

The Paris Independent

Issue #189

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SWEET TREATS DOWNTOWN PARIS

Paris' downtown was bustling on Saturday, with shoppers and youngsters on the prowl for Easter candy hidden throughout 20 participating businesses that took part in Saturdays in Paris Grand Easter Egg Hunt. Armed with a map in hand, these Paris girls made their way from store to store on a mission to fill their baskets and colour their egg colouring sheets. In this picture, they stopped at From the Attic Interiors, one of the many businesses taking part in the candy hunt. Pictured are (left to right) Emma Weatherbee, Bronte Van Gendt and Quinn Van Gendt, along with Jenny Forst, who greeted the guests. *More photos on page 11.*

(CASANDRA TURNBULL PHOTO)

Candidates share party platforms

CASANDRA TURNBULL

Managing Editor

The Flamborough-Glanbrook-Brant North Candidates shared their party views on a range of key election topics during an All-Candidates Forum held at the Paris Fairgrounds on April 15th.

Hosted by the County of Brant Chamber of Commerce, the Brant County Federation of

Agriculture, the Paris Agricultural Society and the Grand Erie Elementary Teacher's Federation, the two-hour long moderated forum gave residents the opportunity to understand the thoughts and views of local candidates.

Dan Muys of the Conservative Party, Chuck Phillips of the Liberal Party, Peter Werhun of the NDP and Nikita Mahood of the People's Party of Canada had two and a half minutes to

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Housing Crisis in Brant

CASANDRA TURNBULL

Managing Editor

Some key themes are emerging from the county's Housing Needs Assessment, primarily concerns about affordability, diversity in housing types/sizes, a lack of available rentals and accessibility barriers surrounding transit for seniors, young people, persons with disabilities and car-free residents.

Brandon Kortleve, Manager of Policy and Planning provided a summary of the preliminary findings of Housing Needs Assessment project to the Administration and Operations committee on April 15th.

"There's lots of good data in this document," said Kortleve, who made the presentation as information only and asked for approval that would allow staff to complete the engagement phase of the project and prepare a draft of the public facing Housing Needs Assessment report.

The Housing Needs Assessment project was initially presented to council in January where council directed staff to start the project. The assessment is required for federal funding under the Canada Community-Building Fund and this project aligns with and supports the county's Official Plan.

The EngageBrant public survey closed on April 22nd. At the time of Kortleve's presentation, over 250 people responded to the survey.

"One interesting pieces of information that we've seen with our growth management stuff lately is our population is going up higher than we expected relative to our housing number so that is telling us there is more people living in the houses," said Kortleve.

To address concerns of affordability, diversity,

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Authorized by the Official Agent for Dan Muys.

Candidates discuss hot election topics during local forum

CONTINUED FROM PAGE 1

answer questions provided to them ahead of the forum. Green Party Candidate Anita Payne was asked to participate but declined the invitation.

Editor disclaimer: The Paris Independent has summarized each candidate's response the five of the nine questions posed by the moderator relating to the economy, environmental, healthcare, housing and Indigenous relations.

Economy - What ideas do you have to create greater economic independence and find new trade avenues for Canada?

Dan Muys – Canada's abundance of resources is the envy of the world. With ample lithium, oil, gas, uranium and natural forests, we should be diversifying our trade partners beyond the United States. "There is no reason we should be 77% reliant on the US for trade particularly as an unreliable partner. We have everything the world wants."

Nikita Mahood – While diversifying trade options for economic independence is important, Canada also needs to focus on rebuilding the trade relationship with the US. "Only Canada and China have failed to come up with trade agreement with the US. We can never win a trade war with a country 10 times our size and we never should have tried."

The PPC would abolish all carbon pricing schemes and encourage federal efficiencies so new products can be made in Canada.

Chuck Phillips – Canada needs to deal with structural inefficiencies to ensure trade is done internally within provinces. To make up some difference in the loss of trade with the US, "Our leader, Mark Carney, has spent time meeting with the President of France, and has gone to the UK, and so he's already starting to reach out and form trading relationships that could replace some of the lost trade from the United States as well."

Liberals would also enhance the EI program and protect businesses impacted by tariffs.

Peter Werhun – The NDP believes we need fair trade not free trade. "We need a build Canadian movement, investing in infrastructure made by Canadians with Canadian materials." There should be a focus on paying our workers fair wages, something that isn't calculated when looking a company's productivity.

Environmental - How will your party protect agricultural land, wetlands and water sources given the need for expansion of our natural resources as an economic driver?

Chuck - In Brant north we have beautiful wetlands, despite rapid growth. "I will work to make sure they are protected and maintain." The Liberal platform has a climate policy that involved developing clean technologies, removing the consumer carbon tax and continues to focus on reducing greenhouse gases.

Peter – Locally, there's a huge issue in Brant County with land use and "I know you don't have protection of the Green-



The Flamborough-Glanbrook-Brant North candidates participated in a forum held at the Paris Fairgrounds on April 15th. Pictured left to right are Nikita Mahood, PPC, Dan Muys, Conservative, Chuck Phillips, Liberal and Peter Werhun, NDP.

(CASANDRA TURNBULL PHOTO)

belt." He feels the province should address all the urban sprawl that comes from the Golden Horseshoe and is encroaching on agricultural land. The NDP will also keep the Carbon Tax in place for larger polluters to directly deal with climate change concerns.

Dan – He vowed to protect Class 1 farmland in Brant County, noting that 27% of the lands Doug Ford was trying to remove from the Greenbelt were in Flamborough and he stood against it. He also noted from personal experience when he worked on the Trans Canada Pipelines project, that the environmental bid aspect was taken very seriously.

Nikita – She believes Canada needs to utilize our natural resources, oil is valuable, and pipelines need to be built. "Agriculture is very important, especially in this area. I would defer to consult with farmers in local municipalities." She'd also work alongside the GRCA to do what's best for the municipality.

Healthcare - Do you support dental and PharmaCare programs for adults, youth and children?

Peter – The NDP is in full support of PharmaCare and dental care programs in Canada. "If the last thing we do as NDP is make sure they (Liberals) kept their promise in dental and PharmaCare, it was worth it," he said in reference to the NDP supporting the Liberal minority government throughout the last term.

"On dental care, more than one-and-half million Canadians have received dental care because of the NDP... On PharmaCare, nearly one in four Canadians are splitting pills, skipping doses, or are deciding not to fill or renew prescriptions due to cost."

The NDP plan to continue to hold the government accountable on these important programs.

Nikita - She would not alter the Canadian dental plan at this time so long as it was run efficiently, it would continue to be an asset in Canada. "My support for PharmaCare

would be more cautious. Diabetes medications should have been funding a long time ago." She also said she is against coverage for puberty blockers or hormone therapies, believing it is a form of child abuse.

Dan – He supports PharmaCare program to target Canadians who do not have coverage, in conjunction with other provincial programs. "I spoke to dentist in our riding who works with national dental program. He was very complimentary that it has helped in oral health and preventative measures in general." Overall, he said it's important to have a strong economy that will allow us to invest in health care and social programs.

Chuck – He said he's proud to be part of a government that implemented dental care in Parliament and extended that plan to provide coverage to even more Canadians. "The PharmaCare program reduces cost of diabetes medication by \$1,700 and also provides reproductive or contraceptive care." He said the Liberal government will work with provincial and territorial partners to ensure people in this riding don't have to choose between filling prescriptions or buying groceries.

Housing - What initiatives will your party implement to speed up housing starts and ensure the mix includes more affordable and deeply affordable housing stock, for both rental and purchase?

Nikita – The biggest issue with housing is the mismatch between supply and demand. "The leader of the People's Party, Maxine Bernier, has been advocating since 2018, that mass immigration was not going to help our housing market for our economy." She supports sensible provincial and municipal measures to devise affordable housing solutions, such as the city of Hamilton's new permit system to allow the building of a second dwelling unit on residential properties.

Chuck – He noted our riding is a hot bed of growth with Brant County being one of the fastest growing communities in the country. "So obviously the need for housing is quite significant in our riding." He said he's proud of the Liberal platform that has an aggressive plan to double new home construction and affordable housing by working with private sectors.

Peter – He feels the government needs to be in the business of building affordable houses outside the private sector, which is making homes unaffordable for many Canadians. "It's the only way to get homeownership and rentals back to acceptable levels."

Dan – He noted the average single detached home rental in 2014 was \$1,432 and today it's over \$3,500. The average unit rental in 2014 was \$973 and not it's \$2,100. "We need a mix of housing," he said, noting that is why he spoke out on the development of the Greenbelt. "We need townhouses, semis and purpose-built rentals."

Indigenous Relations - If elected, how will your party address Truth and Reconciliation and ensure Indigenous people share in economic benefits and aboriginal rights are respected?

Dan – He noted Conservatives, including his colleague Larry Brock, have been active on Indigenous issues, as well as my colleagues all over Ontario. "We've been calling for a number of years for the government to get serious about moving faster on clean water in Indigenous communities, it is now 2025, and it's an international embarrassment." He also noted that when he worked on the Capital Gaslink project in 2010 the pipeline went through 36 Indigenous communities all of which were consulted and "those communities wanted this because they want the opportunity to prosper on their traditional territories and no longer be dependent upon Ottawa."

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Peter – He is appalled that Indigenous people are denied clean drinking water, something he believes is a human right and every community should have access to. He also noted the Liberal government was only implemented 13 of the 94 calls to action and the NDP would work hard to fulfil all the calls to action to live up to the commitment to Truth and Reconciliation. The NDP will also put more focus on investigations into all missing and murdered Indigenous woman. “It is on all of us to find more grace when dealing with indigenous people in this country.”

Chuck – He credits the Liberals for the bold initiative to start the Truth and Reconciliation committee ad commit to implementing their recommendations in consultation with First Nations communities. Mark Carney demonstrated his commitment to First Nations and Indigenous Rela-

tions when elected in his first week in office as Prime Minister he went and visited leaders of these Communities. He also noted the Liberals are committed to doubling the acceleration of Indigenous loan program.

Nikita – She noted Indigenous issues are very complex and won’t pretend to be an expert. She believes tangible services are essential and brining clean drinking water to all communities would be her priority. The PPC would promote equal rights and responsibilities and favour a grassroots approach to programs that enable First Nations communities to make their own decisions rather than ‘talk-down programs from Ottawa that promote dependencies.”

Approximately 100-150 people attended the forum and stayed after to meet the candidates and discuss issues of concern. The Federal Election Day is April 28th. Voter cards started arriving the mail last week.

Housing Assessment confirms shortage of affordable housing, rental units and transit concerns

CONTINUED FROM PAGE 1

availability and accessibility, staff have drafted some preliminary directions that support the objectives of the Official Plan and align with the strategic plan, said Kortleve, noting they are draft suggestions only and are open to discussion.

The directives include developing incentive plans to encourage affordable and diverse housing through financial or regulatory incentives, supporting innovative housing models like tiny homes, co-housing, ARUs and multigenerational living, expand rental housing supply, improve infrastructure and transportation planning to compliment growth, update Official Plan and the Zoning by-law with housing targets that include modern standards and deliver a full range of housing needed for long-term growth and support future affordable housing models through more research and planning.

Paris Coun. Steve Howes thanked Kortleve for summarizing the report, stating, “I would say you’ve verified what we’ve all had hunches about.”

As we move ahead, how we incentivize more rentals is a bigger task that involves multi-levels of government, Howes commented.

Paris Coun. John Bell said the timing of the assessment project seems a bit odd. Isn’t this something we should have done before our Official Plan? he asked. He also wondered if we learned anything new out of this assessment.

“At this point we haven’t seen anything sur-

prisingly new; we had the sense of these things but now we have the data, which is fundamental in the policy world as we move forward,” responded Kortleve.

Bell also questioned, as the County continues to grow in Paris and St. George, how does that growth plan stack up against the housing assessment concerns identified in the project? Kortleve acknowledged there is a mismatch in the county’s current growth plan and changes will be required to address the concerns outlined in the project to avoid falling into the same pattern of building unaffordable homes that do not fit the need of the community.

Mayor David Bailey suggested there should be more communication between staff and builders who plan to construct buildings with rental units to get a better idea of what rent costs would look like and whether they will be offering rentals versus condos, etc. Bailey said he believes there’s a disconnect between expectations and the outcome.

“If we get notes that say the first two floors are going to be rentals and a one bedroom is \$2,350 and two bedroom is \$2,700, we haven’t fixed anything,” said Bailey.

Administration and Operations Committee members voted unanimously to receive the information and direct staff to prepare a draft of the public facing Housing Needs Assessment report to be presented to council in the next couple of months.

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EDITORIAL

The importance of supporting local media

It's where we find meaningful, relevant content that directly connects us with the community.

Editor's note: *The Stratford Times, another Grant Haven Media Publication, received this Op-ed from Nick Cadotte, general manager of several area radio stations including The Ranch in Listowel and Shoreline FM in Goderich, Kincardine, and Port Elgin.*

The Paris Independent opted to run this op-ed piece as it speaks to the importance of supporting local media and community-led reporting initiatives and captures the essence of why local media is mounting a strong comeback in the print industry.

We invite you to share your thoughts by email to stories@theparis-independent.com

As a local business owner, I've seen firsthand how the "shop local" movement has helped bring awareness to the importance of supporting businesses in our own community. However, in this growing movement, I believe that one key element is being overlooked: the importance of advertising through local media.

There seems to be a misconception spreading that local media – whether it be radio, newsprint, cable, or billboards – are either too expensive or primarily owned by large corporations. This narrative has led many businesses to allocate their advertising dollars to American-based social media platforms. While social media can serve its purpose, it's essential to recognize that local media outlets are experiencing a resurgence as many people move away from American-owned platforms, streaming services, and satellite radio. More and more, local media is where we find meaningful, relevant content that directly connects

us with the community.

This is not just about my business; it's about the future of local media as a whole. Just as we ask customers to support local businesses, we need to ensure that we, as business owners, are investing in the media channels that are vital to the economic and social fabric of our community.

Local media does far more than deliver news – it plays a critical role in our local economy. These outlets employ local people, pay taxes here, and provide targeted exposure that connects businesses directly to the community. By choosing to support local media, we are helping to ensure the vitality of our region and giving back to the very networks that keep us informed and engaged.

By diverting advertising dollars to American platforms, we are undermining the core message of supporting local. We're inadvertently contributing to the same practices that we are trying to avoid – similar to choosing to shop on Amazon instead of supporting our local shops.

When we invest in local media, we are investing in our local economy. I encourage the Chamber of Commerce, Business Improvement Areas (BIAs), and all business associations to remind their members of the essential role local media plays. We must lead by example and direct our advertising dollars to local, Canadian-owned businesses and media outlets.

Thank you for your attention to this important matter. Together, we can make a significant impact on the success and growth of our local economy.



Buster Beaverton © 2025 by Chris Whelan

Buster Beaverton loves to advertise in his community newspaper because buster understands the important role local media plays in connecting people and communities.

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Letters to the Editor

Bite of Brant success built on the backs of farmers and volunteers

To the Editor:

Farmers produce food for us to eat...if you have eaten today, then you depend on the farmers of Brant County and the agri-food industry.

The 30th annual Bite of Brant program was held at the Burford Fair Grounds, on April 8th and 9th, 2025. Around 1,000 enthusiastic Brantford and Brant County Grade 5 students and teachers, plus some parents, were introduced to the source of local foods and their vital role in our economy and society. The evening Open House was well attended. Thank you for the numerous donations of items for the local Food Banks.

We are indebted to the many presenters and their families, who represented their various commodities and agri-businesses, plus the many other volunteers. Thank-you for your commitment, your patience

and for taking time to share your expertise.

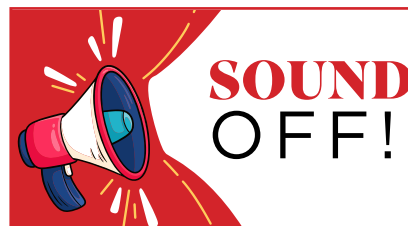
We would also like to thank Brantford City Council, Brant County Council, District 6 Grain Farmers, Dairy Farmers of Ontario, the Burford Lions Club and the Mt. Pleasant and Paris Optimist Clubs, for their financial contributions; and the Brant Women Inspiring Women and St. George Women's Institute for serving meals to the volunteers.

From major responsibilities to smaller tasks, the support of all those involved is appreciated and vital to our success.

We thank you!

Bite of Brant Committee

Jayne Miller, Barb Sheardown, Tammy Allardyce, Dorothy Donkers, Peggy Young, Lauren Miller, Jean Emmott



Garbage day blues... boxes!

Tuesday was garbage pickup day and of course it was also very windy (seems to be a regular garbage day thing anymore). So, with the wind came cardboard, bottles etc from people's blue boxes blowing into other people's yards.

People, please, if you have something in your blue box that could blow all over the place if we get higher winds put something on top of it so other people are not having to pick up your garbage. Place your bags of garbage on top of your blue box, it would help.

Thank you!

-Wendy Watts

Note from the Editor: Sound off on a local issue by submitting a paragraph to stories@theparis-independent.com. Sound off submissions will be edited for grammar, spelling and length. The views are those of the submitter and not necessarily the Paris Independent. We will not print sound off submissions that are libelous or defamatory in any shape or form.

Paris Legion Branch 29 Elects New Leadership Amid Record Turnout and Celebratory Plans



A total of 42 attendees from last Wednesday's Branch 29 Paris Legion meeting voted to elect Barry Humphry as the new President.

(CHRIS WHELAN PHOTO)



Also elected, Earl McDonald as the 1st Vice President, Carrie Moran as the 2nd Vice President.

(CHRIS WHELAN PHOTO)

CHRIS WHELAN

Editor

Paris Legion Branch 29 held a pivotal meeting on April 16, 2025, following a widespread call to action in our local newspaper and on social media. The Legion witnessed an overwhelming turnout, with every seat filled and standing room only in the Legion lounge. Not only was this a routine working assembly, but it also marked a significant event - election night.

The gathering commenced with the customary rendition of "O Canada". The initial agenda item was the membership report, detailing a comprehensive breakdown of the Legion's members. The tally stood at an impressive 301 individuals, comprising lifetime members, ordinary members, and associates. Approval was granted for the addition of 2 new members, pushing the total membership to a robust 303.

Subsequently, Steve presented the Poppies report, disclosing that the Poppy Fund contained \$35,000. Several generous donations were acknowledged, including contributions to charities, the Sea Cadets, and the Poppy District, leaving a balance of \$20,240 in the fund.

The meeting progressed with the special events report, highlighting successful past events like the Saint Patrick's Day party and the inaugural karaoke night. Upcoming engagements, such as the Fish and Chip Night, a euchre tournament, and live band performances scheduled for April and May, were eagerly anticipated by the attendees.

Sports reports indicated the conclusion of ongoing leagues, with a pool tournament slated for April 26th. Barb was introduced as the new volunteer bartender, recognized for her contributions to popular events like Tuesday night cornhole games.

The assembly paused briefly to acknowledge 8-year-old Mason Fowler, a Grade 3 student from Sacred Heart School and his recent achievement featured in the Paris Independent, where he won first in the Paris Legion poster contest, Zone B-2, first in district and clinched 3rd place in all for all of Ontario for his full colour War and Remembrance Day poster entry.

The 100th Anniversary Committee's plans were unveiled, with preparations un-

derway for the Legion's centennial celebration in 2026. The festivities will kick off on June 18th, featuring the Ayr Paris band. Notably, the Easter Egg hunt that took place on April 19th was orchestrated by the 100th Anniversary Committee.

President Roy Haggart expressed gratitude towards Teresa Moran for her exceptional management of the branch's social media channels. The installation of new lighting was praised by Andy Moran, resonating with a resounding "Here, here" from the attendees.

Roy reflected on his tenure since assuming the presidency on July 1st, 2024, emphasizing the challenges and the unwavering support of the executive committee during his health-related hiatus. He detailed a momentous event in November 2024 when he experienced a health scare at the branch, underscoring the importance of the Legion members' swift assistance and care.

A substantial donation facilitated renovations, including new carpeting, lighting, and significant achievements so far this year included: a County of Brant noise exemption for patio music during the summer. Noteworthy expenditures, such as a new flat roof installation, were disclosed, concluding the operational segment of the meeting efficiently.

The elections ensued under the guidance of Zone Commander Anne Hodges, with 42 attendees participating in the voting process. The importance of experience within the Legion was emphasized for executive positions, leading to the selection of Barry Humphry as the new President, Earl McDonald as the 1st Vice President, Carrie Moran as the 2nd Vice President, Helen Banks as the Secretary, and Comrade Jeff as the Treasurer. Six members were elected to the executive committee, each receiving commendation and installation by Zone Commander Anne Hodges.

In her closing remarks, Zone Commander Anne Hodges lauded the exceptional turnout at the Paris Legion meeting, contrasting it with the sparse attendance at similar gatherings in other legions. With that, the meeting adjourned, guided by Chair Earl McDonald.

The Paris Independent

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PrimaCare FHT invites you to Paris' first Mental Health & Wellness Fair

CASANDRA TURNBULL

Managing Editor

With Mental Health Week fast approaching from May 5 – 11, a local healthcare group's working hard to arrange a series of free community activities and seminars that shed a light on the importance mental health self-care.

Representatives from the PrimaCare Community Family Health Team (FHT) formed a small but mighty mental health committee last year with an informal goal of promoting awareness. The committee is led by founding member Jennifer Smith, PrimaCare Community FHT Administrative Assistant and includes colleagues Carling Mitchell, Child and Youth Mental Health Counsellor, Kathleen Foldvari, Registered Social Worker and Ina Bahdanovich, Registered Social Worker.

The idea developed from a City of Brantford initiative that kicks off Mental Health Week with activities in Harmony Square. Smith, a member of that mental health week committee headed by the Canadian Mental Health Association, wondered what can we do in Brant County? So, the Paris woman set about the task of creating a similar event in her community.

"I thought why can't we have a kickoff event?" Smith asked. "And then the plans expanded to invite people from the mental health and wellness industry to participate. Everyone was RSVPing 'yes' and that's when it developed into a fair!"

The fair's theme, Moving More for our Mental Health, will feature mental health and wellness vendors, allowing you to explore the benefits movement, physical exercise and self-care have on your health. There will be prizes of various denominations donated by local businesses, activity tables for adults and kids, provided by the County of Brant Library, free food and beverages, and a cool photo-op in the lobby.

This free fair will take place in the Cowan Community Health Hub, 25 Curtis Ave Paris on Monday, May 5 from 4 pm to 7 pm. The outreach of industry support really showcases the community's willingness to back the mental health awareness movement, said Smith.

The PrimaCare group, located within the Cowan Community Health Hub, has seen an increase in demand for mental health services, especially since the pandemic. In the last year they've onboarded two new mental health professionals. The uptake in services is a good sign because it means people are coming forward and openly discussing mental health struggles with their healthcare professionals.

But there's still work to do. The Canadian Mental Health Association says almost one half (49%) of those who feel they have suffered from depression or anxiety have never gone to see a doctor about this problem – and approximately 8% of adults will experience major depression at some time in their lives. According to the Mental Health Commission of Canada more than



The PrimaCare Community Family Health Team's Mental Health Committee is excited to present the community's first ever Mental Health and Wellness Fair on Monday, May 5th. The team has worked hard, with the help of volunteers Karen, Trish, Elizabeth and Becky (not pictured) to organize the free community fair. Pictured from left to right are Mental Health Committee members Jennifer Smith, Ina Bahdanovich, Kathleen Foldvari and Carling Mitchell.

6.7 million people are living with a mental health condition in Canada.

Smith said she hopes events like this Wellness Fair will show people there are resources available in the community.

During the fair, there will be a drop off donation table in support of Nova Vita. There's a need for kid safe sunscreen and nut free lunch snacks such as granola bars, fruit cups and pouches.

The Mental Health Wellness Fair is just the start of five days of carefully planned events designed to promote wellness and encourage people to find ways to cultivate positive mental health practices in their lives.

On Tuesday, May 6th from 4 pm to 7 pm in the Wilkin Boardroom at the Cowan Community Health Hub, Heidi (Nimnweendam), an Indigenous Mental Health professional is leading a keychain drums workshop hosted by Gihekdayge.

On Wednesday, May 7th join the Guyanese Fit Chick, Gayle Smith, as she leads a Soca Dance mini class in the Health Hub's Community Room from 12 pm to 1 pm. Gayle will share details about her mental health and fitness journey. Later that day, Jill Ferras, co-owner of Up Yoga and Wellness, is hosting an Emotional Freedom Technique workshop, commonly known as "tapping." This acupressure technique uses the meridian system from traditional Chinese Medicine to release unwanted thoughts. Ferras' workshop takes place at 5:30 pm in the Health Hub's Wilkin Boardroom.

Ina Bahdanovich, a clinical social worker/therapist and member of the PrimaCare Community FHT, is leading a 'Staying

Connected with What is Important' workshop. It is designed to help participants identify what is truly important in their lives and to develop strategies for focusing on and prioritizing those aspects. This event takes place May 8 from 6 pm to 7:30 pm in the Health Hub's Wilkin Boardroom.

Finally, the weeklong mental health awareness wraps up with a key discussion called Moving Toward Mental Wellness: The Power of Mind Body Healing. Hosted by Cobblestone Medicine Rehab at the Health Hub on May 9th at 5 pm, speakers Namrata Shah, orthopedic and pelvic physiotherapist and Amanda Graff, registered psychotherapist, will lead the engaging workshop that focuses on how stress and trauma impact the nervous system and why talk therapy helps healing.

The PrimaCare Community FHT Mental Health Committee carefully thought out and planned these workshops in partnership with local industry experts. They are all free to attend but participants are asked to preregister online so the committee can gauge attendance. You can register by visiting the PrimaCare social media accounts where each event poster has a QR code. If you're not comfortable registering online, you can also call their office at 519-442-9834 for more information.

Opportunities like this wellness series help bridge the gap between suffering in silence and seeking solace. Once depression is recog-

nized, help can make a difference for 80% of people who are affected (Canadian Mental Health Association).

As a prelude to the Mental Health Wellness Fair, PrimaCare Community FHT has launched its Compassion Awards program, which launched last year. Nominations are open until April 28th. There are two separate categories, for child and youth ages 5-17 and adults 18+. The public is encouraged to nominate any individual they feel demonstrates compassion and understanding in their daily lives, someone who is involved in the community or takes time to lend an empathetic ear to those in need. The PrimaCare FHT Mental Health Committee will select the winners who receive a \$100 gift card to a business of their choice.

Mental Health Awareness Week runs from May 5 to 9. There will be a flag raising ceremony behind council chambers on May 5th at 11 am to officially launch the awareness campaign.

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Spotlight on Community Hub Pharmacy: A Pillar of Personalized Healthcare in Paris

Located on Curtis Ave. in Paris, the Community Hub Pharmacy not only symbolizes a high standard of personalized healthcare services but is also an integral part of the thriving ecosystem within the Cowan Community Health Hub, which emerged in late 2021.

This innovative hub serves as a comprehensive health destination, uniting various community health care and services under one convenient roof. Under the expert guidance of Natalie Hawkins, a respected figure who has led the acclaimed Northville Pharmacy in Paris since 1998, this independently owned pharmacy has solidified its reputation for providing top-notch care and exceptional service, becoming a hallmark for obtaining quality pharmaceuticals in the County of Brant.

At Community Hub Pharmacy, the ethos revolves around fostering genuine connections with patrons, embodying the essence of a 'small town' pharmacy where friendly faces greet you and knowledgeable staff take the time to understand your needs. The pharmacy prides itself on offering a comprehensive range of services, from traditional prescription fills to over-the-counter essentials like cough and cold remedies, analgesics, and first aid supplies.

Moreover, the pharma-



For a personalized healthcare experience that transcends the ordinary, visit Community Hub Pharmacy at 25 Curtis Ave N., Suite 103, Paris, Ontario. Contact them at 519-750-1264 or via fax at 1-519-340-1412 and embark on a journey towards healthier living under the compassionate guidance of Natalie and her dedicated team.

cy's commitment to holistic care is exemplified through specialized services such as MedsChk Medication Reviews, ensuring that each patron receives personalized attention and tailored advice from the experienced pharmacists. Community Hub Pharmacy also offers discussions and prescriptions for minor ailments, providing relief for conditions like UTIs, allergies, and tick bites under the expert guidance of their pharmacists.

In addition to catering to diverse healthcare needs, Community Hub Pharmacy honours all drug plans and provides a convenient delivery service for those unable to visit in person. Offering a wide selection

of over the counter and prescription compression stockings, the pharmacy ensures accessibility to essential medical supplies that promote well-being.

A standout feature of Community Hub Pharmacy is its distinction as Paris' sole Compounding Pharmacy, enabling the formulation of non-sterile medications that are not readily available commercially. This unique capability underscores the pharmacy's commitment to personalized care and innovative solutions tailored to individual needs.

Beyond healthcare essentials, Community Hub Pharmacy boasts a curated collection of gifts ranging from purses to clothing,

bath and beauty supplies, and thoughtful offerings for men. This diverse range of products reflects the pharmacy's dedication to enhancing the overall well-being and satisfaction of its clientele.

Conveniently located with ample parking, Community Hub Pharmacy is situated within a bustling health hub that offers a myriad of healthcare services, transforming it into a comprehensive 'one-stop shop for healthcare.' Whether you seek expert pharmaceutical advice, specialized services, or unique gifts, Community Hub Pharmacy stands as a trusted ally in your journey towards optimal health and wellness.



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Bringing Hope to the Table: Friendship House of Brant Inc. Offers Compassionate Support to Those in Need

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In the heart of our community, there's a place where hope is served daily—alongside hot meals, warm clothing, and the comfort of knowing someone cares. At the core of this Friendship House initiative is a mission rooted in compassion: to empower individuals experiencing homelessness and poverty by nurturing their physical, emotional, and spiritual well-being. Through a wide range of essential services, dedicated volunteers, and strategic partnerships, this organization is helping transform lives and restore dignity.

Each month, the program serves over 2,000 hot meals through its breakfast and lunch program. For many who rely on these meals, it's more than just nourishment—it's a lifeline. In addition, Friendship House of Brant Inc. operates a food bank twice a week, supporting over 1,000 people every month. The need is great, and the response has been greater.

One of the most impactful programs is the student lunch initiative. Every week, more than 200 lunches are prepared and delivered to schools across the Grand Erie School Board. "We believe a nutritious lunch is essential to a sound education," says Executive Director Shawn Erb. "Without this program, many children would simply go without."

In addition to food support, the organization also runs a compre-

hensive clothing program. The clothing closet is open to both adults and children, providing everything from warm coats to shoes and even books—all completely free of charge. Donations from the community fuel this effort, with household items, gently used clothing, and other necessities offered to clients at no cost.

Erb is at the helm of the operation and his leadership and vision have helped shape Friendship House of Brant Inc. into a cornerstone of hope. Under his guidance, each service is overseen by a program coordinator, supported by a team of passionate volunteers. "Our volunteers are the heart of what we do," Erb emphasizes. "Their passion and commitment help us meet the growing needs of our community every day."

The call for volunteers is ongoing. Whether you're a student looking for a placement opportunity or a community member wanting to make a difference, there's a place for you here. The organization welcomes individuals who are energetic, compassionate, and committed to the mission of uplifting others. "Volunteering isn't just about giving time," says one volunteer. "It's about being part of something bigger—helping people take steps toward stability and self-sufficiency."

While there are no upcoming events or fundraisers currently on the calendar, there's plenty happening behind the scenes. A newly appointed fundraising team is already hard at work planning several exciting events for the coming year. Community members are encouraged to stay updated by checking bscene.com, where all future events will be advertised.



A group of House of Friendship foodbank volunteers, and the food bank coordinator getting items proportioned for a busy Tuesday evening of Foodbank Services.

At the heart of this organization's work is a simple but powerful belief: that every person deserves a chance to thrive. By offering respectful, kind, and understanding support, they're building more than just programs—they're building pathways to a better future. And with continued community support, that future looks brighter every day.

For more information on how to donate, volunteer, or access services, visit www.friendship-house-of-brant.org or call (519) 753-8511. Everyone has something to give—whether it's time, resources, or a kind word. Together, we can continue making a lasting difference in the lives of those who need it most.



Two House of Friendship volunteers work hard to prep for lunch service where 200 lunches are prepared and delivered to schools across the Grand Erie School Board.



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Serving Brant, Brantford & Six Nations

100 People Who Care Brant is a local giving circle dedicated to strengthening our community. We unite individuals from Brant County, Brantford, and Six Nations of the Grand River to make a significant impact. We collectively choose local charities to support with our pooled donations.

How it works:

Simple: Members contribute from \$75-\$300 annually, divided into three payments spaced a few months apart.

Impactful: Our collective power transforms individual donations into substantial support for local causes.

Empowering: Join us and experience the #powerof100. **Ready to make a difference? Connect with us today to learn more!** 100whocarebrant@gmail.com.

Water and wastewater rates will increase this summer

CASANDRA TURNBULL
Managing Editor

How Brant residents are billed water and wastewater is set to change this summer. County staff, along with BMA Management Consulting, took a comprehensive look at the current rate structure model and they are ready to make some changes aimed at encouraging water conservation, but the changes do not necessarily translate to savings.

The current humpback structure, as it is called, was introduced in 2021. Those rates were set to expire on April 30th but council passed a motion in February to keep them in place until June 30th to allow more time to analyze new rate options that will carry residents into 2029.

The Administration and Operations Committee got a glimpse of the newly proposed water and wastewater rates during BMA Management Consulting presentation on April 15th. The recommended structure would reduce the water monthly fixed fee by 2% annually for the next four years. This translates to about a \$1 less per month in the first year (on the average 5/8" meter) bringing the water fixed fee from \$45.34 to \$44.24 effective July 1st. However, the wastewater fixed charges will increase by nearly \$4 a month (on the average 5/8" meter), from \$19.41 to \$23.23. Fixed charges are applied monthly, regardless of consumption. The county's rate card states these fees are used to cover costs associ-

ated with meter reading, billing, customer service, repairs and maintenance costs. GrandBridge Energy bills water and wastewater, on behalf of the County of Brant.

The water volumetric charges are also increasing this summer, by approximately .50 cents per cubic meter. The volumetric rates will be structured once again in another humpback style that offers lower rates to those who use less water. The volumetric charges are grouped in tiers and displayed as such on your monthly bill: 0-15 cubic meters, 15.1-45 cubic meters, 45.1 - 100 cubic meters and 100.1 and over. The seasonal premium rates, for those who use over 45 cubic meters of water between May 1 to August 1, are higher than the tiered rates set for the off-peak seasons, fall, winter and spring. The wastewater volumetric charges are also increasing by 10-20 cents per cubic meter.

County of Brant staff will begin a public engagement campaign at the end of this month, through its EngageBrant website and an open house (yet to be scheduled) to inform residents and businesses of the upcoming rate changes.

The Administration and Operations committee received this as information during last Tuesday's meeting are set to approve the rates next month.

You can find out more about your water and wastewater charges, as well as various meter sizes online www.brant.ca/en/water-services/water-and-wastewater-rates.aspx, including a water bill calculator.

New Gig in Downtown Paris!



(SARAH EVANS PHOTO)

New Gig Computers is Paris' newest business. Located in the heart of downtown Paris at 109 Grand River St N, you'll find an assortment of technology from computers to tablets, phones and more. Not only do they have some great opening sales, but they also offer iPad/tablet and phone repair services. Drop by the store, open Monday to Saturday from 10 am to 6 pm to check out their deals and give them a warm welcome. You can also find them on Instagram and Facebook or can call 519-512-2525 for more information.

Euchre tournament



(SUBMITTED PHOTO)

The Annual Ralph Burke Euchre Tournament that was held at the Paris Legion last month in memory of a Paris Seniors Club longtime member Ralph Burke. A total of 36 players competed in the tournament. Pictured from left to right are Donna Campbell, 2nd place, Brenda Carballo, 2nd place, Millie Hunt, 1st place and Heather King, 1st place. The Paris Seniors Club 99 meets every Monday and Wednesday afternoon at the Paris Legion to play euchre. When the Wilkin Family Community Centre is opened, the club will move its meetings to their new home in the Community Centre. The Paris Seniors Club 99 was established in 1962 and offers a range of programs, activities and services tailored to the needs and interests of the County's senior population.

The Paris Independent Pick Up Locations

PARIS	Paris Jewellers	The Gem Marketplace
Brant Sports Complex	Paris Pizza	The Grand Bayou Cajun Kitchen
Brave Waves Swim School	Park Lane Terrace	The Paris Winncy Mills Market
Canadian Tire	PrimaCare Community Family Health Team	Walter's Greenhouses & Garden Centre
Cobblestone Public House	Queensview Retirement Community	Willett Urgent Care Centre
Cowan Community Health Hub Pharmacy.	Rexall Pharmacy	BURFORD
Detour Café Paris	Royal Canadian Legion Branch 29	County of Brant Library - Burford
Dog-Eared Cafe	Sales Decorating	Foodland
Egg Smart	Secret Lunch and Catering	PRINCETON
Elberta Farms Country Market	Sly Apps Community Centre	Jim's Lunch
Farah Foods	Sobeys	Sinden Feed & Seed Inc.
Grand River Estates	Stacked Pancake & Breakfast House Paris	ST. GEORGE
Horsfall's Auto Service	Stillwaters	County of Brant Library - St. George
Jay's No Frills	Telfer Place Retirement Residence	Freshmart
John M Hall The House of Quality Linen	Tim Hortons - Rest Acres	Tim Hortons — Brant Rd
Le Petite Marche	Tim Hortons - Paris Road	
Mary Maxim	Tim Hortons - Grand River St N	
Northville Pharmacy		
Paris Beer Company		
Paris Inn		

Cornerstone Capital Financial Group Announces 3rd Annual Community Scholarship

Cornerstone Capital Financial Group is excited to announce the return of the Cornerstone Community Scholarship, now in its third year! This annual scholarship offers up to \$1,000 to support graduating students from Brant, Haldimand, Six Nations, and Norfolk County as they pursue post-secondary education in Ontario.

Committed to investing in the future of our communities, this scholarship helps alleviate the cost of tuition, books, or educational expenses. One or more students will be selected based on academic achievement and their response to a thought-provoking essay question.

"We are thrilled to continue offering this scholarship for a third year," said Peter Pomponio, Financial Advisor at Cornerstone Capital Financial Group. "Supporting young leaders as they take their next steps in education aligns with our mission to educate, empower, and enrich our community."

Cornerstone Capital Financial Group

is an independent financial planning firm based in Brantford, Ontario, committed to providing personalized financial solutions that help clients build a secure and confident future.

To be eligible, students must:

- Be a graduating student attending post-secondary education at a recognized college, university, or apprenticeship program in Ontario this fall.

- Have successfully completed at least one business class in grade 11 or 12.

- Submit a 500-word essay answering: "How would you use \$100,000 to benefit your community?"

Application Deadline is June 30, 2025, at 11:59 PM. Students interested in applying can request the full scholarship criteria and application package by contacting info@cornerstonecfg.ca or by calling 519-753-9622.

All eligible students are encouraged to apply.



(COUNTY OF BRANT FIRE DEPARTMENT PHOTO)

The County of Brant Fire Department announced the appointment of a new Chief Fire Prevention Officer, Michael Owen, who brings over 11 years of experience in fire prevention and safety education to the team. Owen comes from the City of Brantford, where he served as the Acting Chief Fire Prevention Officer/Fire Prevention Officer. His background also includes time with the Toronto Fire Service, and he has shared his expertise by teaching the NFPA 1031 course to fire service professionals. Welcome to the community Michael.

Weekend Quiz

By Jake Grant

1. What is the name of the North Star?
2. What do you call the yellow part of an egg?
3. What is the name of the ancient city carved into rock in Jordan?
4. Minecraft was released in what year?
5. What mammal has the longest gestation period?
6. How many theme parks does Disney have worldwide?
7. What card game inspired the creation of the Joker?
8. What is the name of the villain in the Smurfs?
9. In which country did the Easter Rising take place in 1916?
10. What event do Christians celebrate on Easter Sunday?

This week's answers are found on pg. 23



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Easter Bunny makes special appearance on Grand River Street North



The Grand Easter Egg Hunt was a smashing success on Saturday, drawing families and shoppers of all ages downtown to take part in the fun activities and knock off some Easter shopping at the same time. Camille and Elaine Sheaves, both of Paris, caught up with the Easter Bunny for a quick photo op.



(CASANDRA TURNBULL PHOTOS)

Ozzy Dawson approves of the Easter Bunny's visit to the Rustic Palm on Saturday afternoon.



Brothers Remington and Elliott Myskiw marvel at the opportunity to pose with the Easter Bunny while they maneuvered from business to business.



Callan Seamone, of Paris, stops to chat with the Easter Bunny and takes a moment to explain how he made his very own basket for the downtown Candy hunt.

Roll up your sleeves for Earth Week Activities

Earth Day turns 55 years old this year! The theme for 2025 is, "Our Power, Our Planet," focusing on renewable energy and climate action.

There are some local activities planned to get the community active and involved. If you participate in the scavenger hunt, or roll up your sleeves to plant trees or decide to fill a garbage bag full of trash, send us your photos to be published in the next edition of the Paris Independent (stories@theparis-independent.com)

Earth Day Scavenger Hunt

The County of Brant Library has put together a fun scavenger hunt that runs from April 22-29, 2025 at all local branches. Visit a branch

close to you to participate. You'll be given a scavenger sheet and you must find the objects around your school, library or home. Colour the image in the box once you've found it and bring the completed sheet back to the library to be entered in a draw to win an Earth-Day themed prize!

Earth Week Tree Planting in Mt. Pleasant

Join County of Brant staff in giving back to the place we all call home and make this Earth Week truly meaningful! The county is planning 800 trees in the Mount Pleasant Park and they need your help. Join staff on Saturday, April 26th from 10 am to 1 pm at Mount Pleasant Nature

Park, 755 Mt. Pleasant Rd. Please bring gloves, rain wear, closed toe footwear, a shovel, and a reusable water bottle. The Mount Pleasant Optimist Club will be providing a free BBQ lunch and refreshments for all volunteers! Enjoy a Story-walk in Mt. Pleasant following the Community Tree Planting event

Adopt-A-Road

Help keep our roads clean and beautiful by volunteering for the Adopt-A-Road program. Choose a section of road and commit to just three cleanups per year between April 15 and November 15. Learn more and get involved by visiting brant.ca/AdoptaRoad



Explore the Grand River like never before!

Explore history, culture, and heritage with Doors Open Along the Grand. Discover 15+ **free** sites in Brantford, the County of Brant, and Six Nations. Visit doorsopenontario.on.ca/AlongtheGrand for site and event information.

Saturday, May 10, 2025
10:00 am to 4:00 pm



SCAN ME



Follow Doors Open Along the Grand on Facebook and Instagram!

doorsopenontario.on.ca/AlongtheGrand



Ensuring Brant announces return of Charity Motorcycle Ride for Lansdowne Kids

MEDIA RELEASE

Lansdowne Children's Centre

Brantford's loudest fundraiser rides again! Volunteer community group Ensuring Brant is continuing the 20-year tradition of fundraising support for Lansdowne Children's Centre for child development, organizing the 21st Charity Motorcycle Ride for Lansdowne Kids, to roll out from Brimich Logistics on Saturday, June 28.

Brian Kinrade, born, raised and resident of Brantford and multi-time rider in the charity event, is leading the volunteer group made up of past riders, Lansdowne client families, and supporters of Grand Erie's children's treatment center.

"Some of us got together last August to talk about what we could do to continue the event. With 20 years of history, the blueprint was already there to host a successful fundraiser. We just needed some guidance to keep it going," Kinrade said.

In 2024, Lansdowne Children's Centre Foundation celebrated a grand finale ride at the 20th anniversary and announced that it

would step aside as the event organizer. It was a group of riders and families, passionate about the legacy of the event and its contribution to children and youth in the community, who kick-started the momentum to keep it rolling.

"I personally didn't want to see the ride for Lansdowne kids end. My kids received help with speech from that organization, and they've now grown up to serve in the Canadian Armed Forces and in our Brantford Hospital," Kinrade said.

Through his own experience, and the stories of other Lansdowne families, Kinrade has experienced the incredible impact that Lansdowne staff and services have on a child's development.

"The confidence and belief that Lansdowne inspires in children and their families, its life changing. I hope each of our riders and donors appreciates the small miracles of a child's first words, or first steps, and embraces the overwhelming joy of seeing 'the impossible' shattered by belief, and a relentless pursuit of a child's potential."

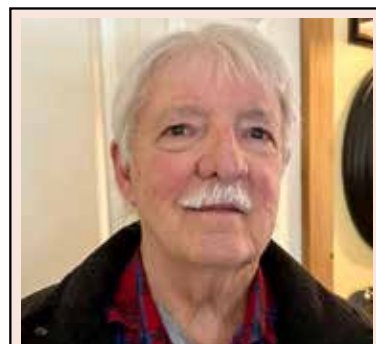
Event details are available online at: www.lansdownecentre.ca/cmr



(PHOTO CREDIT DANOVISION PRODUCTIONS)

The annual charity motorcycle ride attracts hundreds of riders and participants each year, raising tens of thousands of dollars for Lansdowne Children's Centre for child development. The Charity Motorcycle Ride was founded over 20 years ago by rider and fundraiser Bob Caissie. Ensuring Brant is taking the reins on this year's event, which will start and finish at Brimich Logistics, 15 Kraemer's Way in Brantford.

THEN AND NOW: Examining 140 years of downtown businesses



By **Wayne Wilkinson**
Paris Historian / Artist

As the more recent photo shows, 75 - 77 Grand River St. N is currently the home of The Paris Health Store [established in 1995] and the Credit Union [established in 1978]. This building has a long history in Paris.

John. S. Brown Bookstore and Stationery started in Paris across the street on the West side in 1877 where Rieker by LJ Shoes is currently located. In 1886 – the store was re-named John S. Brown and Sons Stationery. By the mid 1890's he had jumped on the bicycle craze sweeping across North America. In his 1896 advertisement, he was selling "Red Bird" bicycles. Red Bird bicycles were built in Brantford by the Gould Bicycle Co. which was established in Brantford by Edward Gould in 1887. In 1903 Red Bird became part of CCM and moved to Toronto.

J. S. Brown and Sons Stationary lost everything in the Great Fire of Sept. 12th, 1900, along with over 40 other businesses. Not one to give up, he re-established his store

in a new block on the East side in 1901, as shown in this 1902 photo. Looking closely at the windows, you'll notice that he was now also in the wallpaper business.

J S. Brown and Sons Stationary was in business here until 1909 at which time the business was sold to Mr. Kenny of St. Mary's. Af-

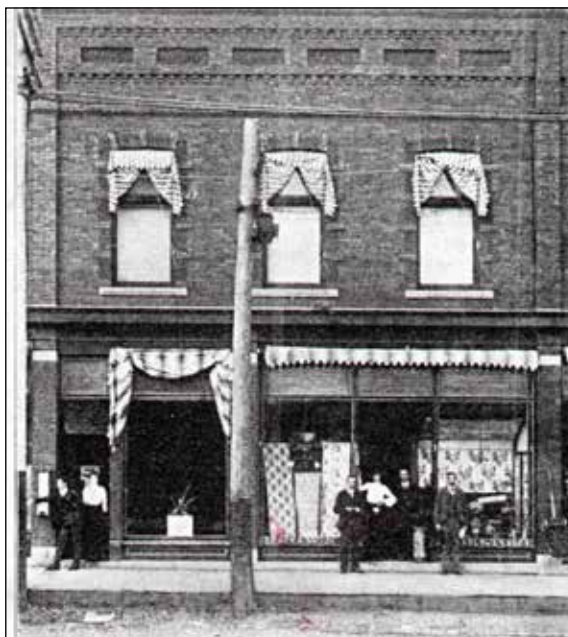
ter that there was a succession of bookstores in this building. From 1945-65. It was occupied by the very popular Stedman's five and dime store. Many of you will remember Stedman's store with fondness but probably more will remember Stedmans later as it moved to the corner of GRSN and

William St. where Piper and Oak was located before closing recently. I hope that you find this little glimpse into Paris interesting.

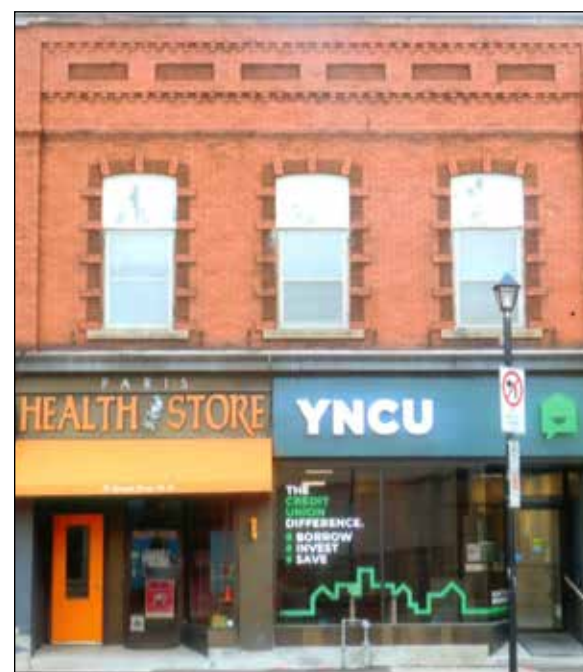
In another 2 weeks, Paris – Then and Now, will look at another historical location.



As you can see in his 1896 advertisement, he was selling "Red Bird" bicycles. Red Bird bicycles were built in Brantford by the Gould Bicycle Co. which was established in Brantford by Edward Gould in 1887.



In 1886 the John S. Brown Bookstore and Stationery was renamed John S. Brown and Sons Stationery. The store lost everything in the Great Fire of 1900 but re-established its store on the east side of Grand River Street N in 1901 (as pictured above).



The Paris Health Store and the Credit Union stand in the location once occupied by the John S. Brown and Sons Stationery.

COMMON CENTS: What is risk tolerance? And how can you assess yours?

JACOB GAUDET

Financial Columnist

Knowing your investment risk tolerance level is essential for successful investing. Here's why risk tolerance is so important and how to figure out how much risk is right for you.

Most investors know that risk and return go together. Generally, lower returns mean lower risk and vice versa. When it comes to acceptable levels of investment risk tolerance, however, everyone's different.

So, what is risk tolerance, exactly? Generally, it's how much risk you're willing to take to reach your investment goals. This typically depends on several factors, so it's really important to establish your own risk tolerance before you even start investing.

The three types of risk tolerance

Conservative

Conservative investors' key concern is keeping hold of their capital. It's more important to them to avoid losing money than making it. For this reason, they usually invest in assets that typically ensure a return of principal, such as GICs and bonds.

Moderate

Investors with a moderate investment risk tolerance strike a balance between growing their money and protecting it. They will take on some risk but will temper it with the amount of loss they are willing to accept. Moderate-risk investors will typically hold some high-risk assets, such as equities, as well as safer investments like bonds. They will usually earn more in rising markets than conservative investors but lose less than aggressive investors when the market falls.

Aggressive

The ups and downs of the stock market are all part of the process for this type of investor. Investors with an aggressive investment risk tolerance prefer asset classes with the potential for high growth, such as equities. This can lead to higher returns when the market is doing well but the downside is that they will experience greater losses when markets dip. Market crashes don't affect their investment goals, however: they are used to these fluctuations and know that it pays to stay the course. They also see market dips as an opportunity to buy equities at a discount.

To figure out where you are on the risk-reward investment scale, you need to go through an investment risk assessment, so you know your personal investment risk tolerance level. Risk is very subjective: for some investors, losing a few thousand dollars is small change, while for others, dropping even a couple of hundred dollars is a big deal.

Below is our risk tolerance questionnaire: by answering these seven questions, you'll be able to better gauge your personal risk tolerance level.

Do you understand the market?

One thing to consider is your market knowledge. If alpha and beta are all Greek to you, it's probably wise to wade in slowly. If your nest egg is small, the payoff for taking on risk would not be that significant, so it makes sense to take it slowly until you grow your confidence and understanding.

What's your age?

This is a really crucial one. If you're in your 20s, you're likely have decades to earn money and overcome any serious market fluctuations, so you can afford to have a high-risk tolerance. If you're in retirement, however, large equity losses can have serious repercussions on your retirement income: in this case, a higher mix of safe assets would probably be advisable.

What is your investing time frame?

On the whole, the longer you intend to hold onto your investments, the greater the risks you can take. If your financial plan means you need a certain sum of money in 30 years' time, you can take greater risks (and aim to grow your money faster) than if you needed that money in two years' time. The market has always grown over the long term, but it can take it a year or more to fully recover from some dips.

What are your investing goals?

Everyone has different financial goals, and this should have a bearing on how much risk you need to take on. If you want to reach \$1 million in investments by the time you retire in 30 years, then you can — and probably should — take on greater risk than someone who needs to save \$10,000 in two years. A good financial plan will determine how much you'll need to invest, over a set time period, with a risk tolerance level that will help you to reach that goal.

Have you experienced investment losses?

If you've been through a market slump, think about how it made you feel. Did it cause you to pull out of your investments and sit on the sidelines or move into safer investments? Did it cause you emotional stress or were you able to stick to your plan, knowing that your investments' value would eventually recover? Answering these questions will give you a good read on your risk tolerance.

Do you have money to fall back on?

If you have significant income or other investments (such as real estate or a trust fund), taking on high risk could be more of an option. However, if you depend on your investment dollars to live, your risk tolerance should be low.

Do you know how much you could lose?

It can be harder to evaluate how much of decline in investments you can stomach when you think about potential losses in percentage terms. Dollar terms can make it more concrete: instead of a 30% drop, tell yourself that it's a \$30,000 drop. How would that make you feel?

How to put your personal risk tolerance to work

Once you've figured out your investment risk tolerance, you need to identify ways to maximize the potential for higher returns in your investment portfolio, while also managing risk.

Markets fluctuate, but studies have proved that investing over time delivers much higher returns than dipping in and out of the market. Spread out the risk by diversifying your portfolio and using asset allocation so your portfolio contains a mix of investments that best suits your goals and risk tolerance.

Talk to your Gaudet Group Private Wealth Management advisor: they can take you through an investment risk assessment to gauge your investment risk tolerance level. They can help build a portfolio that suits your risk level and your investment

goals, so that you won't need to panic whenever the market falls.

Jacob Gaudet is an Associate Consultant on the wealth advisory team Gaudet Group Private Wealth Management. He helps clients get more out of their money, so they can get more out of life. Jacob specializes in six key areas: Investment, Retirement, Estate, Tax, and Insurance, and Mortgage Planning. If you have a question, email him at jacob.gaudet@igpwm.ca or check out his website at GaudetGroup.ca!

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New batting cage to be constructed at Paris' Pete Lavoie ball diamonds



CASANDRA TURNBULL

Managing Editor

A new batting cage is coming to Lions Park, but they won't be operational until next year.

Last week the Administration and Operations Committee was presented with a staff report recommending approval to proceed with construction of the cage and to name it after Brenda Bishop in recognition of her donorship.

The batting cage will cost \$26,000 to construct and was fully funded through the fundraising efforts of Paris Youth Softball Association and the sole donor, Brenda Bishop. Additional costs for signage and maintenance incurred by the County of Brant will be covered within the 2025 operational budget and will not be at the expense of the taxpayer.

Once the cage is constructed and opened, the County of Brant will own and operate it. To use the cage, the public will be required to rent it through the County's Facility Allocation Policy.

Recognizing the PYSA's vision to construct the cage as a new addition to the recently upgraded Pete Lavoie Park, they will be allowed to display club sponsorship signage in a designated area near the batting cage.

The report states that future years of rental will allow for ongoing maintenance and upkeep of the batting, minimizing ongoing operational costs. There was no mention of how much it would cost to rent the cage.

Construction of the Brenda Bishop and Family Batting Cage will begin May 1, 2025, pending council approval later this month.

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The Paris Independent SPORTS



Sponsored by Paris Canadian Tire

Curlers enjoy Last Chance Before It's Over

CASANDRA TURNBULL

Managing Editor

The Paris Curling Club's Last Chance Before It's Over (LCBO) Bonspiel is always a bittersweet event. It's combined with cutthroat competition and lighthearted fun but it also signifies the end of another season.

The bonspiel runs over the course of the final week of the season and is made up of teams that members put together themselves with no restrictions. It's not unusual to see teams made up of couples, families, friends, and everything in between, as curlers of all ages and experience levels come together to enjoy their last bit of winter. Just as entertaining as the game itself, the

names of these teams are generally filled with a bit of humour and innuendos.

From April 4-12 teams play 4-5 games throughout the week and enjoyed off ice games and activities each night as well. The festivities culminate with a live band and dance on the Friday night, and the A/B/C/D final games and a steak dinner on Saturday night.

Basically, it's one giant week-long party and it wouldn't be possible without the tireless efforts of the convener who arranges everything from team schedules to meals, awards and everything in between. A big thank-you goes out to Heather Fair and her committee for organizing 8 crazy nights!

Not only are the top teams honoured, awards are handed out during the closing banquet. This year, the Jim Daniel Memo-

rial Award went to team Titsburgh Feelers, comprised of Kieran, Kelley, Stephan and Jen. This award is selected by the convener and committee and is presented to the team that shows the best sportsmanship, and best encompasses the overall spirit of the PCC during the week.

Jessa Grosvold was presented with the Wendy Newton Memorial Award because she best exemplifies the spirit of 'Last Chance'.

The dubious prize called the Beads Award went to Yvonne Blackmore, awarded to that one player that hogs the most rocks during the spiel. Each rock hogged, a term for not getting the rock across the hog line, earns you a set of Mardi-Gras bead, which must be worn throughout the week. Whoever has the most beads at week's end

'wins'.

Without further ado let's introduce the grand champions who get to hold onto bragging rights for the next 12 months! The A Division title went to team "Skip for Sale", Max Todd, Erika Morton, Adele Perkins and Leah Hopkins. In the B Division, Team Sass, No Class took the honours. Team members include Ryan Gain, Dane Monkhouse, Dave Underwood and Dan Tully. Team Goldilocks and the Three Bears won the C Division. Members include Marty McComb, Karl Morton, Jen Kueneman and Bryan Kueneman. Finally, last but certainly not east, Team Double Trouble rounded out the D Division with members Ian Henwood, Tara Maude, Amy Henwood and Bryan Maude.



A Division Champions: Team "Skip for Sale" - Max Todd, Erika Morton, Adele Perkins and Leah Hopkins.

(PARIS CURLING CLUB PHOTO)



B Division Champions: Team Sass, No Class - Ryan Gain, Dane Monkhouse, Dave Underwood and Dan Tully.

(PARIS CURLING CLUB PHOTO)



C Division Champions: Team Goldilocks and the Three Bears - Marty McComb, Karl Morton, Jen Kueneman and Bryan Kueneman.

(PARIS CURLING CLUB PHOTO)



D Division Champions: Team Double Trouble - Ian Henwood, Tara Maude, Amy Henwood and Bryan Maude.

(PARIS CURLING CLUB PHOTO)

Public elementary school athletes compete in Badminton Tournament

CASANDRA TURNBULL

Managing Editor

Brant County elementary schools gathered at Paris District High School on April 17th for a one-day Badminton Tournament.

All three of Paris' public schools – Paris Central, Cobblestone Elementary and North Ward, participated, as well as St. George-German School, J.C. Hill from Six Nations, Glen Morris, Burford, Mount Pleasant and Oakland-Scotland. More than a couple hundred athletes competed in singles, doubles and mixed doubles events. There was no shortage of school spirit as students were abuzz with chatter and team support throughout the day.

Here are the results:

Girls' Singles

1st – Ava Reynoolds (St. George-German)

2nd – Lylah Shae-Vyse (JC Hill)

3rd – Tessa Schiedel (North Ward)

Boys' Singles

1st- Bailey Peirce (Glen Morris)

2nd – Max Bloomfield (Burford)

3rd – Johnny Dixon (Glen Morris)

Girls' Doubles

1st – Addy Grosvener and Oakley Shisler (Mount Pleasant)

2nd – Kira Rivard and Cassidy Hewings (Mount Pleasant)

3rd – Meghan Beatty and Paige Lahey (St. George-German)

Boys' Doubles

1st – Taylor Plant and Jayden Brown (St. George-German)

2nd – Nathan Spragg and Will Innes (Mount Pleasant)

3rd – Duke Axisa and Gabe Delaney (St. George-German)

Mixed Doubles

1st – Terrance Stelpstra and Issy Gardner (Paris Central)

2nd – Tyler Kanmacher and Scarlett Roberts (St. George-German)

3rd – Lucas Harrison and Shelby Lepinski (St. George-German)



(CASANDRA TURNBULL PHOTO)

Mason Lowe and Shelton Lerno, from Paris' North Ward School, compete against a Mount Pleasant school, losing a very close match 21-20. Members of Paris' North Ward Team included: Colton Boakes, Kaloyan Asenov, Tessa Schiedel, Sahib Nijjar, Shelton Lerno, Mason Lowe, Brennan Deane, Ben Turnbull, Zoe Rutherford, Nimer Gill, Grace Maltingley, Paisley Dinsmore, Layne McCormick, Reagan Deane, Adit Singh and Natalie Rimay. The team was coached by Sarah Panam and Lisa Savard.

The art of choking... but what causes it?



SPORTS Report

By George Le Gresley

Okay, Rory McIlroy won the Masters golf tournament last Sunday, dramatically!

Now, poor Rory, at least not anymore, as the winner's prize was over \$4 million. Be that as it may, Rory has had a reputation for losing tournaments and last week he let a significant lead slip away, forcing him into an extra hole sudden death playoff! Thankfully, he held himself together to win the tournament. Many fans remember that this wasn't the first time he had seen leads vanish and not had a winning result.

Some might say he almost choked!

Many people, in athletics and nonathletic situations, have choked in interviews, hit the post in field goals, or missed a wide-open net. There are many physiological or psychological reasons for the choke.

- Tension can cause muscles to tighten, removing the rhythm you get through practice—like missing a free throw for a game-winning point.
- Doubting oneself can erase the confidence one has in performing.
- Anxiety and stress of failing can increase one's heart rate and breathing.
- Paralysis by analysis, like a soccer player overthinking where to aim his shot and changing his mind mid-kick.
- Losing focus on the task at hand.

So, what can we do to overcome the choke?

- Visualization of the ac-

tivity before actually doing it can make a difference.

- Practicing breathing and relaxation techniques will help keep your heart rate down easing the tension in the body.
- Most professional football field goal kickers have a pre-kick activity that breaks the tension and helps them focus on kicking the ball correctly.
- Viewing pressure situations as a challenge as opposed to a threat.
- Try mindfulness exercises, commonly used by athletes and people in the workforce. This will help with questioning your ability or saying "what if".

Fortunately, Rory held himself together to win the Masters, letting go of all the pressure he was under, as he knelt with his face in his hands and on the ground, thinking he had removed the monkey off his back.

Paris Billiards Beat at Sharkeys in Brantford

SCOOP STEWART

Sports Correspondent

As the Thursday night league nears its conclusion, the players were locked in a whirlwind of intense matches. Amidst the swift games, one table moved at a leisurely pace, prompting Darren Ayers to jest, "These guys might need to start playing on Wednesdays to finish by Thursday!"

MVP

Steve Kopp emerges as our inaugural five-time champion this season. Kopp's prowess has only escalated as the year unfolded. Congratulations, Steve, on this remarkable achievement!

Winners

Dan "Sharkey" Culbert and Steve Kopp displayed an unbeatable streak, sailing through the evening without a single match requiring a third-game tiebreaker.

Runners up

Robb Wilson and Jeff Johnston two long time best friends scraped and clawed their way to the finals, only to be defeated handily by the undefeated duo, Dan & Steve.

Winners of the losers

Al "Tiny Troy" Oldroyd and newcomer Jimmy Wreaks clinched a hard-fought victory in their final game, securing their place in the winner's circle.

Good guy award

A special commendation is bestowed upon champions Dan and Steve for graciously donating their winnings to our delightful hostess, Codi. Exceptional gesture, gentlemen!

Shot of the night

Or should I say messed up shot of the night? In the finals with only a couple balls left on the table and the opposition shooting the eight ball, Stones Johnston decided it was a good idea to smack his ball as hard as possible to clear the eight ball from over the pocket... well the strategy sort of worked as Stones sunk his ball, but also sewer on the eight for the loss.

Quote in the evening

"If I had known Dalpe was going to stay home and watch the election debate, I would've stayed home too, and watched March of the Penguins"

A special mention to Uncle Larry (a.k.a. "Trophy Husband") Pickering, who completed the installation of a wine cooler just in time for summer, a thoughtful gift for his beloved wife Deb.

With that, we conclude another captivating week of pool action. Until next time, this is Scoop Stewart signing off... always a pleasure.

U14 Paris FC teams take top honours from Hamilton Indoor Season

PARIS INDEPENDENT

Submitted Content

The Paris FC indoor soccer season has officially wrapped up and in an exciting final, two Paris teams competed for the title in the U14 Girls division.

Competing in the Hamilton Indoor League the U14 Girls Black team had a fantastic indoor season, with eight wins, five ties and one loss. Their keepers had 11 shutouts between them, and only four goals against. They finished first in the league over the regular season, and then won both the semi final and the finals 3-0 to win the championship!

The U14 Girls Red team also

had a good season. They finished 3rd in league play with five wins, four ties and five losses. They won their semi-final against Ancaster in penalty kicks after a 1-1 draw and ended up in the finals against the Paris FC Black team making it a Paris versus Paris battle for the title.

A special mention goes out to the U13 Boys team who also went to the finals and finished second place in their division. The Paris FC U18 boys lost in the semi-finals of their division.



The Paris FC U14 Girls (Black Team) won the Hamilton Indoor soccer league (pictured in their pink jerseys!). The two Paris FC teams faced one another in the final game. (MELISSA OSTROWERCHA PHOTO)



The Paris FC U14 Girls (Red Team) were the Hamilton Indoor league runner ups (pictured in their black jerseys!). The two Paris FC teams faced one another in the final game. (MELISSA OSTROWERCHA PHOTO)

Dart bunnies sighted at the Paris Legion



Pictured are members of the Paris Legion Ladies' Dart league during their Easter themed league night on April 17th.

Spring energy filled the air as ladies arrived to celebrate Easter dart night. There was a special appearance by a few bunnies brought smiles and giggles.

The night started with difficulty confirming total numbers until Keiley Bol raced to the rescue with mom Linda and confirm numbers.

Bunny ears, chocolate eggs, candies and giggles was the theme of the night. The girls were on fire with high scores

starting from round one with scores of 99 for Nancy, 84 for Kris, and top toss went to Katie aka '19' with a 105! The low score of the night of 0 was shared by Christine and Kristine (maybe something in the name?).

Music was top notch provided by DJ and bar tender Steve, bringing the singing to a new level and I am sure we sounded great.

Paris Titans' James Gall receives top PJHL Goalie Award

PARIS INDEPENDENT

Submitted Content

Paris Titans goalie James Gall was named the PJHL Top Goalie Award. Gall's 0.914 save percentage kept the Titans in many of their games.

In a Titans' social media post, Gall said "I can't remember life without hockey. I'm always excited to step on the ice and in front of the net whether at goalie training, for practice, or on gameday. Hockey is a team sport, and it takes a big team of support to play. Huge thanks to my family, advisor, coaches and team management and staff for getting me here."

James Gall, an Oakville native, had an exceptional year. In addition to being awarded Top Goalie, he was selected for the all-star Game where he earned a shutout. James was busy with junior hockey for Paris Titans as well as Brantford Titans. Playing 46 games and saving 1,525 of 1,672 shots (0.912; 3 30). He delivered his 2nd GOJHL shutout this season and even had 3 assists! James has shown us time and time again this season what it means to be a Titan.

"My favourite moments from this season were those surrounded by my teammates. We battled hard and took compete to heights. I've gained friends for life. I really enjoyed interacting with the fans, especially the young kids. We could always count on them waiting for high fives and their excitement receiving a puck."

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OH, THE PLACES WE'LL GO: The Cabot Trail: an iconic Canadian destination



By Paul Knowles

We have all seen the reports: Canadian travel to the United States is down, way down. Canadians are choosing to go elsewhere in the world, just now, or to stay home.

Well, if you are in the latter category, “staying home” can open an unending cornucopia of opportunities. This “home” of ours is gigantic – our home and native land stretches 5,514 km from Cape Spear, Newfoundland and Labrador, to the Yukon-Alaska border, and 4,634 km from Cape Columbia on Ellesmere Island, Nunavut, to Middle Island in Lake Erie, Ontario. Our country covers an unimaginable 9,984,670 square kilometres.

So, given all of this, where to go, after we’ve decided to “stay home”? My features over the next few months will include several good suggestions, but let’s begin with one of my favourites, which we explored last summer: The Cabot Trail, on Cape Breton Island.

Let’s admit the obvious: The Cabot Trail is a stunningly beautiful drive. It stretches 298km – which could be navigated in about four non-stop hours, I suppose, but should not be, at any cost. We actually stayed four nights on or near The Cabot Trail.

Please take the time to stop, and to stop a lot. Stop at little shops where artisans are working on

the spot, with their wares on the stores’ shelves. Stop again and again to savour the ocean views. Stop to walk the paths and trails, pathways that will carry you through forests to waterfalls and lakes, or along beachfronts. There are walks and hikes for every level of activity, from brief, gentle strolls, to steep climbs. Many of them are within the boundaries of the terrific Cape Breton Highlands National Park, yet another of Parks Canada’s gems. (By the way – you can tell when you are within the boundaries of the National Park, because the highways are in superb condition. The moment you cross the border... not so much.)

Our first port of call on Cape Breton Island was a few minutes from actual access to the Cabot Trail. We stayed at the Glenora Inn and Distillery, where they produce truly excellent single malt whisky (they can’t call it Scotch because the Scottish distillers are litigiously protective of the name.) Those who know me will know why I loved it. But more about this terrific place in a subsequent column.

Staying close to the Trail meant that we could begin our exploration early the next morning. We decided to travel clock-wise, heading north and eventually east, from the west coast of the island to the east. En route, we stopped to explore a craft shop – and its neighbour, an ice cream parlour – in Cheticamp. We pulled off, often, to simply take in the incredible ocean views – and of course, capture as many photos as we could.

And we opted to hike two of the dozens of trails in the national park, in both cases avoiding steep climbs, but none the less having to keep a watchful eye on the rock-strewn and tree-root-filled paths. It was definitely worth the effort – and we recorded 13,400 steps on

this first day on the Trail.

First stop was at MacIntosh Brook, where a woodland trail took us back to a beautiful waterfall. Then, we explored the trail at Warren Lake, also in the national park. That trail circumnavigates the lake; there were signs cautioning hikers about coyotes, but we saw no large animals, only spotting four toads, three snakes, a white-tailed junco and a spotted sandpiper. At least, that’s my best guess as to the identity of those two Nova Scotian birds. It’s a very enjoyable walk.

Our next two nights were spent at the quaint Knotty Pines Cottages, near Ingonish. The accommodation was fine, but the view from the deck was amazing! Our first night there was Sunday – so, no restaurants open but the Co-op was, and we purchased the raw materials for a wonderful al fresco dinner on the deck, where we watched the sun set.

And that reminds me – if you have the choice, explore The Cabot Trail on sunny days. That will make all the difference.

During our stay in the Ingonish area, we walked the beautiful beach; there are several great beaches along the Trail.

Our final night on Cape Breton was spent in one of the southern-most communities on The Cabot Trail – Baddeck. Baddeck is definitely worth a leisurely visit. I have written previously about the fascinating Alexander Graham Bell National Historic Site, here. But there is much, much more.

We stayed at the Inverary Resort, a complex of comfortable lodges and cottages that also includes a tiny chapel, dubbed the Conn Smythe Chapel, because the curmudgeonly owner of the Toronto Maple Leafs donated the money for its construction. That, too, is another story.

While in Baddeck, we partook

of two quintessential Cape Breton experiences – a delicious lobster supper, at Baddeck Lobster Suppers, and a traditional Cape Breton concert (with an amazing fiddler, of course) at The Baddeck Gathering Ceilidh.

And all of this just scratches the surface of the experiences awaiting you right here at home – albeit

a bit of a distance from your living room – on Cape Breton Island.

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.



One of hundreds of gorgeous views along The Cabot Trail.

(PAUL KNOWLES PHOTO)



The unexpected Conn Smythe Chapel, at the Inverary Resort in Baddeck. National Park.



The waterfall on MacIntosh Brook trail in the Cape Breton Highlands National Park.



Musicians at the Baddeck Ceilidh.



Self-confessed hooker Emelda Roach, at Flora’s in Cheticamp.

HISTORIC PARIS

PARIS PAST: The history of the Royal Canadian Legions in the County of Brant



By Chris Whelan
Editor

Before we can be fully prepared for the significance of The Paris Legion Branch 29's Centennial in 2026 I thought it would make sense to look back at the beginnings of the organization. The Royal Canadian Legion was founded in 1926 through an amalgamation of existing veterans' organizations.

It was originally designed to help veterans of the South African War and the First World War to readjust to civilian life when rampant inflation, high unemployment and economic depression had conspired to make Canada a dramatically changed society from the one they had left. Its purpose was to ensure veterans, and their dependants received fair pensions and other benefits. In 1984, the legion contributed almost \$30 million in the implementation of its service programs and activities. Branches in the Brant County area contribute a per-capita tax to the legion's provincial funds which are used to provide grants to hospitals and other organizations.

PARIS BRANCH 29

Paris Branch 29 received its charter in October 1926, and like many other branches, was composed of members of the Great War Veterans' Association. The association had its beginning in 1918 when club rooms were opened over the Gem Picture Show on Grand River Street. (currently The GEM Marketplace)

The first president was Leslie (Todd) Cook. A memorial to those who died in the First World War was unveiled and dedicated on Nov. 11, 1930. The branch moved

its club rooms on several occasions until 1937 when it was given a house at 70 William St. by a prominent local lawyer, Sheldon Smoke.

The house belonged to Mr. Smoke's father, Franklin Smoke, also a lawyer and former member of parliament. Branch 29 continues to occupy the same building today. Keeping the club operating provided many challenges at times and several members recall the hat being passed around at meetings so the club could pay bills. With the commencement of the Second World War, legion members, remembering their experiences from the First World War, decided to devise ways to provide soldiers with comforts.

Members collected scrap iron, baled old newspapers and found other means to raise money so every Paris serviceman overseas was provided with 300 cigarettes a month. The objective was achieved by supplementing the scrap fund by bingo and other money-making social events. With the cessation of hostilities in 1945, a decision was made to enhance the existing memorial with the addition of two pylons in honour of those who failed to return from the conflict. It was unveiled Nov. 11, 1947, by two Silver Cross Mothers, Mrs. Robert Mason and Mrs. Margaret Davis.

With the returning servicemen, membership in the branch increased and more space in the legion building was required. A mortgage was obtained, and a new wing was built. The branch held a mortgage burning in 1955. As with other branches, Branch 29 has contributed to many worthwhile projects. The branch marked its golden anniversary on Oct. 7, 1976. Major outside renovations and a facelift of the building took place in 1984 with interior renovations and painting taking place in 1985. (LEGION Branch 29 ladies' auxiliary was formed in 1934 and through the years has helped contribute to the welfare of legion members. Its first president was Mrs. C. Buckley. The auxiliary originated with 14 members. The figure rose to a high of 82 in 1951 before dwin-



Paris Legion Branch 29

(SUBMITTED PHOTO)

dling to a membership of just 37, including six life members in 1985. Today the auxiliary is 185 strong and 303 members in total.

SOUTH BRANT BRANCH 463

Branch 463 was formed in 1947 with Hugh Robinson its first president. It originated from a meeting arranged by the Mount Pleasant War Services Club whose members' primary purpose was morale boosting of servicemen from the Mount Pleasant area. Following the end of hostilities, several "welcome home" events were sponsored, and these generated the idea of a local Canadian Legion branch being formed. Its first major project was the purchase of a building from the Burford Fair Board for \$150 to be used as a club house.

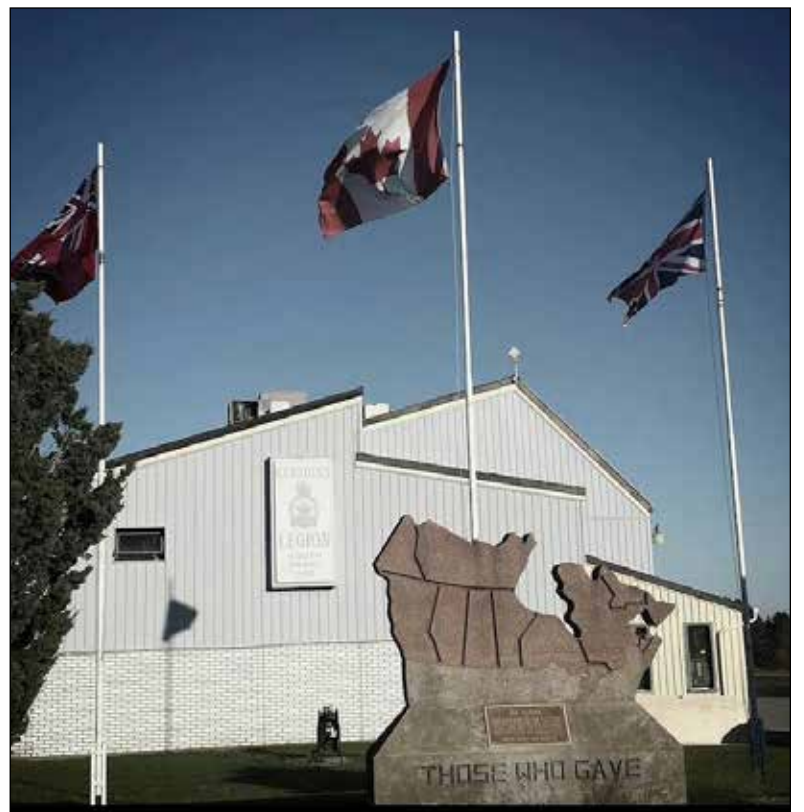
The building was dismantled and moved to the property of a club member, Keron McPherson. In 1953, the club purchased the Octagon House in Mount Pleasant for \$4,000. During the next 10 years, the building was renovated several times but eventually was found inadequate for the club's purposes. Members decided to build a new facility which was opened on a plot of land in Oakland Township, three, miles south of Mount Pleasant. The building

was expanded in 1969 and again in 1972 and is still the home of the club.

The branch held a mortgage burning in October 1982. Originally the branch was known as the Mount Pleasant Branch, but the name was changed in 1961 to

South Brant Legion which it uses today. The ladies of the branch were always considered an important factor and in 1964 they were granted permission to form a ladies' auxiliary.

CONTINUED ON PAGE 19



South Brant Legion Branch 463

(SUBMITTED PHOTO)

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Paris Independent

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CONTINUED FROM PAGE 18

**BURFORD-CATHCART-HARLEY
LEGION BRANCH 543**

Burford Legion received its charter in 1951. It started with 30 members. The branch got its start when veterans wanted a place to get together. A club house built by the legion was turned over to Burford Fairgrounds and now is rented for a dollar a year.

Branch 543 supports minor baseball, hockey, youth education and programs for seniors. A ladies' auxiliary was formed in January 1974 with 25 charter members. First president was Erma Verplanke. Money raised by members goes to help the branch, provincial bursaries and community projects.

ST. GEORGE LEGION BRANCH 605

The St. George District Branch 605 is the youngest legion branch in the area. It was formed with a nucleus of 14 members with its charter granted in September 1964. First president was Rudolph Stubel.

The branch purchased the old Methodist Church in October 1964 which it used for

a hall until the building was destroyed by fire three years later. By September 1968, members had moved into a new building located on the site of the original branch. Branch 605 contributes to minor sports and other community organizations. Its major contributions included funds for a cabin at Camp Branchton for the disabled and those with intellectual developmental disorder, and funds for the installation of an elevator in the seniors' housing complex in St. George.

It also was responsible for donation of an electrocardiogram unit at Paris Willett Hospital. The branch is active in youth education programs and provides bursaries for local school students. The ladies' auxiliary of the St. George legion branch received its charter in March 1971 with Helen Howell its first president. It had 34 original charter members. The auxiliary was host for the ladies' auxiliary Zone B-3 convention in May 1982. It holds a variety of events to raise funds to help the legion and for charitable causes.




Burford-Cathcart-Harley Legion Branch 543

(SUBMITTED PHOTO)



St. George Legion Branch 605


(SUBMITTED PHOTO)



WEEKLY Horoscope


April 20 - April 26, 2025

ARIES
Mar 21 - Apr 20




Spending time with new friends and those you've know for years can be a satisfying way to pass the week, Aries. Try to plan some activities that you can enjoy together.

TAURUS
Apr 21 - May 21




Taurus, this week you may choose to tackle some necessary, albeit time-consuming, chores. They may take a few hours, but then you'll have time to unwind.

GEMINI
May 22 - Jun 21




Gemini, certain information that you have been looking for may finally come to the surface. Once you have your answers, you might be able to move on to other tasks.

CANCER
Jun 22 - Jul 22




Cancer, emotional matters that emerged over the previous few days might soon be settled with all parties feeling satisfied with the results.

LEO
Jul 23 - Aug 23




Leo, confusion with loved ones can be easily cleared up with a little, honest communication between you and the other people involved. Embrace this chance to be open and honest.

VIRGO
Aug 24 - Sept 22




Virgo, you may be especially motivated this week and feel a need to get as much done as possible. Try not to race through tasks without focusing on doing things right.

LIBRA
Sept 23 - Oct 23




Libra, you are operating at peak efficiency and ready to handle many of the less exciting tasks on your to-do list. Tackle the grunt work and the fun will follow.

SCORPIO
Oct 24 - Nov 22




You have the stamina and energy to get a lot of chores taken care of this week, Scorpio. But you may be short on time. Enlist other people to help if an opportunity presents itself.

SAGITTARIUS
Nov 23 - Dec 21




Don't be surprised if you spend a lot of your time on the phone this week, Sagittarius. There are many things on your to-do list and tackling them one by one is essential.

CAPRICORN
Dec 22 - Jan 20




Financial paperwork and money matters fill the docket for you the next few days, Capricorn. Paying bills, balancing a checkbook and building your nest egg are your top priorities.

AQUARIUS
Jan 21 - Feb 18



This week you could be feeling industrious and on the lookout for a new project, Aquarius. You will be an asset to anyone who needs extra assistance.

PISCES
Feb 19 - Mar 20



Particularly vivid dreams could have you wondering what your mind is trying to tell you, Pisces. You might come up with some interesting interpretations, but the answers remain unknown.

FAMOUS BIRTHDAYS

APRIL 20
Shemar Moore, Actor (55)

APRIL 21
James McAvoy, Actor (46)


APRIL 22
Sherri Shepherd, Actress (58)

APRIL 23
Gigi Hadid, Model (30)

APRIL 24
Kelly Clarkson, Singer (43)

APRIL 25
Jonathan Bailey, Actor (37)

APRIL 26
Carol Burnett, Actress (92)



Of Maple Leaf fans and running and gunning for Eastern Wild Turkeys



The Lost Tribe

By Jeff Tribe

Running and gunning for Eastern Wild Turkey is a high-risk/high-reward tactic akin to Toronto Maple Leaf fans watching their team head into the playoffs.

There are safer approaches, higher-percentage bets.

But there's still something thrilling about the turkey hunting equivalent of pulling the goalie and going all in, knowing that for every time your heart will be broken - and it will - the chance for ultimate victory lies out there somewhere.

"It's probably the most exciting type of turkey hunting," says Devin Homick, lifetime Norfolk County resident and longtime enthusiast in the cradle of the bird's wildly successful reintroduction to Ontario.

Homick's progression began with a classic shotgun approach, recognizing the fact turkeys can see and hear into next week. Basically, camouflaged hunters sit as silent and still as possible while trying to entice or enrage toms - who are used to having hens come to them - within range with a combination of calling, positioning and decoys. Mastering that art as much as possible against a finicky, changeable quarry, he elevated the challenge by using a compound bow and then onward to add running and gunning.

Homick characterizes the tactic as 'walking a tightrope' between the passive-aggressive stationary classic and a riskier aggressive-passive approach attempting to meet reluctant toms where they are, fully recognizing the challenge of moving unseen and unheard through their natural world. "You can get busted so easily," he said. "For every one success

you'll probably have ten failures. "But again, don't we hunt for that one time?"

The term 'run and gun' is misleading in that it's not the equivalent of an old western movie's hell-bent-for-leather gallop into town, six-shooters blazing.

"They'd be in the next bush lot over by the time you caught up to them," said Homick. Rather, it's dynamic and delicately calculated strategic manoeuvring anticipating where a bird is heading or likely to go and setting up to bring them in for the final leg of the journey. It's still a game of chess, anticipating a tom's next move while more closely mimicking a hen's natural mobility without pressuring them too hard and getting 'busted', seen or heard.

"It's a dance," said Homick. "It's almost playing a game with that bird."

As much as he enjoys running and gunning, it's not his only approach, rather a tactic pulled out when terrain and tom dictate, for example a bird responding to calls, but hanging up out of range.

"It's still just another tool in the toolbox which can be an effective strategy."

Following, in general terms, are the broad strokes of Homick's approach to 'taking it on the run.'

Safety Dance

Safety has to be the first and most important consideration in a stealthy, camouflaged approach whose first steps may well be in pitch darkness. It is essential to know you are the only person to have permission to hunt an area - this is not a tactic for public land - and stay within those boundaries regardless of where a tom may roam.

Secondly, being tick-aware as per usual, applying repellent prior to a hunt and checking one's clothes and person following.

Scout's Honour

Gain a strategic understanding of the piece of property one is hunting: recognizing ridges, depressions or rises one will be hidden by while moving, what physical features, barriers (creeks, fallen trees) or natural pathways may 'channel' birds, and how terrain sightlines will change over a season in terms of less and subsequently more foliage.

Birds may also follow patterns. Recognizing how that fits into the terrain and your strategy can be the difference between tagging

out and tag soup.

Shock and Awe

Hunters may test properties for the presence of toms by trying to induce a response through a crow call or owl hoot, for example.

"Anything to get them to shock gobble," says Homick.

If nothing responds, he may move on, when it does, the planning begins.

"You have a direction at least, an idea of where he is."

Don't Walk Like An Egyptian

Or for that matter, any other human being sounding more like a bull moose than a hen. Choose your footfalls carefully, avoid breaking branches or other aural giveaways.

"I know some guys who will take their boots off and walk in their socks," says Homick.

Some may scratch in the leaves to mimic a hen searching for food. Running and gunning is also arguably more effective following a rain says Homick, which has a related sound-dampening effect.

"The woods are quieter; your feet don't make the same noise in the leaves."

Be Aggressive, Be Prepared

Homick uses a variety of calls, however a slate, struck aggressively, is often his go-to while running and gunning.

A tom's response may be equally aggressive, so it's wise to be ready.

"I've had them come running out, full tilt, right into the barrel."

Advance and Retreat

Running and gunning's mobility is a two-way street. Primarily, Homick advances toward hung-up or mobile toms, however, at some point he may retreat, trying to create the illusion of a hen losing interest and searching for another partner.

"If he thinks he's losing her, he might fire up enough to give chase."

The Hills Have Eyes

Hunters are anything but alone in the woods. And while they may be targeting a specific bird which has responded, they should be aware of other turkeys, hens included, or deer which may be in the area and 'bust' them.

Shady Business

Running and gunning's dynamic nature may mean picking a sitting spot in haste, in less than



Norfolk County 'turkey whisperer' Devin Homick is a fan of run-and-gun Eastern Wild Turkey bow hunting, despite the fact the odds may be heavily stacked against him.



A young tom struts past a classic 'jake over a hen' decoy pairing.

ideal conditions. It's always an idea to get one's back against a tree, in cover, and at least in the shade says Homick, sun reflecting off a gun, bow or person being a dangerous giveaway.

"That little bit of darkness may break you up just enough you don't get seen."

While travelling light, he does carry decoys where possible.

"If I need a tom to have a focal point because my shooting location isn't the best, I'll try and throw them out," he said. "Sometimes though, they're too close to even get them set up."

In conclusion, turkeys being turkeys, there are no guarantees.

More than once Homick has executed a painstaking mobile campaign against a bird he thought was hung up, only to hear a gobble behind him.

"I look up and he's right in that spot where I was."

"It depends on that bird's mood that day," he added. "Every day that bird might do something different. (But) we don't talk about all the times we lost, it's that one time we share with our friends at the coffee shop."

And that's a thing that applies to turkey hunting and cheering for your favourite NHL playoff team.

Either way, you've just gotta 'be-Leaf.'

Riddles

What kind of tree fits in your hand?
A palm tree.

Why did the leaf go to the doctor?
Because it was feeling green.

What kind of soda does a tree drink?
Root beer!

How can you tell the ocean is friendly?
Because it waves.

What did the tree wear to the pool party?
Swimming trunks.

What creature is smarter than a talking parrot?
A spelling bee.

I can fly without wings, cry without eyes. Wherever I go, darkness follows me. What am I?
Cloud.

I have forests but no trees, rivers but no water. I have cities but no buildings. What am I?
A map.

Sudoku

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

Solutions on page 23

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PET OF THE WEEK



HOLLY

Meet our Pet of the Week:

This is Holly, a beautiful 4 month old shih tzu who is preparing for a career as a show dog. Lucky for Holly, her owner is the groomer at the clinic and is able to keep her in tip top shape.

Stay tuned for more heartwarming stories every week from Paris Veterinary Clinic.



Word Search

EARTH DAY APRIL 22

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

- Air
- Animals
- Atmosphere
- Cleanup
- Earth
- Ecosystem
- Energy
- Environment
- Green
- Habitat
- Land
- Plant
- Planet
- Recycle
- Reduce
- Reuse
- Spring
- Soil
- Tree
- Water

COMMUNITY CALENDAR

EMAIL TO INQUIRE INFO@THEPARISINDEPENDENT.COM

APRIL 23 - APRIL 26

Book Fair! The Brantford Symphony Orchestra BOOK FAIR fundraiser takes place April 23-26, hours are 9:30 am- 8 pm Wed-Fri, and 9:30 am- 3pm Saturday. Location: 'One Market' building (1 Market St. at Dalhousie St. T-intersection), Brantford. For more info please call: 226-552-6685.

FRIDAY, APRIL 25

Paris Optimist Club YOUTH DANCE – held at the Syl Apps Community Centre, 51 William St Paris from 7 pm to 10 pm. This chaperoned dance includes a DJ and snack bar. Admission is \$5. Dance open to students in Grades 5-7.

SATURDAY, APRIL 26

Community Tree Planting Event – from 10 am to 1 pm at Mount Pleasant Nature Park, 755 Mount Pleasant Rd. Bring your own shovels, gloves and proper footwear! Optimist Club will provide a free BBQ lunch.

Paris Umbrella Parade – Hosted by Saturdays in Paris, taking place downtown Paris from 1 pm to 4 pm. Join us for the spring finale where we invite people to create and decorate their own flashy umbrella and then join us for a parade – one every hour – around downtown Paris. You can bring your own umbrella or make one with forest + folk at the Paris Wincey Mills.

SUNDAY, APRIL 27

The Paris Museum and Historical Society is holding their Annual General Meeting at 2 p.m. at the museum located at the Syl Apps Community Centre. Applications to become Board directors are now welcomed. To be considered, please contact the nominating committee at info@theparismuseum.com giving brief information about yourself and the talents and experience you would bring to the society.

TUESDAY, APRIL 29

The Brant Men of Song – hold their rehearsals on Tuesdays from 7 pm to 9 pm at the First Baptist Church located at 70 West St. Brantford. New members are always welcome to attend and learn more about their activities.

Blessed Sacrament CWL – MAC & CHEESE

11:30 am - 1:00 pm - Macaroni & Cheese, Ham, Vegetables, Cookies, Coffee and Tea. All are welcome, FREE will offering.
Blessed Sacrament Hall, 181 King St Burford

SATURDAY, MAY 3

Friends of the Library invite you to check out the Annual Spring Book Sale at the Paris Library, 12 William St Paris from 10 am to 4 pm. Check out the books and take home some treasures!

MONDAY, MAY 5

Mental Health & Wellness Fair – Hosted by the PrimaCare Family Health Team at the Cowan Community Health Hub, 25 Curtis Ave N Paris from 4 pm to 7 pm. Free food and refreshments, multiple vendors, games and fantastic prizes, activities table for children. Learn about healthy eating habits from dieticians and explore benefits of movement and exercise and how it impacts your mental health.

TUESDAY, MAY 6

Keychain Drum Workshop - Hosted by the PrimaCare Community Family Health Team for Mental Health Week, Tuesday May 6th from 4 pm to 7 pm at the Cowan Community Health Hub, 25 Curtis Ave N. Workshop led by Heidi (Niminwendam) Indigenous Mental Health and Wellness. Free event, registration required. For more info and registration details visit PrimaCare Community FHT on Instagram and Facebook.

WEDNESDAY, MAY 7

Mini Soca Dance Class - Hosted by the PrimaCare Community Family Health Team for Mental Health Week, Wednesday May 7th from 12 pm to 1 pm at the Cowan Community Health Hub, 25 Curtis Ave N. Join Guyanese Fit Chick, Gayle Smith in moving for our mental health. Free event, registration required. For more info and registration details visit PrimaCare Community FHT on Instagram and Facebook.

THURSDAY, MAY 8

Staying Connected with What's Important – Hosted by the PrimaCare Community Family Health Team for Mental Health Week, Thursday May 8th from 6 pm to 7:30 pm at the Cowan Community Health Hub, 25 Curtis Ave N. Join us as for a deep sense of self-awareness and mindfulness, empowering participants to make conscious choices that align with your values. Free event, registration required. For more info and registration details visit PrimaCare Community FHT on Instagram and Facebook.

THURSDAY, MAY 8

Free Will Soup Luncheon - Hosted by St. Paul's United Church at 12 pm at 48 Broadway St W (church auditorium). Everyone is welcome to attend for some delicious homemade soup and buns.

FRIDAY, MAY 9

Moving Towards Mental Wellness – Hosted by Cobblestone Medicine Rehab in collaboration with the PrimaCare Community Family Health Team for Mental Health Week, Friday May 9th from 5 pm to 7 pm at the Cowan Community Health Hub, 25 Curtis Ave N. Workshop focuses on the power of mind-body healing. Free event, registration required. For more info and registration details visit PrimaCare Community FHT on Instagram and Facebook

SATURDAY, MAY 10

Annual Banfield Art Crawl – Visit the Banfield Neighbourhood in Paris on Saturday, May 10th from 10 am to 4 pm. Come and take a walk around one of the original sections of our beautiful town and take a piece of artwork home with you! We will have multiple locations to see artwork and talk to artists, as well as live music to accompany you along the way. No entry fee! Questions? Email: banfieldartcrawl@gmail.com

Paris Horticultural Plant Sale at Syl Apps Community Centre, 51 William St from 8 am to 10:30 am. Proceeds go towards horticultural/environmental education and public plantings. Master gardener on site to answer your questions.

MONDAY, MAY 24

Spring Volunteer Day at Five Oaks – Join us 10:00 a.m - 4:00 p.m for a fun-filled day of giving back! Help us tackle property tasks like raking, wood splitting, painting and more! All ages welcome - there's something for everyone, and lunch is included! Volunteer hours are recognized for students. For details visit www.fiveoaks.on.ca or call 519-442-3212

The Paris Independent

**PROMOTE YOUR EVENTS WITH US!
HERE'S HOW:**

Deadline: Friday prior at 10 a.m.
Contact: info@theparis-independent.com

- The Paris Independent Community Calendar allows non-profit organizations to promote their free admission community events at no charge. Event listings can include the event name, date, time and location as well as contact information (ie phone number, email address or website).
- If your event is not free admission or you would like to include more details than stated above, The Paris Independent offers the following options for promoting your community events:
 - Coming Events Word Ad in Classified section (50 word max.) - \$10 + hst
 - Coming Events Boxed Word Ad in Classified section (50 word max.) - \$15 + hst
 - Display Ad - Sizes begin at a Small Classified Display ad (3.3" x 2.5") - \$35 + hst

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CLASSIFIEDS

EMAIL TO INQUIRE INFO@THEPARISINDEPENDENT.COM

COMING EVENTS

AN EVENING OF MUSIC: JOIN US IN THIS RENOVATED PARIS LANDMARK! - SATURDAY, MAY 3, 2025 Get ready to groove into the soulful vibes of Toronto's premiere Funk Rock experience on May 3rd 2025, as Yasgurs Farm returns to the #forParis Centre! Immerse yourself in a fusion of 60s and 70s classics, sprinkled with the improvisational magic of jazz and the infectious energy of jam band culture. Join us for a night of timeless tunes, irresistible dance beats and original grooves that'll have you moving all night long.

- **Time:** 8:00 p.m – doors open at 7:00 p.m with a full cash bar available
- **Venue:** #forParis Centre, 164 Grand River St N, Paris
- **Tickets:** \$29.95 for the show, option to add the Big Easy Buffet
- **How to Reserve:** Visit the website at forpariscen-tre.ca/events/yasgurs-farm

WANTED

I will pay cash for antiques and collectibles. Coca Cola, Pepsi or any pop company. Brewery items - Kuntz, Huether Labatts, etc. Old radios and gramophones, wristwatches, pocket watches, old fruit jars - Beaver Star, Bee Hive etc. Any old oil cans and signs - Red Indian, Supertest etc. Any small furniture. If you are moving or cleaning out stuff please contact me – 519-570-6920.

WANTED – Royal Albert bone china dinner sets, also Johnson Brother dinner sets, and Roy Riemen magazines from the late 1900's, Country, Reminisce, Farm & Ranch Living. Call 519-580-0630.

SALE

INDOOR YARD SALE
8:00 a.m. to 2:00 p.m. at the former Princeton United Church 24 Elgin St. E. Princeton.
Everything must go!

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

COMING EVENTS

AYR HAS A GROW-OP!

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BY KEN CAMERON

APRIL 30 – MAY 4, 2025

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- The yolk
- Petra
- 2011
- Elephant
- 12
- Euchre
- Gargamel
- Ireland
- The resurrection of Jesus Christ

BIRTH ANNOUNCEMENT

It's a Boy!

Kassandra Loewen and Alex Piccini are delighted to announce the birth of their son, Desmond, who arrived on Friday, April 11th at 7:44am and weighing 5lbs 12oz. Kassandra and Alex are extremely grateful for the team that facilitated Desmond's safe arrival, including their wonderful doula Sarah, excellent team of Drs. Tepperman and Rooney, and the labour and delivery staff at Brantford General Hospital, including nurse Angie.



SPRING BIG RED EVENT



OUR TEAM'S FAVOURITES



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