com/believebagsorangeville.

Dufferin artist designs Canada Post stamp for 100th anniversary of poppy

Written By **Sam Odrowski**

Artistic talent is alive and well in Dufferin County.

Canada Post's new stamp commemorating the 100th anniversary of the poppy becoming the official symbol for remembrance in Canada, was designed locally, by a graphic designer in Mono.

Blair Thomson of Believe In, a design company, has an ongoing relationship with Canada Post for stamp design, and was commissioned to come up with some concepts for the centennial stamp, as were other graphic designers, and his came out on top.

"Having your work out there and representing your country on the national stage is quite an honour and it's quite a moment, really," said Thomson.

He told the Citizen, as a kid, growing up in the 70s, seeing stamp designs motivated him to go into his current field.

"It was Canadian stamps that inspired me to become a designer in the first place," Thomson noted.

With the 100th anniversary of the poppy stamp, the approach was to make it simple and straightforward, not too convoluted,

so it's easy to understand at a glance.

"Conceptually, it's basically just honouring the symbolic nature of what the poppy is, what Canadians wear to sort of mark the occasion," Thomson explained. "We just wanted the poppy to be out front and centre, and just be bold and proud... something that's really to the point and nothing more than that."

He said he didn't want the stamp to be covered in decorative designs, instead, with a white background contrasting the poppy, it makes the mail appear to be wearing one, just as a person would on their jacket.

Thomson told the Citizen he's grateful for the opportunity to have designed the Canada Post stamp for the 100th anniversary of the poppy being adopted as the official symbol for remembrance nationally.

"It's an honour to do something which represents the country and the sacrifices we've made in the past and, obviously into the future as well," he remarked.

Since Thomson has a working relationship with Canada Post, you can expect more exciting designs from him for Canadian postage in the future.



PHOTO COURTESY OF J. THOMSON.CA

NEW POPPY STAMP: Pictured above is Canada Post's stamp for the 100th anniversary of the poppy being adopted as the official symbol for remembrance in Canada.



CONTRIBUTED PHOTO

Co-op Corner: Dods and McNair

Written By **Paige Ethier**

This week Paige Ethier from Centre Dufferin District High School shares a little bit about her co-op experience and how Dods and McNair Funeral Home is contributing to our community's future.

Dods & McNair Funeral Home in Orangeville has existed since the 1930's, but was purchased by the Gauthier family in 1988. They have been in business for many years with Bert and his wife Joyce passing the business down to their son Terry and his wife Laura. They have an amazing team of staff members who help to provide a variety of services including funeral, memorial and reception services, specialty funeral services and memorialization services.

For my Co-op placement, I have been working as a Funeral Director's Assistant. I help with serving food at receptions, greeting and directing guests, assisting in transfers and cleaning. I have been shown how to handle cremated remains; placing

them in their urns or in jewelry. Eventually, I will be allowed to observe an embalming and learn more about the industry. Some special equipment used are church trucks to transport caskets, stereo and webcam equipment and computers to do paperwork. I have been trained by the people I work with as we complete different tasks.

A few occupations that are related to the funeral business include Cremators, Priests and Deacons, Coach Drivers, Coroners and Florists. Each of these individuals partake in a very special role that helps all of our services come together to satisfy the needs of families.

Dods and McNair contribute to the community in some very incredible ways. They have a memorial forest at Island Lake Conservation Area, where trees are planted in honor of a loved one. This is how they give back to the community and partake in saving the environment! Overall, Dods and McNair is an incredible company and they support their community in as many ways as possible.

Ontario announces booster doses

The Province of Ontario recently announced that it will provide COVID-19 vaccine booster doses to the following groups:

- Residents of long-term care homes, retirement homes, elder care lodges, and older adults living in other congregate settings
- Adults in the community 70 years of age and older
- Eligible health care workers
- Recipients of a viral vector vaccine or series completed with only viral vector vaccines (AstraZeneca Vaxzevria/COVISHIELD vaccine or one dose of the Janssen vaccine)
- First Nations, Inuit, and Métis adults (including non-Indigenous household members)

Residents and workers in these categories will be eligible for a booster dose a minimum of 168 days (six months) following their second dose. This timeline is based on the October 29, 2021 recommendation from the National Advisory Committee on Immunization (NACI) for groups who are at risk for waning immunity or who are essential to the healthcare system.

WDG Public Health has begun to contact eligible residents ages 70 years and older to schedule appointments over the

phone. All other eligible residents should visit wdgpublichealth.ca/booster-doses for further instruction on how to access their booster dose.



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THOUGHT OF THE WEEK

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There is a time to search and a time to give up as lost; a time to keep and a time to throw away. - Ecclesiastes 3:6

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Herd Dispersal - Live Auction Sale of 60-70 Bred Cows/Heifers Saturday November 13, 11:00am

to be held at 554447 Mono-Amaranth TLine, Mono, ON Directions: Go west through Orangeville on Hwy 9 to County Rd 16 (Veterans Way at Greenwood Cemetery), turn north 5 miles to farm on East side. OR From Shelburne go east on Hwy 89 for 2 miles to Mono-Amaranth Townline, turn south & go 5 miles to farm on East side.

Cattle: 12 Angus Cows: due in Dec/Jan; 8 cows - mixed: due in Dec; 14 Charolais X heifers: bred to Black Angus bull; 24 Charolais & X-bred heifers: exposed to Red Angus bull; 10 X-bred Cows: bred; 2 Highland cow/calf pairs; 3 Black Angus bulls; 1 Angus Lowline bull

Cows will be preg checked by Cheltenham Vet Clinic prior to sale

Lunch Booth • Washroom Available

Terms & Conditions: Cash or cheque with proper I.D. on day of sale. Owner & Auctioneer will not be responsible for any accidents or loss on day of sale. All announcements on day of sale will take precedence over printed ads.

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PUBLIC NOTICE



ATTENTION

NOTICE OF GENERAL MEETING

All Legion Members

November 23rd at 7:30pm
(6.30:pm to sign in)

Covid Rules Apply.

Proof of double vaccination with id required

Proof of membership required

(enter through back hall in parking lot double doors)

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IN MEMORIAM

IN REMEMBRANCE OF
DAVID TEETER

WHO PASSED AWAY
NOVEMBER 10, 2020.

*One day I met a man in black
with eyes of ocean blue*

I was so proud as I stood next to you

*We were together for over
50 years or more*

Then one day I knew

I had to let you go

*But you will always be my man in
black with eyes of ocean blue.*

*Forever in my heart,
Love Shirley*

WALLACE, MURRAY

NOVEMBER 15, 1991

Thirty years ago, Murray passed from prostate cancer at 57 years old. We now call this month Movember, a month known for raising funds for men's health, including prostate cancer. There isn't a day goes by that we don't miss him, think of him and want to talk to him.

~ Doris and family

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