

# St. Marys Independent

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Issue #1237

Thursday, November 14, 2024

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**REMEMBERING THEIR SACRIFICE** (WENDY LAMOND PHOTO)  
Members of the St. Marys Legion Colour Guard march the flags away after the Remembrance Day Ceremony.

## St. Marys honours veterans and those currently serving on Remembrance Day

WENDY LAMOND

Independent Reporter

Canadians across the country gathered on Monday to show their respect for members of our armed forces who gave the ultimate sacrifice for our freedom and who are still serving our nation.

At the St. Marys cenotaph, a large crowd gathered for the Ceremony of Remembrance hosted by the Town of St. Marys. Mayor Al Strathdee shared some opening remarks recognizing the sacrifice of those who fought in battle and why we honour them.

Deputy Mayor Brogan Aylward, who spoke on behalf of Perth-Wellington MPP Matthew Rae, shared with the crowd a reading called "And Death Shall Have No Dominion." Following this heartfelt story, Rev. Pirie Mitchell offered a prayer and then Rita Christie, representing Perth-Wellington MP John Nater, read the famous poem, "In Flanders' Fields."

On the 11th hour of the 11th day of the 11th month, "Last Post" was played followed by two minutes of silence and the Lament and Rouse. We pause during this time to honour those brave Canadians.

Following the rouse, Fire Chief Richard "Andy" Anderson read "New Heroes," a piece about paying tribute to fallen comrades and how it doesn't matter how one feels about war, the fact is these soldiers paid the ultimate price for our freedom and should be honoured.

The Benediction was read by Rev. Pirie

CONTINUED TO PAGE 3

## Station Gallery features Memories of the Big Band Era

DAN WELCHER

St. Marys Station Gallery


There was a time when to say, "I'm going to play my music," didn't mean push a button or stream a video. It meant the person was proficient on a musical instrument, or several, and was about to play something.

In the 1930s and 1940s, live music played by big bands was the predecessor of today's rock concert. Young people would flock to large auditoriums, or even stadiums, to hear the live music of one of these bands.

These orchestras consisted of about 15-25 woodwind, brass and stringed instruments, along with a very busy drummer. Because the music was often up-tempo, swing music, these concerts were also dances. Bandleaders like Glenn Miller, Tommy Dorsey and Benny Goodman could easily fill an arena or Carnegie Hall. They often had their own radio programs.

The St. Marys Station Gallery will present an exhibition called Memories of the Big Band Era, beginning on Nov. 9. Curator

CONTINUED TO PAGE 2



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# COMMUNITY

## Station Gallery features Memories of the Big Band Era



(WENDY LAMOND PHOTO)

Gallery curator Cameron Porteous presents a St. Marys rose to Matthew Mackey, son of the late James L. Mackey, whose portraits are featured in the new exhibit.



(WENDY LAMOND PHOTO)

As a gold sponsor for the Station Gallery, Peak Select Realty Inc. staff Cathie Szmon and Sue Fowler stopped in to show their support for the latest exhibit.



(WENDY LAMOND PHOTO)

The Kruz Brothers shared their musical talent at the opening of the Station Gallery's latest exhibit, Memories of the Big Band Era.

CONTINUED FROM FRONT

Cameron Porteous says the idea came to him when he was viewing a private collection of portraits of Big Band leaders who had come to Canada in the 1940s. A memory of sneaking out of the house as a young boy is emblazoned in his mind. While staying in a campground in Saskatchewan one summer evening, Porteous' parents told him to stay in bed, saying they were just going down the road for a while.

"Shortly after they left, I slipped out of bed and, in my pajamas, made my way down the road toward the sounds of brass, drums and piano in the night air," Porteous remembered. "The music was coming from the pavilion. I looked through the screened windows and saw an amazing sight of people dancing to the music played by a small ensemble of musicians. Happy couples were swirling around the dance floor in the warm, evening air with the cotton dresses of the ladies clinging to their bodies."

It is a bittersweet vision of a bygone era that becomes the focus of this new Station Gallery show. It features the work of two artists – James Mackey, whose portraits of the band leaders Porteous saw in that private collection, and Hans Veenvliet, who produced a number of three-dimensional collages made from musical instruments. Ironically, both the portraits and the collages are here because of a kind of rescue mission. The Big Band leaders' portraits were found in a hockey arena in London

that was about to be torn down and were saved from destruction by Mackey's sister, Ethel. She gave the portraits to the painter's son, Matthew. The musical instruments that Veenvliet turned into collages were salvaged from a high school that was being demolished.

James Mackey (1926-1990) was born in Detroit but spent much of his early life in Canada. A prodigiously talented young man, he attended art school in London, Ont., where he met his future wife, Ruth. The couple moved to Boston so Mackey could attend the Boston Museum School of Fine Art. Their plan was to move to Europe after his studies so both could do some serious painting there. But their son Matthew was born in 1948, effectively ending that dream.

Mackey went into commercial art to support his growing family (twin sons were born four years later), and from then on, he led a peripatetic and rather tortured life. He suffered from what would now be called bipolar disorder, leading to alcoholism and deep depression. The couple eventually lived apart with Mackey working as a commercial artist in Detroit at BBDO, one of the largest advertising agencies in the world. His wife and the boys returned to Stratford.

The bandleader portraits were made in London when Mackey was only 17. The younger Mackey isn't certain of the details, but he speculates they were made as souvenirs of each bandleader's visit

to London. The most famous bandleader in the collection is Duke Ellington, the composer and pianist who led one of the most successful big bands in America for several decades. Some of the others are more obscure but all were painted while on tour in Ontario.

Hans Veenvliet (1960 to present) is an artist who lives and works in Blyth, Ont. Originally trained as a stonemason, he now is primarily a woodworker. The change came when a family friend asked him to turn a violin into a memorial piece. He deconstructed the body of the violin, then reformed the pieces into something unique. The result was not

quite sculpture, but more a three-dimensional collage. He has repeated that process numerous times since with various kinds of musical instruments.

Veevliet and his wife, Cynthia McKenna, a painter, began the Wild Goose Studio in Southampton, Ont., and later relocated to 432 Queen St. in Blyth. It is an exhibition space and working studio for both artists.

St. Marys Station Gallery opened Memories of the Big Band Era with a reception on Nov. 9. The Gallery is open Wednesdays through Saturdays from 11 a.m. to 4:30 p.m.



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Wednesday Nov-13th	Thursday Nov-14th	Friday Nov-15th	Saturday Nov-16th	Sunday Nov-17th	Monday Nov-18th	Tuesday Nov-19th
Mainly sunny	Rain	Mainly cloudy	Mainly sunny	Sun/cloud	Sun/cloud	Sun/cloud
7°C	8°C	10°C	10°C	11°C	10°C	9°C
Feels Like 3	Feels Like 5	Feels Like 8	Feels Like 8	Feels Like 9	Feels Like 7	Feels Like 6

# St. Marys honours veterans and those currently serving on Remembrance Day



(WENDY LAMOND PHOTO)

Members of the Army & Navy Air Force Veterans and the Royal Canadian Legion St. Marys stand in honour of the fallen and recognize the sacrifices of all who served during the Ceremony of Remembrance Nov. 11 at the town hall Cenotaph.

CONTINUED FROM FRONT

Mitchell and the wreaths were laid. The gathered crowd was then asked to sing "God save the King" and our national

anthem.

As the Legion Colour Guard were called off, veterans were invited to come up first and lay their poppies at the cen-



(WENDY LAMOND PHOTO)


Pictured from left to right, St. Marys Fire Chief Richard "Andy" Anderson, Rev. Pirie Mitchell, Mayor Al Strathdee and town staff take part in the St. Marys Remembrance Day service.


taph in remembrance.


Now more than ever, it is so important that we understand how our freedom came about and to remember those who

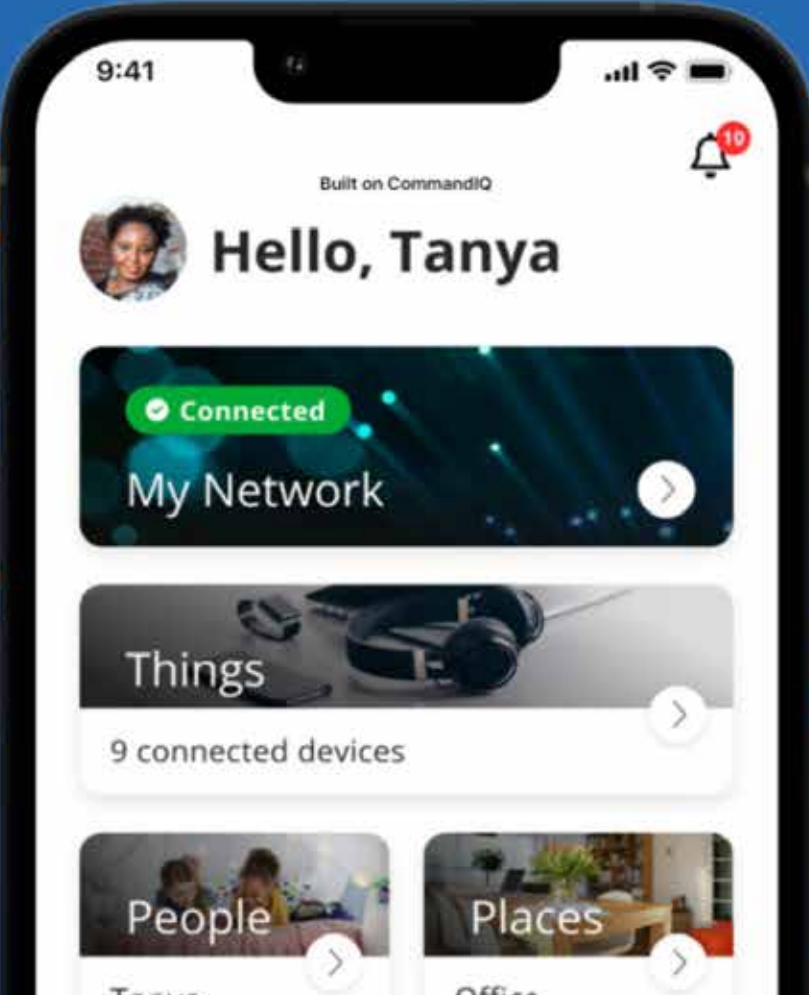
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**ST. MARYS GIVES 2024:**  
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**The Youth in St. Marys are Leading the Giving Tuesday Charge!**

\*1st St. Marys Sparks/Embers (28 girls ages 5 to 8 years old) will be making Christmas cards and singing Christmas carols at Kingsway Lodge.

\*Holy Name of Mary Elementary School students will be participating in the Giving Tuesday Flag Raising on Monday, Nov. 18 at 10:00 am. The entire school will be gathering items for the Salvation Army in time for Giving Tuesday.

\*DCVI Students are VERY busy with Giving Tuesday activities. They will be part of the Giving Tuesday float in the Kinsmen Santa Claus Parade on Friday, Nov. 15. They are having a food and toy drive for the Salvation Army. They are hosting a Community Soup and Sandwich lunch. They are hosting a musical concert for neighbouring Elementary Schools. They are hosting a movie evening for neighbouring Elementary Schools.

Our Youth are setting the most amazing example of Giving! "Won't You Be My Neighbour".....

If you have not made your plans yet, please do! If you need ideas please email us. When your plan is set, please scan the QR code or email us at [givingtuesdaystmarys@gmail.com](mailto:givingtuesdaystmarys@gmail.com). We need to know all of the plans by Monday, Nov. 18 so we can include all of the amazing events in the Independent in time for Giving Tuesday on Dec.3. Thank you so much for being part of this amazing day! Better Together Always!



**GIVING**  
**TUESDAY** **Dec 3**

For More Information Contact: [jdockerjohnson@gmail.com](mailto:jdockerjohnson@gmail.com)

**Bravo**

We have 2 Bravos this week.

1) A big bravo to all the evening life-guards for a great fall season of Aquafit classes, with a special shout-out to Lifeguard Jess for all her energy! We look forward to the pool's reopening!

2) Bravo to the Holy Name of Mary Grade 1/2 Class for leading the Remembrance Day Assembly for the school. It was very well done. It is great to see and know that this generation is learning about our history and the true meaning of the freedom we enjoy in Canada.

**Boo**

We have 2 Boos this week.

1) Boo to the individual who felt it appropriate to belittle a Foodland employee, by calling her a very offensive name. Her till was down and no one was there that could help her, which caused quite a back up. We need to show patience and kindness to all of our customer service workers instead of yelling at them and name calling.

2) Boo to the people who brought their dogs to the Remembrance Day Ceremony on Nov. 11 that were barking and making noise. This doesn't show much respect.

\*Please note all Boos and Bravos must be signed in order to be considered.

Bravos and Boos are submitted by community members and do not necessarily reflect the opinions of the St. Marys Independent.

**Quote of the Week**

*"Our veterans were never ashamed to wear their uniforms while protecting Canada and they should never be made to feel ashamed to wear their uniforms today. If the people behind this decision had a shred of the courage that our veterans have, this cowardly and insulting idea would have been rejected immediately,"*

**- Nova Scotia Premier Tim Houston in response to Sackville Heights Elementary School asking service members and veterans not to wear their uniforms to a Remembrance Day ceremony**

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Have you heard something humorous around town that you think might be of interest to others? Either email them to us at [info@stmarysindependent.com](mailto:info@stmarysindependent.com) with the title "Overheard at The Coffee Shop", call 519-284-0041 or drop by the office to let us know!



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**The St. Marys Independent**  
THOUGHTS OF THE WEEK

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Regardless of how it goes down,  
Life goes on.

Make today so awesome that yesterday gets jealous

Even the darkest clouds have the sun behind them.

If you are going to rise, you might as well shine.

# Celebrate the holiday season in St. Marys; the festive season starts this weekend



## ST. MARYS INDEPENDENT

Staff Contribution

The wreaths are hung, the lights are on and a festive buzz is in the air – the holiday season has arrived in St. Marys!

Santa Claus arrives this Friday, Nov. 15 to kick off the season via the Kinsmen Santa Claus Parade beginning at 7 p.m. Parking on Queen Street East from Water Street to Peel Street and on Water Street South from Queen Street East to Jones Street East is prohibited during the parade. Closures will begin at 4 p.m. on Nov. 15. Visit [www.stmaryskinsmen.com](http://www.stmaryskinsmen.com) for more information about the parade route, donations and entering a float.

Also on Friday, Nov. 15, the fabulous WinterLights will be lit! Enjoy the display nightly from 5 p.m. until 11 p.m. until Jan. 1, 2025. Donations to the display are greatly appreciated online ([www.townofstmarys.com/winterlights](http://www.townofstmarys.com/winterlights)), at the donor wall or at Waving Santa.

On Saturday, Nov. 16, stop by the St. Marys Craft Show at the Pyramid Rec-

reation Centre. The show will run from 9 a.m. to 3 p.m. and will feature over 100 tables. Admission to the show is by donation and a delicious lunch is available for purchase with proceeds supporting the St. Marys Friendship Centre. Additionally, donations to the St. Marys Salvation Army Food Bank will also be accepted.

Beginning on Saturday, Nov. 23 to Sunday, Nov. 24, the Downtown Merchants' Open House is the perfect opportunity to cross everyone off that gift list. Participating merchants are offering festive promotions and giveaways! Enjoy a magical shopping experience with deals at local shops, free horse-and-wagon rides, and a chance to meet Mr. and Mrs. Claus in person. Don't miss out on the holiday cheer and excitement!

For more information on all these events, visit [www.discoverstmarys.ca/happyholidays](http://www.discoverstmarys.ca/happyholidays).

Be sure to follow the Town of St. Marys' Facebook, Instagram and Twitter (X) accounts for any updates and reminders.

## STONETOWN CRIER

The latest municipal news from the Town of St. Marys



### ST. MARYS CRAFT SHOW

Nov. 16, 9 AM - 3 PM | Pyramid Centre

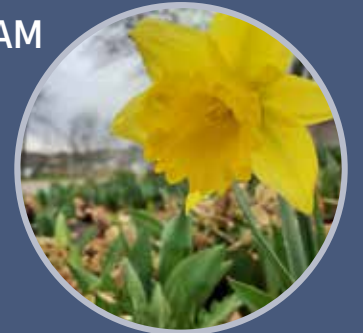
Shop for handmade treasures from local and regional artisans! Admission is by donation and lunch is available to purchase. A donation of non-perishable items are also appreciated.

[townofstmarys.com](http://townofstmarys.com) or 519-284-3272

### 2024 COMMUNITY GRANT PROGRAM

Our Community Grant Program is designed to assist local charitable, non-profit and volunteer organizations in making their dream projects a reality! Applications must be submitted by November 30.

[townofstmarys.com/communitygrant](http://townofstmarys.com/communitygrant)



### PUBLIC SKATING

Pyramid Recreation Centre

Join us for public skating at the Pyramid Recreation Centre. Please pre-register at [townofstmarys.com/activenet](http://townofstmarys.com/activenet) or at Guest Services upon arrival (pending capacity). Helmets are required for skaters under 16.

[www.townofstmarys.com/skating](http://www.townofstmarys.com/skating) or 519-284-2160

### BECOME A WINTERLIGHTS SPONSOR!

We invite you to support the cherished WinterLights community event, featuring over 100 magical light displays throughout the holiday season. Donations help keep this beloved festive tradition free for all to enjoy!

[townofstmarys.com/winterlights](http://townofstmarys.com/winterlights)



### SHOWER PROGRAM

Pyramid Centre

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### Senior of the Week



Our senior of the week is Larry Coulthard. Larry worked at Finnie Distributing for 20 years. While there he received the Dunlop National Truck Hero award. He also worked at Avon Maitland District School Board for 27 years and received the Key Contribution award and Support Person of the year award. He was raised in Downie Township but moved to St. Marys when he married Elsie 42 years ago. They have four children and five grandchildren. Larry also loves to collect toy trucks and tractors. Happy 80th birthday to Larry on Nov. 17.

If you would like to nominate someone for Senior of the Week, Contact us at 519-284-0041 or [info@stmarysindependent.com](mailto:info@stmarysindependent.com).

# Lions Club ensuring St. Marys stays warm with annual Koats 4 Kids, Teens and Adults Drive

EMILY STEWART

Independent Reporter

St. Marys residents will have a chance to donate their winter clothing to those in need this November.

The St. Marys Lions Club will be collecting winter coats, mitts, hats and scarves for their annual Koats 4 Kids, Teens and Adults Drive until Nov. 29. Winter-clothing items can be dropped off at any of the banks in St. Marys – Meridian Credit Union, Bank of Montreal, Scotiabank, TD Canada Trust and Royal Bank – and G.C. Boyle Law Firm.

Cascade Cleaners, the sponsor of Koats 4 Kids, Teens and Adults, will launder and hang the donations that are free for the taking.

"All the people come in and they take what they need," said Gerry Haliburton, member of the St. Marys Lions Club. "Quite often, we'll also find donations being left behind."

The St. Marys Lions Club receive an average of between 115 and 150 winter-clothing donations each year. Haliburton said while the club doesn't always keep track of the numbers related to the clothing drive, he said with the increasing cost of living, he knows there's a great need.

"Judging by what I see on the internet and what I hear in the news," he said, "I think things are getting worse and I think we're definitely in the position to help the community out here. There is a big need for that, no doubt at all."

Haliburton added warm clothing for the colder days is a must-have to stay healthy.

"It's an absolute essential for physical health," he said. "You just can't keep your immune system going and be comfortable if you're not warm and dry."

He added not staying warm during the colder months can impair concentration.

"As a student, you're not going to be able to concentrate in school or, as an adult, you're possibly not going to concentrate on work to do your job properly."

Though there isn't a donation jar set up for Koats 4 Kids, the St. Marys Lions Club collect monetary donations from patrons year-round at all events.

"If we're running a barbeque, they'll just give us money," Haliburton said. "They don't want the food. They'll just donate. We're more than happy to accept it."



**ST. MARYS LIONS CLUB**

**KOATS 4 KIDS, TEENS & ADULTS**



**URGENT! We are in need of Childrens coats, although we do appreciate coats for Teens & Adults! Please drop them off at Royal Bank, TD Canada Trust, Scotia Bank, Bank of Montreal, Meridian Bank, and G C Boyle Law Firm, 172 Queen St. E, from November 6 - 29**

**Sponsored by Cascade Cleaners** Thank you so much for your donations of warm wearable outerwear.

## Weekend Quiz

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- 1) Who won the 2024 US Presidential Election?
- 2) The Lake of the Ozarks is located in what state?
- 3) Who sings "November Rain"?
- 4) "Arrêt" is French for what?
- 5) What is Charles Darwin known for?
- 6) What is it called when an animal sleeps through winter?
- 7) Extracting syrup from trees is known as what?
- 8) Who won the 2024 World Series?
- 9) Mikey, Brand, Mouth & Chunk are boys from what film?
- 10) Who wrote the poem In Flanders Fields?

This week's answers are found on pg. 31

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# Grimmincks donate pedal tractor and sleds to Kirkton-Woodham Optimist Club



(CONTRIBUTED PHOTO)

Sylvester and Geraldine Grimminck are pictured with the New Holland pedal tractor and one of the two pulling sleds that they generously donated to the Optimist Club of Kirkton-Woodham. This equipment is used in the kids' tractor pull at the Kirkton Fair, which had 108 children participate this past September. Sylvester manufactured the sleds himself.

VAL THOMSON

Kirkton-Woodham Optimist Club

The Optimist Club of Kirkton-Woodham has been running a kids' pedal tractor pull at the Kirkton fair for over 30 years.

They got along with one Ford pedal tractor and sled, plus another tractor and sled borrowed from the Clinton Optimist Club for many years. The need for more equipment was apparent. Case-IH, through sales representative Paul Hern of Stratford Farm Equipment, donated a

Case-IH pedal tractor.

Sylvester Grimminck manufactured two pulling sleds and he and his wife, Geraldine, donated the sleds, plus a New Holland pedal tractor, to the Kirkton-Woodham Optimist Club. One-hundred and eight kids had the chance to use the new equipment at the Kirkton fair this past September.

The generosity of these people is greatly appreciated by the Kirkton-Woodham Optimist Club, the community and especially the kids.

# Coffee with a cop



(NANCY BICKELL PHOTO)

During Crime Prevention Week in St. Marys this past week, two policemen were interacting with the public on Thursday, Nov. 7 at The Sunset Café. Pictured here is Sunset Café owner Dave Steward enjoying a coffee with Const. Aaron Mounfield, community resource officer for St. Marys, and Const. Darren Fischer, community resource officer for Stratford.

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# From student to director of education: Karen Tigani appointed HPCDSB director of education

GALEN SIMMONS

Local Journalism Initiative Reporter

Having spent nearly her entire life as either a student or staff member for the Huron-Perth Catholic District School Board (HPCDSB), current superintendent of education Karen Tigani will soon be promoted to fill the shoes of director of education Chris Roehrig once he retires at the end of February.

Following an announcement earlier this year that Roehrig would retire from his position as of Feb. 24, 2025, the school board announced last week Tigani would be promoted to fill that role.

"I am pleased to announce the appointment of Karen Tigani as the new director of education for the Huron-Perth Catholic District School Board," chair of the HPCDSB board of trustees Mary Helen Van Loon said in a press release.

"Karen brings to this role an incredible wealth of knowledge, experience and commitment to faith-based education having served in various leadership roles within our school system over the past 25 years. She is an extremely vibrant, competent, faith-filled leader who will champion the goals of our 2024-2027 strategic plan, On Fire with the Spirit. Her joyful witness to her faith and her steadfast commitment to student success and wellbeing will serve both as guide and vision for our system."

Tigani is an accomplished educator who taught English and drama at the secondary level, served as a student-success teacher, vice principal, system-learning coordinator, principal and superintendent. She was a principal at St. Anne's Catholic Secondary School in Clinton and St. James Catholic Elementary School in Seaforth, and vice principal at St. Michael Catholic Secondary School in Stratford.

As superintendent of education, Tigani currently holds portfolios related to school supervision, faith, French immersion, early years, K-12 literacy, mathematics, multilingual learning, student success, skilled



(PHOTO COURTESY OF HURON-PERTH CATHOLIC DISTRICT SCHOOL BOARD)

**Current Huron-Perth Catholic District School Board superintendent of education Karen Tigani will take on the role of director of education after current director Chris Roehrig retires on Feb. 24, 2025.**

trades, pathways and leadership development among others.

"I feel a really strong sense of vocation and commitment to the Huron-Perth Catholic District School Board," Tigani said. "I literally started my journey with the board as a kindergarten student and I went through elementary and secondary schools here. When I became a teacher, I started working in our board and I've just kind of worked my way throughout my career in a variety of roles, and I just feel that my life and my work has prepared me for this time and place.

"When the job was posted, I really thought about it a lot and reflected and prayed, and I just felt this is the

right, next move for me and for the board."

As a result of her time serving the school board, Tigani says she has built important relationships throughout the board and in local school and parish communities, something she looks forward to prioritizing and continuing to build as director of education.

Looking ahead, she says one of the biggest challenges in her new role is to ensure the board continues to retain and attract staff that are committed to creating the best-possible learning environment for students.

"We are staffed very well and we are very proud of the quality of people who work for our team, but we know we need to continue to stay on top of that, so I think that's something that will be a really important priority for me; supporting the people that we have, attracting excellent people to come in behind and looking at ways to ensure that we are very, very well-staffed now and into the future," Tigani said. "Obviously, I will be looking forward to hiring an outstanding superintendent of education. That will be important as I make that transition and support the entire senior-leadership team that we have here."

Speaking to that transition, Tigani said she is already working with Roehrig on learning the in and outs of the job and she expects, by the time he retires, she will be ready to hit the ground running.

"I really hope that in my leadership I can model and inspire a spirit of leadership among everyone," Tigani said. "I really believe that we all are leaders wherever we are, and that's for students and for staff. All of us are leaders and if we adopt a growth mindset, there's nothing that we can't do together."

Tigani is a graduate of St. Jerome's at the University of Waterloo and earned her Bachelor of Education at Western University and her Masters in Educational Leadership at Niagara University. She is an active member of her parish in Stratford and is engaged in leadership with many organizations in the community and provincially.



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# Stonetown Arts Art Show and Sale returns for 13th year

GALEN SIMMONS

Local Journalism Initiative Reporter

Roughly 25 St. Marys and area artists will have the chance to display their latest, never-before-shown work at Riverwalk Commons later this month during the 13th annual Stonetown Arts Art Show and Sale.

For the first time in its 13-year history, the show is being organized by a dedicated, volunteer committee of Stonetown Arts instead of the group's board of directors. Chaired by former Stonetown Arts co-chair and treasurer Cathy Atwell, the committee also includes volunteers Rob Anderson, Julia Armstrong, Kathy Blake, Sandy Craig, Bonnie Innes, Donal O'Connor and Paula Wilcox.

"This year, the board has not been involved in the lead up and execution of the plans, nor in the decision-making process, in order to get the show up and running," Atwell said. "... This group deserves recognition. They had no idea what was involved in putting on the show, or what they might be getting themselves in for in volunteering to be on the committee, but they have worked hard and have worked together as a great team."

In addition to the work of all kinds created over the past year by the local artists and members of Stonetown Arts, the show organizers once again issued a Members' Challenge – an annual callout to member artists to create a piece of art that adheres to specific criteria.

"This year it is all four-by-six pieces on birch panels," Atwell said. "... Most of our Members' Challenges in the past



(GALEN SIMMONS PHOTO)

**Organizers Cathy Atwell and Bonnie Innes are excitedly preparing for the 13th annual Stonetown Arts Art Show and Sale at Riverwalk Commons, which runs Nov. 22-24, Nov. 29 and 30, and Dec. 1.**

have been on birch panels – sometimes on canvas or birch panels – and this year, the artists were challenged with doing anything they wanted, but it had to include some kind of a living thing."

As each year's Members' Challenge pieces tend to be smaller in size than the other pieces on display, Atwell said they're a great way to make art more accessible and affordable for people who want to take a piece of local art home with them. Some patrons, she said, come back to the show year after year to collect a Member's Challenge piece from each show.

Both Atwell and Innes, who also serves as Stonetown Arts' current treasurer, said the show is a culmination of an entire year of member artists working on their own, learning from each other during their members meetings

and outings, and experimenting with techniques and mediums they aren't as familiar with.

"Except for maybe less than a handful of our members, they don't get the opportunity to show their work in a show like this," Atwell said. "It gives them the opportunity to show their new work they've been working on for the past year, hiding it in their closet. It gets their art out into the world, so to speak. That's really important for them to be able to do because otherwise, they're doing all of this beautiful artwork and nobody except them and their family is seeing it. That's just not right."

Innes, who will display her art in the

upcoming show, said she did a little experimenting herself this year based on some advice she received from one of her fellow Stonetown Arts members.

"I kind of chose a sky, lake and sand theme," Innes said. "Everything is sort of in blues and taupe and browns and whatnot. I just sort of got on a roll; it's just something I tried. There's texture – some sand texture – so there's a little bit of new stuff, too. It's acrylics, but I went bigger. Usually I do smaller sizes, and another artist looked at my work and she said, 'Go bigger.' So go big or go home. I don't get into abstracts at all, but I keep thinking I might try it some day."

Stonetown Arts will host the opening reception for the art show and sale on Friday, Nov. 22 from 6-9 p.m. The art show will then run on Saturday, Nov. 23 from 10 a.m. to 5 p.m. and on Sunday, Nov. 24 from noon to 4 p.m. It will return to Riverwalk Commons for a second weekend on Friday, Nov. 29 and Saturday, Nov. 30 from 10 a.m. to 5 p.m., and on Sunday, Dec. 1 from noon to 4 p.m.

The first weekend of the art show and sale will be held in conjunction with the annual St. Marys Merchants Open House Nov. 23 and 24, which will feature horse-and-wagon rides and, of course, a visit from Mr. and Mrs. Claus.

Stonetown Arts members will be on hand at the show to meet with local art lovers, discuss their work and that of their fellow members, and answer any questions from the public.



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# Awareness in action: “Keeping Ontario Safe Together” for Crime Prevention Week

WENDY LAMOND

Independent Reporter

Ontario’s Crime Prevention Week took place from Nov. 3-9 and offered local police a great opportunity to share the collaborative efforts between police and the community as they work towards the common goal of preventing crime and keeping people safe.

There were lots of events organized by the Stratford Police Service between Stratford and St. Marys including a car-seat clinic, bike registry at Stratford District Secondary School, Coffee with a Cop in both towns, an open house community drop-in and an information booth at the Stratford Warriors game.

The province-wide campaign takes place in person and, in some cases, online to educate the community on crime-prevention initiatives.

Starting in 1970, Crime Prevention Week has always been observed the first full week of November as a collaboration between the Ontario Association of Chiefs of Police, the Ontario Ministry of the Solicitor General and the police service across Ontario.

Const. Darren Fischer, community resource and media relations officer

with Stratford Police Service, explained the importance of community engagement this week.

“If we don’t have that participation from the public, we really can’t do our jobs. We really can’t be everywhere at once, so we do need people to keep their eyes open, we do need people to engage positively with the community,” he said.

Keeping residents safe is a number-one priority for the local police service. Every year, they pass on a few tips on staying safe to area residents. They include:

- locking doors of homes, garages, sheds and vehicles;
- trusting one’s instincts – if something doesn’t feel right, it probably isn’t;
- becoming familiar with one’s surroundings;
- travelling in groups;
- increasing visibility at home with increased lighting;
- Parking in well-lit areas; and
- For parents, educating oneself on the technology their kids are using regularly.

These are just a few, but simple precautions that can reduce one’s personal risk and to help keep crime at bay.



(WENDY LAMOND PHOTO)

Jill Campbell (right), who is trained under the Child Passenger Safety Association of Canada, was on hand to show Sarah Bewhey and son Kody the proper and safe way to install a car seat. The car seat clinic was part of Crime Prevention week and was held at the St. Marys Fire Hall on Monday, Nov. 4.

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# November is Radon Awareness Month

JULIA PAUL

Independent Reporter

It's the time of the year when shutters are closed and the heat gets turned on. As we start to spend more time inside, it can be especially important to check one's basement for high levels of radon.

Radon comes from the mineral Uranium. Uranium naturally occurs in the soil and, as it breaks down, it releases radon.

"The concern with radon is that it is an odourless, colourless, tasteless, radioactive gas that comes from the ground," said Dale Lyttle, a public-health inspector with Huron-Perth Public Health. "It's naturally found in soil, rock and water. It's found basically in every home but it's not always at elevated levels. So, radon levels inside homes can build up to levels that Health Canada considers to be dangerous. Health Canada recommends that any home with a radon level with 200 becquerels per cubic metre should take action to lower the level of radon."

A study done in between 2009 and 2013 showed that 12 per cent of the homes in Huron-Perth had radon levels of over 200 becquerels per cubic metre. This time of year, basements are at a higher risk for concerning radon levels



as they tend to be well sealed during winter. Anyone spending a lot of time in their basement should be testing for radon levels.

"Over time, exposure to elevated levels of radon can actually cause lung cancer," Lyttle said. "Radon is the leading cause of lung cancer in nonsmokers, causing over 3,000 Canadian deaths per year. Those who smoke cigarettes are at an even higher risk of developing lung cancer from radon exposure."

"If people are concerned about radon in their home, there are test kits available. You can get them at hardware

stores or you can go on websites to have them delivered to your home. Health Canada recommends to test your home every two years because testing is really the only way to know if radon levels are a concern in your house."

One of the important things, Lyttle said, is to choose a test kit that's approved by Health Canada. The best type of kit is called a long-term radon test kit, which sits in the home for at least 91 days or more to get a proper reading. Anyone who is curious about their home's radon levels can use a quick test and then follow up with a long-term test.

Radon testing is easy and effective. The kits are very easy to use with simple instructions. After placing the test in a room for 91 days or more, the test gets returned to the lab and analyzed. If the results show dangerous levels of radon, there are procedures that can lower the levels of radon in the room.

The first is active soil depressurization, which sucks the air from beneath the ground and removes the gas from the home. This procedure can range from \$3,000 to \$11,000 in cost. Another option is to increase the ventilation in the room. Having a window open can let the radon gas escape and lower the levels of radon in the room. Changes to the HVAC system can also make a difference.

"(This month) gives us an opportunity to remind people that radon can be found anywhere in Ontario," said Lyttle. "There is a risk that levels might be high in their home and they may not even know about it. So, being aware that it could be there; it also gives us an opportunity, with winter coming, to discuss testing and how easy it is for people to test and to correct the problem if necessary for the good of their health and their family's health."

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## SKC students summit podium at World Championships

SPENCER SEYMOUR

Independent Sports Reporter

Stonetown Karate Centre (SKC) students Sensei Jalyne Lorentz and Lisa Sheldon returned to St. Marys from the World Karate Championship in Albufeira, Portugal, with a large haul of hardware that included four gold medals and three silvers.

The week-long global karate tournament ran from Oct. 26 to Nov. 1 and featured over 1,000 competitors from 33 different countries. Sensei Jeremy Lorentz told the Independent what the accolades meant to his two students and the local dojo.

“Winning gold and silver medals at the World Championships was a profoundly emotional moment,” said Jeremy Lorentz. “The medals were not just symbols of victory but represented the countless hours of hard training and personal and professional growth that Sensei Jalyne and Lisa achieved. The triumph was made even sweeter knowing their success would inspire others to believe in the power of hard work and dedication, which made every sacrifice worth it.”

Jalyne Lorentz, who competed in the 15-17-year-old girls’ black belt division, captured the gold medals in classical traditional forms, hardstyle traditional forms and traditional weapons, along with the second-place prize in creative weapons and kenpo forms.

The triple-gold medalist described her feelings after her most successful World Championship appearance to date.

“The feeling of standing on the podium and earning the title of a multiple-time world champion is an extraordinary experience,” Jalyne Lorentz said. “It gets me excited to defend my title next year. The traditional forms and weapon divisions are the largest and deemed some of the



(SPENCER SEYMOUR PHOTO)

**Pictured from left to right are Stonetown Karate Centre (SKC) students Lisa Sheldon and Sensei Jalyne Lorentz, who combined to win four gold medals and three silvers at the World Karate Championship hosted in Albufeira, Portugal, from Oct. 26 to Nov. 1.**

hardest to win. This year, I took the gold in all three with perfect scores in both eliminations and the finals which was a huge goal of mine, which makes it all the more special to me.”

Sheldon, representing the SKC in the 42+ women’s black belt division, earned the gold in light contact fighting. She also picked up a silver medal in point fighting.

According to Sheldon, the camaraderie developed with her national team counterparts made her pair of medals even more meaningful.

“It always amazes me the size of Team Canada that attends every year. The one thing I love the most is the support and encouragement from other team members, who are competitors at home but one united group at the World Championship. Once an event is finished, your competitors, many times, leave as friends. This has always made the experience more emotional for me,” Sheldon said.

The two SKC students also expressed pride and gratitude for their hometown karate dojo and the people who are part of it.

“Representing the SKC and St. Marys on the world stage is an incredible honour,” said Jalyne Lorentz. “It goes beyond just competing; it’s about carrying on the legacy of the SKC and the community. I hope to inspire others through the endless possibilities that karate offers. It’s exciting that the skills we learn in St. Marys can lead to such great international results and the value of my knowledge from this experience can be shared with my students and our dojo.”

“I feel like I’m part of a special group of people who consistently push for something greater, being a member of the SKC,” Sheldon said. “With the amount of time Sensei Jeremy spends working with us, I hope we make him proud. Coming from a small town that I have grown up

in with a community and family that have always encouraged and cheered me on every step of the way, I really couldn’t have asked for a better place to do my training in.”

Sensei Jeremy Lorentz, meanwhile, described his first-hand view of his two karate practitioners’ road to international glory.

“Sensei Jalyne and Lisa’s journey was marked by intense hard work, relentless dedication and an unwavering commitment to excellence. Both pushed themselves beyond their limits and invested countless hours of rigorous training to refine their techniques, build their strength and sharpen their mental focus. They endured gruelling sessions that demanded precision, stamina and resilience to ensure they were prepared for the global stage.

“Every day brought new challenges that tested their endurance and willpower, but they met each obstacle head-on,” Jeremy Lorentz continued. “When the moment of the competition arrived, they poured every ounce of energy and skill into their performances, knowing they represented not only themselves but also Stonetown Karate, their community, Canada and all those who believed in them.”

Speaking on behalf of his entire dojo, Jeremy Lorentz expressed pride in the pair of medal-winners.

“Our entire Stonetown Karate community is incredibly proud of Sensei Jalyne and Lisa for their outstanding achievements at the World Championships. We all felt immense pride in seeing their hard work pay off and their dreams realized. Their success reflects the spirit, values and strength of the Stonetown Karate family and inspired both students and instructors to pursue their own paths with the same passion and resilience.”

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# DCVI junior girls win Huron-Perth title

SPENCER SEYMOUR

Independent Sports Reporter

For the second straight year, the St. Marys DCVI Junior Girls basketball team finished the Huron-Perth play-offs atop the field when they won their league final against St. Michael Catholic Secondary School on Nov. 6 by a final score of 25-19.

Head coach Tim O'Connor told the Independent his team's victory was well-deserved.

"I'm proud of them," said O'Connor. "We played well and had to fight for it. We fell down 8-0 but our bread and butter all year long has been our half-court defence, and that's what we said after the first quarter. We reminded them to lock things down, trust in our defence and eventually, good things will come. St. Michael is also a really good defensive team and they made it tough for us to score, but we were able to get enough to get the job done."

After going down by eight points, the Salukis managed to claw back to make it a one-point deficit at halftime, heading into the third down 11-10.

O'Connor noted that the team experienced some jitters early in the contest.

"When we run up against a good defensive team, we sometimes play more tentatively. We start looking to get rid of the ball too quickly and forget their fundamentals in terms of stepping around and assessing our options. It was a credit to St. Michael, to be honest. They are very aggressive and very athletic, so it just took us a little while to find our footing.

"We got a couple of big buckets early in the third quarter and I think those really helped us take a breath and settle in," O'Connor continued. "Then, we locked things down defensively. We got some stops and really didn't give them a good look. Our kids guarded the perimeter really well and we didn't give them anything easy."

Alongside O'Connor, Jack Taylor was part of the junior girls' coaching staff. Taylor credited the team's mostly rookie contingent of players for making positive strides throughout the season.

"The improvement we've seen this year was incredible. Most of these girls haven't even played a game of competitive basketball in their lives, so the way they've developed being coached by Tim



(SPENCER SEYMOUR PHOTO)

The St. Marys DCVI Junior Girls basketball team won their second consecutive Huron-Perth Championship on Nov. 6, defeating St. Michael Catholic Secondary School 25-19 in the league final. Pictured in front row, from left to right, are Regan Jones, Charlotte Richardson, Alanna Savile and Holly Black. In the back row, from left, are head coach Tim O'Connor, Lily Hollestelle-Black, Maeve Wheeler, Lena Thompson, Aryn Sheldon, Melody Weber, Raegan Stacey, Emma Hodgkinson, Charlotte Johnson, Lu Zulu, Silver Breckon and coach Jack Taylor.

and getting all of his tips, it's been great to watch. They've learned so much from Tim and they've worked really hard to get better."

The Salukis held St. Michael to just two points in the third quarter while scoring seven points of their own, taking a 17-13 lead into the fourth. Charlotte Richardson, one of the team's Grade 10 veterans, scored 14 points in the game, but arguably none were bigger than her three-pointer just moments into the third.

According to Richardson, the group was able to battle through their early struggles by not giving up on one another.

"I think it was just about sticking together as a team," said Richardson. "We win together and we lose together. That's something we've believed since the start of the season. I just told the girls during the game that, whatever happens, we do it together as a team."

The team's Grade 10 leadership group also includes Holly Black, Regan Jones and Alanna Savile, the latter of whom chipped in seven points and described the team's mentality entering the league

game and helps us to stay calm. It's really important in these close games to stay focused and stay calm but also play with enthusiasm."

Jones echoed those sentiments, praising the rest of her team for helping pick each other up.

"We were all excited and we all wanted to win," Jones said. "I feel like we started a little bit nervous, but once we got into the game, everyone played excited and everyone was playing and cheering with lots of energy."

Black, meanwhile, praised the team's ability to help their teammates on the defensive side.

"Our defence was very good. We communicated very well. We were doing a good job of helping when someone got past one of our defenders."

Savile also mentioned her happiness with the group's effort and winning their second consecutive league championship, which Black followed up with a show of confidence in the squad.

"Going in, we knew it wasn't going to be easy," Savile remarked. "It was a 50-50 battle since we knew we were playing a really good team. It's amazing. I'm so proud of our team."

"It's nothing new; we did it last year," Black added with a laugh. "This is another one to go with our collection."

The junior girls look to add to their successful season when they compete at WOSSAA on Nov. 13.

final.

"It was important for all of us to keep encouraging each other and cheer each other on from the bench," Savile noted. "I feel like that really keeps us in the

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# DCVI jr. boys overcome adversity to earn H-P silver

SPENCER SEYMOUR

Independent Sports Reporter

“When you're high, the mental part of the game is fine and you're rolling. It's what you do when you're down to get back up to that high that defines you.”

Those were the words of St. Marys DCVI junior boys volleyball head coach Ian Moore after his team advanced to the Huron-Perth playoffs final last week on the backs of a spirited show of resilience by the Salukis in their quarter-final win over Goderich.

On Nov. 5, the third-ranked Salukis met Goderich and, early on, St. Marys was firing on all cylinders taking the first set 25-18 and jumping out to a 19-9 lead in the second set. After a timeout was called, with the Salukis already thinking ahead to what substitutions they would make when they got to their 20th point, Goderich suddenly roared to life and went on a 16-1 run to win the second set 25-20.

Moore explained the entire team, including himself, had gotten a bit too comfortable in their 10-point lead.

“We were down. Our guys were in a hole which had nothing to do with physical ability. It was all mental. I think we started to feel a bit too confident that we had the set won, myself included, as I was talking about subbing in some different kids. We lost our focus and couldn't regroup.”

The Salukis began to claw back into the game in the third set but couldn't turn the tables enough to wrestle control away from Goderich as the sixth seed won the third 25-22.

“The second and third sets were hard for us, entirely because of a mental



(CONTRIBUTED PHOTO)

The St. Marys DCVI Junior Boys volleyball team captured the silver medals after advancing to the Huron-Perth final last week. Pictured in the front row, from left to right, are Dominic Marziali, Danny Dittmer, Zach Larmer and Dylan Chateauvert. In the back row, from left, are head coach Ian Moore, Seth Zub, Peyton Wynands, Parker Levy, Donnie McGregor, Henry Switzer, Vaughn Barr, Walker Wakem and Hunter Pickel.

stumble,” Moore told the Independent. “If you don't have the mental part right, the physical part doesn't happen and, in this case, we lost the mental part and, as a result, couldn't execute. But the boys didn't give up; they picked themselves up and got back to where they needed to be.”

Staring down the barrel of being eliminated, the junior boys emerged for the fourth set finally showing signs of a renewed focus. Though not a perfect set, St. Marys got the 25-19 win to force a fifth and deciding set.

“Our guys slowly got their mojo back,” said Moore. “They got into a rhythm

and played to their potential. We started to settle in and play our game, and we got better as the rest of the game went. We won the fourth set, not handily, but we did well, and then we really locked in during the fifth set.”

The Salukis took the final set in commanding fashion by a score of 15-3.

With the win over Goderich, the Salukis earned a match in the semi-finals against South Huron, which entered more rested than DCVI having earned a buy from finishing second in the Huron-Perth regular season standings. However, the lack of a test earlier in the day didn't benefit South Huron as they

had hoped. Meanwhile, DCVI's hard-fought road to the semis calcified the team's resilience and focus en route to St. Marys winning three straight sets to move to the championship game on Nov. 7 against Stratford District Secondary School (SDSS).


According to Moore, the adversity the Salukis had to battle through in their quarter-final against Goderich gave them a valuable lesson that propelled them forward through the rest of the playoffs.

“When you're high, that mental part of the game is fine and you're rolling. It's what you do when you're down to get back up to that high because there are going to be periods of time when you're struggling and not doing as well as you know you could. I had two goals for the day. Number one; breathe. I told them that there will be moments when you're down and moments when you're anxious. That's when you take a long, deep breath, ground yourself and refocus.”







“The other goal was communication and teamwork,” Moore continued. “If our six people on the court aren't connected, they're going to have a hard time winning. If they're connected and picking each other up, that's how you will get through those down moments. I think they got an even better understanding of why those are important because of the two poor sets against Goderich, and I think we were able to carry that with us into our match against South Huron.”

Unfortunately, the Salukis fell three sets to one against the powerhouse SDSS squad in the final but walked away with the silver medals and a berth at WOSSAA on Nov. 13.

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# DCVI cross-country runners enjoy strong season

SPENCER SEYMOUR

Independent Sports Reporter

The St. Marys DCVI Cross-Country team earned the school plenty of accolades throughout this year's cross-country season.

The junior boys' contingent of the team headlined the team's performances, finishing fifth overall at OFSAA after winning the top spot at both Huron-Perth and WOSSAA. At the Huron-Perth meet, first-place winner Charlie Bender and second-place runner-up Nic Brintnell, along with Abe Bender and Zach Matheson, all finished in the top five. Ben Robson also had a strong seventh-place finish to help the Junior Boys reach a near-perfect overall team score of 12 points.

Bender and Brintnell maintained their grip on the top two spots at WOSSAA as well, with Bender finishing sixth, Matheson taking 19th, and Robson placing 24th. The collection of results earned the junior boys the overall team victory for the second consecutive year and put them 24 points ahead of the second-place team.

Quintin Steffler found great success as a Para runner in what was his first-ever season of running cross-country, finishing first at Huron-Perth and seventh at WOSSAA. His strong results



(CONTRIBUTED PHOTO)

St. Marys DCVI earned a number of strong results during this year's cross-country season, capped off by DCVI's junior boys, pictured, who finished fifth overall at OFSAA. Pictured in the front row, from left to right, are Ben Robson and Zach Matheson. In the back, from left, are Abe Bender, Quintin Steffler, Charlie Bender, Kaleb Dingman, Nic Brintnell and coach Megan Bryan.

earned him an OFSAA berth where he took 44th.

Kaleb Dingman also had a strong year in his first competing in the senior boys division. Dingman took second at Huron-Perth before placing fourth overall

at WOSSAA, an especially impressive feat for a Grade 11 runner.

Along with Dingman's strong results, DCVI's senior boys squad also saw Myles Clinton finish fifth at Huron-Perth, while Oliver Black came in seventh.

Other notable Huron-Perth results include the novice girls' team finishing third overall, which included Aryn Sheldon taking eighth and Ella Aarts finishing ninth. Outside of the top 10, Ramona Graham came in 14th, Emma Hodgkinson finished 19th, and Kirsten McKichan placed 20th.

DCVI also had a trio of junior girls finish in the top 10 of their run, including Charlotte Richardson who earned second place, while Holly Black took fifth and Alanna Savile finished eighth.

In the senior girls division, Bailey Ross placed sixth while Bronwyn Hawkins came in ninth. DCVI's novice boys included Graeme Froud and Sully Bolton taking 14th and 15th.

Coach Megan Bryan told the Independent the team's cohesiveness made them an especially impressive group this season.

"As an individual sport, it can be hard to foster a team feeling, but this comes naturally to our group. They work well together in practices and are often encouraging or challenging each other to do an extra rep or hill. They support each other during races by cheering their teammates on. They are there for each other during tough races and celebrate everyone's victories."

# U18 girls earn 'confidence-boost' victory

SPENCER SEYMOUR

Independent Sports Reporter

The Hubbard Pharmacy U18 Girls St. Marys Rock enjoyed an increase in their offensive success on Nov. 10 when they picked up a hard-fought 5-1 win over the visiting Lambeth Lancers.

Head coach Nathan Brown said his team hit their stride in the final period.

"We really started to execute in the third," Brown told the Independent. "It took us a little while to get going, partially due to playing (on Nov. 9) as well with only two lines. Our girls are very consistent in that they are at their best when their opponent is really challenging them. Once they started realizing that they needed to get to the blue paint, good things started happening."

As they began ramping up their play, that aggressiveness in front of the net allowed the Rock to score the game's first goal when Tegan Mace scored just two minutes and eight seconds into the second frame. Delanie McKay and Georgia Edwards earned the assists. Lambeth tied the game just 46 seconds later, but with five minutes and 18 seconds left in the period, Sophie Richardson restored the Rock's one-goal lead.

Ella Carter put St. Marys ahead by two with a powerplay goal assisted by Deirdre Parson and Kylie Fifield in the third,



(SPENCER SEYMOUR PHOTO)

Sophie Richardson takes a shot during the Hubbard Pharmacy U18 Girls St. Marys Rock's 5-1 win over the Lambeth Lancers on Nov. 10. Richardson was one of two players to score two goals in the game along with Tegan Mace.

the first of three goals by St. Marys in the final frame. Richardson followed that up with her second of the game with the lone assist going to Madeleine Monisit Brown. With exactly six minutes left, Mace also scored her second of the night, with Keirsyn Wood and Rory Brockman picking up the helpers.

Brown called the win a "good confidence boost."

"We've had a couple of games where we've really struggled to make it all happen, to finish with the result we want and to score those greasy goals. We've had a couple of low-scoring ties and then a few games ago, we played

Belmont and got down 3-1 but scored three times in the last four minutes with the game-winner with around five seconds left. You can see the team starting to really come together.

"They are starting to believe that they can get it done in their division," continued Brown. "Out of 17 teams, we're sitting tied for second right now. They are all putting in the work. Cammie (Lobb) has been our Swiss Army knife. She is always a team-first player. Cammie plays left defence, right defence and forward, and would probably play goal if we asked her to. We've had a few members of the U15 team with us tonight in Teodora Walsh and Reese Crawford, and our girls welcomed them in."

As he examined his team's strong third period, Brown credited the group for their highly intense compete level at both ends of the ice.

"They just weren't giving up. Everybody wanted the puck. There weren't really any passengers, especially in the third period. They all wanted to play heavy on the puck, specifically when we got out of our zone, which we've struggled with this year. They're heavy on pucks along the boards trying to get out. Once we started getting some clean exits, they were heading the other way and causing the other team to get frustrated."

# Lincs stumble in stifling loss to Strathroy

SPENCER SEYMOUR

Independent Sports Reporter

The good news for the St. Marys Lincolns is, through 16 games this season, they still have only trailed by two goals or more once, the same frequency at which they have allowed more than three goals in a game.

Their defence and goaltending has been excellent.

However, despite continuing that impressive stretch preventing goals entering their net on Nov. 8 against the Strathroy Rockets, the Lincolns suffered their second defeat of the season in a tight contest when they fell to the Rockets 2-1.

Head coach Jeff Bradley felt there was a quelled intensity in the game and credited the visitors for largely causing that with their stingy defensive structure.

“Strathroy played a patient game,” Bradley told the Independent. “They were playing a little bit of rope-a-dope with us. Both teams sat back quite a bit, there were a lot of controlled breakouts. It was back-and-forth in that regard and they were comfortable limiting the game to a special teams battle, and we didn’t come out on the right side of that battle.”

Bradley elaborated on what specifically Strathroy was doing defensively that made it so difficult for the usually electric Lincolns’ offence to click.

“It’s a lot of what they were doing to us. They had three guys stacked on their blueline and as we’re coming out of our zone, they would stick a fourth guy there so we weren’t getting any rush opportunities. I think we maybe had one true, odd-man rush all night. We missed some chances, but they really kept us from getting very many dangerous scoring chances.”

The only goal of the first period came



(MCGINNY PHOTOGRAPHY PHOTO)

St. Marys Lincolns’ forward Ryan Hodkinson gets robbed by Strathroy Rockets’ goaltender Hayden Duncan during the Lincs’ 2-1 loss to Strathroy on Nov. 8.

at the 14:16 mark when Ben Funston broke the ice with his second of the season on a Strathroy powerplay assisted by Damian Pancino and Owen Gray. Despite outshooting the Rockets 10-7, the Lincs struggled mightily to generate any productive offensive-zone time, which Bradley noted was something the team worked to clean up in the final 40 minutes.

“We didn’t have a lot of jump, but we also are not getting any momentum in the first period because, to their credit, Strathroy was doing a great job of sitting back. We’re not getting opportunities off the rush. We’re not getting high-quality scoring chances in the slot because they got five guys in there.

“Going into the second, we talked about trying to swing momentum our

way by being physical and I think some of our guys did that,” Bradley continued. “I think it swung momentum in our favour a bit. Overall, I certainly don’t think they were miles better than us or anything. That was a tight game and they capitalized on one more of their chances than we did.”

Luca Spagnolo tied the game for the Lincolns on a powerplay just under nine-and-a-half minutes into the middle period with assists going to Jaden Lee and Owen Voortman. With the goal, the Lincolns’ captain now sits just two tallies away from hitting 50 goals in his GOJHL career.

The game remained deadlocked at one

apiece until the third period was just 24 seconds shy of its midway point, at which time Josh Denes extended his point streak to six games with another goal on a Rockets’ man advantage. The goal held up as the eventual game-winner with goaltender Hayden Duncan single-handedly holding the Rockets’ lead late in the third when the Lincolns pulled netminder Colby Booth-Housego in favour of the extra attacker.

All three goals in the game came on a powerplay, which Bradley noted as an element in how the team combats what the Rockets threw at them.

“Our special teams have to be better for one, but we’ve played that type of game before. We’ve played games like that against Strathroy numerous times in the last three years. It didn’t seem like we had that much offensive jump. I don’t think it was due to a lack of effort. I didn’t think we were great, but I didn’t think we were terrible either. Nobody really put the rest of the team on their back when we needed it.”

The Lincolns are now set to begin a six-game road trip that spans over the next three weeks, including a Nov. 13 visit to the LaSalle Vipers followed by trips to St. Thomas on Nov. 15 and Listowel on Nov. 16.

Rank	Player	GP	G	A	PTS
T-1	Jaden Lee	16	9	10	19
	Chase MacQueen-Spence	16	6	13	19
T-3	Luca Spagnolo	16	11	6	17
	Owen Voortman	16	6	11	17
5	Jacob McLellan	16	4	12	16
6	Ryan Hodkinson	14	6	9	15
7	Noah VandenBrink	14	5	9	14
8	Ryan Cornfield	16	6	7	13
9	Blake Elzinga	16	3	7	10
10	Ryder Livermore	16	0	9	9
11	Hayden Barch	13	3	3	6
12	Dylan Searles	13	3	2	5
T-13	Tanner Ducharme	10	2	2	4
	Ethan Coups	16	0	4	4
T-15	Julian Stubgen	12	1	2	3
	Owen Kalp	15	1	2	3
	Rowan Reid	11	0	3	3
T-18	Jacob Montesi	15	1	1	2
	Zander Kechego	12	0	2	2
	Chase McDougall	15	0	2	2

#	Goalies	GP	GAA	SV-%	Wins
1	Colby Booth-Housego	9	1.56	0.945	8
29	Nico Armellini	7	1.15	0.959	6

Rank	Team	Record	PTS	GF	GA
1	St. Marys Lincolns	14-2-0-0	28	67	22
2	LaSalle Vipers	13-5-0-0	26	65	48
3	Stratford Warriors	12-6-0-0	24	61	42
4	Strathroy Rockets	11-5-1-1	24	51	47
5	Listowel Cyclones	11-4-1-0	23	67	50
6	London Nationals	10-4-2-1	23	77	55
7	Chatham Maroons	11-6-1-0	23	86	57
8	Elmira Sugar Kings	10-8-3-0	23	74	77
9	K-W Siskins	7-8-2-2	18	58	59
10	Sarnia Legionnaires	6-9-2-0	14	56	68
11	St. Thomas Stars	4-9-2-1	11	50	88
12	Komoka Kings	3-14-1-0	7	40	84

# U16 Rock commemorates Remembrance Week with pregame puck-drop



(CONTRIBUTED PHOTO)

The St. Marys Legion U16 A Boys St. Marys Rock commemorated Remembrance Week with a ceremonial puck-drop before their game on Nov. 7. Pictured is the team’s captain Zach Larmer taking the ceremonial faceoff for St. Marys. Participating in the puck drop was Sgt. Sabrina Bernard, a medical technician currently posted to the 32nd Health Services Centre Detachment in London, and Bim Graham from the Royal Canadian Legion Branch 236 in St. Marys.

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# MINOR SPORTS SCRAPBOOK

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Addison Hudson fires a shot on net during the St. Marys Landscaping U11 B Girls St. Marys Rock game last Saturday.



Caxton Stewart-Noeske skates the puck through centre ice during this past Sunday's Nicholson Concrete U11 LL Boys Blue St. Marys Rock game.



Lane Munro rockets a slapshot on goal during the Home Hardware Building Centre U12 A Boys St. Marys Rock game last Wednesday.



Jude White carries the puck over the blueline during this past Sunday's Tremblett's Independent Grocer U11 LL Boys Red St. Marys Rock game.



Landon McDonald releases a shot during the St. Marys Firefighters' U14 A Boys St. Marys Rock game last Wednesday.



Zach Zwambag launches a shot from the point during this past Sunday's Armstrong Motors LL Boys St. Marys Rock game.

(SPENCER SEYMOUR PHOTOS)

# SPOTLIGHT ON ARTS & CULTURE

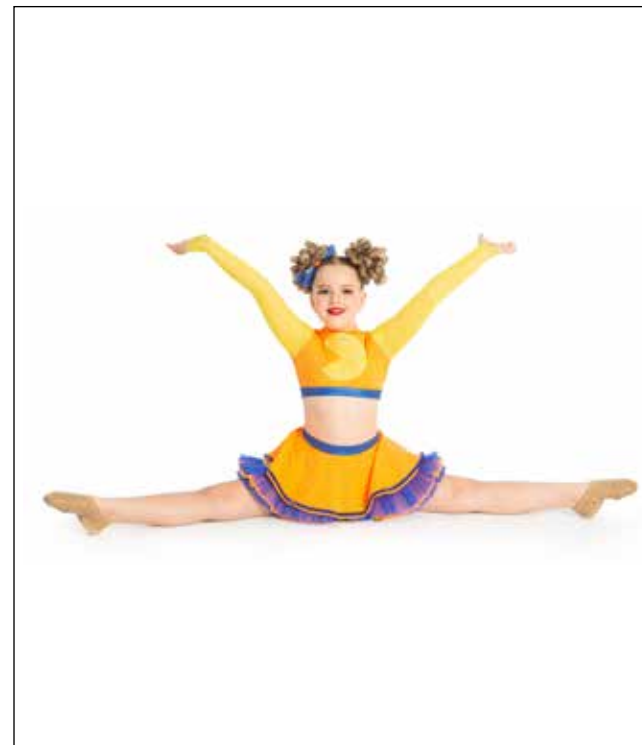
## The Joy of Dance



(CONTRIBUTED PHOTO)



(CONTRIBUTED PHOTO)



(CONTRIBUTED PHOTO)

**Dancers Pierce and Neve MacNeil**

**Dancers Pierce MacNeil and Declin McMahon**

**Dancer Neve MacNeil**

**JIM GILES**

*Independent Columnist  
Edited by Alice Rixson*

Dance has been part of human history from its earliest origins, bringing transcendence to spiritual rituals and creating bonds within communities. Dance styles have changed through the ages but dance itself remains one of the most expressive physical art forms.

Archaeological evidence of dance has been found in cave paintings in India that date back to 10,000 BCE. Egyptian tomb paintings depicting dancing figures were done around 3300 BCE. In addition to having cultural and social influences, dance imparted mythical significance and religious connotations. Early people danced for enjoyment, entertainment and even seduction. Before written languages, it was an important part of communication.

Some of the popular dances today are Samba (Brazil), Salsa (Cuba), Square Dance, Rock & Roll and Hip-Hop (North America), Step Dance (Ireland), Flamenco (Spain), Waltz (Austria), Polka (Bohemia), Belly Dance (Middle East), Bharatnatyam (India), Dragon Dance (China), Ballet (Russia), Tango (Argentina and Uruguay) and Hula (Hawaii).

Dance is an art form comprised of sequential body movements, not solely restricted to performance; it's occasionally used for training in sports and other activities. For instance, many professional football players take ballet classes to increase strength, agility, balance, focus and coordination.

Dance can be categorized and described by its choreography, by its repertoire of movements or by its historical period or place of origin. Theatrical dance, ballet

and modern, is intended primarily as a spectacle, often telling a story.

Participatory dance such as a folk dance, a social dance, a group or a partner dance is primarily for social interaction or exercise, building flexibility of participants rather than for entertaining an audience.

Ballet may be the most difficult genre to master. Its rigorous style is the foundation of most dance training, while the waltz is less complex with its repetitive patterns that are easy to grasp.

There are numerous benefits of dance especially for children. Local resident Stacey MacNeil, mother of two girls, Pierce, age 10 and Neve, age 8 understands the importance of dance for youth. Growing up in St. Marys, MacNeil began dancing at the age of three, active in ballet, tap, jazz and modern. She continued to dance through her university years and still participates in the adult classes.

"Dance is so important for children because in addition to the physical benefits of exercise, muscle coordination and control and improved flexibility, it creates an outlet for kids to express their true selves. They can leave their day behind them and let loose when they walk through the doors of the dance studio," emphasises MacNeil.

Both her girls take dance at On Stage Dance in Stratford under the leadership of Meghan Seaman. The girls dance five days a week and partake in the Intensive Dance Program as part of a competitive team. Beyond improving physical health and enhancing emotional and cognitive development, children learn time management, organization, social skills and creativity.

Pierce feels fortunate to be partnered

with her good friend Declin McMahon from Tavistock. He is one of the many boys at the studio. "Pierce has had a couple of neat opportunities, winning a ticket to World Performers to represent Canada for her tap solo when she was 9. (We) decided to wait...until she was older to participate in an experience like this," MacNeil says.

On Stage Dance Studio strives to create a positive, supportive and fun environment both inside and outside of class. "Our studio has a neat thing whereby our students...hand out *You Inspire Me* pins to dancers or routines from other studios that inspire them. Listening to my kids walk up to strangers and tell them that they've inspired them makes me very proud. The recipients are always just so honoured and thankful," says MacNeil.

She admits that there is time and cost associated with such a commitment. "However, seeing your kids do what they love and dancing their heart out on that stage is very rewarding. The confidence that is gained by performing is also something you just can't explain."

And what do the girls feel about dance? "I dance because it brings joy when days can feel rough. I love my friends and teachers at dance. They make me happy and help me to laugh," says Pierce, while her younger sister Neve declares, "I like that I have a lot of fun at dance and I always work really hard with all of my friends. I'm proud when I master a new move."


Please send comments and proposed topics for Arts articles to- [smindependentarts@gmail.com](mailto:smindependentarts@gmail.com)

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# COLUMNS

## UKRAINIAN CORNER: Mystical Ukraine

TETIANA DIDKOVSKA

Independent Columnist

The Celts believed that on the night of Oct. 31 to Nov. 1, the boundary between the worlds of the living and the dead dissolved, allowing souls to return to Earth. This belief laid the foundation for the tradition of celebrating Halloween on Oct. 31, a day now synonymous with the mystical and eerie. Reflecting on this, I'm reminded of Ukraine's own wealth of eerie locations steeped in legends and chilling eyewitness accounts. For those exploring the country, it offers unique opportunities to immerse themselves in Ukrainian mysticism, folklore and spine-tingling stories.

First on our list is Kyiv's Lysa Hora, or "Bald Mountain," a place that has drawn those fascinated by the supernatural for centuries. Perched on the Podil district, this mysterious spot was once a gathering place for witches and, in recent years, has become associated with magicians and those drawn to the occult. At the peak, an old crypt and barren trees cast an eerie presence over the landscape. Visitors often report an unsettling energy, feeling watched by unseen forces. According to legend, witches once held their gatherings here in such numbers that no plants could survive, leading to the mountain's bald, desolate appearance.

Our next stop is the Vinnytsia Psychiatric Hospital, located in the city of Vinnytsia. Established in the late 19th century, the hospital's history is tainted by dark practices and eerie accounts. It is rumored that multiple underground floors lie beneath the complex, hidden from plain sight. Patients were once subjected to brutal treatments, including bloodletting, burns, leeches, extreme dieting, hydrotherapy and more. Many were restrained with belts and shackles, and the mortality rate from such treatments was staggeringly high. During the Soviet occupation, the hospital al-



(CONTRIBUTED PHOTOS)

**Kyiv's Lysa Hora, or "Bald Mountain." 2. The Vinnytsia Psychiatric Hospital. 3. The legendary Graveyard with a Vampire in Ivano-Frankivsk. 4. Pripyat, Ukraine's most famous ghost town.**

legedly became a place where dissidents were brought and subjected to horrific experiments. The echo of agonizing cries and chilling laughter is said to haunt the

basement corridors at night.

Next is the legendary Graveyard with a Vampire in Ivano-Frankivsk. This cemetery is a popular site for vampire-lore enthusiasts. One local legend claims a vampire was once buried here. This story started in 1936 at the old cemetery when a railroad conductor was buried on the vampire's grave, awakening the ancient evil and supposedly leading to a series of strange deaths in the same year until a local sorcerer managed to return the creature to its grave. The Ivano-Frankivsk vampire reportedly returned in 1974. The grave in which the ghoul was buried was set on fire with a flamethrower. Smoke rose from the grave for three days and the murders ceased.

Pripyat, Ukraine's most famous ghost town, became a haunting symbol after the 1986 Chernobyl nuclear disaster. Now desolate, it attracts Ukrainian and foreign tourists alike, eager to experience its eerie atmosphere. The city is a maze of deserted streets, overgrown buildings and abandoned homes filled with personal belongings and children's toys, evoking an unsettling sense of life abruptly interrupted. Stories of mutant animals and ghostly apparitions add to its mystique. A popular legend tells of a doll in an abandoned kindergarten that came to life, speaking with the voices of children lost in the disaster and vanishing only to reappear in strange places. Although the exclusion zone shows signs of recovery, living there remains off-limits. Pripyat has even earned a place among the world's top ghost towns, drawing those intrigued by its tragic history.

Ukraine is brimming with mystical sites and haunted castles, perfect for those interested in the supernatural, whether it's encountering local legends or glimpsing apparitions from Ukraine's past. See you next time!

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# HISTORIC ST. MARYS: J. D. Moore's Cold Storage

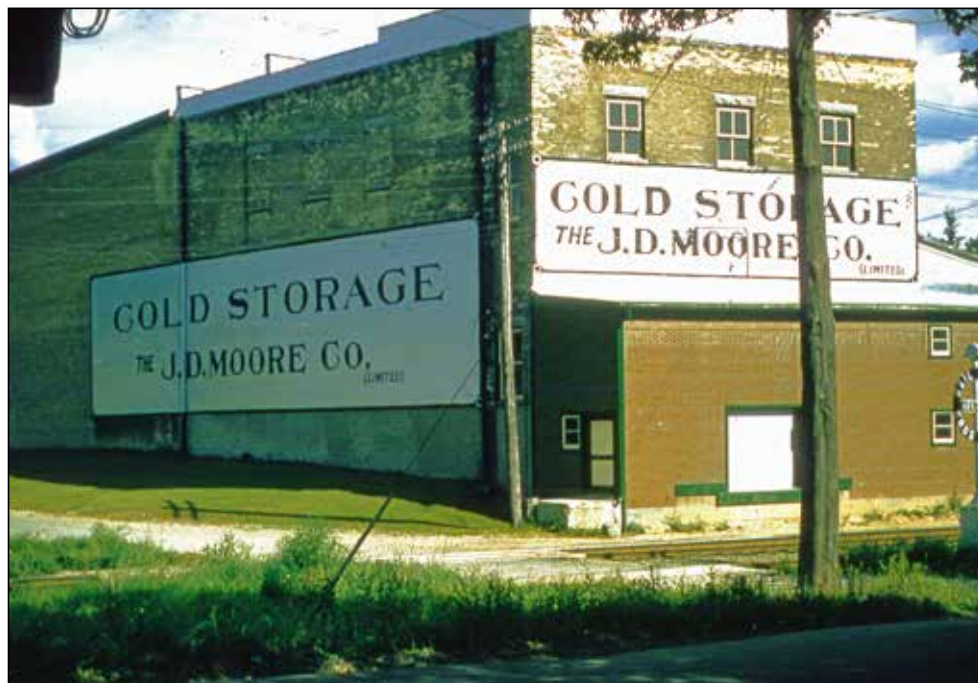
MARY SMITH

*Independent Columnist*

The building shown with this week's column was a landmark on James Street South for almost a century, and an important local industry for many of those years. The company's success depended on its relationship with the farming community in the area. This inter-relationship of town and country was a common factor for other local industries – the mills and foundries established in St. Marys in the last decades of the 19th century. J. D. Moore's industry did not grind grain to produce feed and flour or manufacture and repair agricultural implements. Although he later diversified, his business was initially a dealership in farm produce, especially eggs! J. D. Moore has been introduced in other columns: this one concentrates on his remarkable enterprise.

James Douglas Moore was born in August 1838 on a farm in North Dumfries, near Galt, Ontario. He was the eldest of George and Agnes (Douglas) Moore's four sons. All four sons were given Douglas as their second name, perhaps an indication of Agnes' significance to the family's life – certainly she was helpful to J. D. His father, George, was a prosperous farmer, and there would probably have been a place for J. D. in Dumfries. But wanting to make his own way in the world, J. D. came to St. Marys in 1866 and established a produce business. He and his agents travelled by wagon into the country, paying cash for eggs from area farmwives. He bought up the eggs in the spring and summer when they were plentiful, stored and sold them at a profit in the fall and winter when eggs were scarce. Moore experimented with ways to preserve eggs, making his own improvements to the traditional "glass water" lime solution and preserved large quantities of them in vats. His first "cold store" was a frame building on James Street South near the Grand Trunk Railway freight yards, where blocks of ice kept eggs and butter, also purchased from area farms, preserved through the summer while waiting for shipping at the most advantageous price.

When he came to St. Marys, J. D. Moore brought with him his new bride, 20-year-old Mary Black. They had been married in Dumfries in May 1866. In October 1867, Mary gave birth to a daughter, Agnes, named for J. D.'s mother. But Mary died in January 1869 when little Agnes was only 15 months old. The baby was taken back to Dumfries so that Granny Moore could look after her. On December 29 – less than a year later – J. D. Moore remarried. At that time, widowers often remarried quickly for the sake of their mother-



(CONTRIBUTED PHOTO)

**J. D. Moore's cold storage building was past its prime when this photograph was taken in the 1950s. Community Living St. Marys and Area is on this site today.**

less children, but little Agnes stayed in Dumfries with her grandmother. J. D.'s new bride was 26-year-old Elizabeth (Lizzie) Shand whose family had a farm just east of St. Marys. In March 1871, Elizabeth had a stillborn son, but in July 1873, a healthy daughter, Elizabeth (Little Lizzie,) was born. J. D. and Elizabeth had no more children.

Meanwhile, J. D. Moore was building his business. In 1869, the year he married Elizabeth Shand, he built new headquarters – a three-storey commercial block on the southeast corner of Queen and Church Streets, right beside the town's market square. What space J. D. did not need at street level, he rented to commercial tenants. The upper two storeys provided a spacious apartment for his own family. The property included stabling at the back for his horses and wagons. His agents left from this point to collect eggs and other produce and delivered them to the storage sheds on James Street. As the business grew, more storage space was needed. In 1879, Moore built a white brick warehouse on Elgin Street, between the old cemetery and the railway tracks. The building included a section with thick, insulated brick walls. A railway spur ran beside new loading docks where produce ready for shipping could be loaded onto railway cars.

In a development that was unusual at that time, Lizzie Moore became involved in her husband's produce business, proving herself both shrewd and competent. In 1878, she left five-year-old Little Lizzie with relatives and travelled to Great Britain on behalf of the company. While there, she met with produce buyers in Leith, Scotland, and in Liverpool, and negotiated con-

tracts for shipments of Canadian eggs and butter. On the way back to Canada, she stopped in New York and met with J. D. Moore's business contacts there, encouraging them to increase their produce buying.

In November 1880, the St. Marys Argus reported that 20 carloads containing 210,000 dozen eggs were shipped to New York. More shipments were sent overseas to Britain. A decade later, in the mid-1890s, the St. Marys Journal was also impressed: "Very few outside of St. Marys have any idea of the amount of business done in eggs, butter, cheese and livestock at this point. No town in Canada of its population (4,000) can commence to compare with it. Mr. J. D. Moore shipped last week three carloads of eggs to Liverpool and three carloads to Glasgow. There are 12,000 dozen eggs in a carload, so this one shipment amounted to 72,000 dozen or 864,000 eggs. So far in the present season, this firm's shipments have been 35 carloads or 420,000 dozen, making in all 5,040,000 eggs." By this time, J. D. Moore Company produce included cheese, butter, turkeys, ducks, geese and, in the fall, Canadian apples bound for Scotland.

J. D. Moore diversified, in 1879 buying an oatmeal mill on the Thames River a mile-and-a-half south of St. Marys. In 1888, he purchased the planing mill beside Trout Creek, today O'Leary's Bar and Grill. It produced window sashes, frames for doors and windows, and decorative trim for house exteriors. In 1897, he was one of the first directors of the St. Marys Cooperative Creamery on Park Street just across from Cadzow Park. It was no longer greatly profitable to grow grain to sell, and the new

creamery was established to encourage farmers to turn their attention to other money-making measures – and of course the production of more butter was good for J. D. Moore Cold Storage.

Meanwhile, Lizzie Moore's business efforts included buying property. In the 1890s, she travelled to Manitoba and bought farmland on behalf of the family. Back in St. Marys, she bought a semi-vacant lot on the northeast corner of Jones and Church Streets, today's Lind Park. She purchased two houses: one at 266 Jones Street East and its much larger neighbour to the west, 252 Jones Street, a house built in 1886 by a well-to-do widow, Frances Sophia Hill. This became the Moore's family home. But all was not well within J. D. and Lizzie's marriage. She came to believe she had not received sufficient financial recognition for her contributions to the company. In a move that must have caused quite a stir in a small town, she threatened legal action against J. D. and left him to stay with their minister and his wife. A settlement was finally reached which, among other conditions, gave her ownership of 252 Jones Street East. She moved back to the house while J. D. went to live in the apartment in his building across from the town hall.

This dispute must have been distressing for the entire family. J. D. Moore himself was ill and died of cancer in 1902. His will divided his assets equally between his two daughters, by this time married women, Agnes Hunter and Elizabeth Turnbull. Elizabeth and John Turnbull eventually sold their shares in the J. D. Moore Company Limited to Agnes and Robert C. Hunter. Lizzie Moore moved to California in 1909 and died there in 1911.

Robert C. Hunter became president of the company, and it continued to prosper under his direction. By 1911, a second storey doubled the cold storage capacity. New "Niagara" electrical power allowed the facility to operate a freight elevator and a system of fans throughout the warehouse. The cold storage could now handle its own produce and offer the public storage space for their produce, including cheese, meats, apples, dried fruits – even summer storage of fur coats. The J. D. Moore Company Limited continued to operate into the 1960s with Robert Hunter's son, Harold (Hally), succeeding his father. But home refrigerators replaced the need for cold storage space, the company was sold in 1966 and the building demolished in 1973. Halley Hunter retired to Florida where he died in 1974.

Note: Paul King's research for an upcoming seminar at the St. Marys Museum about the Moores provided a great deal of the information for this column.

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# EAT AT OUR HOUSE: Warm and inviting soups



**LAUREN EEDY**

*Independent Columnist*

The inviting aroma of simmering soup on a cool evening is the definition of comfort.

The following two soups are easy to throw together for a satisfying yet filling meal, and both can be either vegetarian or include the addition of non-vegetarian ingredients with the exception of the last recipe, of course.

## Red curry dumpling soup

A warming cold weather soup that is essentially vegetarian but will allow for the addition of non-vegetarian ingredients. Comes together in 15 minutes and is currently heavily trending.

Serves: 4; Prep: 5 minutes; Cook: 10 minutes; Total: 15 minutes;  
1 tbsp olive oil  
1 yellow onion, finely diced  
2 cloves garlic, minced  
2 Thai chilli peppers, diced, op-

tional  
1-inch ginger root, finely diced  
2 tbsp red curry paste\*  
1 cup vegetable broth\*  
1 can coconut milk  
1 cup baby Bok Choy

To Serve:

2 cups vegetarian dumplings\*  
1 handful cilantro, chopped  
1 lime, juiced  
Toasted sesame seeds

\*you can use vegetarian ingredients in this soup or opt for your preference such as chicken or seafood dumplings, chicken broth, etc.

**Method:**

- In a pan over medium heat, add the olive oil. Then onions, garlic, ginger and Thai chilli peppers, if using. Sauté until fragrant, approximately 2 minutes.

- Add 2 tbsp red curry paste and stir until combined.

- Add coconut milk, vegetable broth and baby Bok choy, stir until combined and simmer on low heat for 5 minutes.

- Prepare dumplings as desired (frying pan or air fryer following package instructions).

- Disperse dumplings into bowls and pour curry sauce over. Garnish with cilantro, red Thai chilli peppers and sesame seeds as desired. Finish with a squeeze of lime.

- This recipe also works well with green curry paste. You can

find curry paste in the international section of your grocer, Troyer's Spices or any Asian grocer.

- If the red curry is spicy enough for you, omit red Thai chilli.

## Peanut butter soup

A rich, creamy West-African inspired soup, predominantly savoury with an undertone of sweetness. Adjust and build spices accordingly as it is easier to add spice than reduce it.

Serves: 8; Prep: 10 minutes; Cook: 35 minutes; Total: 45 minutes

1 tbsp canola or olive oil  
1 large onion, chopped  
2 tbsp peeled and minced fresh ginger

4 cloves garlic, minced

½ tsp ground cumin

½ tsp ground coriander

1/8 – 1/4 tsp cayenne pepper or red pepper flakes

¾ cup peanut butter, unsalted and unsweetened (creamy or chunky)

½ cup tomato paste

4 cups vegetable broth or chicken stock

2 cups water, leave out for a thicker soup

1 lb fresh spinach or kale or frozen spinach or kale

Salt and pepper to taste

1 cup shredded, chopped or cooked chicken, or your protein

of choice; I enjoy cook shrimp or tofu with this soup.

**Method:**

- Heat the oil in a large pot over medium heat. Add chopped onion and cook until translucent, about 3-4 minutes.

- Stir in minced garlic and ginger and sauté for another 1-2 minutes.

- Add the ground cumin, coriander and cayenne pepper to the pot. Stir well to combine spices and aromatics. Let them cook for a minute to enhance flavours.

- Add the peanut butter and tomato paste, stir until well incorporated with the other ingredients. The mixture will become thick but using a whisk will help.

- Gradually pour in vegetable or chicken broth while continuously stirring, this will help to smooth peanut butter and tomato creating a creamy base.

- Bring soup to a gentle simmer, then reduce heat to low. Simmer 15-20 minutes. Season with salt and pepper to taste.

- Add spinach or kale and simmer until they are softened, 3-5 minutes. Add cooked chicken or protein of choice here if desired.

- Serve with crushed peanuts. For a more filling meal, serve over rice.

## Creamy chicken soup with potatoes and bacon

Serves: 7; Total time: 40 minutes

4 slices bacon, chopped

1 tbsp unsalted butter

1 leek, white and light green parts, halved and sliced

2 cloves garlic, pressed

1 tsp fennel seeds, crushed

2 tbsp all-purpose flour

2 cups whole milk

4 cups chicken stock

¾ lb red potatoes cut into ½-inch chunks

6 sprigs thyme

Kosher salt and freshly ground pepper

2 cups shredded rotisserie chicken

1 cup frozen corn, thawed

Sliced fresh chives for serving

**Method:**

- Cook bacon in a large pot over medium heat until browned and crisp, 7-8 minutes; transfer to paper-towel lined plate with a slotted spoon.

- Add butter and leek to reserved pot until just tender, 3-4 minutes. Add garlic and fennel. Cook, stirring until fragrant. Add flour and cook 1 minute. Slowly whisk in milk and stock. Add potatoes and thyme. Season with salt and pepper. Bring to a boil, reduce heat and simmer until potatoes are tender, 14-16 minutes.

- Add chicken and corn. Cook until heated through, about 2 minutes. Serve topped with crispy bacon and chives.

## EDITORIAL

# Trying to understand Trump's re-election

**STEWART GRANT**

*Publisher*

With U.S. Election Day occurring a little over a week ago, I've had some time to collect my thoughts regarding the shocking result that occurred, and there's a lot to unpack within the confines of this limited space.

Heading into Election Day, my view was that Kamala Harris would defeat Donald Trump by a relatively wide margin. However, I was also concerned about Republican shenanigans impacting the result.

Despite Trump's apparent victory last week, this is not an election that he should have won.

On top of the legal and moral baggage that he has compiled over his lifetime and fears about Project 2025 and a continued assault on the rights of women and minorities, Trump's re-election campaign was a dumpster fire. For those paying attention, each day brought new examples of idiocy and growing concern about his mental capacity for the world's top job. While his crowd sizes dwindled in the final days of the election as his old message grew stale, in contrast there seemed to be energetic enthusiasm on the Democratic side with packed stadiums, strong endorsements and

record-breaking early voting numbers.

On the Democratic side, yes, Joe Biden should have stuck with the original plan of being a one-term, transitional president, thus allowing for an open Democratic primary to find the best candidate. Also, Kamala Harris made a mistake by running such a shielded campaign. Appearances on Fox News and Joe Rogan's podcast would have given her the chance to reach a huge segment of voters stuck within a right-wing echo chamber. However, no campaign is perfect and these criticisms aside, Harris should have been an easy choice in this election. Even many notable Republicans, including members of Trump's former cabinet, came out strongly to endorse Harris over Trump.

Yet, she lost. In my view, two broad factors together explain the re-election of Donald Trump.

### Reason #1: Lack of critical thinking by voters.

Sadly, there is a large segment of the population that is either easily manipulated or just doesn't pay that much attention to what's going on. Given a steady diet of disinformation on Fox News or through Elon Musk's X (Twitter), it wouldn't have made a difference who the Democratic nominee was – whoever it was would have had

their character poisoned by the onslaught of propaganda. Due to disinformation, millions of people were convinced that violent crime was soaring due to an open border (it isn't), inflation was out of control (it has returned to normal rates) and the economy has tanked (it hasn't).

Another aspect to consider is voter apathy and short memories. While Donald Trump is arguably more dangerous now than he was then, people were more engaged in 2020 towards removing him as president than they were in 2024 to keep him from being president. I think many people forgot just how chaotic it was four years ago. The COVID year of 2020 was also unusual in that people paid more attention to actual news than they are doing now.

### Reason #2: Aggressive tactics to suppress the vote and undermine the democratic process.

For years, Republicans have gained advantage over the Democrats by doing whatever it takes to win, even when morally questionable. There are several well-known instances of this, including outrageous gerrymandering of electoral borders, inconsistent rulings regarding the replacement of Supreme Court justices, voting against Democratic bills even when they agree with the essence of the legislation, and ig-

noring the rule of law when their president was legitimately impeached.

In this election, Republicans in positions of power intentionally made it more difficult for people to vote by limiting the number of polling locations and by regularly purging eligible voter lists in left-leaning districts to suppress their vote.

Taking it a step further, Donald Trump has consistently "projected" his crimes upon others. He coined the phrase "fake news," but no one has lied more in public than himself. He made a big deal about the security of Hilary Clinton's email server, yet he kept classified documents in the Mar-a-Lago bathroom. He calls the Democrats a threat to democracy, yet Trump is the one who tried to overturn the 2020 election. Over the years, he has talked about the Democrats rigging the election, and that makes me wonder if, perhaps with the help of his favourite billionaire, they have somehow found a way to tamper with the voting tabulation machines.

It will be years, if ever, before we truly understand the impact of the varying factors that went into the unexpected re-election of Donald Trump. Hopefully we can get through a second Trump term without irreparable damage being done.



# Thorndale News

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## Area ties to the Professional Women's Hockey League

NANCY ABRA

Independent Reporter

Many young children have the dream of playing hockey in the big leagues, but few ever experience it.

From her early years, Emma Woods played minor hockey. She then played in the U.S. Eastern College Conference, then in China, Sweden and back to the States before returning to Canada.

From her family roots in the Thorndale area with grandparents Allan and Marion Woods and cousins residing here, she moved to B.C. at the age of four with her family and then returned to Ontario. She started playing for the Creston Bruins at the age of five. Then she played for the Burford Coyotes. During her high school years at Paris District High School, she was an avid athlete playing various sports and achieving country and regional championships.

"Hockey was my first love growing up," Woods said during an address she delivered to the Crumlin Social Club Nov. 2.

While at Quinnipiac University in Connecticut studying health sciences, Woods played for the Bobcats, the university's women's hockey team. As a junior, she served as the assistant coach and then in her senior year, she was the team's captain, earning the team's MVP



(CONTRIBUTED PHOTO)

**Emma Woods, who has signed with the Toronto Sceptres of the Professional Women's Hockey League, was the special guest speaker on Nov. 2 at the Crumlin Social Club. Woods is the granddaughter of Marion and Allan Woods of the Thorndale area**

award.

"My time at Quinnipiac University prepared me for the next level in my

hockey career as an athlete but also as a leader," Woods said. "My professional career started after university in 2017

with the Vanke Rays of the Canadian Women's Hockey League with my team located in China."

Woods played with the Swedish Women's Hockey League in 2019-2020 with the Leksands. In June 2020, she played in the inaugural season with the Toronto Six of the Professional Women's Hockey League (PWHL). She was the team's assistant captain while playing three years with the organization. The team won the Isobel Cup in 2023. Woods was then drafted to New York Sirens of the PWHL for one season. In June 2024 through the free agency, Woods signed with the Toronto Sceptres for a two-year contract.

"Throughout my hockey career I have essentially played every position, mostly as a right-winger or centre," Woods said. "But I would say playing centre is my favourite. I would say that every step in my career has impacted me as a person and a player, and has led me to this point. The opportunity to play at home in Toronto in the PWHL is going to be a special year.

"My parents, Nancy and Rob Woods, and my siblings, Rebecca, Calvin and Hayden Woods, have been by my side and my biggest supporters throughout my entire hockey career. They have sacrificed a lot over the years to allow me to play and showed up at games to watch me play. That means a lot to me."

## Thorndale remembers: The stories behind the names

NANCY ABRA

Independent Reporter

Etched in Thorndale's cenotaph are the names of area men who lost their lives in World War I and World War II. Each one of these brave, young men who lost their lives in these conflicts has a story.

For the past few years, since 2016, Jodi McGuffin has researched the men whose names are on the Thorndale Cenotaph. Their stories of their lives here and their service overseas is shared to the gathering at the Remembrance Day services in Thorndale.

This year, instead of being read at the Nov. 11 Remembrance service, the stories of John S. McMartin and W. Douglas Kennedy were handed out to people at the gathering. John McMartin, from

a farm family outside Thorndale, enlisted and, while in pilot training, crashed and died near Dunnville, Ont. He never made it to the European war theatre.

Douglas Kennedy, a young farmer from the Wellburn area, suffered from multiple health issues while guarding the homefront on our east coast and died in 1943.

Their stories are poignant reminders of young men from Thorndale and area who had active lives here which were cut short in the act of sacrifice for our freedom.

Freedom is the power or right to speak, act and live as one wants without hindrance or restraint, but freedom comes with responsibility and most often with sacrifices. We will Remember Them.



(NANCY ABRA PHOTO)

**The Thorndale Cenotaph after wreaths were laid during the annual Remembrance Day ceremony Nov. 11.**

# Riddles

Why did the girl bring a ruler to bed with her?

**She wanted to see how long she slept.**

If you have a referee in football and an umpire in baseball, what do you have in bowls?

**Goldfish.**

Why was the calculator sad?

**Because it had too many problems to solve**

What can you serve but never eat?

**A tennis ball**

How did the telephone propose to his girlfriend?

**It gave her a ring**

Why do mathematicians like airlines?

**They use Pi-lots.**

Which letter of the alphabet keeps us waiting?

**Q. (queue)**

What's black and white and red all over?

**A sunburned zebra**

If there was a spelling test, which animal would win?

**The bee**

What do you call a bunny with fleas?

**Bugs Bunny.**

What do you call a lazy baby kangaroo?

**A pouch potato.**

# - Word Search -

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## Word List

**Algoma**

**Brock**

**Carleton**

**Guelph**

**Lakehead**

**Laurentian**

**McMaster**

**Nipissing**

**Queens**

**U of T**

**Trent**

**Waterloo**

**Western**

**Wilfred Laurier**

**Windsor**

**York**



## The Riddle Kid OF THE WEEK

What kind of cars do chickens drive?



A coop!

**Cooper Dick (3)**

*Hey Kids... Every Riddle Kid that appears in the paper gets a FREE MILKSHAKE at the Sunset Diner!*

## TONS OF FUN FOR KIDS EVERY WEEK!

# PET OF THE WEEK

Each Pet of the Week will receive a FREE treat bag from St. Marys Veterinary Clinic



Our Pet of the Week is Andy, a beautiful, friendly and smart tabby cat who is almost two years old. He was adopted from the Stratford SPCA and has been a constant loving companion. Don't tell anyone (he can talk you know). This is Andy in Newfoundland, travelling so far with the help of his friends at St. Marys Veterinary Clinic.



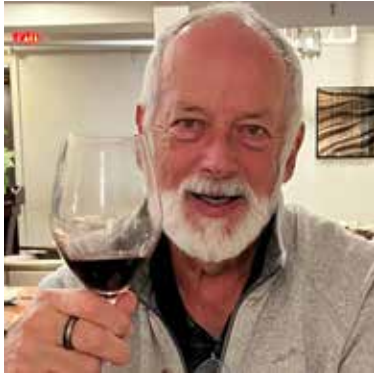
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**5 FALL HEALTH TIPS FOR YOUR DOG THIS NOVEMBER**

- Keep Your Dog Away from Rodenticides Outdoors.
- Continuously Check for Ticks.
- Keep Your Dog Away from Mushrooms in the Woods.
- Use Caution with Seasonal Decorations.
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# OH, THE PLACES WE'LL GO: A one-hour tour of 125 English churches in Meaford



**PAUL KNOWLES**

*Independent Columnist*

“This,” explains Rev. Brendon Bedford, “is from Canterbury Cathedral, and this panel comes from Chichester Cathedral.”

The rector – “Just call me Brendon” – goes on to explain that four stained-glass windows in his church, Christ Church Anglican in Meaford, Ont., include pieces of ancient stained glass from 125 English and Welsh cathedrals and churches, as well as a few from other European countries.

The overall impact is astonishing, more so as you start to explore the history of these amazing stained-glass creations. Some of the pieces and panels date back about 700 years, though the stone church that holds them was constructed in 1876.

So how did these shards of glass come to make up these unique and historic windows in a 19th-century Ontario church? It’s all because of Rev. Harold Appleyard.

Appleyard, who was born just down the road in Clarksburg, was appointed rector of Christ Church Meaford in 1938. If you

know the importance of the apple industry in the area, you would agree you couldn’t find a more appropriate name!

But Appleyard didn’t get to spend much time there after returning to his home district. World War II broke out in 1939 and the rector signed on as a military chaplain. He was posted to southern England in 1941.

According to the Christ Church website, the destruction from the intense Nazi bombing he encountered there appalled him. Something inspired him to begin collecting shards of stained glass from the many damaged and destroyed churches throughout the countryside and cities. He saved the pieces in two used ammunition boxes.

While serving on volunteer fire duty in the iconic dome of St. Paul’s Cathedral in London, Appleyard met architect G.S. Sherrin, who was responsible for the oversight of the ancient churches of London. Sherrin was fascinated by the Canadian’s idea of collecting the bits of glass as tangible memorials of the churches, and he referred Appleyard to the owners of the Cox and Barnard Stained Glass Works in Sussex.

They were so enthusiastic about Appleyard’s project that Cox himself volunteered to design and re-lead the glass to fit the Meaford church. And that work was done free of charge as a thank-you to Canadians for our contributions to the war effort.

Appleyard continued to collect glass throughout England and Wales, and when his regiment was transferred to continental Europe after D-Day,

he added a few shards from France, Belgium and Holland.

In general, according to Appleyard’s meticulous records, vicars or vergers gave permission or actually donated unique pieces. Architect Sherrin began to collect and add to the store of treasured shards as well. The dean and chapter of Canterbury Cathedral gladly granted a large panel to the project.

Appleyard returned to his Meaford parish in 1945 and was subsequently decorated with the Military Cross. A year later on Aug. 11, 1946, the memorial windows were unveiled by two women in the parish who had lost their sons in the war. Those two young men – William Hackett and Gordon H. Randle – are among six local men honoured on a plaque between the two windows in the church nave. The plaque, made from a scorched piece of a pew from a London church damaged in the bombing, was donated by Sherrin. A unique feature of the plaque is that it includes the notorious sign of a swastika, symbolically covered by a cross. The six names on the plaque were members of the Christ Church congregation, members of the armed forces who lost their lives in the war.

In all, there are four windows in the church created from the 125-plus shards collected by Appleyard. Two are in the nave and two more in the cloister between the church and the parish hall. Between the latter two is a window featuring Saint George commissioned and donated by Appleyard in gratitude for his safe return from the conflict.

Eventually, the rector left



(PAUL KNOWLES PHOTOS)

**Rev. Brendon Bedford.**

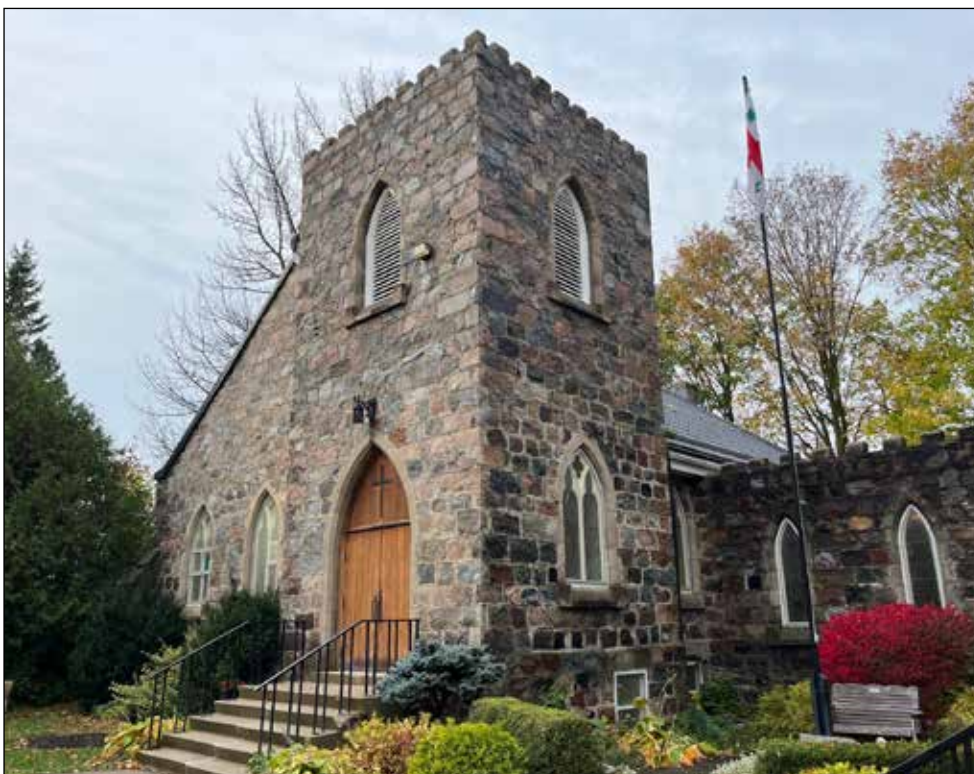
Meaford, later to become Bishop of Georgian Bay and also Bishop Ordinary to the Canadian Armed Forces. He died in London in 1982, but he has undoubtedly left behind a unique and lasting legacy. One would be hard pressed to find anything to match the story, the creativity, the beauty and the heritage represented in the windows of Christ Church in Meaford.

And while Bedford is quick to point out that Christ Church is not a museum – “This is a living faith community,” he says with conviction – at the same time he is more than happy to give visitors a tour and a detailed explanation of the fascinating windows that grace his

church.

Visitors are welcome and tours are offered free of charge. There are books under the windows describing the reassembled works in meticulous detail, including numbered charts indicating where each shard originated. Or you can plan a guided tour in advance by contacting the church through its website, [christchurchanglican.ca](http://christchurchanglican.ca).

*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](mailto:pknowles@golden.net).*



**Christ Church Anglican.**



A photo of Rev. Appleyard, who collected stained glass shards from 125 bomb-damaged cathedrals and churches, and brought them home in ammunition boxes including the one shown.

## IN MEMORIAM

### Fisher

**Jerry Fisher**

Gerald Keith Fisher (Jerry), age 61, of Memphis TN, passed away on Aug 29, 2024. in Atlanta, GA. In true Jerry fashion, he left behind a pack of 300 tooth flossers, three cases of canned tomatoes, and enough Mateo's Salsa and tortilla chips to open his own Mexican restaurant, because "you just never know when you might run out."

Jerry is survived by his two sons, Kevin and Cory (Tim) Fisher; his daughter, Kristen (Nick) Leach; his grandchildren, Oliver and Stella Leach; and his brothers, Jim and Tom (Pam) Fisher; and loving Uncle.

I will miss you and love you, Uncle Eddie

## THANK YOU

### Levy

We wish to express our thanks to everyone who sent cards, flowers, gifts, and best wishes to us on our 70th Wedding Anniversary.

A special thank you to our family for planning and organizing our special celebration.

Harold and Betty Levy

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## CELEBRATION



## HAPPY 60TH ANNIVERSARY, GLENN AND JEAN BRADLEY!

Love from Sheila, Gwen, Cindy, Bruce and families

## THANK YOU

### Rodd

I would like to express my sincere gratitude to my family for organizing my recent birthday celebration. Thank you to everyone who attended the event. It was a pleasure to see so many friends, neighbours and family members. The visits, phone calls, cards and gifts were also greatly appreciated. Thank you to everyone involved for making it a special day.

Phyllis Rodd



## Sip and Shop

Sunday, November 17

11:00 to 3:00

at

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## CELEBRATION



## Adele Freer is turning 90!

Please join us for an afternoon **OPEN HOUSE**

November 24th, 2024

2:00 pm - 4:00 pm

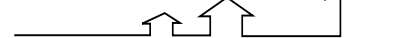
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# CELEBRATION SHACKS 80TH!



**Saturday, November 23rd**  
**2 pm - 6 pm**

Downie Optimist Hall, St. Pauls  
Food, refreshments and music. No gifts please

**Community Liaison Committee**

The next Community Liaison Committee Meeting will be held on **Friday December 6th at 10am** at the St Marys Municipal Operations Center. Members of the public who wish to observe are welcome to attend.

Residents who wish to speak in front of the Committee may submit a detailed request in writing at least 3 days prior to the meeting in writing to the Committee. The request will be considered by the Committee and approved prior to the meeting. Please submit all requests, questions, and concerns for the meeting to [kara.pelissero@vcimentos.com](mailto:kara.pelissero@vcimentos.com) by **Friday December 4th**

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Solutions on page 31

# TAMPON Tuesday

EST 2009

**Tuesday, November 26th**

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5pm to 7pm

Admission: menstrual hygiene products for those in need

*There will be appetizers and a couple of door prizes.*

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## Sunday November 17

### for inventory

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# LOOKING BACK



BY AMY CUBBERLEY

## Eaton not coming home

**25 years ago (1999)**

Mayor Jamie Hahn learned last Friday that St. Marys won't be receiving the bronze Timothy Eaton statue that has graced the entrance to the famous family's flagship store at Toronto's Eaton Centre for decades. He was made aware of the news by a reporter from the National Post, who called him for comment. According to the reporter, the statue has been given to the Royal Ontario Museum.

Long-time St. Marys resident Johnny Cappa says this is the first time in his memory that town trees have still had leaves on them past October 31. Some leaves are still even green.

Congratulations to Ron and Betty Boyce who celebrated their 50th wedding anniversary on Sunday with an open house.

**50 years ago (1974)**

\$850 was the total raised by Collegiate students in the "Arthritis Blitz" last week according to John Flanagan, chairman of the student group. They were very pleased with the public response to their appeal for this very worthy cause.

Almost 150 St. Marys and area persons were pictured in the November 6th edition of the Journal Argus.

Town employee repair team, Bob Conley and Frank Reid, has had great success at straightening parking meter posts bent over by charging motorists. Bob operates the acetylene-torch while Frank fields the straightening bar. Frank tells us with a slight grin that they may tackle some of the beat-up hydro poles around town next.

**75 years ago (1949)**

Citizens made the air blue yesterday with smoke from the dry leaves they were burning.

A large frame stable is being erected on the property of Mrs. Alice Graham, Anderson Street, West Ward.

What is described as a full-grown timber wolf was shot a few days ago by hunters on the Reg Marriott farm north of Prospect Hill.

**100 years ago (1924)**

The stirring days of the war were recalled on Saturday when the Rumsey Chapter I.O.D.E. girls held their annual Poppy Day in aid of the crippled soldiers. Early in the morning the girls were on the streets accosting the pedestrians with "Buy a poppy please" and this request was rarely refused.

John Walsh of Mitchell was stricken with heart failure and died while giving evidence at the Division Court in Mitchell on Friday.

A rumor has been current about the streets the past few days, to the effect that Dr. P.T. Coupland had disposed of his house and practice. In an interview, the Journal learned from Dr. Coupland that there was no truth whatsoever in it.

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1	2	4	8	6	9	7	5	3
8	7	9	2	5	3	1	6	4
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4	9	5	7	2	6	3	8	1
9	8	3	5	4	7	2	1	6
7	4	1	6	8	2	5	3	9
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## THE WEEK AHEAD

**SPONSORED BY:**  **McDonald's St. Marys**  
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PRC & Friendship Centre events - See the Stonetown Crier on Page 5

### Friday, November 15

- Royal Canadian Legion "hot dogs and more" lunch at Noon
- WinterLights display at Milt Dunnell Field - 5-11 p.m.
- A.N.A.F. meat draw - 6 p.m.
- Flying Fathers on Ice at the PRC - Doors open at 7 p.m.
- Kinsmen Santa Claus parade - departs from the PRC at 7 p.m.
- St. Marys Lincolns vs St. Thomas Stars at Joe Thornton C.C. - 7:30 p.m.

### Saturday, November 16

- St. Marys craft show at the PRC - 9 a.m. to 3 p.m.
- Royal Canadian Legion meat draw - 5 p.m.
- St. Marys Lincolns vs Listowel Cyclones at Steve Kerr Memorial Complex - 7:30 p.m.

### Sunday, November 17

- St. Marys Hospital Auxiliary "Sip and Shop" at Riverwalk Commons - 11 a.m. to 3 p.m.

### Monday, November 18

- Community Dinner at St. Marys United Church - 5 p.m., Sponsored by Town Council

### Thursday, November 21

- Huron Perth Healthcare Alliance community connection event at the PRC - 7 p.m.

**SHOP LOCAL. SAVE LOCAL.** 

## QUIZ ANSWERS

- |                            |                 |
|----------------------------|-----------------|
| 1) Donald Trump            | 6) Hibernation  |
| 2) Missouri                | 7) Tapping      |
| 3) Guns N' Roses           | 8) Los Angeles  |
| 4) "Stop" or "halt"        | Dodgers         |
| 5) His theory of evolution | 9) The Goonies  |
|                            | 10) John McCrae |

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### HELP WANTED:

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Mon. Nov. 11 - Darcy Robertson, St. Marys	\$50.00
Tues. Nov. 12 - Robert Davidson, Mitchell	\$50.00
Wed. Nov. 13 - Stratford Printing & Graphics, Stratford	\$50.00
Thur. Nov. 14 - Clarence Herrick, Stratford	\$50.00
Fri. Nov. 15 - Daniel & Kayla Klomp, Stratford	\$50.00
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