

**BEYOND THE BADGE**

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VOLUME 8 / NUMBER 1

# PRO

**Police Retirees of Ontario**

**LETTER FROM PRO 2021**

Wendy Cummins & Laura Moyle

**VIRTUAL TRIPS**

Travel with your family from home

**PADDLING IN ONTARIO**

Enjoy the summer on the water

**OPP HISTORICAL HIGHLIGHTS**

From the OPP Museum

**BEACHES IN ONTARIO**

Some of the cleanest beaches to check out

**RECIPES & MORE**





Volume 8 Number 1 2021

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EDITOR:  
Mystique Event Marketing

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Karen Lintner, Safa Salhani

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Advertising Inquiries:  
[info@beyondthebadge.ca](mailto:info@beyondthebadge.ca)

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# FROM THE EDITOR

Mystique Event Marketing is proud to have been selected by the Police Retirees of Ontario to publish their 8<sup>th</sup> edition of PRO —Beyond The Badge. We congratulate the Police Retirees for the great work they do across the province and wish them many more years of continued growth in their efforts to enhance the lives of both retirees and the less fortunate.

Mystique Event Marketing provides a wide variety of services including event marketing, brand recognition and business growth opportunities to many organizations and corporations.

A special thank you to our advertisers, contributing writers and the residents of Ontario for the ongoing support they provide for the Police Retirees of Ontario.

Should you have any comments or questions or if you would like to give us some feedback on this publication, or inquire about our services we would love to hear from you. Please email us at [K.lintner@mystiq.ca](mailto:K.lintner@mystiq.ca).

Mystique Event Marketing.



## COMMENTS, FEEDBACK, IDEAS?

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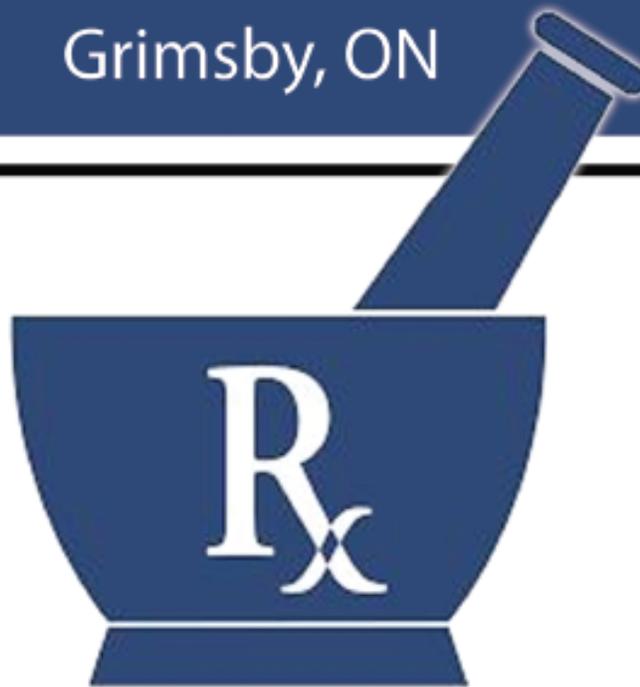
# FEATURE STORIES

Letter from PRO 2021 .....	05
The Best Virtual Tours To Explore The World From Home .....	06
The 4 Keys To Aging Actively .....	12
OPP Historical Highlights .....	16
A Few Of The Cleanest Beaches In Ontario .....	20
Paddling In Ontario Parks .....	26
HPS History .....	37
Detective Former Police Chief Hugh McKinnon .....	44
Principles Of Law Enforcement .....	46

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# Letter From PRO



As we near halfway through 2022, you cannot help but reflect on the last year and a half and the changes that have occurred not only in our country but in the world.

Whilst the pandemic has created lots of negative consequences and both political and personal opinion it has also given us all time to take inner inventory of what is most important to our day to day lives. Our family, our loved ones, the safety of those in our inner circle and our own well being.

Now, more then ever, our Teddy Bears are needed. So many families are pushed to the edge- financially, emotionally and in some cases have been forced to move to less then ideal conditions. This type of stress on parents and guardians trickles to the most vulnerable in a family dynamic- the children.

We are so incredibly proud to be part of the Police Retirees of Ontario and knowing we are able to make a difference, even in a small but incredibly cute way, to help children in distress and to help our partners in law enforcement calm children when they need it the most.

We could not do what we do without your support and commitment to this cause and we thank each and every one of you that enable us to do what we do!

Wishing you all an amazing remainder of 2022 and hoping for continued return to normal as we round out this year!

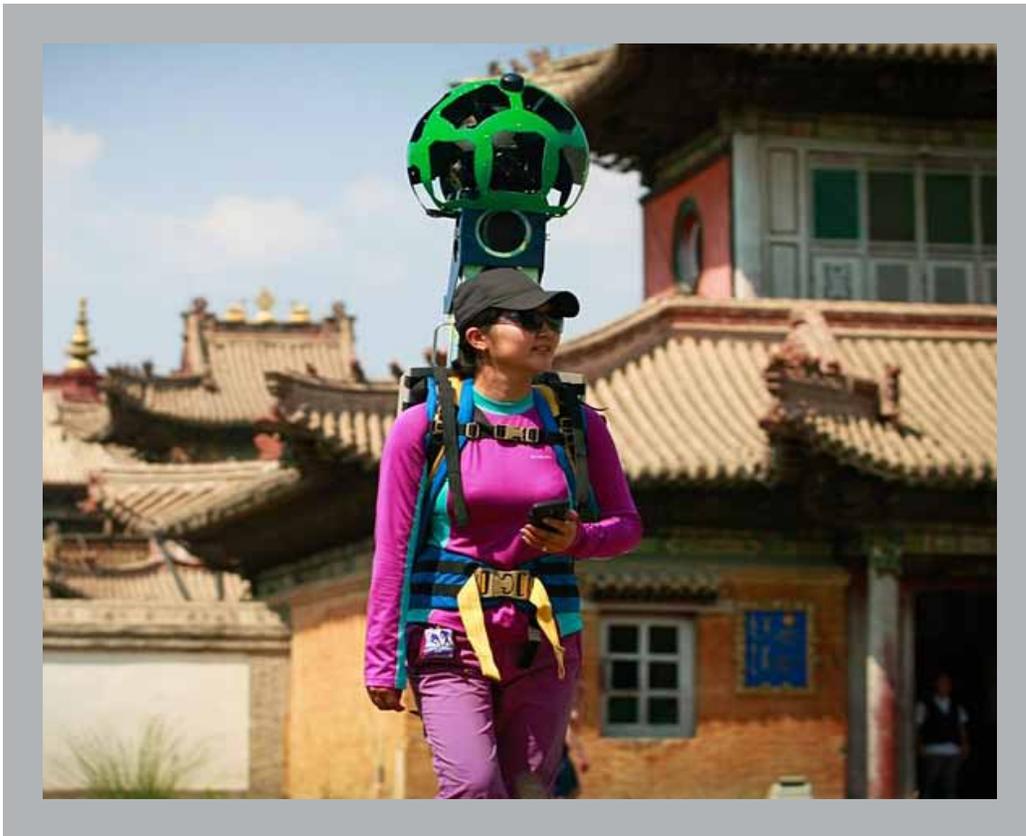
All the best to you and your families,

[Wendy Leveron](#)  
Co-Chairwoman

[Laura Moyle](#)  
Co-Chairwoman

# The best virtual tours to explore the world from home

BLAKE SNOW, Lonely Planet Writer, [www.lonelyplanet.com](http://www.lonelyplanet.com)



Google has used its Street View technology not just to map roads, but also destinations like the Chojin Lama Museum in Ulan Bator, Mongolia © BYAMBASUREN BYAMBA-OCHIR / Getty Images

## **We live in an age of unprecedented access to digital technology – and with it, brand new ways of exploring the world around us.**

While it's not quite the same as seeing, say, the Mona Lisa or Christ the Redeemer in person, some of the world's most popular and remote destinations have created libraries of online images and video, as well as 360 degree virtual tours that let you virtually explore museums, galleries, world wonders and even national parks.

Here are just a few of the best digital tours that let you wander the world from wherever you may be social distancing.

## See the seven wonders of the world

If there's anything capable of whetting your appetite for world travel, it is the new seven wonders of the world: the Great Wall of China, the ancient city of Petra, the Taj Mahal, the Colosseum, Machu Picchu, Christ the Redeemer, and Chichen Itza. Thankfully there are impressive virtual tours of each from The New York Times, AirPano, Google, and Panoramias.

With modern technology, you can even see the last standing wonder of the ancient world—The Pyramids of Giza. There are a few other wonders that might not make it into the top seven but are still worth a digital peek, like the Alhambra, Seville's La Giralda, and even Easter Island.

Continued on Pg 8



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# The best virtual tours to explore the world from home

BLAKE SNOW, Lonely Planet Writer, [www.lonelyplanet.com](http://www.lonelyplanet.com) continued from Pg 7



## Explore national parks

While travel to National Parks is best avoided for the time being, you don't need to miss out on the scenery. Virtual Yosemite is absolutely stunning and one of the best, replete with audio. Both Yellowstone National Park and Mount Rushmore offer virtual tours as well.

Google has similar 360 degree audio-visual tours of five select national parks, including Kenai Fjords, Hawai'i Volcanos, Carlsbad Caverns, Bryce Canyon, and Dry Tortugas, as well as 31 more on Google Earth. You can also get an up-close look at almost 4,000 pieces of artwork, artifacts, and other treasures related to the history and culture of the national parks, and view online exhibits.

## Best virtual museum tours

In recent years, Google has partnered with over 2,500 art museums to upload high-resolution versions of millions of pieces of art. Highlights include New York's MoMA, DC's National Gallery of Art, Chicago's Art Institute, the Casa Batlló, and Amsterdam's Van Gogh Museum to name a few.

In addition, The Louvre offers a virtual tour, as do The Vatican Museums, many of the Smithsonian Museums, the Russian Museum, the top-rated British Museum, the Minneapolis Museum of Russian Art, and the Palace Museum in Beijing.

You may not be able to kiss the Blarney Stone right now, but you can tour the Blarney Castle from afar. You can also visit the Museum of Flight, the Museum of Science, the Museum of Natural History, the National Women's History Museum and Boston's History of Science Museum.

While museums are often an inherently visual experience, there's a lot to be learned from archives of past lectures and tours like the ones preserved online by Nashville's Frist Museum, the Hunter Museum of American Art in Chattanooga, Tennessee, the Smithsonian American Art Museum, the Frick, and others.

You might also like: Broadway might be closed, but here's how to stream the best performances from your home

# Digital safaris



Wildlife is a big draw for travelers, whether it's sighting some of the Big Five in Africa, glimpsing whales in North America, or introducing your children to new animals in person on a family safari. But if your forays into the bush are grounded for now, many zoos and aquariums have created digital access to their habitats.

You can easily watch several live webcams of some of the nation's greatest zoos and aquariums, including the San Diego Zoo, Houston Zoo, Zoo Atlanta, the Tennessee Aquarium, and the Georgia Aquarium. Additionally you can see Canadian farm animals doing their thing, or you could watch Stella the Dog jump endlessly into huge piles of Maine leaves.

You may also like: These nine wildlife web cams offer access to your favorite animals

## Virtual hiking

Thanks to panoramic video, you can get a really good idea of what a hike looks like well before you arrive at the trailhead. For example, you can experience all of the following top-rated hikes right now from your computer or tablet: Bryce Canyon, Grand Canyon, GR20, Inca Trail, and the death-defying Angel's Landing. For even more great hikes, simply YouTube one of Lonely Planet's top 10 treks or any other hike that suits your fancy. Bonus points if you follow along during a workout to enhance the realism.



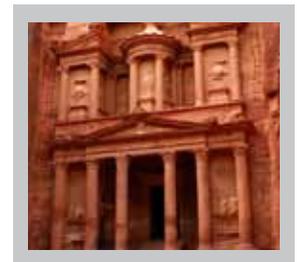
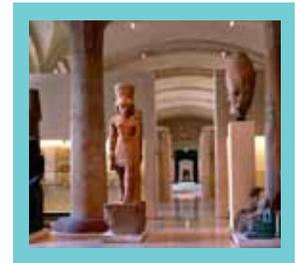
## Famous landmarks

You can visit many wonders of nature, including the Amazon Rainforest, Iguazu Falls, the Komodo Islands, or Table Mountain, using virtual tours. Or you can explore the Statue of Liberty, the Sahara Desert, Niagara Falls, or even a guided tour of the Eiffel Tower. For even more virtual tours, search your bucket list of adventures with AirPano, Google Earth, or YouTube.



## Travel to outer space

The moon hasn't made it to Lonely Planet's Best In Travel list (yet!), and even without self-isolation and shelter-in-place measures for COVID-19, many of us may never travel to space. But thanks to technology, now is as good of a time as any to do so virtually. Before blasting off, considering touring some of NASA's offices first. Then relive the last lunar missions and moon walks in stunning HD. Or take a virtual tour of Mars with the help of Google.





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**BY ERNIE SCHRAMAYR**

Some of my most active clients are over 60. They are dedicated, driven and desperate to keep doing the things that they love to do. Things like playing golf, cycling, making music, traveling, working or being with their grand-kids.

The physical challenges that they may face include arthritis, hormonal changes, diabetes, cardiovascular disease and osteoporosis. Fortunately, there is an abundance of evidence showing that exercise has a positive impact on all of these conditions, as well as on depression and Alzheimer's disease.

I've developed a list of 4 keys to be mastered for someone to age actively and successfully, despite the physical challenges that might appear.

# 1

## KEEP YOUR QUADRICEPS STRONG

Human beings start to lose skeletal muscle in their 30's if they don't do some type of strength training to maintain it, resulting in slower metabolism, increased body fat and diminished performance in daily activities. All adults should be doing something to reverse this trend.

To age actively, there is one important muscle group that determines whether someone remains independent or if they become a dependent in later years.

The strength of the thighs (or quadriceps) determines whether someone is able to use stairs, use a toilet, get up from a couch, get into a car, climb a ladder, bend to pick up a golf ball etc...

Performing exercises like squats, step ups and lunges is the best way to do this. There are infinite variations of these moves that can be adjusted based on personal ability levels.

# 2

## USE HIGH INTENSITY AEROBIC INTERVAL TRAINING

Recent research has shown that even seniors can benefit from adding high intensity intervals to their workouts. Walking hills or adding short speed “bursts” to daily walks can have a positive impact on blood pressure and body composition. Greater health benefits can even be achieved in shorter amounts of time vs. longer, steady state aerobic workouts and an added bonus is that decreasing workout time helps save joints from overuse.

“High intensity” is a relative term so each person should be working at a level that feels challenging to them. I recommend taking your total workout time and adding 20-30 seconds of faster paced “work” every 3 minutes. For a walking workout, the “work” could be faster walking, jogging or hill climbing.

Consulting with your physician is recommended before adding this element to your exercise routine.

# 3

## PROTECT YOUR JOINTS

While I am advocating overall strength training and high intensity aerobic exercise for older adults, I am not in favour of high impact workouts that can damage joints. Arthritis is already a fact of life for many, if not most, people over the age of 60.

The best way to keep joints healthy and working pain free is to build supporting muscle around them by doing a variety of strength activities. Alternating between different types of exercise is an effective way to do this without suffering from overuse injuries. In other words, change your routine at least once per month.

# 4

## STAY FLEXIBLE

Strong muscles will help you to perform better, to protect your joints and to stay leaner. Flexibility will allow you stand up straighter and move with much more ease.

Ultimately, I believe in “under doing” things until an older client has learned proper exercise form and that an appropriate intensity level has been established for them. When this happens, they enjoy the benefits of a progressive fitness program like anyone else.

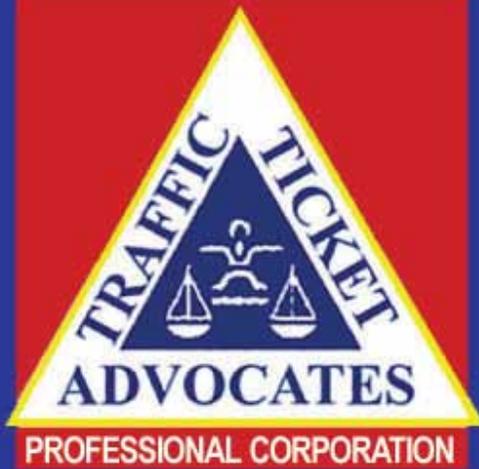
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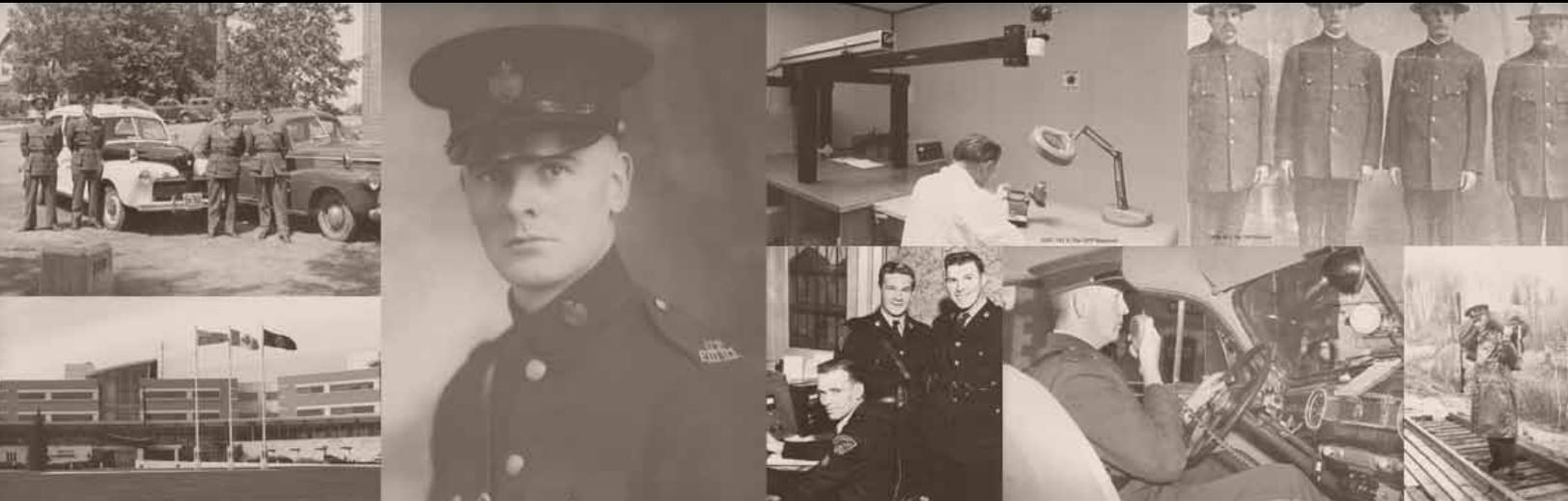


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# ONTARIO PROVINCIAL POLICE HISTORICAL HIGHLIGHTS



## Early years of the OPP

**1909** - By the early 20th century, there was growing concern about the absence of a unified provincial police constabulary. An increasingly diverse population, the wild mining and railway construction camps in the north and lawlessness along the US/Canada border in the south eventually led the government to form a provincial police force on October 13, 1909. On the first day of its being considered an “active organization,” the OPP was comprised of a superintendent, a senior inspector, two inspectors of criminal investigation, two divisional inspectors and 45 provincial constables. Major OPP duties included investigating serious crime, enforcing The Games Protection Act, maintaining peace in mining frontiers, and guarding border points from entry by illegal immigrants.

**Circa 1910** - The first OPP uniforms were issued.

**1916** - The OPP had the difficult and often unpopular task of enforcing The Ontario Temperance Act, which required closing all bars, clubs and liquor stores. This act continued until the Liquor Control Board was established in 1927. The OPP continues to enforce many liquor-related laws today.

**1922** - Amendments to the Constables Act made counties responsible for their own policing.

With more than 180,000 vehicles registered to Ontario, the OPP used motorcycles to patrol the highways. The enforcement of The Highway Traffic Act would grow to be an important aspect of OPP duties.

**1922 - 1939** - The OPP underwent major reforms and critical growth. Everything from centralized command to military style procedures (such as Police Orders) to standardized uniforms and equipment helped to build the character of the provincial police.

Special details such as VIP, Royal visits or major event security provided OPP members with unique experiences throughout the years.

ONTARIO PROVINCIAL POLICE  
**MUSEUM**



## The growth of the OPP

**1939** - During the Second World War, the OPP provided special protection to hydroelectric plants and supervised the many volunteer organizations formed to protect the province.

**1940s** - The OPP extended coverage to all areas of the province not served by municipal police forces. The Municipal Act of 1944 enabled municipalities to enter into contracts for township policing with the OPP.

**1941** - New marked Chevrolet Coupes replaced the motorcycles of the Highway Patrol.

**1947** - The OPP installed the most modern police radio system of its time.

**1954 - 1956** - OPP duties involved enforcing The Highway Traffic Act. Radar was used in 1954 for the first time in traffic enforcement and in 1956 the breathalyzer was put into service in Whitby, Ontario to identify impaired drivers.

**1957** - OPP General Headquarters moved from Queen's Park to 125 Fleet Street East (later Lakeshore Blvd.), Toronto.



## Modern era of the OPP

**1963** - A new era of modernization began for the OPP with a changed command structure supporting the existing 17 police districts. New ranking and promotional programs were introduced, where merit took precedence over seniority. In 1964, all officers of the inspector rank or higher held the "Queen's Commission" and appropriate training became a top priority for the OPP.

From the 1970s, specialization in policing has been increasingly reflected in OPP training, equipment and deployment. This has included: bomb disposal; underwater search and recovery; search and rescue; forensics; identification; criminal investigation; public order; aviation services; canine; tactics and rescue; counter- and anti-terrorism work; crisis negotiation; provincial emergency response; and incident command. This development has been mirrored by a steady increase in the civilian membership of the OPP.

**1974** - Women were recruited by the OPP as police officers.

**1975** - After assuming policing responsibility of First Nations peoples from the RCMP in 1974, the OPP supported increasing First Nations autonomy in policing as a step towards a better system for Aboriginal communities in the province. During the next three decades, this led to the formation of the Indian Policing Program, First Nations Program and, more recently, the Aboriginal Policing Bureau.

**1977** - The OPP introduced laser fingerprint detection to the world.

**1989** - All-white cruisers replaced the familiar black-and-white design.

**1990** - During the 1990s, strong community-policing partnerships were established. A new telecommunications system was created.

**1995** - The OPP relocated its General Headquarters to Orillia.

**2001** - The Sept. 11, 2001 terrorist attacks in the United States had a significant impact on the OPP and changed both proactive and reactive responses to emergency situations. The creation of the Provincial Emergency Response Team (PERT) in 2001, the Provincial Anti-Terrorism Section (PATS) in 2002 and the OPP Security Service at Queen's Park Toronto (2003) positioned the OPP as a leader in emergency management.

**2005** - The Highway Safety Division was introduced as part of a focus on reducing motor vehicle collision fatalities and injuries.

**2007** - The highly visible black-and-white cruiser was re-introduced by the OPP.

Continued on Pg 18



# ONTARIO PROVINCIAL POLICE HISTORICAL HIGHLIGHTS

Continued from Pg 17

## The OPP today

After more than a century of policing, the OPP fulfills its mandate as one of North America's largest deployed police services with more than 6,200 uniformed officers including part-time police officers, over 3,000 civilian employees and over 850 auxiliary members.

OPP members provide a vast array of services to both the province and more than 324 municipalities, through 165 detachments, five regional headquarters, one divisional headquarters and OPP General Headquarters.

The OPP serves a province with more than 12 million people and directly polices nearly one million square kilometres of land, over 110 thousand square kilometres of waterways (95% of Ontario's policed waterways) and more than 130 thousand kilometres of provincial highway. Ontario's diversity truly rests with its landscape and its people.

From forested wilderness and vast lakes and rivers, to rural farmland and dynamic urban centres, the frontiers of policing continue to present exciting challenges to the OPP.





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# A Few of The Cleanest Beaches of Ontario

## Top Beaches to Visit this Summer in Ontario

### PIER BEACH



Located on the shores of Lake Huron in 48 Long Hill Rd, Bayfield

Also known as Bayfield Main Beach. Located only a short walk from the Historic Village of Bayfield, Pier Beach is a lovely and pleasant family – friendly place that is perfect for sunbathing and taking a dip in the cool water.

Photo credit: Mark Plummer

### GRAND BEND - NORTH BEACH



Located on the shores of Lake Huron in Lambton Shores

Grand Bend Beach is a beautiful sandy beach that is approximately 20 acres. Being an extremely popular summer destination, the area boasts of a beach house, dozens of restaurants, snack bars and more, all within walking distance.

Photo credit: Ontario's Blue Coast

### CANATARA PARK BEACH



Located on the shores of Lake Huron in Sarnia

Canatara Park Beach is a sandy beach that stretches for nearly a kilometre along the shore! The beach is located in Canatara Park and boasts over 84 acres of parkland and includes walking/biking trails, passive areas, picnic areas, forests, and many more amazing fun and opportunities.

Photo credit: City of Sarnia

### WASAGA BEACH



Located on the shores of Lake Huron 11 22nd St N, Wasaga Beach

Wasaga Beach boasts a pleasant 14-kilometre-long sandy beach with warm, shallow water this makes Wasaga the ideal place for swimmers of all ages.

Photo credit: Chris/Flickr

### SANDBANKS PROVINCIAL PARK



Located on the shores of Lake Ontario in 3004 County Rd 12, Picton, ON K0K 2T0

Also known as Outlet Beach, faces out directly onto Lake Ontario and is perfect for families as the beach offers warm shallow waters with a gentle drop off.

Photo credit: Eric Parker/Flickr

### VICTORIA BEACH



Located on the shores of Lake Ontario in Victoria Park, Cobourg

Victoria Beach is paradise on Lake Ontario! The beach has beautiful clean sandy shores, a boardwalk, inviting water for swimming, and a beach canteen. The area also offers excellent facilities, including a playground, splash pad, picnic tables and information booth.

Photo credit: Agatha Barc

## BLUFFER'S BEACH



Located on the shores of Lake Ontario in 1 Brimley Rd S, Scarborough

Bluffer's Park Beach has a wide variety of available facilities and activities including marinas, parklands, swimming, fishing, and picnic areas. You can also enjoy the geographical feature "the bluffs."

Photo credit: Jeff Hitchcock/Flickr

## KEW - BALMY



Located on the shores of Lake Ontario in 2 Silver Birch Ave, Toronto

Kew and Balmy Beaches are beautiful beaches filled with history and charm. Parking is available.

Photo credit: Andy Nystrom/Flickr

## WOODBINE BEACH



Located on the shores of Lake Ontario in 1675 Lake Shore Blvd E, Toronto

Woodbine Beach is a popular 15.2 hectare, broad and beautiful curve of sand and one of the city's best gateways to the Lake Ontario shoreline. Woodbine Beach is a popular spot for picnics, sunbathing and swimming. It is also the site of annual fireworks on Victoria Day, and Canada Day. Photo credit: Andy Nystrom

## CHERRY BEACH



Located on the shores of Lake Ontario in Toronto, Ontario

Cherry Beach is a wonderful sandy family-friendly beach that has a diverse and colourful place in the history of Toronto. Cherry Beach is known for its kite-surfing, swimming, walking, BBQs and the summer parties.

Photo credit: Jeff Hitchcock/Flickr

## GIBRALTAR POINT



Located on the shores of Lake Ontario on Toronto Islands, Toronto

Described by many as a hidden gem, Gibraltar Beach is a beautiful stretch of sand that faces out on Lake Ontario and is all that is left of the sand dunes that once blanketed the area.

Photo credit: Andy Nystrom

## PORT BURWELL



Located on the shores of Lake Erie on 1 Robinson St, Port Burwell

Port Burwell Municipal Beach boasts a beautiful, long stretch of sandy shoreline which is renowned for its accessible facilities, excellent waters and a lighthouse built in 1840.

Photo credit: C Slack

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# JACKIE SALAD



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Cook beans in boiling salted water until crisp tender (4-5 minutes).

Drain beans and transfer to ice water to cool. Drain beans from ice water.

Combine ingredients with enough dressing to coat.



## Ingredients:

- 1 ½ cups (12 oz.) fresh green beans
- 6 cups Spring Mix
- 1 cup chopped walnuts, toasted and coarsely chopped
- 1 ½ cups cherry tomatoes, halved
- garnished with thin sliced red onion

## Dressing:

- ½ cup olive oil
- ¼ cup red wine vinegar
- 1 ½ tbsps Dijon mustard
- 1 tbsps fresh parsley
- 1 tsp fresh lemon juice
- ½ tsp minced garlic
- pinch of sugar, salt and pepper
- small squeeze of lemon juice

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# PADDLING IN ONTARIO PARKS

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## ONTARIO PARKS

offers unparalleled paddling opportunities amidst scenic beauty and landscapes that have remained unchanged for centuries. With over 7,500 interior campsites – many only accessible by canoe or kayak we are the largest provider of outdoor recreation in Ontario. Over 75 provincial parks rent canoes and local outfitters also rent canoes and equipment as well as providing fully guided trips. Park staff and local outfitters can also help with trip planning. Check out park pages on this website for availability of maps. And be sure of your paddling and backcountry camping and travel skills. No matter what your skill level – your next camping trip can include paddling. Check out our events listings for special workshops and programs that will help you to stretch your boundaries – explore, learn and be sure to share your photos and experiences!

## EASY PADDLING!

When you are planning your next visit – whether for the day or longer, consider adding on a paddling experience - stretch your limits! Check out our convenient boat launch sites, rentals - everything

you'll need to enjoy an outing on the water! Our handy Park Locator tool allows you to find parks with the amenities and services you require to get you started. You can find easy paddling in most provincial parks. Explore meandering rivers for great opportunities to see wildlife. The Bonnechere River makes for a great family paddle, close to shore, interesting vegetation and the chance to see turtles, fish, ducks and deer. The family cabins at Bonnechere make for a great getaway! Or check out Emily northeast of Toronto, a perfect spot for novice paddlers and the wetlands along the wide Pigeon River provide a habitat for many unique frogs and birds. If you do not have a canoe, you can rent one at the Park Store. Motorboat free lakes provide peaceful, easy paddling for novice paddlers and nature enthusiasts. The collection of picturesque lakes in Esker Lakes, the quiet, pretty Kettle's Lake at Awenda or the peaceful waters of MacLeod in northwestern Ontario offer a relaxing option for a day of canoeing. Some parks like Silent Lake offer great home bases to explore. Try a quiet and relaxing paddle across the 2.5 km long Silent Lake. The adjoining Quiet Lake and Soft Lakes can be accessed (depending on water levels) by completing a short portage. More parks are beginning to

offer “Learn to” programs – including Earl Rowe where you can learn to paddle. Be sure to check out “What Happening” highlights for each park. And park staff are excellent sources for advice on paddling and services available.

## LEARNING TO PADDLE IN THE BACKCOUNTRY

Perhaps you are confident in your flatwater paddling skills – but looking to test your backcountry mettle? Ontario Parks has a range of parks that provide paddle-in campsites, marked portage trails and peaceful solitude a short distance from where you launch. Minimal services at backcountry sites usually include marked campsites, box privies and fire pit rings. Some of these destinations can be busy, but for new backcountry paddlers, that can also be reassuring! Charleston Lake's ten interior campsites provide a range of easy access options – ten minutes to two hours paddling. All sites come equipped with three elevated tent platforms, a picnic table, a fire grill and a privy. camping skills.

# ONTARIO



# PARKS



At parks like Grundy Lake or Rushing River nearby outfitters will deliver canoes to the boat launch. A short paddle from the landing at Grundy Lake can take you to nine interior campsites; with lots of options for longer trips. Rushing River is a popular park for nearby Winnipeg residents. Here campers can have canoes delivered and they'll be able to access canoe routes that range in length from 32 to 103 kilometres. One of Ontario's newest operating provincial parks - Kawartha Highlands is the largest park south of Algonquin. Choose one of six access points all located within central Ontario's cottage country. Crossing one or two portages will allow you to feel as though you are really getting away from it all. Warm water, lovely campsites and stunning scenery with dark skies for star gazing await you. Another popular destination for backcountry camping is The Massasauga south of Parry Sound. From quiet inland lakes to the windswept islands of Georgian Bay the stunning scenery has attracted paddlers for generations. The park's 135 campsites are only accessible by water. Looking to improve your backcountry skills? Frontenac is well-known for its "learn to" programs teaching many campers and

paddlers how to be comfortable and enjoy travel in the backcountry. Check out the "What's Happening" section of the park's website page for details on programs.

## PADDLE INTO HISTORY

Ontario Parks protects some of the most pristine paddling destinations anywhere. Landscapes have remained unchanged for centuries. The term Nastawgan (an Ojibwa word) refers to ancient paths, developed and travelled by the Anishinabai people. You will find these same paths are still in use today linking many lakes and features in parks such as Lady Evelyn Smoothwater, Makobe-Grays River, Obabika River, Solace and Sturgeon River. Travelling by canoe through the backcountry allows paddlers to access many special cultural sites including some with aboriginal rock paintings called pictographs. Bon Echo protects one of the greatest concentrations of Algonkian rock paintings found in a single site east of the Rockies. It is an easy paddle across Mazinaw Lake to see this collection of over 260 pictographs. It is possible to travel across Ontario by canoe and the historic Mattawa and

French Rivers were important early routes for First Nations, French explorers, fur traders and voyageurs. Both rivers are protected within the Ontario Parks' system and the French River was the first designated Canadian Heritage River. Samuel de Champlain Provincial Park is named for the explorer and map maker who travelled to Huronia in 1615 via the Mattawa River. Visitors to this park will be able to participate in special summer programs that include paddling a 10m (30ft) voyageur canoe and the visitor centre is well worth a stop. If history and architecture are of interest, the award winning French River Visitor Centre is also worth a visit. Provincial parks along the Rideau Canal World Heritage Site include Murphys Point and Rideau River. Canoeists and kayakers can use the park as a basecamp to explore many interesting sites within paddling distance. Visit Rideau Info and click on paddling guides 8 and 9 for suggested paddling routes and points of interest on Big Rideau Lake.

Continued on Pg # 28



# PADDLING IN ONTARIO PARKS

Continued from Pg 27

## RIVER TRIPS: WILDERNESS AND WHITEWATER

The thrill of whitewater along with the opportunity to paddle amidst wilderness solitude attracts many to Ontario Parks. Spanish River is a favourite for newcomers to whitewater paddling. A range of route options appeal to paddlers with different skill levels and the opportunity to paddle the route of Grey Owl. The Missinaibi River is a Canadian Heritage River, designated for its significant Aboriginal, fur trade and logging cultural heritage and outstanding ecological and geological natural heritage. This 500 km-long Ontario Park protects one of the longest and most famous canoe routes in the world. Access to many northern rivers is made easy by train. VIA Rail offers a service called the “Budd Car” – a special train that can accommodate canoes and gear. Paddlers request a milepost stop and can be dropped off or picked up at their desired location. Trips like the Missinaibi River, the Spanish River or the Sand River Canoe Route in Lake Superior Provincial Park – which is adjacent to the Algoma Central Railway - are all possible with railway access. Be prepared for many portages! If you like waterfalls, try the Makobe-Grays River in springtime! It is one of the wild whitewater rivers that flows from the headwaters contained in Lady Evelyn-Smoothwater Provincial Park in the Temagami Group of Parks.

## CELEBRATED PADDLING DESTINATIONS

Hundreds of lakes connected by ancient pathways, dark starry skies, loons calling and water lapping gently at the shoreline of a perfect campsite. These experiences are celebrated in paintings, music and literature. Ontario Parks protects and manages countless of these special places. Explore on your own or enjoy the services of an outfitter to simplify your trip! Northwestern Ontario's three largest wilderness parks: Woodland Caribou, Wabakimi and Quetico collectively offer over 5,000 km of canoe routes across over 18,000 square kilometres. Here paddlers can travel for days in a wilderness environment – truly trips of a lifetime! You'll find undisturbed boreal forest and plenty of opportunities for wildlife viewing and fishing with few other paddlers. Backcountry sites are primitive and often unmarked. For those wishing a bit more support – outfitters can provide everything from canoe rentals, guided trips and outpost cabins. In Ontario, iconic landscapes have been celebrated by artists like the Group of Seven. The 645 square kilometres of Killarney Provincial Park with its iconic white quartzite hills and over 50 clear blue lakes is one of the most painted. In fact the Ontario Society of Artists, led by Franklin Carmichael was instrumental in creating this provincial park. Algonquin Provincial Park, captured by the immortal Tom Thomson, is Ontario's oldest park. It has 29 access

points and over 2,000 backcountry canoe routes. Travellers from around the world come to Algonquin and enjoy full amenities including outfitters, resorts and lodges as well as numerous cabins scattered throughout the park. It's easy to find your own level of adventure. The Temagami Group of Parks (Lady Evelyn-Smoothwater, Mabobe-Grays River, Sturgeon River, Solace, Obabika River) forms a 2,400 km network of portages. This area includes the highest point of land in the province (Ishpatina Ridge) and over 6,000 years of Aboriginal history. As with many of the Temagami canoe routes, many options are available to extend backcountry trips by combining other routes within the provincial parks, on adjacent conservation reserves and Crown land. Sea kayaking continues to grow in popularity. They are the perfect craft for exploring bigger waters and to access the iconically rugged coastlines of Georgian Bay via Killarney, French River, Killbear and the The Massasauga provincial parks. Photographers and painters often capture stunning windswept pines, smooth rocky islands, sheer cliffs and secluded beaches. Further north Rainbow Falls' small campground at Rosspoint provides a good jumping off spot for sea kayakers to explore the coastline of Lake Superior. In Southern Ontario, many visitors enjoy paddling along the sheltered marshes of Long Point Provincial Park – a World Biosphere Reserve and camping among the dunes which are located adjacent to the 1.5 km long sandy beach. For tips on travelling in bear country. The Ontario Recreational Canoe and Kayak Association offer lessons and certifications.



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# SUMMER PICNIC SALAD

Boil elbow macaroni according to package directions. Drain and set aside to cool.

Combine all ingredients. Mix well and chill for at least 3 hours before serving. Stir well before serving. Add more mayonnaise according to preference.



## Ingredients:

- 400g Elbow macaroni, boiled, drained and cooled
- 1 medium green pepper diced
- 1-2 celery stalks sliced thin
- 1 heaping tblsp diced red onion
- 2 medium sized pickles diced (or sub with green relish)
- ¾ mayonnaise
- ¼ cup dill pickle juice
- 1 tsp fresh chopped parsley (optional)

## Dressing:

- 1 tblsp onion powder
- 1tsp garlic powder
- 1tsp thyme
- 1tsp pepper
- 1tsp basil
- 1tsp celery salt
- ½ tsp oregano
- ½ tsp paprika
- small squeeze of lemon juice

**#Caledonia\_Foodie**



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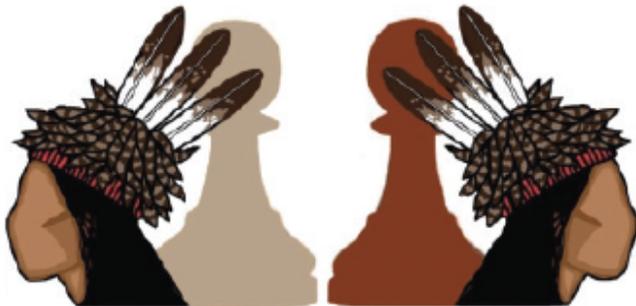
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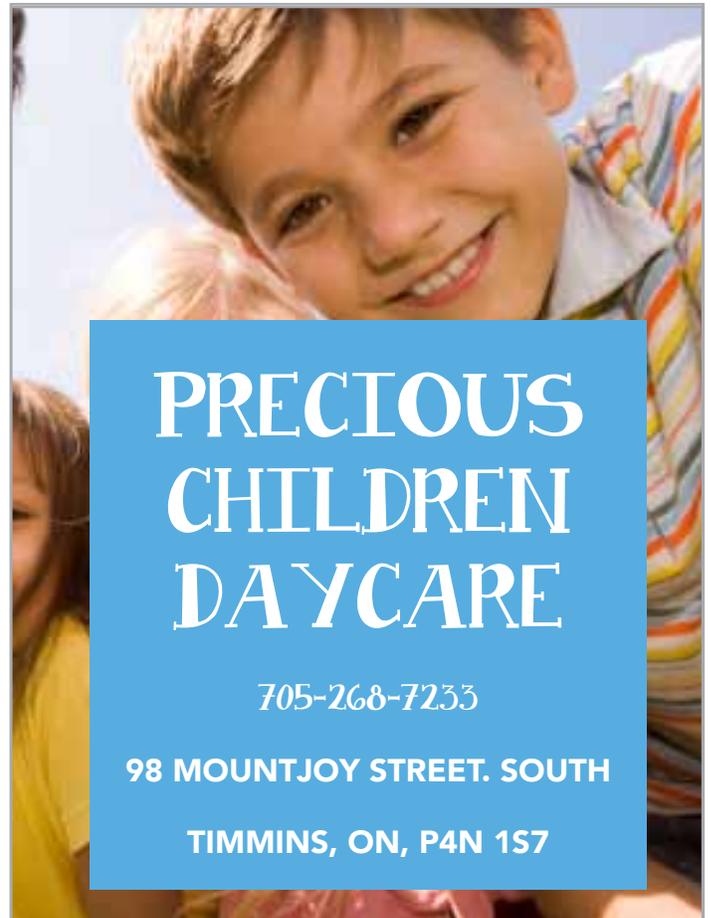
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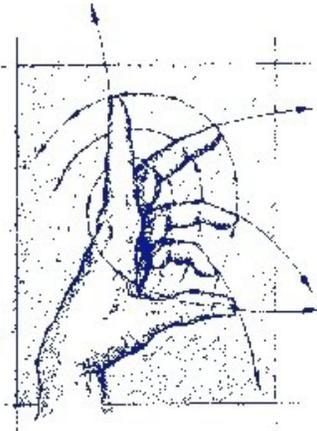
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# HPS HISTORY

In 1829, Sir Robert Peel established the Metropolitan Police Force in London, England, based at Scotland Yard. These 1,000 constables were the world's first police officers. They were nicknamed 'Bobbies' or "Peelers" and were the direct forerunners of today's modern policing.

This new concept of Policing quickly made its way to Pre-Confederation Canada. On February 13, 1833, the Town of Hamilton was established by a statute of Upper Canada. The first Board of Police meeting took place at the Hamilton Court House on Monday, March 11th of that year. Under the direction of the Board of Police, High Bailiff John Ryckman was appointed to keep the peace, thus establishing him as Hamilton's first Police Officer. Hamilton was one of the first communities to adopt the concepts of Sir Robert Peel.

In 1848 Dundas created its own police agency. In 1850, the Police Village of Ancaster followed suit to complete the trio of area pre-Confederation police departments. In August 1940, the Township of Saltfleet established a Constabulary to patrol its increasingly urban territory, and in 1949, in the wake of the post-war boom, Stoney Creek followed suit.

Other area police departments appear to have included the Township of Glanbrook, Barton Township, Glanford Township (which may have been very short-lived), Flamborough, East Flamborough, Waterdown, Hamilton Beach, Hamilton Harbour Police, and Hamilton Parks Police.

Over the years, many of these small departments were disbanded. Their territory was either taken over by the Ontario Provincial Police, or they amalgamated with other departments as municipalities merged or entered into joint agreements.

In the 1960s, the provincial government removed policing from direct municipal control by establishing independent Police Commissions. Policing was no longer a 'department' of city hall.

On December 31st 1973, there were only five Municipal departments remaining, including Hamilton, Stoney Creek, Ancaster, Dundas, and Saltfleet. On January 1, 1974, these police forces were merged into one Hamilton-Wentworth Regional Police Force under its own Board of Commissioners of Police. On February 22, 1986, the Hamilton Harbour Police was disbanded and its function taken over

by the Hamilton Wentworth Regional Police Force.

On January 1, 2001, the communities of Ancaster, Dundas, Flamborough, Glanbrook, Stoney Creek and Hamilton merged to become the 'new' City of Hamilton. At the same time, the Hamilton Wentworth Regional Police merged to become one Hamilton Police Service.

Hamilton is situated on the western end of Lake Ontario. The Hamilton Police Service patrols an area of 1,113 sq. kms. and serves a population of over 540,000 residents (Land use Base Data & GRIDS). In 2013, we deployed 797 police officers and 282.5 civilian members, and responded to approximately 80,000 calls for service. The 2013 operating budget for the Hamilton Police Service was \$140,414,620.

The history of our Police service has played an integral role in the evolution of Policing in Hamilton today. We are continuously learning about our history. We invite you to share any information that you may have about the history of the Hamilton Police Service by emailing our service historian at: [historian@hamiltonpolice.on.ca](mailto:historian@hamiltonpolice.on.ca)



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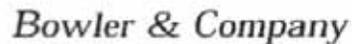
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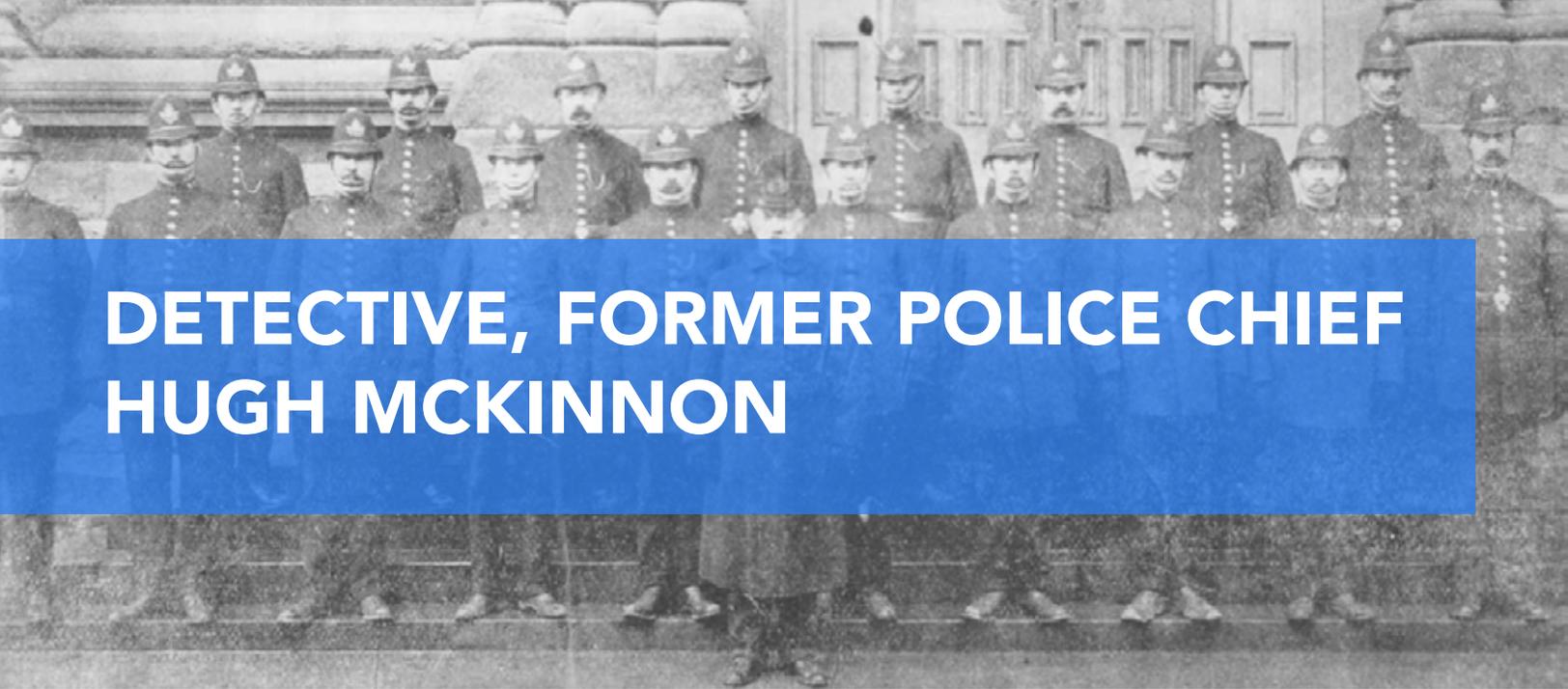


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# DETECTIVE, FORMER POLICE CHIEF HUGH MCKINNON

**Courtesy of  
Hamilton, Ontario,  
Historian Brian Henley:**

1895 - Detective, Former Police Chief, Hugh McKinnon Interviewed  
“Few men in the business in this part of the country have had longer of more remarkable experiences in the detective line than Mr. Hugh McKinnon, the ex-Chief of Police of Hamilton. Dropping in on him at his new office, No. 17 Main street east, yesterday a reporter found him in a mood for chat, and got some real good stories of private cases which he had worked on as Chief of Police.

**“ ‘Yes, I have handled some very remarkable cases during my experience,’**

said the ex-Chief. ‘Any man in my business who takes an interest in his work, and who is adapted to and fitted by nature for it, finds all that is interesting in it. The work is varied; all manner of cases crop up. All sorts of complications and obstacles arise during investigation. The greater the difficulties and the more confusing the complication, the more interesting the work becomes to the exper, and

the more determined he is to succeed. I have rarely, indeed, said much of my work and experience. You have known me a number of years quite intimately, and I believe you will bear me out in this. This was not because I did and do not appreciate praise and credit for anything I may have done, but because I have all my life been secretive in connection with my work. Yes, I will tell you of one case I took in hand and handled in this city. It was a remarkable one, and is another evidence that truth is stranger than fiction.’

“ ‘The parties to do it are living in this city now and I would not like their names to be mentioned, but Mr. J.V. Teetzel knows all the circumstances and can vouch for the facts. About four years ago, a lady came to my office in the City Hall and asked if I was Chief McKinnon. Assuring her that I was, she said: ‘Well, Chief McKinnon, I am in trouble and you must help me.’ I replied that I would be pleased to do anything I could if she would kindly tell me what her trouble was. Then came her remarkable story. ‘I am thirty-eight years of age, am married and mother of three children,’ she said. ‘Until I was 23 years of age, I lived and supposed I was born at B---, a place over two hundred miles from here. I

suppose my reputed father and mother were my own father and mother. One day a disagreeable neighbor girl cast up to me that they were not. I felt badly, but for some reason I did not speak of it to my supposed parents, and now both are dead. I did not hear any more about it, but I often thought there was some truth in what was said to me. I did not have a particle of resemblance to either brothers or sisters, father or mother. After a time, I left home and went west to live at Ogdensburg and then married. From there we removed to Chicago, and after a time came to Hamilton, where we now live. From time to time during the past few years I have been thinking of my own mother so much. Could it be possible that she is living? Would I ever see her? To such an extent has that thought worked upon me that I can scarcely rest night or day. I feel that she is living some place. I have heard so much of you, and now I know you will find her for me.

“The woman was so very much in earnest, I became interested, and said I would do my best to unravel the mystery of her parentage. I noted down all the facts she could give me and they were few, indeed, but you know we do not want much for a start. I took the matter up systematically, and it did prove to be a remarkable case. I will now give you the result. The grandfather and grandmother of the woman were living upon a farm and had a daughter, not yet fifteen years of age. With them also lived a woman about thirty years of age. The grandfather was rather fond of the woman. During breakfast one morning, after drinking her tea, the grandmother was suddenly taken ill, and died within a few minutes. No inquest was held. Doctors were few, and there was not one within twenty miles. A few weeks after the funeral, the widower and the woman were married. This woman had a brother thirty-six years of age, whom she thought would make a husband for her 15 year old stepdaughter. They finally persecuted the child until she married him. Her treatment as a wife was brutal in the extreme. After the birth of her child, the heartlessness continued till finally she was turned out of the house and the babe was taken from her. The babe was given to a person to nurse. The poor mother discovered where the infant was, entered the room through a window, and carried it off. For three days she slept in barns, and at night she traveled on and on until one morning she came to a farm house where lived a young and then childless couple. The mother gave the couple her baby and promised never again to return to them

to claim it. She left, and, by them, was never again seen. She kept her word. Thirty-eight years and seven months passed and then I was the humble instrument which finally brought them together. Can you imagine it, and can you not easily understand what a satisfaction it was to me, after all my work to find it was not a work in vain, and that I joined the mother and daughter who were so cruelly parted. The woman was not wealthy, and it was through the kindness of Mr. Teetzel that she obtained funds to carry on the search. She still lives here and at the present time. Her mother is visiting friends not very far west.”

**“A Good Detective Story : The Parties Now Live in Hamilton and Are Well-Known : Ex-Chief McKinnon’s Work”**

**Hamilton Times. March 28, 1895.**



# SIR ROBERT PEEL'S PRINCIPLES OF LAW ENFORCEMENT 1829:

ARTICLE PROVIDED BY



1

The basic mission for which the police exist is to prevent crime and disorder.

2

The ability of the police to perform their duties is dependent upon public approval of police actions.

3

Police must secure the willing cooperation of the public in voluntary observance of the law to be able to secure and maintain the respect of the public.

4

The degree of cooperation of the public that can be secured diminishes proportionately to the necessity of the use of physical force.

5

Police seek and preserve public favor not by catering to the public opinion but by constantly demonstrating absolute impartial service to the law.

6

Police use physical force to the extent necessary to secure observance of the law or to restore order only when the exercise of persuasion, advice and warning is found to be insufficient.

7

Police, at all times, should maintain a relationship with the public that gives reality to the historic tradition that the police are the public and the public are the police; the police being only members of the public who are paid to give full-time attention to duties which are incumbent on every citizen in the interests of community welfare and existence.

8

Police should always direct their action strictly towards their functions and never appear to usurp the powers of the judiciary.

9

The test of police efficiency is the absence of crime and disorder, not the visible evidence of police action in dealing with it.





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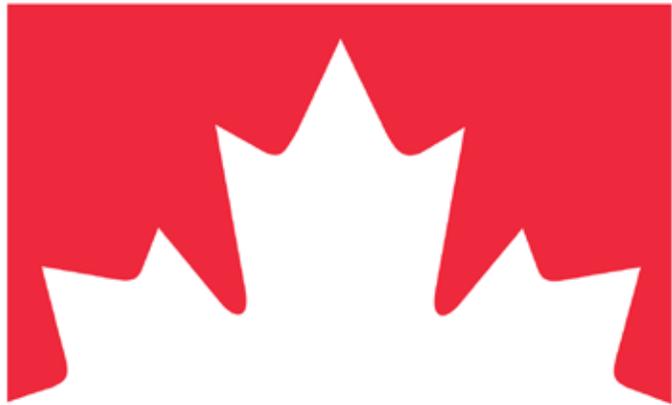
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### FLAMBORO TECHNICAL SERVICES

PO BOX 214  
MILLGROVE ..... 905-689-8815

## SPONSORS

### MASTERLUBE RUST CHECK

91 LACLIE ST  
ORILLIA ..... 705-329-3627

### MIKE HOGAN PLUMBING & HEATING

1443 EVERGREEN DR  
KINGSTON ..... 613-634-6100

### RIVINGTON'S OF PEMBROKE INC.

655 PEMBROKE STREET WEST  
PEMBROKE ..... 613-735-4627

### SAWCHUCK PLUMBING

5 TEMPLETUN CRES.  
BARRIE ..... 705-279-1086

### MERRY MAIDS GUELPH

127-355 ELMIRA RD N  
GUEPLH ..... 519-836-3330

### SHERRIE KIRBY REAL ESTATE

3706 NAFZIGER RD  
WELLESLEY ..... 519-502-5697

### TIMMINS ESSO

562 ALGONQUIN BLVD E.  
TIMMINS ..... 705-264-3515

### ABC TAXI

36 MURPHY STREET  
TRENTON ..... 613-394-4326

### BURNESS PARALEGAL

232 DUNDAS ST. BOX 190  
THAMESFORD ..... 519-285-5438

### COUNTY WATER SUPPLY

141 STATION RD.  
HILLIER ..... 613-438-4114

### N O T L REALTY

109 QUEEN ST, BOX 1079  
NIAGARA ON THE LAKE ..... 905-468-3205

### PARTS HEADQUATERS

UNIT C2 1175 APPLEBY LINE  
BURLINGTON ..... 905-332-3271

### JCO AND ASSOCIATES

7-158 DON HILLOCK DR.  
AURORA ..... 905-727-8818

### PARTNERS WORLDWIDE CANADA

PO BOX 661 STATION MAIN.  
WELLAND ..... 226-422-9022

# THANK YOU

# TO ALL OUR SPONSORS!

LAWRENCE HULL	905-936-4221	23 QUEEN STREET SOUTH PO BOX 970	TOTTENHAM	ON	L0G 1W0
RAMA MOCCASIN & SMOKE	705-325-5041	6413 RAMA RD BOX 153	LONGFORD MILLS	ON	L0K1L0
THE COOKTOWN PUB CO.	705-291-2000	4 - 52 QUEEN ST. W	COOKSTOWN	ON	L0L 1L0
ALLAN WRIGHT WATER WELLS INC.	705-322-0931	4121 HIGHWAY 93	HILLSDALE	ON	L0L 1V0
MCCARTHY'S ABEZEE DRIVING SCHOOL	705-733-8788	200 B CENTRE STREET	ANGUS	ON	L0M 1B0
MALJOHN COMPANY LIMITED	905-692-5404	PO BOX 287	BINBROOK	ON	L0R 1C0
PYETT SPRING ALIGNMENT	905-957-7033	9381 SILVER ST	CAISTOR CENTRE	ON	L0R 1E0
MICHELLE MY BELLE BRIDAL BOUTIQUE	905-689-8111	1-331 DUNDAS ST E	WATERDOWN	ON	L0R 2H0
NATURAL INSECT CONTROL	905-382-2904	3737 NETHERBY RD	STEVENSVILLE	ON	L0S 1S0
POLS LTD.	905-899-3621	52009 REGIONAL RD. 24	WAINFLEET	ON	L0S 1V0
PORT HOPE HEARTS GYMNASISTICS CLUB	905-800-0854	11-330 WARD STREET	PORT HOPE	ON	L1A 4A6
SQUEAKY CLEAN CAR DETAILING	905-922-9331	1270 SIMCOE ST N	WHITBY	ON	L1G 4X4
HAIR BY GIOVANNI	905-240-5440	1330 RITSON RD N.	OSHAWA	ON	L1G 6Z6
PIZZA HOUSE	905-432-2020	1076 CEDAR ST #4	OSHAWA	ON	L1J 3R9
WILD VINE BEAUTY	905-571-4247	1 WARREN AVE, UNIT 4	OSHAWA	ON	L1J 4E9
FRAME BY DESIGN	905-668-6266	116 BROCK STREET SOUTH	WHITBY	ON	L1N 4J8
CANADIAN ELITE WELDING PRODUCTS	905-579-9943	4 - 2100 FORBES ST	WHITBY	ON	L1N 9T3
EGGS CREPES RESTAURANT	905-683-3535	6-250 BAILEY ST.W	AJAX	ON	L1S 3V4
IDA - THE HOPE PHARMACY	289-660-0536	38 CHURCH ST. S	AJAX	ON	L1S 6B3
MAPLE LEAF TAVERN	905-358-6764	5831 FERRY ST	NIAGARA FALLS	ON	L2G 1S8
THE FAMOUS COFFEE SHOP	905-354-7775	6380 FALLSVIEW BLVD UNIT R1	NIAGARA FALLS	ON	L2G 7Y6
JCL ELECTRIC	905-932-6767	26 CABOT DR.	ST. CATHARINES	ON	L2M 2G4
GIANT TIGER	905-685-1167	120 WELLAND AVE	ST CATHARINES	ON	L2R 2N3
PERFORMANCE COMPUTERS	905-732-0006	289 LINCOLN ST	WELLAND	ON	L3B 4N5
CRS SPECIALTIES	905-734-3858	72 CLARK ST	WELLAND	ON	L3B 5W6
BP SPORTS COMPLEX	905-941-1275	1100 NIAGARA ST	WELLAND	ON	L3C 1M6
NIAGARA INSURANCE BROKERS	905-834-7722	247 MAIN ST. W.	PORT COLBORNE	ON	L3K 5V7
AUTOFLEX SALES & LEASING LTD	705-329-0007	131 ATHERLEY RD	ORILLIA	ON	L3V 1N4
HOME HARDWARE BUILDING CENTRE	705-326-7371	5 KING ST	ORILLIA	ON	L3V 1R2
PAPER KAPERS	705-325-7775	15 MISSISSAUGA ST E	ORILLIA	ON	L3V 1V4
CANADIAN TIRE GAS	705-325-7171	135 WEST ST S	ORILLIA	ON	L3V 5G7
DAYLYN LOCAL AND GLOBAL HEALING	905-895-8445	31-16655 YONGE ST	NEWMARKET	ON	L3X 1V6
HOMEGUARD FUNDING LTD.	905-895-1777	83 DAWSONMANOR BLVD.	NEWMARKET	ON	L3X 2H5
SOPHISTICATED HAIR & BEAUTY	905-235-5152	9-340 EAGLE ST. W.	NEWMARKET	ON	L3Y 7N1
ONE STOP MUFFLER & BRAKE SHOP	905-853-1437	18-1111 GORHAM ST	NEWMARKET	ON	L3Y 8X8
MACELI MOTORS INC	905-898-1052	1-1215 TWINNEY DR	NEWMARKET	ON	L3Y 9E1
AME-TECH DEVELOPMENTS LTD.	905-884-4336	9-346 NEWKIRK RD	RICHMOND HILL	ON	L4C 0A9
LIMA-THOMPSON CONSULTING GROUP INC.	647-477-5618	59 MANCINI CRES.	RICHMOND HILL	ON	L4E 0T1
HEY CHIMNEY KING	705-720-0184	816 PENETANGUISHENE RD	BARRIE	ON	L4M 4Y8
VIDEO TIME	705-722-7383	157 BAYFIELD ST	BARRIE	ON	L4M 5A1
EURAMAX CANADA	705-728-7141	26 LORENA ST.	BARRIE	ON	L4N 4P4
MR. LUBE	705-737-2759	12 BRYNE DRIVE	BARRIE	ON	L4N 9Y4
PUR SPA	705-527-4363	701 KING ST	MIDLAND	ON	L4R 0B7

# THANK YOU

# TO ALL OUR SPONSORS!

BODY LINE COLLISON LTD	705-526-2020	PO BOX 392	MIDLAND	ON	L4R 4L1
FINISHED BASEMENTS SCTO	416-885-3987	1-133 INSPIRE BLVD	BRAMPTON	ON	L6R 3X9
CLUB CUTS HAIR SALON	905-877-4400	14-378 MOUNTAIN VIEW RD S	GEORGETOWN	ON	L7G 0L5
K & K DRY WALL	905-336-1728	919 FRASER DR UNIT 3	BURLINGTON	ON	L7L 4X8
DENTAL OFFICE CONSULTING	905-320-8639	1100 BURLOAK DR SUITE 300	BURLINGTON	ON	L7L 6B2
EXPAT DISTRIBUTION INC	905-332-3883	1240 BURLOAK DRIVE	BURLINGTON	ON	L7L 6B3
HOMES OF DISTINCTION	905-336-8511	3300 GUELPH LINE	BURLINGTON	ON	L7P 0S7
ARTISAN DESIGN	905-333-0079	850 LEGION RD. UNITS 2 & 3	BURLINGTON	ON	L7S 1T5
GC MOTORS	289-700-2277	43 PARKDALE SOUTH	HAMILTON	ON	L8H 1B1
SHELVING & MORE	905-538-7770	125 1/2 OTTAWA ST N UNIT 2	HAMILTON	ON	L8M 3Y9
ALEXANIAN CARPET AND FLOORING	905-527-2857	601 MAIN ST. W.	HAMILTON	ON	L8P 1K9
YOUR WELLNESS OSTEOPATHY CENTRE	905-308-9295	1940 MAIN ST W	HAMILTON	ON	L8S 4N6
CRESMOUNT FUNERAL HOME	905-387-2111	322 FENNEL AVE. E	HAMILTON	ON	L9A 1T2
CONQUISTADOR	905-574-7982	542 UPPER WELLINGTON ST	HAMILTON	ON	L9A 3P5
GAYLE O'NEILL	905-679-5055	89 OAK HAMPTON TRAIL	HAMILTON	ON	L9B 0A4
GREGORIO HOMES	905-304-5507	478 GARNER RD E	ANCASTER	ON	L9G 3K9
MILLGROVE WOOD PRODUCTS LTD.	905-659-9666	988 BROCK RD	DUNDAS	ON	L9H 5E4
HARVEY'S	905-639-4502	291 APPLEBY LINE UNIT 109	BURLINGTON	ON	L9L 2Y1
L.A. CAFE	705-533-4216	339 RUE LAFONTAINE RD. WEST	TINY	ON	L9M 0H1
PENTOR ELECTRIC LTD	705-549-5078	1 ALMA ST	PENETANGUISHENE	ON	L9M 1P5
WIXANSBRIDGE	905-852-1222	65 BROCK ST. W	UXBRIDGE	ON	L9P 1P5
SPEEDY GLASS	705-435-5717	76 DUFFERIN ST S PO BOX 158	ALLISTON	ON	L9R 1E9
RAIN GODS INC	905-821-8857	1-220 BRONTE STREET NORTH	MILTON	ON	L9T 2N9
DR TED KAROLIDIS	905-878-6482	1-15 MARTIN ST	MILTON	ON	L9T 2R1
MCCORDICK GLOVE & SAFETY	519-651-2233	400 JAMIESON PARKWAY	CAMBRIDGE	ON	N3C 4N3
COWAN INSURANCE GROUP	519-442-6337	3 ELM ST	PARIS	ON	N3L 2L6
DARBY SPORTSWEAR	519-442-4423	100 DUNDAS ST EAST	PARIS	ON	N3L 3H6
TOM'S UPHOLSTERY	519-753-2029	206 CHARING CROSS ST	BRANTFORD	ON	N3R 2J5
ROYAL CANADIAN LEGION (DUNSDON)	519-752-6668	9 TOLLGATE ROAD	BRANTFORD	ON	N3R 4Z4
LOBLAW INC. (ZEHR'S MARKETS)	519-754-4932	410 FAIRVIEW DRIVE	BRANTFORD	ON	N3R 7V7
MIKE'S COMPLETE CONCRETE	519-861-7762	282 CHATHAM ST	BRANTFORD	ON	N3S 4H3
DISTINKTIVE ARTS STUDIO	226-400-1405	73 BRANT AVE	BRANTFORD	ON	N3T 3H2
DAN PARR'S EXCAVATING AND DRAINAGE	905-719-9507	110 SAWMILL RD	CALEDONIA	ON	N3W 1Y6
EISING GREENHOUSES & GARDEN CENTRE	519-428-4607	814 COCKSHUTT RD	SIMCOE	ON	N3Y 4K4
FASTSIGNS OF GUELPH	519-836-1112	7-330 LAIRD RD	GUELPH	ON	N1G 3X7
HERE 4 U ACCOUNTING INC.	226-251-3090	B1-30 EDINBURGH RD N	GUELPH	ON	N1H 7J1
PAYROLL SOLUTIONS INTERNATIONAL INC	519-822-4351	557 MASSEY RD	GUELPH	ON	N1K 1B3
PATENE BUILDING SUPPLIES LIMITED	519-750-1355	641 SPEEDVALE AVE W	GUELPH	ON	N1K 1E6
SENSOR HEALTH PRODUCTS INC	519-621-1515	110 TURNBULL CRT.	CAMBRIDGE	ON	N1T 1K6
SHERWOOD MOTEL	519-893-6122	1465 WEBER STREET EAST	KITCHENER	ON	N2A 1A5
SCHREITER HOME FURNISHINGS	519-743-4151	27 GAUKEL ST.	KITCHENER	ON	N2G 1Y6
HAWRELIAK DARRELL N PROFESSIONAL CORP	226-240-0111	22 WATER ST S SUITE 1	KITCHENER	ON	N2G 4K4
RED AND REALTY	226-789-5007	54 PINE STREET	KITCHENER	ON	N2H 6A1
RED AND WHITE REALTY INC	519-590-8468	153 COVINGTON CRESENT	KITCHENER	ON	N2N 2X4
PLAKMASTER	519-576-6492	184 SILVERWOOD PLACE	WATERLOO	ON	N2T 2R9

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# The P.R.O. BEAR CAMPAIGN

In 2020, The Police Retirees of Ontario Incorporated (P.R.O.) introduced a province wide campaign to support children in need. The “P.R.O. Bear” campaign was founded by the P.R.O. to assist emergency services and comfort children who are going through traumatic events and during times of distress. P.R.O. Bears have been distributed to children in various situations such as domestic turmoil, fire, serious traffic accidents and related situations. When a child is in need, P.R.O. Bears are distributed by different organizations including Victim Services, local law enforcement and various children’s organizations.

The P.R.O. Bear campaign has been met with positive support and enthusiasm from local businesses, community organizations and private citizens throughout Ontario. Since the campaign’s inception, thousands of P.R.O. Bears have been distributed to children in need by emergency services and children’s organizations. The successful launch of the P.R.O. Bear campaign is a result of the strong support from members of your community.

The P.R.O. Bear Campaign has enabled the P.R.O. to fulfill its obligations to its membership, and ensure compliance with its aims, objectives and to support children in need across Ontario. The P.R.O. is working hard to help children in need, expand the reach of the P.R.O. Bear Campaign, and develop partnerships with additional support organizations and communities throughout all of Ontario.

If you know of an organization who work with children under stress or traumatic situations and would like them to receive Teddy Bears care of the Police Retirees of Ontario please email [info@beyondthebadge.ca](mailto:info@beyondthebadge.ca)

Thank you for all of your support!



PRO IN ACTION

