



John Castel (third from left) and Laura Ryan (second from left), councillors for the Town of Mono, as well as volunteers from Banrock Station Wines and the Islington Sportsmen's Club, await their load of Atlantic salmon fry at the Belfountain Conservation Area. Loading their watering cans is Jeremy Holden, OFAH community conservation field biologist. More than 50,000 fry were stocked May 15 at the conservation area and at the Dominion Street entrance to Forks of the Credit Provincial Park. Assisting were over 20 students from the Belfountain Public School, who also planted trees in the conservation area with help from Credit Valley Conservation. David Kentner, Halton Hills councillor, was also out to view the day's activities.

Students release Atlantic salmon raised in classroom

Grade six students from Belfountain Public School said *bon voyage* to a school of Atlantic salmon fry raised in their very own classroom fish hatchery.

Students, teachers and local dignitaries joined the Ontario Federation of Anglers and Hunters (O.F.A.H.) and its conservation partners in stocking more than 50,000 fish in the Credit River.

At the Belfountain Conservation Area, fish stocking and tree planting followed an overview of the Lake Ontario Atlantic Salmon Restoration Program.

"For the past five months, students from across the province have been learning about conservation history and environmental science as they have helped raised Atlantic salmon in classroom hatchery systems provided, free of charge, courtesy of the Belfountain Community Hatchery. Education is an important part of the Lake Ontario Salmon Restoration Program and the O.F.A.H. and its partners are delighted see so many enthusiastic young conservationists taking part in our Atlantic salmon stocking events," said Chris Robinson, O.F.A.H. Atlantic Salmon Restoration Program coordinator.

Stocking the Credit River with Atlantic salmon is all part of a history-making conservation endeavor that was officially unveiled last year by the Ontario Federation of Anglers and Hunters and its conservation partners, including Banrock Station Wetland Foundation

Canada, LCBO, Ontario Ministry of Natural Resources and the Canadian Sport Fishing Industry Association. Other project partners include Trees Ontario, Fishing Forever Foundation, WFN: World

Fishing Network, Ontario Wildlife Foundation, Ontario Trillium Foundation, Canadian Wildlife Federation, and Fleming College. For more information, visit www.bringbackthesalmon.ca.

CCS sponsors annual Kidz to Kamp program

Ever wondered how you can help children in your own community?

Caledon Community Services is pleased to have more than 50 community partners participating in the Kidz to Kamp program this year! These partners include banks, coffee shops, retailers and restaurants throughout our community. They will be selling Kidz to Kamp cards in exchange for your donations.

Now in its sixth year, Caledon Community Services has set a very ambitious goal of \$75,000 in order to send 300 Caledon-area children to a week of camp. Just being kids in the great outdoors, a simple enough concept but one that many of our community's children simply can't afford on their own.

Campers include children who could benefit from special needs camps for disabilities, tutoring and literacy, or just a reprieve from illness or family difficulties. Caledon Community Services asks everyone to please consider the difference we can make to

any one of these great kids. They're deserving, they're not in the best of situations and a period at camp sure can help change their outlook over the summer.

It really does take an entire community to raise a child. Last year with your help Caledon Community Services sent 102 kids to camp, but another 200 deserving children were left off of the registration rolls. That's just not good enough! And it's not good enough for this community, one with so much prosperity and good fortune.

Please participate in our Kidz to Kamp program by pledging online or purchasing a donation card from our community partners. Your family or business can sponsor a child for \$50 a day and \$250 a week. A reprieve from the daily challenges of a low income, a week in the sun for a little boy who just lost a parent, a few days of arts and crafts for a young girl who has never really had close friends. All of these things will happen through your support.

Caledon Community Services is ready to help you, support you and make your effort real and worthwhile. Kidz and Kamp go together like toast and jam. For a community tool kit to sponsor a Kidz to Kamp program in your workplace, to send a kid to camp or to donate online, please visit CCS at www.caledoncommunityservices.org or call Debbie Malevris at 905-584-9460.

CALEDON COMMUNITY SERVICES

A multi-service not-for-profit organization providing resources to help people help themselves.

Employment Resource Centre • Annual Santa Fund • Transportation for Seniors and People with Disabilities • Summer Camp Bursaries • Seniors Supportive Housing Caregiver Relief • Help with Heat • Crisis Counselling • Community Information

Caledon Community Services has something for all residents of Caledon.

www.caledoncommunityservices.org • 905-951-2300 • 905-584-9460



Karen Markham

Balance as a Caregiver

As daughter once said, "Losing my mother was terrible, but there was such comfort knowing that we were able to support her and be with her until the end".

The physical and emotional demands of being a caregiver to older, ill or disabled family members can lead to stress and caregiver burnout. As our population ages, millions of people in Canada will take on the role of caring for loved ones. There are basic steps which can be taken to find balance as a caregiver.

Take care of yourself. As your attention is focused on your parent or spouse, your physical and emotional needs can suffer. Eat well, get enough rest, exercise and have fun.

Be realistic about your expectations for providing support and ask for assistance. Call on your support network to share the joys and burdens of caregiving. Share the responsibility with your family, friends, neighbours, and faith community and say "yes" to offers of help. Assistance with meals, housework, visiting, laundry, yard work and transportation can give you a break and prevent exhaustion.

Speak with your employer about your situation and determine if schedules can be flexible to accommodate caregiving needs. As more baby boomers juggle work and caring for aging parents, employers will often adapt working hours so that employees remain productive in their jobs.

Plan for the future. Discuss with your loved one the need to update the will,

arrange for a Power of Attorney, or resolve business issues.

Call for assistance from home care and community support agencies. The Community Care Access Centre (CCAC) will manage the health care team of nurses, occupational therapists, physiotherapists, social workers and personal support workers. They also arrange access to nursing homes, short respite stays in a long term care facility or the adult day program at the Davis Centre.

Caledon Community Services (CCS) will arrange for wheelchair accessible or volunteer transportation to dialysis, doctor's appointments, day programs, therapy or shopping. CCS Respite will introduce you to a worker who will come into your home as a companion when you need a break. Supportive housing in the 5 seniors' buildings in Caledon may be an option if assisted living would be welcomed, but the person is not ready for a nursing home.

Other excellent community services include: Hospice Caledon for volunteer support and bereavement counselling; Meals on Wheels for home delivery of hot and frozen meals; and Volunteer Visiting to match you with a friendly visitor in your home or over the phone.

The joys of caregiving come from the enriched relationship that can develop as you care for a parent or spouse. Talking, listening and reminiscing about the past can enhance happy memories and resolve family issues. The gift of providing emotional and physical support for your loved one will not be regretted, but it must be balanced by the ability to care for yourself.

How Do You See It?

Tell us how you see it. You can reach Caledon Community Services' Support Services at 905-584-9460 or email blashbrook@caledoncommunityservices.org

This column is provided free of charge by the Caledon Citizen



SUMMER SWIM REGISTRATION

We are looking for energetic, motivated individuals interested in having a positive impact on children while working as an Instructor/Guard.

For more information about joining our aquatics team, please contact 905.857.3313.

Registration for our Summer 2007 swimming programs starts on Tuesday, June 5.

Please contact your local pool for more information about times and programs.

Caledon Central Pool

18355 Kennedy Road
519.927.5111

Mayfield Recreation Complex

12087 Bramalea Road
905.843.2216

TOWN HALL

6311 Old Church Road, Caledon, ON L7C 1J6
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