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PAULA BROWN PHOTO

**FUNDRAISING FOR NEW WHEELS:** Shepherd's Cupboard Food Bank and the Rotary Club of Shelburne celebrated the launch of their new sponsorship campaign on Monday (July 8) at Trillium Ford in Shelburne. The goal of the campaign is the help raise \$100,000 in donations to purchase a van for the food bank to pick up and drop off deliveries. Turn to page 7 to read a full story.

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## Young Entrepreneur Business Fair held at Mel Lloyd Centre, setting youth up for success

Written By Paula Brown

Young local business owners had the opportunity to share their small businesses with the community at a youth business fair this past weekend.

The Young Entrepreneur Business Fair was held on Saturday (July 6) from 4:30 p.m. to 6 p.m. at the Mel Lloyd Centre. The event was part of a program hosted by local literacy advocate and business owner, Suzette Daley.

"It's really rewarding and encouraging to see that their passion is now becoming their purpose," said Daley. "It honestly makes me wish, as an entrepreneur myself, that I had the opportunity to go back and learn all of the information and skills that they've learned. It's incredible and priceless information that they will take into not only their businesses, but also their life and careers."

The business fair featured six small businesses created and operated by local youth that ranged in sectors including education, baking, beauty and jewelry.

Yahya Mohamed is a 17-year-old high

school graduate who finished his secondary schooling with honours in English and academic excellence. He created the tutoring business, EnlightenED English Tutoring

"I love English and have a huge passion for it. I decided to take that passion and help kids from Grade 1 to 9 with their English comprehension, writing skills and literacy skills," explained Mohamed.

Maria Cayo Cuenca is the owner of Mini Storyteller, a tutoring business that looks to help kids from Kindergarten to Grade 4 who are learning English as a second language with their reading and writing skills.

"I grew up not really learning English and I had to learn it on the way. I wanted to help other kids that don't know English from the start," said Cuenca, whose first language is Spanish.

Cairo Daley, Suzette's daughter, is looking to help teach a variety of subjects including piano, French and mathematics with her tutoring business, Turning Pages Tutoring.

"I started out watching my mom with her tutoring and I saw how many people she was helping, so I decided I should try and do the same thing. I decided to focus on

things that I enjoy, so maybe I could give that to other people and they can enjoy it as well," said Daley.

Sixteen-year-old Tinasia Williams-Burke found her passion for baking cheesecake while taking a high school home economics class. While starting out by making strawberry cheesecake, her business Velvet Temptations has grown to include caramel and Oreo flavours.

"When I made it at home my family loved it and I had to keep making more batches," said Williams-Burke. "I wanted some way for me to expand and show everyone how good these cheesecakes are."

Nia Paisley had been making her own lip glosses for months before she decided to take the idea and create her own business, Nia Paisley's Lip Gloss Collection. Since starting her business, she has launched three collections – Summer, Shimmer and Shine, and Actually Nude.

"Making lip gloss is something I'm comfortable with and find more fun than hard so I just really enjoy it," said Paisley.

Continued on Page 3

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Continued from FRONT

## Passion becoming a purpose for local youth at business fair

Middaugh is an 11-year-old clay jewelry maker, who creates different bracelets, phone charms, keychains, and earrings. She initially started making bracelets for fun after getting a clay jewelry kit but decided to create her business when her friends began to ask her about the jewelry she was making and wearing.

"Make sure it's something that you actually enjoy doing and something that other people would like to buy," said Middaugh, about the best advice she learned in the program.

The youth entrepreneur program, hosted by Suzette Daley, started in March and ran for four months.

Over the four months, the participants had access to a variety of videos, which taught them about the various parts of owning a small business including: selling themselves as a business, exploring their passions, connecting with other business owners, marketing, financial literacy, and resources available to small businesses.

Daley was inspired to develop the youth

entrepreneur program after learning about the story of Lucie and Thornton Blackburn – two freedom seekers who escaped enslavement in Kentucky and later founded Toronto's first taxi company, "The City."

"After reading their story, it ignited my passion even further for giving back in the community, but also teaching young people about entrepreneurship," said Daley.

Speaking with the Free Press, Daley touched on the importance of providing young business owners a space to share their skills and products.

"Their businesses will become our future businesses, and they come with new, fresh ideas and perspectives. It really allows them to shine a light on what's important to them and the direction they might potentially take their future career," she said.

Daley said she is planning to host the youth entrepreneur program again in the future. Those interested in signing up for the future program are encouraged to reach out the Daley by email at [mini2intel@gmail.com](mailto:mini2intel@gmail.com).



PAULA BROWN PHOTO

**BOOMING BUSINESS:** Local youth entrepreneurs had the opportunity to share their new and growing small businesses with the community at a business fair held on Saturday (July 6) at the Mel Lloyd Centre as part of the youth entrepreneur program hosted by Suzette Daley.

## Centre Dufferin rugby team congratulated for silver medal at OFSSA

Written By Paula Brown

The Centre Dufferin District High School (CDDHS) girl's rugby team has received recognition from the Town of Shelburne for their silver medal finish at the Ontario Federation of School Athletic Association (OFSSA) tournament.

Shelburne Town Council presented the girls team with certificates ahead of their meeting on Monday (July 8) at Town Hall in commemoration of their achievement.

"It's great that we're getting the recognition," said CDDHS Royals rugby player Mya Rickerby. "We've put in a lot of work to get this far and it's great to be acknowledged by the town."

The Girl's Rugby program at Centre Dufferin District High School is in its third year, and for the last two years the team has returned from OFSSA as bronze medalists.

With many players returning for the 2024 season, the team of 48 girls set forward with one goal – make it to the OFSSA finals.

The team started the season off strong with a win over St. James Catholic High School from Guelph during their home opener game on April 24. The CDDHS girl's rugby team carried the momentum throughout the rest of the regular season, remaining undefeated until their district finals, where they took a loss against John F. Ross Collegiate.

The girl's rugby team went on to bring home a Central Western Ontario Secondary Schools Association (CWOSSA) championship after winning 29-0 over Holy Trinity Catholic High School in the final game.

The win marked the third consecutive year that CDDHS has won CWOSSA.

The CDDHS girl's rugby team closed out the season by competing against teams from across the province at the OFSSA championship held in Courtice, Ont. from June 3 to June 5. The team beat out Napanee District Secondary School in the semi-finals and concluded the tournament with a silver medal after losing to Holy Cross Catholic Secondary School, who have been OFSSA medalists since 2006, in the finals.

"From the beginning of the season they've put in the work, committing to morning and afternoon practices, and it's amazing the Town of Shelburne is taking the time to recognize them," said Coach Adrian Brown. "When we got through the semi-final game and we won, that was a huge moment for us and the program. The final game came down



PAULA BROWN PHOTO

**RUGBY RECOGNITION:** Centre Dufferin District High School (CDDHS) girl's rugby team was recognized by the Town of Shelburne on Monday (July 8) for their achievement on finishing second at OFSSA.

to one play and while we didn't win, the outcome didn't really matter because the effort was there and you can't ask for anything more."

While going undefeated throughout the regular season and reaching the provincial finals are significant milestones, what is also admirable about the CDDHS girl's rugby team is their tenacity to finance their OFSSA trip.

Ahead of the provincial championships, the team came together to help raise the funds needed to attend OFSSA. The team hosted bottle drives, sold tickets for raffles and reached out to local clubs for sponsorships. In the end, the team was able to raise a total of \$23,000.

"It was a great accomplishment for the team. You've got a group of young girls who went off and competed at the provincial level and earned a silver medal," said Shelburne Mayor Wade Mills. "While they were competing, I hope they felt the support of the community behind them because it certainly was. It was important to bring them out and show them how proud we are as a community for what they were able to accomplish together as a team."



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# Shaken, not stirred

"I'll have a martini, shaken, not stirred." Yes, that's the famous line from Bond, James Bond. Although I'm pretty sure even Bond couldn't tell the difference in how his drink was created.

I'm not a martini guy, at all. If I'm going to imbibe liquor, which isn't very often, I prefer the corn mash variety – Jack Daniels, mixed with Coke. Somehow those two beverages seem to create, at least for me, the perfect drink.

I also like the All Canadian Caesar cocktail, with its snazzy red appearance and liberal sprinkling of celery salt on the rim of the glass.

Although the 'secret ingredient' – clam juice, is sort of questionable. Exactly what is 'clam juice?'

Employees of the LCBO in Ontario have gone on strike – their first strike in Ontario history, apparently.

LCBO representatives say the strike is not about money. Of course it isn't. Whoever heard of any kind of public union going on strike for higher wages? It's always some kind of 'principle' involved.

That sounds nice. I guess as long as the principle is met, they won't need any raises.

Is that the way it works?  
According to reports, the strike's stick-

point is the sale of pre-mixed drinks at corner stores and grocery stores.

Why would you buy a pre-mixed cocktail in a can, in the first place? A cocktail is something that should be mixed and enjoyed – not swigged from an aluminum can which is then tossed out of your vehicle into a ditch on a rural concession.

In the bigger picture, why is there an LCBO to begin with? Why is there a government monopoly on a legal product?

The LCBO was born out of the prohibition days when it was established in Ontario in 1927 after the end of prohibition.

Other provinces have their own version of the LCBO.

The government finally figured out that people liked to drink, and the temperance movement was a failure.

With the return of legal alcohol in the province, the government decided the public couldn't be trusted when it came to drinking. So they established a Crown Corporation to make sure the public couldn't enjoy a drink without paying through the nose for it.

They decided that liquor was not something that was a 'need,' so they taxed the living daylight out of it.

You also don't 'need' paintings on your

walls, curtains on your windows, an electric can opener, or an air freshener in your car.

They aren't needs, they are wants, but those items aren't sold and taxed at ridiculous levels.

Between the years 1927 and 1962, people in Ontario had to acquire an Individual Liquor Permit, good for a year, to be able to buy liquor.

Given the LCBO's history, no doubt people who obtained a permit were looked down upon as shameful alcoholics or something similar.

Can you imagine needing a permit to buy a bottle of wine?

The LCBO gouges the public every time it opens its doors. No other product is allowed to be sold as a monopolized item, and price fixing between rival companies is not allowed.

A check with the LCBO website reveals, regarding their pricing: "Our suppliers set their own pricing (subject to minimum retail prices) and have the option to adjust their retail pricing up or down through the year in response to currency fluctuations."

Note, it says 'subject to minimum retail prices.' Who sets the minimum? It's certainly not the wineries and distilleries or

their products would be a lot less expensive and competitively priced.

The complaint by LCBO representatives is that the Ontario government is 'allowing public profits from the LCBO to be given to other, private interests.'

Well, yeah! Distilleries and wineries aren't in business as a public service. They operate to make money – just like every other business in the province. How about the profits go to the private companies that produce the product?

The last I checked, neither the province nor the LCBO is in the business of producing any kind of alcohol product, yet they want the profits from someone else's hard work.

I like the LCBO. You go in, you find what you want, and you buy it.

The staff are generally knowledgeable and helpful, and they have a large selection of products.

However, this is the 21st century and times are changing.

If the LCBO wants to stay viable, it needs to keep up with the times and stop trying to be the monopoly that controls alcohol in the province.

BRIAN LOCKHART FROM THE SECOND ROW



# Iran's rapidly eroding theocracy

"I have heard that people's zeal and interest is higher than in the first round [of Iran's presidential election]," Supreme Leader Ayatollah Ali Khamenei told Iranian TV just before the second round of voting on Sunday. "It is wrong to assume those who abstained in the first round are opposed to Islamic rule."

Khamenei is about as old now as Joe Biden would be at the end of a second term (85), so it's understandable that he might misspeak from time to time, but that was a doozy. Five million extra people voted in the second round of the Iranian election, and they voted for Masoud Pezeshkian, the guy who opposes Islamic rule.

Well, not exactly opposes it. Actually calling for an end to 'Islamic rule' – that is, total control of the country by a self-chosen group of Islamic scholars – will get you a long time in prison or even a death sentence, so people tend not to do that.

Instead, they vote for people like Masoud Pezeshkian. He's a 'reformer' who pledges loyalty to the theocratic system but manages to signal to the voters that he would ease up on the dictatorial aspects of the system if elected.

Iranians have been playing this game of politics-by-signal-flags ever since the revolution 45 years ago, and they have got quite good at it.

It's normal for half the voters or more to boycott elections, because the Supreme Leader always vets the list of candidates and often only extreme supporters of the theocracy make it through. But once in a while some moderate reformer gets onto the list of candidates, and then the 'democrats' (let's call them that) face a choice.

They can boycott the elections as usual, to show their disdain for the deliberately crippled political system, or they can vote for some 'reformer' who is inevitably no more than the best of a poor lot. A radical reformer would never make it past the Supreme Leader's veto.

That's what happened this time, perhaps because the managers of the system didn't have time to rig the system it as usual. (This presidential election was being held to replace Ebrahim Raisi, a harshly repressive president who died with his entire entourage in a helicopter crash in May.)

Only one of the four candidates, Masoud Pezeshkian, could be described as a 'reformer', and a lot of unimpressed

democrats abstained as usual. Nobody got more than 50% of the votes, so the two leading candidates went through to a run-off round – but Pezeshkian, to most people's surprise, was in the lead.

He was still doomed to lose in the second round unless a lot more voters showed up, because his surviving opponent in the second round, hard-line conservative Saeed Jalili, would inherit most of the pro-regime votes from the ones who dropped out. But five million extra voters decided Pezeshkian had a chance, showed up at the polls, and carried him to victory.

What does all this mean? In a 45-year-old system in which the Supreme Leader always has the last word, can it really make a difference?

What makes Iran so hard to read is that it is an oligarchy, based not on wealth but on religious knowledge, which at the point of delivery turns into a kind of democracy. The candidates are vetted for religious orthodoxy, the media do what they are told to – but nobody knows who is going to win the elections. This may be the regime's saving grace.

Assuming Pezeshkian is allowed to take office, it might even extend the the-

ocracy's survival for another term or two. The president-elect has pledged his loyalty to the Supreme Leader, of course, but he wants changes in Iran's politics and its economy.

He calls for "constructive relations" with the West. He wants to revive the no-nukes deal with the United States (which Donald Trump cancelled in 2018) in order to end the crippling sanctions and salvage the Iranian economy. He opposes the use of force to make women cover their hair. He promises to try to ease internet censorship by the state.

Nothing too radical, then. Just more evidence that the majority of Iranians dislike the existing system. No indication of when that dislike will again erupt into outright defiance (although it does so fairly regularly), or of when that defiance might finally succeed.

But if you can plausibly say that 'this cannot go on forever', you are also saying 'some day this will come to an end'. This cannot go on forever, and it is probably a great deal closer to its end than its beginning.

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# Shelburne Long Term Care celebrates 101st birthday of resident

Written By Paula Brown

Shelburne Long Term Care Home has marked a milestone birthday for another one of its residents.

Family, friends and neighbours gathered at Shelburne Long Term Care Home on Tuesday (July 9) to celebrate the 101st birthday of one of their residents, Eileen Hanna.

"I can't believe it, it's a bit of a mystery," said Eileen about celebrating the milestone birthday. "Everyone has been so nice and lovely."

Born on July 9, 1923 in the city of Lisburn in Northern Ireland, Eileen was the second oldest of eight children and the eldest daughter in the Hanna family. Her family, she recalls, were not rich but they were the loveliest of people.

In 1938, at the age of 15, Eileen left school and began working in a factory where she worked on clothing for soldiers in the Second World War.

"I remember going to work while the war was on, doing up the men's shirts, sewing on buttons and sewing the colours on," she said.

It was after the war when she met her

would-be husband of 44 years – Norman. In 1950, Norman sent a letter to her asking her to move to Canada and marry him. Like many women during the post-war era, Eileen replied with a "yes" and five short days later she and Norman married.

Eileen and Norman went on to settle down in Toronto and have two daughters, Norma McLean and Pat Hanna. The couple lived in the Toronto area for the entirety of their 44-year marriage, until Norman's passing in 1994.

Among the family members celebrating Eileen's 101 birthday party was her daughter, Pat and great grandson, Oliver.

"I'm just amazed. She doesn't look 101 to me and she doesn't act that way, but I guess it's true," said Hanna's daughter, Pat. "It's remarkable, it really is. It is only a number right and Mom has been very lucky and happy with her health."

When asked if she had any advice for Shelburne Free Press readers on reaching the age of 101, Hanna said, "A lot of people have asked me that question and I always say, being a good person. Being a good, kind person to everybody is very important and always keep laughing if you can."



PAULA BROWN PHOTO

MILESTONE: Eileen Hanna celebrated her 101st birthday on July 9, surrounded by her family, at the Shelburne Long Term Care Home, where she is a resident.

# Former NHL pros to face off in annual Hockey Night in Dufferin Caledon fundraiser

Written By Sam Odrowski

Pro hockey players will be lacing up their skates for the third annual Hockey Night in Dufferin-Caledon.

Former NHL players Doug Gilmour, Darcy Tucker, Aaron Downey and Mike Krushelnyski are among the pro athletes who will face off at the Teen Ranch Ice Corral on Aug. 14.

The charitable hockey game helps raise funds for Headwaters Health Care Centre (HHCC) in Orangeville and raised \$115,000 last year. This year, organizers of the event are hoping to raise \$200,000 for the local hospital.

Hockey Night in Dufferin-Caledon is organized by Dufferin-Caledon MP Kyle Seeback and sponsored by Enercare.

"I hope you will all join me on Aug. 14," said Seeback. "This is a perfect family-friendly outing to celebrate Canada's favourite pastime."

Funds generated through Hockey Night in Dufferin-Caledon support the Smart Headwaters Campaign at HHCC. The \$18 million fundraising campaign is aimed at acquiring a cutting-edge MRI machine and other diagnostic technology.



FILE PHOTO

HOCKEY FOR HEALTH CARE: Former NHL players will face off at the Teen Ranch Ice Corral on Aug. 14 for the Third Annual Hockey Night in Dufferin Caledon fundraiser. Last year, \$115,000 was raised and this year, organizers are hoping to generate \$200,000 for Headwaters Health Care Centre. Some of the former NHL players competing this year are Doug Gilmour, Darcy Tucker, Aaron Downey and Mike Krushelnyski

K.C. Carruthers, CEO Headwaters Health Care Foundation, lauded Hockey Night in Dufferin-Caledon's positive impact on the local hospital.

"Hockey Night in Dufferin-Caledon is not only an important fundraiser on its own, but also an incredible way to spark community wide excitement and support for Smart Headwaters. We are grateful for MP Kyle Seeback's leadership and are

excited for the return of Hockey Night in Dufferin-Caledon this year," Carruthers enthused.

The annual raffle at Hockey Night in Dufferin-Caledon will feature three big prizes.

The top prize is two Air Canada Return Tickets for travel to any Air Canada scheduled destination (\$5,800 value). The second place prize is two tickets to a 2025 Toronto Maple Leafs Game, paired with a one-night

accommodation at One King West in Toronto (\$730 value). The third place prize is four tickets to Rumours of Fleetwood Mac at Princess of Wales Theatre in Toronto (\$518 value).

Game day tickets and raffle tickets for the event can be purchased online by visiting [www.hockeynightdc.ca/buytickets](http://www.hockeynightdc.ca/buytickets).

Game day tickets are \$15 each or a bundle of four can be purchased for \$50.

Raffle tickets are \$20.

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# OPP share road safety tips for Operation Safe Driver Campaign

Written By Sam Odrowski

The Dufferin Detachment of the Ontario Provincial Police (OPP), is taking part in the Operation Safe Driver Campaign.

The campaign is aimed at reducing the number of crashes, deaths, and injuries involving large trucks, buses, and passenger vehicles due to unsafe driving behaviour. It runs from July 7 to 14.

Dufferin County roadways continue to see a considerable presence of commercial motor vehicles (CMVs). Due to the size, weight and loads, these vehicles have increased potential of causing serious collisions due to vehicle mechanical fitness, driver fatigue, improper licencing and/or driver behaviours.

The Commercial Vehicle Safety Alliance's (CVSA) created the campaign to help improve the behavior of all drivers operating in an unsafe manner, either in or around commercial motor vehicles, through educational and traffic enforcement strategies to

address individuals exhibiting high-risk driving behaviours.

Officers will be conducting pop-up inspections all week to ensure identified CMVs meet the required safety standards to operate on our roadways.

Drivers will be checked for compliance with proper licencing, registration, documentation, pre-check inspections and hours of work.

Officers will also focus on vehicles traveling around these large trucks as well as high-risk driving behaviour.

"It is our mission to promote the safety of all road users throughout the Dufferin Detachment area and reduce the frequency and severity of incidents involving CMVs, including a reduction in fatalities, injuries and property damage resulting from these incidents," said a press release from the OPP.

"Road safety is a shared responsibility, and we all have a role to play. Commercial vehicles are heavy and require greater stopping distance. Motorists are reminded to leave



plenty of space for these large vehicles to slow and stop safely."

Five tips for staying safe on the road: no phones while driving, leave room and move over, stop the tailgating, don't forget the signal and get organized with all of your paperwork (license, registration, logbook).

"We would like to thank the majority of

safe drivers who are found to be in compliance. We depend on our professional drivers to help contribute to safe roads," said the OPP's press release.

"Ontario takes road safety very seriously and uses a variety of methods to make sure all road users can get themselves and their goods to their intended destination safely."

# Impaired driving charges laid following single vehicle collision in Mulmur

A report to police about a potential impaired driver in the area of Mulmur-Mel-ancthon Townline resulted in an Orangeville woman being arrested.

Dufferin OPP officers found Orangeville woman's vehicle, which had been involved in a single-vehicle collision and were led into an impaired driving investigation, on July 3, at approximately 1:30 p.m.

The Dufferin Detachment of the Ontario Provincial Police (OPP) charged the driver with impaired operation and removed her from the road.

Marilyn HAYWARD, a 53-year-old from Orangeville, has been charged with:

- Operation while impaired - alcohol and drugs
- Operation while impaired - blood alco-

hol concentration (80 plus)

The accused is scheduled to attend the Ontario Court of Justice in the Town of Orangeville at a later day in July 2024.

Their driver's licence was suspended for

90 days, and the vehicle impounded for a period of 7 days.

None of the charges have been proven in court.

# Canada Day Campaign nets nearly 18,000 charges

It was a busy start to summer for the Ontario Provincial Police (OPP) as officers conducted their Canada Day Week campaign and targeting poor behaviours on roads, waterways and trails across the province.

Sadly, one person lost their life in a boating incident over the long weekend. During the campaign which focused on seatbelt, life-jacket and helmet laws, the OPP laid 1,287 seatbelt-related charges, 96 charges for life-jacket and other marine safety equipment violations and 34 "no helmet" charges.

Among the overall 17,889 traffic/marine

charges laid throughout the enforcement/education campaign (June 21-July 1, 2024) were:

- Speeding - 8,421
- Stunt driving - 224
- Impaired driving - 447
- Distracted driving - 173

"The OPP thanks all drivers and passengers who kicked off the summer and celebrated the Canada Day long weekend with safety at top of mind and encourages them to continue to do so throughout the year," said the OPP in a press release.

"The OPP is committed to delivering on its Provincial Traffic Safety Strategy, which aims to reduce injuries and fatalities on more than 130,000 kilometres of roadways and close to 100,000 kilometres of waterways and trails throughout Ontario."

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#### CLUES ACROSS

1. Book size
8. Indonesian Island
13. "The Sopranos" character
14. Plants often found in stews
15. Stern
19. Atomic #52
20. Often seen after a company name
21. Silk garments
22. Inhibiting hormone (abbr.)
23. Type of beer
24. Margarine
25. Throw lightly
26. Explains again
30. Raccoon-like animal
31. Sneaker parts
32. Platforms
33. Scored perfectly
34. One's essence

35. Strikes with a firm blow
38. Makes tractors
39. Music term
40. Lack of energy
44. Vestments
45. \_\_\_ and feathers
46. Total
47. Gobbler
48. One with Japanese immigrant parents
49. Type of braking system (abbr.)
50. Home of Rudy Flyer
51. Manageable
55. Lugged
57. Irritated
58. Sea eagles
59. Warm seasons

#### CLUES DOWN

1. About visual sense
2. Part of a horse's saddle
3. In a way, interchanged
4. Rocker's accessory
5. Very important person
6. It precedes two
7. Flavored
8. Musical notes
9. String instrument (slang)
10. Mister
11. Fine, light linen fabric
12. Absence of bacteria
16. Discounts
17. Area units
18. A description of one's life
22. Gazelles
25. Plumbing fixture
27. Makes especially happy
28. One side of something many-sided
29. Frosts
30. Defunct monetary unit of Guinea
32. Female animal species
34. School terms
35. Written law
36. Unpleasant aroma
37. Nuclear weapon
38. One who challenges
40. Opposite of first
41. Able to be utilized
42. Less interesting
43. Implants
45. Canister
48. Gestures
51. After B
52. Romanian monetary unit
53. Long-term memory
54. Cash machine
56. The Volunteer State

No one has more self-confidence than the person who does a crossword puzzle with a pen.

# Headwaters launches program delivered to seniors in their homes

Written By Paula Brown

Headwaters Health Care Centre (HHCC) is extending patient health care beyond the hospital walls with the start of a new program partnership.

The local hospital announced in a July 3 press release that they have partnered with Bayshore Health Care Integrated Solution to enable patient recovery at home through the Headwaters2Home program.

The Headwaters2Home program is designed to assist older adults in transitioning safely back home after staying in the hospital. The program offers up to 16 weeks of comprehensive care delivered directly to patient's homes by the Bayshore team, with support from a Headwaters program coordinator.

"We believe that Headwaters2Home will help in maintaining flow throughout the hospital, ensuring all patients have suitable access to care and beds," said Danielle Holler, regional director for Home Care, Integrated Care Solutions. "We are fortunate to have a fantastic collaborative community and hospital team that works together daily to secure safe and timely transitions for patients returning home after a hospital stay."

According to Headwaters, the program has served over 50 patients since its launch in December 2023.

Tom Porter, a former patient at Headwaters Hospital and Headwaters2Home client, described being in the program as "a godsend and a blessing".

Porter was enrolled in the program following a fall at home due to complications from arthritis, a herniated disc, and urological issues. After a brief hospital stay, he received nursing care, laboratory services, and physiotherapy at home from Bayshore staff as part of the Headwaters2Home program.

"The service, the people, and the health care workers – nurses, doctors – form an amazing team. I can only pray and thank them for everything they have done for us personally and what they endure daily," said Porter.

Eligible patients and their families engage with Headwaters staff to explore enrolling in the program, discuss expectations, and collaborate on developing personalized care plans in consultation with Bayshore professionals.

Headwaters said the approach ensures a smooth transition from hospital to home for the patient and optimizes their patient care experience.

"This new program aligns with our strategic direction to connect through partnerships to support seamless, equitable and timely access to care," said Annette Jones, vice president of patient experience at Headwaters.

While Headwaters2Home benefits patients and their families by enabling recovery at



FILE PHOTO

**SUPPORTING PATIENT RECOVERY:** Headwaters Health Care Centre has recently announced they have partnered with Bayshore Health Care Integrated Solution to enable patient recovery at home.

home, another outcome of the program is its help in managing patient capacity and flow at the hospital.

The hospital said the program addresses capacity issues by allowing patients, particularly seniors transitioning to alternate levels

of care (ALC), to receive necessary care at home post-discharge.

Headwaters noted that if patients need care beyond the 16-week period, additional assessments can determine their eligibility for continued support.

# Shelburne Food Bank fundraising for van to help with deliveries

Written By Paula Brown

Shelburne's local food bank is looking to expand its efforts to tackle rising food insecurity in the community while also relieving the demands put on volunteers by purchasing a vehicle for the food bank.

Shepherd's Cupboard Food Bank and the Rotary Club of Shelburne celebrated the official launch of their new sponsorship campaign on Monday (July 8) at Trillium Ford in Shelburne. The goal of the campaign is to help raise funds to purchase a 2023 Ford E-Transit Cargo Van T-350 for the food bank.

"We are very excited to kickoff the campaign for our van sponsorship program. We've decided to take a leap of faith in the Shelburne community and think about purchasing a transit van so we can continue to collect more, deliver more and better serve the community," said Ardith Dunlop, volunteer co-ordinator with the Shelburne Food Bank.

"There's nothing more important than feeding our community and this van will help us do that," said Bobbi Ferguson, a member of the Shelburne Rotary Club.

The Shelburne Food Bank has been floating the idea of purchasing a vehicle to help with pickups and deliveries for almost five years. Two of the biggest catalysts for the purchase are the rise of food insecurity in the community and the stress the demand has put on volunteers using their personal vehicles.

According to statistics from 2023, the Shelburne Food Bank has 400 files consisting of over 1,000 individuals from Shelburne, Melancthon, Mulmur and Amaranth. Of those clients, nearly 70 per cent are from the Town of Shelburne.

The Food Bank also noted in 2023 they served between 225 to 250 families each month of which, 41 per cent were adults, 37 per cent were children and 17 per cent were seniors.

Dunlop and Ferguson said the food bank has seen a 600 per cent increase in its number of clients since 2017 when they served

41 families in the community.

The Shelburne Food Bank uses a team of 10 volunteer drivers, who use their personal vehicles to pick up and transport purchased and donated food items.

"The food bank is in dire need of a food rescue van as we have been using volunteers' vehicles for the last 30 plus years to get food, and have seen an increase in the volume of deliveries," said Dunlop.

According to the Shelburne Food Bank, in 2023 there were 936 trips taken by using vehicles owned by volunteers.

The food bank noted the repeated usage and heavy loads have resulted in a number of blown tires, breakdowns, and wear and tear on volunteers' vehicles.

The Shelburne Food Bank is now turning to local businesses to help with the purchase of the van by launching a sponsorship campaign.

The campaign sees local businesses choose from a selection of sponsorship tiers, each of which comes with different perks. The five tiers that businesses can pick from to sponsor the van include: Community Partner (\$20,000), Team Partner (\$10,000), Friend (\$5,000), Fan (\$2,500), and Pal (\$1,000).

The fundraising goal for the sponsorship campaign is \$100,000.

"Because our food bank is volunteer-based, 100 per cent of the money collected always goes towards food and hygiene items for our clients; we would never be able to take that money to do this. So, in order to be able

to purchase a van for the food rescue program, we have to fundraise," said Dunlop.

"Without the community's support this won't happen," said Ferguson.

At the end of the sponsorship campaign, the Shelburne Food Bank

will have the vehicle wrapped with logos from the businesses that provided donations as a thank-you for their help.

"We really hope that the Shelburne community responds positively, as they always have, to supporting us in our efforts to work on the food insecurity we see daily," said

Dunlop.

Local businesses interested in helping raise donations by becoming a sponsor of the Shepherd Cupboard Food Bank's Food Rescue Van can contact the food bank by email at shelburnefoodbank@gmail.com or by phone at 519-925-2600 ext. 350.



PAULA BROWN PHOTO

**SPLASH PAD DONATION:** The Rotary Club of Shelburne presented a cheque for \$20,000 to the Town of Shelburne on Monday (July 8) at Town Hall. The donation will go towards providing upgrades to the Splash Pad at Greenwood Park including a shade structure and seating.

## News from the Shelburne Library

**Summer Reading at Shelburne Public Library** – Get ready for another summer full of reading challenges for all ages! We have reading challenges for adults, teens, and children launching on the Beanstack app, soon! Download the app and create your account today to get started.

**Get Crafty Club** – Meetings are each Tuesday from 1 p.m. to 3:30 p.m. This club is for anyone, working on any craft, to drop in and socialize with other crafters. From knitters, to painters, to sewers, everyone is welcome.

**Authors in the Hills of Mulmur - Hilarious, Heartwarming, Historical Stories in Unexpected Places** - Save the date: Sunday, Aug. 25, 2024. We've got a new lineup for this event: Rod Carley, Nita Prose, and Natalie Jenner will be at "The Barn" in August with stories that are hilarious, heartwarming, and historical respectively. Details about tickets will be released soon.

**Staff Pick of the Week: Swan Song by Elin Hilderbrand** – When a 22-million-dollar summer home is purchased by the mysterious and overly extravagant Richardsons, social mayhem ensues in the tight-knit Nantucket community. When their house burns to the ground and their most essential employee goes missing, the entire island must save the day—and their way of life.

**Why Rose recommends this book** – Elin Hilderbrand is one of those romance authors I like to recommend to readers who like a bit more substance to the story. There is plenty of romance, but you always get a solid plot, and usually a bit of a mystery element. I think it's important to suspend a bit of disbelief in this story. The wealth on display here is just something a lot of us may not be able to connect with— who can buy a 22-million-dollar house and then a yacht the next day? That said, the relationships between the characters, the shores of Nantucket, and snarky conversations between these pages will keep you engaged the whole time. This is a perfect summer read if you also like a bit of intrigue.

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- Organization on group photo with the van
- Newspaper article
- Recognition on 2 town signs - duration TBD
- Logo on site and social media recognition (5x)
- Guest of honour at unveiling reception

**\$20,000**

**Team Partner**

- Permanent logo on side - sizing TBD
- Company photo with the van
- Newspaper article
- Company logo on site
- Social Media recognition (4x)
- Guest at unveiling reception

**\$10,000**

**Friend**

- Permanent logo on side - sizing TBD
- Company photo with the van
- Newspaper article
- Company logo on site
- Social Media recognition (3x)
- Guest at unveiling reception

**\$5,000**

**Fan**

- Group photo with 1st Friend level sponsor
- Special mention in newspaper article
- Logo on site
- Social media recognition (2x)
- Guest at unveiling reception

**\$2,500**

**Pat**

- Name featured in newspaper article
- Logo on site
- Social Media recognition (1x)
- Guest at unveiling reception

**\$1,000**

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# SHELBURNE SPORTS

## Low scoring match caps cricket weekend at KTH Park

Written By **Brian Lockhart**

The Shelburne Cricket hosted two matches over the weekend with all four house league teams on the pitch at KTH Park in Shelburne.

On Saturday, July 6, the Knights were up against the Warriors with both teams looking for a win on the path to the semi-finals.

The Knights won the toss and chose to bat.

The Knights faced an early setback when Warrior's bowlers, led by Noman Khan's impressive spell (four wickets), kept them under pressure.

Good innings from Tabish Taufiq, scoring a maiden half-century (56 runs), supported by captain Saga Arora's contribution of 17 runs, moved the Knights to a competitive total of 151 runs.

Chasing the target, the Warriors stumbled early, losing wickets quickly and finding themselves at a precarious five runs for the loss of two wickets.

Things turned around with captain Samir Patel's stellar batting performance, anchor-

ing the innings with 48 runs, supported by Muhafiz's 32 runs and Sony's 27.

Their partnership guided the Warriors to a hard-fought victory with four wickets in hand, securing a crucial win in the must-win battle.

Tabish Taufiq's all-around performance earned him the Man of the Match award.

On Sunday, July 7, the Shelburne Samurais faced off against the Shelburne Gladiators.

The Samurais won the toss and opted to bat first.

The Samurais faltered against a formidable bowling attack from the Gladiators. They scored only 24 runs, marking the lowest score in the Shelburne Cricket Club's history.

Gladiators' skipper, Jajbir Sran, alongside Nadeem Mohammad, wreaked havoc with the ball – each claiming four wickets to dismantle the Samurais' batting line-up.

Jajbir Sran's outstanding bowling earned him the Man of the Match award, underscoring his role in the Gladiators' dominant play-



BRIAN LOCKHART PHOTO

**IN THE SWING OF IT:** There was plenty of cricket action over the weekend as the Shelburne Cricket Club played two matches at KTH Park in Shelburne on July 6-7. The cricket season is in full swing with games happening all summer long.

## Final inning costs Junior Cubs in mid-week game against Cardinals

Written By **Brian Lockhart**

It was the seventh inning that cost the Mansfield Junior Cubs the win in their Thursday, July 4, game against the Innisfil Cardinals when the Cardinals tied the game and scored a winning run in their final at-bat.

The Cubs were leading for most of the night.

Owen Van Delon started off on the mound for the mid-week game.

As games go, there was a lot of hitting and a lot of good defensive work by both teams.

The Cub opened the scoring with a single run in the first inning.

In the second, Tristan Park opened with a single to get a man on base.

The Cubs were up by two when Zac Piechocinski hit a double and drove in a run.

Innisfil failed to get a man on base in the third inning.

The Cubs were leading 3-0 in the third

inning when Dylan Brown led off with a double and stole third base.

He was batted in when Ben Nicholson got an RBI.

The Cardinals got on the scoreboard in the fourth inning after getting men on first and second and batting in two runs.

Mansfield went ahead 4-2 in the fourth after Owen Van Delon got on base and then scored when Cody Bryan hit a double.

The Cardinals closed the scoring gap with a single run in the sixth inning.

Mansfield's one-run lead evaporated in the seventh inning when the Innisfil team loaded the bases and then drove in a run to tie. They followed with another run to take a 5-4 lead.

The Cubs had one final chance, but couldn't score and had to settle for the 5-4 loss.

"They had some timely hits at the end," summed up Cubs' player, Cole Campbell. "Overall I thought it was a pretty good game. Our bats were doing pretty good at the start.

We had some runs in the early innings and shut them out. Then they bounced back. I think we played good, then the top of the seventh got to us."

After the game, the Cubs are in third place in the Junior Division of the North Dufferin

Baseball League with an 8-7-1 record.

They will be back on the diamond in Mansfield for their final regular season game on Thursday, July 11, when they will host the Orangeville Bengals.

Game time is 6:30 p.m.



BRIAN LOCKHART PHOTO  
**SEVENTH INNING SLUMP:** Mansfield Junior Cubs baserunner Ben Larsen makes it safely to second base during the Cubs' game against the Innisfil Cardinals on the diamond in Mansfield on Thursday, July 4. The Cubs took a loss in this game after giving up two runs in the seventh inning.

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**ATHLETE OF THE WEEK**

**LIAM BROWN**

Playing baseball since he was just four years old, Mansfield Junior Cubs outfielder, Liam Brown, brings a lot of experience to his team.

"I like playing with friends. I like to go out and have fun and do my thing," Liam said of why he likes the sport.

Liam has played several positions over the years including second base. He started playing in the outfield last season.

When he's not on the diamond, Liam enjoys riding his dirt bike.

**TEAM: MANSFIELD JUNIOR CUBS**  
**POSITION: OUTFIELD**



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# Food and family-friendly fun coming to 15th Annual Orangeville Rotary Ribfest

Written By Sam Odrowski

There will be no shortage of delicious food available to residents of Dufferin County and the surrounding area next weekend.

The 15th Annual Rotary Club of Orangeville Ribfest is returning to the grounds of the Alder Street Recreation Centre (275 Alder St.) from July 19 to 21, with six pro ribbers travelling far and wide to provide a flavourful experience to attendees.

"It's the Rotary Club of Orangeville's main fundraiser," said Rotary Club member Charles McCabe. "We have our usual Ribfest ribber setup, and we have food alternatives for people who want something other than ribs and meat. We have a marketplace, we have music all weekend, and hopefully, we'll have good weather."

The Rotary Club of Orangeville is anticipating 25,000 to 30,000 attendees over the course of the Ribfest weekend and is hoping to fundraise between \$75,000 and \$200,000.

"The community certainly is and continues to be interested in the event and they're very supportive of [the Rotary Club]. That allows us to raise money for organizations in the

community," McCabe explained, who noted that the Rotary Club supports not-for-profits like Choices Youth Shelter, Orangeville Food Bank and Family Transition Place.

The Rotary Club also supports community projects geared towards youth, such as the Fendley Park Splashpad or the redevelopment of playgrounds at local schools.

The Ribfest is free to attend, but donations are encouraged and graciously accepted by the Rotary Club of Orangeville.

Emceeding this year is Pete Weinzettl, best known by his stage name DJ Swankenstein, and several bands are performing. The lineup features the Hit Disturbers, Dufferin County Line, Larry Kurtz, the Campfire Poets, and a handful of other bands.

This year's ribbers are Brickyard BBQ, Billy Bones BBQ, Gator BBQ, Bubba Lou's Bar-B-Q, Fatboys Southern Smokehouse, and Texas Jack's Barbecue. Food trucks at the event include F.N. Good Burgers, Ontario Corn Roasters, Festival Foods, Cookies by Gia, Rico's Churros, Rehtt's Donuts, the Ten of Tarts, Yeti Puffs, Lemon Heaven, Donkey Kone, BeaverTails, Lioness Jerk, and Meat on a Stick.

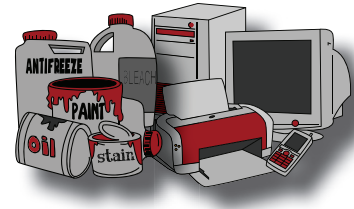


FILE PHOTO

**READY FOR RETURN:** The Campfire Poets performed at last year's Orangeville Rotary Ribfest and will be back on the main stage again this year on Saturday, July 20, from 7 to 10 p.m. The band performs covers of popular music from decades' past. Other bands playing at this year's Ribfest include Larry Kurtz, the Hit Disturbers, and Dufferin County Line.

## hazardous & electronic waste event COMING SOON!

**Date:** Wednesday, July 24, 2024  
**Time:** 3pm - 8pm  
**Location:** Orangeville Agricultural Society  
 247090 Side Rd 5, Mono



- Hazardous waste** includes automotive containers, cleaning products, fluorescent lights, batteries, paints, pesticides, pharmaceuticals, syringes, and much more.
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- Limitations** No waste from industrial, commercial, or institutional sources. No white goods/large appliances (including any appliances with freon). No garbage, or recycling. No unidentified/unknown materials. No drums of materials.

Visit [dufferincounty.ca/waste](http://dufferincounty.ca/waste) for updates and a full listing of acceptable materials & limitations.  
 Future events: September 21, October 5, November 9.  
 See website for details on hours & locations for each scheduled event.  
 For Residents of Dufferin County, including Amaranth, East Garafraxa, Grand Valley, Melancthon, Mono, Mulmur, Orangeville and Shelburne.

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New to the Ribfest this year is an improved KIDSFEST, featuring events for children and youth. KIDSFEST was added to the Ribfest for the first time last year, and due to its success, it is returning and adding a climbing wall for older kids to enjoy.

"If that proves successful, we'll bring in more activities like that next year," said McCabe.

A long-running Orangeville Ribfest tradition is David Murphy's Classic Car Show, which takes place at the soccer fields adjacent to the Ribfest on Saturday, July 15, from 3 to 7 p.m. Murphy also organizes the weekly 'Cruisin' on First Classic Car Show that runs at the Canadian Tire parking lot through the summer months.

The Ribfest car show will feature a wide range of classic and custom cars, shined up to catch patrons' eyes.

A small but mighty team of Rotarians organize the Ribfest, and it's supported by upwards of 200 volunteers who ensure its success year after year.

The Ribfest runs from 4 p.m. to 10 p.m. on Friday, 11 a.m. to 10 p.m. on Saturday, and 11 a.m. to 7 p.m. on Sunday, July 21.

"We're trying to create an event that people will enjoy coming to and I think that's been evident with the attendance over the last few years," McCabe said about the Ribfest. "People are excited about coming out and listening to some good music and hopefully enjoying some good weather."

## Peel-Dufferin Plowmen's Association to host hands-on clinic for junior plow enthusiasts

Written By Sam Odrowski

An educational event to help young people learn about plowing or enhance their existing skills is coming to the region.

The Junior Plow Clinic will be held at 14495 The Gore Road, Caledon, starting at noon on Sunday, Aug. 11. The event is put on by the Peel-Dufferin Plowmen's Association which will help attendees better prepare and achieve success in plowing competitions.

"Our local association has an incredible history with many successful competitive plowmen over the years and we are really fortunate to still have many young, keen people both competing at our local match and serving on our local board," said Peel Dufferin Plowmen's Association President Colin French.

The association attributes the continued high level of participation from youth to its deliberate efforts to attract and support young plow people.

The Peel Dufferin Plowing Match is entering its 97th year and offers cash prizes to first-time and junior plow people. Those awards include the Bern-Bry Farms Special for the best-plowed lands by an amateur boy or girl who has never plowed at an organized Match. The J. Doane Supply Special and the Connect Equipment Farm Equipment Special, both go to the youngest plowman competing from Peel Region or Dufferin County.

The Alliance Agri-Turf Scholarship Award

is handed out to young plow people pursuing post-secondary education in Peel Region or Dufferin County.

The Ontario Plowmen's Association offers scholarships at the provincial level, and the local association can sponsor up to two junior competitors to compete in the International Plowing Match and Rural Expo (IPM) held annually in the fall.

"To make sure there are participants eligible to receive and benefit from these incentives and scholarships, it's important to make sure we are providing the opportunity to learn and develop these skills," says Allison French, the current Peel Dufferin Queen of the Furrow.

To participate in the Junior Plow Clinic, you must have turned 10 years old by Jan. 1, 2024, and be confident enough to operate equipment. You do not need to be a resident of Peel Region or Dufferin County to participate.

The Peel Dufferin Plowmen's Association will provide lunch, along with equipment and coaching to attendees, although participants are welcome to bring their own.

A minimum of five registered participants is required for the event to proceed.

Pre-registration is required, but easy to fill out. Visit [tinyurl.com/JuniorPlowClinic](http://tinyurl.com/JuniorPlowClinic) and fill out a form by Aug. 4, 2024, the registration deadline.

If there is inclement weather, the clinic will be rescheduled to Aug. 18.

Those who preregistered will be notified.

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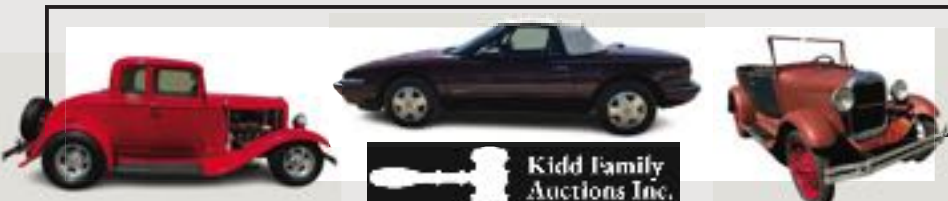
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Sprayer, 45ft. boom (as is); forecart w/adj. tongue; 3pth. belt pulley; Vicon 300gal. sprayer w/30ft. boom; Sheep equip. - Gallagher TW-1 scale head (like new); 15 Mar-weld lampens & Marweld feeder, 8pcs. x 8ft. feed fronts, processing chute, milk warmers; other machinery not listed. **MISC., BUILDING MATERIAL, TOOLS, ETC.;** Tractor trailerload of New seconds steel, tubing, etc.; 4ft. x4ft. digital platform scale (10,00lbs); Miller Memco Mig welder; skid of alum. mig welding wire; Rabbit cages; ready racking, other steel shelving; tote of New hyd. hose ends; 440lb. propane tank; pump carts; 21 free stall hoop; wooden playhouse, picnic tables, planters, benches, etc; variety of gates, feeders; Koehler 3" Indust. 6 1/2 hp. semi-trash waterpump; Saugeen Side single seat torsion jogger w/lights; New Future steel 28ft. x46ft. x16ft. h. building w/prints (never put up); Troybilt Horse tiller (like new); 30 crates of firewood; bikes; tools; lumber; cedar posts; etc; other items & wagon loads of small items.

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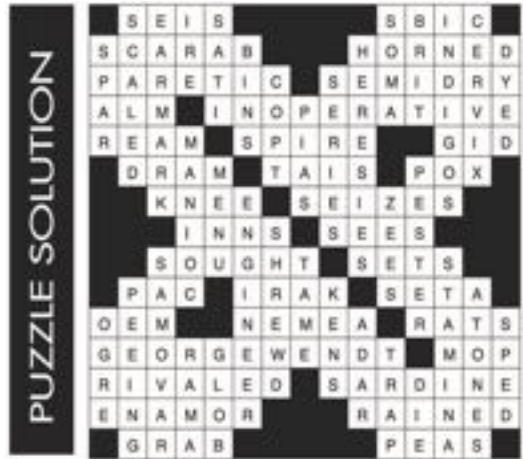


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