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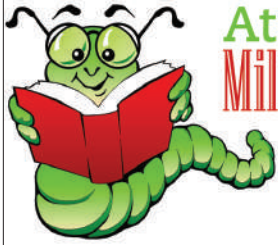
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# The Coldest Night of the Year in Milton

By Rick Di Lorenzo

The Coldest Night of the Year is a fun, family-friendly national walk that helps raise funds for charities that serve hungry, homeless and hurting people in the community.

On February 22nd at the Milton Sports Centre local residents walked in the cold to support all those in our community who are being crushed by struggle, trauma and homelessness. This year there was a record 213 walkers, 26 teams and 62 volunteers who all together made the walk such a great success.

The walk generated over \$57,000, a new record, in support of Milton Transitional Housing's mission to help end homelessness in our community. Milton Transitional Housing is a community-based, registered Canadian Charity that provides bridge accommodation and supportive counseling to people in Milton who are experiencing a housing crisis. MTH's program assists participants in overcoming their challenges while they work towards securing their own independent, stable housing.



Lisa Bilton Wellwood & Craig Wellwood



Team Captain Tasneem Ghauri, of the ICCM Young Muslim Academy (YMA) when reflecting on their team's success in raising \$4,433 had this to say - "Our beloved prophet Mohammad he said that the best of people are those who bring the most benefit to others. So when you go for a walk like this you are not just benefiting those you raise funds for but you are benefiting yourself, you have a feeling of accomplishment you have done something for the society you live in."

Galen Naidoo Harris of Team Adam van Koverden "If not homelessness, what are you willing to fight for" mentioned walker Galen Naidoo Harris of Team Adam van Koverden.

The 2020 Walk also saw the return of Faith United Milton which continued to be the leader of the pack raising the highest amount of all the teams at \$11,140.00. "Amazing work Faith United! It warms our hearts doesn't it?" said Team Captain Suzanne Watts on their record amount raised.

To learn more about the walk visit [cnoymilton.ca](http://cnoymilton.ca) or to learn more about Milton Transitional Housing visit [mthmilton.ca](http://mthmilton.ca)



Donna Danielli



John Barrett, Randee Siteman, Joanne Marie Barrett & Keith Lamson





# Milton's Indian Community

## Celebrate Republic Day

By: Laura Steiner  
Photos by Denise Cooperwhite

January 26 marked India's 71st republic day when the country's constitution came into effect. In Milton members of Canadian Indian Association (CIA) of Halton Region gathered together to enjoy an afternoon of cultural performances from all regions of India.

The celebration started with both national anthems, and official speeches from dignitaries including the Consul-General of India Apooora Srivastava. "The way you sang both national anthems is remarkable that you have loyalty to both countries in a very beautiful way," she told the crowd. India had already started Republic Day with a parade in the capital New Delhi.

The celebrations brought Retired Rear Admiral Rajendra Singh from Mississauga. Singh served three Indian Presidents as the Naval Aide de Camp. His post meant he was able to see the march-pasts, and tableaux up close.

The sense of unity has stuck with him. "We may speak different languages, we may eat different food. We may wear different clothes. But on that day we are all as one," he said.

Sanjay and Arnika Rangnekar performed two songs. The first told a story of leaving the homeland for somewhere different. All the memories we have of that place," Sanjay explained. The second song told a story of making a mark in life. "Indians wherever they go always put their best foot forward. They always conquer whatever they need to," he explained. The best part is we are not stopped from celebrating. That's something I love," Arnika said.

The couple is a part of Arts Milton and feel that art is a part of building understanding. "There are no boundaries left anymore. It's no longer I'm from this part of the world, you're from that part of the world. Everyone becomes one force together." Sanjay explained.





Attendees were treated to original dance performances from South Asian Milton Moms. "It's done the same back home as it is here. Here you talk about colour and shape, it is literally the same thing," Arnika said. The performances ended with kids' fashion show. For more information visit their website at: [www.canadianindianassociation.com](http://www.canadianindianassociation.com)

Congratulations to Jagmohan Mainra, CIA President as well as the Directors for the most successful India's Republic Day Celebration in Milton, the biggest turnout so far showing the unity and diversity amongst all Indians in Halton Region. Jay Hind!



Mina Bhatt, Nilesh Patel, Parm Gill, Jagmohan Mainra, Hassu Sthankiya



Rajendra Singh





# Black History Month proclaimed for the first time in Milton

Black History Month provides the opportunity to learn, share and to celebrate the important contributions and vital role that Canadians of African descent have made to our community, province, country and the world.

For the first time the Town of Milton has proclaimed February as Black History Month with the official Proclamation read by Mayor Krantz at Town Hall on February 10th. The Town Hall event, which was preceded by a short reception and roundtable discussion at MP Adam van Koevorden's community office, was well attended by Milton residents.

Milton resident Adejisola Atiba who played a lead role in speaking to the Town to initiate the proclamation was on hand to receive the official proclamation from the Town. "Here we are today, over 135,000 people, it's diverse and I'm so

happy we are doing this today because it shows that we are really focused on diversity and inclusion. I know this will be the beginning of wonderful things to come" said Atiba.







by Jenny Panda

## Keep Calm and Sing Along with the Choristers in the Spring!

The Milton Choristers have entertained audiences in Halton Region and beyond for more than 50 years. In the Spring of 2020 they will offer two concerts to their appreciative public, following their outstanding performance of Handel's 'Messiah' at the First Ontario Arts Centre Milton during the Holiday season of 2019.

The Choristers are now getting ready to perform a light hearted concert on March 28th at Knox Presbyterian Church on Main Street: **'Keep Calm and Sing Along'**, a British Themed Performance which will feature a mix of popular and traditional musical pieces. David Bowie's 'Space Oddity'; Robert Burns' 'My Love is like a Red Red Rose'; Freddie Mercury's 'Under Pressure' and Charles Parry's 'Jerusalem': are some of the musical pieces with challenging styles and tempos that the Choristers are excited to perform.

Also on the programme are crowd-pleasing pieces like Elton John's 'Your Song'; the Beatles' 'Yesterday' and Andrew Lloyd Webber's 'Memories' from the CATS musical.

The Choristers' third and final concert of the season: **'There's No Business Like**

**Show Business'** will be a spectacle of show tunes. Save the date! The performance will be June 20th in a new venue: Milton Bible Church on Chisholm Drive.

Artistic Director Rachel Cleland and Susan Edmonds, Collaborative Pianist, constantly lead the Choristers to provide an inspiring, pleasurable, enlightening and memorable choral entertainment experience.

Chorister Gail Innes, referring to the March concert, said: "It's going to be lots of fun! We're doing quite a variety of music with a British theme." Another Chorister declared "It's peppy and it's interesting! If you're a Brit you are going to like them all (and even if you're not a Brit it's going to be lots of songs that people love)!"

"We try to maintain a quality standard of singing as well as a strong sense of camaraderie" said spokesperson Karine van Tonder. "We are always looking for new members to join the group. We also offer a High School Program to students with demonstrated musical ability, who want to broaden their vocal skills. Selected students will benefit from this experience by gaining community hours and by adding valuable performing experience to their post-secondary applications, often aided by reference letters from our artistic director for scholarship applications." For information about this worthwhile opportunity and to obtain concert tickets please go to their website at [miltonchoristers.com](http://miltonchoristers.com).







# Milton District Hospital Foundation

## 2020 Community Partners & Volunteers Appreciation Night

Milton District Hospital Foundation (MDHF) honoured its community partners on February 6 with a reception. Community partners refer to people, and organizations that have helped the foundation raise funds for space, training and equipment and the newly upgraded Milton District Hospital.

Ceremonies kicked off with speeches from MDHF Board Chair Brian Penman, and Executive Director Helen Vatisas. “Who would have ever thought you could ask a community to raise and participate in a \$30 million dollar campaign and succeed. Part of the reason we succeeded is because of the

folks in this very room.” Penman said. “So on behalf of the hospital and the foundation it’s a pleasure to say thank You, thank You, thank You” Penman added.

Highlighted at the event was the many groups of young Miltonians that took part in the “Little Leaders” program helping raise money from lemonade stands to birthday parties where they asked for hospital donations instead of gifts.

Mayor Gord Krantz was in attendance to help bring thanks from the Town of Milton as MDHF presented each group with a certificate of appreciation in recognition of their 2019 Community Partner event.



Ayesha Naeem, Naeem Khiani, Ziyen & Rayyan Naeem





Muslim Association of Milton



Donna Geall, Brian Penman, David Geall



Dylan & Andy Saito (Saito Family Haunt)





# Ultimate Frisbee for a Cause

By: Laura Steiner  
Photos by Rick Di Lorenzo

Dean Wooley was diagnosed with Rheumatoid Arthritis, at 56. He was reassured that the disease, which causes joint pain could be managed well enough to allow him to continue enjoying participating in sports. He used his birthday in 2018 as a fundraiser called “No Limits” for the Arthritis Society. February 2, 2020 marked the second annual fundraiser.

Dean Wooley has been playing ultimate Frisbee for over a decade when he first started the charity. “I thought why not have a tournament-birthday party. And then it didn’t make sense to spend all this money without having a donation part of it,” he explained. They raised \$1724.63 in 2019 for the Arthritis Society of Canada. “The people returned because it was a fun format, and a good cause,” he said. The money raised at the 2020 tournament was going to efforts to fight arthritis in the Burlington office.

Ultimate Frisbee is a sport emphasizing sportsmanship, and spirit of the game. It was played widthwise on the field at the Milton Indoor Turf Centre near Jean Vanier Secondary School. Participants gathered and made their own teams of 5-7.

Players threw it back and forth and would try and get into the other team’s end zone area to score points. The tournament’s format allowed for three 30 minute games. Many heard about the event through the Milton Ultimate Frisbee Club. “It’s a good way to get everybody out, and it’s for a good cause,” Tracy Peetr’s explained. Peetr’s had been playing for 20 years, and had even made it a family affair with her son Malcom. She’d played while pregnant with him, and he’d taken his first steps at a tournament. “He started playing when he was about six,” she explained. Malcom

plays in a league in Toronto. “Motion is the lotion. It makes so much sense if you think about it,” Wooley said.

Steve Carpenter is part of the Milton Ultimate Frisbee league, which has been operating since 2008. “It’s a great way to combine his (Dean’s) birthday, the sport we love, and a great cause,” he said of the fundraiser.

To learn more about the ultimate Frisbee visit: [www.miltonultimateclub.com](http://www.miltonultimateclub.com). To learn more about the arthritis society visit: [www.arthritis.ca](http://www.arthritis.ca)





# 24 Hours in the Cold for Halton Women's Place

On Thursday February 20, 2020 at the Maplehurst Complex the OPSEU Local 234 Union Executive's completed their third annual "24 Hours in the Cold" fundraising and awareness campaign for the Halton Women's Place. Ryan Graham (Local 234 President) explains that this Fundraising event is part of a broader province wide campaign titled "Corrections Cares About Communities". This was the third annual like event seeing the Correctional Workers of the Provincial jails and Probation and Parole offices all coming out from behind the bars, walls and office doors to give back to the community and provide the public some insight into what has historically been "out of sight, out of mind".

Graham explains "there is a lot of great work that is done behind the walls to try and address some of the problematic behaviours and choices that an offender makes so as to prepare them to positively reintegrate back into the community to become productive members of society" Graham furthers "there is much resourcing that needs to be done by the government into the Provincial Correctional system in order for us to truly address the mental health crisis that is plaguing our justice system. This starts with meaningful investment into a realistic audit and appropriate increase to the full time frontline



staffing compliment as well as mental health training to meet the demands of the job."

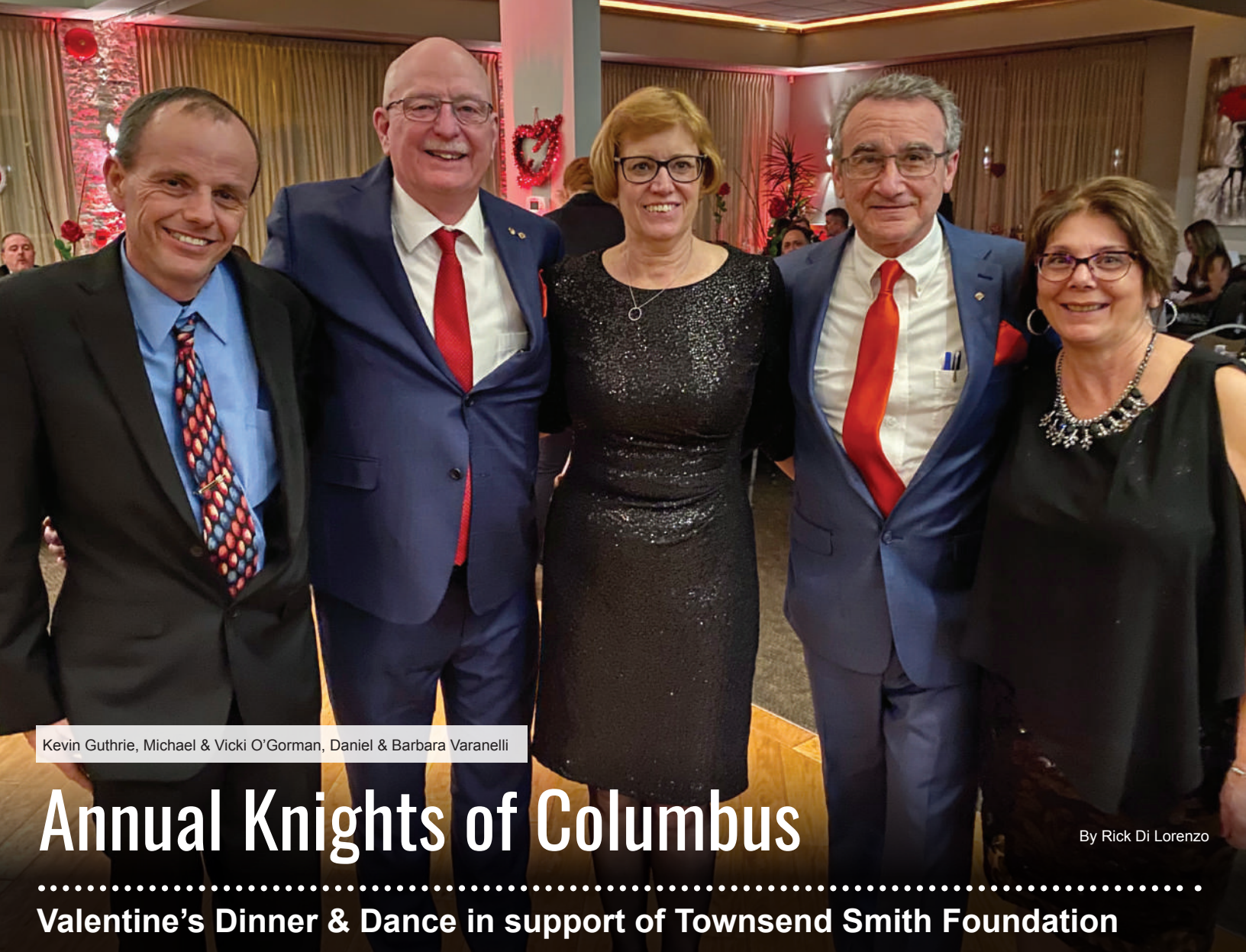
Last year OPSEU local 234 raised over \$3500 for the Halton Women's Place and this time around this group of motivated and enthusiastic Correctional Workers hopes to beat that.

OPSEU Local 234 would like to thank the generous donation of fire wood by Miller Tree Service.

For more information on the challenges that face the Provincial Corrections Workers as well as a detailed list of all "Corrections Cares About Communities" events go to [www.correctionsdivision.ca](http://www.correctionsdivision.ca)







Kevin Guthrie, Michael & Vicki O’Gorman, Daniel & Barbara Varanelli

By Rick Di Lorenzo

# Annual Knights of Columbus

## Valentine’s Dinner & Dance in support of Townsend Smith Foundation

Held at Granite Ridge Golf Club in Milton on February 15th the Valentine Dinner & Dance in support of Townsend Smith Foundation was organized by the Milton Knights of Columbus.

Daniel Varanelli has been the lead volunteer to spearhead the event each year with additional support provided by fellow knights, such as Kevin Guthrie and Michael O’Gorman.

“Providing palliative care is consistent with our Christian belief that everyone deserves to live out their lives with dignity and comfort” said Varanelli explaining why the Knights choose Townsend Smith as their charity for this event. The Foundation’s mission is to establish and maintain a residential

hospice in Milton to serve the needs of the terminally ill and their families.

John Barrett, Chair of the Board at Townsend Smith Foundation was in attendance and spoke eloquently about the real need for a Hospice in Milton. “It’s been said a community without a hospice is like a body without a heart” said Barrett.

Guests were served with a full 4 course dinner with wine, music, silent auction as well as door prizes.

For more information about the Milton Knights of Columbus you can visit their website at [holysaryknights.ca](http://holysaryknights.ca) To learn more about Townsend Smith Foundation visit [www.townsend-smith.ca](http://www.townsend-smith.ca)



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Bishop Reding Trivia 10 Year Milestone

# Are you Smarter than a 9th Grader 2020

On Thursday, February 20th members of the Parent School Council at Bishop Reding, hosted and celebrated a 10 year milestone of Trivia with the entire community both in and out of Milton! The energy in the room with those who participated was riveting with excitement! This is an incredible event where everyone come together enthusiastically and have the time of their lives!

Pat Grisoni, School Council Chair and Event Planner welcomed all competitors and thanked them on behalf of council for an incredible four years of supporting all BR Students. Saying their support means the world as the funds raised contributes towards all of

the addition activities which contributes towards giving our students positive experiences as they participate in many club activities. She said that she too is moved and humbled by their generous support. She also thanks local businesses such as La Rose, Pasquilino's, Super Store, Starbucks, Super Deal Pizza, Turtle Jack just to name a few. The list goes on and on. Pat is truly humbled by the kindness, generosity of all businesses who have continued with their support throughout the years.

The evening was a complete success. As the saying goes "It takes a village in achieving greatness" for the benefit of these incredible students. All and

all everyone enjoyed the evening immensely! The winner of this years Trivia was The Crusaders! Cheers to another successful year!



Gord Forsythe  
Wojtek Kubicki





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# Arts Milton Makes New Friends

By Kaitlyn Patience  
Photographs by Sarah Arfan

Sunday, February 9th, 2020 kicked off the third instalment of Arts Milton's community program, "The Friendship Project." On this day, participants gathered to meet one another, and enjoy a casual afternoon of board games to break the ice.

The Project was developed by a group of Arts Milton Board Members who were once newcomers to Canada themselves. This year's newcomer families are from India, Colombia and Syria, with past participants also hailing from Mexico, Egypt, China, Turkey, Kenya, India and Pakistan. Program participants consist of families made up of 30 newcomers and 30 hosts from within the community. The families are partnered together and attend a variety of free arts and culture activities from February until May 2020. The season will culminate with a picnic dinner at Milton Community Park in June.

This year's activity line-up includes theatre shows by the Milton Youth Theatre Productions, the Canadian Contemporary Dance Theatre, and the Magic of Tyler Fergus, music explorations with CRASH Rhythm and the Rick Imus Music Studio, and art classes with Art as Therapy and the FirstOntario Arts Centre Milton. Participants will also stretch their bodies and minds through Lego STEM activities with e2 Young Engineers, A Nia class with Born to Move, a cooking class at PC Cooking School, and literature with author Diksha Pal Narayan at the Milton Public Library.

The Friendship Project fosters friendship, but also works to create awareness about local businesses and recreation opportunities, offer experiences in an effort to reduce isolation, and to develop

tolerance and understanding across cultures and generations.

For more information, visit [artsmilton.com](http://artsmilton.com), or email [info@artsmilton.com](mailto:info@artsmilton.com) to inquire about the 2021 program.







## KIDS' CLUB

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**WHEN:** Mon. March 16th - Fri. March 20th, 2020

**WHERE:** Milton Mall

**TIME:** 10 am - 12 pm

Supplies are limited for the first 200 children. Kids' Club is free of charge for children ages 4-12, and they must be accompanied by an adult.

For more information please visit our website at [miltonmall.com](http://miltonmall.com)



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Milton's

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Radio Station - Sheetal Sangeet

By Jenny Panda  
Photos by Sarah Arfan

**H**assu Bihari recalls: “One evening in Mumbai, India, we....were sitting on Juhu Beach enjoying the beautiful sunset with the cool sea breeze blowing over the ocean waves, an idea came in my mind for a radio show. With our heart and soul the name ‘Sheetal Sangeet’ (Traditional Classical Mellow Music) was chosen in February 2000.”

The show was originally on the air every Tuesday morning from January 2001. The shows were linked through the internet and within a short time, “by email and word of mouth,” there was “an overwhelming response from around the globe.”

The first on-line Gujarati web radio was launched in June 2005.

“We now have thousands of listeners around the globe,” Hassu says “....enjoying the show for many years.”

The media report states: ‘We are a non-profit organization with a vision to increase the establishment of Gujarati music worldwide, and also to promote talented artists and industry professionals.

All our advertising revenues are used for covering the cost of operating the radio station. By advertising with us, you will be circulating your brand message with an affluent South Asian community. Sheetal Sangeet is the first 24hrs Gujarati Internet radio station from Canada, designed specifically for adults with sophisticated musical tastes. Our vision is to increase the establishment of Gujarati music worldwide, and also to provide support for talented artists and industry professionals. We are developing strategies to help emerging musicians from around the world, cross over the barriers of the conventional music, arts and entertainment industry and

take advantage of the emerging digital marketplace for global entertainment.’

Born into an Indian family in Uganda, Hassu grew up in an atmosphere that emphasized cultural and religious traditions. She moved to Canada in 1972 and became a Gujarati teacher, founder of a ladies’ club and an active member of various cultural groups.

Her radio studio is based in her home in Milton, where she is well loved and respected by all with whom she comes into contact in the community. Her co-host in India is Rajiv Mehta, from Vadodara, Gujarat.

Hassu says that they “often get calls from around the world and get compliments” about the show that plays soothing, classical music which people can listen to and work at the same time. [www.sheetalsangeet.com](http://www.sheetalsangeet.com), [hassubihari@hotmail.com](mailto:hassubihari@hotmail.com)





# Perfect Brows with Microblading

Eyebrows are inarguably the most important facial feature. Although often overlooked, the pair end up shaping the entire face. Keeping them thick, thin, tapered, bold or feathered can make the world of a difference to how others perceive your face.

But as much as I hate to admit it, we weren't all born with beautifully-thick, perfectly-shaped eyebrows that arch in all the right places. Some of us need a little extra help to get that special "oomph." So if you are unsatisfied with your own pair as so many of us are – it's not the end of the world!

Microblading is one of the latest, and most effective, techniques that have hit the market to save all those who suffer from what we like to call SES (sparse eyebrow syndrome). The semi-permanent procedure is a nearly 2-hour process to reconstruct and redefine your eyebrows. It's a meticulous process but the results can last you up to 3 years before fading.

Wonder how it compares to tattooing? While traditional semi-permanent makeup will only create one solid fill across your entire brow, microblading uses a special pen to draw individual strokes along the

brow that imitate real hair. Your esthetician can create a gradual fill throughout your brow that will more closely resemble real eyebrow growth.

The discomfort from the service is minimal especially since a topical numbing cream is used. The healing process takes 25-30 days and requires a 40-minute touch up a month later for any fine tuning. However, no down time is necessary.

If you suffer from SES and want to take your brows up a level, contact or stop by Spring Mist Spa for your FREE consultation. Or book online at [springmistspa.com](http://springmistspa.com).

*Sarah Syed is a beauty expert and the Owner of Spring Mist Spa in Milton. She can be reached by email at: [info@springmistspa.com](mailto:info@springmistspa.com).*



March 28th at 5pm



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For more information email us at [Teamgarber@gmail.com](mailto:Teamgarber@gmail.com)





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