



Godrich Sun

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Big Brothers Big Sisters celebrates 40 years of mentorship

Big Brothers Big Sisters of South Bruce North Huron have been hosting a Golf Fore Kids' Sake tournament in Kincardine for over 30 years, and in Wingham for a second year.

This year, the organization is celebrating 40 years of mentorship with special prizes and activities at both tournaments.

These tournaments are a vital community fundraiser to help raise needed funds for the youth in the region.

The Kincardine tournament will be presented by NPX on Saturday, June 1 for women, and Friday, June 7 for men at Ainsdale Golf Course.

According to NPX, they are delighted to be a supporter of Big Brothers Big Sisters of South Bruce North Huron, igniting sparks of potential and fostering a community where every child can dream big and thrive.

The Wingham co-ed tournament will be presented by NWMO on Saturday, June 22 at Wingham Golf and Curling Club.

"NWMO is proud to support Big Brothers Big Sisters annual fundraising golf tournament," said Michael Pahor, site director for NWMO South Bruce.

"Big Brothers Big Sisters work to strengthen the communities in which they serve, which is a value shared by NWMO."

Last year's Kincardine tournament hosted 165 golfers, raising over \$21,400 and Wingham's tournament hosted 44 golfers and raised over \$17,200.

CONTINUE TO PAGE 2



BEACH CLEAN UP

(CONTRIBUTED PHOTO)

This year 175 volunteers cleaned up 480 pounds of garbage and plastics from the shoreline in Goderich. See page 5 for story.

The Lancaster returns to Goderich after 60 years

KATHLEEN SMITH

Editor

Sixty years ago, the Royal Canadian Air Force (RCAF) flew the retired Lancaster FM213 to Goderich on June 14, 1964.

The local branch 109 of the Royal Canadian Legion displayed it as a war memorial for 13 years, until the Canadian Warplane Heritage Museum in Hamilton acquired the plane in 1977.

On June 14, 2024 – 60 years to the date since its first arrival – the Lancaster will make a celebratory one-day return to visit the Goderich Regional Airport.

"We are thrilled to welcome back the Lancaster to Goderich on this significant anniversary," said Randy Carroll, Legion President.

While in Hamilton, the aircraft was painstakingly restored until its triumphant return to the air in 1988. Since then, the aircraft has continued to fly, and remains one of only two airworthy examples in the world.

This aircraft holds a special place in the hearts of local aviation enthusiasts, and history buffs.

The return of the Lancaster will be celebrated with a series of events and activities, providing a unique opportunity for residents, and visitors, to witness this legendary aircraft.

Spectators are invited to witness this historic event and experience the thrill of seeing the Lancaster touch down on the runway.

Following the arrival, a series of activities and exhibits are available for those in attendance.

CONTINUE TO PAGE 6



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County of Huron releases Home Energy Savings Guide

In honour of Earth Day, the County of Huron announced the launch of the Home Energy Savings Guide, a comprehensive resource designed to help residents save energy, water, and money.

This initiative is in line with the County's commitment to promoting sustainable practices and reducing energy consumption.

Residential energy use accounts for approximately 16.5 per cent of Canada's total energy consumption, making it crucial for homeowners and renters to adopt energy-efficient practices.

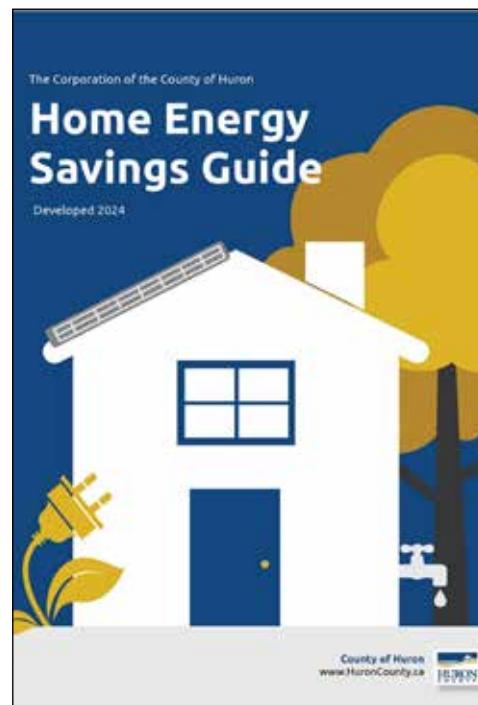
The Home Energy Savings Guide offers simple and cost-effective solutions that can be implemented in any home.

"Whether you rent or own a home, the guide provides valuable tips and strategies that can make a significant difference in your utility bills," Derry Wallis, the County of Huron's Climate and Energy Specialist, emphasized the importance of implementing these solutions.

There are many co-benefits to increasing energy efficiency within a home including: Improving the interior and exterior air quality, reducing outside noise, regulating temperature all year round, and creating a more durable structure that can withstand the warm and cold months in Ontario.

The guide includes many simple and cost-effective ways to reduce energy and water consumption in your home. This could lead to yearly saving on utility bills.

To learn more and download a copy of the guide visit: <https://www.huron-county.ca/wp-content/uploads/2024/04/Home-Energy-Savings-Guide.pdf>



The Lancaster returns to Goderich after 60 years



(CANADIAN WARPLANE HERITAGE MUSEUM PHOTOS)

Lancaster FM213 shortly after landing at its new home in Goderich in 1964.

CONTINUED FROM FRONT

On June 15, the Lancaster will once again bid farewell to Goderich. Spectators will be able to witness the aircraft's majesty in flight.

"This iconic aircraft holds a special place in the hearts of our community, and we are honoured to have the opportunity to celebrate its history and pay tribute to the brave individuals who served during the Second World War," added Carroll.

"We invite everyone to join us in this momentous occasion and experience the magic of the Lancaster firsthand."

The aircraft will arrive on June 14 at approximately at 10 a.m. and depart on June 15 at approximately at 2 p.m.

This historic event provides a unique opportunity to appreciate the aircraft's remarkable engineering, its historical significance, and the heroic stories that surround it.

Goderich Legion is seeking 50 volunteers for this historic event to assist with parking, traffic, and general assistance on site.

Admission by donation.

On Friday, June 14 Lancaster arrival at approximately 10 a.m. followed by a BBQ hosted by COPA.

From 12 p.m. until 4 p.m. inside tours of the Lancaster will be available, admission by donation.

On Saturday, June 15 there will be a local flight of the Lancaster at approximately 11 a.m. followed by a BBQ lunch hosted by the Goderich Lions Club.

The Lancaster departs at 2 p.m. to head back to Hamilton.

NOTE: Aircraft appearances are subject to change due to weather, serviceability, and operational commitments.

For more information visit goderichlegion.ca or warplane.com or email info@goderichlegion.ca



The dedication ceremony at Goderich for Lancaster FM213 on September 15, 1968.

Big Brothers Big Sisters celebrates 40 years of mentorship

CONTINUED FROM FRONT

One hundred per cent of the proceeds go towards supporting young people in Southern Bruce and Northern Huron counties.

The Spirit Award is presented to the best dressed team from each year.

This year, Maitland Welding and Machining is sponsoring the Spirit Award for all three tournaments.

Maitland Welding and Machining believes in shaping futures, not just metal. They believe that investing in mentorship is investing in the community's

next generation of leaders and innovators.

Registration is open for both tournaments with an early bird draw. If you register before May 1, you will be entered for two chances to win 18 holes of golf for two at Ainsdale Golf Course.

Registration includes nine holes (Wingham) and 18 (Kincardine), a power cart, dinner, competition holes, prizes, and much more.

Registration link: <https://brucehuron.bigbrothersbigsisters.ca/event/golf-fore-kids-sake/>

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Celebrating doctors and nurses in Goderich

KATHLEEN SMITH

Editor

The Alexandra Marine and General Hospital (AMGH) has been providing quality health care to the residents of Goderich for over 100 years.

AMGH is the largest provider of hospital services in Huron County, providing full-services, on-call coverage for internal medicine, general surgery, diagnostic imaging, anesthesia, and obstetrics.

In addition, the Emergency Department has a physician on duty for 24 hours a day, seven days a week.

With other rural hospitals removing services, or shutting down their Emergency Departments, it is due to the dedication of doctors, nurses, staff, and board that the Goderich hospital can remain a beacon of good health care for many communities that surround Goderich.

National Doctors' Day (May 1) and National Nurses Week (May 6-12) ending with International Nurses Day (May 12) celebrate the contributions of physicians and nurses to quality health care.

Doctors' Day in Ontario is a day dedicated to appreciating the work of physicians in the province.

The day serves as an opportunity to express gratitude towards the medical professionals who continue to provide exceptional care and support, as well as those who have made significant contributions to the field of medicine.

Dr. Daniel Noel is a family physician with the Maitland Valley Family Health Team and the current chair of its board, and physician lead.

After 15 years, Dr. Noel has wound down his emergency medicine practice, but still provides anesthesia at AMGH in addition to my family medicine duties,

clinics, and inpatient medical care.

Practicing medicine in Goderich is meaningful for Noel, who could contribute to the well-being of a community, in which he has raised a family.

"As I have become a member of the community, the health of the community has become ever more important," expressed Noel.

In addition to the usual duty of being a physician, in a small town, there is the dimension of connectedness between himself and a patient that might be his child's friend, teacher, or parent.

"While this contributes to how meaningful the care has become, it also contributes to the weight of responsibility a physician feels in a tight knit community such as Goderich," added Noel.

"This weight of responsibility is part of why the small-town physician tends to cover so many days on call, and even several services on call."

The origin of Doctors' Day was in 2010 when the Canadian Medical Association (CMA) proposed the idea of designating a day to celebrate medical professionals.

The date was chosen in honour of Dr. Emily Stowe, the first female physician in Canada and a pioneer in women's rights and suffrage movement.

According to the Canadian Institute for Health Information, in 2023 there were 96,000 physicians in Canada.

Goderich has family physicians covering emergency medicine, along with anesthesia or obstetrics, palliative care, and long-term care, inpatient hospital care and family practice.

In addition to family physicians, there are also psychologists and surgeons who cover community practices and hospital practices and provide their services to the wider region.

Goderich physicians play a part in shaping health care in the future through numerous committees and teaching medical learners.

When it comes to recruiting and retaining physicians to Goderich, the town itself is a selling point to prospective recruits.

It is a competitive marketplace to recruit physicians, and there are many in-need communities vying for a small number of candidates.

"It is easy to demonstrate the quality of residence in such a beautiful town with its close community and numerous services," explained Noel.

"The practice of medicine, however, has become increasingly complex."

Medical education, which has primarily been provided in larger centres has managed this complexity by becoming more specialized.

Rural medicine, on the contrary, requires a generalist approach.

"Medical schools are training fewer physicians that are either interested or so broadly trained as to find it attractive to practice in a small town," Noel added.

"I have found that physicians that want to practice rural medicine with its challenges draws the physician who seeks meaningfulness in their practice of medicine."

According to a national physician survey, approximately 15 per cent of physicians in Canada are 65 or older, indicating a potential wave of retirements in the coming years.

With funding cuts, and increasing populations, there remains a list of patients without a family physician in Goderich.

Family physicians have retired or have left family practice, and the population's aging demographic has resulted in patients with more complex needs. This

makes having a larger practice more difficult.

Nearby hospitals have seen service reductions through emergency room closures, and eliminations of services such as obstetrics resulting in the transfer and increase of patients seeking care in at AMGH.

"Goderich's physicians are finding it increasingly challenging to be one of the few hospitals in the area that have not experienced closure of its emergency room while it continues to offer all the services it has provided," added Noel.

For Noel, there have been several leaders in the medicine profession in Goderich.

Goderich is fortunate to have leadership from Dr. McAuley and Dr. Conlon who have developed mental health services for the region and have provided direction for AMGH as prior Chiefs of Staff.

Predecessor family physicians such as Dr. Appavoo and Dr. Neal were instrumental in training medical learners and attracting many of these to practice at a medical clinic they helped form.

"Goderich's physicians, along with the nurses and health care support staff, met the challenges of a pandemic, providing medical care in a dangerous outbreak, re-sourcing the COVID clinics and vaccinations clinics," Noel said, stressing on the importance of all who help make health care top notch in Goderich.

"Along the way there have been the physicians who might not have been Chief of Staff but have skipper their child's pageant or play or game to keep the emergency room open, to work the unpopular midnight shift, or to skip many a night's sleep to operate, provide anesthesia, or deliver a child."

CONTINUE TO PAGE 13

**GRANT
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at a time!

 **Goderich Sun**

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Goderich Sun

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4. A Newspaper should be a community effort (contribute to your local paper!)
5. Newspapers document history
6. Newspapers strengthen communities
7. Advertisers, big or small, should profit from their ads (meaning sensible ad rates)
8. Newspapers should be locally-owned and operated

Goderich cleans up nearly 500 pounds of garbage from shoreline

KATHLEEN SMITH

Editor

Lake Huron Coastal Centre hosted another spring clean of the local beaches in Goderich on Saturday, April 20.

This year the beach clean-up had 175 volunteers pick up 480 pounds of garbage from the Goderich shoreline.

“We were thrilled by the community effort shown for Lake Huron,” said Alyssa Bourassa, Executive Director of LHCC.

“Our volunteers persevered through some unexpected (not so nice) weather to make this happen.”

In 2023, 740 volunteers along the entire coast diverted over 1,700 pounds of plastic from ending up in Lake Huron.

Last year the clean up team of 180 volunteers in Goderich removed 600 pounds of litter from the local shoreline.

The work never ends to free Lake Huron from plastic pollution, and to help protect wildlife.

According to Bourassa 22 million pounds of plastic pollution end up in the Great Lakes every year.

“Hosting beach clean-ups lessens local risk to wildlife through entanglement and ingestion while improving water quality and the

aesthetic value of our lake,” added Bourassa.

Nine billion metric tons of plastic has been created globally since 1950 – most of it being produced in the last 15 years.

According to LHCC plastic doesn’t break down and it breaks up into smaller and smaller pieces. This material is made to be affordable and durable – a dangerous combination resulting in an abundance of plastic that will never entirely go away.

Wildlife can become trapped in discarded fishing line and plastic packaging. Plastic can also be mistakenly eaten by wildlife that confuse it for food, leading to malnutrition or loss of life.

Toxic chemicals from the thousands of landfills that are piling up with plastic can seep into the groundwater.

This contaminates water sources like wells, rivers, and lakes that are fed by groundwater.

Beach clean-ups are measures needed to be taken to mitigate the increasing use of single-use plastic items.

According to LHCC more than 40 per cent of all plastic is used once and thrown away, and one study found microplastics in 80 per cent of Lake Huron water samples.

With busy lives, plastic is a con-

venience and caters to a fast-paced lifestyle. Plastic is everywhere. Furthermore, to the 22 million pounds of plastic ends up in the Great Lakes annually, cigarettes are the number one littered item in Canada.

Cellulose acetate is a plastic found in cigarette filters. The combination of plastic pollution and over 165 different toxic chemicals pose significant threats to water quality and the health of wildlife.

When plastics are in the water, it acts as a magnet for many environmental toxins. When this plastic is swallowed by something like a fish, the chemicals are absorbed into the animal’s body. If an animal or human eat this fish, those chemicals are then passed through the food chain.

The animals highest in the food chain eat larger amounts of food, meaning they are at the highest risk of being exposed to harmful toxins. This process is called biomagnification.

According to the Great Canadian Shoreline Cleanup there are a dozen objects that are most found on beaches across the country. This includes cigarette butts, food wrappers, plastic bottle caps, foam, plastic bottles, straws and stirrers, cans, plastic bags, metal bottle caps, plastic lids, construc-



(CONTRIBUTED PHOTO)

TAKING CARE OF THE COAST

According to LHCC more than 40 per cent of all plastic is used once and thrown away, and one study found microplastics in 80 per cent of Lake Huron water samples.

tion materials, and plastic grocery bags.

LHCC states that recycling should be the last defense against plastic pollution.

LHCC offers suggestions to help end the unhealthy relationship with plastic. This includes volunteering with the LHCC: www.lakehuron.ca/volunteer

Courtesy of Zehrs Goderich,

participants in the spring clean up were treated to a BBQ lunch.

LHCC had partners and sponsors that made this event a possibility.

That includes the Tanner Steffler Foundation, Zehrs Goderich, Rotaract Club of Goderich, Compass Minerals, Cait’s Café, Yoga Den, Goderich Port Management Corporation, NWMO, and Goderich Lions Club.

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Bruce Power makes \$100,000 donation to Huron Hospice

A substantial donation from Bruce Power was made to the Moments Matter...Even More capital campaign.

On April 17 a gift of \$100,000 was made to Huron Hospice to help close the community phase of the campaign to build new bedrooms.

"We are honoured to accept this gift from Bruce Power," said Lisa Taylor, Board Chair.

"Thank you for helping us make our dream a reality. In recognition of this gift, the Board of Directors has approved the naming of the entrance driveway and expanded parking area."

This gift will offset the additional costs the hospice incurred on the construction project, resulting from COVID-19 related budget increases.

According to Taylor, close to 30 years ago, generous donors made Huron Hospice possible. Six years ago, donations helped make Huron Hospice Bender House a reality.

The donation by Bruce Power brings the hospice a step closer to the finish line and helps launch the next exciting phase of Huron Hospice.

"When we opened Bender House in 2018, we knew that demand was such that we would



MOMENTS MATTER...EVEN MORE

Bruce Power donated \$100,000 to the Huron Hospice campaign to build more bedrooms and serve more people with end-of-life care. In the photo are Jay McFarlan and Lisa Taylor (hospice board members), Calista Powell and John Peevers (Bruce Power), and Willy Van Klooster (Huron Hospice).

(CONTRIBUTED PHOTO)

need to expand," explained Taylor.

"When the time came to build additional bedrooms, our project goal \$1.6 million for four new bedrooms with ensuite bathrooms and accessible outdoor patios. We are honoured to have the support of such an innovative Huron-Bruce employer making the project a reality."

The hospice is also converting

two existing temporary bedrooms into a quiet space and a children's room for a total of six rooms.

Since opening in 2018, 211 families have used Bender House hospice services. Before COVID-19, the occupancy rate was 97 per cent and at times there was a waitlist.

Approximately 800 people will in Huron County this year,

and that number could grow to 900 over the next 10 years. Some of those people will die because of unexpected or traumatic circumstances and will not need a hospice bed.

With the construction of six new bedrooms, the hospice will accommodate 100 people annually.

As with many construction projects post-COVID-19 pan-

demie, costs exceeded estimates.

The original estimates were for a \$1.6 million project, for which the hospice raised \$2 million. The updated costs were over \$2 million, and the hospice scaled back by \$200,000 to stay within the budget and begin construction.

The elements of the project that were removed from the original plan are all non-clinical and include staff office space and aesthetic features such as a canopy over the front door and driveway replacing the stone walls that matched the original building with siding.

"Bruce Power has been a support of the Huron Hospice since 2021, and this year is no different," said Mike Rencheck, President, and CEO of Bruce Power.

"The end of life is one of the most challenging times for a family and local families have relied on Huron Hospice. I would like to thank Huron Hospice for the compassionate and dignified end-of-life care they provide to Huron and Bruce County families."

This donation supports the Huron Hospice in its mission to provide quality palliative care in rural Ontario.

Construction of pedestrian walkway to Bayfield River Flats to begin soon

The Huron Tract Land Trust Conservancy (HTLTC) called for tenders in March 2024 for the construction of the pedestrian walkway to the Bayfield River Flats Natural Area.

The successful contractor is VanDriel Excavating Inc.

A pre-construction meeting was held on site in April with representatives from B.M. Ross and Associates Limited (engineering), HTLTC, Hydro One, VanDriel Excavating Inc., and Bayfield River Valley Trail Association (BRVTA).

The BRVTA manages the Bayfield River Flats Natural Area property, which is owned by HTLTC through the generous donations of the community.

Contractor plans to begin construction of the walkway by the end of April, and the plan is to have the construction completed by mid to late May. The total cost of the walkway is nearly \$70,000.

The property will be closed to all public access during construction.

Creation of a new pedestrian walkway will mean people don't have to drive from Bayfield to reach the na-

ture area. They will be able to walk to the nature area without having to cross the highway.

A community fundraiser campaign has raised \$65,000, almost enough to cover the cost of the project, but there is still \$5,000 left to raise.

The project partners say they plan to begin construction, but in the meantime, they are looking for options to close the funding gap and encourage donations.

The project team expressed thanks for the generosity of the community to date, and thanked B.M. Ross and Associates Ltd for their ongoing contribution to the project.

The fundraising campaign remains open should anyone wish to donate and help move the project closer to the finish line.

Donations are eligible for a charitable gift receipt for income tax purposes for the Canada Revenue Agency (CRA). There are recognition opportunities for various donor levels.

Visit <https://htlct.ca/bayfield-river-flats/>



At the site of the planned pedestrian walkway, at Bayfield River Flats Natural Area, project partners meet for pre-construction planning. In the photo, holding a shovel, is Jack Pal, of Bayfield River Valley Trail Association (BRVTA). The trail association manages the nature area property which is owned by Huron Tract Land Trust Conservancy, thanks to funds which were raised by BRVTA and the Bayfield and area community. Construction of the walkway is planned to start in late April and continue until mid to late May and the nature area will be closed to public access during this construction phase. A community fundraising campaign resulted in \$65,000 in donations for the pedestrian walkway. The walkway will make it possible for people to walk from Bayfield to the nature area without having to drive and without having to cross the highway. Construction is proceeding this spring. The fundraising team is encouraging continued donations to raise the additional \$5,000 needed to cover the actual cost of the construction, which is about \$70,000.

(CONTRIBUTED PHOTO)

104th IODE provincial meeting held in Goderich

On the weekend of April 20, the Maple Leaf Chapter IODE Goderich was host to the 104th IODE Provincial Annual Meeting (PAM) with 79 members from across the province attending both in-person and on Zoom.

'Building Our Future' was the theme for this year's meeting.

This was the first in-person meeting since before COVID, and the two-day event was held at the Goderich Columbus Convention Centre.

Friday's highlights included an informative and enthusiastic presentation by Museum Curator Sinead Cox, who discussed the museum, gaol and the salt mine.

Mayor Trevor Bazinet and Deputy Mayor Leah Noel brought greetings from the Town of Goderich.

Following the presentations, members enjoyed local shopping venues.



BUILDING OUR FUTURE
Maple Leaf Chapter greeters Melitta Wasylciw, and Kimberley Payne welcomed National IODE 1st Vice President Michelle Batty, and National President Jane Cushing.

Saturday's highlights included an address from the National President, Jan Cushing who attended from New Brunswick.

Cushing stressed how every member counts, and encouraged members to focus on increasing membership across Canada.

The IODE Jean Throop Book Award was presented to Maria Birmingham, author of the book *Odd Couples: A Guide to Unlikely Animal Pairs*.

Each year the IODE Jean Throop book selection committee considers books that appeal to children three years to seven years of age. Other factors considered are the quality of the book, and the nature of the contribution to children's literacy.

The first book award was presented in 1975 to *Alligator Pie*, written by Dennis Lee. This book award has been presented every year since.

Next year, the IODE will celebrate the 50th anniversary of the IODE Jean Throop Book Award.

Another highlight was the presentation on Zoom, of the OPP Community Relations Awards to officers near Ottawa for their efforts on creating an all-season community outdoor rink and basketball court. This has allowed them a lot of positive interactions with youth.

Furthermore, the Maple Leaf Chapter of Goderich was awarded the First Place Membership Award for 2023, with nine new members.

Co-Regents Ann-Marie Becke, and Heather Stewart, accepted the award from Provincial President Helen Danby.

The annual meeting was a tremendous success and members look forward to the next time the meeting is held in Goderich again.



Maple Leaf Chapter Regent Heather Stewart greeted members at the door.



Author winner Maria Birmingham with her book.



Police officers from Carleton Place who won the OPP Community Relations Award.



Provincial President Helen Danby, Maple Leaf Chapter Membership Convenor Ann-Marie Becke, and local Regent Heather Stewart accepting the 1st Place Membership Award.



Goderich Sun

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Huron OPP and Goderich officials talk about CAMSafe



(CONTRIBUTED PHOTO)

KEEPING THE COMMUNITY SAFE

Goderich CAO Janice Hallahan, Sgt. Matt Hummel, Huron OPP Detachment Commander Inspector Jason Younan, Staff Sergeant Andrew MacIsaac, Sgt. Lynn McNichol, Deputy Mayor Leah Noel, Mayor Trevor Bazinet, Michaela Johnston, Accessibility and Health and Safety Manager, Lynn Beatty, Manager Goderich BIA, Colin Carmichael, Executive Director Huron Chamber of Commerce, Constable Jamie Stanley, and Constable Craig Soldan, Community Safety Officer Huron OPP.

Members of the Huron County OPP partnered with staff from the municipal office in Goderich on Friday, April 19.

The meeting was held with business owners and community members on the Square in Goderich.

CAMSafe is a CCTV and security video registry aimed at keeping the community safe and assisting police solve crime.

The program is set up to be a registry of anyone who owns security cameras, CCTV systems or doorbell cams in the province of Ontario.

Only police have access to the database of registrants.

CAMSafe only requests basic information and cam-

era locations – nothing else. No account information or specifics required, and registrants can change or delete information at any time.

This program is aiming to provide a starting point for police officers to find video footage to assist an investigation.

The joint initiative was created to provide an opportunity to meet with business owners and community members to address their concerns and answer questions.

Members of Huron OPP were on hand to discuss the

CAMSafe program, which encourages businesses and homeowners to register their video surveillance systems. This may assist police investigators in the event of a crime.

The program is voluntary, and police do not have direct access to the surveillance systems.

The program is designed to save investigators time by contacting companies or individuals who have surveillance, are registered, and are willing to work with police to solve crime.

Information can be found at: <https://camsafe.ca>

Huron-Perth Catholic School Board offers DELF

The Huron-Perth Catholic District School Board announced that it will be providing its Grade 12 French Immersion and Core French students with the opportunity to challenge the Diplome D'Etudes en Langue Francaise (DELF).

This is an extremely valuable initiative that promotes linguistic diversity and cultural understanding.

“The DELF is an important step forward for the Board as we continue to enhance French programming in our schools,” said Chris N. Roehrig, Director of Education.

The DELF is an official international diploma awarded by the French Ministry of Education indicating the Common European Framework of Reference (CEFR) level of proficiency of candidates for whom French is a second

language.

It is based on the CEFR, which defines language proficiency along six global levels.

At each CEFR level, proficiency is measured across four competencies: listening, speaking, reading, and writing. The diplomas are valid for life.

The listening test assesses the candidate's ability to understand and process a spoken message. In this test the candidate listens to public announcements, radio broadcasts, and conversations.

The reading test assesses their ability to understand and process written text. The lengths of the texts vary according to the CEFR level. The types of texts may include emails, magazine, or newspaper articles, letters, or postcards.

The written test varies according to the CEFR level. Candidates may be asked to write an article, a letter, or a summary.

The oral test may include monologues, or presentations. The length of time candidates are required to speak varies.

The DELF is offered at specific times during the year. There are strict regulations around the exams, as they can only be offered through accredited centres and at the same time across the country.

By offering the DELF, students can assess and certify their French language proficiency, opening doors to broader educational and career opportunities in a globalized world, while fostering a deep appreciation for the French language and culture.

Legion

Branch 109
Goderich

NOTICE OF ITINERARY VISIT

Rebecca Hyndman
Provincial Service Officer
London Service Bureau
Will be visiting Branch No. 109 Goderich
On Friday May 31st
Date At approximately 10:00 A.M.

Anyone wishing information, advice or assistance, regarding:

1. Disability Benefit Applications, Reassessments, Reviews, and Appeals
2. Referrals for Entitled Veterans to Treatment Benefits, VIP, and Special Awards
3. Information and Assistance with Rehabilitation and Vocational Assistance Applications
4. Applications for Benevolent Funds
5. War Veterans Allowance Applications
6. Information and Assistance for Widows

Are requested to contact the Branch Service Officer or Secretary of the local Branch to arrange an interview.

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2024 National Day of Mourning marked with solemn ceremony

On Sunday, April 28 at 1 p.m. the Huron District Labour Council marked the National Day of Mourning in a solemn ceremony at the Workers' Monument on Gloucester Terrace across from the Huron Historic Gaol in Goderich.

Union members, mineworkers, past workers, and families with ties to any workers who have been injured or killed on the job, as well as employers and the public, are invited to participate in this sombre and poignant service.

This is never an easy day, but it will be comforting to join to commemorate this important day. David Yates was the guest speaker for the event.

On the National Day of Mourning workplaces across Canada usually take time at 11 a.m. to remember those who have lost their lives or suffered an injury or illness due to their work.

The Huron District Labour Council reminds all workplaces that the Day of Mourning is also a day to renew commitment to protecting the health, safety, and well-being of all workers, and by extension, their families, and communities.

In 1984 the Canadian Labour Congress launched the Day of Remembrance for fallen workers. In 1991 the Parliament of Canada made April 28 a National Day of Mourning and now, the Day of Mourning is commemorated in more than 100 countries around the world.

Locally, the Huron District Labour Council will raise the Day of Mourning Flag at the Workers' Monument in Goderich. The flag will fly at half-mast for several days before and after the official National Day of Mourning on April 28.



The monument overlooks the Maitland River and the Salt Mine at the harbour. The rock used to construct this monument is from the salt mine and was secured specifically for this purpose by health and safety activist Murray Nesbitt, an employee of the mine and member of CEP Local 16-0.

Sadly, Murray himself was killed at work in August 2009. A memorial bench sits near the monument in recognition and remembrance.

Another memorial bench was also placed in Lighthouse Park in remembrance of Normand Laberge killed at the mine site on August 23, 2011. The bench overlooks the harbour where a tornado struck while Normand was loading a ship with salt.

Two plaques on the monument honour Romeo Leblanc, Worker Health and Safety Rep and Reverend Chris Morgan, past Padre to the Labour Council.

Another plaque on the monument was placed by Compass Minerals to commem-

orate the loss of life and injuries that occurred at the mine and evaporator plant over 65 years of operation and to remind us that it is up to all of us to continually push for a safer workplace where no one is hurt, injured or killed on our watch.

The most recent complete statistics outlined in the Report on Workplace Fatality and Injury Rates in Canada are for 2022.

According to the Association of Workers' Compensation Boards of Canada, in 2022 there were 993 workplace fatalities recorded in Canada. Among these deaths were 33 young workers aged 15-24.

Job-related fatalities are classified as injury (e.g., death due to job-related electrocution) or occupational disease related (e.g. death from mesothelioma due to work-related exposure to asbestos).

Add to the above fatalities the 348,747 accepted claims (an increase of 71,530 from the previous year) for lost time due to a work-related injury or disease, including 40, 203 from workers aged 15-24,

and the fact these statistics only include what is reported and accepted by the compensation boards, there is no doubt the total number of workers impacted is even greater.

Often farm-related deaths and injuries go unreported and are not included in these statistics. Workers more recently are looking at the impact of environmental factors and climate change and what they will mean for workers' risks and safety in the future.

With each worker tragedy there are loved ones, family members, friends and co-workers who are directly affected, left behind, and deeply impacted – their lives also forever changed.

Large workplaces show their commitment to health and safety by displaying the number of accident-free days at their site. This encourages workers to work safely, and all to put health and safety first.

Workers have the right to refuse unsafe working conditions. Severe fines are levied against employers that are seen as negligent in a worker's death.

In 2023 workplace health and safety standards were further improved with stringent new revisions to the Workplace Health and Safety Act.

It is the hope of the Huron District Labour Council that the annual observance of this day will help strengthen the resolve to prevent further injuries, illnesses, and deaths.

As much as this is a day to remember the fallen and injured, it is also a call to protect the living and make work a place where people can thrive.

Promoting equitable access to tax services

While most people are busy doing their own taxes or paying someone to do them during tax season, access to tax services is not equitable.

United Way Perth-Huron (UWPH) and Poverty to Prosperity Huron Perth (P2P) want to help get the word out about a valuable existing service available to residents who qualify.

"Research shows that 10 to 12 per cent of Canadians don't file their taxes," said Kristin Crane, UWPH Director of Research.

Among this group, modest income households – especially those with children – are particularly affected because if they don't file taxes, they can't claim the refunds and benefits they are entitled to.

Volunteer tax clinics play a vital role in ensuring that gap is addressed.

Helping people get access to their benefits and credits through the tax system has proven to be a successful poverty reduction strategy.

"Income is the most significant determinant of health," noted Pam Hanington, P2P co-chair.

"As income increases, health improves. Having more income also allows people

to participate more fully in their communities."

Seniors, newcomers, students, and those receiving income from social assistance programs, among others, meet the criteria for the free clinics, which make a positive impact on the lives of those they work with.

In 2022 alone, volunteers at free tax clinics in Huron County and Grand Bend filed over 1,000 returns, resulting in a staggering \$1.7 million in returns and benefits.

"We appreciate so much the work that volunteers have done on this service over the years, which is why we want to lend UWPH's voice to help raise awareness," added Crane.

"We encourage anyone who doesn't normally file taxes, or who may meet the criteria, to take advantage of this service or talk to a tax clinic volunteer. Some clinics even help with filing returns over multiple years."

To find out about the nearest tax clinic, call or visit 211.

If you are owed money, you can file taxes at any time of the year. It isn't too late.

Some tax clinics can even help file taxes at any time of the year.

If interested in learning more about volunteering with the tax clinics in a va-

riety of roles, please contact taxclinics@perthhuron.unitedway.ca

We Stand with Survivors campaign launched

For the month of May, which is Sexual Assault Awareness Month, the Town of Goderich is ensuring that survivors of sexual violence are believed, supported, and encouraged to seek out services in the community.

The 'We Stand with Survivors' campaign will take place in Goderich with many local businesses and organizations taking part.

"Sexual violence is a prevalent issue in Huron County and survivors feel isolated, silenced and invisible in our community," said Corey Allison, executive director of Huron Women's Shelter.

"This campaign is about our community speaking directly to those survivors. We see you. We believe you. We are here for you."

The campaign consists of large banners displayed in town, as well as posted hung in windows of participating businesses.

The aim of the campaign, in addition to letting survivors know they have support, is to start the conversations at creating a safer environment for survivors to seek assistance and feel support within the community.

The 'We Stand with Survivors' campaign originally began in Renfrew County at the Women's Sexual Assault Centre.

It came out of interviews with hundreds of survivors who said they didn't feel seen, heard, or believed in their rural communities.

The campaign, started in 2017, was such a success. The Women's Sexual Assault Centre started partnering with other organizations and communities across the province, and country.

For survivors seeking support, please reach out to the 24/7 support number 1-800-265-5506.

Celebrating nurses at Braemar Retirement Centre

One of the newest Best Practice Spotlight Organization (BPSO) long-term care (LTC) homes, Braemar Retirement Centre is home to approximately 50 residents.

Braemar has seen great success implementing the falls prevention best practice guideline (BPG), despite the COVID-19 pandemic.

Staff members were eager to adopt the Registered Nurses' Association of Ontario's recommendations related to falls prevention.

"I didn't receive a lot of push back because they new it was for resident safety and care," said Veronica George, who is a quality improvement RN and the BPSO lead at Braemar in Wingham.

Sue Sweeney, RNAO's BPSO LTC program manager and Braemar's LTC coach, notes the home's impressive dedication to guideline implementation during the pandemic.

"Their staff were so engaged about the work and improving the quality of care, so even when there were challenges with COVID, someone else would pick up the ball and keep it going," Sweeney said.

"They all had a shared goal to improve quality of care for their residents, families, and staff."

Braemar increased its safety interventions for residents and introduced RNAO's recommended 'falling stars' initiative to identify residents at high risk for falls.

George and her team attach images of stars to resident equipment, such as wheelchairs and walkers, to draw attention to



(CONTRIBUTED PHOTO)

CELEBRATING NURSES

Braemar Retirement Centre in Wingham received the RNAO BPSO designation last winter at the awards ceremony in Toronto.

They also have star-themed magnets above residents' beds with transfer instructions to prevent falls.

"This is an easy indicator for new staff coming onto the floor to identify residents in need of extra attention," added George, who highlights the home's very purpose-

ful approach to maintain the BPGs introduced in the home.

After implementing the Preventing Falls and Reducing Injury from Falls BPG, Braemar has seen a 75.2 per cent decrease in falls-related injuries and a 100 per cent improvement in falls risk screening.

In addition to improving residents' experiences and outcomes, George said that BPG implementation has boosted staff morale by improving the practice, acceptance, and energy levels within the home.

It's also motivating to know the management team and owners of the home support an evidence-based culture.

Archie MacGowan, Braemar's owner said becoming a BPSO has given staff confidence.

"Joining BPSO has really raised our level of care," added MacGowan.

"Long-Term Care nurses are an integral part of our health care system and deserve the appropriate recognition that they deserve particularly having come out of the

COVID-19 pandemic."

Braemar staff and nurses have been leading the way in terms of implementation of BPG. Over the last few years, they have also completed a lot of work in becoming the first Dementia certified home in the area.

"We have an incredible nursing staff, and we will be celebrating them as well as all staff and their hard work and dedication to the betterment of LTC in the future," added MacGowan.

Approximately one-third of Ontario's more than 600 LTC homes have already implemented RNAO Clinical Pathways, including Braemar Retirement Centre in Wingham.

RNAO Clinical Pathways are based on BPG recommendations, for homes to adopt the tool that provides evidence-based, resident-centred care in accordance with the Fixing Long-Term Care Act. These homes are improving the health outcomes of their residents.

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Huron Hospice

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www.huronhospice.ca

Salvation Army aiming to run monthly food drives

KATHLEEN SMITH

Editor

Near the end of April, the Salvation Army hosted a successful food drive outside of Food Basics for a day.

To address the increasing needs due to rising cost of food, Kendall Strome, Community and Family Services Supervisor with Salvation Army plans on hosting food drives every month until September.

The Salvation Army is going to host a food drive at Zehrs Goderich on May 16 and May 17 from 10 a.m. until 3 p.m.

Key items that are needed include large soups, canned vegetables, canned fruit, and canned meat.

"We will be asking for other items too, but these are the items we are short on," explained Kendall Strome, Community and Family Services Supervisor.

"We always are asking for different items as it is just what we are low on at that time."

When Salvation Army does a food drive, monetary donations are also accepted, and both food and funds are needed to support what the organization does.

The food drives accept anything from the grocery store except vitamins and medication.

Strome explained that food drives are held to keep the food bank shelves filled with items Salvation Army is not able to receive from regular donations and from Huron County Distribution Centre.

The Salvation Army also puts together hampers to donate out to the community.

Salvation Army has seen an increase in the number of hampers handed out. In 2022, they filled and handed out just over 2,000 hampers, and in 2023, handed out 400 more than the year prior.

"With the rising cost of food, we need more donations to get the same amount of food as we used to," added Strome.

Salvation Army also hosts food drives around the holidays – not around Christmas, as other people do them for Salvation Army – and in the summer. Strome plans to host food drives around the community until September.

"I find that people are very giving over the Christmas season, but in mid-July people forget that we are still needing to run all year," said Strome.

"It makes sense as most people are very busy in the summer, and it is not something you think about at that time of year."

Strome added that despite fluctuations of when people are more generous or more likely to donate to the food drive, Goderich remains a very giving community, and one that is eager to help in whatever the Salvation Army needs.

"We are very lucky to have such great support from all the people that live here," Strome expressed.

"When it comes to food drives, kettles, or anything else I need support with, I can find the support in this community."

Check out Salvation Army's next food drive at Zehrs Goderich on May 16 and May 17.

Community Tailgate Yard Sale for charity

On Saturday, May 25 the Catholic Women's League (CWL) at St. Peter Church in St. Joseph will host their second Community Tailgate Yard Sale in the church parking lot.

This event is not just about shopping, it's about making a difference.

"After the success of last year's event, we decided to again hold our Tailgate Yard Sale, this time expanding to include plants and local artisan wares," said Susan Regier, President of St. Peter CWL.

"It's an ideal opportunity to clean house and sell your treasures from your tail gate or trunks, as well as showcase the unique items you create."

All funds from this event will go toward supporting CWL projects and local charities, allowing the CWL to continue the mission of serving the community.

The sale runs from 8 a.m. until 12:30 p.m. out of the church parking lot on Bluewater Highway in St. Joseph.

"We're expecting a full parking lot of local sellers so it will attract a lot of passing vehicles along the Lake Huron shores highway," added Regier.

Parking spaces can be secured for \$20 by contacting Regier at 519-851-9994 or emailing susan@susanregier.com

Participants keep all sales proceeds. BBQ and drinks available for purchase.



INCREASING NEEDS

Katryna Reynolds (left), who works at the Community and Family Services, and Carol Randle, a volunteer.

(KATHLEEN SMITH PHOTO)

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Weekend Quiz

1. When was the last time the Toronto Blue Jays won the World Series?
2. What is the most abundant bird worldwide?
3. Where was chess invented?
4. Eminem's 8 Mile is named after a road in which city?
5. How old was King Tut when he became king?
6. What does A.I stand for?
7. What was Superman's home planet called?
8. Which age do you have to reach to be eligible to become President of the United States?
9. The term port side is referring to what side of a boat?
10. What blood group is a universal donor?

This week's answers are found on pg. 26

SUBMIT YOUR LETTER TO THE EDITOR TO US!
CALL 519-655-2341 OR EMAIL INFO@GODERICH.SUN.COM

Police Reports

Prohibited driver caught driving in North Huron

Huron County OPP has charged a Kenilworth resident with Prohibited Driving offences, along with other charges following a traffic stop on April 4.

On April 4 just before noon, police officers conducted a traffic stop for a suspected prohibited driver on Amberley Road, just outside of Wingham.

The investigating officer confirmed that the male driver was prohibited from driving under the Criminal Code and was subsequently placed under arrest and taken into custody.

The accused was further found to be violating a term of his probation along with two separate driving suspensions.

A 34-year-old man from Kenilworth was charged with Operation while Prohibited (two counts), and Fail to Comply with Probation Order.

The accused was additionally charged with two counts of Driving while under Suspension – Highway Traffic Act.

The involved vehicle was towed and impounded for 45 days.

The accused was held for a bail hearing and now has a court appearance scheduled for May 13 in Goderich.

Dangerous driving in Seaforth results in charges

Huron County OPP investigated a dispute that took place in Seaforth on April 3 that resulted in criminal charges for a Huron East resident.

Just after 7 p.m. officers received a report of dispute at an address on Main Street in Seaforth. Two males were arguing while police were present, when one of the males drove their pickup truck directly at the other male on foot, almost striking them with the vehicle.

The driver was immediately arrested and charged.

A 76-year-old man from Huron East was charged with Assault with a Weapon, and Dangerous Operation.

The accused was processed and later released with a court appearance scheduled for May 27 in Goderich.

Search warrant in Howick yields illegal drugs

An investigation conducted by the Huron-Perth OPP Community Street Crimes Unit (CSCU), West Region OPP Emergency Response Team (ERT), West Region OPP Tactics and Rescue Unit (TRU) and members of the Huron OPP resulted in the seizure of illegal drugs, cash,



OPP yield illegal drugs. (CONTRIBUTED PHOTOS) and offence-related property with a total value exceeding \$42,000.

On Wednesday, March 27, a traffic stop was conducted in Perth County, which resulted in the seizure of controlled substances, Canadian currency, and offence-related items.

One individual was arrested and charged at that time.

On Thursday, March 28, a search warrant was executed at a residence on Centre Street in Wroxeter, in the Township of Howick.

Three individuals were located inside the residence during the warrant execution.

Two of these individuals were charged with criminal offences.

As a result of the investigation, police seized a quantity of suspected methamphetamine and cocaine.

Other seized items included a digital scale, packaging material, and cellular phones.

A quantity of Canadian currency was also seized.

Recovered stolen property included a flat bed trailer, an e-bike, and road signs.

The combined estimated value of the seized drugs is

\$29,900. The combined estimated value of the seized property is \$10,835. Total Canadian currency seized is \$1,835.

A 31-year-old from Howick has been charged with Possession of Methamphetamine for the Purpose of Trafficking, Possession of Cocaine for the Purpose of Trafficking.

The accused was processed, held for a bail hearing, then later remanded into custody with a court appearance scheduled in the Stratford.

A 40-year-old from Howick was charged with Possession of Methamphetamine, and Possession of Property Obtained by Crime under \$5,000.

The accused was processed, held for a bail hearing, then later remanded into custody with a court appearance scheduled in Goderich.

A 46-year-old from Howick was charged with Possession of Methamphetamine, Possession of Property Obtained by Crime under \$5,000, and Altering/Removing VIN.

The accused was processed, held for a bail hearing, then later remanded into custody with a court appearance scheduled in Goderich.

New public access calling system unveiled at OPP facilities

Members of the public who visit West Region detachments after-hours will have access to a new public access calling system outside OPP facilities.

The new 'E-phone' is a touchscreen-based system that replaces the old handset phone used for decades outside OPP buildings.

The system has been modernized, but the function remains the same.

All E-phone calls will connect directly to the OPP Provincial Communications Centres (PCC) for service as the previous system did.

When the user touches the call-screen icon, the PCC call-takers and dispatchers will see the originating location of the call.

The location display saves the call-taker time gathering the caller's information and provides the public with the confidence that their location is readily identified and that police will respond.

Twenty of 34 West Region locations have transitioned to the new E-phone system, with the remained completed by the fall.

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2012 Nissan Sentra 4 door Automatic	\$7,950

Prices do not include hst or license.



Old phone system.



New E-phone system.

Celebrating doctors and nurses in Goderich

CONTINUED FROM PAGE 4

There is little more satisfying than contributing to another's well being for Noel. A physician is but part of a conversation between a patient and the health care system as they strive to understand a patient's circumstances and needs, as well as trying to find a remedy to the issues.

Noel explains that it is a cooperative effort, wherein the patient is not just a necessary subject to the endeavour, but hopefully a participant to ensure health care remains high quality.

Discuss what matters most in your health care with your health care worker, write your local MPP with any concerns they might address with system changes, be a participant.

"You can, by extension, also contribute to our community's well-being," Noel said.

"The Goderich community has had a successful record of fundraising for numerous facility resources, and there are many future worthy projects that might benefit from the community's involvement."

National Nurses Week is dedicated to honouring and appreciating the invaluable contributions of nurses in healthcare.

It is a week-long event that aims to highlight the nursing profession's dedication, compassion, and commitment to patient care, while also focusing on raising awareness about challenges, innovations, and achievements.

The origin of Nurses Week is traced back to the early 1950s, in the United States.

The week serves as an opportunity to express gratitude to the nurses who strive tirelessly to provide the best care.

According to CEO Jimmy Trieu, AMGH has over 150 nurses at AMGH, across seven different departments.

Nurses Week runs from May 6 until May 12, and the precise date serves as a nod to the birth anniversary of Florence Nightingale, a pioneer in nursing who laid the foundation for modern nursing practices.

The theme for Nurses Week in 2024 is 'Changing Lives, Shaping Tomorrow'.

According to the Canadian In-



stitute for Health Information, there were about 459,000 regulated nurses in Canada in 2021.

Staff at AMGH always celebrate Doctors Day and Nurses Week that is inclusive to everyone. There is normally a waffle breakfast, games, ice cream sundae, give aways, and cake.

Majority of nurses are female, and at AMGH only four per cent are male.

AMGH has been able to recruit and retain some incredible nurses to the small-town hospital over the

years.

"We have excellent, dedicated and committed staff here," explained Lynn Higgs, Chief Nursing Executive at AMGH.

"Together we can make a difference in someone's life. It is a challenging career that gives back to the community."

According to the Canadian Nurses Association, licensed practical nurses, and registered practical nurses (RPN) saw the greatest number of growth among nurse professions.

In 2021 there were 130,000 licensed and registered practice nurses, 1.6 per cent more than the previous year.

Nurse Practitioners in Canada can prescribe medications, order and interpret diagnostic tests, and perform procedures, sometimes independently.

Smaller hospitals with a limited number of physicians and nurses present the opportunity to practice with greater autonomy and decision-making.

In a small-town doctors and

nurses have a broad range of responsibilities. Physicians and nurses often handle a wide range of responsibilities due to the limited healthcare resources.

There is an opportunity at AMGH to be involved in various aspects of patient care, including triaging, administering treatments, and providing education.

"This versatility can enhance skills and knowledge across different areas of patient care," explained Higgs.

Physicians and nurses also make a significant and positive impact on the hospital's community reputation and patient satisfaction.

In rural areas, staff provide a familiar face and become valued members of the community, trusted, and appreciated by the patients.

According to Higgs, working in a rural area of the province also provides financial incentives that are not available in urban areas.

"Every single one in the health care field at AMGH has impacted the field," said Higgs.

"We certainly couldn't function as a team without the collaboration of everyone. I would have to say a big thank you to everyone who contributes to a positive impact in the healthcare field."



MAY EVENTS

- | | |
|----------|--|
| May 1st | General Members Meeting 7:30pm |
| May 4th | Meat Draw with Bill Napp 5-9pm |
| May 10th | Hamburger Night, Meat Draw & Catch the Ace 5-7pm |
| May 11th | Meat Draw with Matt Gauthier 5-9pm |
| May 12th | Mother's Day Bingo Jackpot \$1,000 |
| May 17th | Meat Draw, 6pm Catch the Ace 7pm & Karaoke |
| May 18th | Meat Draw with 2 4 The Road 5-9pm |
| May 25th | Meat Draw with Homers 5-9pm |
| May 26th | Bingo Jackpot \$1,000 |

Bingo Every Sunday Afternoon Doors Open @12p.m.
 Euchre Every Tuesday Night 7p.m.
 Jammers Every Wednesday Night 6p.m.
 Cribbage Every Friday Afternoon 2p.m.
 Catch The Ace Draw Every Friday Night @7p.m.

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The '86ers U11C girls' hockey team dominates the season

KATHLEEN SMITH

Editor

The U11C '86ers not only had a successful regular season but dominated at each tournament the team competed at.

Not including tournament games, the girls played 50 games during the 2023/24 season and came out with 41 wins, six ties, and only three losses. Within those statistics, the team also had 165 goals for, with only 30 goals against, and the teams' goalie had 29 shut outs.

During their successful 2023/24 hockey season, the '86ers based out of Lucknow/Wingham also attended five tournaments and won all five.

The team competed at Pink on the Rink in Exeter, Saugeen Silver Stick in Port Elgin, the B.A.D. Blazers tournament in Belmont, the WOOA year end tournament in Howick, and the Ontario Provincial Championships in Brampton.

At the beginning of the season Coach Dennis McLean had made mention that it was his dream and his goal to coach this group of girls and help them make it to the Ontario Provincial's tournament.

"I couldn't have been prouder of this group and a season that no one will soon forget," added Dennis.

The team's story begins in the 2022 season. This year the team built off the season in 2022 and had nine returning players where they ended up at the 'C' level. In January the team decided to compete in the LL level.

When the season began in 2023, Coach Dennis was excited with the talent that he saw at tryouts.

"It was very difficult to select the 15 ros-

tered spots available," said Dennis.

The team started the season with two losses to Grey Highlands Shooting Stars.

"I was worried we might be heading down a path that we wouldn't be competitive at the 'C' level for a second straight season," added Dennis.

"It seems like those two losses to start the season may have motivated our group."

The team went on a winning streak after the first two games and never looked back.

Dennis explained that the group of girls were very disciplines to the teams' plans.

"Impressive as our scoring was, our defensive game of limiting time and space to opposition and aggressive back backing from our forwards, shutting down our opponents was even more impressive," added Dennis.

The team entered five tournaments over the season, including the year end WOOA and the final All Ontario Provincial Championships.

The first tournament was Pink on the Rink hosted by South Huron.

The girls were facing all new teams, and some early research proved the team was in for some tough competition.

"We had a tough route of very close games, including a tie, OT, and mostly one goal victories to come home tournament champions with an OT winner," Dennis explained.

"This victory some crazy, overwhelming emotion of players, parents, extended family, and all our fans. This was a special tournament win."

This tournament proved the team could compete against the best teams at the 'C' level amongst other regions.

The '86ers went on to win the Inter-

national Silverstick hosted by Saugeen Shores shortly after with a familiar feel to the Pink on the Rink tournament, winning again with a series of very tight games.

The third tournament was hosted in Belmont, Aylmer, and Dorchester.

Winning their third straight tournament in familiar fashion of tight games and OT wins to seal the deal, the girls had created an audience at the arena when their final game went into OT and eventually a shoot out victory.

"I was afraid we might be running into over-confidence at this point of the season and felt we had not played our best, but we were still finding ways to compete and ultimately win," Dennis said.

After success at those tournaments, the 86ers went through the remained of the regular season without a league loss and started provincial play downs at the same time.

Coach Dennis said that the teams' goal was to get prepared for the best in Ontario.

The '86ers ended up qualifying for provincials, seeing some great competition again.

Dennis attributed the on-ice development growing at a quicker rate than their competitors to much of their success.

There was no other team comparable when it came to defensive play, and most games the 86ers limited their opposition to very few shots and sometimes none.

"We had a very dep team of 15 rostered players. It was a coach's dream being able to roll three lines evenly and five defence," added Dennis.

"On any given game, any one of our three lines could be the best, with always

a trustworthy defence continuing to be a difficulty to play against and goaltending always up for the challenge of making a game changing save."

At this point in the season the team was headed to their final two tournaments – WOOA and provincials.

The WOOA tournament turned out to be a best two out of three show down against league rivals the Grey Highland Shooting Stars.

The girls were up for the challenge, handling them in two games with 6-0 and 3-0 victories.

The '86ers were headed to provincials with confidence and playing their best hockey of the season.

At this point the '86ers had seen most of the teams and were prepared to compete against anybody.

They started provincials with two straight wins, playing some of the best hockey of the season, and not giving up a single goal.

Headed to the final game of pool play, the '86ers faced off against North Middlesex, a team they had not been victorious against in previous games during the season.

With a 2-0 victory, the '86ers proved they were up to the challenge, controlling most of the game and keeping the shut-out strike alive.

In the quarterfinals against South Point, the 86ers won a 1-0 hard fought battle, then it was on to the semi-finals against Kanata.

"We were nervous but prepared, and handled them with ease winning 4-1," said Dennis.

CONTINUE TO PAGE 15



The '86ers won the Silver Stick tournament this year.

(CONTRIBUTED PHOTO)



WOOA Champions. (Top row, L-R): Dennis (coach), Sarah (trainer), Katie, Adalyn, Myla, Irellyn, Madison, Stuart (Assistant coach), Jamie (Assistant coach), Makayla, Caryss. (Middle row, L-R): Kolbie, Jenna, Amber, Bryn, Malyne, Caleigh, Saige. (Bottom row): Lyvia.

(CONTRIBUTED PHOTO)

'86ers U11C girls' hockey



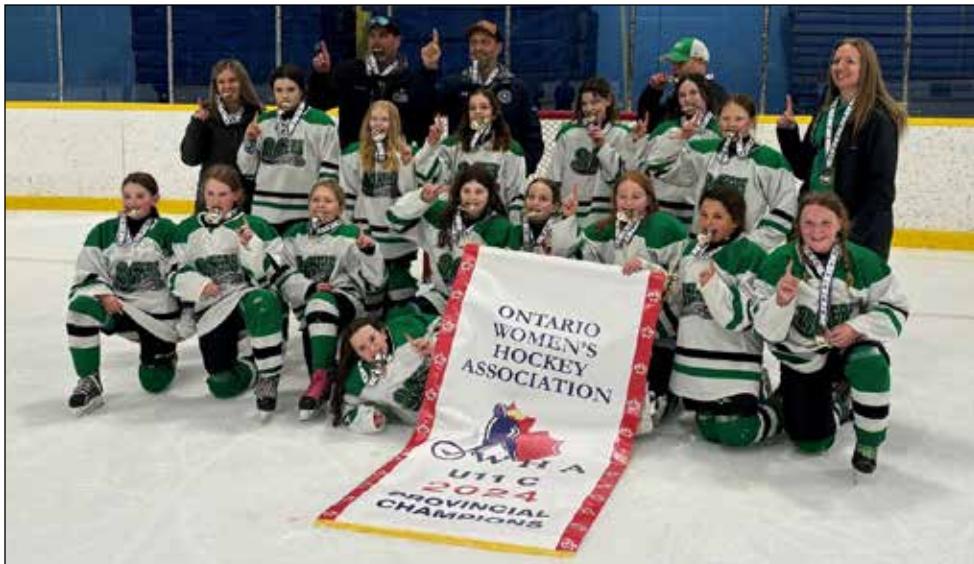
Gold at the Belmont.

(CONTRIBUTED PHOTO)



Success at the Pink on the Rink tournament.

(CONTRIBUTED PHOTO)



Provincial Champions.

(CONTRIBUTED PHOTO)

CONTINUED FROM PAGE 14

The final game was against North Middlesex for the second time in that tournament.

Dennis explained that the team had some scares and gave up their first goal of the game, their first goal of the tournament.

With a late second period goal, the 86ers tied the game 1-1, and the game was forced into OT.

Familiar with OT, the girls were able to bring home the provincial championship with a moment anyone involved in the team will never forget.

"The emotional victory was recorded on video and watched over and over, bringing

tears of joy to many," added Dennis.

In addition to the guiding hands and leadership of the coaches and staff – Dennis McLean, Stuart Rintoul, Jamie Chester, Karin Davenport, and Sarah McLean, the team also owes gratitude to the manager Jer Schnurr and the parents, who all added to the success this year.

"This group of girls gained love and understanding for the game, and built forever friendships on and off the ice, which I believe helped them with their successful year," said Sarah McLean.

The girls ended the season with an impressive 50 games played, a record of 41-6-3, 165 goals for, 30 goals against, and 29 shut outs.

Emergency Preparedness Week

May 5 - 11, 2024

Be Prepared: Extreme Heat

Climate change is expected to increase the frequency, intensity, and duration of heat waves.

Stay Hydrated!

- Drink water every 15 to 20 minutes.
- Monitor children and pets to make sure they are doing the same.

Stay Cool!

- Stay indoors to limit sun exposure.
- Dress in light-coloured, loose-fitting clothing and wear a hat.
- Take cool showers or baths.
- Plan outdoor activities during cooler parts of the day.
- Never leave a person or animal in a parked car or in direct sunlight.
- Cover windows that receive morning or afternoon sun.
- Plant and maintain shade trees.
- Open windows at night and create a cross-breeze.

Check on Vulnerable People!

- Check on older family members, friends and neighbours.

Stay informed!

- Check weather reports before going outdoors for the temperature, humidex and air quality.

For more info, visit
"Emergency Services" at
www.goderich.ca.

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Huron Hurricane swimmers qualify for regionals

A few of the Huron Hurricane swimmers took part in Regional Qualifiers on April 7.

One of the swimmers, Henry A qualified for six categories.

Another swimmer, Abygail C qualified for four, while Violet made her first Regional Qualifying time.



Henry A swam the 800-metre Freestyle in 12:13.25, the 100-metre Backstroke in 1:23.44, the 50-metre Freestyle in 33.30, the 200-metre Freestyle in 2:43.66, the 200-metre Backstroke in 2:59.12, and the 100-metre Freestyle in 1:15.70.



Abygail C swam a best time in her 400-metre Freestyle with a time of 6:07.17, smashing the Regional Qualifying time by 13 seconds. Abygail also swam the 200-metre Individual Medley in 3:17.96, the 200-metre Freestyle in 2:52.58, and the 100-metre Freestyle with a time of 1:16.79.



Violet made her first Regional Qualifying time in the 50-metre Freestyle with a time of 36.46.

(CONTRIBUTED PHOTOS)

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Unused curling funds donated to GDCI athletics



SUPPORTING STUDENTS

(CONTRIBUTED PHOTO)

Donnelly Head Secretary at GDCI, Megan Todd and Alana Stewart student athletes, receiving the cheque is Niki Machan Athletic Department Head at GDCI, Laurie Ginn Curling Committee Secretary and Cathy Murdock.

A cheque in the amount of \$5,453.08 was presented to the GDCI athletic department in memory of Myles Murdock.

Myles always wished there was a fund available to support students wishing to engage in high school sports, but were unable because of inability to pay the required fees

Curling at The Maitland came to an abrupt halt during the 2022-23 curling season. A breakdown in the cooling

system occurred.

Because of high costs, the owners chose not to replace the equipment and subsequently closed the curling club.

The curlers had always raised and maintained funds to support junior curling and provide year end prizes.

As a result of the closure, the funds in the account were unused. The curling committee opted to turn their remaining funds over to GDCI athletic department to be used to help realize Myles's dream.

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CrossFit Goderich hosts first Festivus Games

KATHLEEN SMITH

Editor

Two-hundred CrossFit and functional fitness gyms around the world hosted Festivus Games, and one of them was in Goderich for the first time.

On Saturday, April 20 from 9 a.m. until 4 p.m. CrossFit Goderich hosted over 40 novice and intermediate level athletes from all over Huron County.

The Festivus Games are an opportunity for people who train in CrossFit/functional fitness to compete at a level that is appropriate for them.

The first Festivus Games competition was held on April 30, 2011. The concept was simple – since 95 per cent of athletes are novice and intermediates, it made

sense to have a competition designed for them.

Since the first competition with about 70 athletes participating, the Festivus Games has grown to over 17,000 athletes competing a year.

Athletes can expect to be challenged at the Festivus Games, but with a lot of fun mixed in too.

Festivus Games were designed so it wouldn't be necessary to scale the events. No athlete, whether six months in or brand new, would need to scale any of the events.

The competition is about capacity more than a high degree of skill. For example, everyone can row, but just how fast? Or everyone can deadlift, but just how much?

"It's a community of people all striving

to be their best and competitions like this bring us all together to support one another in fitness and health," said Jennifer Morris, athlete, and co-owner of CrossFit Goderich.

"A big part of competing like this it to have a goal for the training that we do in the gym, much like someone who trains for a marathon by running. It helps keep us motivated and consistent."

Morris expanded that thought by explaining that friendly competition is fun and inspirational.

Being part of a fitness community can be important to remain motivated, and Morris said that at CrossFit Goderich, they strive to offer a safe place for all to become healthier versions of themselves.

Athletes competing in this year's Festivus Games belong to the local CrossFit Goderich, but also to Workhorse Strength and Conditioning in Clinton, to Hydra CrossFit in Stratford, to Degree Fitness in Seaforth, to BTL CrossFit Listowel, to Rural Strength and Conditioning in Walkerton, to Maitland Valley Strength in Goderich and to No Drama Fitness in Kincardine.

The athletes competed in four different workouts (called WODs) throughout the day. Athletes will be competing in everything from lifting heavy weights in a deadlift ladder, to body weight movements like burpees.

Many local companies sponsored the event and donated prizes for the winners in each category. Some local vendors also attended.



The Men's Intermediate team division podium finishers (L-R): Gys Wererink, Scott Chow, Neil Puska, and Shaun Peet (2nd place from CrossFit Goderich), Joel McCleod, Riley McCleod, Allan King (from Hydra CrossFit Stratford), Matt Smith, Boyd McClure, Colin Kelly (from Hydra CrossFit Stratford).



Sloan Puska of CrossFit Goderich got a personal record on her deadlift.



Lindsey Borth from Rural Strength and Conditioning in Walkerton working through her last kettlebell swing to win the women's intermediate division.



Mike Krane (volunteer from CrossFit Goderich) watches on as Sally King (from CrossFit Goderich) does her burpees in the women's novice division.

(TANNER BRUNKARD PHOTOS)

HASAR receives donation from Goderich Bike Shop

Recently Huron and Area Search and Rescue (HASAR) received a very generous donation from the Goderich Bike Shop.

The search and rescue crew received two custom e-bikes and three custom analog fat bikes, all equipped with lights, bells, and bags to be added to their fleet of rescue equipment, to assist members in ground searches.

On April 7 members met at the Hullet Conservation Area to receive spe-

cialized training from Professional Mountain Bike Instructor and HASAR member Brendan Sowerby.

The training consisted of an analog bike module and e-bike module as well as an advanced operations module.

Searchers also learned about bike operations and how to conduct a search on a bike as well as first aid, survival, and bike repairs.

Searchers operated bikes on mixed terrain while performing search and

first aide scenarios meant to replicate real world situations.

Members of HASAR want to thank Sowerby for his professional instruc-

tion as well as the Goderich Bike Shop for their generous donation and support of the search and rescue organization.



Don Jackson.

(CONTRIBUTED PHOTOS)



Don Jackson, Danielle Petz, Holt Armstrong, Melissa Springett, Tom MacLean, and Josh Hummel.

Goderich and District Shuffleboard Club Results

APRIL 16:

The club had 50 members playing shuffleboard on April 16, and it looks like the snowbirds are returning.

The lucky Domino's Pizza winner was Evie Shand.

The club's three-game winners were Linda Muir, Sandy Kelly, Dale Robertson, Bruce Haselgrove, and Gerrit Dykman (welcome back from Florida, Gerrit).

Congratulations to all the winners from April 16.

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The AMGH Auxiliary: "The Desire of Our Hearts"

DAVID YATES

Sun Contributor

On March 31, a 103-year-old institution came to an end when the Alexandra Marine & General

Hospital's Hospital (AMGH) Auxiliary formally disbanded.

For over a century the women's organization existed for the sole purpose of advancing the cause and serving the health-care needs of the Goderich area.

The countless services and donations that the AMGH Auxiliary performed over the decades were truly remarkable.

The auxiliary's demise should be mourned by the many who have benefited from their largely unknown services to the area.

The hospital auxiliary began in 1921 when it had become evident that the area's medical needs had outgrown AMGH's South Street location.

A new, larger hospital was required so the Board of Governors called a meeting for April 5 to be held in the Board of Trade rooms on West Street (1st floor Masonic Hall) "for the purpose of discussing the organization of a Ladies' Aid in connection with the hospital" according to the minutes.

The response from women in the area was overwhelming.

All three IODE chapters sent representatives as did delegates from the Goderich, Saltford and Dungannon Women's Institutes, Ladies' Aid Circle of Dungannon, Leeburn, Saltford, the Country Women's Club, and the Red Cross Society.

Many of these groups gained ample organizational experience supporting the war effort during the Great War and were looking for another worthy cause.

Another meeting was scheduled to formally organize an association "to assist the work of the hospital in every way possible and to provide small comforts to the sick."

At the May meeting, an executive was organized under the presidency of Mrs. Maud MacDonald, former Regent of the Ahmeek IODE chapter.

MacDonald's dynamic organizational skills were vital in the AMGH's 1906 foundation.

In 1909 she had the foresight to recom-

mend that the Hospital Trust purchase the Cameron estate on Napier Street known as "The Maples" for an expanded hospital.

MacDonald wielded together the town's most formidable female organizers into what was originally known as the Ladies Aid of the AMGH, becoming the Women's Hospital Auxiliary in 1923.

In 1980 in an unsuccessful attempt to attract male volunteers, the name was changed to the AMGH Hospital Auxiliary.

The Women's Hospital Aid had ten vice-presidents, each representing one of the town's church denominations, in addition to the usual executive offices.

The women's aid held their first Tag Day in the spring of 1921 with the daunting aim of converting the Cameron estate, built in 1869, into a modern hospital.

On February 19, 1925, their efforts were rewarded with the official opening of the new and expanded AMGH.

The 1925 WHA Annual Report announced that "the desire of our hearts has been fulfilled and we are now the proud possessor of a hospital which, in the words of a medical visitor, is 'second to none.'"

The WHA report noted that, "with the enthusiasm and whole heartedness of our members every difficulty was overcome, and the great feat accomplished."

The annual report observed that only "the active members realize what an effort the financing of the hospital has meant".

Indeed, the WHA worked tirelessly holding tag days, teas, pavilion dances, and wrote an astounding 2,000 letters to Goderich "Old Boys and Girls", which brought in the sum of over \$3,000.

It was a tremendous accomplishment for the WHA.

In addition to fundraising for the expanded hospital, the women's aid provided 'comforts' for the resident nurses in training and paid for their graduation ceremonies.

In 1926, they used funds to support a fruit and vegetable cellar to provide patients with fresh food. A Visiting Committee was also added to the WHA organization to ensure that every patient had a visitor during their convalescence.

In 1931, the first of several hospital additions were opened with funds largely raised through the WHA. The Great De-

pression saw their numbers drop to only determined members.

During war years, membership revived, and they were represented on the Citizens' War-Time Committee, raised money for Victory Bonds; helped at Legion Bingo's; sent comfort packages to Goderich servicemen and made an annual donation to London, England's Queen Charlotte Maternity Hospital (presumably to help children born to Canadian servicemen in the UK).

In 1949, the WHA gave tea and gifts to 'displaced girls' from the war.

During the post-war years, the WHA continued to hold teas, rummage sales, calendars, tag days, bake sales and other fundraisers for hospital equipment.

The WHA began a gift counter in 1954, which evolved into the gift shop in 1967, was a major fundraiser for the auxiliary until its closure due to the COVID-19 pandemic.

In 1959, the auxiliary installed a cigarette machine in the front entrance. It, and the Coca-Cola vending, made "regular profits" for the hospital auxiliary.

In 1968, the WHA sponsored the Candy Strippers program where girls from GDCI interested in healthcare volunteered to assist with hospital duties after school. The Candy Striper program launched many careers in healthcare until the program's end in 1986.

As the hospital auxiliary passed the millennium, new challenges in healthcare arose.

According to Fran Armstrong's history of the AMGH Hospital Auxiliary, A Ray of Sunshine (2000), played an active part in purchasing items, sponsoring bursaries and performing duties that "we hoped would lighten the load of the staff around the hospital".

Among the services the hospital auxiliary performed were mending bed sheets, hair dressing for long-term patients; sanitized children's toys; portered patients in wheelchairs; helping the infirm in change rooms and a host of other tasks that helped staff and patients.

Retired schoolteacher, Mary Lomax joined the AMGH Auxiliary in 2009 after moving to Goderich the previous year.

Lomax said she joined because she liked

that type of work and thought it important to support the local hospital because she thought AMGH was one of the best hospitals in the province.

Membership Secretary Sandra Goddard added that the COVID-19 pandemic made it hard to recruit members.

After the pandemic, public organizations were barred from entering the hospital fearing the spread of contagious disease.

Past President Lynn Bearden joined in 2008. Her mother had been a member of the AMGH Auxiliary. During her term as president, Bearden oversaw an active organization. She held the auxiliary's vote member on the hospital board until that position was eliminated in 2022.

Karen Scott who joined in 2016 was destined to become the auxiliary's last president. She took on the presidency when the pandemic struck because it would have been the end of the auxiliary otherwise. Scott noted that the AMGH auxiliary's closure is part of a provincial trend as 40 hospital auxiliary's have closed since the pandemic.

Unable to work inside the hospital, Scott said the decision to disband was heartbreaking. At the auxiliary's last meeting on February 27, 2024, the membership voted to dissolve as of March 31. President Scott thanked the members for their tireless work over the years.

Scott remembers that as president, the people were wonderful, generous, and helpful.

A cuddle bed to keep still-born infants warm and provide comfort for grieving families, said Scott, was the last purchase the hospital auxiliary made to the AMGH.

Kimberley Payne, AMGH Foundation Executive Director thanked the auxiliary for being a beacon of hope and their unwavering support.

No longer would a friendly face in an AMGH blue smock be seen in the hospital's halls.

Past President Lynn Bearden pronounced the most fitting epitaph for the AMGH Auxiliary when she said that the auxiliary was "a good time and fulfilled a need to give and receive" because "when you give something away; you get it back."



(CONTRIBUTED PHOTO)

Above: Last meeting of the AMGH Auxiliary, February 27, 2024. (Front Row, L-R): Mary, Melitta Wasyciw, Connie Forsyth, Mary Nesbitt, Val Pressault. (Middle Row, L-R): Mary Lomax, Kim Ferris, Judy Lounds, Martha Archbold, Kathleen Hudson, Rose Dundass. (Back Row, L-R): Karen Scott, Louise Schafer, Sandra Goddard, Hazel Wilson, Jeanette Sawitschek, Donna Berberick, Lynn Bearden, Sandi King.

Right: Originally built in 1869, "The Maples" was the home of M.C. Cameron, QC standing on front lawn with family to the right. The Napier Street location became the core of the Alexandra Marine & General Hospital (AMGH) in 1925.



(AMGH AUXILIARY PHOTO)

Walker's novel '101': Following the life of a novice teacher and wife

Fifty years is a long time to have notes in a drawer outlining the novel that you want to write. But life happens.

Goderich resident, Sally Walker, needed an overwhelming pandemic to finally give her the time and motivation to see if she could actually produce a book. Plus, having recently become a great-grandmother, it really was, now or never. And so, after five decades, she wrote her novel, "101."

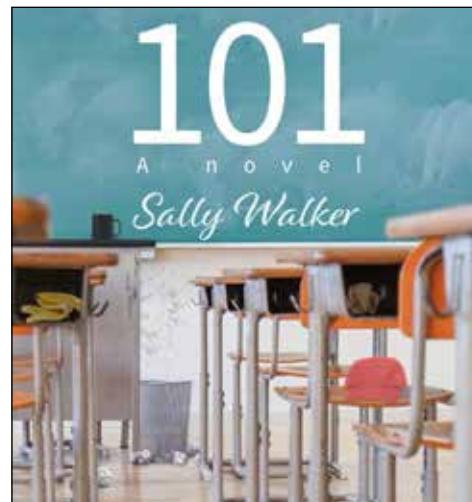
The material is personal. It is based on her first decade as a novice teacher and wife. Her experiences and those of her students, colleagues, friends, and family are a varied lot, some funny, some frightening, some annoying, some tragic. All

compelling and timeless as only real life and its lessons can be.

The novel's setting begins in the unforgettable 1960s, a period of incredible change. The place is inner-city Toronto. In counterpoint, the story slips into the mid-70s and in a very different location, rural Ontario. All very personal to the author.

However, this is a novel not a memoir. Characters are melded or invented.

Some scenes mirror reality; others are truly the flight of the author's imagination. There are good-guys, bad-guys, suspense, humour, issues (in some cases, unfortunately) that are as pertinent in 2024 as they were in the mid-twentieth century.



Sally Walker initially wrote this book for her kids and grandkids. Then, she was persuaded to make it available to a wider audience. Since its initial printing, it has been available at Fincher's in Goderich.

The feedback has been extremely positive, and many readers of diverse ages and backgrounds have related that they really connected to the story with its humour, compassion, and 'down-to-earth' style.

Recently re-edited with a new cover depicting a high school classroom (a space where Sally taught for many years), "101" is now available at Fincher's, The Village Bookshop in Bayfield, and at Amazon.ca (search, 101 Sally Walker) in paperback and e-book format.

Concert featuring Canadian musicians coming to Clinton

Music lovers are in for a treat on May 11 when the stirring music of the band RPR comes to Clinton.

RPR is a Canadian folk-rock band known for engaging live shows, soaring vocals, and huge harmonies.

The concert is called Up Close and Personal, and features some of the former members of the award-winning group Tanglefoot.

From stirring anthems to whisper-gentle ballads, RPR's songs evoke joy, tears, and laughter with a dynamic tapestry of musical styles that range from folk to rock, to blues traditions.

It's storytelling in music from four captivating songwriters.

Together since 2012, RPR have regularly



RPR will perform in Clinton on May 11.

played throughout Canada and the U.S. as well as three UK tours to date, appearing on festival stages, concert series, music halls, theatres, town halls, and beyond. RPR continue to win new fans along the way.

The band released two CDs, Trans Atlantic in 2013 and the latest, Longview.

The new record, nominated for Blue and Roots Radio 2019 Album of the Year, features 12 songs that showcase the songwriting and musicianship of this group.

Tickets are \$20 each and available at the door.

The band will perform at Clinton United Church on Saturday, May 11 at 7:30 p.m.

For more information or how to purchase tickets, call 519-482-9553 or pldock@hurontel.on.ca

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Goderich Co-Op Gallery welcomes visiting artist for May

Melissa Walker is the visiting artist at the Goderich Co-Operative Gallery starting May 1 through to May 31.

Although currently living in Stratford, Ontario, Walker grew up in Goderich, with her work reflecting local interests and ideas.

Gallery member Lisa Staton interviewed Walker to learn more about her and her art.

A graduate of the University of Guelph in Literature,

Walker started painting recently. She says her artwork is about “just appreciating landscapes while in the car or outside with my family.”

In her acrylic “Tiger Country,” Walker paints a birds-eye view of Goderich, naming the painting after “Tiger” Dunlop, one of Goderich’s founders.

In “Hold On,” Walker pictures her husband and son in a country landscape, and tells an intergenerational story in a flowing, painterly style.

“Her use of line and colour create movement, while at the same time creating a sharp snapshot-like moment,” Staton said.

Finally, in “Everything’s fine, love,” Walker explains that her vision is the result of “piecing together favorite bits from my grandparents’ correspondence during

World War Two.”

Walker explained, “Normandy Beach, the D-Day landing and a telegram from my grandfather to my grandmother” inspired this mixed media piece.

Gallery members invite residents of Goderich and area to join an Open House for Melissa Walker on Saturday, May 11, 2024, from 2 – 4 p.m., to meet the artist and view the other work on display. The gallery is located at 54 Courthouse Square, lower level.

Interested in becoming a member of the Goderich Co-operative Gallery? Benefits include participating in our community outreach programs.

For more information, go to www.gcgallery.ca and click on “Contact.”

New members are always welcome.

Goderich duplicate bridge club results

Bob Dick directed all the games.

We had 7 and 1/2 tables at our game on April 2.

- 1st - Brenda Blair & Pat Lewington - 63.78%
- 2nd - Garth Sheldon & John Davies - 58.01%
- 3rd - Brian Reeve & Graham Yeats - 56.41%
- 4th - Marian Lane & Barb Howe - 53.85%
- 5th - Shirley Thomas & Tom Rajnovich - 52.89%
- 6th - Joan Lounsbury & Mary Lapaine - 52.57%

On April 9 we had 6 and 1/2 tables.

- 1st/2nd - Bob Dick & Penny Peters with Graham Yeats & Brian Reeve - 57.28%
- 3rd - Pat Lewington & Brenda Blair - 56.37%
- 4th - John Davies & Garth Sheldon - 54.09%
- 5th - Tom Rajnovich & Shirley Thomas - 53.63%

On April 16 we had 6 and 1/2 tables.

- 1st - Marian Lane & Barb Howe - 66.82%
- 2nd - Shirley Thomas & Tom Rajnovich - 60.00%
- 3rd - Brenda Blair & Pat Lewington - 55.46%
- 4th - Cal Scotchmer & Janet Bloch - 55.00%
- 5th - Garth Sheldon & John Davies - 50.91%

On April 23 we had 6 tables.

- 1st - Garth Sheldon & John Davies - 61.85%
- 2nd - Cal Scotchmer & Janet Bloch - 60.00%
- 3/4 - Doug Bieman & Jacky McGregor with Keith Allen & Bob Dick - 57.04%
- 5th - Mary Lynne Telford & Paul Spittal - 53.70%



Hold On.



Tiger Country.

(CONTRIBUTED PHOTOS)

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Grey Matters: Embrace Spring and Stay Active



ANNETTE GERDES,

Sun Contributor

As the warmth of May melts away the last remnants of winter, it's the perfect time for all to step outside and embrace the spirit of spring. After months of colder weather, the sun shining brighter and the flowers blooming provide the ideal backdrop for all to prioritize health and well-being, particularly through walking and enjoying more outdoor activities.

Walking is a low-impact exercise that offers a multitude of benefits for seniors. It doesn't require expensive equipment or specialized training, making it accessible to individuals of all fitness levels. Incorporating regular walks into your routine can help improve cardiovascular health, strengthen muscles, and

maintain a healthy weight. Moreover, walking has been linked to enhanced mood, reduced stress, and improved cognitive function, which are particularly important aspects of seniors' well-being.

For Seniors, maintaining strong bones is critical in preventing fractures and falls, which can have serious consequences. Walking is a weight-bearing exercise, meaning it helps stimulate bone growth and density, reducing the risk of osteoporosis and fractures. Additionally, the balance and coordination required for walking contributes to improved stability, reducing the likelihood of falls. By incorporating regular walks into your routine, you strengthen your bones and balance, enhancing overall stability and confidence with movement.

After the confinement of winter, the arrival of spring brings us outdoors to enjoy the beauty of nature. Spending time outdoors offers numerous benefits for physical and mental well-being. From vitamin D absorption through sunlight exposure, to the calming effects of nature, outdoor activities such as walking, gardening, or simply sitting in the park can help you relax, thus decreasing levels of stress

and anxiety. Exposure to natural light can contribute to regulating sleep/wake cycles, in order to sleep better and enhance mood and overall health. Additionally, socializing with friends, or joining outdoor group activities can foster a sense of community and belonging; it keeps the mind sharp and helps to reduce the risk of cognitive decline.

Vitamin D is a fat-soluble vitamin that the body can produce in response to sunlight exposure. It is also found in certain foods and supplements. There are two primary forms of vitamin D: vitamin D2 and D3. While both forms are beneficial, vitamin D3 is considered more potent and effective at raising blood levels of Vitamin D. Often referred to as the "sunshine vitamin", vitamin D plays a fundamental role in various bodily functions, from bone health to immune system support. However, despite the importance, many individuals, particularly seniors, may not be getting enough of this essential nutrient. When taking vitamin D, please take vitamin K in order to enhance absorption.

Gradually Increase Activities: start with short walks and increase the duration and intensity as your fitness levels improve.

Adults over the age of 65 need at least 150 minutes per week of moderate activity such as brisk walking. Always remember, that some activity is better than none at all. As your physical activity increases, so will the health benefits.

Stay Hydrated: as temperatures rise, it's important to stay hydrated, especially during outdoor activities. Seniors who are active lose more water through perspiration, so they need to drink more to stay hydrated. Drinking more water throughout the summer months also helps your body to stay cool. Be aware of the signs of dehydration which are dizziness, muscle cramps, dark coloured or less urine, confusion, rapid heart rate, low blood pressure, dry mouth, and lack of energy. Strive to drink 2 litres a day and try to consume prior to dinner.

Wear Appropriate Footwear: Choose comfortable, supportive, and well-fitting footwear to reduce the risk of losing balance, tripping, or falling. Wear shoes with a non-slip sole. Laces and velcro fasteners are excellent choices for shoes as you can adjust the shoe to fit your feet. Avoid flip flops, high or narrow heels, stretched or loose shoes,

and heavy shoes.

Sun Protection: According to the CSPA (Canadian Skin Patient Alliance), "sun damage is permanent and irreversible. It accumulates so damage to the skin adds to the damage done in previous years". This is the reason our seniors are more prone to skin cancers. Protect your skin by watching the UV index, minimizing sun exposure between the hours of 11am to 3pm, seek shade, cover up including use of a hat, wear a broad-spectrum sunscreen such as an SPF 30 or higher, utilize sunglasses that have both UVA and UVB protection and do regular skin checks.

Conclusion: As May unfolds and the beauty of spring surrounds us, we have a unique opportunity to prioritize health and well-being by embracing the simple yet powerful act of walking. By nurturing bone health, preventing falls, and enjoying the outdoor splendor of the season, we can cultivate a renewed sense of vitality and joy in life. Step outside, feel the warmth of the sun on your face, and embark on a journey of health and happiness.

Annette Gerdes is the General Manager at the Goderich Place Retirement Residence

Silence your inner critic for better mental health



TANYA MACINTYRE,
RED ROOF RECOVERY

Sun Contributor

One of my favorite Shakespeare quotes states "All the world is a stage, and men and women merely players."

That's how I felt for a long time. I felt like I was playing a role on the stage of life. It was a role that was defined by my family, my culture, my country, my school, my friends, and - for a while - my religion.

When I was 11 years old, I discovered that a shot of gin or vodka from the liquor cabinet would boost me into another realm of reality for a while to help me escape the dysfunction of my family.

It was a temporary relief from the constant chaos the permeated my environment.

My addictions progressed from booze, weed and speed through the 80s to coke and pills through the 90s.

I was filling my water bottle with vodka most days, but I was still posing as a high-performance being - I had a career, a car, a house, and a husband.

It was the ideal scenario to keep me swimming in the river of denial for many years. I may not have been destitute, but I was desperate. I was dragging myself through life every day.

What helped me spiral downward very quickly was a move to

Spain - where wine and brandy were cheaper than water.

I was mired in bureaucracy for the first two years and that was a perfect excuse for me to drink myself unconscious every day.

I spent a month in a rehab facility, attended 12-step meetings every week, and relapsed almost every year for the next eight years. I was also going to a lot of funerals for my peers who weren't returning from their relapses, and I knew it was just a matter of time before I didn't return from one of mine.

It was then that I went in search of a more secular (evidence-based) program and found SMART (Self-Management and Recovery Training), which is based on cognitive therapies.

These evidence-based tools have helped me remain free from addictions since 2018.

I use a variety of tools, tech-

niques, and strategies to help me manage my feelings of anxiety and depression and keep the volume down on my inner critic. These tools help me better manage the ups and downs of life, without the need for drugs.

I practice a few things every day to help me to be an expert surfer when riding the waves of life. I call these three tools my "Triple A Formula for Freedom:"

1. **AWARENESS.** Once I became aware of the automatic negative thoughts (ANTs), I was better equipped to "Catch it, Check it, and Change it with cognitive tools.

2. **ATTENTION.** When I direct my attention to things that are within my control, I'm better able to drown out the negative narrative with more helpful thoughts that are comforting and motivating.

3. **ACCEPTANCE.** This is something I work on every day

which inspired me to create a tool to help you develop Unconditional Acceptance for yourself, others, and life. <https://redroof-recovery.com/addiction-recovery-resources/>.

Join me for a Mindfulness Walk (slow & silent meditative walk) on the Millennium Trail on Saturday, May 25, 10 a.m. - 11:30 a.m.

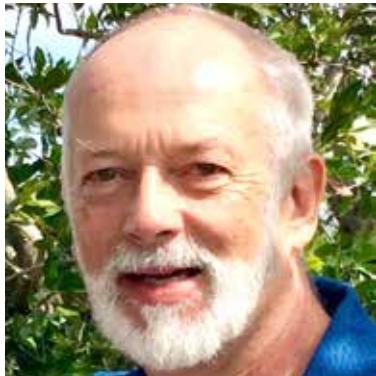
Register and sign the waiver here: <https://www.maitlandtrail.ca/scheduled-hikes/>

Tanya MacIntyre is a certified CBT Practitioner, Mental Health Professional, and owner/operator of Red Roof Recovery.

DISCLAIMER: This content is not intended to constitute, or be a substitute for, medical diagnosis or treatment. Never disregard advice from your doctor, or delay in seeking it, because of something you have watched, read, or heard from anyone at Red Roof Recovery.

Visit us online at www.goderichsun.com

OH, THE PLACES WE'LL GO: Not the usual rides, glitz and amusing animals of Orlando



PAUL KNOWLES

Sun Contributor

We discovered this place with a collection of parks, just outside Orlando, Fla. It has great rides, a restaurant named for an animal mascot and amazing displays of over-the-top glitz.

Disney World? Well, we did also visit Disney – more of that in the coming weeks – but I am talking about an elegant, small city named Winter Park, a destination that is really the opposite of Disney, except both are great places to visit.

Winter Park had its beginnings as a winter getaway for well-to-do folks from the chilly north. It was originally named Lakeview – it adopted its current name in 1887. It has grown – the population is now something near 30,000 – but it hasn't moved far from those roots. Today, it is still known for its stately homes, beautiful natural settings, high-end shopping and dining, and focus on the arts. Winter Park is also home to the highly reputed Rollins College, a liberal-arts college founded in 1885 by Congregationalists from New England.

All of that may explain why this certainly is not Disney.

Winter Park's parks are just that. The city is dotted with green spaces, often used for arts events



(PAUL KNOWLES PHOTOS)

One of the quaint, wood-lined canals that are part of the Winter Park Scenic Cruise.

and concerts. One highlight is the Winter Park Sidewalk Art Festival in mid-March. Held in Central Park and along adjoining streets, it attracts over 200,000 visitors each year.

Okay, I promised you rides and that doesn't seem likely in this setting, does it? But the thing is, Winter Park is situated on not one but three beautiful lakes. They're linked by quaint, narrow canals lined with wooden planks and a venerable operation called Winter Park Scenic Tours has been conducting boat tours of the lakes and canals since 1938. That's 33 years before Disney World opened.

The tour suits the ambience of the town. It's leisurely and friendly. The guides are very well informed, excellent communicators and funny as heck. The company operates about 10 small boats; they leave the docks in a minia-

ture flotilla.

The time on the lakes is interesting, and the dozen or so passengers on each small boat get to see Rollins College and the elegant homes – celebrity owners are specifically not identified out of respect for their privacy – but the highlights are the passages through the one-lane canals lined with trees and gardens and tiny boathouses, always including the possibility that somebody is going to have to back their way out of the canal to make room for an oncoming vessel. In our case, it was oncoming kayakers that did an about face to allow our passage.

These comfortable tours are a highlight for any visitor to Winter Park and they cost – wait for it – \$20 for an adult and half that for a child. Winter Park may have a justifiable reputation as a high-

end community, but that price is totally low-end for anything Orlando and worth every penny. Yes, Americans do still use pennies.

There are plenty of places to eat and drink in Winter Park across the spectrum of price and cuisine, but we were quite taken with the gastropub with an animal mascot. Not a cute rodent, but a beast dubbed The Ravenous Pig, which is the name of the place. It could also describe some of the diners, I suppose, including yours truly.

The Ravenous Pig is owned by the head chef and the menu changes every day depending on what produce is best and freshest.

The food is great, the wine list very good, the products on the on-site brewery are excellent, but the best thing about it was the service – everyone from the guy doing the free valet parking to

the person at the welcome desk to the manager were over-the-top friendly and helpful.

The walls of the place are well decorated with unique art and sculpture, often featuring pigs, of course, but that is not the over-the-top glitz I referred to earlier.

Winter Park is home to a number of good museums and galleries, and chief among them, from my point of view, the Charles Hosmer Morse Museum of Great American Art.

What makes the Morse special is this is the home of perhaps the most comprehensive collection of the spectacular work of glass-making genius Louis Comfort Tiffany anywhere in the world.

Most of us know about Tiffany lamps – and there are plenty of those here – but this museum houses dramatic Tiffany windows, miraculous mirrors, elaborate vases, amazing jewelry and, in fact, entire rooms including the gob-smacking Tiffany Chapel, a unique and lavishly decorated chapel which Tiffany created for the 1893 World's Columbian Exposition in Chicago.

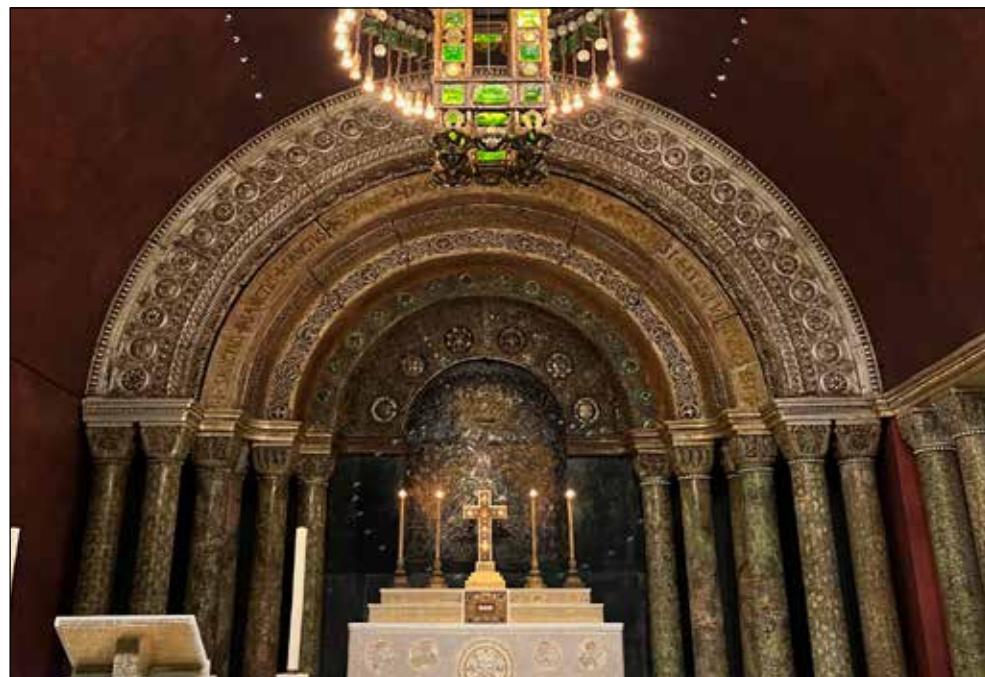
I'm not sure this chapel inspires worship of anyone but Tiffany. It's that impressive!

We came away convinced that Winter Park is an ideal break for anyone on a theme park pilgrimage to Orlando. Those parks are definitely fun, but Winter Park's stylistic ambience coupled with the warm welcome we encountered everywhere makes for a delightful and relaxing day out.

Paul Knowles is an author and travel writer, and President of the Travel Media Association of Canada. To contact Paul about travel, his books, or speaking engagements, email pknowles@golden.net.



Our guide/captain on the boat cruise.



The astonishing Tiffany Chapel, now at the Morse Museum.

Riddles

What's the perfect cure for dandruff?
Baldness

Why did the king go to the dentist?
To get his teeth crowned

Why did the sick skunk stay in bed for a week?
Doctors odours

Why is an elephant big, grey and wrinkly?

Because if it was small, white and smooth it would be an aspirin

Which thing makes our home safe?
A lock.

Take off my skin -- I won't cry, but you will!
What am I?
An onion.

What can go up and come down without moving?
The temperature.

The more you take, the more you leave behind. What are they?
Foot steps.

What can burn the eyes, sting the mouth, yet be consumed?
Peppers

Sudoku

		3			4			5
8			6	9		7		1
			2					
	9	5				8	1	
6	7							
		4			7	5	2	
		7			5		9	
5	8			4		3		
4								8

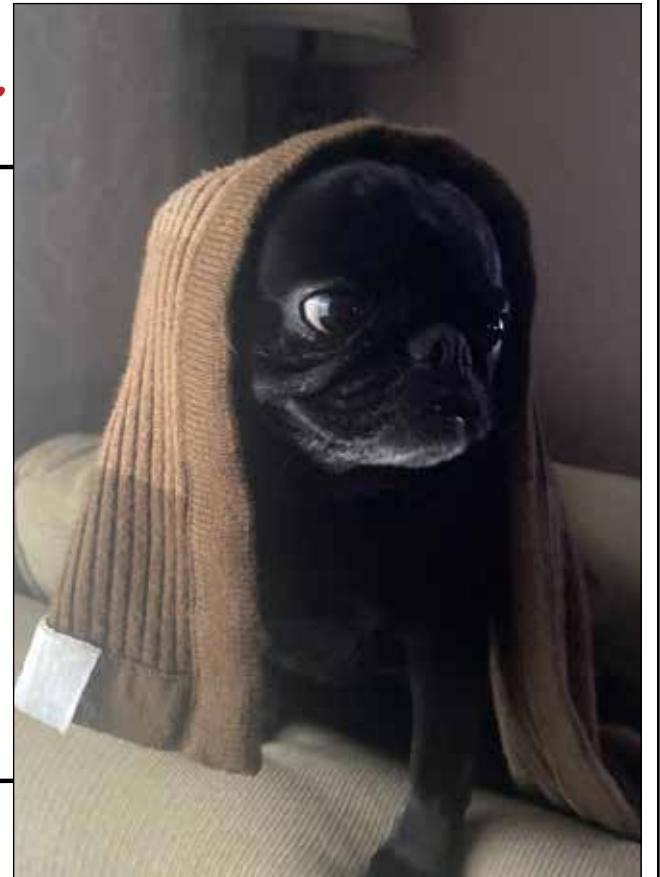
Solutions on page 26

Featured Pet



CHARLIE

Charlie a black pug who is 10 years old and seemed to us to be doing an impression of ET in this photo. I think he was just a little cold. He lives with Gary and Arleen and is quite the character.



Nominate your Pet of the Month by emailing info@goderichsun.com

Word Search

NHL PLAYOFFS

I	E	S	P	M	L	C	Y	U	V	M	X	D	H	D	K	W	U	X	A
A	Y	B	P	M	U	F	A	C	J	Z	Z	G	S	C	X	N	H	V	F
Q	D	T	G	D	V	D	P	Z	D	S	Z	C	S	P	K	A	R	Z	
V	M	L	I	N	Q	V	M	Z	I	Z	K	W	Y	X	T	L	E	M	D
K	P	R	E	D	A	T	O	R	S	T	Q	J	D	C	A	H	G	K	U
K	N	B	F	D	I	A	C	P	L	Y	A	F	N	N	K	N	P	M	D
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C	Z	C	S	H	Z	Y	U	Y	D	E	E	T	T	I	L	W	N	S	A
N	B	J	C	P	T	P	I	R	E	R	N	H	Y	E	Y	S	G	S	N
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N	I	N	T	Z	S	G	Q	R	F	G	Q	A	R	V	Q	I	M	Q	S
K	C	S	O	R	N	N	E	M	M	X	E	D	N	T	L	L	R	F	M
V	Z	B	S	Z	P	A	N	T	H	E	R	S	M	E	L	E	I	B	W
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K	R	D	A	O	E	N	K	J	G	E	N	S	H	J	S	G	N	I	K
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M	W	W	L	B	Y	B	S	Z	M	S	O	D	N	N	T	L	D	K	D

- Stars
- Knights
- Jets
- Avalanche
- Canucks
- Predators
- Oilers
- Kings
- Panthers
- Lightning
- Bruins
- Maple Leafs
- Rangers
- Capitals
- Hurricanes
- Islanders

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OBITUARY



FLORA JEAN (TURNBULL) HESK
MARCH 15, 1934 - APRIL 20, 2024

Beloved wife of the late Douglas Hesk.

Dear mother of Ron (Windsor) Barb & husband Stephen Jones (Huntsville).

Fiercely proud grandmother to Holly (Patrick), Dylan, and Emily.

Survived by sister-in-laws Marjorie-Pauline Hesk & Joan Hesk, and nieces, nephews and cousins.

Pre-deceased by parents Andrew & Christie Turnbull and brother Charlie.

Flora was born in Grey Township, Huron County, growing up on a farm with her parents and brother.

She attended high school in Brussels and Seaforth and in September 1952 started at Stratford Normal School.

In September 1953, she began her teaching career at a one-room school, #11 Hullett, near Londesborough. During this time, she met Doug, her husband-to-be. They were married in July 1957 and moved to Goderich where Flora taught at Victoria Public School until Ron and then Barb arrived. She resumed teaching in 1965 until her retirement in June 1989.

It is with deep gratitude for a long life well lived that we say goodbye.

Be it her green thumb, her resourceful crafting, or her compassion and sense of humour, there are parts of Mom that are forever woven into the lives of those she connected with. She was an innovator with an adventurous spirit, which undoubtedly lives on through her beloved grandchildren. So many thank-yous to extended family, good friends and past co-workers for making Mom's life such an enjoyable one.

Per Mom's wishes, cremation has taken place and there will be no service.

If desired, memorial donations to One Care would be appreciated as expressions of sympathy.

Arrangements entrusted to Falconer Funeral Homes - Bluewater Chapel, Goderich.

Messages of condolence for Flora's family are welcome at www.falconerfuneralhomes.com

"How lucky am I to have something that makes saying goodbye so hard."

- Winnie The Pooh, A.A. Milne

THANK YOU

WALTERS

We would like to thank friends, neighbours and relatives for cards, on-line messages, food, flowers, visits, gifts, prayers, hugs and donations in memory of our dear mom, Winnie. Your kind words and tributes warmed our hearts and showed us how well loved she was by everyone. We would also like to thank her good caregivers: Drs. Steinmann and S. Spacek, NP Megan Ingram, doctors and nurses at AM&G and Stratford Hospitals, nurses and PSWs at Maitland Manor, counsellors with the Huron County Alzheimer Society and those with many other local care agencies, especially Briar Higgs and his team at Higgs Home Health Inc. as mom fought a valiant battle against dementia in her final years. Thank you to mom's Knox Church family for their prayers and support, the Knox choir and their director Deborah Bailey and Rev. Amanda Bisson for mom's memorial service, the Legion Ladies Auxiliary Br. 109 for the lovely lunch afterwards and Troy St. Onge at McCallum & Palla Funeral Home for his guidance. - Joanne, Bill, Steve & families.

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9	6	3	7	1	4	2	8	5
8	5	2	6	9	3	7	4	1
7	4	1	2	5	8	9	6	3
2	9	5	4	3	6	8	1	7
6	7	8	5	2	1	4	3	9
1	3	4	9	8	7	5	2	6
3	2	7	8	6	5	1	9	4
5	8	6	1	4	9	3	7	2
4	1	9	3	7	2	6	5	8

QUIZ ANSWERS

- 1993
- Red-billed Quelea
- India
- Detroit, Michigan
- 9 years-old
- Artificial Intelligence
- Krypton
- 35 years-old
- Left side
- Type O negative

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COMING EVENTS

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Local Theatre: Lend Me a Tenor

On Thursday, May 2, Friday, May 3, Saturday, May 4, Sunday, May 5, Thursday, May 9, Friday, May 10, Saturday, May 11, and Sunday, May 12 at The Livery. Evening shows at 8 p.m. and Sunday matinees at 2 p.m. Come be entertained by a performance of this comedy of errors with music set in the 1930s.

Knock off the Rust Slo-Pitch Tournament

On Friday, May 3 until Sunday, May 5 at Bannister Park. Co-ed, men's, and ladies' divisions, with over 60 teams. Beer tents, and food trucks on site at multiple location. Games played at Bannister Park and O'Keefe Memorial Field in Goderich.

Goderich Laketown Band Concert

On Friday, May 3 from 7:30 p.m. until 9:30 p.m. at Kingsbridge Centre. With special guests 'thatothorchoir'. Entrance to concert by donation.

Bingo at the Legion

On Sunday, May 5 and Sunday, May 12 at 12 p.m. Join the upstairs of the Legion when doors open at 12 p.m. Early bird game at 1:25 p.m. Canteen open. Last Sunday of every month is a \$1,000 jackpot.

Euchre at the Legion

On Tuesday, May 7 and Tuesday, May 14 at 7 p.m. Join the Tuesday night Euchre party at the Legion. Admission is \$5.

Goderich Jammers

On Wednesday, May 8 and Wednesday, May 15 at 7 p.m. Join other musicians and music enthusiasts at the Goderich Legion for a jam night.

DMMF: Run Around the Square

On Sunday, May 12 at Courthouse Square. Join the 14th fundraising 5k, 10k and ½ marathon charity run for the Dave Mounsey Memorial Fund. To date over 4,800 runners have taken part since 2010

and over 30 defibrillators donated. No late registration or race day registrations. Race day check-in at 7 a.m.

BIA Farmer's Market OPENING

On Saturday, May 18 and Sunday, May 19 at Courthouse Square. Every Saturday and Sunday morning until October. From 8 a.m. until 2 p.m.

BIA Sunday Market OPENING

On Sunday, May 19 at Courthouse Square. Every Sunday from 9 a.m. until 2 p.m. until October.

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Auburn Village Wide Yard & Garage Sale
Auburn & District Lions Club Breakfast
Auburn Memorial Community Hall
Saturday, May 4 2024
8 a.m. - 11 a.m. \$12/person
Pancakes, eggs, toast, sausage & hasbrowns
Maple syrup supplied by: Robinson's Maple Products
84548 St. Augustine Line, Auburn
Eggs supplied by: Huron County Egg Farmers
Proceeds for: Community Betterment



Huronsong Chorus
presents a benefit concert for
Huron Women's Shelter
Monday, June 10th, 7:30 p.m.
at Knox Presbyterian Church, Goderich
and
Tuesday, June 11th, 7:30 p.m.
at Northside United Church, Seaforth
Admission:
Freewill donation to
Huron Women's Shelter

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Sunsets of Goderich



A stormy sky above Lake Huron at Goderich Main Beach.

(TONY TAMBRE PHOTO)

To submit photos of the sunset, email kate@goderichsun.com



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