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The New Hamburg Legion colour party stands at attention during Decoration Day at Riverside Cemetery in New Hamburg on June 2. Read more in our Seniors Month section on pages 10 - 19. Photo by Galen Simmons

Illegal dumping on the rise in East-Zorra Tavistock

By Lee Griffi, Local Journalism Initiative reporter

East Zorra-Tavistock Township is getting fed up with illegal dumping.

Council was recently given a report written by Tom Lightfoot, the township's public works manager. It outlined a problem that is only getting worse.

"Illegal dumping along township road right-of-ways continues to be an ongoing issue. Last fall, the township saw an increase in garbage bags being dumped in ditches regularly. The situation got so bad we were sending a truck out every Monday morning to clean up garbage. We have now again seen an increase in the past couple of months in both the north and south halves of the township, with the south half of the township being the worst area."

He added on one particular day, public works staff found four piles of construction debris and carpet dumped in separate locations on the 11th and 10th lines.

"That particular incident required a loader, dump truck and two operators plus the time to run the load to the landfill with tipping fees over and above that amount. Given this, illegal dumping is having a significant impact on staff time and budget."

Staff is recommending placing no dumping signs on the 15th, 14th, 13th, 11th and 10th lines just north of Oxford Road #17 as they are the worst areas for dumping. Staff is also suggesting pictures be posted on social media channels to educate the public about the cost of the problem.

The approved roadside-maintenance debris pickup budget for 2024 is \$15,748. To date, the township has spent \$5,615.09 in staff costs, equipment usage and garbage-disposal fees.

Continued on page 2

Continued on page 3

Wellesley councillors opt to give residents more time to consider future use of former arena and community centre lands

By Galen Simmons

Though a public survey conducted earlier this year showed a majority of the 419 respondents would like to see three acres at the north end of the former Wellesley arena and community centre property considered for a mixed-use development, township councillors aren't quite ready to begin down that road.

At Wellesley council's committee of the whole meeting May 28, CAO Rik Louwagie presented the results of an open-ended public survey intended to gauge the opinions of residents on what to do with the portion of the former arena and community centre lands north of Maple Leaf Street after council voted in 2019 to preserve the lands south of Maple Leaf Street for recreation.

"The old Wellesley Village Arena and Community Centre were closed when the new recreation complex opened at the edge of the settlement area," Louwagie said. "Council passed a resolution in 2019 that the green space in the downtown Wellesley site would remain as parkland, leaving the area where the buildings sit for potential redevelopment."



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COMMUNITY —

Residents still considering use for land

Continued from page 1

"A survey was conducted in January of this year to obtain public feedback on the potential redevelopment of this land. This was an anonymous survey and 419 responses were completed, which is a very good number. ... The most common theme coming from the survey responses was that a mixed commercial-residential use is the most preferred option."

According to the survey results, 48 per cent of respondents preferred a mixed-use development, which is a concept in development planning that blends multiple uses such as residential, commercial, cultural, institutional, or entertainment into one area. Twenty-three per cent of respondents preferred residential only, five per cent indicated they would prefer a commercial use, and 24 per cent of respondents indicated they would prefer other uses which included a park or recreation space, a retirement home, a library, youth or seniors centre, and a daycare.

As part of the survey, roughly 240 respondents indicated they would be most opposed to having the land developed for residential use. Of those respondents, nearly 80 indicated low-income or subsidized housing would be the least desirable use of the former arena and community centre lands. Others, however, indicated the land should be used for seniors housing – affordable or otherwise – as additional parking for the adjacent parkland and ball diamonds, that a pool should be built on that land, that the existing building should be kept as is for events like the Apple Butter and Cheese Festival and farmers markets, and that a business like a grocery store should be built on the land to increase local employment options.

At the committee of the whole meeting, Louwagie asked council to direct staff to put out a request for proposals to have a consultant undertake a development-feasibility study for the lands at an estimated cost of \$50,000. The study would include preparation of site concepts for mixed-use development, including urban design options; a cost-benefit analysis for construction and servicing options; development and ownership options including consideration of selling the land outright or maintaining ownership through a public-private partnership; and the development of a public-engagement process to involve the public and solicit feedback on the

study and the development concepts to be presented.

"Any feedback is good, but from the feedback I got from the community, obviously some people weren't engaged with the online format (of the survey)," Coun. Derek Brick said. "There's been lots of questions ... and I don't think many people saw this report, so ... I would say most people probably don't know this is before us tonight. That concerns me. The opportunities for people to speak or provide input outside the online forum, I don't think have been provided. ... This is a very big undertaking for our community. I do believe there's a good future there, but I think there needs to be more time spent with the community before we go and spend \$50,000 for a consultant to come forward with a mixed-residential-use plan that (not everyone agrees with)."

While Louwagie and Wellesley director of planning Tim Van Hinte explained the survey was available in paper copies and was advertised widely, and this would not be the last opportunity for the public to have their say on the future use or future development of this land – it's just the first step of many in narrowing down what that future use may be – Brick still wanted to give residents more time to consider the survey results and have their say in the matter.

Ultimately, councillors voted 3-2 to defer the staff request until their June 25 committee of the whole meeting, at which residents may have the opportunity to provide their feedback and opinions in person.

"I don't know what a delay would get us," said Mayor Joe Nowak, one of the two members of council who voted against the deferral. "Four-hundred people that have responded already is significant. You rarely will see that sort of input from residents. I think the community is well aware of what the options are and a delay is not going to get us anything. I don't think it will make any difference. I don't think there will be any significant difference.

"We know what we need in the community. We need that missing middle housing. We need affordable housing. We need all sorts of different types of housing. Whether that's the answer to this, I don't know, but the consultant will help us identify that. I'm sorry, I just don't see any benefit in holding off on this. I think we should keep moving forward. It's not committing us to anything, but it is giving staff an opportunity to take that next step."

Tavistock Fire Department serve up another successful chicken barbecue

By Gary West

June 1 was an extra busy day for members of the Tavistock Fire Department, who were involved in the Optimist Parkfest and were also busy boxing up meals and cooking up chicken for their annual fundraising barbecue.

After getting all the food prepared, they were happy to feed 500 hungry motorists lined up in their drive through at the Tavistock Fire Station to help support future training and equipment upgrades and purchases for their members.

This summer, they will also provide money collected from their annual BOOT drives in continued support for those suffering from Muscular Dystrophy.

The Tavistock Fire Department thanked Cascades of St. Marys, Don's Produce, Donna Brenneman and Quehl's of Tavistock for their help with this event, as well as all the fire department's supporters for coming out.



Tavistock's hardworking barbecuing firefighters. Pictured from left to right are Paul Brenneman, Scott Zehr, Sean Lonergan, Craig Blum, Ryan Ropp, Nick Hendry, Kayden Rose, Mark Wetlaufer, Steffan Yantzi, Max Kalbfleisch, Gary Ollivier, Chris Rose, Josh Jantzi, Jaclyn Lange, Chris Roth and Matt Lamers. Outside serving meals and not pictured are Mathew Jordan, Luke Bender, Jacob Hutchinson, Connor Ocleston, Mike Donaldson and Erik Weigand. Photo by Gary West



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COMMUNITY —

EZT frustrated with increase in illegal dumping

Continued from page 1

"I can say that in one pay period we experienced internal equipment charges and staff time plus benefits in excess of \$1,200 to do a cleanup. This does not include the fuel and disposal charges," said township CAO Karen DePrest.

Lightfoot said the current fine if someone is caught dumping is \$50, however at the last council meeting staff was directed to bring a bylaw back to council increasing the penalty to \$1,000.

Mayor Phil Schaefer provided the Gazette with a statement and, as expected, he is not pleased with what he is seeing.

"I am angered and frustrated at the increase in illegal dumping in our township. It shows a lack of respect for the environment, as well as for EZT taxpayers. It is neither difficult nor expensive to properly dispose of waste and I fully support the increase in fines. I hope the new signage indicating the increased fines will prove to be a deterrent."

Lightfoot said the dump sites are found through regular road patrols.

"Residents also contact the office to let us know about illegal dumping. We have had one occasion where we had to clean up four dump-trailer loads of construction debris and household waste. It has become a regular occurrence to have to send staff out weekly for cleanup."

Dump sites have been found throughout the township, but the bulk of the material is in the south half of the township between Oxford Road 17 and Oxford Road 33.

Council endorsed the placement of "No Dumping" signs along township-owned roads connecting to Oxford Road 17. Staff will also publish social media posts to educate the public about illegal dumping within the township road right-of-ways.

The purchase of signs is expected to cost approximately \$500 plus the staff time required to install them.



East Zorra-Tavistock Township is dealing with an increase in illegal dumping on side roads but is taking some measures to combat the issue. Contributed photo



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COMMUNITY —

Tavistock couple honouring memory of Uncle Francis Weitzel on the 80th anniversary of D-Day



Descendants of Francis Roy Weitzel stand under the street sign of his namesake in Buron, France. Pictured in front from left are Linda Weitzel, Shirley Weitzel and Emily Danen. Pictured in back from left are Amy Weitzel, Ken Weitzel, Sharon Weitzel, Glen Weitzel, Mike Schermerhorn and Francis Weitzel. Contributed photos

By Gary West

With the 80th anniversary of D-Day, it brings memories back to Glen and Linda Weitzel of Tavistock, along with other local family members, about their trips to Buron, France.

The couple had made two trips and they retraced the final steps of Glen Weitzel's uncle, Francis Roy Weitzel, a member of the Royal Highland Fusiliers who died on July 8, 1944 during the battle of Buron.

Francis Weitzel is credited for a huge contribution to the liberation of the town in the battle known as Bloody Buron.

Both Glen and Linda Weitzel say the people of Buron live the quote, "We will remember them."

On both the trips to that town, all of the Weitzel family in attendance were treated like royalty. There were ceremonies, receptions and even a parade the day of

the unveiling of the new street named in honour of Cpl. Weitzel.

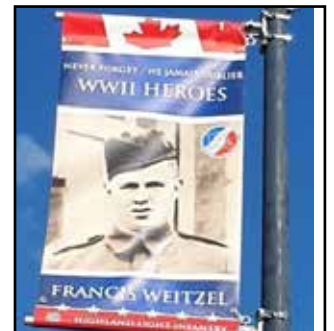
Even though Cpl. Weitzel is buried in the Beny-sur-Mer Canadian War cemetery in France, a marker stands in the cemetery at Trinity Lutheran Church in Sebastopol remembering Francis, as well as Clarence Kalbfleisch and Alfred Kingsley, who were also members of the local church.

On a recent trip to New Zealand, Glen Weitzel spotted a steel stake depicting a soldier honouring a fallen comrade and immediately thought of his uncle Francis, and brought it home to place by the stone marker at the church.

The Tavistock couple still keeps in touch with their new friends in Buron, France, and supports the Royal Highland Fusiliers at every opportunity they get in memory of Uncle Francis and his comrades.



Pictured is the gravestone marker at Sebastopol's Trinity Lutheran Church



A hero flag hung on the street named after Francis Weitzel in Buron, France.

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COMMUNITY —

Ontario Federation of Agriculture celebrating Local Food Week

By Lee Griffi, Local Journalism Initiative reporter

As spring unfolds, there are more and more locally grown fruits and vegetables ripe and ready for us to enjoy. From greenhouse vegetables and asparagus to strawberries, the bounty of Ontario produce is beginning to unfold in front of us, making June an ideal time to celebrate Local Food Week.

It's not just fresh, seasonal produce that is the focus of this annual event, which runs across Ontario this week. Local Food Week is also our opportunity to promote and appreciate the incredibly broad spectrum of food we can produce right here at home including fresh meat, honey and much more.

Tracey Arts is the Ontario Federation of Agriculture's representative for Oxford and Elgin counties. She said our area can grow an incredible array of fruits and vegetables.

"We are blessed in Oxford with the type of soil we have and we can produce here what other regions close by can't. We grow asparagus, berries, apples, cabbage, cauliflower, melons, sweet corn and so much more. There really isn't much you can't grow here, even in people's home gardens."

She added Ontario has the highest standards for food safety and encourages residents to buy nearby whenever possible.

"We have all this wonderful food right in our backyard. Shop locally and support our businesses to keep our economy strong. I know I would rather buy my food from my neighbours so I know exactly where it's coming from."

Alex Chesney from Thames River Melons near Innerkip said the week is a wonderful opportunity to highlight and showcase all that can be grown, produced and made in Ontario.

"While we live and eat local year-round as farmers, we welcome any opportunity to formally celebrate the bounty of our province, and really appreciate the reminder."

Among the crops in season this time of year are asparagus and strawberries. Chesney explained it is the farm's earliest strawberry season in history.

"In addition to these spring staples, we are also delighted to have rhubarb, green garlic (baby garlic), garlic scapes, a variety of lettuces and potted herbs. In addition to these fresh produce items, we also have a full lineup of jams, jellies, pickles and sauces – all made fresh from our produce, of course – our own melon blossom honey, and made-from-scratch fruit pies."

She said word is spreading that many local products are available right here in East Zorra-Tavistock.

"We have a wonderful customer base of very loyal customers and we are so grateful for them. We also have new folks showing up almost daily. Our area's population is growing rapidly, so there are always new people to introduce to our farm and to all that Oxford County has to offer in general."

Ray Oesch has owned and operated Ray's Produce in Tavistock for many years and said Local Food Week is a great time to talk about how good local food is.

"The quality of the produce is excellent, second to none. Ask anyone who buys both Ontario grown produce and produce grown in faraway countries. I still get everything I sell within an hour or an hour and a half away."

Oesch hears from his local suppliers that business isn't easy and a number of factors are to blame.

"It's getting harder, though, for the growers. The costs are going up because of fuel, a lack of local labour and the cost of bringing in foreign help. Another problem I have heard from a lot of growers is the big grocers dictate the price they want to pay and if you don't take what they offer they will drop you and buy products from other countries."

He added many of the growers feel they may not be around in the next five years.

"What a foreign worker makes in an hour here they make in a day, say, in Mexico. Produce grown in Ontario may cost a bit more, but I believe the taste and quality can't be beaten and I don't think we should rely on other countries to supply something as important as the food to live."

Perth-Wellington MPP Matthew Rae recently introduced the Growing Agritourism Act which, if passed, will help expand agri-tourism opportunities in our province. An OFA survey into local food and agri-tourism showed that more than 40 per cent of respondents are interested in selling value-added products and providing on-farm experiences.

Arts said the OFA is grateful for Rae's efforts since Oxford has such a vibrant and robust agri-tourism sector.

"We are blessed with so many local options from cheese to meat to dairy and everything in between. There are about 100 different places people can stop for a unique agricultural experience."



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COMMUNITY —

Snack program at Tavistock Public School a huge success

By Student Nutrition Program volunteers, Tavistock Public School

A total of 35,530 snacks were served from October until June at Tavistock Public School during the 2022-23 school year through the local version of the Student Nutrition Program.

This vast amount would not be possible without the incredible community support, not only from local businesses who back the program with food and financial donations, but also from the community members who give their time weekly to ensure that every child has access to nutritious snacks while in school. During this school year, nearly 9 million healthy snacks and meals have been provided to students across Ontario.

In the spring of 2023, an email was sent to the school community asking for

someone to take over facilitating the Student Nutrition Program for Tavistock Public School. Laura Harold, Danielle Francis and Aysha Nanasi agreed to take on the project as a team. They met over the summer and delegated each other responsibilities for the upcoming school year. September consisted of learning their roles and responsibilities, purchasing supplies and equipment, recruiting volunteers and meeting with community members eager to support such an important program. By the first week of October, snacks were being distributed to the students.

The Tavi Tigers get very excited when they see our volunteers in the school on Mondays, Tuesdays and Thursdays. Students often stop us in the hall and ask, "What's for snack today," as they eye up the cart full of delivered snacks. Some fan

favourites include smoothie days, bagels and cream cheese,

hard-boiled eggs and a variety of locally sourced fruits and vegetables. Some students have developed a love for food that is new to them through the Student Nutrition Program. One local parent asked, "Did you serve pineapple as a snack? My son has started asking me for pineapple and had never tried it before."

Although this is a government-funded program, we could not offer the snacks we do without our community support. Special thank you to Bickle's Orchard Park Farms, Canadian Tire (Stratford), Optimist Club of Tavistock, Opti-Mrs. of Tavistock, Sam's Independent, Saputo, Scotia Bank Tavistock Branch, South Easthope Mutual Insurance Company, Produce Express, Tavistock Home Hardware, Tavistock Public School Parents (cash donations at

fall open house), Tim Hortons (Holiday Cookie Campaign), Yantzi Home Building Centre and other anonymous donors throughout our community.

Our in-school team consists of 16 incredible volunteers and, as a team, we are incredibly thankful to be able to deliver such a successful program to our school community.

"It is because of the program that students do not have to worry about having an empty stomach but rather focus on learning and making lifelong connections with their friends, peers and educators," said Laura Bos.

Thank you for making 2023-2024 a huge success! We look forward to the next school year, meeting the new students, and delivering delicious snacks that the students have grown to love.

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COMMUNITY —

Tavistock's Optimist Parkfest a big hit

By Gary West

There were hundreds of local kids and parents out to have fun and food at the Tavistock Optimist Park June 1 for the Optimists' annual Parkfest.

From bouncy castles to wagon rides to games of chance with Linton Window and Door to climbing on a fire truck and, of course, great food from the Optimist Club fry and food wagon, the event went off without a hitch.

With many Optimist members making sure the day went smoothly, president Terry Rozendal thanked area residents for bringing out their families for a day of fun and a time of just getting together under sunny skies and perfect weather conditions at the Optimist Park on Woodstock Street South.

The Tavistock Optimist club reminds residents of their Friday night fry dates of June 7, July 5 and Aug. 9. Their Fry Trailer is named Optimist Prime.



The bouncy castles were a big hit for kids of all ages. Contributed photos



No one at Parkfest was going hungry as the Optimist Club's Fry Wagon was busy as club members kept feeding the steady flow of kids and parents all day.



Shakespeare's Linton Window and Door were busy as kids were invited to spin the wheel for prizes from the company, where everyone was a winner.



Tavistock's Fire Department members were a busy bunch as Matt Lamers and Nick Hendry were helping kids understand fire safety as they sat behind the wheel of the station's fire truck.



There was even farm machinery from the local John Deere dealer so kids and adults could see inside the cab of a real farm tractor.

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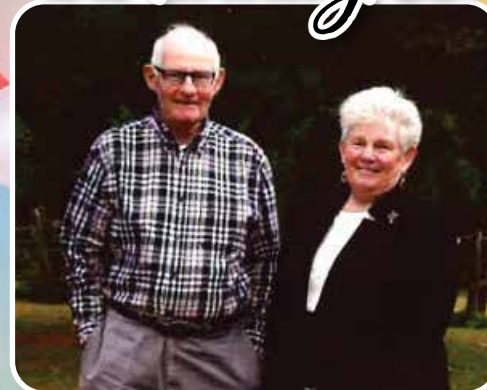
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COMMUNITY —

The Wilmot-Tavistock
Gazette Weekly Quiz

1. AC/DC's first album was named what?
2. How many stars are on the China flag?
3. Who was the lead actress in Pretty Woman?
4. The Tudors ruled in which European country?
5. Who painted the Mona Lisa?
6. What are fish eggs also known as?
7. What is the tallest mountain in the world?
8. How many planets are in our solar system?
9. What color are Smurfs?
10. How many phases of the moon are there?

Answers found on page 34

BIRTHDAYS AND
ANNIVERSARIES

Does someone in your family have a special day coming up? Let us know at thewtgazette@gmail.com to appear in our Birthdays and Anniversaries listing or to arrange for a special announcement ad.

June 4: Happy birthday to Erin Baechler (17) and anniversaries for Ralph and Irene Baker (64th), Mark and Jennifer Ropp (13th), and Kevin and Susan Luckhardt.

June 5: Happy birthday to Beau Witzel (18), Emma Michaels (19) and anniversaries for Bill and Fran Eekhof (59th), Gerald and Judy Zehr, and Terry and Jill Berg.

June 6: Happy birthday to Owen Yantzi (12), Morgan Weicker (18), Ashley Ropp (19), and Kamryn Lamond (22), and anniversaries for Chris and Melissa Stahlke (9th), and Tom and Lori Dufton (15th).

June 7: Happy birthday to Quinlan Brodrecht (10) and Elijah Bamberry (22) and anniversary for Brian and Elysia Cook (10th).

June 8: Happy birthday to Emily Wettlaufer (24).

June 9: Happy birthday to Bronson Nicklas (5), Hannah Ferguson (10) and Marilyn Gaudun (78) and anniversary for Bruce and Donna Swartzentruber (51st).

June 10: Happy birthday to Garner Zehr (8) and anniversary for Phil and Joyce Roth (46th).

The Old Gazettes

By Jake Grant

Slowly but surely, I'm reading through the past pages of the Tavistock Gazette (est. 1895). Within this weekly column I'd like to share with you some of my findings.

June 5-12, 2019, Edition (5 years ago)

Justin Slater has set a new World Crokinole record. After trying Brian Cook with four titles last year, Justin earned his fifth championship June 1, 2019. A total of 127 tables were set up for 21st annual tournament with some players from The Netherlands, seven U.S. States and the Northwest Territories making the trip to participate.

On May 28, Oxford County Provincial Police along with West Region Emergency Response Team (ERT), Rescue Unit (TRU), West Region Canine and West Region Crisis Negotiators responded to an incident involving a person in crisis in Tavistock. According to Police, an ongoing investigation was connected to a threat when a citizen called 911 at 8 p.m., which led to the containment of a local residence. At approximately 3:10 a.m., a male was taken into custody without incident. Charged with uttering threats to cause death or bodily harm (three counts), they were held for a bail hearing May 29, 2019.

Members of the Hickson Lions Club are thrilled with the turnout at their 6th annual Lions Brunch on Sunday Morning. About 170 people dropped by for all-you-can-eat eggs, sausage, pancakes, fresh maple syrup and a variety of fruits.

The Tavistock Men's club held a successful Fish Fry event on Wednesday with 550 locals attending.

Celebrating their 50th year in 2019, the Tavistock

Braves organized a day for golf and steak barbeque on June 8 with more than 75 players, former players, friends and spouses attending.

June 3-10, 2009, Edition (15 years ago)

On May 25, the Potluck Supper was held at the Village Manor with 36 residents and staff attending the Friendship Club Meeting.

Tavistock Mennonite Church and the Tavistock and Area Horticultural Society have a partnership in which the club uses their facilities in exchange for the upkeep of the grounds and gardens. The society has already done some work with plans to do a little more and the church members are thrilled with how beautiful it all looks. Gardening above is Janice McIntosh, Ron Gill, Marilyn Brenneman and Mary Kropf.

The Tavistock Optimist Soccer Club is pleased to announce the new club's name thanks to submissions from players. The club name chosen was the Tavistock Tornadoes. Naming winners are Hailey Schoonerwoerd and Chloe Hopkins, who win back their registration fees.

Over 70 local residents met at Quehl's Restaurant in Tavistock last Thursday morning for Antique Tractor Breakfast Club. With the overcast skies and heavy downpour, only eleven tractors were on hand, but everyone was still in good spirits.

Brian Cook prevailed for his third straight World Crokinole Championship title defeating Nathan Walsh in the Adult Singles. Over 530 positions were filled in the 11th annual tournament held in the Tavistock and District Recreation Centre.

A concerned group of East Zorra-Tavistock residents are mounting a local awareness campaign after several of their neighbors signed up with ProWind Canada Inc. for a proposed Innerkip Wind Farm. The idea is to erect six to

nine wind turbines on 1,500 to 2,000 acres of land in East Zorra-Tavistock and has left concerned local farmers with plenty of questions about the potential turbines.

The Tavistock Men's Club held another successful Fish Fry on June 3 with over 450 patrons enjoying a meal of fish, french fries and ice cream bars.

June 1-8, 1994, Edition (30 years ago)

Residents on the southwest side of Tavistock had a little excitement on Monday afternoon when a single engine aircraft put down in a field after experiencing engine trouble.

With less than three weeks to go, March for Jesus local organizers are marshalling their efforts for another public celebration of praise for Jesus. On Saturday, June 25, 1994, at 10 a.m., people of all ages and backgrounds are invited to participate in this expression of Christian unity and worship of the Lord Jesus Christ.

National Trust Tavistock Branch Manager Murray Schiedel was at Tavistock Public School last week to present a new dictionary stand to the library as part of the company's continued support of education in Ontario. Accepting the cheque of \$422 is teacher and librarian Alice Roth and principal Bill Ebel.

June 5-12, 1974, Edition (50 years ago)

The Tavistock Juniors Baseball team were down 3-1 after the first inning but sprung back to beat Sebringville 8-3 on Sunday afternoon. Tavistock had eleven hits to their opponent's five.

Celebrating their 50th Anniversary on Wednesday, the Woodstock Club held a meeting and local rotarians gathered for dinner at the Woodstock Fairs grounds with over 50 present.

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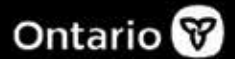
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June is Seniors Month

Working for Seniors

ontario.ca/SeniorsMonth



peopleCare scheduled to open new Tavistock home in October

By Lee Griffi, Local Journalism Initiative reporter

A new long-term care home is slated to open this fall in Tavistock. The new 128-bed home will replace the existing home on William Street South and will meet and, in some cases, exceed the latest government standards.

The home will be larger, coming in at 73,000 square feet and will be able to serve the needs of more residents. Sheena Campbell is peopleCare's vice president of communications and said the new build will be like night and day compared to the current facility.

"As you walk into the new front entrance, you will be greeted in a bright and open reception area with a vibrant lounge space. The main lobby will be larger, which is important as everyone who is from Tavistock knows the existing home has a small entryway and everyone loves sitting in there," she said.

She added there will be larger spaces for people to gather, a beautiful multi-faith space and a bistro area in the main entrance.

"Residents will enjoy lots of engaging social and restorative activities in the large dining rooms, activity rooms and lounges that will be located in each of the 32-bed resident home areas. The entire building will be constructed around a central courtyard with landscaped gardens providing all residents with a safe and enjoyable outdoor space."



A workforce of nearly 100 employees are on the job daily as the long-term care home eyes an October opening date. Contributed photo

Other unique features include a children's play area and a dedicated home area that offers special care and support for residents living with dementia. It will also have a family stayover suite for those coming from out of town or who want to be near loved ones in palliative care.

Campbell said they want to welcome everyone into the beautiful new space. One way is through sensory-scapes, which are meaningful murals designed to enhance resident wellbeing.

"We consulted with residents and our team about local heritage and familiar Tavistock community scenes to determine what murals would be incorporated into the home. To support wayfinding, individuality and a sense of home, each door will have a beautiful and unique wrap and the surrounding walls will look like a house porch."

In the tub rooms, there will be scenes that reflect the geography and landscapes of rural Tavistock. The dining room murals will have a country kitchen aesthetic.

Later on, planned enhancements include a historical gallery wall with farming and rural themes.

peopleCare currently has nine developments either underway or in the planning stages. Demolition of the former Maple Lane School in Tillsonburg is happening now to prepare for a groundbreaking in that community.

"We are very excited about our Peterborough development, which will be the first long-term care home on a university campus in Canada. We are planning a university-integrated seniors' village at Trent. We are also exploring what a future community of care could look like with all development sites. With the projects currently in our pipeline, the number of peopleCare long-term care beds will increase from 751 to 2,500 in the next four years."

Everyone involved with the current home is looking forward to the move into the new digs particularly since they can keep a close eye on what's happening at the new site.

"Our current residents, their families and our staff are super excited about moving into their new home this fall. They have been enjoying watching construction at the site behind the existing building. They have also picked new names for the four resident home areas that reflect the surrounding community," said Campbell, who added the moving process is already underway.

"We'll work with residents or their

Continued on page 11



TIM LOUIS

Member of Parliament Kitchener-Conestoga



JUNE is Seniors Month

Let's support seniors to continue to live actively, keep connected, and stay healthy and safe.

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SENIORS MONTH —

New 128-bed long-term care home opening this fall

Continued from page 10

families to pick their new rooms. Staff and families will pitch in to help pack and get residents' new rooms set up and comfy before they arrive. All residents will have a move-day buddy – typically a family or a close friend. We will put welcome baskets in their new room and arrange for everyone to be in the new home enjoying lunch and maybe some entertainment.”

The company said it believes strongly in developing partnerships and having a large network of trusted builders, architects and other industry leaders is key to

getting these new homes built with speed and efficiency. VanDel, one of Ontario's leading long-term care home builders, is the contractor at the Tavistock site.

“Like peopleCare, VanDel is a family-owned leader in their industry with a long history and an outstanding track record. They are our construction partner right now in Delhi, Tavistock and Kitchener. We are working with another leading Ontario builder, D. Grant Construction, for our Tillsonburg development,” said Campbell.

Technology is playing a larger role in long-term care every year and the new Tavistock home has several new features including a state-of-the-art HVAC system called BluTree. It provides a consistent temperature meaning no cold or hot spots and air without airborne pathogens and dust particles. The new home will have some other tech advances.

“We have a new nurse-call system that is fully digital and silent connected to our personal support workers and other clinical staff on their tablets. We've done a lot of work on access control that allows

for safety for our residents and supports freedom of movement and access around the home. Everything in the home will be new and best practice – all the equipment for resident care, our supplies and kitchen equipment,” said Campbell.

Interested members of the public can learn more about the new Tavistock home at <https://peoplecare.ca/changing-the-world-of-senior-living/our-developments/tavistock-ltc-redevelopment-2/>.



peopleCare's new Tavistock home recently had its outdoor courtyard filled with topsoil. The dirt was brought in via a large steel bucket hooked up to a crane. Contributed photo



JUNE IS SENIORS MONTH

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Happy Seniors Month

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SENIORS MONTH —

Grip strength leads to longevity

By Mercedes Kay Gold

Aging is inevitable, but the rate is up to you.

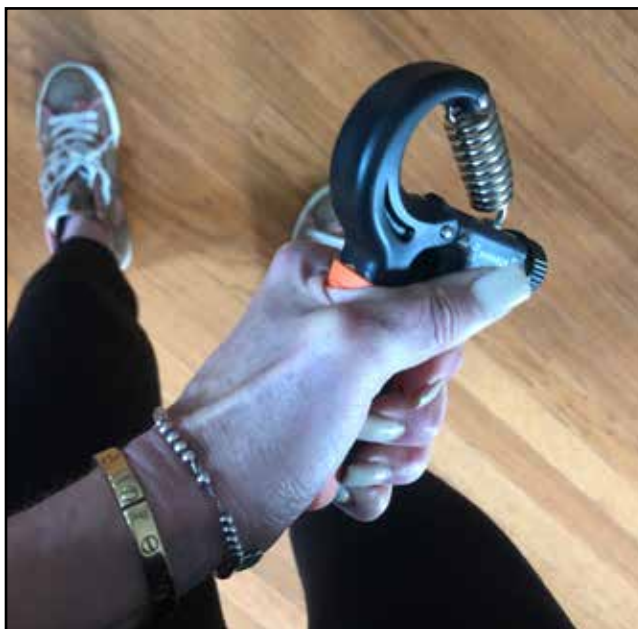
This is not the time to sit down. It is imperative to keep on moving and grooving. Strength training is more important than ever. Besides staying active, there's increasing evidence that grip strength is an indication of overall health. Stop passing the pickle jar and start increasing the force you personally generate and pop the top.

Grip strength is correlated to overall strength. Sarcopenia or losing lean muscle mass is common with ageing. With decreasing mobility and endurance, sitting at home is more comfortable but muscle atrophies. It doesn't take long before lost muscle is replaced with fat and strength plummets. Losing grip strength explains one's quality of life. Are you thriving? Muscle strength also sheds light on current health issues, and it's a predictor of health issues to come.

Grip strength is linked to coronary heart disease, high blood pressure, heart failure, stroke, chronic obstructive pulmonary disease, and all cause mortality. Low grip strength is also associated with dementia and an increased risk of cognitive decline.

Determining one's grip strength is simple and easy to measure using a handheld device called a dynamometer. Simply squeeze the device as hard as possible.

A Canadian study used a large, healthy, nationally representative sample to determine reference values that correspond to age, sex, height and weight in regards to grip



Grip strength is a good indicator of current and future health in seniors. Photo by Mercedes Kay Gold

strength. The study found men between the ages of 60 and 79 ranged from 40.1 to 42.3 kilograms while women of the same age group had a grip strength range from 23.7 to 24.7 kilograms. How well would you fare?

A journal published by the Gerontological Society of America classified 26-32 kilograms as intermediate and less than 26 kilograms as weak. In women, a grip strength of 16-20 kilograms was intermediate and less than 16 kilograms as weak. Is it time to test your grip strength?

Improving grip strength is possible at any age. Using a racquetball or squash ball, simply squeeze, switch hands and aim for ten minutes twice a day. Skip squishy balls as the resistance is wrong for working the forearm enough to make gains.

A handheld device is another option for daily use. Match your starting point, anywhere from approximately 11 to 132 pounds of resistance, adjusting the resistance as strength increases. The handheld device is portable, user friendly and the ergonomic handle is suitable for all hand sizes and can be used by both men and women.

The benefits of improving grip strength can be seen in functional life. From in the kitchen with a manual lemon squeezer and garlic press, playing piano and a strong serve in tennis to an even better score in a round of golf. Grip training supports a speedy recovery from hand injuries, arthritis and carpal tunnel.

Overall muscle weakness leads to loss of independence. Get active! It's never too early or too late to improve muscle strength, cardiovascular health, flexibility and, in turn, grip strength.

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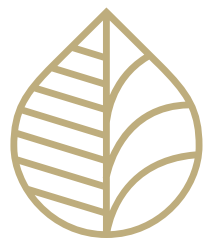
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SENIORS MONTH —

Muscle is magical: The importance of staying active as we age

By Mercedes Kay Gold

Active ageing is the name of the game. Longevity is the goal, but with quality of life. Feeling strong physically is the key to maintaining independence. You can't sit on the couch and expect to live your best life.

Sarcopenia, the age-related decrease in muscle mass, is normal due to nutrition, hormones, activity level and other factors. Being active is key for helping preserve lean body mass. Strength training is non-negotiable, or you can expect to lose four to six pounds of muscle per decade. Move it or lose it!

Muscle strength is linked to everyday life and simple activities such as walking, household chores, lawncare and even getting dressed or tying one's shoes will be utterly impossible without maintaining muscle mass. Inactivity is normal when recovering from an illness or injury, and muscle will atrophy, leaving you in a vulnerable position. Balance is connected to overall muscle strength, but strong legs are your link to preventing dangerous slips and falls.

Strength training at least two days a week is beneficial overall. Blood-sugar control and slowing down bone loss are advantageous as the number of candles on the



To keep your muscles active at home, the use of something as simple as a can of food can take the place of dumbbells in daily exercise. Photos by Mercedes Kay Gold

cake increases. Speaking of dessert, muscle mass is linked to a higher basal metabolic rate. Muscle burns more calories at rest than body fat.

Building muscle through resistance training is a super way to manage chronic conditions such as arthritis, back pain and



Wall pushups are a great starting point for seniors looking to improve and maintain their muscle strength.

heart disease, to name a few. Functional training unilaterally supports cognitive health. Sharpening thinking skills while lifting weights is an epic win.

It's never too late to start building a stronger fit body. If you have a chronic condition, check with your doctor or naturopath before starting. Join a community class, local gym, follow along on YouTube or hire a

trainer one-on-one to come to the house, but love yourself enough to start.

Step out of your comfort zone and embrace uneasiness, either solo or with a buddy. Start by warming up with a brisk walk outside or on a treadmill followed by a few simple in-home exercises. Everyone has to start somewhere, and one's body weight, a simple can of food or light dumbbells is a beautiful beginning. Choose an option heavy enough to tire your muscles after 12-15 repetitions. Once easy breezy, increase to two sets of 12-15, three sets, and then it's time to add weight or increase the weight used.

Strength training equals functional life and freedom. Three simple exercises you can start today in the privacy of your home. Sitting down and standing from a sturdy chair or a modified squat allows you to rise and sit from the toilet without a handrail. Bicep curls increase arm strength helping you carry groceries in. Push-ups on the wall use your own body weight, but still target key muscles such as the chest, arms and shoulders.

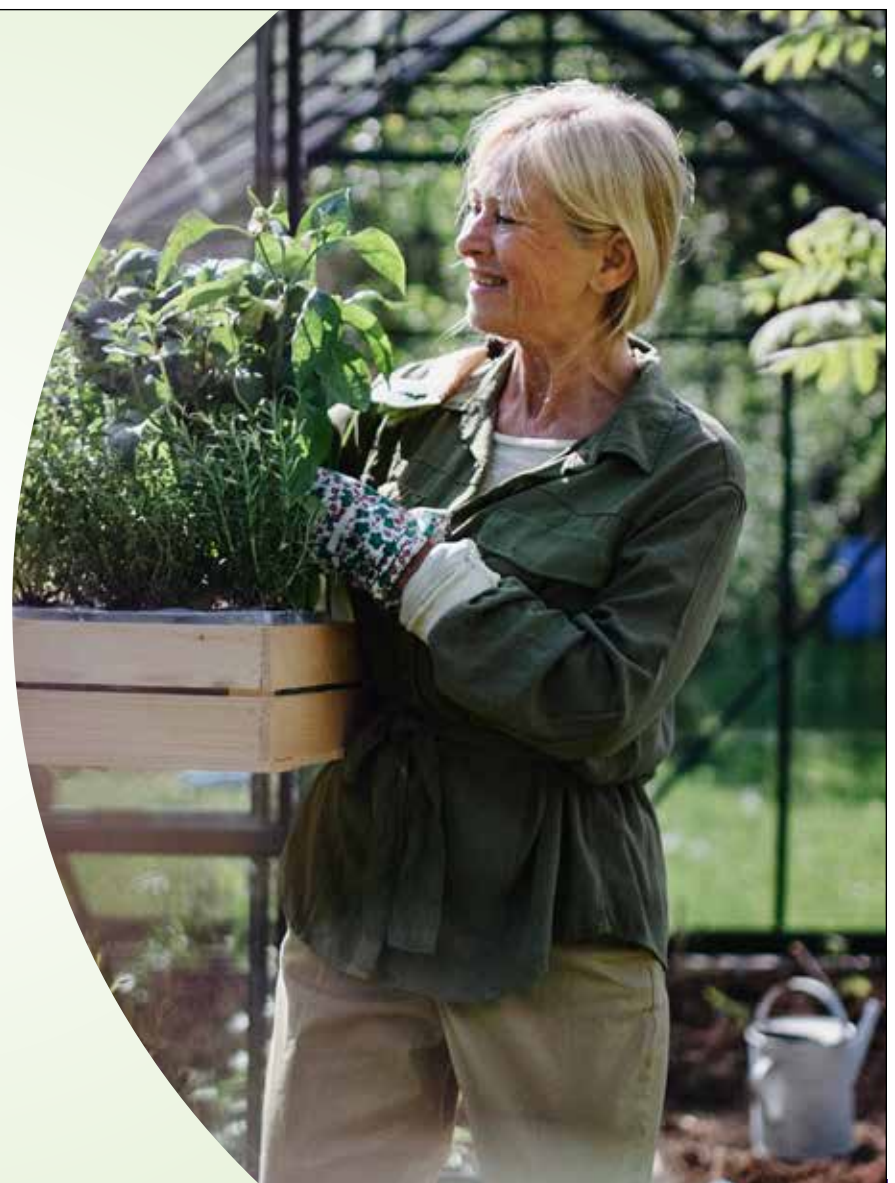
Anthony Douglas Williams said it best. "Don't let your age control your life. Let your life control your age."

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SENIORS MONTH —

A pair of Tavistock seniors still making a difference with a positive outlook on retirement

By Gary West

There are two senior members of the Tavistock community who have never been asked to act their age.

Both Irvin Zehr and Randi Hopkins have never let much grass grow under their feet either because they keep active by doing small jobs they like to do.

We caught up with the pair last week while they were straightening a gate post at the back of the Zehr's Esso lot next to the town's car wash.

Zehr, 85, smiles while saying, "This should have been done long ago." Once Hopkins, 76 and Zehr's friend, showed up with a shovel, the job was completed.

A tour of the back shop led us to Zehr's very last project, according to him.

Even though the "mechanic for life" has completely refurbished 12 antique cars and trucks in his day, he is most proud of his latest project, a 1928 model roadster pickup truck.

If Henry Ford could come back to see it, he would have to be very impressed with the re-upholstered leather interior along with the looks of a brand-new truck on

the outside, fully painted and looking like it just came off the showroom floor.

The two were in the process of stretching a tube to fit on an old, antique, wood-spoked wheel that Irvin probably has for what could be another project.

He says he has also owned and restored a 1942 Harley-Davidson motorcycle with what he called a suicide shifter.

The pair have been friends for decades and both have had their airplane pilot licence in the past, even though they smile when they say they haven't flown in years. I'm sure their families are glad for that.

The pair also mentioned the number of farm tractors that have been in their possession including an International Cub, a 1940's Ferguson, Cockshutts and a two-cylinder John Deere AR.

They both were truck drivers in their early years and they are now so-called handymen and attempt to take on any job within reason, but say they will always have the privilege of saying no.



Tavistock's Irvin Zehr and Randy Hopkins standing beside a recently refurbished Model Roadster Pickup looking like new after many hours of work in Zehr's backyard shop. Photo by Gary West

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SENIORS MONTH —

The history of southern Ontario's Farmerettes told by author Bonnie Sitter

By Gary West

The co-author of a popular book called *Onion Skins and Peach Fuzz* spoke to an enthusiastic and interested crowd at Grace United Church Sunday about the history of Farmerettes in southern Ontario.

Bonnie Sitter brought her light-hearted memories of the Ontario Farmerettes to the big screen with photos taken between 1941 and 1952.

They were the young women who volunteered to work on southern Ontario farms while men were overseas fighting in the Second World War and immediately after.

She talked about her research and how most of the Farmerettes she was able to contact are now in their 90s, with two over 100 years of age.

She also said a documentary is currently being filmed to cover an important part of the history of southern Ontario's Farmerettes.

The poster that advertised at the time to persuade young women

to join the group read, "For Peace Sakes, Pitch In."

Most were paid 25 cents an hour but had their room and board included.

When either planting, harvesting or hoeing crops like onions, radishes, peppermint or even transplanting celery, they were housed in the upstairs of barns, huts, tents or even school museums near or on the owner's farms.

The Farmerettes were hired under the Ontario Farm Service Force or even the Victory Volunteer Camp Girls banners and came from communities including Wellesley, New Hamburg, St. Marys, Mitchell and Clinton to name only a few from this area.

The author signed her books following the presentation and was grateful to see the Blythe Festival is featuring the play, *Onion Skins and Peach Fuzz: The story of the Farmerettes* from Aug. 14 to Sept. 7 at the popular *Outdoors at the Harvest Stage*.



Author Bonnie Sitter (left) is thanked by Tavistock's Trish Wettlaufer, who was instrumental in organizing the author's visit and presentation to those interested in hearing about southern Ontario's Farmerettes. Photo by Gary West



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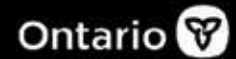
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Despite rain, New Hamburg Legion hosts solemn, well-attended Decoration Day

By Galen Simmons

New Hamburg and area residents had the opportunity to remember and honour local veterans and others who have died with the return of the New Hamburg Legion's Decoration Day at Riverside Cemetery June 2.

With umbrellas in hand, area residents joined members of the Legion's colour party, the New Hamburg Band, the Sir Adam Beck Public School Intermediate Band, the Air Cadets Squadron 822, local dignitaries and others to pay their respects to those who lay at rest in the cemetery off Bergey Court.

"I would like to start by extending my sincere gratitude to the New Hamburg Legion for reinstating Decoration Day to honour the soldiers and veterans who are buried here in Riverside Cemetery," Wilmot Township Mayor Natasha Salonen said before laying a wreath during the ceremony. " ... Decoration Day is often called Canada's forgotten first Remembrance Day as it predates both world wars and (allows) us to be able to give our appreciation to all men, women, as well as animals, who fought and served in historic conflicts and wars, and those who are currently in uniform today.

"We can never show you enough gratitude for what you provide us in our country. I am reflecting also on the sacrifices of the spouses, children and family of Canada's service people who make historic and continued sacrifices day to day to help support their veterans and those who are at war now and in the past. Their unwavering support, loss and, too often, grief have generational impacts that we cannot take lightly."

Also on hand to lay wreaths at the cemetery were Kitchener-Conestoga MPP Mike Harris and Kitchener-Conestoga MP Tim Louis.

The ceremony featured the playing of "Last Post" by the



The Sir Adam Beck Public School Intermedia Band plays "O' Canada" during Decoration Day. Photos by Galen Simmons

New Hamburg Band's Chad Gravill and "Reveille" by bagpiper Andrew Bauer, as well as "O' Canada" by the Sir Adam Beck Public School Intermediate Band.

A number of hymns were played by the New Hamburg Band and sung by those gathered and New Hamburg Legion president Ross Eichler delivered prayers, scripture and the benediction on behalf of Rev. Bob Thaler, who was unable to attend.

"Go now, wander among these stones and find the ones with the poppies," Eichler said to conclude the ceremony. "If you find one, stop and pause for a moment. Take that moment to remember this person is somebody's husband or wife, somebody's parent or grandparent who once loved and was loved. Take a moment to honour this person who went places and saw things and did things we

can never imagine. We do not have to live through that.

"Take a moment to be grateful. You walk among these stones because they gave much of their lives for your peace and your freedom."

This Decoration Day marks the return of a longstanding tradition in New Hamburg, one Eichler said will continue in years to come.



After the Decoration Day proceedings were over, those in attendance were invited to walk among the graves at Riverside Cemetery and pay their respects to those who lay at rest there.



Kitchener-Conestoga MPP Mike Harris lays a wreath during the New Hamburg Legion's Decoration Day at Riverside Cemetery June 2.



Wilmot Township Mayor Natasha Salonen lays a wreath as members of the Air Cadets Squadron 822 stand at attention.

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SPORTS —

Introducing Spencer Seymour, our new Director of Sports

By Stewart Grant

As publisher of this newspaper and others, I have a lot of conversations with people in the community about the industry. Most often, they will mention they've always enjoyed the feel of a print newspaper and they remember being in their hometown paper as a kid involved in some kind of sporting event.

As we know, the industry has changed a lot in the last decade, and unfortunately in many newspapers, youth sports are nearly gone. Heck, in many towns and cities, their entire newspaper is gone!

My hometown, St. Marys, has always had a very strong sports section, and yes, my love for newspapers began from a young age when I was thrilled at occasionally appearing in the St. Marys Journal-Argus playing hockey or soccer. I still have those clippings today.

When the Journal-Argus closed in 2017, we hired their legendary sports reporter, Pat Payton, to join us at the St. Marys Independent newspaper. While Pat retired at the end of 2022, Spencer Seymour has continued the tradition of delivering outstanding community sports coverage to the people of St. Marys. Last month, under Spencer's leadership, the St. Marys Independent earned a third-place award in Ontario in the community newspaper category, "Best Sports Section," though I will argue we were underrated at that.

We'd always like our newspapers to be better – to strive for the impossible target which is perfection.

I know the Wilmot-Tavistock Gazette is a good newspaper, but it can be better in certain areas. One of these areas is in sports – and that's why I'm happy to



Spencer Seymour is Grant Haven Media's new Director of Sports

announce that we have promoted Spencer Seymour as our new Director of Sports, overseeing the sports sections in each of our community newspapers.

Spencer plans to initially focus on improving the sports section within the Wilmot-Tavistock Gazette. He'll be reaching out to organization leaders throughout the spectrum of local sports and hopes to build a team of local contributors to make Gazette sports worth reading for people of

all ages.

Seymour says sports coverage is like sports itself in that it takes a team effort:

"Making the community part of building our sports section is vital. Even though my prime responsibility with the St. Marys Independent is covering sports, I can't be everywhere. But thankfully, we've got people within the sports community who submit things, or just get items on our radar. Whether it's a full story, a photo, or even

just a note about something taking place, those within the sports community engaging with us is only going to make it easier for us to showcase what's going on in that sports community."

On what he hopes to accomplish:

"Grant Haven Media has a great philosophy when it comes to community-centric newspapers, and in St. Marys, Pat Payton was the embodiment of that long before Grant Haven Media was even a thing. Pat established a standard for what a great community newspaper's sports section looked like and, although I could never replicate what he did, I've tried to carry on that standard with the St. Marys Independent. Now, I want to help bring that standard to the rest of the Grant Haven Media newspapers."

On the standard for a Grant Haven Media sports section:

"The subject matter may be different, but really, it comes down to applying the same logic to the sports section as we do to the other pages. If it matters to the people in the community, then it matters to us as a newspaper. That goes for news, community events and, of course, sports.

Regardless of age or skill level, sports matter to a lot of people in our community and that means sports matter to the community newspaper."

Please join me in welcoming Spencer Seymour to the Wilmot-Tavistock Gazette sports scene. For sports story ideas, contributions, or enquiries on how to get involved (including high school students interested in achieving community service hours), please contact Spencer by emailing spencer.seymour88@gmail.com. You can also call or text his cell at 519-859-1049.

Another successful year of catching fish at Shakespeare Optimist Club's annual fishing derby

By Gary West

The weather was perfect and the fish were biting for kids who were part of the Shakespeare Optimist Club's annual fishing derby June 1.

Derby chair Greg Ankenmann was pleased when 35 kids showed up with fishing poles in hand and the smiles were contagious as the bass in the pond were happy to oblige.

After measuring and weighing the fish that were caught, Connor Bayer was the overall winning fisherman with a 17-inch bass.

With hot dogs and drinks served afterward, the kids had sure worked up a morning appetite.

The club thanks Murray and Charlotte McTavish for the use of their North Easthope farm pond, and Optimist Pete Krueger for helping kids to get their lines in the water and catch and release the fish for another day.



A smiling and proud Connor Bayer shows off his biggest catch of the day, a 17-inch bass, while Optimist Murray McTavish and Optimist Greg Ankenmann look on. Contributed photo

Aquatic Aces compete at Regional Championships

By Joni Maerten-Sanders, Wilmot Aquatic Aces

The Wilmot Aquatic Aces sent 21 swimmers to the regional championships in Windsor this past weekend.

The team finished 14th overall out of 26 regionals clubs. The girls team was 12th and the boys team was 17th. Leading the way was 14-year-old Grace Bach who set two club records in 50-metre and 100-metre butterfly, won three gold medals (50-metre, 100-metre and 200-metre butterfly) and won a silver in 1,500-metre freestyle over the three-day meet. Bach will be competing at the Ontario Youth Junior Championships in two weeks.

Ten-year-old Lilah Bergman won a silver (200-metre freestyle) and bronze (200-metre backstroke) medals and five best times. Her swims in the 200-metre freestyle and 200 backstroke were both qualifying times for the Provincial Festival Championships to be held in two weeks. Amiera Black, 18, coming off of Special Olympic Provincials, had four best times winning a gold, silver and bronze. Black will compete in early July at the Provincial Championships in Scarborough.

Bailey Ewanchuk, 16, won two gold (400-metre freestyle and 800-metre freestyle) and one silver (200-metre freestyle) and had four best times. Ewanchuk will compete at the Ontario Youth Junior Championships in two weeks. Calum MacLeod, 14, won a gold in the 800-metre freestyle.

Tess Weyers, 16, won two bronze (400-metre individual medley and 800-metre freestyle). Weyers will compete next at the Ontario Youth and Junior Provincial meet in two weeks, Isabel Willson won two gold (1,500-metre freestyle and 50-metre breaststroke) and a bronze medal (800-metre freestyle). Isabel is getting ready for the provincial championships in July.

The 13-14 Girls 200 Free relay broke a club record. Members of the team were Willson, Bach, Gracie Kuttschutter and Lucy Levac. The 13-14 mixed medley Relay of Kuttschutter, MacLeod, Bach and Duncan MacDonald finished seventh overall with a new club record. The 15 and over mixed medley relay set a club record with Angela Levac, Weyers, Tyler Johnson and Adam Barabas.

SPORTS —

Tavistock Minor Ball looking to continue player development

By Lee Griffi, Local Journalism Initiative reporter

The 2024 baseball season is well underway in Tavistock and the organization's president says pumping out high-quality players remains a priority.

The program has developed national team players such as the McKay brothers, Mitch and Mason, and Dave Nahrgang said there are several reasons why.

"We talk about this a lot as an organization, and I think there's a variety of factors. First of all, it's important to emphasize fun and athleticism at younger ages. We try to instill a passion in the game for kids and get them to return to the game every year. Also, the Cephias Roth Men's Tournament (July 18-21 this year) brings in the best of the best in men's softball, and our athletes can watch and interact with the superstars of softball. That inspires a lot of kids to stay in the game and pursue it at a high level."

Tavistock Minor Ball holds a skills clinic every spring with the U11 and U13 age groups, and they are fortunate to have players from Team Canada, Team Ontario

and women's colleges and universities to run it.

"We try to emphasize to the young kids that it's possible to get to a high level playing in Tavistock and to be a lifelong player of the game. Lastly, we're in a softball hotbed geographically. We are in the middle of a bunch of towns that all run strong softball programs and there are always opportunities for a great game," Nahrgang said.

Like many other area minor-sports organizations, baseball is seeing registration grow within the younger age groups.

"We are seeing an increase in our registration numbers, especially at the younger ages (U5-U9), which isn't surprising with the growth we're seeing in the town," he explained.

That growth, such as in Tavistock Tornados Optimist Youth Soccer, has resulted in pressure on field space. That group has publicly stated they could use another field or two but Nahrgang said they aren't facing the same issue.

"We haven't been experiencing pressure for diamond time yet. We have a rental

agreement with the school board to access the three diamonds on the public-school grounds, which we can use for our younger teams. Between Queen's Park and the Optimist Park diamonds, we can still accommodate all our minor-ball teams and the abundance of adult teams."

This season, Tavistock Minor Ball has created a new U7 program to bridge the gap between its beginner program and the U9 age level. It will be a mix of T-ball and coach pitch, and Nahrgang said he's excited to see how that program goes for the players. He's also looking forward to a big night of ball coming in early July.

"Tavistock is hosting an exhibition night with the New Zealand Men's National Team against some of our local all-stars. It will be on Tuesday, July 2 at Optimist Park. It's an incredible opportunity for our town, and I hope we can fill the park with players and fans."

New Zealand is also playing a pair of games in Hickson the following evening at 7 and 9 p.m.

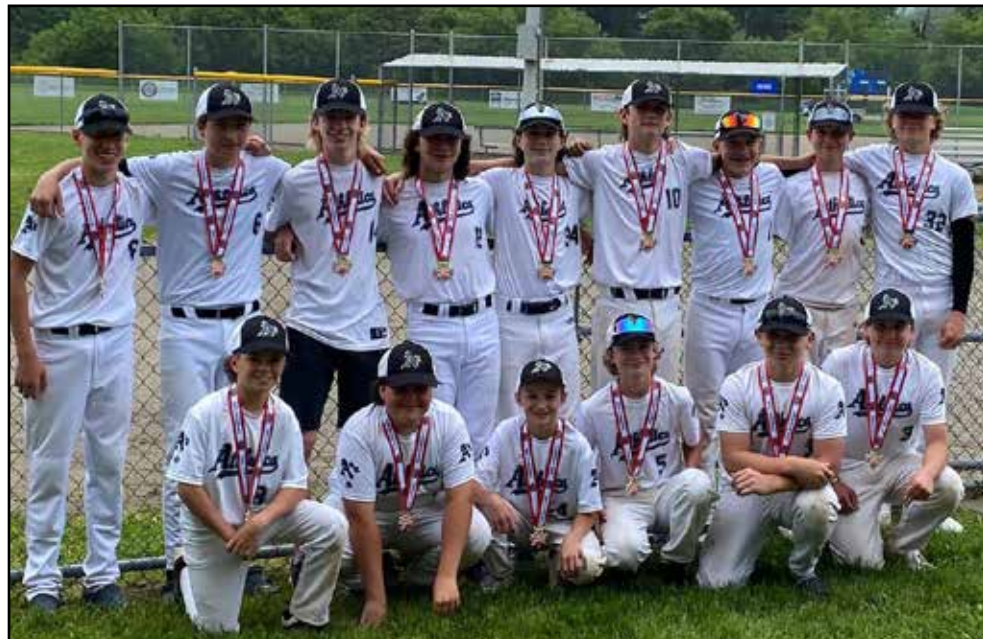
The organization's major fundraiser is

the annual Cephias Roth tournament being held from July 12-14 and Nahrgang is hoping they will receive financial support from the community.

"We'll be reaching out to some local businesses for some sponsorship at the tournament. If we can offset some of our costs, we're able to raise more money for the organization. The Tavistock Men's Club sponsored a set of jerseys for us this year, and we're always grateful when clubs and businesses want to help."

Tavistock is playing host to the Ontario Softball Association's provincial tournament from June 28-30, something Nahrgang said is another great opportunity for Tavistock.

"Our U23 Merchants have built a great organization and they're looking after most of the tournament themselves along with the Tavistock Hops men's team. We're able to assist as needed, and I hope the park is full of players and spectators to watch some great ball, and hopefully another Merchants championship."



The Tavistock U-15 boys fastball team are pictured here with their gold medals from the North Waterloo fastball tournament last weekend. Championship Sunday was rained out, but the team was the #1 seed after the round robin, and the boys were awarded the gold medal. The U-15 boys team would like to thank the Tavistock Mens Club for sponsoring their new white uniforms this year. Tavistock's U-15 fastball team with their gold medals. Pictured in front from left are Cam Bartlett, Augy Marschauser, Logan Nahrgang, Jordan Zehr, Spencer Otto and Evan Nahrgang. In the back from left are Carson Gilmore, Mackiah Wagler, Jay Alexander, Peyton Christie, Grayden McRoberts, Connor Harper, Jackson MacMillan, Dylan McCann and Marshall McKay. Contributed photo



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SPORTS —

Wilmot minor ball hopes to keep locals in the roost as they face field and volunteer challenges

By Lee Griffi, Local Journalism Initiative reporter

The Wilmot Thunder baseball season has begun and while the organization is looking at a lack of both volunteers and field space, its president, Ryan Roth, remains positive.

“The one thing I think we have done well here in Wilmot is when Baden and New Hamburg joined forces,” Roth told the Gazette. “Some people thought we were only doing it to be more competitive and that was part of it. We were a bit bigger on the boys side and were able to compete better at the provincial and national levels and we have been able to send teams on to those levels.”

He added more of a motivation was to improve the house league and girls programs to make sure they had teams and opportunities for kids to play, particularly in the younger age groups.

“It gives kids an opportunity to participate at the level they are at,” he added.

The organization has rebranded the U20 team as the New Hamburg Mustangs to match the U23 team that was in place a few years ago.

“We have a strong group of kids at that age

level and it should be a very competitive team provincially. If we are able to qualify for Canadians, we have a good shot at winning a medal. The hope is we can keep these kids playing here at a U23 level similar to what Tavistock has done.”

He added Tavistock has had some very good teams and players and has been able to keep them competing locally.

“That’s what we are hoping for. We have had groups of kids who have had some success and are we able to have a core group of those kids to continue to play locally? We are hoping to at least provide those opportunities to play competitively here and play with their friends,” Roth said.

The organization, like many others, experienced a drop in registration during the pandemic but they are coming up, particularly at the younger ages.

“I am seeing, from many centres, not many teams at the U17 and above levels. It is a challenge to find competitive leagues to match our boys. At the younger age levels, there are a lot more teams and a lot more kids playing, so hopefully we can keep them in the sport and rebuild after losing some kids.”

One of the challenges facing minor ball in



Brayden Van Dewynke, a member of the U20 New Hamburg Mustangs, rounds third base on the way home. Contributed photos

Wilmot is field space, something not lost on Roth. He understands the challenges the township council faces but it is an issue to schedule home games.

“They say diamonds are sitting empty for the last part of August into September (when the season has ended for most teams), but summer is a little different than winter. People are content to go to a rink on the weekend because it’s the middle of winter. What else are you going to do?”

Roth added not everyone wants to spend the weekend at a ball diamond so the Monday to Thursday scheduling is a challenge and one solution would be to have more mini diamonds for the younger ages to take the pressure off.

“Having said that, we are running quite a few events as an association so we are using quite a bit of diamond time on weekends. We have local league tournaments, OASA and ORSA events. We are using a lot of diamond time,” he said.

Wilmot minor ball has been involved in the township’s community services master plan, which will provide a roadmap to enhance and grow the parks-and-recreation facilities and services. Roth said he

understands there aren’t unlimited funds to give everyone what they want, but the organization is making sure they are involved.

An issue facing many volunteer organizations is the lack of volunteers in the fold. Roth said they need more people to step up and give their time.

“We have a great group of dedicated volunteers who are a part of our executive who are doing things, but I know they, at times, are feeling burnt out and overwhelmed when it comes to balancing the rest of their lives with volunteering.”

He added how much time, work and effort is put into advocating and pushing ahead.

“We just ran an awesome tournament this weekend with 44 teams, and it was a great event but there were some executive members spending way too much time trying to fill in the gaps. That’s one example of what we deal with all the time. We would benefit from more people jumping on board to help. It’s something that is becoming more of our focus.”

Roth said they are trying to figure out how to take pieces of responsibility that are manageable to give to new volunteers to spread the workload out.



Caleb Martin, also with the U20 Mustangs, delivers a pitch.

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OPINION —

THE PUBLISHERS DESK: *A decade in the newspaper business*



By Stewart Grant

Ten years ago, on June 1, 2014, this accountant decided to buy a fledging newspaper in his hometown of St. Marys. Believe me, I did not have high expectations. I was well aware of the continued growth of the internet, and I thought maybe we could last another five to seven years and it would be an inter-

esting life experience.

Back in 2014, I never could have guessed that I'd someday end up quitting my full-time insurance accounting job and dive into newspapers full time. Nor could I imagine that, ten years later, our St. Marys Independent (and Wilmot-Tavistock Gazette, which would come in 2020) would have more weekly local news coverage in it than many Canadian cities have in their newspapers.

There have been some major challenges along the way, and there were times, particularly in the early years, when I didn't know if the Independent would survive. St. Marys is a pretty small town for two newspapers, and we had to run things on a shoestring budget just to break even.

Frank Doyle had started the Independent in 2000 following Torstar's 1999 purchase of the St. Marys Journal Argus. One of the many things Frank understood from the beginning was that a town's news source should be locally owned. We learned just how true this was on Monday, November 27, 2017, when Torstar and Postmedia completed a transaction that resulted in the closure of dozens of Canadian community newspapers including the 164-year-old St. Marys Journal-Argus. The lesson: big conglomerates might have fancy slogans such as "connected to your community" but ultimately, their big-city ownership has proven time and time again through their actions that they really don't give a crap about journalism in small towns like St. Marys (or New Ham-

burg, where Metroland virtually abandoned local coverage in the New Hamburg Independent). It's up to us in these small towns to take care of it ourselves.

I'm proud of what we are doing with the Wilmot-Tavistock Gazette and we're always trying to get better. Please see my article on page 20 in this week's paper about how we plan to improve our sports section, as one example. Over the years, it's been so exciting to continue to grow what I call our "all-star team" at the newspaper operation (not just employees, but also those who contribute in other ways by sending us stories and photos), and I look forward to getting more local people involved in the future.

I think life is all about interesting experiences, and cer-

tainly the newspaper industry has provided many of those. In recent years, I've really enjoyed starting newspapers in other communities and, in doing so, I always talk with pride about how the communities of St. Marys and Wilmot-Tavistock support our papers. It really is amazing that each week we have somewhere between 24 and 32 pages of local coverage in our relatively small areas - particularly when there are cities with populations over 100,000 in this province (i.e. Guelph) that don't even have a print newspaper anymore.

For much of the country, the last 10 years in the newspaper industry have been brutal. But not so here in Wilmot-Tavistock, St. Marys, and other communities where together we have proven that local news still works.

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OPINION —

EXPERT ADVICE: *Tallow is top notch inside and out!*



By Mercedes Kay Gold

Tallow is trending and with good reason. Homesteading gained popularity during the pandemic. With too much time and not enough to do, people of all ages embraced baking from scratch, fermenting, crochet, knitting and so many traditions that are considered old fashioned for lack of a better word.

Thank goodness eating as close to the way Mother Nature intended is also making a

huge comeback. This holistic nutritionist is totally to the moon over tallow and the take-over on social media has me grinning ear to ear.

For centuries, tallow was the top choice for frying and baking, and widely used in fast-food chains until cheap seed oils were introduced.

Tallow is fat rendered from beef and sometimes mutton. The hard, white fat found around the animals' organs referred to as suet is used to make tallow. The tissue around the kidneys is considered the best and if you are a DIY enthusiast, let the local butcher know when ordering.

Tallow does resemble lard, the pork version, due to a lovely white to pale-beige hue. Tallow is solid at room temperature with a waxy texture, but melts when heated.

There are 115 calories in a tablespoon, comparable to any fat from coconut to olive. Tallow contains zero carbohydrates, protein, sugar or fibre. For flavourful cooking, it's first-class and a staple in both the keto and carnivore diets. When shopping

for tallow, choose brands rendered from strictly grass-fed cattle, the most nutrient dense version.

Tallow is primarily a saturated animal fat, up to 50 per cent, and a great source of fatty acids such as conjugated linoleic acid better known as CLA, and oleic acid.

Recent studies are showing a link between foods high in good fats, and the often-demonized cholesterol does provide health benefits. The saturated fat found in beef tallow appears to have a mostly neutral effect on blood cholesterol and moderate amounts in the diet shouldn't increase your risk for cardiovascular disease. I have more good news linked to consuming healthy fats. Tallow, rich in CLA, supports metabolism. A high-fat keto diet is linked to weight loss and tallow would be a great addition in meal planning.

Fats are essential for the liver to absorb vitamins D, E, A and K.

Tallow has a phenomenal flavour and, with a high smoke point of between 400 and 420 degrees Fahrenheit, frying a steak in tallow instead of butter is a taste sensation. It's a fabulous fat for roasting, baking and sautéing, too. Shop local and fall in love with Organic Oasis Farm Store's very own in-house rendered tallow made from grass-fed and grass-finished cattle.

Tallow is tasty, yes, but most people don't realize all-natural skincare brands are emerging with a whipped version of tallow using purified rendered fat from cattle's suet. The high CLA content and fat-soluble vitamins D, E, A and K help skin retain moisture. It's an inexpensive, all-natural skin remedy for heaps of conditions from eczema to bug bites to an all-natural moisturizer. It's all over baby beneficial and a super sunburn or post-shaving



Tallow is also use in skin care. Photos by Mercedes Kay Gold

skin soother. Just in case you are curious, there's no beefy smell. Often, skin-care lines add organic essential oils, enhancing the scent as well as adding heaps of holistic healing.

Tallow blew up on Tik Tok and this holistic nutritionist is thrilled!



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TRAVEL —

OH, THE PLACES WE'LL GO: *Stonehammer – discover a billion years of stories*



By Paul Knowles

Did you know the famous Reversing Falls in Saint John, N.B. aren't called that anymore? No, neither did I, but the folks in St. John have gone with a somewhat more-accurate description, and the phenomenon – which has not changed – is now called the Reversing Falls Rapids.

If you have been there, you will know there never has been a very obvious waterfall, but that what they call “nature’s tug of war” does produce some pretty spectacular sights here where water flowing from the Saint John River – sometimes called by its Indigenous name, the Wolastoq – meets the incoming tide from the famed Bay of Fundy.

What I also didn't know is the Reversing Falls Rapids are part of a much-larger and highly significant feature of the Saint

John area, the Stonehammer Unesco Global Geopark – one of the largest and most diverse geoparks in the world.

Wanda Hughes, the owner of the Inside Out Nature Centre located in Rockwood Park, took us on an extensive tour of some of the many sites that make up this unique destination. While the Reversing Falls Rapids are one popular feature within the geopark, she told us the real justification for this global designation.

“Our geology is so diverse. ... We cover every geological era except one.”

So it's not surprising that Stonehammer's tagline is, “A billion years of stories.”

Let's point out right now that this is not a park in the sense there is a single entrance and an obviously defined area. The geopark includes a total of 60 sites in and around Saint John. It's one of the largest in the world.

So, a good idea is to load up with information before you start what will be a fascinating tour of some of the locations. There is a Stonehammer information centre at the Container Village – a collection of brilliantly coloured shops, restaurants and performances places all in reconstituted sea cans on the Saint John Harbour. You can also find lots of information online.

Armed with such information, plan to spend at least half a day discovering some of the most interesting sites in New Brunswick.

The majority of the 60 sites are not accessible, largely because Stonehammer is the location of a lot of ongoing scientific research.

“Scientists have been coming here since the early 1800s.”

Wanda told us there are some sites that include fossils dating back 800 million years.

But a dozen of the sites are open to visitors, including the 2,200-acre Rockwood Park, which includes 10 lakes and 55 trails, all within the boundaries of the city of Saint John. The Irving Nature Park, which covers 600 acres on the west side of the city, includes large swaths of salt marshes and a beautiful, unspoiled beach on the Bay of Fundy. And of course, there are the Reversing Falls Rapids, where visitors will want to spend more than a few minutes as the waterscape changes dramatically as the Bay of Fundy tidal waters battle the river current. The tide fluctuates between 25 and 29 feet; the Bay of Fundy is famous for having the highest tides in the world.

A less obvious Stonehammer site is a highly significant, unique spot you might not notice without advance warning. It's a place where you can discover the remnants of three continents as they were before continental drift tore them apart and they moved over millions of years to form the global configuration we know today. In Saint John, you can stand in North America, and touch bits left behind when South America and Africa moved to their new locations.



A beach on the Bay of Fundy, part of the Stonehammer Unesco Global Geopark. All photos by Paul Knowles

Wanda announces dramatically, “Continents collided right here!”

In addition to billions of years of history, Stonehammer also encompasses six different ecosystems: the Bay of Fundy, salt marshes, bogs, forest, fungi and mosses. The various sites that form the ecopark make for excellent bird watching, walking and hiking, canoeing and kayaking, swimming and even – in Rockwood – golf.

The accreditation of Stonehammer as a Unesco Global Geopark occurred in 2010. Wanda was part of the team that made the original application 15 years ago, which led to Stonehammer becoming the first recognized geopark in North America. But it is not a done deal. Every four years, Unesco experts come and reevaluate the accreditation.

I asked Wanda why she has

devoted all these years to this project. She was quick to answer.

“I love rocks and the geopark is good for tourism.”

So, when you visit Saint John – which offers lots of other great tourist attractions beyond Stonehammer – be sure to schedule time to explore this unique site for the science and the history, sure, but also for the beauty. The beach on the Bay of Fundy, the lakefront at Rockwood Park, and the Reversing Falls Rapids are all gorgeous attractions in their own right.

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.



A unique rock sculpture in Rockwood Park, featuring rock from each of Canada's provinces and territories.



The famous Reversing Falls Rapids in Saint John.



A statue honouring workers, in Rockwood Park.

OPINION —

EXPERT ADVICE: Top 5 reasons why your home won't sell



By Isabel Livingston

Selling your home is a huge decision. You want to do it right. Here are five considerations for getting ready to list!

Pricing is one of the most important aspects of listing your home and it is crucial that it is positioned just right. Today's buyers have access to a multi-

tude of information that allows them to access comparable listings as well as the sold prices of other homes. If priced even a little bit too high, the consequences can be detrimental; no showings, little action and becoming stale. After 30-60 days on the market, buyers may begin to wonder why the home isn't selling and that can lead to the false belief there may be something wrong with the home when in fact nothing is wrong at all.

Presentation is extremely important; a home is bought with emotion and backed by logic. What this means from a buyer's perspective is they are going to want to be able to walk through your home and envision themselves living in it. How you are currently living in your home may be perfect for you, but it isn't

necessarily perfect for every single buyer, which is why having a team of stagers to provide recommendations on how you can ensure that your home shows at its best. It's simple things like extra decor pieces and rearranging furniture to potentially adding or removing certain pieces. When a buyer feels emotionally attached to a home, they are likely to bring their strongest offer as quickly as possible in fear of missing out.

Before listing, make sure all the tiny touch-ups and fixes that need to be made are taken care of – things such as loose door-knobs or squeaky floors, a cabinet handle or old furnace filters. Try to think, "Move-in ready." One of the biggest values we see is a fresh coat of paint. The cost of paint is invaluable with the

boost in condition/value it provides.

Find the best realtor for you. The importance of this cannot be stressed enough. You need to find someone that works well with you and your family. So how do you find the right agent? Here are a few pointers to help you:

- You want someone that knows the local area and market inside and out.
- Choose someone that has a broad network and will be able to market your home to other agents that may have potential buyers.
- And lastly, you want someone who has a strong history of getting homes sold and purchased quickly.

You need a specific, tailor-made

marketing plan just for you. No two homes are the same and therefore each approach should be taken differently to best showcase the unique qualities of the individual home. Your home deserves to be marketed aggressively. The more people that see your home, the more buyers. Period. You need a curated marketing plan that targets social media platforms, print media, neighbourhood targets, open houses, email blasts and much more.

For questions or future article suggestions feel free to reach out anytime to connect; ilivingstonsells@gmail.com.

Isabel Livingston is a sales representative with Gale Group Realty Brokerage Ltd. and the Jennifer Gale Real Estate Team.

Calling all budding or blooming gardeners

By Janice Wagler, Garden Wilmot

growing their own gardens, making friends and winning prizes. You can even earn the rank of Creative Gardener if you have grit and sticktoitiveness.

If you need additional information or would

like to become a junior gardener, contact Janice at jankwagler.95@gmail.com. Please note, you need to sign up for the Junior Gardeners program. There is only a \$1 membership fee to join the program.

This year, the junior gardeners are planting nasturtium and tithonia along with their

choice of beets or carrots.

But first, the junior gardeners have been preparing for the Ontario Horticultural Association's Youth Competition and their results and any photos will be posted as soon as possible.





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This photo of the old water wheel in New Hamburg was taken by Amanda Tucker and shared on the Show Us Your Wilmot Facebook page. Photo courtesy of Show Us Your Wilmot

Gazette Puzzles

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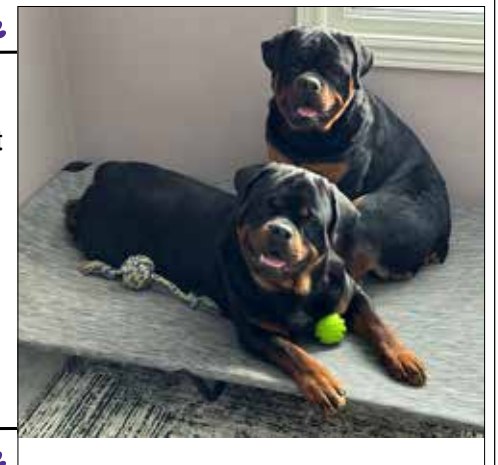
Pet of the Week



CLUTCH & CRUZ

Our pets of the week are Clutch (almost 2 years) and Cruz (1 year). They are owned by Andrea McFarlane. Both Rottweiller's love being outside, playing ball, patrolling the property and wanting attention at all times.

Nominate your Pet of the Week by emailing: thewtgazette@gmail.com



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COMMUNITY —

Reinman repeats as World Crokinole Champion

By Nathan Walsh, World Crokinole Championship committee

Connor Reinman of Grosse Pointe Farms, Mich. repeated as World Crokinole Champion following a victory over Josh Carrafiello of New Hamburg in the final.

For the second year in a row, Reinman also defeated five-time world champion Justin Slater in the semi-finals, while Carrafiello defeated Andrew Hutchinson, last year's finalist, in dramatic fashion in the other semi-final. With the victory, Reinman becomes the fifth player to ever win multiple World Championships following Justin Slater's five victories, Brian Cook's four, Joe Fulop's three and Jon Conrad's two.

Reinman is a graduate student at Indiana University where he studies music theory. He attended the event with his significant other, Michelle Astorsdotter, hailing from Sweden, who also studies at Indiana.

The final four contestants of Reinman, Carrafiello, Slater and Hutchinson were flagged as the favourites coming into the World Championships, with all four of them making the semi-finals of the Ontario Singles Crokinole Championship one month earlier.

Runner-up Carrafiello won the Cues division at the World Championships last year before fully converting over into the fingers side of the game. Carrafiello finished ahead of Reinman in the Round of 16 but

had a much tougher time advancing into the finals, needing to survive a must-win round against Hutchinson before making the finals, while Reinman never trailed in his match against Slater.

The final match was tense and well-played even with the extra pressure coming from presence of a photographer from CBC, a film crew from TVO and numerous spectators. The crucial moment came when Reinman hit a long follow-through 20 on his second-to-last shot. When Carrafiello missed his next shot, just a simple take-out was needed for Reinman to secure the world title.

Meanwhile, Slater of Guelph defeated Hutchinson of Kitchener to finish in third place.

The World Crokinole Championship hosted their 23rd annual tournament on Saturday, June 1 with another year of record-setting numbers. One-hundred and 40 boards were in action during singles play and included contestants from Japan, Sweden, Australia, 15 U.S. states and five provinces. Registrations for the singles action were sold out nearly six weeks prior to the tournament.

Justin and Fred Slater also repeated by winning the competitive doubles competition for the second year in a row, and for the fifth time overall. Second place went to Reinman and Jon Conrad of Poole.



Connor Reinman poses with the championship game board and WCC Committee member John Schultz following his 2024 World Championship victory. Contributed photo

Hutchinson and Jeremy Tracey of Elmira were third, while Kris Flossbach of Elmira and Travis Keener of Ohio were fourth.

The Recreational Doubles championship was won by the Vann brothers, Vuth and Voeun, of Kitchener, with second place going to Peter and Cody Carter, third place to Shawn and Kate Hagarty, and fourth place to Mark Harper and Todd Henderson. For Youth Doubles, Ethan and Tyler Buhr of Indiana finished first, with Logan and Leah McComb of Michigan finishing second.

In the Cues division, Marlowe Martin of Elmira and Stuart Martin of Waterloo won the doubles competition. Dave and Dennis Brubacher finished second, Nelson Kuepfer and Jim Nau finished third, and Cameron Jutzi and Merv Roth finished

fourth. In the Cues singles division, Oscar Weber returned to the winner's circle for the first time since his back-to-back championships in 2004 and 2005. Doug Schwartzentruber of Shakespeare finished second for the second year in a row, while Dave Brubacher of Listowel finished third, and Wayne Kipfer of Millbank finished fourth.

In other singles play, Brent Nielsen won the recreational singles title, Peter Stokoe won the Intermediate division and Ethan Buhr won the Junior division. The Karin Jeske Award for the top female in Competitive Singles was won by Beverley Vaillancourt, with Cathy Kuepfer in second, and Helen Linda in third.



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COMMUNITY —

Wellesley's fall fair ambassador and members of the Wellesley Fair tour Mountainoak Cheese

By Gary West

There are thousands of tourists who come to the Waterloo Region every year, and some ask to visit the Van Bergeijk family farm, home of Mountainoak Cheese on Huron Road in Wilmot Township.

Katelyn Bartlett, Wellesley Township fair ambassador, and a few members of the Wellesley Fair toured Mountainoak Cheese in late May. The cheesemaker offered farm-to-table tours as part of the Oxford County cheese tours that took place during the month of May.

Samples of the different types of Gouda cheese, including their prize-winning Gold Gouda, were provided for tasting and all cheese is produced from their own Purebred Holstein cows right on their own dairy farm.

The Van Bergeijks produced Gouda cheese in Holland before immigrating to Canada many years ago.

As an extra treat, following the tour, there were two flavours of ice cream also provided by the Van Bergeijk family to their Wellesley Fair visitors.



The dairy barn where milk from the cows shown are made into various varieties of the award-winning Mountainoak Cheese. Photos by Wendy Richardson

Grace Church garage sale and barbecue was one of the go-to places in Tavistock June 1

By Gary West

Organizers of the Annual Garage Sale and Barbecue at Grace United Church in Tavistock June 1 were more than happy with the large number of visitors who were able to browse and buy articles and materials for home and cottage at bargain prices.

There were many tables set up in the church auditorium as well as more outside as the weather was perfect for the garage sale at the church and for others set up around town.



Pictured are four ladies from Tavistock and area holding items offered for sale while taking part in this year's annual Grace Church garage sale. Pictured from left are Clair Ohrling, Elizabeth Halliday, Eileen Ohrling and Tory Zehr. Photos by Gary West



The Grace Church auditorium was full of hundreds of items on display for the fundraising event, with proceeds going to congregational church work.



Wellesley Fair ambassador Katelyn Bartlett is shown with Mountainoak Cheese owner Annemiek Van Bergeijk while visiting their farm with Wellesley Fair board members last week.



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COMMUNITY —

Paramedic programs helping seniors and others in Oxford County

By Lee Griffi, Local Journalism Initiative reporter

There are several community paramedic programs in the county including one that provides some residents with magnetic pouches to hold medical information files. Many seniors and others with health issues have signed up and benefit from a more streamlined model of care.

Jamie Walter is the county's community paramedic superintendent and said the medical information file is a community tool paramedics leave behind with patients after a 911 call. The pouch, ideally, would be attached to a resident's fridge for easy access.

"We have people throughout Oxford County and neighbouring areas we will go to for calls. We will hand them an information file containing some cue cards where people can put their medical history, allergies, medications, information paramedics can quickly access if we come to your residence again," Walter said.

The locally driven project has been around for about 10 years, but the county's community paramedic program has enhanced it.

"If a client is referred to the community department and we have stickers that will identify a resident as being a part of our team, and there are a few different streams. The blue sticker has our 24/7 access line for patients referred to us for remote patient monitoring or just general welfare checks and coaching."

Walter added they have two additional programs including a palliative-care-out-reach team with an orange sticker and the same phone number for clients, which allows paramedics to know what team the patient is on.

"There are a number of pharmacological treatments the paramedics can provide for the patient to have relief at home rather than be transported to a hospital. The additional sticker is green and it's called the chronic disease management program."

Walter explained it is for people suffering from diseases such as COPD, congestive heart failure or diabetes and the community paramedic team works with nurse practitioners and physicians to provide treatment plans in the home.

"The medical information file itself is just a quick access to someone's medical records during an emergency. If someone does call 911 and, let's say, they are incapacitated so they are unable to give an accurate history of their medical condition or the event taking place, we see the sticker on the front door and we know we have a quick reference to the patient's medical history and what team he or she is on."

He added it is a more effective use of the health-care system and helps connect patients with the right person at the right time.

The programs are getting results as 218 monitored patients received care in the county's 2023-24 fiscal year, which ended at the end of March. The target was to

onboard 200 people. There was also a 97 per-cent satisfaction rate among patients monitored by the community paramedic remote monitoring program. Walter said perhaps the most important statistic is a huge reduction in 911 calls.

"There was a 69 per-cent reduction in 911 calls and a 72 per-cent drop in emergency department visits after the program launched compared to six months before implementation," added Walter.

One of the funding streams or models that led to the community paramedic program is to alleviate care needs for residents who are on a long-term care waitlist.

"The program is always evolving but that is one of the measures Ontario Health is trying to track. How are we assisting individuals who are being released back into the community from hospital or trying to prevent them from entering hospital while they are waiting for a long-term care bed?"

The North Easthope Antique Tractor club members ride their tractors to Anna Mae's in Millbank



It was an exciting day for not only antique tractor owners but also the owners of Anna Mae's Restaurant in Millbank, where dozens of antique tractors travelled there for breakfast last Thursday. The tractor owners motored from Tavistock, New Hamburg, Amulree, Wellesley, Milverton and many places in between. Three generations of the famous Anna Mae's Restaurant, once done serving breakfast to the antique tractor owners last week, were glad to see the machines of years gone by in their parking lot. Pictured are Marlene Herrfort with daughter Amanda Mae, owner and manager of Anna Mae's Restaurant, with granddaughter Olive. On the seat of his two-cylinder John Deere is Stratford's Ron Neeb.



Joe Strauss from New Hamburg displays his 1948 Centour. The tractor's original owner was the T. Eaton Family of Kirkton, which owned the famous T. Eaton Department and Catalog Stores across Canada.

COMMUNITY —

They're not just trees

By Louis Silcox

The latest Wednesday Walk in Wilmot's Wonderful Woods ventured into the Schmidt Woods, near the recreation centre.

The Schmidt Woods are named in honour of Harold and Enid Schmidt, longtime residents of Baden area and strong supporters of their community.

While many people simply enjoy the cool calm of the woods, keen people start to see differences in the trees around them. And they should. Former resident Wayne Buck has identified 26 different trees growing in this small plot. We think there may be even a few Wayne didn't count. We'll soon post Wayne's list is on the Let's Tree Wilmot website

Our primary goal on this stroll was to find the fairly rare rock elm. We found one, although there are others. We also learned why it is sometimes called cork elm. We also looked for black ash, an important tree to our indigenous predecessors. A Baltimore oriole sang for us. If you go, pay attention to the poison ivy signs. I missed one.

The next walk is June 5 at 7 p.m. at Baden Hills. Different trees, different soil, sure, but how did these hills get here 10,000 years ago? What did this area look like before Europeans arrived? Visit LetstreeWilmot.ca for more information.



Members of Let's Tree Wilmot recently took a walk through the Schmidt Woods in Wilmot Township. Contributed photo

170th anniversary of St. Mathew's Lutheran Church

By Gary West

It was a Sunday of celebration for the 170th anniversary of St. Mathew's Lutheran Church in East-Zorra Tavistock.

Many members attended the celebration along with pastors from past years that filled the church to capacity.

The current church's pastor, Don Nevile, welcomed Pastor Douglas Reble, assistant to the bishop, who was the guest preacher for the occasion.

A barbecue lunch followed for those in attendance for the special occasion to mark 170 years of worship.



Pictured from left are St. Mathew's Lutheran Church present Pastor Don Nevile, Pastor Tim Dawkins, Pastor Richard Holmes, Pastor Everett Mossman and guest speaker Pastor Doug Reble. Contributed photos



Pictured is the large Sunday congregation that attended the 170th anniversary of St. Mathew's Lutheran Church.



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Class Environmental Assessment Study**

We want to hear from you.

Your feedback is an important part of this study. Please join us for a virtual meeting on June 20, 2024 at 7 p.m. To sign up for this virtual meeting, please visit: www.engagewr.ca/wellesleywater

Study purpose:

The Region is responsible for the water and wastewater systems in the Village of Wellesley, as well as planning for new growth while meeting regulatory requirements. The Region is developing the Wellesley Water and Wastewater Master Plan (WWWMP) that will look at water and wastewater needs to 2051. The WWWMP will incorporate recent population forecasts, assess existing asset conditions, and identify new opportunities to maintain or upgrade the water and wastewater systems while considering climate change impacts.

Study process:

The study will be carried out as a Master Plan in accordance with the Municipal Engineers Association's (MEA) Municipal Class Environmental Assessment (MCEA) Process (MEA 2000, as amended 2007, 2011, 2015, 2023), which is an approved process under the Ontario Environmental Assessment Act. The study will follow MCEA Approach #2 for completing a Master Plan, which involves the preparation of the WWWMP at the end of Phases 1 and 2 of the MCEA process, while including sufficient supportive studies and investigations required to proceed to Phases 3 through 5. This includes public and external agency consultation and an evaluation of alternative solutions.

Project Information

If you would like more information regarding this project, including material from the first public meeting (PCC#1), visit regionofwaterloo.ca/wellesleywater or contact us directly.

Contacts

Kaoru Yajima
Project Manager, Region of Waterloo
KYajima@regionofwaterloo.ca

Tom Mahood
Project Manager, Jacobs
tom.mahood@jacobs.com

All personal information included in a submission, such as name, address, telephone number, and property location, is collected, maintained, and disclosed by the Ministry of the Environment, Conservation and Parks for the purpose of transparency and consultation. The information is collected under the authority of the Environmental Assessment Act or is collected and maintained for the purpose of creating a record that is available to the general public as described in Section 37 of the Freedom of Information and Protection of Privacy Act. Personal information you submit will become part of a public record that is available to the general public unless you request that your personal information remain confidential. Questions regarding the collection of this information should be directed to Kaoru Yajima at the Region of Waterloo.



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COMMUNITY CALENDAR - MAY/JUNE/JULY 2024

THURSDAY, JUNE 6

KAIROS Blanket Exercise
7 p.m.
Experience history from an Indigenous perspective by participating in a KAIROS Blanket Exercise. A free event hosted by the Wilmot Ecumenical Working Group on Indigenous/Settler Relationships. Register at: <https://bit.ly/WilmotBlanketExercise>
Questions? Contact: ecumenicalworkinggroup@gmail.com
New Hamburg Community Centre, 251 Jacob Street

FRIDAY, JUNE 7

Tavistock Optimist Club Friday Night Fries
4 - 8 p.m.
Tavistock Optimist Park
250 Woodstock St. S., Tavistock

SATURDAY, JUNE 8

Shakespeare Field Day and Fish Fry
All day
SCAA Park and Optimist Hall
3974 Galt St., Shakespeare

MONDAY, JUNE 10

Township of Wilmot council meeting
7-11 p.m.
Council chambers
60 Snyder's Rd. West Baden

TUESDAY, JUNE 11

Hidden Acres Mennonite Camp & Retreat Centre's 57th Annual Chicken BBQ & 16th Annual Pie Auction Fundraiser
5 - 7 p.m.
\$20 Small meal / \$24 Regular meal. Pie Auction will happen during the meal. Please visit hiddenacres.ca for more details and to order your tickets (tickets must be purchased in advance).
Hidden Acres Mennonite Camp & Retreat Centre
1921 Line 37, New Hamburg

TUESDAY, JUNE 11 CON'T

Township of Wellesley council meeting
6:45 p.m.
Council chambers
4805 William Hastings Line, Crosshill

THURSDAY, JUNE 13

Food Truck Night
4:30-7:30 p.m.
North Easthope Public School
4672 Road 108, Stratford



SUNDAY, JUNE 16

Optimist Club of Petersburg Breakfast In the Park
8:30 am to Noon
Car Show (weather permitting)
Petersburg Park

WEDNESDAY, JUNE 19

Interfaith Counselling Centre's 40th Anniversary Gala
Doors open at 6 p.m.
For more information or to buy tickets call 519-662-3092 or visit interfaithcounselling.ca
Puddicombe Banquet Hall
145 Peel St., New Hamburg

Township of East-Zorra Tavistock council meeting
7 p.m.
Council chambers
89 Loveys St. Hickson

WEDNESDAY, JUNE 19 CON'T

Explore Downtown New Hamburg's Pageant of Trees
7 - 8 p.m.
Register at letstreewilmot.ca/events
Kirkpatrick Park
122 Wilmot Street New Hamburg



FRIDAY, JUNE 21

TCP Presents: Auditions for "Our Town"
6:30 - 9:30 p.m.
Due to the casting requirements of the show the audition panel will be seeking people 16+. Visit www.thecommunityplayers.com/onstage/auditions/ for more information and book your audition today! Callback HOLD - Sunday June 23 from 12:00 - 5:00 p.m.
New Hamburg Community Centre
251 Jacob Street, New Hamburg, ON

SATURDAY, JUNE 22

TCP Presents: Auditions for "Our Town"
9:30 a.m. - 6 p.m.
Due to the casting requirements of the show the audition panel will be seeking people 16+. Visit www.thecommunityplayers.com/onstage/auditions/ for more information and book your audition today! Callback HOLD - Sunday June 23 from 12:00 - 5:00 p.m.
New Hamburg Community Centre
251 Jacob Street, New Hamburg, ON

MONDAY, JULY 1

Township of Wilmot Canada Day
11 a.m. opening ceremony
William Scott Park
84 Bleams Rd. W, New Hamburg



FRIDAY, JULY 5

Tavistock Optimist Club Friday Night Fries
4 - 8 p.m.
Tavistock Optimist Park
250 Woodstock St. S., Tavistock

THURSDAY, JULY 1

20th Annual Childhood Cancer Fundraising BBQ
11am to 6pm
All proceeds will go towards Scotland's Yard (Grand River Hospital), Children's Health Foundation (London) and Walk to Conquer Cancer (Princess Margaret Hospital)
1239 Notre Dame Drive, Petersburg

FRIDAY, AUGUST 9

Tavistock Optimist Club Friday Night Fries
4 - 8 p.m.
Tavistock Optimist Park
250 Woodstock St. S., Tavistock

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PRAYER TO THE BLESSED VIRGIN (NEVER TO KNOW TO FAIL)

Oh most beautiful flower of Mt. Carmal, fruitful vine, Splendor of Heaven, Blessed Mother of the Son of God. Immaculate Virgin, assist me in my necessity. O Star of the Sea, help me and show me hear in you are my mother. Oh Holy Mary, Mother of God, Queen of Heaven and Earth! I humbly beseech you from the bottom of my heart to Succor me in this necessity. There are none that can withstand your power. Oh, Show me herein you are my mother, Oh Mary, Conceived without sin pray for us who have recourse to thee (three times). Holy Spirit, you who solve all problems, light all roads so that I can attain my goal you who gave me the divine gift to forgive and forget all evil against me and that in all instances in my life you are with me. I want in this short prayer to thank you for all things as you confirm once again that I never want to be separated from you the eternal glory. Thank you for your mercy towards me and mine (The person must say this prayer three consecutive days. After three days, the request will be granted. This prayer must be published after the favour is granted)

**PLACE YOUR CLASSIFIED AD HERE
THEWTGAZETTE@GMAIL.COM**

Weekly Quiz Answers

- | | |
|----------------------|------------------|
| 1. High Voltage | 6. Caviar |
| 2. Five | 7. Mount Everest |
| 3. Julia Roberts | 8. Eight |
| 4. England | 9. Blue |
| 5. Leonardo da Vinci | 10. Eight |


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