

# Ontario Recognizing Outstanding Volunteers

WHITBY — The Ontario government is celebrating 15 remarkable individuals and four organizations with the 2025 June Callwood Outstanding Achievement Award for Voluntarism (JCOAAV). This year's recipients have dedicated their time to a range of community causes including youth advocacy, health care and mental health, the arts, environmental sustainability, and work with vulnerable populations. "Marcy Marchuk, from Community Care Durham has played a vital role since 2009 in promoting a sense of unity and civic responsibility, in our community," said Lorne Coe, MPP for Whitby and Parliamentary Assistant to the Minister of Children, Community and Social Services/Parliamentary Assistant to the Minister of Colleges and Universities, Research Excellence, and Security. "Volunteers are vital to the fabric of Ontario, and we are deeply grateful for their steadfast dedication and the positive impact they have on our communities and province." All the 2025 award recipients have demonstrated remarkable commitment to driving positive change and protecting communities across Ontario. During local ceremonies, held across the province, recipients will receive an award statue and a certificate signed by the Premier of Ontario and the Minister of Citizenship and Multiculturalism. Named in honour of the late author, social activist, and journalist June Callwood, this award recognizes up to 25 individual volunteers, volunteer organizations and volunteer administrators for their outstanding leadership, innovation, and contributions.

## Ontario Supporting Victims and Survivors of Sexual Assault

The Ontario government is investing \$750,000 over three years to help expand access to independent legal advice for victims and survivors of sexual assault. "Our government is improving access to critical legal advice for victims and survivors of sexual assault — the latest step in our plan to protect Ontario communities," said Associate Attorney General Michael Tibollo. "We're helping to ensure that victims and survivors have the information they need to make informed decisions about their legal options." The Barbra Schlifer Commemorative Clinic delivers the Independent Legal Advice Program, providing up to four hours of free, confidential advice to victims and survivors of sexual assault. Advice is available by telephone or video conferencing to individuals aged 16 and older who reside in Ontario and have experienced sexual assault within the province. The Barbra Schlifer Commemorative Clinic provided independent legal advice to 522 victims of sexual assault in 2024-25. As of April 1, 2025, the Clinic took over the delivery of the Independent Legal Advice Program to streamline and modernize access to services and update the intake and needs assessment process. The government's \$750,000 investment is part of a larger \$6.4 million investment, announced in the 2024 Ontario budget, to support the Independent Legal Advice Program for victims and survivors of sexual assault and expand the Child Victim Witness Support Program. Through the Protect Ontario Through Safer Streets and Stronger Communities Act and related measures, Ontario remains committed to protecting communities and victims of crime. Measures to support victims and survivors of sexual assault build on Ontario's action plan to end gender-based violence and Anti-Human Trafficking Strategy.

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## HOW TO PROTECT YOURSELF FROM THE HEALTH EFFECTS OF EXTREME HEAT

Many places in Canada are already experiencing high temperatures and above normal temperatures are expected this summer. Extreme heat can put your health at risk, causing illnesses like heat stroke and even death. It is important to be able to identify the signs and symptoms of heat illness and know what precautions to take to protect your health and the health of your family and loved ones.

While extreme heat can put everyone at risk from heat illnesses, health risks are greatest for the older adults, infants and young children, people with chronic illnesses (like breathing problems, mental illness, and heart problems), people who work or exercise in the heat, people experiencing homelessness and people with low incomes.

What are the signs and symptoms of heat illness?

Heat exhaustion symptoms can include dizziness or fainting, nausea or vomiting, headaches, extreme thirst, dark urine, and decreased urination. If you experience any of these symptoms during extreme heat, immediately move to a cool place and drink liquids. Water is best.

Heat stroke is an emergency. If you witness someone with complete or partial loss of consciousness, who is confused, has a high body temperature, or has stopped sweating, call 911 or your local emergency number immediately. While waiting for help, take measures to cool the person right away by moving them to a cooler place if possible, applying cold water to large areas of the skin or clothing, and fanning the person as much as possible.

During extreme heat, the most important thing is to keep cool and hydrated. Remember that you should never leave people or pets inside a parked vehicle or in direct sunlight.

Stay hydrated

Drink plenty of liquids (especially water) before you feel thirsty to decrease your risk of dehydration (not having enough fluids in your body). You may be dehydrated even if you are not thirsty. Stay hydrated.

Drink water before, during and after physical activity.

Remind yourself to drink water by leaving a glass by the sink.

Eat more fruits and vegetables as they have a high-water content.

Flavouring water with natural fruit juice may make it more appealing.