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FILE PHOTO

THE FIFTH ANNUAL SHELBURNE HEALTH AND WELLNESS EXPO will be held on Saturday (Jan. 21) from 10 a.m. until 2 p.m. at Centre Dufferin District High School (CDDHS). Admission is free.

Health, Wellness Expo returns to Shelburne

Written By Paula Brown
Local Journalism Initiative Reporter

Shelburne residents looking to focus on health and wellness this year have an opportunity to learn more about the services available to them locally.

The Fifth annual Shelburne Health and Wellness Expo will be held on Saturday (Jan. 21) from 10 a.m. until 2 p.m. at Centre Dufferin District High School (CDDHS). Admission is free.

"It's an opportunity for local health, wellness, and fitness businesses to come together in one place," explained event organizer, Amanda Philip.

"It also gives the residents of Shelburne an opportunity to see, meet and talk to the businesses. They know they can have all their health, wellness, and fitness needs met where they live."

The Shelburne Health and Wellness Expo was started in 2017 by co-creators Amanda Philip and Leanne Williams. The inspiration behind the health and wellness event came from a desire to highlight local health and wellness business after repeated online recommendations to residents for businesses located outside of the Shelburne community.

"Everybody was always recommending practitioners who were out of town, but all of these people exist in Shelburne. You don't

need to leave town to see somebody for your back or knee or if you need physio; we have that here," said Philip.

The Fifth Annual Shelburne Health and Wellness Expo will see over 40 vendors, demonstrations and workshops from a mix of registered practitioners, fitness professionals, holistic and alternative healers, and health and wellness products.

"We do have our core group of vendors who return annually, and compared to our last event in 2020, its half returning and half brand new vendors. This show is never the same show twice," said Philip.

Some of the returning business, who have been a part of the expo since it's inaugural event in 2017, include David Egbert from Shelburne Physiotherapy Centre, Dr. Richard Magder from Shelburne Family Chiropractic and Wellness, and Young Living Essential Oils representative, Christina Schlecht.

The workshops featured at the event will include; Burn Belly Fat While Eating the Foods You Love, hosted by health and wellness coach Fanny Martin; Conquer Your Cravings lead by Rachel Marie, a holistic nutritionist and certified sugar addiction recover coach; Menopause and Hormones presented by Dr. Nicole Roberts, a naturopathic doctor at Shelburne Family Chiropractic; and Discover Your Purpose with Human Design held by health and wellness

coach, Amanda Lamb.

"We are completely full. I've never had this much of a reaction for people wanting to come to the workshops," said Philips. "They've always been good and something of interest, but this year, people are just wanting information and to me that's really exciting."

A focus of the expo is its range of health and wellness practices including both traditional and alternative business.

Philip said the variety gives a more well-rounded look at approaches to both health and wellness.

With the Shelburne Health and Wellness Expo now at its fifth annual event and making a return after a two-year hiatus, Philip is looking to see a reinvigoration of interest from the community.

"The population of Shelburne has exploded so there's more people in the area to take advantage of the businesses that are here and who may not know what is available in town."

The Shelburne Health and Wellness Expo will be held on Saturday (Jan. 21) from 10 a.m. until 2 p.m. at Centre Dufferin District High School (CDDHS)

For more information about the event contact the Shelburne Health and Wellness Expo by email at theshwe.info@gmail.com or by phone at 519-939-6861.

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Clearing snow away from catch basins will help to prevent street flooding and icy road conditions.

Don't Throw Snow on the Road

Depositing snow or ice on or across the road is not only a safety hazard; it is also against the law. Residents must pile all snow on their property and should utilize their front yard for storing snow.

Section 181 of the Highway Traffic Act prohibits the depositing of snow and ice on a roadway without written permission from the Ministry or other road authority. R.S.O 1990, c. H.8, S. 181. Failure to comply with the Highway Traffic Act may result in a fine being issued to the property owner or contractor.

Please do not shovel, plow, or blow snow onto roads or sidewalks. If you have a snow removal contractor, make sure they are aware this practice is unsafe and not permitted.

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Please see Outdoor skating rink rules at Shelburne.ca

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Photo By Zachary Nelson

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CONTRIBUTED PHOTO

THIS WEEK MILAN VAKARCS FROM CENTRE DUFFERIN DISTRICT HIGH SCHOOL shares a little bit about his experience and how Beyond the Gate Restaurant is contributing to our community's future.

Co-op Corner: Good things cooking Beyond the Gate

This week Milan Vakarcs from Centre Dufferin District High School shares a little bit about his experience and how Beyond the Gate Restaurant is contributing to our community's future.

Beyond the Gate, operating under owner Chef Frederic Chartier, has been operating in Shelburne's community since 2017. Chartier immigrated from France and brought the flavours of his hometown with him. Chartier has worked in many different countries and restaurants including The Ritz-Carlton, Grand Cayman and Michelin starred restaurants, picking up different flavours and tasty experiences along the way.

This hidden gem of Shelburne offers a welcoming experience of French cuisine and is a great place for friends and family. Private functions can also be arranged with your very own executive chef.

For my co-op placement, I am a Chef's Assistant, working under the wing of Freddie and learning new skills and techniques every day. I have enhanced my knife skills and learned new cutting techniques. I have also learned new recipes and continue to practice them every day.

One of the tasks that I have had a chance to do is to cook for customers with

my own recipe and meal plans. I am really happy about this because I see it as a sort of test for where I'm standing in the culinary field. I've received training regarding safe food temperatures and how to keep food out of the temperature danger zone.

My co-op placement has taught me a variety of skills that I can use in other careers. Since my placement revolves around food and cooking, I can use what I have learned in other possible careers outside of a restaurant.

First, I'm involved in cooking meat and handling meat. Therefore, I know quite a bit about the different types of meat and how to cook them. This would be possible to build on in order to tie my knowledge into becoming a butcher.

Chef Freddie has been involved with the Shelburne community ever since opening Beyond the Gate. He has contributed and provided cooking classes to residents of Shelburne who are eager to learn about Freddie's experiences and cooking techniques.

He continues to provide catering services to businesses and private groups.

He has also taught a cooking course to the French Immersion class at Orangeville District Secondary School.

Dufferin County raises awareness about child care

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

The County of Dufferin's Early Years and Child Care division has launched a province-wide marketing campaign in partnership with all 47 of Ontario's Early Years and Child Care Service System managers.

Initiated by the County of Wellington, the campaign launched Jan. 16 to increase understanding of, and support for, Ontario's licensed child care sector.

"All 47 Child Care Service System managers across the province have come together alongside the County of Wellington to create a common toolkit to share in their local communities," said Lori-Jane Del Medico, program manager of Early Year and Child Care for the County of Dufferin.

"We hope the public will learn more

about the importance of high-quality licensed child care, engage with their local Child Care Service System manager, and advocate for ways to sustain the child care sector and acknowledge ECEs for the important work they do."

The goal of the campaign is to ensure a maintained stable early education system that is equitably available, accessible, and affordable.

The campaign focuses on topics including how quality child care supports the economy, it's importance to a child's development, and the role of early childhood educators (ECEs) in child care.

"The importance of high-quality licensed child care to economic growth, children's optimal development, and the success of women in the workforce has long been known among professionals, researchers, and analysts in the sector," said Del Medico.

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

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

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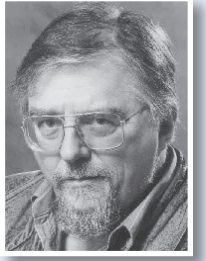
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Two Failed Populist Coups: Compare and Contrast

GWYNNE DYER
OUR WORLD TODAY



Pundits are making much of the similarities between the attempted coup in Washington by Trump supporters two years ago and the one by Bolsonaro supporters in Brasilia last Sunday, but they are missing the biggest one. These debacles were the most incompetent and half-hearted attempts to seize power illegally in the history of the world.

There are rules for how to do a successful coup. Seize control of the key media. Have your candidate for dictator declare his intentions early and clearly. Get the military, or at least part of the military, on your side. Make it look like you have already won, even if you haven't. Don't be afraid of a little exemplary killing.

Did our heroes follow those rules? Trump promised he'd join his thugs and cosplayers at the Capitol, but he let his Secret Service driver take him back to the White House instead. Not even Fox supported the seizure of the Capitol. The US military were not part of Trump's plans at all.

Bolsonaro wasn't even in Brazil. He was in Orlando, Florida when things kicked off in Brasilia. He too had failed to get the military's support. And while Trump's people did trap all

635 senators and representatives in the Capitol, the Brazilian Congress, Supreme Court and Presidential Palace were all empty. (It was Sunday, stupid.)

Above all, neither man had any plan for the end-game. Okay, you've seized the centre of official power, but what are you going to do next? Who are the top 200 people you need to arrest? Have you declared martial law yet? Are your own armed supporters out on the streets, wearing official-looking armbands giving them the right to 'keep order'?

Have you shut down all the hostile media by physically occupying their premises or just cutting their power? Will the many state governors who share your views take over their states the same way you are doing at the centre – and have you fired the ones who oppose you yet? Have you a serious plan at all?

Certainly not in Bolsonaro's case. He knew the take-over of the capital was planned for 8 January, but chose to be abroad to avoid arrest if it went wrong. The governor and police chief of the Federal District were lined up to keep the police off the backs of the rioters – but thousands of others were waiting for a sign from Bolsonaro that never came.

Bolsonaro is basically a coward who willed the end but did not dare the means. So is Trump, who sat transfixed before his television wishing the insurgents to 'win', but never really understood that a win of that sort would ultimately require major violence. Fantasists, the two of them.

But that's where the similarities end. The aftermath in Brazil has been brisk, verging on breathtaking. At least 1,500 of those who broke into the Congress, the Supreme Court and the Presidential Palace have been arrested, and most will face trial. The governor of the Federal District has been suspended and his police chief fired. Bolsonaro is self-exiled.

'Follow the money', which the Brazilian police have got very good at, will lead them back to the planners and funders of the events of 8 January, and there will be more arrests, trials and sentences.

A number of the foot-soldiers of the attack in Washington have been tried and convicted as well, but despite the passage of two years it remains to be seen if there will ever be charges laid against those who go to work in suits. And while Bolsonaro slinks off into exile, Trump prepares his comeback run for the presidency

What lessons can we draw from these events? We can certainly say that Brazil defends its democracy more vigorously than the United States, but can we also say that the crest of the populist wave has passed?

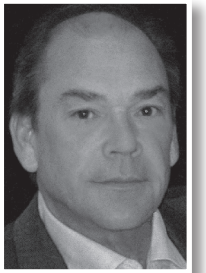
Probably not. Bolsonaro got 49% of the votes in the recent presidential election and could try for a comeback if he recovers his nerve. President 'Lula' da Silva faces a hostile Congress and will find scant resources for another round of boosting the poor out of poverty.

Trump probably can't win the presidency again after his behaviour during the Capitol events. However, a more presentable candidate like Florida governor Ron DeSantis, flying the same populist flag, could take back the presidency in 2024 unless Trump runs too and splits the Republican vote.

Modi is thriving in India, Orban is doing all right in Hungary despite the war next door, and in the United Kingdom Boris Johnson is allegedly planning a comeback coup against Prime Minister Rishi Sunak later this year.

Affordable housing

BRIAN LOCKHART
FROM THE SECOND ROW



There was a recent news story about tiny little homes that are modular in design and prefabricated so they are easy to build.

These homes could solve the current housing crisis, the story said. The homes were shown as if they were some kind of new invention that someone dreamed up for the 21 century, and they had several of them lined in up in a row to show how easy it would be to build a tiny little subdivision of tiny little homes so everyone would have a place to live.

The thing is, this is not a new idea at all. The Sears catalogue used to sell entire homes at one time – at least in the American version of the book. You could order an entire prefab house that they would deliver to your building lot.

Here's your north wall, south wall, east and west – put on the roof, and you've got a house. There was no word on how solid they would be during tornado season, so if your lot was in wide open flat country in Kansas, you might be wise to figure out how to anchor your new home to its current position. Tiny homes are nothing new. In the city where I grew up there was an entire section of town filled with what were called 'war-

time' houses. They were built to house people working in local factories manufacturing munitions vital to the war effort. They were practical and served the temporary need of housing people who were arriving to work in the factories.

They were nothing fancy, and only about 600 square feet. Most, if not all of them, are still there. Some have had additions put on over the years and other enhancements, to modernize them, but they are still the same tiny homes and many people live in them.

The current housing shortage has created the buzzwords, "affordable housing." Yes, every developer has to use that phase when describing plans for a new development. It's also apparently mandatory to use the term 'senior's' as in 'development plans include senior's apartments,' a 'seniors complex' or 'senior's living.'

"Yes, our new development will include 361 units including affordable housing, a senior's complex and a shopping mall." However, once the development gets approval, half of the amenities seem to be forgotten about.

The thing is, no one has ever explained what 'affordable housing' is. There are

a few bogus government explanations, but when you crunch their numbers, it is indeed bogus.

When the term 'affordable housing' is used, who are they referring to?

For some people a 10,000 square foot house is affordable. For others, a 2,000 square foot home would be considered affordable. A 1,200 square foot townhouse may be in another person's affordability scale. You can build an upscale subdivision of million-dollar homes and call it affordable housing if you sell all those homes to people who can afford to buy them.

It must be assumed they mean 'affordable' in terms of people who are on the low end of the income scale and can't afford to actually purchase and maintain a house. If that's the case, you're not going to find any developers willing to build a subdivision geared to selling homes to people who earn minimum wage.

Developers don't exist as a public service – they exist to make money. They don't want to build tiny little homes that won't make them much of a profit.

Tiny little homes have a purpose. They are fun in a cottage situation, or maybe

for a single person or a couple. However, if you want to expand your family, a tiny little home will quickly become a burden.

Some people will wag a finger and say, "well then you shouldn't have kids." That's a ridiculous argument. Having children is a normal part of society.

The housing situation has cooled over the past several months after a selling and buying frenzy that was out of control during the pandemic.

The thing about real estate is, there is no determinate price for a home. Your home is worth whatever someone is willing to pay for it. That's what drove the market up so rapidly in 2020 and 2021. People were willing to pay a lot more than a practical price for a house, just to get into the market.

Of course, they found out the downside when they are now paying a mortgage on a house that isn't worth what they borrowed to be able to claim ownership.

Tiny houses have a purpose and some people may like them, but it is not a practical solution to the housing shortage.

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Police caution riders of risks for Snowmobile Safety Week

The Ontario Provincial Police (OPP) and its Ontario Federation of Snowmobile Clubs (OFSC) partners are cautioning snowmobilers about the increased risks posed by a milder winter and reminding them of the common-sense approach needed to avoid a tragic outcome to their riding season.

The late onset of cold temperatures and lack of snow in many parts of Ontario have set a particularly dangerous stage for

snowmobilers, especially those who are considering riding on frozen waterways. Close to 40 per cent of OPP-investigated snowmobile fatalities have occurred on frozen lakes and rivers over the past 10 years.

Snowmobilers are therefore urged to avoid all frozen waterways at all times.

The majority of OFSC trails are currently unavailable and snowmobilers need to stay off all OFSC trails except those

that are open.

Check for trail status updates on the OFSC Interactive Trail Guide when planning your ride.

With speeding, driving too fast for the conditions and alcohol/drug-impairment the leading causes in snowmobile fatalities, snowmobilers are reminded that the conscious choice to include these (and other) risks in their ride - more so than the risks themselves - make snowmobil-

ers their own worst enemy when tragedy strikes.

With Snowmobile Safety Week kicking off across the province this weekend, make every ride a safe one so that you can enjoy the world-class snowmobiling Ontario has to offer and, more importantly, so that you can get home safely to your family.

Snowmobile Safety Week runs from January 14-22, 2023.

Dufferin County charities and non-profits eligible for grants

Written By Paula Brown
Local Journalism Initiative Reporter

Dufferin County non-for-profit organizations and charities can now apply for grants ranging from \$10,000 to \$100,000 to assist with their post-pandemic recovery.

The grants, known as the Community Service Recovery Fund (CSRF), are part of a one-time investment of \$400 million by the federal government that will help community service organizations to adapt, modernize, and be better equipped to support community needs.

"Since the early phases of the pandemic, community service organizations have grap-

pled with increased demand for their services, reduced revenues, and a greater need to make use of digital tools," said Michele Fisher, executive director of Dufferin Community Foundation.

"Many of them are struggling to recover and adapt their services to the changing needs."

The funding is designed to help charities, non-profits, and Indigenous governing bodies to strengthen their internal capacity in three areas: projects focused on recruitment, retention and engagement of staff, volunteers and board of directors; projects investing in their internal systems and processes; and projects focused on program and service

innovation and redesign.

"It's pretty exciting to be able to support community services in this way," said Shirley Boxem, team lead of the of the CSRF grants review team for Dufferin Community Foundation. "Throughout the pandemic, these organizations have stood up and served our community."

"We will be forever grateful to them. Now, through this fund, we can support projects that invest in their internal systems and processes, making them more resilient for the future."

Dufferin Community Foundation (DCF) will be working with United Way Guelph Wellington Dufferin and the Canadian Red

Cross to review applications and administer the grants within Dufferin County. Each of the organizations will oversee one of the three program areas - Investing in People, Investing in Systems and Processes, and Investing in Program and Service Innovation and Redesign.

DCF will have \$240,000 to support local projects that Invest in Systems and Processes.

Applications for funding can be submitted until Feb. 21 at 5 p.m.

To apply for the CSRF or to find out more information including how to apply, organizations can visit communityservicesrecovery-fund.ca.

Adopt a Charity winners named; Shelburne youth arts group selected

Written By Paula Brown
Local Journalism Initiative Reporter

Dufferin Media has selected the winners of their 2023 Adopt a Charity campaign.

The local digital marketing company announced on Jan. 9 that Streams Community Hub, a youth arts-centered charity located in Shelburne, had been selected as the recipient of the 2023 Adopt a Charity campaign.

"It's always an honour to be recognized within our community and as a charity every little bit of support we can get goes a long way," said Andrew James, co-founder of Streams Community Hub. "We hope to utilize this support by furthering our communications and sharing more impactful stories about who we are and what we do."

Since 2018, Dufferin Media has held its annual 'Adopt a Charity' campaign, which offers marketing services at no charge to a nominated charity. The campaign selects one local charity and one international charity to support.

Through the campaign, Dufferin Media will assist Streams Community Hub by increasing their online presence and exposure through social media marketing and management. Dufferin Media will provide three posts per week to three social media platforms, along with management and engagement for the 2023 year. The value of each monthly package is \$499.

"I am overjoyed to be able to once again help non-profit organizations increase the awareness of the good work, they are doing by giving our time and skillset from a marketing perspective to allow them to better communicate with their audience and reach their goals," said Sarah Clarke, founder of Dufferin Media.

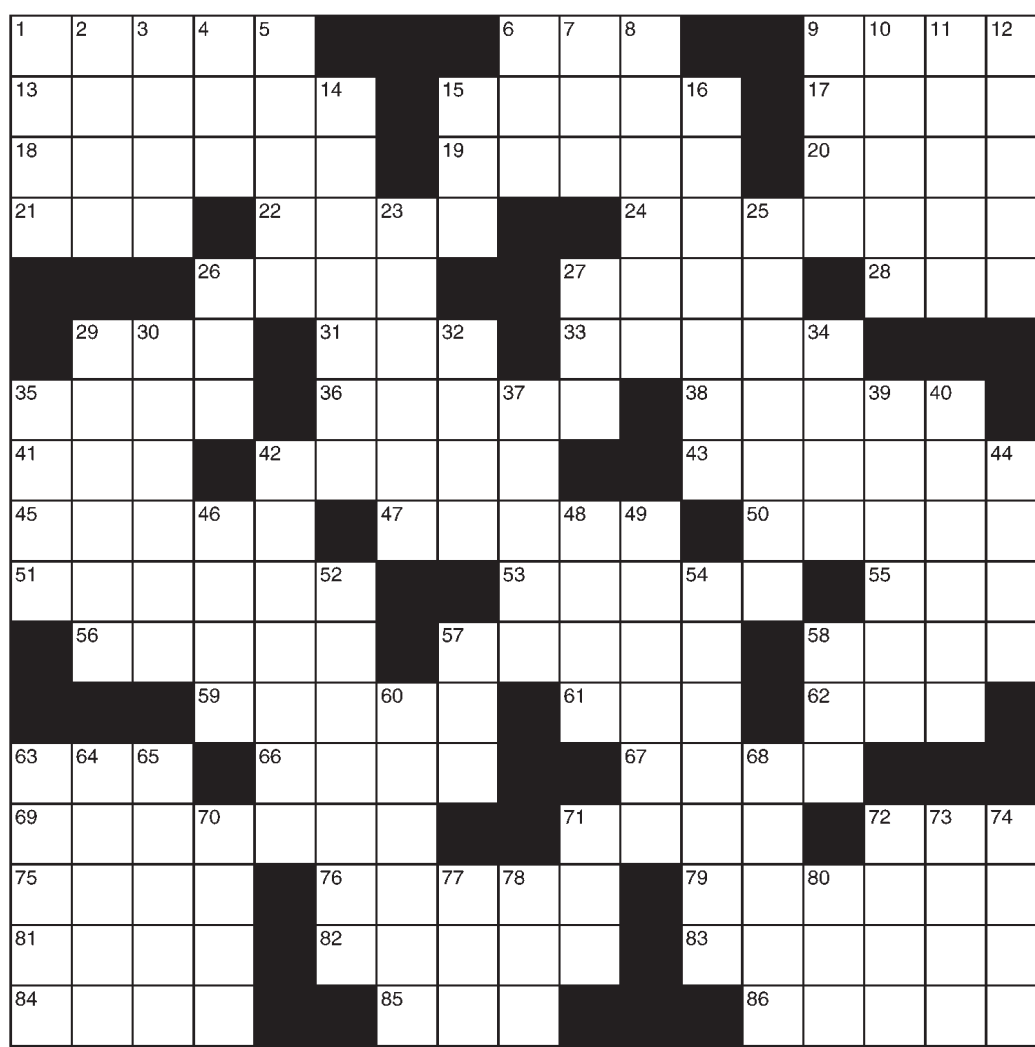
Founded in 2012, Dufferin Media is a team of online professionals that specialize in social media management, internet marketing, and public relations. Over the last decade, Dufferin Media has grown to service organizations both locally and internationally.

The international recipient of the 2023 Adopt A Charity is Allies, Inc located in Indianapolis, Indiana.

Previous recipients of the 'Adopt A Charity' campaign have included organizations such as Neighbourhood Information Post, All Paws Rescue, Million Dollar Smiles, and Dufferin Community Founda-

X CROSSWORD

PUZZLE 469



- 10. Zinc ____
- 11. Colorless gas
- 12. Correct
- 14. Annual data book
- 15. Battering ____
- 16. Argues
- 23. Not digital
- 25. Attribute
- 26. Mighty tool
- 27. Nautical rear
- 29. Make clear
- 30. Shabby
- 32. "That ____"
- 34. Hollow
- 35. Theory
- 37. Confusion
- 39. Ocean floor
- 40. Theater cry
- 42. Short operatic piece
- 44. Trumpeter Jones
- 46. Eggshell
- 48. Vaccines
- 49. Light bites
- 52. Embassy official
- 54. Scrub
- 57. Noah's vessel
- 58. Work on the garden
- 60. Regard
- 63. Skinny one
- 64. Australian animal
- 65. Embed
- 68. Slightest
- 70. Quaker word
- 71. Catch someone's ____
- 72. Zest
- 73. Easy pace
- 74. Worry
- 77. Be
- 78. Loud uproar
- 80. Rink material

ACROSS

- 1. Omens
- 6. LummoX
- 9. Carried
- 13. Exotic pet
- 15. Inflexible
- 17. Quiz
- 18. Tenant's residence
- 19. Without company
- 20. Camp helper
- 21. Sandra ____
- 22. Muslim leader
- 24. Desert
- 26. Strategy
- 27. Lamenting cry
- 28. "Howards ____"
- 29. Before, to Shelley
- 31. Remind constantly
- 33. Command to Fido
- 35. Actor Dixon
- 36. Tilting

DOWN

- 38. Serrated
- 41. Archeological site
- 42. Oak's nut
- 43. Without sound
- 45. Key in, as data
- 47. Drinking vessel
- 50. Tanning locale
- 51. Locust shrub
- 53. Picket ____
- 55. Large snake
- 56. Heron
- 57. Of the ears
- 58. Bovine gathering
- 59. Absolute
- 61. Tennis point
- 62. Verse type
- 63. Go down the slope
- 66. Job
- 67. Hardy cabbage-like plant
- 69. Touch
- 71. Medieval slave

DOWN

- 72. Santa's worker
- 75. Poison-ivy result
- 76. Dizzy
- 79. Mariner
- 81. On the sheltered shore
- 82. Uncanny
- 83. Break free
- 84. Airport exit
- 85. Bachelors
- 86. Belief
- 1. Sparrow, e.g.
- 2. Molding curve
- 3. Kind of buggy
- 4. Stop for lunch
- 5. Shell dweller
- 6. Canola or motor
- 7. Gettysburg Address word
- 8. Conclusion
- 9. Lima or string

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SUBMITTED PHOTO

EXECUTIVE ADDITIONS: The Shelburne Cricket Club has added two new members to its executive for the 2023 season. Anang Ramavat has joined as the new senior operations manager, and Naazi Samir is the new events coordinator. They will join Maira Quraishi, Ahsen Siddiqui, and Creg Parker, as members of the club executive.

Shelburne Cricket Club expanding for 2023

Written By Brian Lockhart

According to Shelburne historian John Rose, a Shelburne Cricket Club was established way back in 1893, but over the years the club faded away.

The revival of cricket in the area got underway in 2019 when the current Shelburne Cricket Club was created and played its inaugural season in 2021.

The past two seasons have been very successful. In 2023, the Club is planning to secure another success which will take the Club to the next level.

The Club is expanding from three house league teams to four this year. With the success of the women's exhibitions game last season, the Club is also holding a best-of-five women's T15 this year.

In addition, the Club will be hosting its first-ever Premier cricket tournament called the Dufferin County Cup. Teams from different counties will register to play in the premier tournament. This will attract play-

ers from different regions and will promote cricket and tourism in Dufferin County, especially Shelburne.

To top it off, the SCC will host a competitive soccer tri-series tournament as well as several fund-raising events.

The Shelburne Cricket Club held its AGM on Saturday, January 7, chaired by president Ahsen Siddiqui.

The Club executive announced that Club management has expanded to include two more positions.

Anang Ramavat is the new senior operations manager, and Naazia Samir is the new events coordinator.

The Club has now opened its 2023 outdoor cricket season player registration for both the men's and women's leagues. The season will start in May 2023, and run through to October 2023.

For more details on the Club and how to register, please visit the Club's website at www.shelburnecricketclub.com.

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ATHLETE OF THE WEEK

ZACK GEE

Playing hockey since he was Mite, Shelburne Wolves U13 rep defenceman brings a lot skill to his team.

"I like hanging out with my teammates and I like to skate and I like the speed of hockey," Zack said of why he likes the sport. "I like passing – you need your teammates with you on the ice."

When he's not on the ice, Zack plays lacrosse with the Shelburne Vets.

Zack said he plans to continue playing the sport right up to when he's in the 'beer leagues.'

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Muskies host successful Fight Cancer Hockey Night

Written By Brian Lockhart

The Shelburne Senior Muskies hosted their fifth annual Fight Cancer Night during their home game against the Saugeen Shores Winterhawks at the Centre Dufferin Recreation Complex on Saturday, Jan. 7.

The event featured raffles and a booster club upstairs in the arena.

Muskies wore special jerseys for the night with the name of a loved one on the back who has had or is recovering from cancer.

The event was well attended with several hundred people in the stands for the game.

"Tonight is our fifth annual Fight Cancer Night," explained Muskies president Kerry Young. "Our goal is to raise as much money as possible for the Headwaters Cancer Centre in Orangeville."

"Over the first four years, we raised \$15,000, so we're hoping to add a lot to that tonight. We originally did this because Susan Hogan, our treasurer at the time, was diagnosed with cancer and we wanted to do something to support her. We kept doing it because as we continued, there were multiple people within our Muskie family [who] were affected by cancer. The prizes tonight from the raffle table are all donated by the community and sponsors, and players and families. One hundred per cent of the proceeds goes to Headwaters Cancer Care Centre."

Susan Hogan's son, Tyler, was a player with the Muskies and is now the head coach.

"Each player has a jersey that is dedicated to somebody they know that is living with or passed from cancer, or survived cancer," Kerry explained.

Hospitals in Ontario rely on private donations to raise funds for equipment.

"If we need equipment to provide chemotherapy, if we need equipment to do cancer surgery, or an MRI or CT scan to diagnose cancer, that's all 100 per cent community donations," explained Headwaters Health Care Foundation CEO, K.C. Carruthers. "It is individuals and groups in the community donating to the Foundation to purchase that equipment. Many people think that health care is publicly funded. They don't realize that the equipment is not funded. We have a cancer program at the hospital where we provide chemotherapy, cancer surgery, diagnostics, and follow-up clinics for patients with cancer. We have over 1,000 patients each year who have cancer, coming to Headwaters. If you're in this region and someone in your family has cancer, you want the best possible care."

The Muskies Fight Cancer Night was a success as the community rallied behind the event as well as the Muskies during their game against the Winterhawks.

Muskies blanked in home game

Written By Brian Lockhart

The Shelburne Senior Muskies were stopped by some good goaltending in their Saturday (Jan. 7) night game against the Saugeen Shores Winterhawks.

The Muskies failed to score during the game while giving up six goals to the visitors, to take a 6-0 loss for the night.

It was the largest crowd in attendance this year as the night was also the Muskies' annual Fight Cancer Night fundraiser. The club had a variety of activities at the arena for the home game and they were raising funds for the Cancer Care program at Headwaters Health Care Centre in Orangeville.

The Seaforth Centenaires are in first place in the WOAA Senior Hockey League with 14 wins and 30 points so far for the season.

The Minto 81's are in the number two spot with 25 points and a 12-3 record including one overtime loss.

In third place, the Ripley Wolves are riding on a 10-5 record. They picked up a couple of single points on overtime losses.

The Creemore Coyotes are in fourth place, just one point Ripley with 21 recorded for the season.

The Durham Thundercats, Saugeen Shores Winterhawks, and Tavistock Royals are in the middle of the pack, each with 19 points. Close behind, the Petrolia Squires have 18 points – good for eighth place.

Police join forces to confront violence

Written By **Brian Lockhart**

It has been a devastating few months for police in Ontario and across the country.

Last October, South Simcoe police constables Devon Northrup and Morgan Russell were gunned down in an ambush after responding to a call in Innisfil.

On Dec. 27, 2022, OPP officer, Grzegorz 'Greg' Pierzchala, a rookie who had just passed his ten-month probationary period, was ambushed when he responded to a call about a vehicle in a ditch.

Constable Andrew Hong of the Toronto Police Service was killed last September while at a local coffee shop.

In British Columbia, RCMP Constable, Shaelyn Yang, was stabbed to death by a man living in a local park in mid-October of last year.

They were senseless murders that took the lives of four people who were dedicated to protecting and serving the community.

Four of Canada's largest police asso-

ciations representing more than 60,000 sworn and civilian police personnel have announced they have joined forces to confront the growing wave of violence against police and the communities they serve.

"As four of Canada's largest police associations representing more than 60,000 members, we are saying today what we are sure most Canadians are feeling: Enough is enough," the Associations said in a joint statement. "We cannot allow the deaths of five [of] our members to go unchallenged. Instead, we can and must honour their sacrifice by identifying the issues that led to this unacceptable wave of violence. Together, over the next days, weeks, and months we will review the judicial and public safety frameworks, commit to further research to fully understand the best remedies, identify what isn't working, and call for change to ensure that this does not continue. Everything will be on the table - from bail to sentencing, to enhancing Crime Stoppers, to a growing and chronic shortage of police officers. At the same

time, we will be reaching out to our memberships, to our communities, and indeed to all Canadians to help us ensure our recommendations are followed by action at all levels of government and society."

The associations hope to put pressure on not only the judicial system but the police chiefs in the province as well.

"Collectively, when you have 60,000 police officers nationally, it puts a little bit of pressure (on other agencies,)" said John Cerasuolo, president of the Ontario Provincial Police Association. "We're bringing this forward because our membership is speaking out about it. It's not just the police associations, we want to work collaboratively with the Chiefs of Police, both the Ontario Association of Chiefs of Police as well as the Canadian Association of Chiefs of Police. They're the employer - we are the Associations representing the members coming forward and saying there's an issue."

Cerasuolo added, "You're hearing from various people that the system is broken

and it's not working. I think it needs to be enhanced so that people that are committing serious offences are being dealt with properly when it comes to being released on bail conditions and things like that. We're talking about violent assaults or even violence with firearms. You have to put it in perspective - the seriousness of the crime, and when given the conditions, is he going to re-offend? We do have compliance checks now when people are out on bail conditions, but maybe we need to put more resources towards that to ensure we are checking on the people that are out on conditions and making sure they are abiding by those conditions. Even monitoring devices would be very helpful. You know if someone is on house arrest, and they aren't at their house, the ankle bracelet would show that."

The four police associations include the Canadian Police Association, the Police Association of Ontario, the Ontario Provincial Police Association, and the Toronto Police Association.

Dufferin County seeks input for Official Plan

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

Dufferin County is inviting local residents and stakeholders to take part in a public information session on the Municipal Comprehensive Review (MCR).

The county will be hosting two events on Jan. 21, a virtual session from 1:30 p.m. to 3 p.m. via Zoom, and an in-person session from noon to 1 p.m. at 55 Zina Street in Orangeville.

"Dufferin County is expected to grow significantly by 2051 and, to address this projected population increase, we are working on our Municipal Comprehensive Review,"

said Wade Mills, warden of Dufferin County. "Residents and stakeholder feedback will play a crucial role in helping us develop an Official Plan that addresses the needs of our community.

"We encourage everyone to attend these events to learn more about this important project and have their say."

The MCR consists of a series of studies that will influence Dufferin's Official Plan and shape the growth within the community for the next 30 years. Dufferin County is expected to grow to a population exceeding 100,000 and 40,000 jobs by 2051.

Dufferin County is entering the second

phase of its MCR, which will focus on expanding the settlement boundaries of Grand Valley and Shelburne, expanding the amount of protected farmland by designating it prime agricultural lands, and expanding where natural features and protected lands are located in the county.

"Dufferin County's Municipal Comprehensive Review will establish the goals, objectives, and land use policies to ensure the future needs of our community are met," said Cody Joudry, director of development and tourism for Dufferin County.

"Community members are encouraged to attend the Open House and Public Infor-

mation Centre on Jan. 21 to learn more about Dufferin County's Official Plan and share their feedback."

Attendees of the virtual and in-person information sessions will also learn more about the county's transportation goals, objectives, existing travel conditions and community characteristics, and can provide input on transportation infrastructure.

The information will support the county's plans for changes and expansions to implement in its Master Transportation Plan.

Pre-registration for both events is required. To register, contact dmawaha@dufferin-county.ca by 1 p.m. on Jan. 20.

County seeking members for advisory committees

Dufferin County is looking for members of the community to join advisory committees for the next term.

The three advisory committees seeking public members include the Diversity, Equity and Inclusion Community Advisory Committee, Dufferin County Forest Advisory Team and Access Dufferin Accessibility Committee.

The Committee term will be for four years or the length of the 2022 to 2026 term of Dufferin County Council. Members of the committees will receive \$100 per regular meeting.

Applicants must be 18 years of age or older and a resident, business owner or stakeholder in Dufferin County. Applicants cannot be employed by Dufferin County.

"Committee members should understand the qualifications listed in the Committee Terms of Reference and overall community issues and be able to build meaningful relationships and connections within the Dufferin County community," the notice explained.

Those interested in applying for an advisory committee position can do so by completing

the online application or requesting a paper application by emailing info@dufferincounty.ca. Paper applications can be submitted by email to info@dufferincounty.ca or dropped off/mailed to the Edelbrock Centre, located at 30 Centre Street in Orangeville.

The application deadline is Jan. 20 at 4:30 p.m.

Every day, police and victim services respond to traumatic events – many involving seniors and their families such as fire, motor vehicle collisions, serious accidents at work or home, physical and sexual violence, life-threatening illness and sudden death both accidental and violent.

Traumatic loss can look different for seniors. A traumatic event can cause unplanned life changes. Living arrangements may need to change and independence may be lost. The person who supported and cared for them may be gone and they may become more isolated and depressed. There is a risk for PTSD and even thoughts of self-harm may rise. All of the changes can sometimes lead to a decline in mental, physical or emotional functioning if the right type of support is not in place.

Caledon\Dufferin Victim Services can help. We have trained staff and crisis responders that can provide enhanced support to seniors and their families connecting them safely to community partners that can address their unique needs.

We can help family members to better identify the signs and symptoms of trauma, what to expect and when and where to go for help.

No senior deserves to be a victim. Everyone deserves a life free from violence and abuse.

CDVS provides 24/7 assistance available in times of crisis and trauma. If you are an older adult or know an older adult that needs help, please call.



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Full details for all these positions including employment period, wage ranges, duties, responsibilities, qualifications and submission deadline are available on the Careers page on the Town of Shelburne website at www.shelburne.ca

Eligible candidates are invited to submit their applications including cover letter and resume to Emily Francis, Recreation Program Coordinator, Centre Dufferin Recreation Complex, 200 Fiddle Park Lane, Shelburne, ON L9V 3C9 Email: cdrc@shelburne.ca

Please note position applying for on cover page.

We thank all the applicants who apply and advise that acknowledgement will only be forwarded to those applicants who are invited for an interview

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OBITUARIES

RIDDELL, WAYNE ARCHIE

It is with great sadness we announce the passing of Wayne on January 8th peacefully at home.

Wayne will be deeply missed by his brothers; Murray and Danny. Sisters Gloria Wood and Linda (Bruce) Irvine. Uncle to Krissy and Shawn Wood and Jeremy (Kelly) Irvine and Jen (Kevin) Niklasch. Wayne was a great uncle to many nieces and a nephew. Wayne will also be missed by his wonderful friend Heather Sheena. Wayne will also be missed by the many people in his building and people from Mochaberry. Predeceased by his father Gerald (1978) and his mom Ann (2005). Growing up Wayne spent years playing, hockey, lacrosse and baseball.

As a young man Wayne went to Alberta. There he worked on the railway, oil rigs and graduated from the Western School of Auctioneering. He returned to Ontario a few years later.

Wayne was a kind, generous person and always had a joke to tell you. Wayne never forgot a birthday.

In lieu of flowers, we request donations be made to Canadian Cancer Society.

A celebration of life will be held at a later date. Online condolences may be made at www.imfunerals.com

In Memoriam Funeral Services Inc. has been given the honour to serve the Riddell Family



LITTLE, THOMAS STANLEY

Passed away peacefully with family by his side at Matthews House Hospice on Saturday, January 14, 2023 at the age of 63. Devoted son of the late Leslie and Marion. Loving brother of Robert and Darlene (Bruce) Clark. Dear uncle of Tanya (Chris) Rentsch, Mitch (Drew) Clark and Amanda Clark. Great-uncle of Max, Simon, Clara, Liv and Harper. He will be missed by his aunts Ruby Elver and Helen (Frank) Denton and his many cousins.

Arrangements entrusted to Jack & Thompson Funeral Home. A private family service will take place and there will be a Celebration of Tom's Life at the Royal Canadian Legion (Museum Room), 203 William Street, Shelburne on Sunday, January 22, 2023 from 1-4 p.m. Spring interment at the Shelburne Cemetery. If desired, donations to the Shelburne Curling Club, Canadian Cancer Society or Matthews House Hospice would be appreciated as expressions of sympathy.

Online condolences may be placed at
 www.jackandthompsonfuneralhome.com

MARGUERITE WINTERS

It is with great sadness we announce the peaceful passing of Marguerite at Cama Woodlands Long Term Care Centre in her 91st year. Beloved wife of Mitchell for 72 years. Loving mother of Colleen (Henry) Piotrowski, Wilma (Kevin) Greenhalgh and Anna Wintermute. Devoted grandmother of Justin Mitchell Greenhalgh (Chelsea), Jason Samuel Greenhalgh and Ryan Joshua Wintermute. Proud great grandmother, of twins Nathan Mitchell and Brayden Conner.



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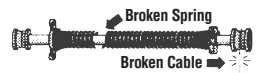
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