

UCHS Open House

Join us at the shelter for an educational open house.

Date: Sunday, February 23, 2020

Time: 12:00 pm - 2:00 pm

Featured Activities

- Tour of the shelter - provide details about our history, the work we do and the animals under our care.
- Visitors will also have an opportunity to interact with the animals that are available for adoption.



For more information, please contact events@uppercredit.com

UPPER CREDIT HUMANE SOCIETY
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CRIME

RCMP ARRESTS COUPLE IN CRA SCAM BUST

BRYAN MYERS
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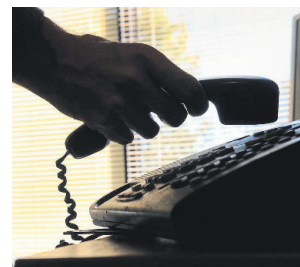
A Brampton husband and wife reportedly involved in a variety of phone scams have been arrested.

On Feb. 12, members of the RCMP arrested Gurinderpreet Dhaliwal, 37, and Inderpreet Dhaliwal, 36, in connection to various transnational scams, including the Canadian Revenue Agency (CRA) scam, the bank investigator scam, and the tech support scam.

RCMP officers arrested Gurinderpreet as he arrived at his workplace in Georgetown, Sgt. Penny Hermann said. The RCMP had been aware of the couple since March 2019.

Both are charged with:

- One count of fraud over \$5,000;
- One count of launder-



Todd McEwen/Torstar
Two Brampton residents have been charged in connection to a nationwide CRA phone scam.

ing of the proceeds of crime; and

- One count of property obtained by crime.

The Dhaliwals were released on their own recognizance and are scheduled to appear at Brampton Court on March 2.

In addition, a Canada-wide warrant has been issued for Shantanu Manik,

26, a foreign national believed to be in India.

Further arrests and charges may be forthcoming as a result of the investigation.

The CRA scam is operated out of India and has targeted Canadians since 2014, despite a number of police raids on illegal call centres in India.

Between 2014 and 2019, total victim losses have exceeded \$16.8 million.

If someone on the phone asks for your personal or banking information, hang up and report the activity to the Canadian Anti-Fraud Centre. If the caller threatens you or your family, hang up and contact your local police.

If you receive an email or text message making suspicious tax claims and urging you to click on a link to submit information, don't interact and report the occurrence to the Canadian Anti-Fraud Centre, through its website at www.antifraudcentre.ca, or by telephone at 1-888-495-8501.

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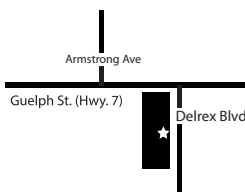


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CAROLYN DEW
 BPhE, RAC, RTCMP

Q: I am struggling with Depression and Seasonal Affective Disorder? Can Chinese Medicine help?

A: 'Tis the season of dark days, less sunlight, being forced indoors, and being alone with your thoughts. Winter is peak yin time - a time of reflection, of slowing down, a time to recharge. It is the opposite energy to summer. It is a time of contemplation and renewal, however if you find yourself sitting with negative thoughts for too long or too often, or if you are feeling really stuck and not able to go with the flow of winter mentally or physically, Traditional Chinese Medicine (TCM) can help.

Doctors in China have been using the TCM herbal formula Xiao Yao San for centuries to help patients with depression and anxiety. "Free and Easy Wanderer" contains eight commonly used herbs: bupleurum root, chinese angelica root, white peony root, poria, bighead atractylodes rhizome, roasted ginger, prepared licorice root, and peppermint. Accordingly, Xiao Yao San soothes the liver, invigorates the spleen, nourishes the blood and clears heat away from the liver due to blood deficiency.

Western medical research has found similar results - using the prescription Xiao Yao San in all of its forms (pills, powder and tea) can be beneficial for patients with depression. Besides Chinese herbal medicine, Acupuncture is an extremely effective tool for stabilizing and treating the mood disorders. These two therapies can be used on their own, or as an adjunct to your current western medical therapy.