



# Godrich Sun

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## Hurononia and HMA spread joy in local high schools

GODERICH SUN STAFF

info@goderichsun.com

Hurononia Perfectpint Ltd. would like to extend heartfelt thanks to the Huron Manufacturing Association (HMA) for their incredible efforts in connecting Hurononia with local schools in need of program supplies.

The HMA's 'Bridges to Manufacturing' program is making a significant difference in the community, fostering student interest in the trades and strengthening local manufacturing education.

Hurononia was thrilled to support this vital initiative with donations valued over \$3,000 in welding consumables to schools participating.

"We had such an outpouring of requests we were unable to meet the initial demand," said Nathan Swartz, a salesman at Hurononia and HMA Director.

"To ensure no school was left out, we increased our contributions."

During the Christmas season Hurononia sent donations to St. Anne's Catholic Secondary School, South Huron District High School, FE Madill Secondary School, Central Huron Secondary School and St. Marys District Collegiate and Vocational Institute.

Hurononia applauds the HMA for their dedication to enhancing local manufacturing programs and encouraging other manufacturers and suppliers to get involved.

Donations of tools, materials, and products can greatly improve the resources available to local schools, providing students with hands-on experience and inspiring the next generation of skilled tradespeople.

To contribute to the Bridges to Manufacturing program, contact the HMA directly at info@huronmanufacturing.ca



## Fate of Memorial Arena remains in the balance

KATHLEEN SMITH

Editor

As a result of safety concerns and aging infrastructure, Goderich Town Council recently made the decision to close the doors of Memorial Arena until further notice.

With the quick decision to close the arena to public use, several user groups found themselves searching for a space elsewhere to run their events.

Members of the public were invited to the January 6 Memorial Arena Task Force meeting to discuss next steps.

"It's going to be a process, it's not going to happen overnight, but we want to make sure the building is safe for use, and is accessible for all," explained Mayor Trevor Bazinet at the January 6 meeting.

As to why the arena had to be closed, those details or sensitive information were discussed at a recent closed meeting. Those details remain confidential, under the Municipal Act.

"We have concrete evidence it needs to be closed," added Bazinet.

"We received information from staff, and they made us aware of some issues. If something was to happen to a user group in that facility, and for Council to know what they know, it would not be a good thing. I get the frustration, the last thing I wanted to do was close this facility."

Memorial Arena has been a hot topic of conversation since the ice was removed in 2017, knowing the facility was aging, yet previous Council didn't make moves to invest or refurbish the facility.

CONTINUE TO PAGE 2



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# Fate of Memorial Arena remains in the balance

CONTINUED FROM FRONT

Regardless of what did not happen in the past, current Council and the Memorial Arena Task Force now must make some decisions. The struggle lies with the decision on whether it is more financially responsible to invest in the current building, or completely rebuild.

Currently operating at a \$130,000 deficit, the Task Force and Town Council made clear the facility needs to be either repurposed or demolished and something else built in its stead to better serve the community for future generations.

Depending on what is decided for the current building, one thing that was unanimous with members at the January 6 meeting was this building has served as a community centre since 2017 and remains something the town needs.

According to comments made and sentiments expressed at the January 6 meeting, Council and the Memorial Arena Task Force see value in this facility and aim to create a vision and plan for future uses.

“Does it make sense to renovate a facility at 70-years-old, or to build an energy efficient facility that will last another 70 years for our community?” queried Bazinet at the meeting.

“We realize the importance of this facility. Council, staff and people of this community, including myself have an emotional attachment to this facility. We want to see something that will last.”

Next steps include figuring out what the community wants to do with the building, or use it for, followed by the cost of creating that space for the community.

Wanting to include the voices of the public, the possibility of a multiple-day Charette program was discussed, to give community members a space to share their ideas, date unknown as of now.

Memorial Arena Task Force will meet again on February 10 at 10 a.m. to discuss possible dates of a Charette program.

The Task Force will continue to meet once a month and will notify residents of any public meetings.

# Domino's Pizza in Goderich sets new record with Presents for Pizza campaign

KATHLEEN SMITH

Editor

In its fifth consecutive year running, Domino's Pizza in Goderich had a successful Presents for Pizza campaign.

A new record was set this year with 400 present donations to the campaign.

Those who made donations to the Presents for Pizza campaign were given a free pizza in return, calculated as approximately \$8,000 worth of pizzas given back to the community.

For this campaign, Domino's Pizza was working in partnership with the Salvation Army for the Christmas hamper program.

To see everyone come to this campaign each year, it warms the hearts of Brandon and Jen Meyers, franchise owners of the Goderich pizza shop.

“This community really is a close group that truly wants everyone to have what they need to not just get by, but be happy,” Meyers said.

“We're thrilled at how supportive and engaged our team has been over these years with many donating gifts themselves. It brings a community together at a special time of year and that's an amazing thing.”

When Meyers and his wife Jen moved to Goderich, part of their plan was to help anyone in need and be involved in the community in any capacity they could.

“If you have the means to help anyone in need, I feel one should do so,” stated Meyers.

“In a time when people may not be able to donate a gift and have money to eat out, this campaign really helps bridge that gap to ensure everyone can have a Merry Christmas and a happy holiday.”

Pizza was also provided to those who made donations to the Salvation Army's hamper program. All donations were matched by Royal LePage Heartland Realty.

According to Brandon Meyers, manager of the Goderich pizza shop, the premise is simple. Bring an unwrapped toy or pajamas, and Domino's Pizza gave a free large, three-topping pizza



Brandon Meyers, Manager Domino's Pizza Goderich with Katryna Reynolds, part of the Community and Family Services at the Salvation Army.

voucher worth \$20 each in return.

Five years ago, Meyers wasn't sure who to support with this campaign, but it was brought to their attention that Salvation Army ran a hamper program in December.

In the first year of Presents for Pizza, approximately 100 donations were brought in.

“It has certainly grown bigger than we could have expected from when we started,” admitted Meyers.

He added special thanks to the Homefield Group Royal LePage Realty, Square Brew, and Country 104.9 FM for their support in getting the word out to residents.

“They supported us with promotions on the radio for our event, and we were able to raise money, and even more donations,” explained Meyers.

Next year the franchise owner aims to hit 500 donations, to be able to help even more people in need around the holiday season.



A total of 400 donations were made during the Presents for Pizza campaign at Domino's Pizza in Goderich. Those presents were then donated to the Salvation Army for their hamper program. (CONTRIBUTED PHOTOS)

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# Editorial

## Predictions for 2025: A new PM, a Stanley Cup for Canada and a Super Bowl for Detroit



STEWART GRANT

Publisher

I've been doing predictions in the newspaper for a few years now, and after getting so many things wrong in 2024 I had to ask myself, "why do I do this?"

Life sometimes is like a set of dominoes, and if that first domino doesn't fall, the others won't either. Therefore, last year when I predicted that Donald Trump would face consequences and be

ruled ineligible to run in the 2024 election, well you can imagine how badly some of my other predictions turned out from there.

I did get a few things right though, such as Biden dropping out before the election, a woman would run for President, and the Leafs would get bounced in the first round of the playoffs.

Like golf, it's those few successes that keep you coming back.

Mostly though, it's good to do predictions because life moves fast, and sometimes we forget about where we were at a point in time, and how we thought things would go. If we look back a year later, maybe we learn things and gain some perspective somehow. Speaking of Trump, I was pretty worked up about him in 2024. Hopefully I'll look back at the end of 2025 and reflect, "I guess it wasn't as bad as I thought." Only

time will tell.

My 2025 Predictions:

1. I typed these predictions up the other day and my first prediction came true before we went to press, so I'm 1-for-1 if you believe me! I wrote a few days ago that Justin Trudeau would resign as Prime Minister this year.

2. I'll predict that the Liberal leadership vote results in Mark Carney becoming Canada's 24th Prime Minister. Carney won't hold the position for long though.

3. The Conservative Party will cruise to a majority win in the 2025 Federal Election, and Pierre Poilievre will take the reins as Prime Minister. His first policy announcement upon taking office will be to cancel the Carbon Tax.

4. Echoing the results of the 1993 federal election where the incumbent party lost most of its seats, the Bloc Quebecois emerge

to form the Official Opposition.

5. Shifting away from politics, here's one more 1993 parallel. For this first time in 32 years, a Canadian team will host the Stanley Cup! (I want to say it's the Leafs, but let's just say it'll be a Canadian team).

6. Alex Ovechkin will pass Wayne Gretzky to become the NHL's all-time regular season goal scoring leader.

7. The Detroit Lions will win the Super Bowl.

8. U.S. President Donald Trump will assist in ending the war between Russia and Ukraine, but the terms favour the Russian side.

9. Similarly, a ceasefire is negotiated in the Middle East.

10. The 25% tariff on Canadian goods entering the U.S. fails to materialize. Relations between the U.S. and Canadian governments improve following the 2025 Cana-

dian election.

11. Despite certain achievements, general uncertainty and chaos during the first year of the Trump administration is reflected in a down year for the stock market.

12. Just as the 1999 Columbine massacre produced a noted increase in school shootings in the U.S., the 2024 killing of United-Healthcare CEO Brian Thompson will produce copycat crimes in 2025 by troubled individuals inspired by social or political causes.

13. Chinese-owned TikTok will avoid being shutdown in the United States, with Elon Musk assisting by purchasing a significant ownership share of the social media app.

14. The Trump-Musk bromance will have its up and downs, but the working relationship will continue to last throughout the year.

## Heading to the U.K. this year? Read this first

STEWART GRANT

Publisher

There's an important new step to complete before packing your suitcase and heading overseas to the U.K.

As of this week, beginning Jan. 8 to be exact, Canadians are among those

who will be required to apply for and get approval for the new Electronic Travel Authorization (ETA) before entering the United Kingdom.

This new requirement applies not just to those who are visiting the U.K., but also to those who are connecting through a U.K. airport.

The intended benefits of the program are to strengthen border security and to use modern technology to expedite the arrival process of those entering the U.K. The cost of applying for the ETA is £10 per person, but the ETA is

valid for a period of two years (or until your passport expires, whichever is sooner) and is good for unlimited trips to the U.K. during that time.

There are two ways to the apply for the new U.K. ETA, but it is strongly recommended to apply through the UK ETA app rather than through the government website. In fact, if you visit the government website at [www.gov.uk/guidance/apply-for-an-electronic-travel-authorisation-eta](http://www.gov.uk/guidance/apply-for-an-electronic-travel-authorisation-eta), they will also push you towards the app, which is available through your app store on Google or Android.

Using the app is preferred because the camera function on your phone is

helpful to take photos of your passport and of your face during the application process. The estimated time required to complete the application is 10 minutes, and most approval decisions are rendered within three business days but could be as fast as just a few minutes.

Whether you're heading to England, Scotland, Wales, or Northern Ireland, it is a great time to visit the United Kingdom. Just make sure that you avoid problems at the border by applying for the new Electronic Travel Authorization (ETA) in advance of your travels.

*Stewart Grant is owner of Stonetown Travel Ltd., with offices in St. Marys and New Hamburg.*

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**Goderich Sun**

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6. Newspapers strengthen communities
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# Hospital's food drive helps fight hunger



(CONTRIBUTED PHOTO)

Jimmy Trieu, President and CEO at Huron Health System (HHS), Pat Clifford, President at St. Vincent de Paul, and Anne-Marie, Family Services at St. Vincent de Paul proudly stand with the generous donations collected during the hospital's festive food drive, showcasing their commitment to fighting hunger in the community.

## GODERICH SUN STAFF

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As the temperature dropped and snow began to fall, Alexandra Marine and General Hospital (AMGH) focused on community support with a special holiday food drive to assist St. Vincent de Paul food bank.

Recognizing the rising costs of necessities, staff at AMGH came together to donate essential items such as paper products, canned vegetables, and school snacks.

This effort aimed to show solidarity with those facing difficulties during these challenging times.

"Our staff's commitment to community well-being goes beyond healthcare," said Jimmy Trieu, President and CEO at Huron Health System.

"By supporting St. Vincent de Paul, we are helping ensure our neighbours have food during the holidays. This initiative is more than just providing meals; it's about fostering a sense of hope and connection within our community during a time when togetherness is most needed."

The food bank, which plays a crucial role in providing food assistance to families in the area, has seen increased de-

mand this year.

The donations from AMGH staff will aid in meeting this demand and bringing some relief to those struggling with food insecurity.

"I have been here close to 30 years, and I never thought I would see how great the need has become," admitted Pat Clifford, President at St. Vincent de Paul in Goderich.

According to Clifford, the preliminary numbers show at least a 20 per cent increase from last year. Every single one of St. Vincent de Paul's hampers is made according to the specific needs of the person or family, considering their abilities, food allergies or sensitivities and environment.

"This certainly adds to the time and expense required to make Christmas special for each family in need," added Clifford.

"It's the wonderful support from the community, such as this AMGH food drive that sustains our ability to continue making a difference for so many. We are truly grateful for their hard work and thoughtfulness."

For more information on the programs and services provided by St. Vincent de Paul call 519-524-1087.

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## Huron County Police Reports



### New crosswalk overhead lights

The Huron County OPP would like to remind the motoring public and pedestrians using crosswalks to pay attention and be safe.

Goderich residents have most likely seen the new overhead lighting system on Bayfield Road at the intersection of Bennett Street East.

This busy pedestrian crossing has been at this location for a long time due to the high number of students and residents who need to cross Bayfield Road.

This new lighting system is a welcome addition to increase visibility and enhance public safety.

Police spoke to crossing guard Sheila Donatis who has been working as a guard for over 30 years in Goderich, helping countless people cross roadways safely.

Donatis is happy to see the new system, which she feels will prompt drivers to obey the flashing lights and her handheld stop sign, creating a safer location for people to cross.

"Traffic safety is everyone's responsibility," said Constable Craig Soldan, Community Safety and Media Relations Officer with Huron County OPP.

**Breakfast served by the OPP at CHSS**  
Members of the Huron County OPP

partnered with Central Huron Secondary School (CHSS) staff on December 20 to serve up a delicious breakfast for students as part of the schools' holiday festivities.

All hands were on deck as the students lined up down the hallway to get a healthy serving of pancakes, fruit and other tasty treats.

The Grinch made an appearance, but there was nothing he could do to ruin the fun.

The annual event was successful with OPP officers having the opportunity to connect with students one-on-one.

### Intimate partner violence investigation results in charges

On December 12 Huron OPP investigated a matter involving intimate partners in the Township of Morris-Turnberry.

As a result of the investigation, OPP learned that the involved suspect had allegedly committed a criminal act against their partner.

A 31-year-old individual from Morris-Turnberry has been charged under the Criminal Code with the following offence: Mischief – Domestic.

The accused was processed and later released from custody with a court date scheduled for the Goderich Ontario Court of Justice on January 13.

## IODE Maple Leaf Chapter continues to support integral programs



Sharon Creighton, Maple Leaf Chapter IODE Goderich member, made this cheque presentation of \$1,000 to a representative from Kids First Early Literacy Network, which was one of the groups that applied for community funding from the Maple Leaf Chapter a few months ago.



Creighton presented a cheque for \$1,000 to the Family Services Perth Huron. These funds will be used to purchase emergency grocery cards to support those in need or in stressful situations.



Marjorie Duizer, Maple Leaf IODE member presented the planning committee of the 2025 Huron Harp Fest with a cheque for \$1,000 to help sponsor the event.

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# AMGH celebrates legacy of Wilma Duckworth

GODERICH SUN STAFF

info@goderichsun.com

Alexandra Marine and General Hospital (AMGH) announced the retirement of Wilma Duckworth on December 27.

A dedicated Registered Practical Nurse (RPN), Duckworth has served the community for an incredible 45 years.

Her journey with AMGH began in 1979, and her story is intricately woven into the very fabric of the hospital and community.

Duckworth's legacy at AMGH is marked by her unwavering commitment to patient care, her adaptability to the evolving healthcare environment, and her deep community ties.

Her story is not just about her professional journey, but also about her family's relationship with AMGH, which spans generations.

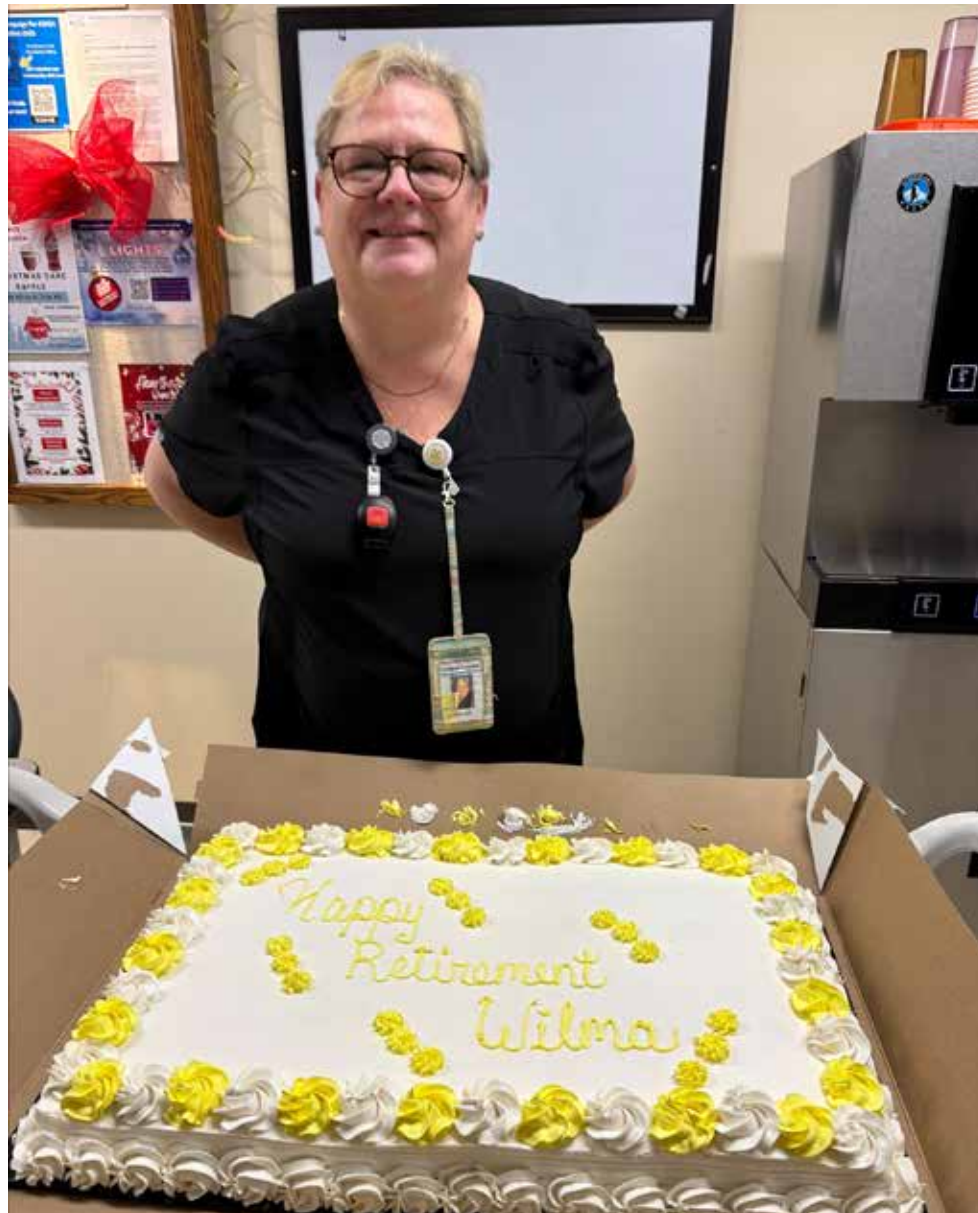
"Wilma's journey with us is not just a professional contribution but a heartfelt connection that has touched countless lives," said Jimmy Trieu, President and CEO at Huron Health System.

"As she embarks on her well-deserved retirement, we celebrate not only her achievements but also the legacy of care she leaves behind."

Duckworth's connection to AMGH is deeply rooted, starting from her birth just 20 minutes before her late husband Paul, with both their mothers sharing a room at the hospital.

Paul's dedication to AMGH was evident through his 27 years of service alongside his wife.

Her life – from meeting Paul, raising two wonderful children, and welcoming grandchildren – is all connected to AMGH. This connection underscores



After 45 years at AMGH, Wilma Duckworth retires. Duckworth's integral role in the community.

(CONTRIBUTED PHOTO)

Duckworth's passion for healthcare is a legacy carried forward by her son, Dr. Mark Duckworth, who serves as a physician at both AMGH and Maitland Valley Medical Centre.

"One of my most cherished memories is helping deliver a baby on Valentine's Day," Duckworth fondly recalled.

"With three women in labour, both delivery rooms were full – it was an incredible experience I'll treasure forever."

Duckworth added that she also holds dear the memories of the exceptional care her family has received at the hospital over the years.

"We truly experience the best care possible," she explained.

"During challenging times, I was surrounded by a team that felt like family, offering support to my children and me. I'm deeply grateful to AMGH for 45 extraordinary years filled with learning, laughter, and a profound sense of community."

As Duckworth steps into retirement, she looks forward to spending time with her grandchildren, indulging in plays, reading, volunteering and travelling.

Celebrating Duckworth's remarkable career, it is clear the indelible mark she left on AMGH.

"I extend my heartfelt gratitude to the residents of Goderich, surrounding communities, businesses and service clubs for their generous contributions that keep our hospital equipped to care for patients," Duckworth remarked, adding that a special thanks is for the former Auxiliary for their countless hours of fundraising.

"Lastly, a huge thank you to the staff in all departments for their wonderful support in helping me do my job. Thank you, AMGH, for an incredible 45 years – it went by fast."

## Exercise for Osteoarthritis

Many have heard of Osteoarthritis (OA), and it's not just from old age.

OA is often just referred to as arthritis, and it is a common joint condition where the protective cartilage at the end of bones begins to break down.

This can cause joint pain, swelling, and impact one's movements.

There are many ways to treat this condition, including lifestyle changes, medications and surgery.

Although it may feel counterintuitive to begin an exercising routine when your joints are sore, exercise can be proven to be one of the most effective therapies for treating OA.

Strengthening around the joint and movement not only helps with a reduc-

tion in pain, but it can improve mobility and one's quality of life.

There are many great options available in the area to try such as walk fit, yoga, aqua fit, tai chi, or classes at the senior's centre.

For a more personalized approach, physiotherapists can provide individualized programs to help with strength training, which is proven to help those with hip or knee OA.

Physiotherapy Alliance in Goderich runs the world-renowned GLAD program, which is a two-week strength training session to help strengthen and reduce pain and swelling.

- Submitted by Valeria Contartese, Physiotherapy Alliance, Goderich

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# Habitat family celebrates next steps toward homeownership

GODERICH SUN STAFF

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On December 3, Habitat Huron County celebrated another milestone on its mission to bring communities together to help families build strength, stability and self-reliance through affordable homeownership.

Located in Wingham, Royal Homes delivered and set the frame on the foundation for the latest Habitat Build on Anglesea Street in Goderich.

For Lori and her children, the event marked another step in their journey toward having a special place to call home.

"Today was such a good day watching our home be delivered and it felt so good to know that my kids and I will have a secure place to call home," said Lori.

"Watching it being delivered made it seem so real today, and I feel so grateful and excited to

start making memories in our new home, and we can't wait to move in."

Habitat Huron County Board Chair, Bill McAuslan explained that the installation was the culmination of a lot of preparation.

Over the next six months, a Habitat crew of staff, volunteers, and several contractors will transform a construction project into a finished home.

"It's the best Christmas present ever," added Lori.

"I loved watching the excited expressions on my kids' faces as they saw their bedroom windows for the first time, and I loved listening to them as they planned where we are going to put our Christmas tree next year; today was such a good day and I feel very thankful."

Since 2005, a total of 17 families have been positively impacted by Habitat's vision to empower them to build better futures.

(CONTRIBUTED PHOTO)

Lori and her two children at the site of their new home.



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<sup>\*</sup>since July 1, 2022, including the extension to June 30, 2025

<sup>†</sup>for most vehicles

Paid for by the Government of Ontario



# IODE Maple Leaf Chapter donates \$40,000 to Hospice

GODERICH SUN STAFF

info@goderichsun.com

In early December, approximately 40 members of the IODE Maple Leaf Chapter in Goderich held their monthly meeting at Beach Street Station in Goderich.

In 2023, as a membership, it was decided to work towards a large donation for 2024. Huron Hospice Bender House was determined to be the recipient of these funds.

Plans were put into place and money was collected through various fundraising opportunities.

The very popular IODE Christmas House Tour raised a substantial amount of the funds. In addition, the funds are a result from sales at the IODE OP Shop, a consignment and donation store on North Street in Goderich.

Money was also raised from the annual geranium fundraiser in the spring.

Christopher Walker, Manager of Fund Development, gratefully accepted the cheque for \$40,000. The funds that were



Forty of the Maple Leaf Chapter members at the organization's Christmas dinner.

raised went towards furnishing the Maple Room at the Huron Hospice Bender House, located just outside

of Clinton.

Huron Hospice is a charitable organization that provides palliative care for

individuals and their families. The hospice offers a home-like setting during the final months, weeks and days of life. Compassionate care and emotional support are offered in a way that preserves dignity and provides round the clock nursing care.

Families are also given support through the bereavement process.

The IODE Maple Leaf Chapter is the largest, and the oldest, chapter in Canada. It is a charitable organization of likeminded women who are dedicated to helping women, children and those in need.

If interested in attending a meeting or joining the IODE Maple Leaf Chapter in Goderich, email: iodemapleleaf@gmail.com or find IODE Goderich on Facebook and Instagram.

(CONTRIBUTED PHOTOS)



Christopher Walker holding the plaque to hang at the hospice.



Melitta, Treasurer, Heather, Regent, and Christopher Walker, Huron Hospice.

## Goderich and Area Farm Show relocates to Reach Centre in Clinton

GODERICH SUN STAFF

info@goderichsun.com

In a surprising turn of events, the Town of Goderich has closed the venue originally planned for the second annual Goderich and Area Farm Show, leaving organizers with just 47 days to find a new location.

"The news blindsided us as zero communication leading this decision had been discussed with us," said Nick Cadotte, organizer of the event.

"I had been in talks over the past year with how the town could better use the building, my interactions with renting the building three times in the past year and wanted to work with them."

Cadotte also noted that despite the setback, the team behind the event has acted swiftly and secured a new home at the Reach Centre in Clinton, ensuring that the highly anticipated show will go head as planned.

Last year's inaugural event was met with great success,

with the Mayor of Goderich highlighting the show's positive impact on the community on social media.

The event has seen a remarkable 80 per cent return rate of vendors.

Building on this success, the team has worked tirelessly to bring the event to its new location, now renamed the Mid-Western Ontario Ag Expo.

The event will take place on February 19 and February 20 from 10 a.m. until 4 p.m. each day, with a modest \$5 admission at the door.

The Expo will showcase the very best of farming in Mid Western Ontario, offering attendees an opportunity to explore the region's agricultural strengths and innovations.

"We're excited to bring the show to Clinton and are confident that this new venue will allow us to create an even greater experience than last year," added Cadotte.

"Despite the last-minute challenges, we've ensured that the show will go on without missing a beat."

## Weekend Quiz

By Stewart Grant

- 1) How many combined years have Pierre Trudeau and Justin Trudeau been Prime Minister of Canada?
- 2) How do you spell the last name of the current Conservative Party of Canada leader?
- 3) What are the two zodiac signs for January?
- 4) How do you write 2025 in Roman Numerals?
- 5) What four countries comprise the United Kingdom?
- 6) Hydrogen is the most common element in the universe. What is the second most common element?
- 7) What is the Japanese word for "hello"?
- 8) What has been the most common baby girl name in Canada for three years in a row?
- 9) What has been the most common baby boy name in Canada for three years in a row?
- 10) True or false: the rate of left-handedness in Canada is higher than the world average of 10%.

This week's answers are found on pg. 23

# IODE Citizenship Award presented to John Rees



(CONTRIBUTED PHOTO)

John Rees received the Outstanding Citizenship Award at the December 4 IODE Maple Leaf Chapter's meeting.

**GODERICH SUN STAFF**

*info@goderichsun.com*

On Wednesday, December 4 members of the IODE Maple Leaf Chapter (MLC) gathered to celebrate John Rees as he received the Outstanding Citizenship Award 2024.

Sandra Graham, Citizenship Conveyor, presented Rees with the award for the contributions that he and his late wife Rosemary, a cherished member of the MLC, had made to the Goderich

chapter.

"We were thrilled to present John with this award for 2024," said Heather Ball, Communications Conveyor, MLC.

"What a deserving individual. For years he was instrumental in so many of the upgrades to the interior of our IODE Op Shop. We are so thankful for his contributions."

When Rees accepted the award, he spoke to how important IODE and its members were to his late wife Rosemary, especially during her time of illness.

## Goderich Duplicate Bridge Club Results

On November 26 the club had seven and half tables directed by Rob McFarlane:

- 1st – Doug Elliott and John Archbold – 70.51%
- 2nd – Joan Lounsbury and Mary Lapaine – 69.23%
- 3rd – Lyalle Meldrun and Steven Watson – 58.01%
- 4th- Garth Sheldon and John Davies – 57.69%
- 5th – Shirley Thomas and Tom Ragnovich – 55.13%
- 6th – Greg Bowman and Michele Hansen – 52.24%

On December 3 the club had six tables directed by Bob Dick:

- 1st – Michele Hansen and Greg Bowman – 61.85%
- 2nd – Cal Scotchmer and Graham Yeats – 56.30%
- 3rd/4th – Mary Lapaine and Joan Lounsbury with John Davies and Garth Sheldon – 54.44%
- 5th – John Archbold and Doug Elliott – 51.48%
- 6th – Brian Smith and Larry Silver – 46.30%

On December 10, the club had six tables directed by Bob Dick:

- 1st – Graham Yeats and Michele Hansen – 57.78%
- 2nd/3rd – Joan Lounsbury and Mary Lapaine with Joyce McIlwain and Kay King – 55.93%
- 4th – Doug Elliott and John Archbold – 55.56%
- 5th – Marian Lane and Barb Howe – 54.07%
- 6th – Shirley Thomas and Tom Ragnovich – 53.70%

On December 17 there were seven tables directed by Bob Dick:

- 1st – John Archbold and Doug Elliott – 62.20%
- 2nd – Garth Sheldon and John Davies – 61.01%
- 3rd – Marian Lane and Barb Howe – 55.06%
- 4th – Kay King and Joyce McIlwain – 54.17%
- 5th/6th – Joan Lounsbury and Mary Lapaine with Janet Bloch and Cal Scotchmer – 53.87%



### JANUARY EVENTS

- January 9 Fun Darts - 7pm
- January 11 Meat Draw - 5pm, Live Band - 5-9pm -Macadam Road
- January 14 Ladies Aux Combined Executive & General Meeting - 630pm
- January 15 Cafe 109 - Wake Up Wednesday - Certified Diabetes Educator - Tanya Thompson - 9am  
Jammer Night - 7pm, Legion Executive Meeting - 730pm
- January 16 Fun Darts - 7pm
- January 17 Karaoke - 7pm
- January 18 Meat Draw - 5pm, Live Band - 5-9pm - Jeff And Trish Duo
- January 22 Cafe 109 - Wake Up Wednesday - "Eat Local Huron" With Lindsay Spindler - 9am, Jammer Night - 7pm
- January 23 Fun Darts - 7pm
- January 25 Meat Draw - 5pm, Live Band - 5-9pm - Midnight Special Duo
- January 28 Ladies Aux Executive Meeting - 5pm
- January 29 Cafe 109 - Wake Up Wednesday - Maitland Valley Family Health Team - Matt Hoy & Rebecca Wright - 9am, Jammer Night - 7pm
- January 30 Fun Darts - 7pm

Bingo Every Sunday Afternoon Doors Open @12 p.m.  
Euchre Every Tuesday Night 7 p.m. Please bring a partner.  
Jammers Every Wednesday Night 6 p.m.  
Cribbage Every Friday Afternoon 2 p.m.

56 KINGSTON STREET, GODERICH • 519-524-9282

## Goderich and District Shuffleboard Club Results

December 10:  
The club had 50 members and newbies who played shuffleboard this week. The lucky Domino's Pizza winner was Don Rose. There were five, three-game winners again this week: Scott Ryan (two weeks in a row), Roelie Leggett, Judy Israels, Don Rose, and Lynda Montgomery. Congratulations to all the winners.

**SHOP LOCAL. SAVE LOCAL.**

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# Probus Club of Goderich hosts Christmas Luncheon

GODERICH SUN STAFF

info@goderichsun.com

The Probus Club of Goderich and District held their annual Christmas Luncheon at Beach Street Station.

Harpist Alexa Yeo entertained the group

prior to lunch, and everyone went home with a decoration for their tree.

Probus is a club for retired and semi-retired individuals, and it acts as a social club, meeting once a month.

Each meeting the club listens to a guest speaker, followed by a short business meet-

ing.

The club has several additional activities for those interested in joining. This includes a Scrabble club, a cookbook club, a craft club, and a wine making club.

These groups meet once a month, generally in members' homes.

Special events such as touring Bruce Power Plant and going to Springhill Fisheries have also been organized throughout the year.

Probus meets on the first Tuesday of the month at Knox Presbyterian Church at 10 a.m. Guests are always welcome.

Get connected, stay connected.



Probus members at Beach Street Station for the Christmas Luncheon. (CONTRIBUTED PHOTOS)



Wayne Bryant, Co-President, Ann Totten, Events, Cathy Basen, Speakers, Mary Bryant, Co-President, Deborah Brown, Vice-President, Alison Lobb, Treasurer, Penny Norkett, Membership, and Jean Taylor, Membership.

# Sylvite donates \$30,000 to local food banks

GODERICH SUN STAFF

info@goderichsun.com

Sylvite is feeling fortunate to continue its commitment to food security with an annual donation to local food banks across Ontario during the holiday season.

This year's \$30,000 contribution brings the company's total donations over the past five years to \$130,000.

A milestone that highlights Sylvite's strong connections to the communities it operates in and underscores the company's dedication to providing critical sup-

port to their neighbours in need.

Sylvite's \$30,000 donation is distributed across the communities where they operate, ensuring the funds make a meaningful impact directly.

With 15 locations across the Southwestern and Central regions of Ontario, Sylvite is actively helping address the growing need for food assistance.

According to Feed Ontario, over one million people, including adults, children and seniors, visited food banks in the past year.

"Supporting our neighbours is a re-

sponsibility we take seriously, especially during the holiday season," said Hugh Loomans, Sylvite CEO.

"Food security affects so many working families, and we hope this year's donation makes a meaningful impact. Over five years, we've contributed \$130,000 because these resources are vital for our neighbours, and food banks rely on support like this to sustain their efforts."

This milestone coincides with Sylvite being recognized in November as a regional winner in the WinField Raise the Barn national contest.

The company secured \$10,000 for the Kids Feeding Kids Challenge, a program where students earn meals for their peers through social good challenges.


This funding will sponsor approximately 1,000 meals for children in Sylvite's retail communities.

This accomplishment is a true reflection of Sylvite's motto – Working together, growing together – a principle that extends beyond the industries they serve, to the communities they aim to strengthen.



Huron County Food Bank received \$1,000, received by Brendan Louwagie (left).

(CONTRIBUTED PHOTO)




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# Alzheimer's is what I have, but not who I am. I'm just "Ruthie".

## Alzheimer Society

HURON PERTH

This testimony is written by Ruthie Brown. The Alzheimer Society Huron Perth thanks Ruthie for sharing her life experience. This is one person's experience with dementia. Each person affected by dementia has their own story.

It's an honour to be able to share my journey with you. Please keep an open mind as this is my story, but it might not be the same as someone else's walk with Alzheimer's.

Allow me to give you a brief background. I am 77 years old and was born and raised in St. Thomas. My husband, Alan, and I live in Exeter, and have been married for 56 years. I am a retired Registered Practical Nurse.

I was diagnosed with Alzheimer's disease in February 2023.

I've often been asked how I knew that something was different than the "normal" forgetfulness that sometimes happens as we age.

A few examples of the difference for me are as follows:

1. Not recognizing what red and blue stood for on the taps, therefore not knowing which one was hot and which one was cold.
2. Not being able to get my hearing aids in the correct ear because I didn't recognize the colours indicating which one was left and which one was right.
3. Getting in the car to drive and not remembering how to start it.
4. Proof reading something I had written and realizing that I had put wrong words in sentences therefore it made no sense at all. Also, when I was talking to someone, I sometimes said something that also didn't make any sense.
5. Finding things in strange places or not finding them at all.
6. Not remembering how to start the washing machine or sometimes running the washer or dryer without adding the clothes.
7. Turning wrong burners on the stove due to not recognizing the symbols.
8. Not remembering if I completed some of my routine hygiene practices therefore repeating them once or twice or maybe not doing it at all.

At this point I didn't get alarmed. I just thought I wasn't concentrating hard enough. Then something changed. I was driving home to Exeter from London, when I suddenly didn't know where I was or how I got there. I knew where I was supposed to be but didn't know how to get there. I pulled into a parking lot and waited until my mind cleared. I'm not sure how long it took, but eventually my mind cleared enough, and I drove home as if nothing happened.

A week or so later, I had a similar incident, but thankfully I wasn't driving this time. When we arrived at our friend's house, I was reluctant to get out of the car because I didn't recognize her house or its surroundings. When my husband convinced me to go in, I didn't recognize anything about the house. Again, after some time, my mind cleared, and I continued our visit as if nothing had happened. Periodically, I continue to have more of these types of events.

Once my husband found out that this wasn't the first incident, he insisted that we make an appointment

to see our family doctor. After a memory test and a CAT scan, the doctor diagnosed me. He also strongly advised me to give up driving.

At first, I was in a state of "shock". Even though I knew that something was "off", it wasn't the diagnosis that I was expecting. Once the shock passed, I went into a bit of a "pity party". I soon realized that "negative" or what I call "stinking thinking" was not a path that I wanted to stay on.

When I was first asked to share my testimony at a church function, fear and panic set in. "Why would they ask me to do that?", I thought. How could someone with dementia be able to remember well enough to speak in front of others. Then I heard a small voice say, "Why not you?" That speaking engagement led me to share my story.

I had heard of the Alzheimer Society but didn't know much about it. When I was first diagnosed a family member suggested that I get in touch with the society. I was reluctant at first because I didn't think I was ready for that yet. I presumed that you had to wait until you were much more advanced. Later, one evening I decided to Google info about the Society. There was a wealth of information available regarding programs and to my surprise, I found that the early stage is the best time to get involved. The next day, I made the phone call. It was the best decision that I could have made.

Because of the monthly phone calls that I receive, the "First Steps" program, "Minds in Motion", and the support group for caregivers, my husband and I are much better equipped to walk this journey.

Through my own experience this far with this disease, I have written a few suggestions that are helpful for me.

- No pop quizzes. Don't ask me if I know who you are. Just assume that I don't. Please introduce yourself when you are speaking to me. Some days I might know who you are and some days I might not. You won't offend me.
- If I can't finish a sentence, please don't try to finish it for me as it might not be what I'm trying to express, and it would be frustrating for me. Just move the conversation on. Keep conversations short and simple.
- I love having visitors. Just call and arrange a time that's suitable for both of us. Keep your visits to 30-60 minutes. Long visits leave me frustrated and mentally exhausted. Please keep your conversations positive. Lift me up. Encouraging words are much better than critical words.
- If I'm walking without my walker, I tend to slam my feet down. It's because my perception is diminishing, so I can't tell how close my foot is to the floor. I use my walker whenever possible now because my balance has been affected and it helps to prevent a fall. If you see me trying to walk without my walker, gently remind me as I've probably just forgotten it.
- If I don't respond to you right away, don't assume that I can't hear you and start shouting. It's likely at that moment, I might not know how to respond.
- Please have patience with me if I ask you something that you just told me.
- Please have patience with me if I ask you something that you just told me.
- Try not to talk "Baby Talk" to me. Remember that I'm not a child. I'm just someone living with dementia.
- Please don't ignore me because you don't know what to say. All I need is a friendly smile, a kind word, or maybe just a hug.
- Try not to approach me from behind, because my peripheral vision is not as good as it used to be. Stand in front of me so that I can see you clearly. Otherwise, you will likely frighten me, and I might react negatively.
- I do seem to wear my emotions on my sleeve. So, if I get teary, it doesn't mean that I am depressed. Crying does not define me. It's just an emotion. I may also have moments of frustration. Please don't take it personally.
- Lastly and most importantly, don't put all your focus on the person with this disease. Remember the caregiver. They need all the support they can get, but likely won't ask.

There is no point in denying that our lives have changed. I'd be lying if I said that everything is "rosy" and we have it all together, because we do not. Because of our faith, family, friends, and the Alzheimer Society, I am living well with dementia.

Alzheimer's is what I have, but not who I am. I'm just "Ruthie".

Individual support, support groups, education programs, the In-Home Recreation Program, Minds in Motion®, and other Social Recreation programs are all offered virtually, over the phone, and in person.

The Alzheimer Society Huron Perth accepts and welcomes new clients and volunteers. If you are in need of support or have questions about programs and services, please call one of the offices.

Huron 519-482-1482 | Perth 519-271-1910



### SUPPORT and EDUCATION

#### First Link Learning Series

The First Link Learning Series is comprised of courses that build upon one another to help you better understand dementia, coping strategies, planning, resources, and supports.

#### Taking Control of Our Lives

A self-management program for people living with dementia and their care partners.

#### One on One Support

Free, confidential support services to individuals, families, and friends affected by Alzheimer's disease and other dementias.

### SUPPORT GROUPS

Support groups are offered for both persons living with dementia and their care partners. Groups provide an opportunity to discuss topics related to dementia with others who truly understand. Groups are available in Clinton, Exeter, Goderich, Grand Bend, Listowel, Seaford, St. Marys, Stratford, Wingham, and online. New members always welcome. Registration is required.

### PROGAMS

#### Memory and Aging Program™

Developed for those who are experiencing normal age-related changes in memory or who are interested in learning more about this topic.

#### Minds in Motion®

An 8 week community based social program incorporates physical activity and mental stimulation for people with Alzheimer's disease and other dementias and their care partners.


#### Learning the Ropes for Living with MCI®

A program aimed at community dwelling older adults experiencing Mild Cognitive Impairment (MCI) and their close family member/friend.

Alzheimer Society **Talk with the Doc!**  
Dr. Alexandra Peel, Geriatrician

Planning Ahead for Medical Decisions **1:30 PM WEDNESDAY JANUARY 22** Zoom presentation 1:30 - 2:30 pm Questions & Answers 2:30 - 3:00 pm

Online Event Register at <https://bit.ly/Doc-Talk2025>  
Forward any questions to [christyb@alzhp.ca](mailto:christyb@alzhp.ca) or 519-271-1910



# January is Alzheimer's Awareness Month

During Alzheimer's Awareness Month, Alzheimer Societies across Canada unite to challenge dementia stigma and create a community where everyone feels more comfortable talking about dementia and sharing their own experience.

The Alzheimer Society Huron Perth has a variety of education events coming up.

Talk with the Doc! Planning Ahead for Medical Decisions with Dr. Alexandra Peel will take place on ZOOM on Wednesday, January 22 from 1:30 – 3:00 pm.

Dr. Peel, a local geriatrician well-versed in dementia care, will identify and discuss how to prepare for the complex decisions that people and families living with dementia and frailty may face.

Talk with the Doc, also includes a lively Q&A session with Dr. Peel after the presentation. This is a FREE event. Self-register at <https://bit.ly/Doc-Talk2025>.

The Free Awareness Month Movie event is returning to the Huron County Museum in Goderich on February 6 and 13 at 2:00 pm and 7:00 pm.

Canadian Film Board's Dear Audrey, is a heartfelt blend of documentary and love story captured by activist photographer, Martin Duckworth, as he cares for his wife Audrey. The uplifting movie, Headful of Honey,

portrays a granddaughter who takes her grandfather on a train trip to Venice, in hopes of reconnecting with old memories. Dear Audrey will be showing at 2 pm on February 6 and 7 pm on February 13. Headful of Honey will be showing at 7 pm on February 6 and 2 pm on February 13.

Contact the Alzheimer Society Huron Perth for more about these and other upcoming programs.

**Alzheimer Society HURON PERTH**  
2025 ALZHEIMER'S AWARENESS MONTH  
**FREE MOVIES**  
at the Huron County Museum, 110 North Street, Goderich

**Dear Audrey (2021)**  
Thursday, February 6: 2:00 pm  
Thursday, February 13: 7:00 pm  
Activist filmmaker Martin Duckworth has devoted his life to peace and justice. But now he's put down his camera to fight for the most important cause he's ever faced – caring for his wife, Audrey Schirmer, through the final stages of Alzheimer's disease.

**Headful of Honey (2019)**  
Thursday, February 6: 7:00 pm  
Thursday, February 13: 2:00 pm  
Charming widower, Amadeus (Nick Nolte) reluctantly moves in with his son's family. Amadeus and his granddaughter, Tilda (Sophie Lane Nolte), boldly embark on a road trip together to revisit important places and people from his life - and learn valuable lessons along the way.

DONATIONS TO THE ALZHEIMER SOCIETY GRATEFULLY ACCEPTED  
FOR MORE INFORMATION, CONTACT THE ALZHEIMER SOCIETY HURON PERTH  
1-800-561-5012 | INFO@ALZHP.CA

## EDUCATION HOUR

Join the Public Education Coordinators for one-hour virtual presentations on brain health, cognitive changes and dementia. Bring your questions!

Wednesday, Jan. 8 10:00 AM Your Journey of Support Starts Here!	Monday, Feb 3, 7:00 P.M. Tuesday, Feb 4, 1:30 P.M. Brain Changes: 8 A's
Wednesday, Jan 15, 1:30 P.M. Wednesday, Jan 15, 7:00 P.M. Dementia Overview	Wednesday, Feb 5 10:00 A.M. Your Journey of Support Starts Here!
Monday, Jan 20, 7:00 P.M. Tuesday, Jan 21, 1:30 P.M. 10 Warning Signs	Monday, Feb 10, 7:00 P.M. Tuesday, Feb 11, 1:30 P.M. Communication Tips
Monday, Jan 27, 7:00 P.M. Tuesday, Jan 28, 1:30 P.M. Types of Dementia	Tuesday, Feb 18 1:30 P.M. What is M.C.I.?

**Self-Register: [bit.ly/ASHPEducationHour](https://bit.ly/ASHPEducationHour)**  
**Questions: 519-482-1482 or 519-271-1910**

## Knowledge Changes Everything

### Memory & Aging Program™

*What is her name? What did I come down here for? Where did I put...?* The Virtual Memory and Aging Program, reviews age-related memory changes, how to optimize your brain health, and helpful memory strategies.

The Memory and Aging Program describes what memory is, how it changes with age, and when to be concerned. Brain healthy lifestyle choices and practical memory strategies are reviewed and practiced, improving your ability to remember those everyday things – including those pesky names and things you intend to do!

The Memory and Aging Program consists of four weekly ZOOM sessions, 9:30 – 11:30 am on Thursdays: January 23, 30, February 6, and 30.

There is a fee of \$25, which covers the cost of the program workbook and materials. Financial assistance is available.

Register online at <https://bit.ly/MAP-Winter25>

## Building Dementia Friendly Communities Across Huron and Perth Counties

A diagnosis of dementia changes everything. Or does it? A diagnosis means things are changing, but it also means there is still lots of good living to be done. Do you know where to find support and connection to continue to live well on this journey with dementia?

The Alzheimer Society Huron Perth works every day to create dementia friendly communities.

Those who have involved themselves with the First Link® Support Program, our multitude of education options, and our fun and inspiring social recreation programs share the impact of their experience with Alzheimer Society Huron Perth.

*"Thank you so much for these resources, and our talks. I felt the weight lift from my shoulders and gained much clarity. Speaking with you was massively helpful, I can't thank you enough."*

-Care partner after connecting with Counsellor



*"Thank you for your work! The Zoom (Minds in Motion sessions) motivate me to actually do the physical exercises. I admire your ability to create 'community' among the participants."*

-Person with dementia who attended Minds in Motion® virtual sessions

*"The staff and people attending the program have been very helpful and wonderful to share things with. Have made it so much easier to understand and learn to live with it."*

- Person with dementia who attended First Steps education program

The Alzheimer Society Huron Perth offers dementia education to healthcare professionals, retail staff and community groups interested in becoming more dementia friendly.

Get involved with Alzheimer Society Huron Perth. The staff: counsellors, educators and social recreation staff would love to connect with you and become part of your community.

[www.alzheimer.ca/huronperth](http://www.alzheimer.ca/huronperth)

**HURON**  
317 Huron Rd, Box 639 Clinton, ON N0M 1L0  
519-482-1482

**Alzheimer Society**  
HURON PERTH

**PERTH**  
1020 Ontario St. Unit 5 Stratford, ON N5A 6Z3  
519-271-1910

**Alzheimer Society HURON PERTH**

Public Education for persons 55+ | Healthy Brain Workshop

## Memory aging & PROGRAM

What kinds of memory changes should I expect as I grow older?  
What changes are normal and which ones are not?  
Can I improve my memory? Find answers at this 4-week course!

Virtual Program hosted over Zoom

Thursday, January 23	9:30 - 11:30 am
Thursday, January 30	9:30 - 11:30 am
Thursday, February 6	9:30 - 11:30 am
Thursday, February 13	9:30 - 11:30 am

“Excellent program - I have already recommended it to everyone I meet! Thank you!”

“Very informative - Great instructor. Easy to speak with, very helpful and approachable.”

“There is a lot of information. I would love to take this again and definitely recommend it to EVERYONE!”

\$25 Workbook Fee. Registration required. Group size limited.  
Self register at <https://bit.ly/MAPWinter25>



# Goderich Sun SPORTS

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## Flyers Weekend Recap: January 3 – 5

COLIN CARMICHAEL

Sun Contributor

After a well-earned holiday break, the Goderich Flyers returned to the ice for a grueling stretch of three games in three days.

The weekend featured two road games sandwiched around a home matchup and tested the team's resilience against some of the division's top competitors.

Despite struggling in the opening two games, the Flyers showed improvement with a gutsy win on Sunday, securing a positive note to close out the weekend.

January 3: 5-1 Loss at Hanover

The Flyers began their weekend with a challenging road game against the Hanover Barons. Logan Bromley was solid in net, but Hanover capitalized on their opportunities, scoring three times in the

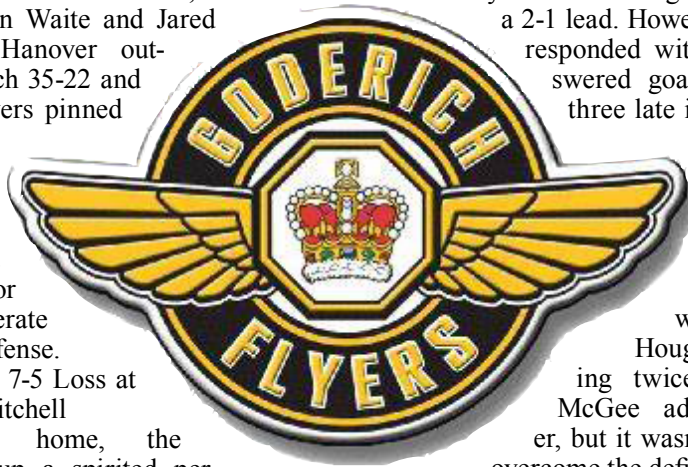
second period and twice more in the third.

Jeremy Hamilton scored the Flyers' lone goal in the final frame, assisted by Austin Waite and Jared Houghton. Hanover outshot Goderich 35-22 and kept the Flyers pinned in their own zone for much of the game, making it difficult for them to generate sustained offense.

January 4: 7-5 Loss at Home vs. Mitchell

Returning home, the Flyers put up a spirited performance in a high-scoring game against the Mitchell Hawks. Ayden Hak-

kers opened the scoring on the power play late in the first, and Nate Bloomberg's goal early in the second gave the Flyers a 2-1 lead. However, Mitchell responded with five unanswered goals, including three late in the second



period. The Flyers showed resilience in the third, with Jared Houghton scoring twice and Ryan McGee adding another, but it wasn't enough to overcome the deficit. Christian DeJong started in net but was replaced by Logan Bromley at the start of the third. Mitchell outshot Goderich 46-40 in a game that highlighted the Flyers' scoring potential but also their defensive challenges.

January 5: 2-1 Win at Fergus  
The Flyers ended their weekend on a high note with a hard-fought victory against the Fergus Whalers. Logan Bromley returned to the crease and was outstanding, stopping 43 of 44 shots. Fergus took an early lead with a first-period goal, but Goderich regrouped and came out strong in the third.

Jared Houghton tied the game with a wrist shot from the slot, assisted by Leland Weber and Mitchell Hodges. Moments later, Ryan McGee gave the Flyers the lead, with assists from Austin Waite and Houghton. The Flyers' defense held firm under heavy pressure from Fergus in the final minutes, sealing the win.

### GODERICH JUNIOR FLYERS

#### 2024-25 Player Statistics

(through January 6, 2025)

PLAYER	POS	GP	G	A	PTS
Nate Bloomberg	F	24	8	11	19
Kaeden MacDonald	F	28	8	10	18
Kingston Powell	F	17	9	5	14
Ryan McGee	F	29	6	8	14
Leland Weber	F	28	5	9	14
Jack Stecho	D	23	1	13	14
Carson Stutzman	F	23	6	7	13
Trent Carter	F	20	6	5	11
Jackson Andrews	F	24	3	8	11
Sawyer Olmstead	F	26	3	8	11
Jared Houghton	F	28	4	6	10
Austin Waite	D	29	3	7	10
Jeremy Hamilton	D	28	3	6	9
Iain MacIsaac	F	16	3	4	7
Kyle Smeltzer	F	27	1	6	7
Ayden Hakkers	F	9	2	3	5
Kaden Powell	F	20	2	1	3
Aidan Terpstra	F	24	1	1	2
Cooper Gaul	D	6	1	0	1
Jace McMichael	F	7	0	1	1
Carson Bromley	D	19	0	1	1
Rowan Alexander	D	20	0	1	1
Mitchell Hodges	D	26	0	1	1
Logan Karges	D	1	0	0	0
Damon Murray	F	1	0	0	0
Preston Robinson	F	1	0	0	0
Kai Wick	D	2	0	0	0
Austin Aldrich	F	19	0	0	0
Nathan Arnold	D	28	0	0	0
PLAYER	RECORD	GAA	SV%		
Brady Galbraith	3-5-0-0	3.30	.915		
Christian DeJong	1-8-1-0	4.61	.889		

GODERICH MINOR SOCCER



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- 1 NIGHT OF SOCCER/WEEK
  - TYKE - THURSDAYS
  - U7 - MONDAYS
  - U11/U13 - TUESDAYS
- SOCCER EXPERIENCE VARIES

### TIER 3

- WEEKLY PRACTICE AND GAME NIGHTS (APPROX. 2 NIGHTS/WEEK OF SOCCER)
- AWAY GAMES WITHIN AN 80KM RADIUS (APPROXIMATELY)
- RECREATIONAL LEVEL OF COMPETITION

### TIER 2

- 2 PRACTICES/WEEK + GAMES (APPROX. 3 DAYS/WEEK OF SOCCER)
- GAME DAYS OFTEN ON WEEKENDS
- AWAY GAMES ACROSS HURON, ELGIN, MIDDLESEX COUNTIES
- GREATER LEVEL OF SOCCER EXPERIENCE; GREATER LEVEL OF COMPETITION
- TRY-OUTS REQUIRED



# Goderich Sun

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# Goderich Skating Club hosts first-ever holiday showcase

The Goderich Skating Club celebrated the holiday season in style with its first-ever Holiday Showcase on December 18.

Featuring over 30 Junior, Intermediate, and Senior StarSkaters, the event brought festive cheer to the Maitland Recreation Centre (MRC) as skaters performed solos to their favourite Christmas songs and the youngest StarSkaters performed a group number.

Family and friends attended the free event, which offered a delightful mix

of holiday jingles, from the whimsical 'You're a Mean One, Mr. Grinch' to the hauntingly beautiful 'Carol of the Bells'.

Each skater had the opportunity to choose a song, which made it extra special.

Natalia Steenstra, President of the Goderich Skating Club, highlighted the importance of events like the Holiday Showcase for skaters' growth and confidence.

"Special events like this give younger skaters the experience to perform their

solos in front of an audience without the added stress of judges and marks," Steenstra explained.

"It also provides our competitive skaters an opportunity to work out any kinks in their routines while enjoying the rare chance to have the entire ice to themselves."

The evening was a resounding success, creating lasting memories for skaters and spectators alike.

The enthusiasm and support from the community set the stage for an exciting

season ahead.

With the Holiday Showcase behind them, the skaters now turn their attention to the 2025 Skating Carnival, set to take place on February 23 at the MRC.

The Carnival promises to be another fantastic event, showcasing the talent and dedication of the club's skaters and all the progress that occurred throughout the season.

Mark your calendars and join the Goderich Skating Club in celebrating the joy and artistry of skating.



Avery Eckert.



Clara Dalton.



Vivian van Beek.



Mia Haggit.



Vera Radan.

(COLIN CARMICHAEL PHOTOS)

CONTINUE TO PAGE 16

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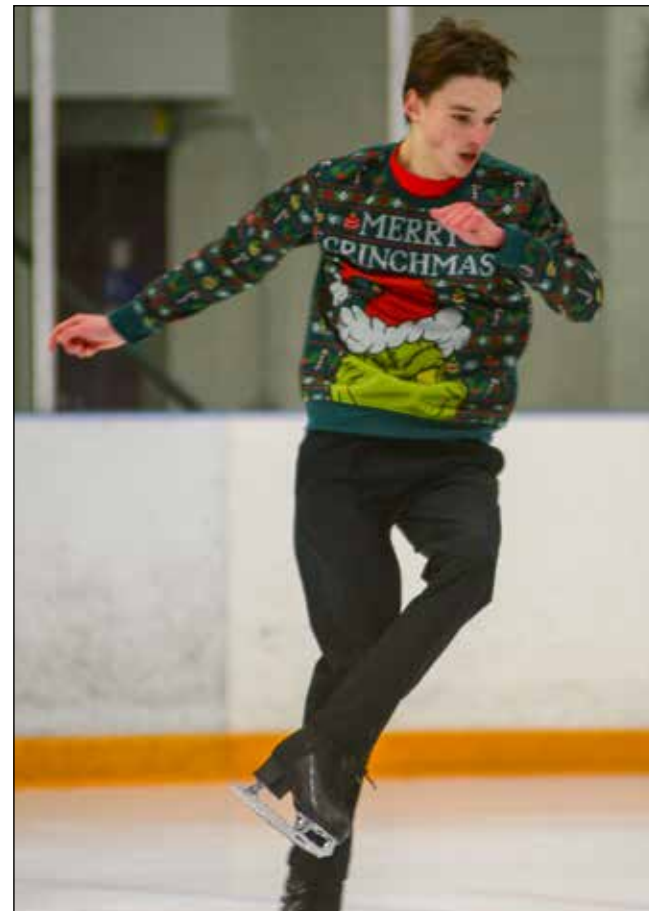
# Goderich Skating Club hosts first-ever holiday showcase



Tenley Driver.



Milan Radan.



Brian Spacek.



Alexis Muylaert, Simon Schuttel, Melody Kappos, Nathan Cox.



Calleigh Craig.

(COLIN CARMICHAEL PHOTOS)

## COMING EVENTS

Email to inquire  
[info@goderichsun.com](mailto:info@goderichsun.com)

### Make a Mess at the Museum

On Saturday, January 11, Saturday, January 18 and Saturday, January 25 from 1 p.m. until 4 p.m.  
Drop in each Saturday afternoon for unstructured play for primary-aged children and their families.

Included with regular admission or free when you show your Huron County Library card. Children aged five and under are always free. Make a Mess is a great opportunity to get out of the house during the cold winter months for indoor play in a fresh setting.

Free Wi-Fi and comfortable seating for parents. Nut-free snacks from home can be consumed in designated areas. No registration required.

### The Next Chapter

On Wednesday, January 15 from 1:30 p.m. until 3 p.m., and 6:30 p.m. until 8:30 p.m.

This is a group for people who have experienced the death of their life partner.

This eight-week group aids in supporting you on your grief journey

as we provide a nurturing environment to help process grief.

Admission is free.

Contact Sally Brodie for more information: [sally.brodie@huronhospice.ca](mailto:sally.brodie@huronhospice.ca) or 519-525-6331.

### Multilingual Movie Nights at the Museum

On Thursday, January 16 at 6:45 p.m. until 9 p.m. at Huron County Museum in Goderich.

Alam (2022) is a coming-of-age story about a Palestinian teen who takes action to impress a beautiful classmate and premiered at the Toronto International Film Festival (TIFF).

Runtime is 100 minutes, in Arabic and Hebrew with subtitles.

### Blood Donation Event

On Thursday, January 23 from 1 p.m. until 7 p.m.

Blood donors needed.

Book your appointment at [blood.ca](http://blood.ca), the GiveBlood App or call 1-888-236-6283.

Healing Program for Those Who Have Lost Someone to Suicide

On Thursday, January 23 from 6:30 p.m. until 7:30 p.m.

This program is designed to help the healing process for anyone who has lost a loved one to suicide.

The death by suicide may be recent or long ago.

In this program, participants will share ideas and strategies on how to cope, learn how grief due to suicide is unique and discuss and dispel myths and stigma associated with suicide.

The program aims to help participants re-engage in life in a meaningful and less painful way.

Admission is free.

Contact Sally Brodie for more information: 519-525-6331 or [sally.brodie@huronhospice.ca](mailto:sally.brodie@huronhospice.ca)

### Cancer Support Group

Peer-led group meets once a month at the Bayfield Library on Saturdays at 12:30 p.m.

Upcoming dates are January 25, February 22 and March 22.

SEE MORE COMING EVENTS ON PAGE 23



# Sunsets of Goderich



An orange winter sky on December 7.

(KATHY KAY PHOTO)

To submit photos of the sunset,  
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# Trail Talk: Good use over the holidays

PATRICK CAPPER

Sun Contributor

The trails were put to good use over the holidays. Eight Tuesday Trompers hiked the Maitland Woods on Christmas Eve, 17 hiked the Hullett Sugar Bush trails on Boxing Day, 15 Trompers hiked the Sifto trails on December 31 and 25 hikers enjoyed the Falls Reserve Trails on New Year's Day.

Thirteen hiked the Maitland Trail and Robertson Tract Trails on January 2 and eight Life Striders hiked Naftel's Creek Trails on January 3, with seven more enjoying the G2G Trail at a stroller's pace.

The winter weather has held back many hikers, and conditions varied a lot with packed snow on the trails on Christmas Eve and Boxing Day. There was very little snow at the Falls Reserve on New Year's Day, about six inches of snow on Thursday at Auburn and only about an inch at Naftel's on Friday.

The end of year thaw and rain resulted in flood conditions on the Maitland and Bayfield Rivers, which caused some flooding across a couple of places on the Maitland Trail, which only lasted for a couple of days.

There were several places that experienced recent windfalls, so don't be surprised if you come across some, despite Maitland Trail volunteer chain saw crew having cleared many that came down before Christmas.

We had an interesting experience on the Auburn hike. We had parked at the edge of County Road 25, but were informed that we could not park there, so we had to move the vehicles to the edge of Nile Road.

Another surprise was the amount of snow compared to places such as Goderich and Seaforth. With the lead taken by hikers with big winter boots we managed quite well.

Just as we reached Pinery Line we were



Tuesday Trompers in the Maitland Woods on Christmas Eve.

(CONTRIBUTED PHOTOS)

grateful to find that a tractor had just plowed the road so we could walk up it without a problem.

Although we did not see any ducks we caught a glimpse of a Bald Eagle over the river. On New Year's Day in several places there were fungi coming up, which I believe are called Grey Knights.

No doubt the weather will soon be below freezing, which will result in icy parts of the trails, which are better hiked when wearing some form of icers.

NOTES:

**Saturday, January 11 at 7:30-9:30 p.m. near Lucknow. Provided there is enough snow this will be a night skiing or snowshoe outing.**

If there is a recent snowfall and a clear night the scenery can be magical. This area may be a side road not open for vehicle traffic in winter months or a trail close to Lucknow. Ski equipment can be provided if required.

ed if required.

The snow conditions will determine where to host the event. For more information and to confirm your attendance and details about location, please contact Donald Andrew 519-530-9019 or Sally Brodie 226-378-1648. This is a level 1, easy pace event, 1.5-2 hours.

**Sunday, January 19 at 11 a.m. at Varna** This is a Bayfield River Valley Trail Association hike along the Mavis (2.5 km) or Taylor trail (1 km) and will be followed by a chili lunch at the Stanley Complex and Community Centre. (38595 Mill Rd. Varna)

The guided hike schedule for 2025 will be available. The hikes are free and open to the public.

For more information contact Ralph Blasting at 519-525-3205 or rjblastingjr@gmail.com. Hikers are encouraged to join the BRVTA at a cost of \$20 for individuals

or \$30 for families.

**Saturday, January 25 at 11 a.m. – 12:30 p.m.** Menesetung Bridge and Sifto Loop This is a meditative walk. Mindfulness in nature walk, pause and explore mindfulness techniques, walking meditation and forest therapy. Designed for those who want the benefits of meditation but prefer to move.

Dress appropriately for moving slowly. Please leave your pets at home (dogs are already very Zen!). Meet at Big Rock at Trail Head - North Harbour Road, Goderich.

For more information and to confirm your attendance, please contact Tanya Macintyre at redroofrecovery@gmail.com or text 519-616-3636. This is a level 1, slow paced, 1.5-hour hike

Tuesday Trompers meet at 9 a.m. on Tuesday to hike for about an hour. If you wish to be on this email list, send an email to mta@maitlandtrail.ca

Midweek hikers meet at 9 a.m. and hike for 1 ½ to 2 hours on Wednesdays or Thursdays. Contact Patrick Capper at pcapper99@gmail.com



Tuesday Trompers on New Year's Eve.

## Huron County Library: Staff Picks 2024



AVERY BAKER-GREAVES

Sun Contributor

Discover the stories that staff from the Huron County Library's Goderich and Bayfield Branches have selected as their Top Reads of 2024.

From time travel, to warring werewolves and vampires, to embracing winter, to a sandcastle that helps change your perspec-

tive on life, there is something for everyone.

**MICHELE'S PICK:** *How to Winter* by Kari Leibowitz: This blends mindset science, cultural insights, and original research to help readers embrace winter as a season of opportunity and joy, not dread.

Leibowitz offers practical tools to cultivate a 'wintertime mindset', transforming the darkest months – and life's challenges – into times of comfort and connection.

**RACHEL'S PICK:** *Welcome to the Hyunam-dong Bookshop* by Bo-reum Hwang: This tells the story of Yeongju, who leaves behind her high-pressure career to open a cozy bookshop in a quiet Seoul neighbourhood.

Amid shelves of books, she and her customers – each grappling with their own disappointments

– find solace, connection, and a path to rediscovering joy in life.

**MARGOT'S PICK:** *The Ministry of Time* by Kaliane Bradley: This tells the story of a civil servant who is tasked with assisting Commander Graham Gore, an 'expat' from 1847, as part of a government experiment in time travel.

As their unlikely bond depends into romance, she must confront the Ministry's true agenda and the cost of rewriting history.

**ALINA'S PICK:** *The Women* by Kristin Hannah: This follows nursing student Frankie McGrath, who joins the Army Nurse Corps in 1965 and is thrust into the chaos of the Vietnam War.

A poignant tale of sacrifice, friendship, and resilience, it explores the forgotten contributions of women in war and the challenges they face returning to a

divided America.

**REG'S PICK:** *Field Notes from an Unintentional Birder* by Julia Zarankin: This is a witty and heartfelt memoir about finding meaning in midlife through birdwatching.

As she navigates a life in transition, Zarankin's unexpected passion for birding leads her to discover love, community, and a sense of belonging in the unlikely places.

**AVERY'S PICK:** *The Squish* by Breanna Carzoo: This is an uplifting picture book about a sandcastle learning that while it cannot stop all of life's squishes, it can build resilience, connect with others, and find joy along the way.

**DANIELLE'S PICK:** *Slow Dance* by Rainbow Rowell: This is the story of Shiloh and Cary, best friends who grew apart over

the years, but are drawn back together after 14 years.

As they reconnect, they must navigate the lost love and unspoken feelings that have shaped their lives since they parted.

**NICOLE'S PICK:** *Legends and Lattes* by Travis Baldree: This is a heartwarming tale of new beginnings, as battle-weary orc Viv trades her sword for a coffee pot to open the first café in the city of Thune.

Along the way, she discovers that the real magic lies in the friendships, family, and unexpected connections brewed alongside her dreams.

Visit Huron County Library's online catalogue to place holds on any of these books and more: [huron.bibliocommons.com](http://huron.bibliocommons.com)

*Avery Baker-Greaves is a Branch Assistant at Huron County Library in Goderich*

# Grey Matters: Lifelong learning; a new year, a new you!



ANNETTE GERDES,

Sun Contributor

I'd like to take this opportunity to wish each and everyone of you a Happy New Year, may you have a joyful, and healthy year.

The New Year is always an opportunity to reflect on the past year and set goals for the new year. As the year begins, there's no better time to embrace the concept of lifelong learning.

Whether you're exploring a new interest or passion, mastering a new skill, or simply feeding your curiosity, learning has countless benefits for all.

## Why Lifelong Learning Matters:

Learning isn't just for the young, it's for the young at heart, too! Studies show that staying mentally active can improve memory, boost mental health, and even delay the onset of dementia. Beyond the health benefits, learning fosters a sense of purpose, encourages social connections, and keeps life exciting and fulfilling. Staying curious is what keeps us all motivated to learn and explore new things, keeping us relevant. I think of it as exercise for the mind.

## Ways to Embrace New Ways of Learning:

The beauty of learning new skills is that it enriches the mind

and expands your knowledge. Here are a few ways to get started.

1. Join a Local Class or Workshop: many community centers and libraries offer classes tailored for seniors, ranging from painting and pottery, to gardening and games such as euchre and scrabble and more. These are also great opportunities to meet like minded people, have lively conversation and stay social (particularly in the winter months).

2. Dive into Technology: if you've ever been curious about developing skills on a smartphone, exploring social media, or learning how to use zoom and facetime with friends and family, now's the time. Tech classes for seniors are readily available and can help you stay connected with family and friends while building new skills. Check the

local community centre for classes.

3. Take Online courses: colleges and online schools have created platforms to provide affordable (or free) online courses on nearly every topic imaginable. From exercise, art, photography, and history, the possibilities are endless.

4. Start a Book Club: if you love to read, consider starting or joining a book club. It's a wonderful way to explore new ideas and foster friendships.

5. Learn Through Volunteering: sharing your skills or experiences with others can be a rewarding way to feel fulfilled and learn. For example, mentoring young people or teaching your craft or skill to a local group could provide a fresh perspective and new knowledge.

Overcoming Barriers: some of us hesitate to dive into learn-

ing new things due to concerns about cost, accessibility, or feeling out of place. The good news? Many resources are free or low cost, and online tools make it easier than ever to learn from the comfort of your home, and you will discover that many people feel as you do, and you will be at ease. Remember its never too late to start.

**2025** – As we step into the new year consider acquiring new skills and knowledge for your new year commitments. Whether it's trying something new or returning to a beloved pastime, every step you take enriches your life and sharpens your mind.

So, what will you learn this year?

Cheers,

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

# Changes to make for better mental health

TANYA MACINTYRE,  
RED ROOF RECOVERY

Sun Contributor

Recently, I'm deeply grateful for the "Hoopla" app, made available through the Huron County Library system.

With just a library card, we can access a wealth of free resources: audiobooks, eBooks, movies, and music.

Lately, I've been listening to Learning to Love Yourself by Gay Hendricks. Even though the book received criticism from Psychology Today, it found its way into millions of hands and

hearts, proving that peer reviews don't always dictate the value of knowledge & wisdom.

This book is a gem, and I highly recommend it.

Learning to love ourselves can be challenging because we are programmed by:

- **Social and cultural conditioning** that dictates how we should act, look, and think.

- **Media messages** that tell us happiness is just one product or procedure away.

- **A relentless economy** that fosters an endless cycle of work, debt, and consumption, leaving little room for introspection.

For much of my life, I tried to drown out this noise, and my own pain, through self-medication.

My broadcasting career became the backdrop to my struggles with mental health and addictions.

It wasn't until my life became completely unmanageable that I made the decision to check myself into a 30-day rehab pro-

gram.

Back then, the dominant recovery framework was the 12-Step Program. While it offered some guidance, what truly opened my heart to healing were the alternative tools introduced by the rehab's director who was a Buddhist.

He shared a broader perspective on recovery and life that planted seeds that would still take years to blossom.

The road to recovery was far from linear for me. For eight long years, I stumbled, fell, and stood up again.

It was only through persistence and self-discovery that I found the right combination of tools to maintain freedom from addiction.

Today, I often remind others, and myself, that: **"We are not the sum of our setbacks, but the heroes of our relentless comebacks."**

As we step into 2025, many of us feel the pressure of making and keeping resolutions. It's a

well-worn tradition, one that often leads to self-criticism when we inevitably fall short. This cycle is as old as humanity itself.

We procrastinate, telling ourselves we'll start tomorrow, next week, or "when the time is right." But as the days slip by, uneasiness grows, and we remain stuck.

Even ancient texts warned against this tendency. The Bible, in James 4:13-14, cautions against arrogance in assuming we'll have more time:

*"Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes."*

So, why wait? What stops you from living authentically, loving deeply, and pursuing what truly matters?

Here are a few things to start the ball rolling in the right direction:

- Speak out for what you believe in.
- Stop sweating the small stuff.

- And most importantly, stop deferring the dreams, actions, or conversations you know are essential to your soul.

We can't assume we have six more years - or even six more weeks. *What we do have is today, this moment, and the gift of this life. Use it.*

When you're ready to build habits that support mental health and self-compassion, I'd love to hear from you. Drop me a line at [info@redroofrecovery.com](mailto:info@redroofrecovery.com).

Together, we can take the first steps toward your journey of healing and transformation.

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

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



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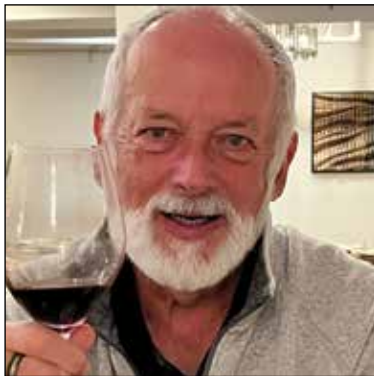
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# OH, THE PLACES WE'LL GO: The challenges of an historic town at the confluence of three rivers



PAUL KNOWLES

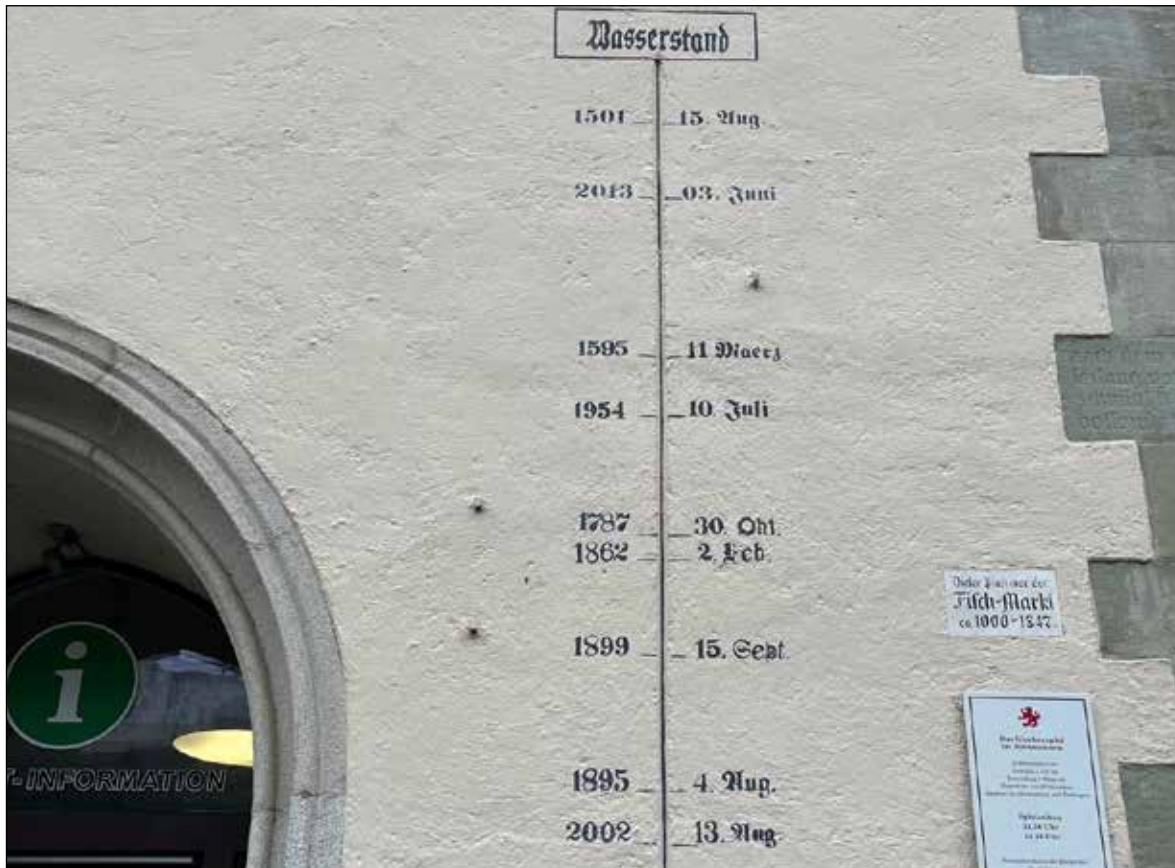
Sun Contributor

There is a well-worn cliché about travelling in Europe: “I’ve seen enough castles and cathedrals!” Well, I am a pretty big fan of castles and cathedrals, but I do understand that there can be too much of a good thing. And there is no lack of either castle or cathedral in the historic towns and cities of western Europe.

And yes, the German town of Passau does have a castle and, in fact, a cathedral. But don’t let that stop you from including it on your itinerary. Because there is so much more here, including a long and dramatic history of co-existing with the three rivers that meet, right here – and the frequent crises arising from that uneasy co-existence.

We were in Passau as part of our excellent Viking River Cruise, “Romantic Danube”. It’s probably true that the Danube can be very romantic at a time when it is flowing peacefully through Passau, but when we were there, the Danube and the other two rivers that meet here, the Inn and the Ilz, were in flood, and the lowest parts of the town were already under water.

But that, believe it or not, is one of the most interesting reasons to visit this historic town, located just west of the Austrian border.



(PAUL KNOWLES PHOTOS)

**Flood heights are marked on the walls of waterfront buildings in Passau, the German town at the confluence of three rivers.**

The story here is one of perseverance and community cooperation. Passau has existed for more than two millennia, founded because of the trade benefits of the three rivers that occasionally become its enemies. In medieval days, the number one trade commodity was salt. Today, it’s tourists.

Like many of the towns located along the Danube, the community rises quickly from the riverbank into the hills round about. So, while the homes and businesses nearer the river are very vulnerable to high water, the upper levels of the community are impervious to flooding.

We saw dramatic examples of both realities when we toured Pas-

sau. Our guide admitted that, since the river had just started to rise, he could take us around the town (skirting some streets that were turning into streams), but that a day or two later, he personally would be temporarily confined to his three-floor apartment, as water would have risen a meter or two against his building. We saw many nearby homes and businesses barricaded with sand bags and metal flood barriers.

But then we ascended some rather steep, but scenic, cobbled streets to the square where St. Stephen’s Cathedral is located. And no, cathedral cynics, this is no ordinary church. St. Stephen’s is home to the largest pipe organ outside the

United States, an instrument that includes 17,974 pipes, 233 stops and four carillons. I have heard it played, and it is truly worth the trip. The temporarily bad news is, I didn’t hear it on this visit, because the organ is being refurbished, a project that will extend into next year.

But the cathedral is magnificent in its own right, and while you won’t hear the organ in 2025, you may be fortunate enough to hear the eight bells in the cathedral’s bell tower.

One of my favourite streets in lower Passau is the Artists’ Alley, where local artists have their shops and studios, and where they paint the cobblestones in bright colours,

and hang whimsical pieces of art above the street.

You can get a great view of Passau and its rivers from the Veste Oberhaus, the castle high atop the hillside on the opposite side of the Danube from the cathedral. Other popular photo stops include the Roman tower, the Bishop’s Palace, and the oldest church.

But be sure to spend time on the river front, contemplating the dual nature of Passau’s situation – ideal for trade in times gone by, for transportation during the days of the Roman Empire, and for river cruise stops today, but also, subject to the whims of nature, and the temperament of the Danube and its sister rivers.

It’s definitely appropriate that the Danube was named for the great river goddess of the Celtic tribes. We learned that from Isis-Sybille Frisch, an expert on the Danube who gave an amazing lecture on board the Viking Var. When you sail on the Danube, she told us, you are travelling on “the major river of mainland Europe,” a waterway that stretches 2896 kilometers from the Black Forest and to the Black Sea, and passes through 10 European countries. We visited four of them on our cruise.

As we sailed on a Danube swelled by heavy rains upstream from Passau, Frisch observed, “Despite all human intervention, we cannot control the river.” The great river goddess will have the last say, and the historic high-water markings on the buildings of Passau offer dramatic documentation of her more violent moods.

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



St. Stephen’s Cathedral square.



The Artists’ Alley, with brightly painted cobblestones and art pieces suspended overhead.

# Riddles

What do snowmen eat for breakfast?  
Frosted flakes!

Why did the snowman go to therapy?  
He had a serious meltdown.

What do you call an old snowman?  
Water.

How does a snowman get around?  
By riding an icicle!

What do you get if you cross a snowman with a dog?  
Frostbite!

Why don't mountains ever get cold?  
They wear snowcaps!

What did the big furry hat say to the warm scarf?  
"You hang around, I'll go on ahead."

How does a penguin build its house?  
Igloos it together.

Why did the boy keep his trumpet out in the snow?  
Because he wanted to play cool jazz!

What's a snowman's favorite drink?  
Ice tea!

# Sudoku

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

Solutions on page 23

# Featured Pets



**RUBY & MACY**  
Ruby (L) and Macy (R) just moved to Goderich and are loving town life. So many squirrels! They are looking forward to making new friends.



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# Word Search

## EMBRACING THE NEW YEAR

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

Gratitude

Growth

Resilience

Kindness

Joy

Balance

Courage

Abundance

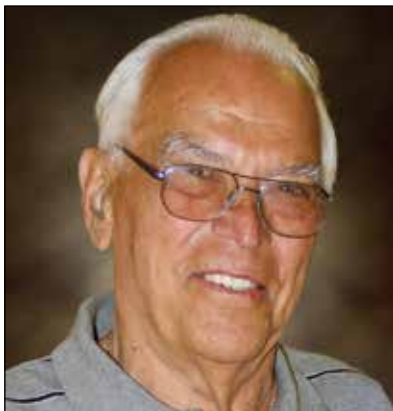
Mindfulness

Health

Creativity

Connection

Purpose

**JOHN (JACK) EDGAR MUIR****September 21, 1933 - December 18, 2024**

Jack, in his 92nd year, passed peacefully on December 18th at the Greenwood Court nursing home in Stratford. Jack was predeceased by Marie, devoted wife of 63 years. They were introduced on a blind date in 1953 and married shortly thereafter; it was described by Marie as love at first sight.

Jack was the proud father of Danny (Mary), Barb (Cathy), and Jill (Mark). Loving brother of Beth Tobin (Muir), brother-in-law of Doris Muir, and brother-in-law of John Munro (Rose), Jurrien Hoekstra and Angus SchiIroth. Predeceased by his mother, Caroline and father, Alex and his brother, Dave.

Deeply loved by his 5 grandchildren Carrie-Anne, Tracy (Mirco), Kelly (Brion), Janelle (Wesley) and Christopher (Adrienne). Cherished Great Grandpa, known as Gramps to Maya, Jack, Elliot, Ella, Ryan, Hadley and Haydn.

Jack was born and raised in Seaforth. He started work as a teenager at the Seaforth shoe factory and then moved on to work at the PUC for the Town of Seaforth. Jack built his own home on Jarvis Street, first electric home in the town and it was known as the house that Jack built. He lived there until 2020. Jack enjoyed playing hockey while young and into his adult years as an old timer. He loved hockey and even though we tried to convert him to be a Leafs fan, he remained loyal to the Montreal Canadiens. Jack enjoyed life to its fullest with Marie through travel with friends, parties for every occasion, dancing and always sharing his infectious laugh and smile. He was often called a real gentleman, and his sister Beth said it best, Jack was a Gentleman and a Gentle Man.

Jack was a member of the Seaforth legion, the lawn bowling club and served as a volunteer firefighter for the Seaforth fire department for many years. In his spare time, he loved to play cards. Jack played a good game of euchre and an exceptional game of crib. He continued to play both until recently and continued to win. Jack was known around Seaforth for driving around in his 1967 white triumph sports car with the roof down, with a big smile and a wave to all.

But most of all, family was most important to Jack. He was surrounded by all during his final days. In person, phone calls, video chats, Christmas carols and storytelling were all part of it. Jack will now join Marie for a dance, and we are sure he is already planning a card game!

The family will be forever grateful for the warm care and kindness shown by all staff at Greenwood Long Term Care. In the four years they spent with Jack, the caregivers learned what his loved ones had known for a lifetime. Family was a beautiful part of his life and the staff at Greenwood became part of Jack's family.

Cremation has taken place, and a private family service is being held.

A memorial website has been created to share memories and photos. You can visit at [https://memorialsite.mybabbo.com/share\\_site/3756-jack-muir](https://memorialsite.mybabbo.com/share_site/3756-jack-muir)

As expressions of sympathy, and in lieu of flowers donations may be made to Greenwood Court Long Term Care through W. G. Young Funeral Home [www.wgyoungfuneralhome.com](http://www.wgyoungfuneralhome.com)

**OBITUARY****LOIS STRAUGHAN**

With broken hearts we announce the sudden but peaceful passing of Lois Straughan in her 92nd year, with loving family by her side, at Huron Hospice Bender House, on Monday December 2nd 2024, after a brief illness.

Lois was born November 6 1933 and raised in Colborne Township where she attended SS#5 Colborne Township Public School as well as GDCI High School in Goderich. Lois continued to work outside of her home often wearing many different hats in the work force.

Mother enjoyed and took great pleasure in planting and attending her many beautiful flowers while in her spare time doing many crafting projects, wood working and seamstress work for family and friends. She also enjoyed her many years while a Lioness Member and so proud of the time she received the Helen Keller Award for her fine hard work and dedication. Up until her death at 91 years of age Mom still continued to cook, bake and entertain her many family members and friends in her home and no one ever left her place feeling hungry or unloved.

Lois was predeceased by her husband of 70 years, Don Straughan (2021). Left to mourn are her children Linda (Doug), Ken, Barb (Carlos). Lois was predeceased by son-in-law Don Johnston and daughter-in-law June Ingham. Lois was the proud grandma of Mark (Jacqueline) Lori (Noah) Michael, Jeffrey, Alicia (John) as well many great grandchildren and step grandchildren who were loved and adored.

Lois was predeceased by her parents Joseph and Eva Freeman, brother Joe Freeman, sister Beryl MacDonald and survived by her brother Art Freeman (Shirley). Fondly remembered by surviving and predeceased brothers-in-law and sisters-in-law. Lois will also be missed by many niece and nephews and many friends.

Cremation has taken place. Visitation was held at McCallum & Palla Funeral Home, Goderich, Ontario on Thursday December 12, 2024 from 11 am until the time of the Funeral Service at 12pm. Luncheon followed at the Goderich Legion. In Lieu of flowers donations can be made to Huron Hospice Bender House in memory of Lois or Charity of Choice. Friends may sign the book of condolences at [www.mccallumpalla.ca](http://www.mccallumpalla.ca)

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RETIRED? (or maybe not)

Interested in playing snooker on full-size table in small, friendly atmosphere in downtown Goderich?

Also bridge, euchre, chess, etc.

New members welcome: call 647 637 8547 for information

**OBITUARY****LAMB, GLEN**

It is with great sadness that we announce the peaceful passing of Glenn Wilson Lamb on December 7th 2024 at age 83 at Alexandra Marine and General Hospital in Goderich.

He was born in Burnt River on March 17th in 1941 to James and Mabel Lamb, and grew up in Victoria County among many friends and family. Glenn went to S.S.#8 Somerville Township School in Burnt River before going to work in Fenlon Falls at the Bank of Montreal. From moving with the bank to his long tenure with the Huron County Board of Education (now Avon Maitland), he worked throughout his life to support his family and contribute meaningfully to his community.

Beloved husband for 57 years of Shirley Ann (Zurbrigg). Loving father to Lori Jane (Jay) Kirkpatrick and predeceased by son Bryan James (1975 - 1994). Dear Poppa to Meghan Jane and Kimberley Anne. Fondly remembered by brother-in-law Peter Morgan, in-laws Thelma Bode, Kendra Zurbrigg, Lyle (Jennifer) Zurbrigg and many special nieces and nephews.

Predeceased by brother Ron and sisters Joyce (Townsend) and Beverley (Morgan), in-laws Bill Townsend, Iris Lamb, Don Bode, Ken and Joan Zurbrigg.

Glenn will be sadly missed by friends and family who will remember his love of sharing time together, playing cards, cribbage, bowling, and golfing or just visiting to catch up on old times and new adventures.

A Celebration of Glenn's life was held on Friday December 20th at 12 pm with visitation the hour prior starting at 11 am at the McCallum & Palla Funeral Home. Reception followed at the Royal Canadian Legion, Branch 109. In lieu of flowers, a memorial donation to Alexandra Marine and General Hospital Foundation or a charity of your choice would be appreciated.

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**OBITUARY**



**THERESA MCGRAW**

With broken hearts we announce the peaceful passing of Theresa McGraw at Huronview at the age of 83 on Dec. 16, 2024. Left to mourn her are her children Ray, John (Sukkanya), Leigh (Steve) and Rob, who all adored her. Proud and loving Grandmother to Ryan, Ashley, Scarlett, Ali, Shawn and Sabrina as well as many great-grandchildren. Predeceased by Ralph Stanton, Robert McGraw, her parents Amelia and Patrick McGraw and her youngest brother Laurie McGraw. Lovingly remembered by her brother David (Sherrie) and sister Patty (Alec). As per her wishes, there will not be a funeral or celebration of life, cremation has taken place. The family would like to thank Huronview Home for the Aged for the exceptional care they showed our Mother. In lieu of flowers, a donation to the Alzheimer's Society would be appreciated. Family and friends can sign the book of condolences at [mccallumpalla.ca](http://mccallumpalla.ca).

**OBITUARY**



**LUTZ: WILLIAM ROBERT**

Passed away at Alexander Marine & General Hospital on Tuesday, December 31, 2024 at the age of 86. Beloved husband of Hermine (Krauth) Basler Lutz. Loved father of Rose Cammaert of London, the late Alfred "Fred" and Ann Basler, and Linda and Hubert Haccius. Proud Opa to 8 grandchildren, 10 great grandchildren and 1 great great grandchild. Dear brother of Rose Allison, Gloria Aszmies and Edward "Ted" and Jennifer Lutz. Fondly remembered by many nieces and nephews and dear friends. Predeceased by son in law Pete Cammaert, and sisters Joy Penfound, Elizabeth Lutz, Shirley McNee and Mary Elliott. Funeral service was held at Falconer Funeral Homes, 201 Suncoast Drive East, Goderich on Tuesday, January 7, 2025. In lieu of flowers, donations to Diabetes Canada would be appreciated. Messages of condolence for the Lutz family are welcome at [www.falconerfuneralhomes.com](http://www.falconerfuneralhomes.com)

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

**QUIZ ANSWERS**

- 1) 25
- 2) Poilievre
- 3) Capricorn (until Jan. 19) and Aquarius (Jan. 20 onward)
- 4) MMXXV
- 5) England, Scotland, Wales, and Northern Ireland
- 6) Helium
- 7) Kon'nichiwa
- 8) Olivia (2nd place is Amelia)
- 9) Noah (2nd place is Liam)
- 10) True. Nearly 13% of Canadians are believed to be left-handed

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**COMING EVENTS**

Email to inquire [info@goderichsun.com](mailto:info@goderichsun.com)

**Auburn & District Lions Club Breakfast**  
 Auburn Memorial Community Hall  
**Sunday, January 12, 2025**  
 8 a.m. - 11 a.m.  
 \$15/Adults, \$6/Child, Free/Preschool  
 Pancakes, eggs, toast, sausage & hashbrowns  
 Maple syrup supplied by: Robinson's Maple Products  
 84548 St. Augustine Line, Auburn  
 Eggs supplied by: Huron County Egg Farmers  
 Proceeds for: Community Betterment

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A TRIBUTE TO THE DOOBIE BROTHERS  
**Listen To The Music**  
 GODERICH COLUMBUS CENTRE  
**SATURDAY, JANUARY 25, 2025**  
 7:30 PM  
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**In person:**  
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**Online:**  
www.amghfoundation.ca

Donate today and be a part of our hospital's journey to a brighter, healthier tomorrow. Let's make this holiday season truly special - together! Spread holiday cheer with the gift of health this year.

Wishing you and your loved ones a joyful holiday season filled with peace, happiness, and good health. Thank you for being a vital part of our community and for your continued support.

