

Merry Christmas!

from
Kyle Seeback, M.P.
Dufferin-Caledon



Kyle and his volunteers participating in the 2022 Orangeville Santa Claus Parade (November 19, 2022).

A Message from Kyle:



**Christmas is here
Dufferin-Caledon!**



It's official – Christmas is here Dufferin-Caledon! It's my favourite time of the year because, like most Canadians, it's an opportunity to spend time with family, friends, and everyone important to us. It's also a time to celebrate cherished traditions, passed down from generation to generation, and to remember the special Christmas memories we shared with those who are no longer with us, but remain close in our hearts.

Christmas is also my favourite time of year because it's the season of goodwill and giving which surrounds us. Every Christmas season, we see countless acts of charity and kindness in our community. Dufferin-Caledon is known for being a generous, compassionate, and caring community, always ready to lend a hand to those who need it.

There are many charities across Dufferin-Caledon that work extremely hard, always going above and beyond, to deliver critically important programs and services throughout our community. Christmas is a perfect time to open our hearts and give generously to support their work, ensuring everyone in this riding may revel in the joy and wonder of this special season.

If you have the means, I encourage you to support any of the fantastic community groups and local charities here in our community!

I would also like to encourage everyone to continue shopping local this Christmas season and beyond. Dufferin-Caledon is home to some of the very best products and services in Canada! Let's support local business owners who work immensely hard year-round to deliver these to us.

On behalf of my family and my office, I wish you and your loved ones a very Merry Christmas and a healthy and Happy 2023!

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



Kyle Seeback, M.P. Dufferin-Caledon
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Orangeville, ON L9W 1K4
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E-mail: kyle.seeback@parl.gc.ca

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

Below I've listed a few of the outstanding local charities and community groups serving Dufferin-Caledon. If you're able to make a small contribution to any of them or any local charity during the Christmas season, it can have a huge impact on those they support.

Caledon Community Services & The Exchange
Salvation Army New Hope Community Church

Shepherd's Cupboard Food Bank

Orangeville Food Bank

Family Transition Place

Caledon Animal Shelter



Headwaters Health Care Foundation



Hospice Dufferin

Bethell Hospice

Caledon Meals on Wheels

Choices Youth Shelter

Community Living Dufferin



Ontario SPCA Orangeville & District Animal Centre



Holiday Events in Dufferin - Caledon



CHRISTMAS IN THE PARK (UNTIL DECEMBER 31ST)

Daily 5:30 p.m. - 10:00 p.m. (free admission)

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UPCOMING BLOOD DONOR CLINIC IN DUFFERIN-CALEDON

One of the best gifts you can give this Christmas is the gift of blood to help someone in need. Canadian Blood Services (CBS) needs to fill every donation appointment this holiday season.

Now is the time to donate. There is growing pressure on blood supplies. CBS asks all eligible donors to book and honour their appointment to donate blood, platelets, and plasma.

For more information on the upcoming clinic in Dufferin-Caledon during the Christmas holidays and registration details, please see below:



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PAULA BROWN PHOTO

MRI SERVICES NOW AVAILABLE: Medical staff and dignitaries gathered at Headwaters Healthcare Centre for the unveiling of the hospital's first ever magnetic resonance imaging (MRI) machine. From left to right: Dr. Hugh O'Brodovich, Chair, Headwaters Health Care Centre Board of Directors; Dr. Grace Wang, Vice President, Medical Affairs & Chief of Staff; MPP Dufferin-Caledon, Sylvia Jones; Kim Delahunt, President & CEO, Headwaters Health Care Centre; Lisa Post, Mayor, Orangeville & Dr. Dan Mozeg, Chief, Diagnostic Imaging Department. (Back Row, Left to Right) Chris Gerrits, Mayor, Amaranth; Steve Soloman, Mayor, Grand Valley and K.C. Carruthers, Chief Executive Officer, Headwaters Health Care Foundation. See a full story on Page 3.

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Five local charities receive booster grant funding

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

The Dufferin Community Foundation (DCF) has provided five local charities with funding through their Booster Grant program.

The five charities have each received \$2,000 in funding through the booster grants, which are sponsored by a local business or person who contributes the full amount of the grant.

"We had a record number of applications this year – three times more than last year. This says something about the needs in our community and the breadth of valuable programs helping people out," said Michele Fisher, executive director of Dufferin Community Foundation. "Our Grants Review Team had a real challenge in making the final selections."

The Shelburne Hamper Program, a long-standing program in the community for over 50 years, is using its \$2,000 boost to purchase grocery gift cards for holiday hampers that will help more than 160 families, singles, and seniors (close to 500 individuals) this season. This year, the hampers will be stuffed with food, gift cards, mitts, hats, socks, and toys.

Continued on Page 6



DOUG SCHAEFER PHOTO

BOOSTER GRANT: The Dufferin Community Foundation (DCF) recently doled out a \$2,000 Booster Grant to the Parish of St. John, East Orangeville and Am Braigh Farm, which helped them teach refugees how to grow their own food over the summer. From left to right, Jamie Richards (Am Braigh Farm), Chris Cox and Rev. David Bryant (Parish of St. John, East Orangeville), Michele Fisher of DCF, Jacqueline Demczur (Carters) and Shirley Boxem of DCF. See more photos and the full story on Page A4.

When you buy from a **small business** you're not helping a C.E.O buy a 3rd holiday home, you are helping a little girl get **dance lessons**, a little boy get his **team jersey**, a mom or dad put **food on the table**, a family **pay a mortgage** or a student **pay for college**.

Thanks for shopping local! ❤️



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Local author releases book on navigating menopause

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

A local expert in women's health is helping women make their way through menopause with her debut self-help book.

Kelly Nolan, a pharmacist and integrative practitioner, published her step-by-step guide book, titled *Restore Your Life: Powerful Life Strategies to Navigate Menopause*, on Nov. 15.

"I wanted women to be validated, to understand that you don't have to accept this, you don't have to accept where you are at this time, and you don't have to accept not having answers," explained Nolan. "The purpose of them embracing this journey is not only to balance their hormones but to optimize their health."

The self-help guide explores both the scientific and anecdotal experience of menopause to educate women through the transition. The idea for the self-guided book was born out of Nolan's own experience with menopause and her struggle to find concrete information.

"I just decided I needed to share my expertise because they're not getting the answers that they need, the answers they want, and the answers that are very specific to them," said Nolan.

Nolan has worked as a pharmacist for 35 years, graduating from the University of British Columbia in 1987 with a Bachelor of Science degree in Pharmacy. She has

also worked as a women's health expert for 25 years and is the owner of Avita Integrative Health.

Restore Your Life not only navigates the discussion of menopause with science and anecdotes but with interactive components for readers to connect and understand their own experience with menopause.

"It was extremely important – it needed to be an interactive book. In the front of the book it has, what I would call some checklists, where they can start analyzing their own symptoms and start to understand what hormone or hormones in combination could be affecting them," explained Nolan. "You're going to meet women that will resonate to you, and you'll have some real moments to understand what is happening specific to you."

Speaking with the Free Press, Nolan noted the importance of creating a book for women going through menopause.

"I know what it's like to be in that position and understanding the frustration that women go through; waking up in your 50s, looking in the mirror and going 'what happened'," said Nolan. "I think the purpose of the book is to give hope and answers."

Restore Your Life is available for purchase at Booklore in Orangeville or online at Nolan's website - www.hormonetesting.ca. Women interested in connecting with Kelly Nolan can reach her at kelly@avitaintegrativehealth.ca.



CONTRIBUTED PHOTO

RESTORE YOUR LIFE: Grand Valley author Kelly Nolan, who is an integrative practitioner and pharmacist, recently released her book titled *Restore Your Life: Powerful Life Strategies to Navigate Menopause*.

Council proposed with \$41,300 allocation for community grants

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

Shelburne Town Council has created a subcommittee to manage the allocation of their 2023 community grant program, as the Town faces increasing funding asks and budgetary constraints.

During their meeting on Monday (Dec. 12), councillors heard from 14 local organizations that had applied for the 2023 Municipal Grant Funding.

The 2023 community grant program saw a number of returning organizations including Dufferin County Canadian Black Association (DCCBA), Children's Foundation of Guelph & Wellington Food & Friends Program, Dufferin County Multicultural Foundation, G.E.T Outreachworks, Little Family's Haunt in the Park, the Heritage Music Festival, Pickin' in the Park, Shelburne Christmas Hampers, Shelburne Community Welcome, Shepherd's Cupboard Food Bank, Shelburne & District Agricultural Society, Shelburne & District Horticultural

Society, and Streams Community Hub.

The only new applicant for the 2023 community grants was the Back Pack Project from Shelburne Rotary.

Through the 2023 Municipal Grant Funding, Council received a request for a total of \$67,800 in cash as well as \$18,700 in-kind from the 14 organizations.

Last year, the budget for municipal grant funding was \$37,300.

"In 2023, we are proposing \$41,300, which is an increase of ten per cent alone in the municipal grant funding section of the budget," explained Carey Holmes, director of financial services for the Town.

According to the presentation to council, the annual Municipal Grant Funding program is almost approaching 1 per cent (\$86,387) of the town's budget in funding requests, based on the 2022 budget.

Prior to 2016, Council received applications for community grants sporadically throughout the year, which made it difficult to budget for. In 2016, a policy was adopted to have senior management at the town review the applications and recommend an allocation to council during the budget process. With the intake of applications in 2020, applicants were asked to present their application to council and answer questions.

The community grants subcommittee will consist of Deputy Mayor Shane Hall, Coun. Walter Benotto, and Coun. Kyle Fegan.

The subcommittee will meet in January to discuss the applicants and the suggested amount allocated to each organization selected for the 2023 community grants program. The applicants selected will be disclosed during the 2023 Draft Budget process.

Headwaters receives over \$800,000 for first MRI machine

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

Dufferin County residents will soon have access to another diagnostic service at Headwaters Health Care Centre (HHCC), with new funding helping bring about the hospital's first-ever MRI machine.

Dufferin-Caledon MPP and Minister of Health Sylvia Jones announced on Monday (Dec. 19) that Headwaters Health Care Centre (HHCC) would receive more than \$800,000 from the province to operate a new magnetic resonance imaging (MRI) machine.

"Our government is ensuring hospitals across the province, including Headwaters Health Care Centre, have the funds they need to operate MRI machines and increase access to diagnostic testing in the communities they serve," said Jones. "This funding means that Dufferin-Caledon will have our first-ever MRI machine so our community can have more convenient access to care, closer to home."

Headwaters will be purchasing the MRI machine through capital funds raised by Headwaters Health Care Foundation and Headwaters Health Care Auxiliary, and it is hoped that the machine will be on-site and operational within the next 12 to 18 months. "Magnetic Resonance Imaging will pro-

vide physicians at Headwaters with the ability to diagnose many illnesses in a more accurate and timely manner. We will also be able to support many patients in our community to receive more convenient access to MRI services," said Kim Delahunt, president and CEO of Headwaters.

The Diagnostic Imaging Department at Headwaters supports inpatient and outpatient clinical programs at the hospital. The department currently provides general radiography, computed tomography (CT), echocardiography, general ultrasound, vascular ultrasound, and bone densitometry.

Dr. Grace Wang, vice president of medical affairs and chief of staff at the local hospital, said the machine is a major step toward improving access to care in the community.

"The health care system has faced many challenges over the past three years. This news could not have come at a better time as we rebuild towards a better future," said Wang.

The Ontario government is investing over \$20 million in funding to support the operation of new MRI machines in 27 hospitals across the province.

Earlier this month, Headwaters Health Care Centre announced the allocation of \$1.86 million in funding from the provincial government to support critical upgrades and repairs to the facility.

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Second Class Mailing Registration Number 0153
Member of: Ontario Community Newspaper Association
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We acknowledge the financial support of the Government of Canada through the Canada Periodical Fund of the Department of Canadian Heritage.

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Ghosts of Christmas yet to Come

Christmas is just around the corner. It happens only once each year and everyone celebrates the holiday season differently.

Many prefer the old-fashioned holiday of family gathering on Christmas Eve or Christmas Day and enjoying a traditional meal of turkey and all the fixings that go along with it.

Others like to enjoy the season by attending parties. Why not? You can have a pre-Christmas party, a Christmas day party, a Boxing Day party, a mid-week party, and cap it off with a New Year's Eve party.

Of course, if you're going to party that much, you may need a holiday from the holiday, when it's all over.

Some people like to use the holiday break as a reason to have a vacation and escape the cold. I have known a lot of people over the years who decided to spend Christmas Day at Disney World or a casino in Las Vegas.

That can be a lot of fun if you don't mind missing time with the extended family or friends and are prepared to finally realize that the casinos always have the advantage

and your odds of coming home with more money than you left with, are about zero.

Christmas always provides many memories – usually good ones, I hope. Although I do know some people where the family dynamic just creates a nightmare every year, but that's a whole different story.

Almost everyone has a favourite Christmas memory. It could be that time you received a special meaningful gift as a child. It could be a time that you were finally able to reconnect with family or friends you haven't seen in a while. Or maybe it was a special winter trip to the cottage where Christmas Eve was spent by a bonfire and you gazed up at a million stars unfettered by the city lights.

In the Dickens classic, A Christmas Carol, Ebenezer Scrooge is visited by three ghosts. I'm sure you know the story and have probably seen one of the film versions of the book.

The Ghost of Christmas Past presents a memory of things that have happened in previous years. The Ghost of Christmas Present, shows Scrooge the current Christmas and helps him see the life of an ordinary man, a little clearer.

The Ghost of Christmas Yet to Come, provides Scrooge with a look into the future. For Scrooge, the future does not provide a happy ending.

He realizes that his miserable, miserly life ends with him dying alone – and no one cares that he is gone. It does, however, offer him a chance at redemption. It's never too late, and of course, at the end of the novel, Scrooge, knowing the future, changes his ways and is determined to be a better person.

While Christmas memories will be made this year, and you can reflect on the past, maybe having a visit from the Ghost of Christmas Yet to Come, would be a benefit to a lot of people.

It may be a good time of year to not only reflect on the past but take a look ahead and see if you can make improvements in your own life over the coming year, then celebrate those achievements when Christmas comes around next year.

There are always 'New Year's resolutions people make, but how often do you keep them? The resolution to start working out

usually means a few trips to the gym, followed by putting it off a day, two days, then one day you realize you haven't been to the gym in a month.

By planning for the future, and taking a few moments during the holidays to visit the future yourself, you just might find catalyst to make some needed changes.

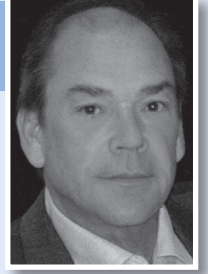
It's easy to say you will plan ahead, but putting the plan into action is a different story. Some days you realize a month has gone by and you still haven't made the effort. That's okay – we're all human, and the difficult things can take time.

In the end, maybe it is the special memories we make at Christmas that are the most important, and will stay with us for a lifetime.

I hope you do make special memories this holiday season, and enjoy your time with family and friends, and have a prosperous and happy new year.

Merry Christmas to all, and to all, a good night.

BRIAN LOCKHART FROM THE SECOND ROW



Micro-suicide drones

Some lucky boys and girls are going to find micro-suicide drones in their stockings this Christmas! Get your orders in now!

I was idly scanning the website of the Israeli newspaper Haaretz, as one does, and I came across a story on a new product from the Israeli defense company Elbit Systems: the Lanius loitering micro-suicide drone. There was a promotional video attached, and I just had to look.

It shows this palm-sized drone flying into a house, searching through the rooms one by one, finding its target (a 'bad guy' with a gun), and eliminating him with an explosion just big enough to kill everybody in that single room. The company's voice-over, delivered in the urgent, hyper-masculine monotone that is standard in the genre, is a classic of its kind.

"Elbit Systems presents Lanius! Search and attack in one! An innovative, autonomous, lethal system based on racing drones!..."

"The Lanius is equipped with ALine technology that allows navigation to building, scanning the building to identify openings, mapping and object avoidance, enemy detection and classification, target incrimination by human, and lethality. The system identifies blocked openings and can perform ad hoc lethal ambush. Etc., etc."

All this with noisy sound effects and dramatic music over footage of a bad guy (you

can tell, because he's wearing a ski mask) firing a machine gun out a window while the drone patiently, almost silently searches through the house, sneaks up behind him and blows him away.

And yes, there is 'target incrimination by human'. The operator of the drone actually gets a video view of the target before he presses the button that kills him. So that's all right, then.

Of course, there's always a battery problem with drones. Elbit Systems' suicide drones are technically 'loitering', but they are so small and light (maximum weight at take-off 1.25 kg.) that they only have a seven-minute flight time.

However, a solution is at hand: a 'mother-ship' drone that can loiter for a much longer time in the area, launching suicide mini-drones as required. All in all, the ideal tool for small-unit combat – or for remote-controlled assassinations that do not expose the operator to much risk.

Meanwhile, in San Francisco two weeks ago, the city's board of supervisors approved the deployment of remote-controlled robots in emergency situations. The 11-member board is a political body where ideological posturing plays a big role, but the Police Department just pointed out that they have already been using robots for past eleven years.

They use them mostly to deliver warrants,

said assistant police chief Dan Lazar, and they have no plans to give their robots guns. However, they could deploy robots equipped with explosive charges to deal with situations like "active shooter incidents and suicide bombers."

Dan Lazar, meet Elbit Systems. I think you guys could do business together. And don't forget my finder's commission.

Actually, if Lazar can wait a year or two, he probably won't have to go to Israel for this technology. The Israelis commercialise 'security' technology faster than most countries (like the phone-hacking military-grade spyware sold to foreign users by Israel's NSO Group), but the major military players probably all have Lanius-style drones under development.

The minor players will also have access to these systems before long, because the 'security' systems are very leaky. Moreover, the fact that drones of this sort have obvious tactical uses on the battlefield means that they will wind up widely distributed in the hands of ordinary soldiers in a few years' time.

In fact, this technology is so small, cheap and convenient that it will become almost universally available – and what are the

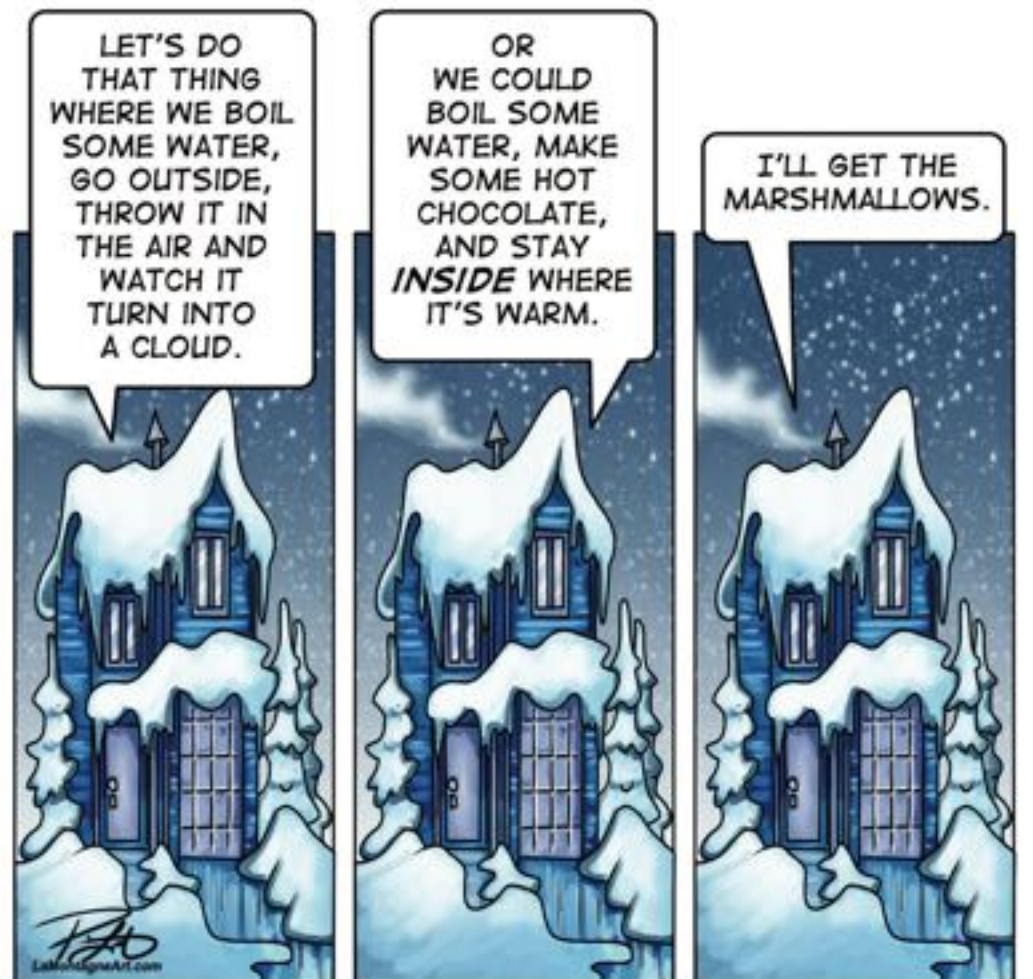
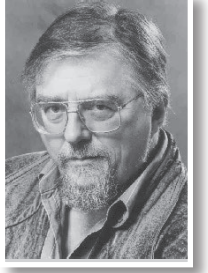
implications of that? For the military, not all that big.

These one-person-killer suicide drones would certainly be deployed in close-quarters static situations like the trench warfare that has set in along most of the Ukrainian-Russian front line, but there are already so many ways to kill people remotely on the battlefield, from land-mines to thermobaric weapons, that one more won't make a big difference.

But for people interested in targeted assassinations of civilians, they are a dream come true. These drones are so small, so agile, and so quiet that they can get close to the target indoors or out without being noticed until the very last moment. Even if spotted, they are hard to destroy – and the operator has a fair chance of escaping unharmed.

It's the high-value political targets who are most at risk from this new technology. They are already swathed in layers of security that isolate them from the public they are supposed to represent and serve. This will add an extra, even more intrusive layer to that protection – and they will still be more exposed to danger than before.

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Driver charged with impaired driving thanks to concerned citizen

The Dufferin Detachment of the Ontario Provincial Police (OPP) charged a driver with impaired operation following a traffic complaint called in by a concerned citizen in Orangeville.

On Dec. 8 at approximately 10:10 p.m., officers from Dufferin OPP responded to a traffic complaint on Highway 10. Officers located the driver and were led into an impaired operation investigation.

As a result, Bhupinder SINGH, 52-year-old, from Orangeville, has been charged with:

- Operation while impaired - blood alcohol



- concentration (80 plus)
 - Operation while impaired - alcohol or drugs
- The accused is scheduled to appear at the Ontario Court of Justice in Orangeville in January 2023, to answer to the charges. Their driver's licence was suspended for 90

days, and the vehicle impounded for a period of seven days. These charges have not been proven in court.

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

"The Dufferin OPP reminds motorists to plan ahead when consuming alcohol or drugs. Use a designated driver, cab, ride-share, public transit or stay overnight. Any amount of alcohol or drugs can impact your ability to make sound judgements. In a split second, you could ruin your future,

injure or kill others, and tear a hole in the heart of everyone who loves you," said the Dufferin OPP in a press release.

"Members of the Dufferin OPP are committed to public safety, delivering proactive and innovative policing in partnership with our communities. Officers value your contribution to building safe communities."

If you have information about suspected unlawful activity, please contact the OPP at 1-888-310-1122 or Crime Stoppers to remain anonymous at 1-800-822-8477 (TIPS) or www.crimestoppersdm.com.

Dufferin OPP lay impaired driving charges after rollover collision

The Dufferin Detachment of the Ontario Provincial Police (OPP) charged a driver with impaired operation following a single vehicle collision investigation in the Town of Mono.

On December 6, 2022, shortly after 7:30 p.m., officers from Dufferin OPP responded to a report of a single vehicle rollover on the 20th Sideroad in Mono.

Officers located the driver and vehicle and were led into an impaired operation investigation. The lone driver was transported by ambulance to the hospital with

non-life-threatening injuries.

As a result, Akashdeep DHILLON, 21-year-old, from Melancthon, has been charged with:

- Operation while impaired - blood alcohol concentration (80 plus)
- Novice driver - B.A.C. above zero
- Fail to remain

The accused is scheduled to appear at the Ontario Court of Justice in Orangeville in January 2023, to answer to the charges. These charges have not been proven in

court. Their driver's licence was suspended for 90 days, and the vehicle impounded for a period of seven days.

If you suspect an impaired driver, call 9-1-1.

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

everyone who loves you," said the Dufferin OPP in a press release.

"Members of the Dufferin OPP are committed to public safety, delivering proactive and innovative policing in partnership with our communities. Officers value your contribution to building safe communities."

If you have information about suspected unlawful activity, please contact the OPP at 1-888-310-1122 or Crime Stoppers to remain anonymous at 1-800-822-8477 (TIPS) or www.crimestoppersdm.com.

Investigation ongoing for stolen truck from Amaranth business

Members of the Dufferin Detachment of the Ontario Provincial Police (OPP) are currently investigating a stolen truck from a business in the Township of Amaranth.

On December 6, 2022, Dufferin OPP

received a call for service at a business on County Road 11 in Amaranth. It was determined that the vehicle was stolen sometime between December 2 and December 6, 2022, from the property.

The truck is described as a 2006 GMC Sierra, red in colour, with an orange light on the roof and a faded red snowplow attached to the front.

If you have any information or video sur-

veillance footage in relation to this theft, please call the Dufferin OPP Detachment at (519) 942-1711 or 1-888-310-1122.

You can also provide information anonymously by contacting Crime Stoppers

Catalytic converters stolen locally

The Dufferin Detachment of the Ontario Provincial Police (OPP) is investigating the theft of several catalytic converters stolen off vehicles at two dealerships in the Town of Mono.

The investigation revealed the thefts occurred in the overnight hours of Nov. 30 to Dec. 1.

The catalytic converters were cut from 15 trucks between the two dealerships.

A catalytic converter is an exhaust emission control device that transforms hazardous gases and pollutants in your vehicles exhaust into less-toxic pollutants.

Catalytic converters contain precious metals, such as platinum, palladium, and rhodium which makes them attractive to thieves.

The investigation is continuing. If you have any information or video surveillance footage in relation to these thefts, please call the Dufferin OPP at 1-888-310-1122.

You can also provide information anonymously by contacting Crime Stoppers at 1-800-222-TIPS (8477) or submit your information online at <https://ontariocrimestoppers.ca/>.

X CROSSWORD

PUZZLE 466

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- 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

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

DOWN

- 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
- 1. Mountain crest

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Continued from FRONT

Five local charities receive booster grant funding

“Receiving this Booster Grant means we can make a significant and meaningful difference in families’ lives for the holiday season,” said Bobbi Ferguson, co-president of the Rotary Club of Shelburne, the organization that organizes the hamper program. “After some very difficult years and the ever-increasing cost of living, being able to say, ‘Don’t worry about food and gifts for your kids...we’ve got you covered,’ means we have done our job as a community and have really helped those in need.”

Scientists in School will be utilizing their \$2,000 booster grant to initiate a new project in Dufferin County that will enrich student learning in STEM (science, technology, engineering, and mathematics). The new project will provide six virtual STEM workshops to local schools, benefiting 150 students, and will focus on essential learning skills such as critical thinking, analyzing information, creating solutions and evaluating outcomes.

“This Booster Grant investment will help to deepen the impact for our mission to ignite scientific curiosity in young learners. Engaging, investigative classroom workshops in local elementary schools will help heighten STEM confidence and interest, and build bridges to bright futures,” stated Cindy Adams, executive director for Scientists in School.

This past summer, Am Braigh Farm launched a new program, called Trust Yourself Garden, that taught refugees how to grow their own food. Over 14 weeks, participants took home between four and five grocery bags of fresh food a week. In partnership with the Parish of St. John, East Orangeville, the project also matched refugees with local volunteers to further help them. With the booster grant, Am Braigh Farm is purchasing equipment to accommodate more families for the summer of 2023, and hosting a series of evening events throughout the winter.

“The goal of our program is to address the food insecurity faced by recent refugees as they grapple with learning English, finding housing and securing jobs,” said Jamie Richards, owner of Am Braigh Farm. “The food they grow is a huge supplement to them, as many work at minimum wage jobs.”

Dufferin Hi-Lands Bruce Trail Club (DBTC) and Streams Community Hub have created a unique collaboration, known as The Conservation Awareness Project, which is fully funded by the booster grant. The project will provide local youth with the opportunity to



DOUG SCHAEFER PHOTO

FINANCIAL BOOST: Community Living Dufferin and Theatre Orangeville received a \$2,000 booster grant from the Dufferin Community Foundation (DCF) to purchase body mics for the Creative Partners on Stage program. The mics will help neurodiverse actors who have difficulty projecting their voices. From left to right: Michele Fisher (DCF), sponsor Lisa Leblanc (Lismar Financial), Robert Bingham (Community Living Dufferin), Debbi Goss (DCF), Colleen Curran, David Naim (Theatre Orangeville) and actor Jeff Horan ham it up on stage.

gain video production and content creation skills while developing original content promoting conservation efforts for DBTC’s website and social channels.

“This partnership provides positive, inclusive opportunities for youth to participate in the conversation of the Bruce Trail through video production and live streaming technologies. We are excited about this opportunity to work with the youth at Streams,” said Susan Bate, president of DBTC.

Creative Partners on Stage (CPOS) will be using the grant to purchase four body mics so that neurodiverse actors, who have difficulty projecting their voices, can still be heard on stage. The body mics will ensure that actors who can’t forcefully project their voices can

still be heard at an equitable volume. Community Living Dufferin and Theatre Orangeville have had a long-time partnership that provides neurodiverse actors with the opportunity to showcase their talents through two one-act plays, working with professional actors, directors, and choreographers

“One of the main objectives of Creative Partners on Stage is to provide neurodiverse actors with the same level of live theatrical experience as Theatre Orangeville’s professional actors – from the first day of rehearsal to the final bow on closing night. These body mics will allow our actors to have a bigger voice on stage,” said Robert Bingham, executive director for Community Living Dufferin.

After five years, Dufferin Community

Foundation will be ending the Booster Grant program, which was created as a way to give much-needed funding to local charities while the organization built its endowment funds.

“We are exceptionally grateful to our sponsors for making the Booster Grant program possible during our formative years,” said Gord Gallagher, chair of Dufferin Community Foundation. “We also thank all the charities that applied for a grant this year. To see the positive work they are doing across the county is both humbling and inspiring.”

Beginning in 2023, the Dufferin Community Foundation’s grants will be generated from the annual income of its permanently invested charitable funds.

HOLIDAY INTERRUPTION FOR WASTE COLLECTION

Collections for the day of the holiday and the rest of the week will be shifted to one day later.

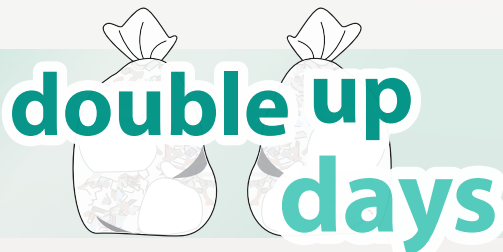
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
December 18	December 19	December 20	December 21	December 22	December 23	December 24
double up	BOXING DAY	December 27	December 28	December 29	December 30	December 31
NEW YEARS DAY	NO WASTE COLLECTION	January 3	January 4	January 5	January 6	January 7
January 8	January 9	January 10	January 11	January 12	January 13	January 14

- Monday ZONE
- Tuesday ZONE
- Wednesday ZONE
- Thursday ZONE
- Interruption no collections

Happy Holidays!

There will be **NO waste collection** on Boxing Day and January 2nd. Please place all garbage, Blue Boxes and Green Bins out **ONE DAY LATER** during the week following Christmas Day & New Years Day.

Place up to **two (2)** untagged bags/containers of garbage out on your collection day during the week following **Christmas Day**.



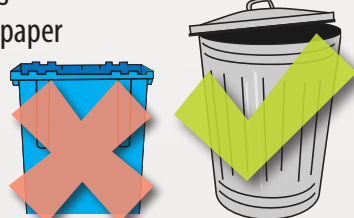
REMEMBER!

Always search an item on the **DufferinWaste** app to see if it’s acceptable in the Dufferin program **before** placing it in the Blue Box!



This holiday season, remember to place the following items in the **GARBAGE**:

- #6 plastic packaging & “air pillow” packing materials
- Plastic packaging with **no recycling symbol**
- Ribbon & bows
- Foil wrapping paper
- Styrofoam



Dufferin County Seeking Public Members for Advisory Committees

Dufferin County is seeking public members for the following advisory committees:

- Diversity, Equity & Inclusion Community Advisory Committee
- Dufferin County Forest Advisory Team
- Access Dufferin Accessibility Committee

Applicants must be 18 years of age or older, a resident of Dufferin County, business owner or stakeholder in Dufferin County and cannot be employed by Dufferin County. Applicants should have an understanding of the qualifications listed on the Committee Terms of Reference, overall community issues and be able to build meaningful relationships and connections within the community. Meeting remuneration is provided.

For more information and how to apply, please visit our website at the following link: <https://www.dufferincounty.ca/news/advisory-committees>. Applications must be received by January 20, 2023.

For further information, please contact 519-941-2816 x2500 or info@dufferincounty.ca.

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BAKE UP A SWEET HOLIDAY

Entertaining is a big part of the holiday season. Calendars are packed this time of year with gatherings with friends, family and professional colleagues.

Entertaining requires keeping plenty of refreshments on hand to ensure guests maintain their holiday spirit. Dessert is no stranger to the season, with office break rooms, dining tables and buffet stations brimming with sweet treats to tempt celebrants' palates. Everyone should have a go-to dessert to bring along to a holiday party or to offer guests when hosting their

own festivities. Cookies are a standard due to their versatility and portability.

Festive Sour Cream Cookies provide all of the holiday feels and can be customized in colour to reflect celebrations of Christmas, Chanukah, Kwanzaa, or New Year's. Bake up a batch, courtesy of Live Well Bake Cookies (Rock Point) by Danielle Rye.



Sour Cream Cookies

Makes 22 cookies

- 1 1/2 cups all-purpose flour, spooned and levelled
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 cup (1 stick) unsalted butter, softened
- 3/4 cup granulated sugar
- 1 large egg, at room temperature
- 1 1/2 teaspoons pure vanilla extract
- 1/2 cup sour cream, at room temperature



VANILLA BUTTERCREAM FROSTING

- 1/2 cup (1 stick) unsalted butter, softened
- 1 1/2 cups powdered sugar
- 1 tablespoon heavy whipping cream or milk
- 1 teaspoon pure vanilla extract
- Gel food colouring (optional)



To make the cookies: Preheat the oven to 350° F. Line two large baking sheets with parchment paper or silicone baking mats and set aside.

In a large mixing bowl, whisk together the flour, baking powder and salt until well combined. Set aside.

In the bowl of a stand mixer fitted with the paddle attachment or in a large mixing bowl using a handheld mixer, beat the butter and granulated sugar together for 1 to 2 minutes, or until well combined.

Mix in the egg and vanilla extract until fully combined, making sure to stop and scrape down the sides of the bowl as needed.

Mix in the dry ingredients in two additions, alternating with the sour cream. Make sure to mix in each addition until just combined, and be careful not to overmix the batter.

Using a 1 1/2-tablespoon cookie scoop, scoop the cookie dough onto the prepared baking sheets,

making sure to leave a little room between each one.

Bake for 14 to 16 minutes, or until the tops of the cookies are set and spring back when touched lightly. Remove from the oven, and allow to cool on the baking sheets for 10 minutes, then carefully transfer the cookies to a wire rack to cool completely.

To make the vanilla buttercream frosting: In the bowl of a stand mixer fitted with the whisk attachment or in a large mixing bowl using a handheld mixer, beat the butter for 1 to 2 minutes, or until smooth. Add the powdered sugar, 1/2 cup at a time, mixing in each addition until well combined.

Add the heavy whipping cream, vanilla extract, and gel food colouring (if using), and continue mixing until fully combined.

Once the cookies have cooled completely, spread the frosting on top of the cookies.

Store the cookies in an airtight container at room temperature or in the refrigerator for up to 4 days.

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New Years Day CLOSED

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Merry Christmas and a Happy New Year to all!

HOW TO MAKE CHRISTMAS EVE SPECIAL FOR KIDS

Christmas Eve is viewed differently by different people, even those who live under the same Santa-ready roof. Adults may see Christmas Eve as crunch time when they must prepare food for the next day or set up presents for their children to open in the morning. Children, on the other hand, are focused on Santa's visit and little else.

Parents naturally want to make Christmastime as special as possible for their children, and that may involve ensuring that Christmas Eve is just as memorable as Christmas Day. The following are some ways to impart more magic into Christmas Eve celebrations.

BAKE FRESH COOKIES

Children like to leave out a plate of cookies and a glass of milk for Santa. That makes Christmas Eve a perfect time to whip up a fresh batch of cookies. Explore different recipes to come up with a unique offering each year.

READ A CHRISTMAS STORY

Watching television or looking at a tablet or mobile phone before bed can be too stimulating when it's time for children to wind down for bed. Choose a holiday tale that can be read as a Christmas Eve bedtime story. Reciting the poem A Visit from St. Nicholas (Twas the Night Before Christmas) is a great way to set the Christmas Eve mood.

MAKE A BATCH OF REINDEER DUST

Why should Santas reindeer be left out when it comes to receiving treats? Reindeer dust, made from a combination of oatmeal, rice cereal, dried fruits, and glitter (if desired), is purported to attract Santas reindeer and provide them with a nibble at the same time. Plus, it's generally safe for other animals in the yard to eat.

GO CAROLLING

Carolling may not be the norm, but some families may want to revive it. Close-knit communities can organize family-centric carolling opportunities and roam the cul-de-sacs and other pedestrian-friendly areas singing popular songs.

Christmas Eve is a great time to embrace various traditions that help to make the season even more special.



The holiday season is a great time to make any home a bit more merry and bright. Most individuals let their personalities show through their home decor, and holiday decorating is just as personal as decorating throughout the rest of the year.

The main living areas of a home get the most decorating attention, with a Christmas tree or menorah taking a prominent position in the front window. Garlands, candles and other accoutrements also may dress up spaces. However, when it comes to holiday hosting, attention also should be given to the dining table which can benefit from a festive centerpiece.

Premade centerpieces are undeniably attractive, but adding a homespun touch can be a fun creative pursuit and become a family tradition. Explore these simple ideas to dress up your holiday table.

Frosted pine cones: Take advantage of a crisp winter's day to venture into a forest or park that is rich with evergreen trees. Gather pine cones from the forest floor and, if possible, a few evergreen boughs. Give the pine cones a touch of winter whimsy with a little faux snow in a can or even white paint. Nestle the boughs and pine cones into a wide-mouthed vase or bowl in the center of the table.

Individual pine cones can later be turned into place cards for seating guests.

Holiday thanks: Cut many strips of paper roughly 6 inches in length from various coloured pieces of paper to match the holiday theme. When guests arrive, ask them to write a favourite holiday memory or two or what they're thankful for. Twirl the paper strips around a pencil to curl them, then place the curlicues into a decorative bowl in the center of the table. Later in the evening, the host or hostess can read some of the sentiments.

Magical forest: Use green and silver conical party hats to turn a table or sideboard into a veritable evergreen forest. Arrange them on a blanket of faux snow or white confetti.

Freshly cut: Select attractive flowers in vibrant holiday hues from a florist or even the supermarket floral section. Cut the stems and place them into an unusual display container, such as a holiday-themed mug or a punch bowl.

Glass baubles: Who says ornaments should be exclusive to the tree? A crystal or glass cake stand can be transformed into an icy delight when topped with silver and clear glass ornaments.

Birchwood: The crisp white colouring of birch bark is right at home with holiday decor. Go stark with pieces of cut wood in varying heights intermingled with white candles that mimic the shapes and scale of the wood.

Fruit and vegetables: If guests are coming over and the race is on for a fast centerpiece, look no further than the kitchen. Lemons, artichokes, pears, or pomegranates look festive in a bowl interspersed with some greenery and baby's breath.

Holiday hosts and hostesses should not neglect the dining table when they decorate. Festive centerpieces can be handmade without much effort on the part of hosts.



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- December 25 - Christmas Day • Closed
- December 26 - Boxing Day • Closed
- December 31 - New Years Eve • 6am to 6pm
- January 1 - New Years Day • Closed

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Holiday baking gets even sweeter with brownies

What would the holidays be without delicious foods to share with loved ones? In fact, crafting elaborate meals and baking goodies is par for the course once the weather begins to cool and decorations turn up in businesses and homes.

Many people have tried-and-true recipes they rely on each year, but there's always the possibility to give new tasty tidbits a try. There are so many tantalizing desserts to tickle the tongue, but this recipe for Rocky Recchiuti Brownies from Chocolate Obsession (Stewart, Tabori & Chang) by Michael Recchiuti and Fran Gage yields rich and chewy brownies that no holiday celebrant will be able to resist.

Rocky Recchiuti Brownies

Makes 16 brownies

- 5 1/2 ounces 100 percent unsweetened chocolate, coarsely chopped, divided
- 10 tablespoons (5 ounces) unsalted butter with 82 percent butterfat, cut into 1-inch slices.
- 2/3 cup (312 ounces) unbleached all-purpose flour
- 1/2 teaspoon kosher salt
- 3 extra-large eggs, at room temperature
- 1 teaspoon pure vanilla extract, preferably Madagascar Bourbon
- 1 1/3 cups granulated cane sugar
- 1/3 cup walnut halves, roasted and roughly chopped
- 6 Tahitian Vanilla Bean Marshmallows, each 1 1/2 inches square, cut into quarters (see recipe below)

Preheat the oven to 325° F. Line the bottom of an 8-inch square baking pan with parchment paper and liberally coat the paper and the pan sides with flavourless vegetable oil.

Put 3 ounces of the chocolate and the butter in a medium stainless-steel bowl and set over a pot of simmering water. Heat, stirring occasionally, until the chocolate and butter melt and are fully combined and the mixture is smooth. Lift the bowl from the pot. Set aside.

Sift the flour and salt together in a bowl. In another bowl, combine the eggs and vanilla extract and whisk together by hand until blended. Whisk in the sugar.

Whisk the egg mixture into the chocolate. Add the flour and the remaining 2 1/2 ounces of chocolate to the batter and, using a rubber spatula, mix well. Then mix in the walnuts.

Pour the batter into the prepared pan. Spread it evenly with a small offset spatula. Scatter the marshmallow pieces evenly over the surface and push them halfway into the batter. The tops should remain uncovered.

Bake on the middle shelf of the oven until the marshmallows are browned and a skewer inserted into the center of the brownie sheet comes out with some batter clinging to it, about 45 minutes. Let cool completely in the pan on a wire rack, then cover with plastic wrap and refrigerate until cold.

Run a table knife around the edge of the pan to loosen the sides of the brownie, and then slide the brownie, still on the paper, onto a work surface. Using a ruler to guide you and a sharp knife, cut into sixteen 2-inch squares. Store in an airtight container in the refrigerator for up to 3 weeks.

Tahitian Vanilla Bean Marshmallows

About 40 marshmallows

Flavourless vegetable oil for the pan

3 3/4 teaspoons unflavored gelatin

3 tablespoons water

2 cups granulated cane sugar, divided into halves

1 1/2 cups light corn syrup

4 extra-large egg whites, at room temperature

1 Tahitian vanilla bean, split horizontally

About 3 cups powdered cane sugar for finishing

Line the bottom of an 8-by-12-inch sheet pan with parchment paper and lightly coat the paper and the pan sides with flavourless vegetable oil. Put the gelatin in a small bowl. Add the water and stir. Set aside to soften.

Combine 1 cup of the sugar with the corn syrup in a large, heavy-bottomed pot. Use an unlined copper pot if you have one. Place over medium heat and cook, stirring occasionally with a wooden spoon, until the sugar melts. Then continue to cook, without stirring, until the mixture reaches 230° F on a candy thermometer. If any crystals form on the sides of the pan and the mixture heats, wash them down with a wet pastry brush.

Meanwhile, put the egg whites in the bowl of a stand mixer fitted with the whip attachment.

Scrape the seeds from the vanilla bean into the bowl.

When the sugar syrup reaches 240° F, start to beat the egg whites on medium speed. When the whites form very soft peaks, add the remaining 1 cup of sugar and continue beating.

When the sugar syrup reaches 250° F, remove it from the heat and stir in the softened gelatin. The syrup will foam up and triple in volume. Switch the mixer to high speed and slowly pour the syrup into the beaten egg whites, aiming for the side of the bowl. The whites will almost double in volume. Reduce the speed to medium-high and beat until the whites (not the outside of the bowl) are lukewarm to the touch, about 114° F, for about 15 minutes.

Scrape the marshmallow mixture into the prepared pan and, using a small offset spatula, spread it

evenly to the sides. Let cool completely at room temperature.

To cut the marshmallows, sift about 1/2 cup of the powdered sugar onto a work surface in a rectangle the size of a sheet pan. Sift another 2 cups of powdered sugar into a large bowl. Run a thin-bladed knife around the edge of the pan to loosen the marshmallow. Invert the pan onto the sugared surface to unmold, then lift off the pan and peel off the parchment paper. Sift about 1/2 cup of powdered sugar evenly over the top. Using a ruler to guide you and a lightly oiled sharp knife, cut the marshmallow sheet into 1 1/2-inch squares. It is easier if you use a pressing motion, rather than pulling the knife. After cutting, toss the marshmallows, a few at a time, in the bowl of powdered sugar, coating them lightly.

**From our family to yours,
Merry Christmas & Happy New Year!**

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**Merry Christmas,
Joyeux Noel,
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Buon Natale,
Happy Hanukkah,
Happy Kwanzaa**

I hope you and your family have a safe and happy holiday.


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Town of Shelburne

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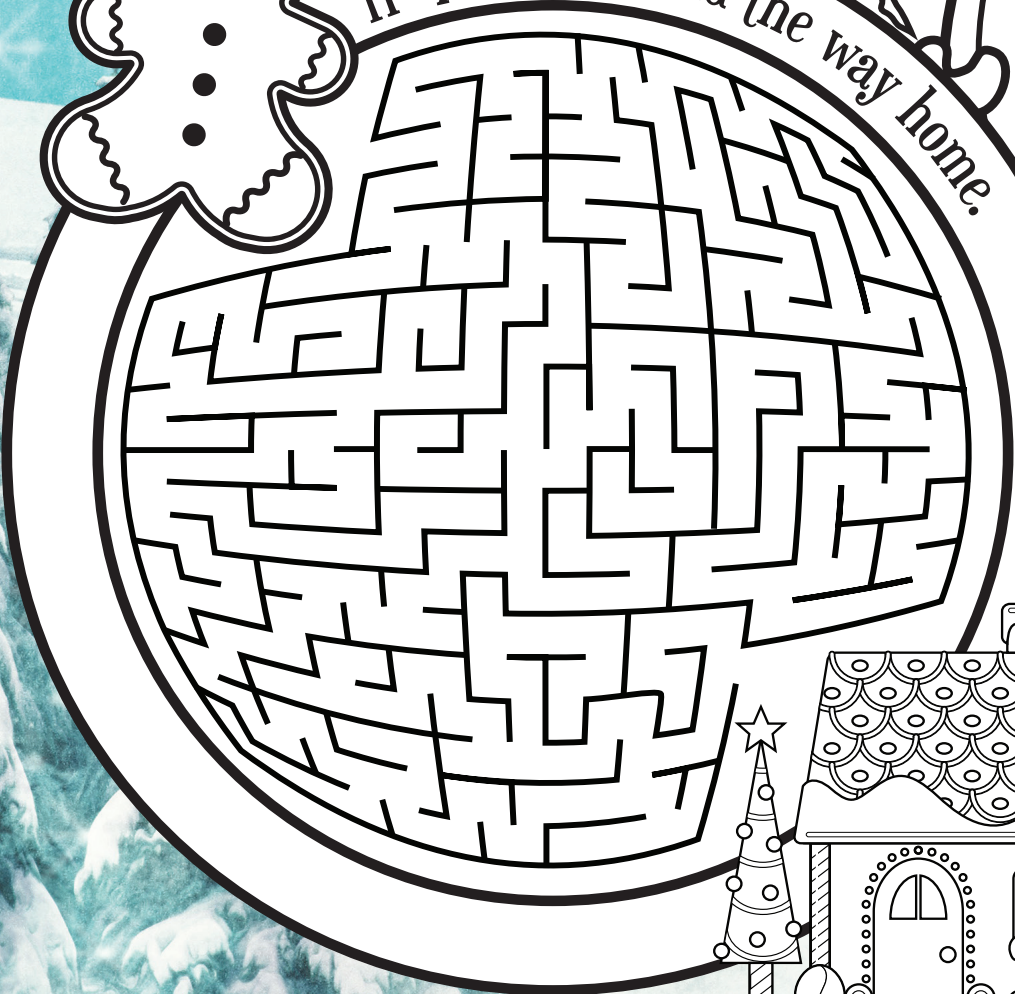
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Holiday Activities



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LET IT SNOW!

WORD SCRAMBLE

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Answers: Sockings

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Shelburne **Free Press**

Our office will be **CLOSED** from Friday, **December 23rd** until Monday, **January 2nd, 2023.**

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Happy New Year!



The benefits of making New Year's resolutions

The end of December is a busy time of year. Families are shopping for gifts for loved ones and friends, holiday celebrations are in full swing and thoughts begin to turn to the new year ahead.

At the stroke of midnight on New Year's Eve, it is customary to sip a glass of champagne and toast the new year. Many people use the dawn of a new year as a time to create a list of resolutions that reflect positive changes they hope to make in the year ahead.

Resolutions may seem silly to some, but there are several positive reasons to make them.

Resolutions provide practice in setting goals. Goal-setting is an important component of life. Goals are key because they provide general direction in life. A goal is a map that can give you an idea of where you are heading and what path you need to take to get there, according to the self-improvement guide Success Consciousness. Resolutions can be fun, low-pressure goals. Think of them as dress rehearsals for bigger life changes.

Resolutions offer time for reflection.

Too often people are rushing through daily life without stopping or slowing down to truly assess the impact of their actions. Resolutions help you reflect on the past, present and future, figuring out what has been working and what may need to be changed to provide a boost, according to the wellness resource Alternative Daily.

Resolutions can catalyze positive change.

When something isn't working with your routine, personal health or relationships, resolutions can serve as the catalyst that ultimately rights the ship.

Resolutions can promote self-esteem and empowerment.

Making resolutions and keeping them can provide a sense of accomplishment that comes with goal-setting and following through. Resolving to lose five pounds and then seeing the proof on a scale can be a powerful motivator that compels you to make other self-improvements. Accomplishing small goals also can boost self-esteem.

Resolutions are often made at the dawn of a new year.

These efforts can provide the motivation and direction people need to make positive changes in their lives.



Champagne takes centre stage again

Sparkling wines are made by sealing the beverages before the fermentation process is complete, causing the effervescent bubbles that are their hallmark. Sparkling wines are produced in various regions of the world, but champagne is unique to the Champagne region of northeast France, where vines were introduced by the Romans many centuries ago.

One of the most legendary and heralded brands of champagne was created by a French monk named Perignon. Historians say Perignon lived from 1638 to 1715 and was admitted in his lifetime to the abbey of Saint-Vanne. He acquired the honorary title of Dom while there, and also served as cellar master, creating what later would be known as the vins de Perignon.

toasts, A-list events and five-star dining experiences. They also may be poured on New Year's Eve. All champagne is sparkling wine, but not all sparkling wine is champagne.

Enjoying champagne on its own in the requisite stemmed glass is tradition, but champagne also can be mixed into any number of cocktails from bellinis to mimosas. This Blood-Orange Champagne Cocktail is a variation on the classic mimosa and doesn't necessarily need to be enjoyed at brunch. Serve it on New Year's Eve, or for any special occasion, courtesy of Martha Stewart.

Blood-Orange Champagne Cocktail

- 2 1/4 cups freshly squeezed or frozen blood-orange juice
- 2 750-ml bottles of champagne, chilled

Pour 3 tablespoons of juice into each champagne flute. Fill flutes with champagne, and serve.



We wish you and your pets a Very Merry Christmas and a Happy New Year.



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SHELBURNE SPORTS

Local high school basketball teams leading the district

Written By Brian Lockhart

The boys' basketball teams at Centre Dufferin District High School are off to a good start with both the junior and senior Royals teams leading the District in the early going of the season.

Junior Division

In the junior division, five schools entered the competition this year.

The Royals are in first place in the District 4 standings with a 3-0 record and six points.

The team is putting out a stellar effort scoring 211 points while allowing only 99 against.

That's an average of 70 points per game – well ahead of the second-place team who are averaging 46 points per game.



Centre Dufferin has been a strong entry in District 4 competition for the past several years.

In second place, Erin District High School has a 2-1 record. They are followed by West-

side Secondary School from Orangeville with a 2-1 record, and Emmanuel Christian High School from Fergus with a 2-1 record.

Wellington Heights Secondary School is still looking for their first win of the season.

The Royals will be back on their home court on Monday, Jan. 16, to host Wellington Heights Secondary School.

The game time is 4:00 p.m.

Senior Division

The Centre Dufferin Royals senior boy's basketball team is in first place in District 4 with a 3-0 record.

Five schools entered the District 4 senior competition this year.

The senior Royals team is having an outstanding season averaging 69 points

per game. They have scored 207 points over three games while allowing only 131 points against.

Westside Secondary School is in second place in the District with a 2-1 record. They have averaged 46 points per game.

Norwell District Secondary School is in the number three spot with a 2-2 record followed by Erin District High School with a 1-2 record.

Emmanuel Christian High School is in the fifth spot and still looking for its first win this season.

The Royals' next home game is scheduled for Monday, Jan. 16, when they will host Norwell District High School in the gym at CDDHS.

The game time is 2:30 p.m.

Wolves U13 Rep team gain confidence as the season continues

Written By Brian Lockhart

For a small team, the Shelburne Wolves U13 Rep team is putting out a good effort on the ice this season.

The squad is struggling in the points column with only one win this season, but they are playing well and showing a lot of skill on the ice.

The team is learning tons of new skills and practicing their drills.

"They're playing really great, but they keep getting penalties," said U13 Rep coach Andrew Gee. "Right from the beginning we

haven't had a big team – we only have two lines. Most other teams have three lines, we barely have two. There's just not that many kids for this age group this year."

This means the Wolves are only off the ice for a brief period before heading back out for a shift change. They work hard to keep things rolling every game.

"Positionally on the ice, they are getting stronger," Andrew said. "Even in today's game, they were stronger and not giving up the puck so much. That's a huge difference for us. In the beginning of the season, it was easy to steal the puck off of our sticks. Now



BRIAN LOCKHART PHOTO

CLOSE MATCH-UP: The Shelburne Wolves U13 rep team host the Clearview Canucks on the ice at the Centre Dufferin Recreation Complex on Saturday, Dec. 17. The Wolves played a good game but had to settle for a 5-2 loss.

the kids are getting stronger and are having more control."

Moving forward, Andrew said keeping out of the penalty box will make a big difference.

"We're getting better, we've just got to stay out of the penalty box. If we can condition ourselves a little better and stay out of the box – there's lots of games we could have won, if we weren't in the penalty box. They have to keep their composure. I think every game we've had around eight minutes in pen-

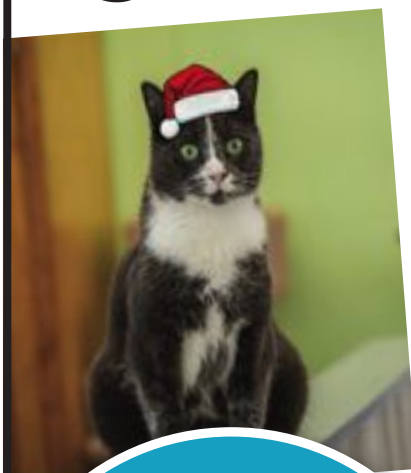
alties, and we haven't scored a short-handed goal all season. They're beating themselves out of a third of the game with penalties."

The team's latest game against the Clearview Canucks on Saturday, Dec. 17, resulted in a 5-2 loss.

The Wolves U13 Rep team's next home game is scheduled for Jan. 10, when they will host the South Grey Spartans at the Center Dufferin Recreation Complex.

Game time is 8:00 p.m.

adopt a cat



Gizmo

Gizmo is a gorgeous 2 year old boy looking for his very own family. He would make the perfect best buddy in a home as he loves to just chill out, eat treats, chase toys and get pets. Gizmo would do well alone or with one other cat as he often has a friend at the shelter, but he would prefer a house without too many other cats. He has not been fully dog-tested but has been exposed to a dog with no issues.

Fun fact: Gizmo is one of few of our shelter cats that hates wet food... he loves treats instead. Adoption fee: \$180

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ATHLETE OF THE WEEK

ETHAN DAVIES

As a goalie for his U11 Wolves hockey team, Ethan Davies brings a lot of talent to his team.

He has been playing hockey since he was five years old.

"I like making saves and rebounds," Ethan said of why he likes playing in goal. "I like playing with a team because we can win games. I like skating fast."

Ethan enjoys the sport so much, he said he plans to continue playing it for a "really long time".

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POSITION: GOALIE

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CDDHS Co-op Corner: Shelburne Physiotherapy Centre

Written By Anna Camilleri

This week Anna Camilleri from Centre Dufferin District High School shares a little bit about her experience and how Shelburne Physiotherapy Centre is contributing to our community's future.

Shelburne Physiotherapy Centre, located at 712 Main Street East in Shelburne, has been in business for 20 years. They provide many services such as massage, athletic training, acupuncture, laser and ultrasound treatments. With Physiotherapists, Nurses, and Massage Therapists on-site, they work to help people recover from all injuries to optimal health. The owner, David Egbert, is highly skilled with years of experience. Having been an athlete, he understands the importance of proper recovery from injuries.

My job title is "Physiotherapy Assistant". During my Co-op time, I do tasks such as retrieving hot/cold packs for patients, performing ultrasounds, cleaning rooms/laundry, charting, and assisting patients through their exercises. As the semester continues, I'm hoping to learn how to use the laser machines and assist in acupuncture on patients. There are many special machines used to assist in the physiotherapy setting. I've been given the chance to use a Hydrocollator, the ultrasound machine, and a vari-

ety of different workout equipment like a leg press. I've been trained in charting, gathering hot packs, reading exercises and using the ultrasound machine.

At Co-op, I've realized that there are multiple careers related to physiotherapy. Nurses are related to this career because they help in medical situations on-site such as helping patients post-operation with possible infections or swelling. Chiropractors are related because they also do work with the muscles and the skeletal system. Massage Therapists do soft tissue work for patients and they sometimes pair a massage with their physio appointment. Athletic Therapy helps in this career because there are patients that come in due to sports-related injuries. Physiotherapy is related to all of these careers and having this wide of a variety helps in recovery.

David's Shelburne Physiotherapy Centre contributes to the community in a variety of ways, including donating money to CDDHS Commencement Awards. They also go on community walks every 2nd and 4th Friday of the month and even patients from the centre join. They also contribute to the CDDHS Co-op program by having taken in over 20 students over the years! You can visit their website to learn more about Shelburne Physiotherapy Centre <https://www.shelburnephysio.com/>.



CONTRIBUTED PHOTO

CO-OP CORNER: Left to right is David Egbert, owner of Shelburne Physiotherapy Centre, Anna Camilleri, Centre Dufferin District High School co-op student, and Christine Watts office manager and nurse at Shelburne Physiotherapy Centre. Camilleri has been learning from staff how the centre operates.

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BRIAN LOCKHART PHOTO

WOLVES ON THE ATTACK: The Shelburne Wolves U15 LL team host the Osprey Hawks on the ice at the Centre Dufferin Recreation Complex on Saturday, Dec. 17. The Wolves were blanked in this game, taking a 2-0 loss to the visitors.



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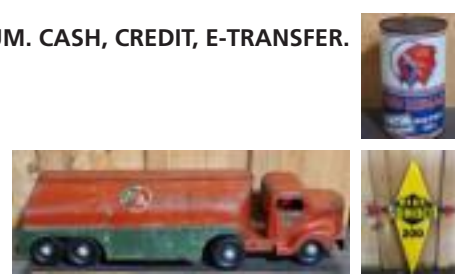
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COMING EVENTS

PLEASE JOIN US in worship at St. Paul's for Christmas. The Christmas Eve service will be held at 4:30 pm and the Christmas Day service will be held at 9:30 am. All are welcome.

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OBITUARIES

ROESNER, REGINALD ROSS

Reginald Ross Roesner of Shelburne, Ontario. Born June 21, 1959 in Stratford Ontario. Reg finished his earthly journey suddenly on Dec.13, 2022 at Headwaters Healthcare Centre in Orangeville, Ontario in his 64th year.



He is survived by his mother Betty, his sisters Ruth Ann (Scott McConnell), Rose (Ronnie Lucas), and his nieces and nephews; Thomas, Josh (Casey), Rachel McConnell (Ty Belair), Tara Mino and Tyler Lucas.

Reg was predeceased by his father, Hazon Roesner (2014).

He will be greatly missed by his family and many friends from all generations. He will be remembered for his excellence in car mechanics and his quick-witted sense of humour.

A celebration of Life will take place at a later date. Future interment to take place at the Avondale Cemetery in Stratford, Ontario.

Donations in Reg's memory can be made to Headwaters Health Care Centre In Orangeville Ontario.

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

NOTICE OF CREDITORS

NOTICE

Claims against estate of Mark Dennis Kameka, late of Twp of Melancthon, who died on April 22, 2022, must be filed with the undersigned estate trustee on or before January 10, 2023, after which date the estate will be distributed.

Dated December 6, 2022.

Aine Peter Kameka

Estate /Trustee

By his lawyer

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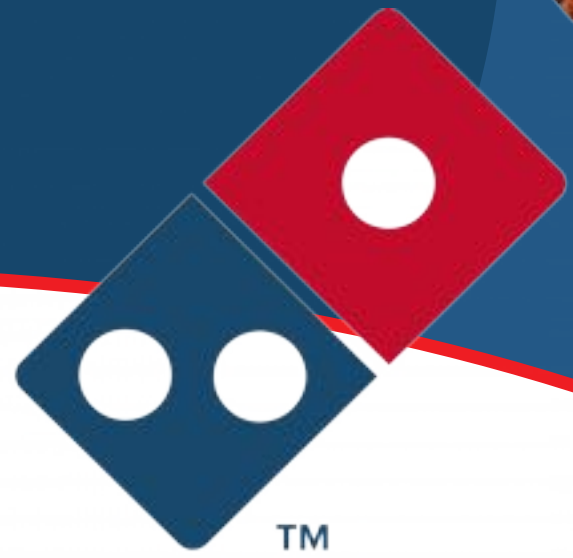
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