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An EZT farmer drives a tractor with a clear message for members of council. Photo by Lee Griffi

Wilmot Township sets stage for Schneider donation to proceed

By Lee Griffi, Local Journalism Initiative reporter

It isn't gospel yet, but the Schneider land donation is one step closer to being a reality.

At its March 4 council meeting, councillors approved applications allowing for the Schneider Family to donate a portion of its property at Wilmot Line and Carmel-Koch Road to rare Charitable Reserve.

"The approval preserves the naturally significant lands while enhancing public safety," the township said in a press release. "It also won't impact the natural environment through the creation of parking lots or the widening of roadways."

Wilmot Mayor Natasha Salonen said the township recognizes the importance of this gift of conservation land to rare.

"We are pleased to approve a safe, agreeable solution to address potential safety concerns that may affect visitors entering and exiting the reserve."

The decision addresses issues related to visitor safety including parking restrictions on Carmel-Koch Road, Wilmot Line and Berlett's Road. There will be speed reductions and heavy truck prohibitions on Wilmot Line and traffic-calming measures at the intersection of Wilmot Line and Wideman Road. The family will retain ownership of three large-estate

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EZT rejects proposed wind turbine projects

By Lee Griffi, Local Journalism Initiative reporter

Prowind will not be moving forward with its wind-turbine project in the Cassel and Innerkip areas of East Zorra-Tavistock.

A well-behaved, standing-room-only crowd of about 120 people attended Wednesday's East Zorra-Tavistock meeting in Hickson to hear presentations from Helmut Schneider, Prowind's vice president of renewable energy, and local farmer David Cunningham from Wind Concerns EZT.

A resolution was passed by council ruling that "the Township of East Zorra-Tavistock declares itself to be an unwilling host for

wind turbine developments."

Coun. Jeremy Smith asked for a recorded vote and it was passed unanimously followed by loud cheers from most in the gallery.

Coun. Steven Van Wyk declared a conflict of interest and was not in chambers for the presentations, discussions, or the vote. He is employed by Stubbe's Precast in Hickson, the company that supplied concrete to the Gunn's Hill wind project and could have potentially done the same for any EZT wind farms.

After a few minutes of discussion on if and how council should proceed with a potential resolution, clerk Will Jaques read the

motion which was followed by words from Mayor Phil Schaefer.

"I believe that renewable energy is important, and I also believe wind turbines may form a part of that," Schaefer said. "But I don't understand why the most valuable farmland in the township and the county would be proposed for a massive wind-turbine development. It produces energy, yes, intermittently, but it also produces division. It pits neighbour against neighbour and puts a price on friendship. I will support this resolution."

After his presentation, Cunningham asked council to pass a resolution declaring the township as an unwilling host and that is

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COMMUNITY —

Wind turbine projects rejected by EZT

exactly what happened. He said he's thrilled council made its decision so quickly, not letting the issue linger on and cause anxiety.

"A little unexpected," he commented. "I thought they might take a day or two to consider it and then vote, but (I'm) thoroughly happy with the decision. It supports the community."

His Wind Concerns EZT partner, Rick Hommes, added the resolution was unexpected.

"I thought about it but never expected it to happen. And unanimous."

Coun. Scott Zehr spoke following the presentations and said the response from residents was overwhelming and he thanked Cunningham and Hommes for their efforts.

"I think you guys did a great job of rallying the community and educating folks. From the amount of emails I received personally, people spoke up."

Both men agreed the residents in attendance did help their cause.

"One hundred per cent. It was a community effort, that's what it was," added Hommes.

"I am big on consensus and they saw a small sampling of what the community was saying," said Cunningham, who added it was a focused effort over a few months. "Since just before Christmas, our heads were down. We were like sponges trying to get as many facts as we could to keep the emotions out of it to focus on the vital few things we thought were important. The community rallied together quickly."



About 120 local residents packed council chambers on Wednesday with the vast majority leaving pleased after the township declared itself an unwilling host for wind farm developments. Photo by Lee Griffi

Schneider said he is disappointed with the resolution and was hoping for more time to build relationships in the area.

"The reason we did not make an ask of council is that we felt it was important for (them) to get to know us and to see if we are sincere in our community engagement process. Do we use this process to make sure we build trust in the community? We did not ask for a council resolution, but it has been made and we have to deal with that."

He added the company will regroup and see what it means for their proposed developments.

"We do have other developments in Oxford and Ontario, and for us it is more comfortable to work with a willing host so that is what we will focus on."

Despite the company's setback in East Zorra-Tavistock, Schneider said he did have a lot of support for the project with 19 land-option agreements for turbines signed to date.

"I don't think it is correct to assume that all the people in that room were in opposition because I did recognize several people who had written letters to council in support of this project. It is a bit of a false assumption, but the majority of people came here because they were requested to. We did not ask anybody to come and support us. We did not think there was a need for that because we didn't have an ask for a resolution."

One of the lighter moments of the meeting came when a resident shouted, "Look outside at the trees. No wind."

Fundraiser dinner held for Joy Szabo



The Schmidtsville Restaurant and Gift Shop in Wellesley hosted a dinner fundraiser March 2 to raise money for Joy Szabo, a 12-year-old local girl who requires two surgeries and lengthy stay at Sick Kids in Toronto this year. Pictured in front row from left are sister Jayna MacDonald, Joy Szabo and brother Jonas Szabo. Pictured in back row from left are Schmidtsville co-owner Miriam Kuepfer, mom Jolene MacDonald, dad Jeremy Szabo, and Schmidtsville co-owner Glenn Kuepfer. Photo by Sharon Leis

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COMMUNITY —

Schneider donation set to proceed



Dr. Stephanie Sobek-Swant, executive director at rare, is seen on the Schneider property.

Continued from page 1

residential lots.

"Thanks to the hard work of staff, council was able to approve a solution to allow this generous land donation to occur while ensuring the safety of residents and folks visiting these lands," Salonen said.

Dr. Stephanie Sobek-Swant is the executive director at rare and said her organization is relieved to see a solution put into the books.

"Getting a unanimous vote from Wilmot council after they had dropped the parking lot requirement is wonderful. I think it brings everyone back to the table to be able to form new and good partnerships."

The issue seemed to be a long, dragged-out affair, but Salonen said the township expedited the issue as quickly as possible.

"As far as council is concerned, this zoning application and official-plan-amendment request were filed in the spring of 2023. Promptly after the filing, staff brought forward the May 2023 report to council, which noted during the pre-consultation conversations parking onsite was identified as an issue that would need to be addressed. It was clear that the applicant was not willing to accommodate onsite parking, thus staff had to find alternative solutions to address the parking and safety concerns."

Despite the, at times, contentious rhetoric between rare, the Schneider family and the township, Sobek-Swant said she isn't looking to dwell on the past.

"I think sometimes there is just a process for everyone to work out all the nuances of these more complex issues. That process happened and has now concluded to a point where everyone can live with it."

Staff spent the past few months working on finding other safe parking alternatives that satisfied the township's insurance provider who had parking and safety concerns.

"I would also note that these lands are in an environmentally sensitive landscape and based on time constraints posed limited potential solutions that staff could consider. The safety and wellbeing of Wilmot residents and other visitors to these lands remained at the core of this work," explained Salonen.

Ward 4 Councillor Steven Martin tabled an amendment to the staff report to ask for winter parking to be revisited to better serve the cross-country skiers who utilize the property.

"I think that's really good because it shows there was a lot of feedback from community members at the meeting. Council is listening and that, I think, is a good basis for further discussion," said Sobek-Swant.

There are still several next steps and legal paperwork to complete. rare has submitted and paid for a

consent application, which is the next piece of the severance process. The group hopes it will go back to Wilmot Council in early April for approval.

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COMMUNITY —

New Hamburg Legion seeking community's help honouring veterans in annual Military Service Recognition book

By Galen Simmons

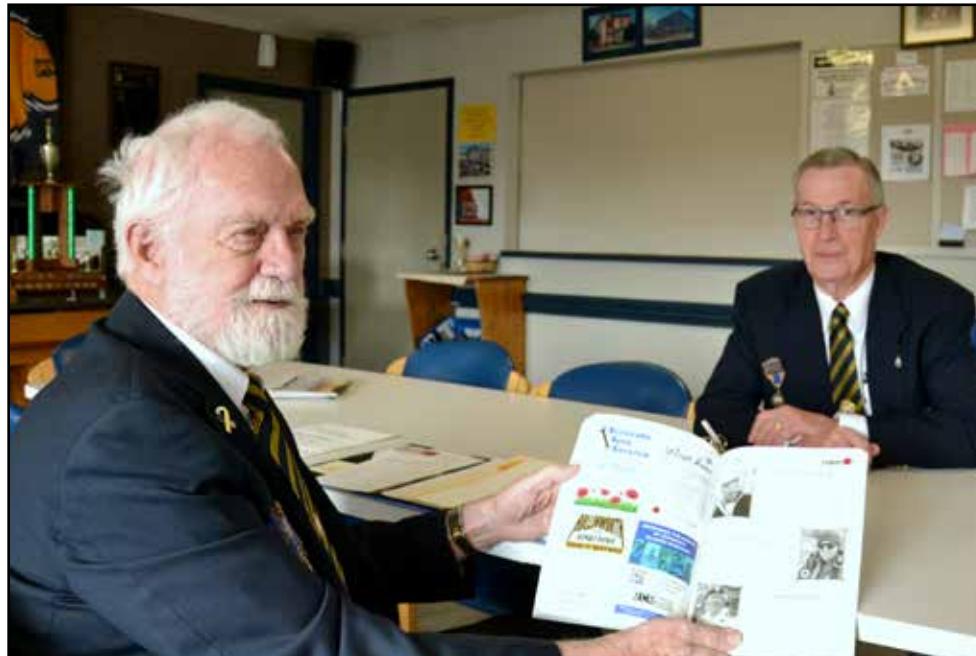
New Hamburg Legion Branch 532 member Bob Berg is nearing a fast-approaching deadline as he works day and night to honour local First- and Second-World-War veterans in the Royal Canadian Legion Ontario Command's upcoming 11th edition of the Military Service Recognition book.

On behalf of the local Legion branch, Berg continues to sift through piles of local-veteran profiles for publication in this year's edition, a task he's taken on previously when he was a Legion member in Kitchener. The challenge, Berg told the Gazette in a recent interview, is not only sharing the stories of veterans' military service, but also the context of who they were back home and securing photos of those veterans to publish alongside their stories.

For that, Berg and the Legion need the assistance of family members, both to gain their permission to print their ancestors' stories and photos and to share the stories that will help paint a more vivid picture of who these veterans were.

"What we like to do is also have a bit of their life," Berg said, noting details of local veterans' military service is available through databases online.

"... (A family member) is coming in today ... and (his relative) was an (military) reserve person. People think reserve people aren't veterans, but they are veterans. They get fully trained. The only thing is



New Hamburg Legion member Bob Berg and president Ross Eichler are hoping Gazette readers can help them find family members of veterans who served in both world wars so they can publish their names, stories and photos in the 11th annual edition of the Royal Canadian Legion Ontario Command's Military Service Recognition Book. Photo by Galen Simmons

it's spread over a longer period. ... He didn't think his father had military service because he wasn't in the war. I said, 'You don't have to be in the war. Not everyone can be pulling the trigger.' There's people that have to be running the army camps, there's cooks, there's various things they have to do. Somebody's got to look after

handing out shoes, boots, documents and all that. There's payroll. ... They're all members of the military."

In many cases, Berg said family members no longer live in the community, their last names have changed through marriage, or they simply don't know their ancestors served in the military in the first place.

That's why he is asking New Hamburg and area residents whose family members served with the Canadian Armed Forces in either world war to email him at icebev@hotmail.com as soon as possible to help him craft a military biography, share heartwarming stories and add a personal touch with photos of their veteran family members for publication.

"The main goal of the Legion is to make people aware of what the veterans did and what they went through," said New Hamburg Legion president Ross Eichler. "The thing with Bob's book is that many people knew nothing about the book. ... What Bob is trying to do is raise awareness that it's available. He's got a list of names, but that's all it is, a list of names - especially from World War I. Those are the ones that don't get recognized in a book like this because nobody can find them.

"... The important thing is promoting the book. People don't realize unless they come into the Legion. They wouldn't have any idea that it's even out there."

All 10 previous copies of the Ontario Command's Military Service Recognition Book are available to check out at the New Hamburg Library.

To help the local Legion find family members of local veterans so they can be honoured in the 11th edition of the book, the Gazette will regularly publish a list of names in future editions for which Berg has been unable to find or contact family

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The Wilmot-Tavistock Gazette

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COMMUNITY —

Book honouring veterans

Continued from page 4

members. For this year's edition of the Military Service Recognition Book, Berg has until May 15 to submit local veterans to the book's publisher.

This week's list of veterans served in the First World War:

- Robert Semple: born March 29, 1890 in Lanarkshire, England
- William Semple: born Oct. 15, 1893 in Lanarkshire, England
- Harry Small: born Feb. 13, 1895 in Sussex, England
- William Tales: born April 5, 1893 in Yorkshire, England
- Alfred Arthur Thomas: born Oct. 13, 1874 in London, England
- Joseph James Vance: born July 18, 1894 in East Zorra County, Oxford
- Joseph William Walker: born May 9, 1884 in Northampton, England
- Peter John Schmehl: born June 17, 1893 in Poole, Mornington Township
- Israel Schaefer: born Nov. 9, 1886 in Pinkington Township
- Richard Norman Rye: born June 3, 1879 in London, England
- Lincoln Ratz: born Dec. 16, 1892 in Gadshill
- Fredrick William Ratz: born Nov. 22, 1896 in Mitchell
- Alfred Henry Ratz: born April 8, 1897 in Mitchell
- Alfred Joseph Moulton: born Jan. 16, 1886 in London, England
- Gerald Musgrave Hamilton: born July 22, 1888 in York (Toronto)
- William Arthur Green: born Oct. 11, 1892 in Peterborough, England
- George Henry Dunnington: born Nov. 1, 1896 in Thirsk (Yorkshire), England
- Lionel Albert Dedman: born March 14, 1895 in Albury, England
- Fredrick Henry Carter: born May 15, 1888 in London, England
- Arthur James Brawn: born Nov. 29, 1875 in Northamptonshire, England

Hickson Lions Club hosts annual Effective Speaker competition

By Gary West

The very active membership of the Hickson Lions Club host an annual Effective Speaking competition every year at The Oxford School on Highway 59 north of Woodstock.

This year there were a total of 27 speakers from grades 7 and 8 classes across Hickson Public School, Zorra Highland, The Oxford School and Tavistock Public School.

The speech topics varied from a future carer and favourite foods to animals, sports and crime just to name a few.

Each speaker spoke between three and five minutes and everyone was congratulated on the content, delivery and quality of their speech.

After the three judges heard all the speakers, the winner was Hannah Fade from Hickson Public School. Second place went to Annabelle Arthur from The Oxford School and third place went to Abigail Baker from The Oxford School.

The judges were Susan Butt, Colleen Schrigley and Louise Ross. They congratulated all 27 speakers on a job well done.

The Lions Club gave a special shout-out to the Dairy Farmers of Ontario and dairy farmers from Oxford County for their donation of milk for the event and thanked the staff



Pictured from left are Hickson Lions Club chair Sarah Mason, Effective Speakers runner up Annabelle Arthur, first-place winner Hannah Fade and Abigail Baker, who placed third out of the 27 local students who competed. Contributed photo

of The Oxford School for their help during setup and cleanup when the evening came to an end.

Lions Club member Heather Lovie congratulated all the young speakers for standing up in front of a crowd while delivering their well-written speeches.

"It can be nerve wracking but the young students represented

themselves and their schools very well," she said.

The Lions Club hopes to host the event again next year, recognizing the large response it received this year.

All speakers were given a monetary gift on behalf of the Hickson Lions.

WOODSTOCK DUTCH THEATRE

The Woodstock Dutch Theatre group is back in full swing preparing for a new play! Every year around this time people start asking if there will be another production? Absolutely! Rehearsals are underway and this year is the 39th season. New to 2024 is the addition of an afternoon AND an evening show in Goderich and we are adding a new venue in St. Thomas!

This year the Woodstock Dutch Theatre Group will be presenting: **"High Tea in Bakkerij van Schie"** (**High Tea in the Van Schie Bakery**).

The playwrights are Cocky van Dijk and Michiel Geurtse.

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Baden's Steinmann Church ladies serve up breakfast to antique-tractor owners

By Gary West

Every spring, members of the North Easthope Antique Tractor (NEAT) club and their wives and partners have enjoyed the invitation by the Steinmann Church women (and men) to come and enjoy a full, nutritious breakfast together in their spacious church auditorium.

The church, with its central location between New Hamburg and Baden, is home to many celebrations and activities that includes a meet-up for antique-tractor enthusiasts who come to help raise money for various church projects.

Church organizers say the profits from this year's breakfast will help pay for the installation of new stainless-steel countertops in the church kitchen.

The certified kitchen is also regularly used by the local Breakfast Club, which sees church volunteers make hot meals and snacks for students at local schools.



The Steinmann Church Kitchen Committee is shown serving a full breakfast to over 100 members of the NEAT club last week. Pictured from left are Susan Seyler, Darlene Gingerich, Delphine Schwartzentruber, Joyce Erb, Deb Carrafiello, Rose Wagler and Sharon Wismer. Missing from the photo are Carol Roth, Marilyn Steinman, Marg Mohr and Norma Lutzi. Photo by Gary West



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COMMUNITY —

Dianne Sparling is Tavistock's queen of butter tarts



Dianne Sparling showing her award-winning butter tarts at D&D Homestyle Cuisine & Café last week while being congratulated by Tavistock Fall Fair board secretary Chris Wiffen(left) and agricultural society director and past president Julie Kimpel (right). Photo by Gary West



The trio behind the great food at D&D Homestyle Cuisine and Café in Tavistock is husband and wife team Doug and Dianne Sparling, and assistant chef Rianna Forthhuber of Shakespeare. Photo by Gary West

By Gary West

Tavistock has long been a destination in southwestern Ontario for great down-home country meals – the kind only grandma could make.

Dianne Sparling of D&D Homestyle Cuisine & Café, likes to think she bakes just like her mother and grandmother did before her.

After entering her butter tarts and winning at the 2023 Tavistock Fall Fair, she was convinced to enter her tasty tarts at the District 7 competition, which includes competition from 19 fall fairs all the way from Aberfoyle to Arthur, Paris to Tilsonburg and Wellesley to Woodstock.

She won there, too, and went on to compete at the Ontario Association of

Agriculture Societies

(OAAS) and was surprised when she was awarded the reserve champion rosette for her butter tarts, defeating entries from 15 other districts provincewide.

The encouragement to enter her baking into competition came from her 24-year-old daughter, Chantelle, who also encourages young bakers to enter their

confections in the Tavistock Fall Fair baking competition in the future.

When Sparling was asked about her love of baking she said, "It's a fun thing to do and the competition has been a great life experience."

She got the recipe for the tart filling from her mom and the unique pastry recipe came from husband Doug's mother.

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COMMUNITY —

LETTER TO THE EDITOR: A special Valentine for a veteran

To the Editor:

With some surprise but much gratitude I was the recipient of a special Valentine this year. As a war veteran, I received it as a part of a project from Holy Family School, New Hamburg. Mine was handmade, carrying a message of gratitude for my military service. It was created by Elle, a sixth-grade student. In reading it, I saw that much time and effort had been spent in making it and it deserved public attention. So thanks, Elle, it was a beautiful gesture and I was touched in reading it. By this act, I felt that our future still is in good hands and our youngest generation needs our encouragement to do so.

Ernie Ritz, New Hamburg.



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Tuesday March 26 at 7pm: Tuesday of Holy Week

Wednesday March 27 at 7pm: Wednesday of Holy Week

Thursday March 28 at 7pm: Maundy Thursday Service of Holy Communion

Friday March 29 at 10:15am: Good Friday Meditation on the Cross of Christ

Sunday March 31 at 7:00am: Easter Sunday Sunrise service

Sunday March 31 at 10:15am: Easter Sunday service of Holy Communion

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The Wilmot-Tavistock Gazette Weekly Quiz

1. What singer holds the most Grammy nominations?
2. What sporting event is held every Memorial Day?
3. How many hearts does an octopus have?
4. In which country can you find the Terroacota warriors?
5. Australian crocodile hunter Steve Irwin was famously killed by what type of animal?
6. How many kills is a flying ace?
7. Who won this year's Scotties Tournament of Hearts?
8. What are the four colors in UNO?
9. What fruit helped Newton form gravitational theory?
10. What is Shakespeare's first name?

Answers found on page 22

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BIRTHDAYS AND
ANNIVERSARIES

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

March 7: Happy birthday to Colin Bisch (9), Jack Pearson (10), Colton Lichti (11), Carter Billings (17), and Janet Elkin (69).

March 8: Happy birthday to Ellen Penfold (14), Nathan Ehnes (17), Erin Duguay (19), Aaron Schlosser (20), Maisy Weicker (21), Dylan Spenler (21), and anniversary for Nathaniel and Ashley Brown.

March 9: Happy birthday to Blake Durbin (6), Dayan Brown (13), and Dean Alexander (18).

March 10: Happy birthday to Calleigh Brown (11), Natalie Weicker (12), Reese MacDonald (13), and Isabel Wilker (15).

March 11: Happy birthday to Delaney Beam (15), Denise van Griensven (20), and Amber Haynes (23).

March 12: Happy birthday to Colin Barbour, Colton Kropf, and Irene Ruby.

March 13: Happy birthday to Cole Stock and Samuel Barker.

We accept all announcements - weddings, anniversaries, birthdays, new baby, etc.
 For pricing call Sharon 519-580-5418 or email sharonbleis@gmail.com.

The Old Gazettes

By Jake Grant

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

March 5-12, 2014, Edition (10 years ago)

The congregation of Grace United Church, 116 Woodstock St. S. in Tavistock, began worshipping in their newly renovated sanctuary on Sunday, Feb. 23, 2014, after six weeks of work was completed. Barry Kienapple and Richard DeGelder gave the interior a new coat of paint, highlighted the brick work on the arch and around the windows. Wayne Yantzi was in charge of sanding, staining and refinishing the hardwood floors.

A locally cast, shot and edited film, I was a Greenhouse, produced by Adrian Konstant is being screened at the Princess Twin Cinema in Waterloo this week on March 3, 4 and 5.

The Hickson Lions Club made its annual donation to the Township of East Zorra-Tavistock Fire Department, Hickson station, at the regular meeting on Tuesday. Lion President Darrell Ford made the presentation of an oversized cheque for \$1,892 to Hickson station Fire Chief Ben Fallowfield.

The Toronto Taiwanese Chamber Or-

chestra will be performing Sunday, March 23 at the Innerkip Presbyterian Church. This concert will mark 170 years since the birth of George Leslie Mackay. Mackay's missionary work forged a 140-year-old friendship between Oxford County and Tamsui, Taiwan.

March 3-10, 2004, Edition (20 years ago)

A most successful blood donor clinic was held on Monday, Feb. 23 at Waterloo-Oxford District Secondary School. Over 200 registered to donate with a high number of students from Waterloo-Oxford participating.

The walls are empty, and the shelves are bare at Chanticleer in Shakespeare. Founder Rita Ryan is closing The Christmas Shop after more than 23 years in business. The store will reopen sometime in the Summer with Heather and John Laflamme selling handmade and hand-painted shabby chic furniture, antiques and artworks.

Tavistock Public School Senior Girls Basketball team may be the best the school has ever seen. With a record of 22-4 this season, the team went on to win the A Championship at Woodstock Central School.

March 7-14, 1984, Edition (40 years ago)

Norma Rowe, who recently retired as organist and choir director of Hickson

United Church was honored Sunday at a dinner at the church.

The Tavistock Branch of the Canadian Heart Fund has completed its campaign in Tavistock last week with 98 per cent of the village canvassed. The 23 volunteer canvassers collected \$1,718, exceeding last year's donations.

"If you could take some of the money that builds hospitals to treat diseases and use it to teach people how to eat properly, there would be less need for the hospital. This was a statement made by a prominent doctor in 1921 and is as true as it is today as then," said Mrs. Herbert Gottschall when she addressed the Grace United Church Women and their guests on Tuesday, March 6, 1984.

March 4-11, 1964, Edition (60 years ago)

A bylaw to spend \$4,000 on the roads of the village during the year was passed at the meeting of the Tavistock council on Monday.

The expansion of the Bell Telephone Company of Canada is reflected here in Tavistock. There are now 549 phones in Tavistock, a gain of 28 from last year.

Effective April 1, the subscription rate for The Gazette subscribers will be increased 50 cents a year and will be \$3.75. This is due to the postage rates set by the Post Office Department, from two cents to 3 cents a copy.

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COMMUNITY —

EZT collision sends one person to hospital



One person was taken to hospital with serious injuries after a collision near Hickson March 5. Photo courtesy of Oxford OPP

By Wilmot-Tavistock Gazette staff

A two-vehicle collision near Hickson sent one person to hospital.

On March 5 around 11 a.m. provincial police along with Oxford County paramedics and firefighters from Hickson responded to a collision that occurred at the intersection of Oxford Road 8 and the 14th Line.

Police say two passenger vehicles collided in the intersection. One driver was transported to hospital with serious injuries that were not deemed life threatening. The other driver was not injured.

Police say the investigation is ongoing and ask anyone with information to contact the Oxford OPP at 1-888-310-1122.

Wilmot Lions and Lionesses present proceeds from 12 Days of Christmas Draw to local charities



Caroline Wiens, supervisor of programs, services and therapy at Caminio Wellbeing accepts a cheque for its share of the proceeds from the Wilmot Lions and Lionesses' 12 Days of Christmas Draw. Contributed photo



Whitney Stone program assistant with Community Care Concepts accepts a cheque for its share of the proceeds from the Wilmot Lions and Lionesses' 12 Days of Christmas Draw. Contributed photo



Scott Wagler, chair of Love Your Neighbourhood Communities, accepts a cheque for its share of the proceeds from the Wilmot Lions and Lionesses' 12 Days of Christmas Draw. Contributed photo



Faune Lang, manager of fund development and community engagement with Food4Kids accepts a cheque for its share of the proceeds from the Wilmot Lions and Lionesses' 12 Days of Christmas Draw. Contributed photo



Region of Waterloo Public Notice

Notice of Intention to Amend Taxi-Cab By-Law

The Region of Waterloo intends to pass an amendment to By-law 16-044, A By-law to Licence, Regulate and Govern Brokers, Owners and Drivers of Taxi-Cabs, which includes an increase in the meter drop rate from \$3.50 to \$4.50. The by-law will be considered at the Regular Council Meeting, scheduled for:

Wednesday, March 20, 2024 at 7:00 p.m.
Held in the Council Chamber and electronically
2nd Floor, Administration Building
150 Frederick Street, Kitchener

A copy of the proposed by-law will be available for review in the Council and Administrative Services Office, Region of Waterloo, 2nd Floor, 150 Frederick Street, Kitchener. If you have questions concerning the amendments, please email: regionalclerk@regionofwaterloo.ca.

If you wish to speak at the Council meeting regarding the proposed by-law, please register as a delegation with the Region's Council and Administrative Services Division, using the Delegation form at:

<https://forms.regionofwaterloo.ca/Council-and-Administrative-Services/CAS/Delegation-Registration> or by calling 519-575-4400 by 4:30 p.m. on Monday, March 18, 2024.

Dated this 1st day of March, 2024.

William Short

Director, Council and Administrative Services/Regional Clerk
150 Frederick Street, 2nd Floor, Kitchener, Ontario N2G 4J3
regionalclerk@regionofwaterloo.ca

All comments and information received from individuals, stakeholder groups and agencies regarding this by-law are being collected to assist the Region of Waterloo in making a decision. Under the "Municipal Act", personal information such as name, address, telephone number, and property location that may be included in a submission becomes part of the public record. Questions regarding the collection of this information should be referred to Council and Administrative Services.

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COMMUNITY —

Maple syrup Producer of the Year awarded to New Dundee's Andrew and Jen Sallans

By Gary West

Local maple syrup producers are tapping more trees for sap than in recent memory, yet those with years of experience in the industry still take great pride in the quality of syrup their maple trees produce with the onset of spring weather.

Andrew and Jen Sallans, owners of Maple Tap Farm in New Dundee, were honoured recently and named by the Elmira Maple Syrup Festival as Producers of the Year. This is the third time in six seasons the farm has received such a honour and recognition from the Elmira festival.

In a recent interview, Andrew gave credit to his late father, Wally Sallans, for showing him the art of making top-quality maple syrup, who in turn learned the craft from his father.

The young couple have 4,000 taps on trees in four area bushes and also boil the sap from 1,000 taps for a neighbour.

Andrew says this season marked was the earliest start to the maple-syrup season as sap began flowing in the first week of February.

When asked what it takes to be named Producer of the Year, Andrew said he and Jen entered two small samples of syrup and a panel of judges evaluate the product colour, taste and sugar content, and compare it to dozens of other competing entries.

In maple-syrup terms, it has to be no more than 66 per cent Brix, which is a measure of the sugar content. He said sap is two per-cent sugar when it drips out of a maple tree.

Some years are better than others, according to the syrup maker, but most good years yield more than two litres of sap per tap. Andrew expects that should be the case this year.

The hours they keep are not for the faint of heart. When the sap is running at the peak of the season, it's nothing for the harvest to be boiling for 12-16 hours straight.

With the introduction of reverse osmosis (RO), they can take up to 9 per cent of the water out of the sap, which makes for less time and heat in making a litre of syrup.

Once through the RO process, they can boil three gallons per minute of raw sap into syrup.

The couple will admit there is a lot of work involved, but when the early signs of spring occur, it's in their DNA to get excited and begin to prepare for another maple-syrup season.

Andrew and Jen are both kept busy, not only with their maple-syrup business, but also with their farm's repair shop where they repair machines used in landscape construction including small excavators, skid steers and mower equipment, among others.

The Maple Tap Farm store is open on Saturdays from 10 a.m. to 2 p.m. year round.

Every year the Sallans invite the public to their open house and sugar bush tour and taste samples of their maple products including homemade maple taffy.

The dates this year are Saturday March 16 and Sunday March 17. For more information, visit mapletapfarm.ca.



Pictured last week are Jen and Andrew Sallans showing their maple syrup Producer of the Year plaque as they prepare for another day of boiling in their modern maple-syrup boiler room north of New Dundee. Photo by Gary West

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Wilmot TOWNSHIP OF

SALE OF LAND BY PUBLIC TENDER
THE CORPORATION OF THE TOWNSHIP OF WILMOT

Take Notice that tenders are invited for the purchase of the land described below and will be received until 3:00 p.m. local time on March 27, 2024, at the Township of Wilmot Municipal Office (Administration Complex), 60 Snyder's Road W., Baden Ontario.

Description of Lands:
Roll No. 30 18 090 009 13500 0000; 2310 CARMEL-KOCH RD., ST. CATHARINES, ONT. (L1R); File No. 22-01; **Minimum Tender Amount: \$35,300.98**

Except as follows, the municipality makes no representation as to, crown interests, or any other matters relating to the land. The responsibility for ascertaining these matters rests with the potential purchaser. The Federal or Provincial Crown encumbering the land shall continue to encumber the land after the registration of the sale.

For a copy of the tax sale advertisement and further information about the sale, please visit www.OntarioTaxSales.ca or www.wilmot.ca or you may contact Dan [Name], Chief Financial Officer, Corporate Services, The Corporation of the Township of Wilmot, 60 Snyder's Road W., Baden ON N3A 1A1, Phone: 519-634-8444 Ext. 9258, Email: dan.mott@wilmot.ca

CANCELLED

The subject parcel remains private property. This notice or pending sale does not grant authority to any person to enter onto or into this private property for any reason.

SPORTS —

Royals jump out to early lead in OEHL semi-final series

By Lee Griffi, Local Journalism Initiative reporter

Tavistock may have been the underdog going into the Ontario Elite Hockey League semi-final series with regular-season champion Ripley, but that moniker is long gone.

The Royals took a 2-0 lead with a 9-5 drubbing of the Wolves in front of nearly 400 fans in Tavistock on Sunday afternoon. The home team jumped out to a 3-0 lead after 20 minutes on goals from Drew Gerth, Jon Jutzi and Geoff Killing. The Wolves scored an early shorthanded goal in the second, but Jutzi and Matt Zilke scored as Tavistock led 5-3 going into the third. Gerth, Erik Robichaud and Callan Christner completed the scoring for the

Royals, who were outshot 35-28. Jutzi led the offense with five points but a total of 11 players found the scoresheet.

Game one in Ripley was a much tighter contest but Tavistock earned a 4-3 overtime win in Ripley on Saturday. Deven Kropf found the back of the net on a feed from Trevor Sauder in the extra period after Gerth had tied the game with just 40 seconds remaining in the third. Mike Noyes and Robichaud also scored for the Royals. Tavistock outshot Ripley 39-27.

“Game one in Ripley was the type of game we expected; very tight defensively and with excellent goaltending on both sides,” explained head coach Brad Stere. “Our powerplay stepped up huge with the tying goal late in the third and the OT winner.

As far as game two is concerned, we wanted to make some adjustments in our attack and I think that paid off. We were creating shooting opportunities and the guys were burying them. This is not just coming from our top players. We have a balanced attack and everyone is contributing. Again, this proves the depth of our team.”

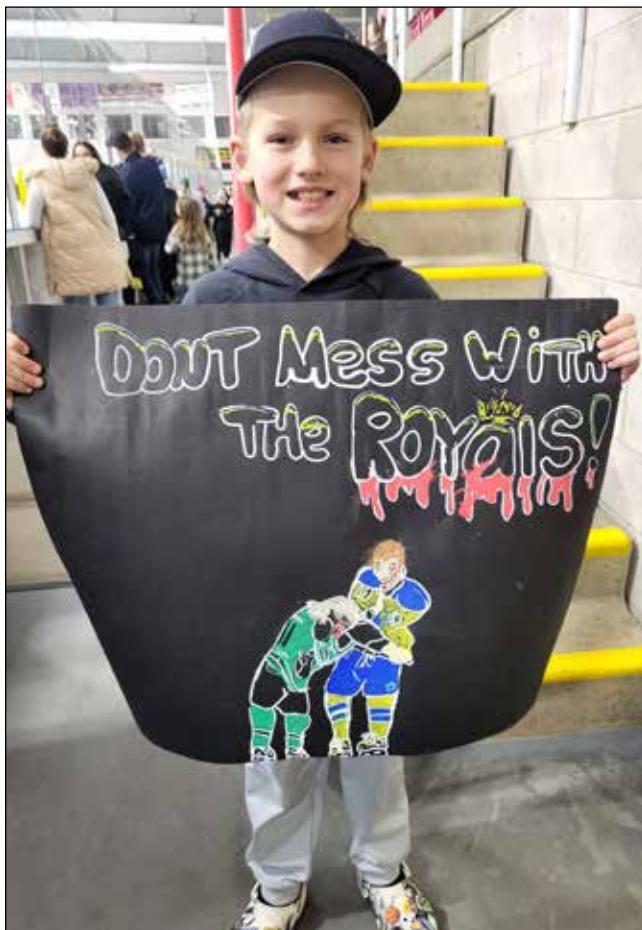
Despite a two-win lead, Stere knows his team must be ready for two more games this coming weekend.

“We need to prepare for a huge weekend. Ripley will be giving us our biggest test on Saturday in their barn. They are a very proud team and I am sure they were not pleased with the results of the first two games. I am sure they will be putting in their best effort.”

He added the players have bought into playoff hockey.

“We are getting excellent goaltending and our defensive game has been on point. Both are a huge part of our success. I think our guys are having fun in the playoffs and are committed to doing whatever it takes to achieve success. Whether it's playing hurt or accepting a different position, the whole team is gelling and it is giving us results. It is a joy to coach this team when they are this committed.”

Game three is in Ripley on Saturday at 7:30 p.m. with game four back in Tavistock Sunday at 2:30 p.m.



The Tavistock Royals held a kid's contest at game 2 of their semi-final series against Ripley as the team asked them to make signs to cheer on their favourite players. Charlie Donkers (pictured above), Emma Eddy, and Jace Rae all won a Royals toque for putting their artistry to work. Photo by Sean Bowker

PJHL Playoff Roundup

By Lee Griffi, Local Journalism Initiative reporter

Applejacks trail Merchants

Wellesley managed a win in the middle of two losses to Norwich in their Doherty Division first-round series. Game one saw the Applejacks score first with a marker from Carson Wicke, but the Merchants took a 2-1 lead after 20 minutes. Jake L'Heureux tied it up early in the third but Norwich scored two in a row to seal a 4-2 victory.

The Applejacks went 2 for 3 with the man advantage in a 5-1 road win on Friday. Kian Harron scored both powerplay goals in a four-minute span

of the third period to give Wellesley a 4-1 lead. Dimitri Eleftheriadis also had a pair of goals for the Applejacks.

Wellesley outshot Norwich 43-24 in game three but dropped a 4-1 decision. Stuart Sinclair scored the lone goal for the Merchants after Norwich scored the game's first four markers.

Braves squeak out win but trail Shamrocks

Game three of Tavistock's first-round series was their most important 60 minutes of the season and they held on for a 4-3 win in Hespeler. The Braves led 1-0 after the first period and increased their lead to 4-1 early in the third, but a pair of late Hespeler goals made it interesting.

Nicholas Hambly, Ryan Suljack, Ian Glendinning and Jacob-Reid Brant scored for Tavistock. James Hopper was solid in net stopping 36 of 39 shots.

The Braves dropped the first two games by scores of 6-1 and 6-5. One of the reasons for the Shamrocks' success has been special teams. Hespeler is 7 for 22 with the man advantage while Tavistock has scored just once on 19 powerplay opportunities.

Navy Vets dominate Titans

The third Doherty Division series has been no contest as Woodstock has taken a 3-0 lead on Paris, outscoring the Titans 15-5 in the process.

PJHL Playoff STANDINGS

South Doherty Division

	GP	W	L	OTL	T	PTS
Woodstock Navy Vets	3	3	0	0	0	6
Hespeler Shamrocks	3	2	1	0	0	4
Norwich Merchants	3	2	1	0	0	4
Wellesley Applejacks	3	1	2	0	0	2
Tavistock Braves	3	1	2	0	0	2
New Hamburg Firebirds	0	0	0	0	0	0
Paris Titans	3	0	3	0	0	0

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AA Semi-Finals Game 4

Sunday, Mar. 10th at 2:30 p.m.

Tavistock & District Recreation Centre

SPORTS NEWS

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SPORTS —

Tavistock selected to host major fastball tournament

By Lee Griffi, Local Journalism Initiative reporter

The Tavistock Merchants have been awarded the 2024 U23 Ontario Provincial Elimination tournament June 28-30.

The decision was announced this week by the Ontario Amateur Softball Association (OASA). The organization's president, Mike Mulvey, said any interested centre can put its name in and an OASA committee makes a final decision. He added Tavistock was a great choice.

"It's been a while since Tavistock has hosted one of our tournaments. It's great ball country on this side of the province and Tavi is a perfect spot," he said.

Mulvey explained several factors went into the decision.

"Being the defending champion helped along with good facilities. We try to spread it around the province, but most of the 23 teams are in the west and there were no other applicants from this side of the province."

Last year's tournament was held in Grafton, near Coburg.

The Tavistock Merchants are the



tournament's defending champs and coach Kevin Zehr said he's looking forward to playing in front of a hometown crowd.

"Being able to defend our 2023 provincial title at home in front of family and friends should be a huge character builder. In 2022 when we won Canadians in Carp, we were the underdog. In 2023, we won provincials on the road in Grafton and also learned the pressures of defending a national championship as we successfully repeated in Saskatoon."

The team has already qualified for the nationals which are being held in Kitchener from July 30 to Aug. 4.

"I believe hosting the provincial

elimination tournament will help the team become comfortable in front of the large local crowds. Sometimes when you are playing in front of family and friends you grip the bat a little tighter and you're not as relaxed on the diamond, so I think this will be a great learning experience for the boys. I am looking forward to a great weekend from the competition across Ontario," he added.

Hickson and New Hamburg could send junior teams to the tournament, which will only add to the local excitement.

No tournament of this size can run successfully without help from the community, particularly since the Merchants themselves are participating. Zehr said they are looking for help.

"As the host we are not looking at the tournament as a fundraiser for ourselves, we just want to have our expenses covered. If we were able to get enough volunteers to show a profit for the team, that would be fantastic, but realistically if other organizations wanted to get on board with the gate, diamond maintenance, food, or refreshment tent, it could become a fundraiser for them as well."

Some of the top, young ball players anywhere will be competing for the title on the field, but Mulvey explained young players in attendance will have an opportunity to learn from some of the best.

"You will probably see the best U23 softball

players in the country. Many of them have played on national teams and have won multiple national championships with their home teams as well. Off the diamond, I would strongly recommend young players have a chat with some of the players to ask them how they do this and how they do that. That's how these young kids learn."

He added most athletes are more than happy to help young players improve their games.

Many small communities have long histories of success in fastball but not many have contributed more to national teams per capita than Tavistock, something Mulvey said is unique.

"I think it's the hometown atmosphere and the players want to stay home to play, and it grows teams together as opposed to going to bigger centres. They stick together and become gelled as a team. They become a total team as opposed to just a group of athletes."

He added fans will also notice the level of comradery between teams.

"After the games are over, you'll see players from both teams talking to each other. That's just the way the game is. It's competitive but friendly."

If you would like to be a sponsor, a volunteer, or be on the organizing committee please message kpzehr@yahoo.ca or pamdzehr@outlook.com.

PJHL Regular Season STANDINGS						
South Doherty Division						
	GP	W	L	OTL	T	PTS
New Hamburg Firebirds	42	33	7	2	0	68
Woodstock Navy Vets	42	31	8	3	0	65
Tavistock Braves	42	23	16	1	2	49
Norwich Merchants	42	19	17	5	1	44
Wellesley Applejacks	42	19	22	1	0	39
Hespeler Shamrocks	42	12	28	2	0	26
Paris Titans	42	8	31	2	1	19

PJHL - South Doherty Division						
2023-24 Regular Season Point Leaders						
Team	PLAYER	POS	GP	G	A	PTS
WNV	Davin Gray	F	42	16	47	63
WNV	Nolan Brett	F	41	29	28	57
NHF	Owen Fischer	F	36	31	24	55
HES	Boden White	F	34	19	26	45
HES	Jack Restauri	F	42	17	28	45
NHF	Tyler Reid	D	36	16	27	43
NHF	Jake Thompson	F	39	20	22	42
WNV	Ethan Szabo	F	35	15	25	40
NHF	Owen Bruder	F	39	19	20	39
NOR	Joel Storoschuk	F	38	17	16	33
NOR	Brandon Balazs	F	34	18	15	33
TAV	Nicolas Thibodeau	F	40	13	20	33
NHF	Matt Domm	D	36	6	25	31
NHF	Owen Sculthorp	F	22	9	22	31
TAV	Ian Glendinning	F	41	12	19	31
TAV	Stephen Peppas	F	39	15	15	30
WNV	Brodie Kearns	F	31	8	22	30
HES	Andrew Harris	F	39	17	12	29
NOR	Malcom Scott	F	36	14	15	29
WEL	Connor Doerbecker	F	26	17	12	29
WNV	Tyler Smeda	D	42	10	19	29
WNV	Chris Coulter	D	35	12	16	28
WEL	Carson Wickie	F	39	9	18	27
NOR	Nathan Murphy	F	38	12	15	27
PAR	Thomas Lonsdale	F	23	14	13	27

Tavistock Royals					
2023-24 Point Leaders					
PLAYER	POS	GP	G	A	PTS
Sean Kienapple	F	24	16	18	34
Drew Gerth	F	26	15	14	29
Trevor Sauder	F	23	11	16	27
Deven Kropf	F	25	5	18	23
Erik Robichaud	F	13	6	12	18
Mike Noyes	D	22	4	13	17
Sean Leslie	F	26	6	9	15
Jeremy Munro	F	25	10	4	14
Callan Christner	F	24	8	5	13
Collin Hartwick	F	17	7	6	13
Matt Zilke	F	22	8	4	12
Lucas Bast	D	22	4	7	11
Adam Barr	F	18	2	9	11
Greg Noyes	D	23	3	7	10
Jon Jutzi	D	13	2	7	9
Cam Leslie	D	25	2	7	9
Mitch Facey	F	19	2	6	8
Geoff Killing	D	13	3	5	8
Patrick Vulcan	F	2	1	2	3
Tristan Hohl	D	24	2	1	3
Reid Ramseyer	D	13	0	1	1
Chad McIntosh	F	11	0	1	1
Graham Kitching	F	5	0	0	0
Zach Mark	F	5	0	0	0
Samson Walsom	D	11	0	0	0

O.E.H.L. Senior "AA" Hockey					
Regular Season Standings					
	GP	W	L	OTL	PTS
Ripley Wolves	26	20	6	4	44
Tavistock Royals	27	19	8	1	39
Creemore Coyotes	28	18	10	2	38
Minto 81's	27	18	9	1	37
Seaforth Centenaires	26	14	12	1	29
Saugeen Shores Winterhawks	27	14	13	1	29
Durham Thundercats	25	13	12	1	27
Georgian Bay Applekings	26	10	16	2	22
Milverton Four Wheel Drivers	26	7	19	1	15
Erin Outlaws	24	6	18	1	13
Lucknow Lancers	24	4	20	1	9

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SPORTS —

Tavistock Skating Club boasts impressive showing at recent competition

By Teresa Weicker

Skaters from the Tavistock Skating Club participated in the Skate Ontario Star 1-4 Norwich Competition at the end of January where they showcased their solo routines including jumps, spins and field movements.

Skaters competed in categories ranging from Star 1-3 where they are awarded a gold, silver or bronze achievements.

In the Star 1 category, Kadence Bell took home gold and Paisley Wilhelm took bronze. In Star 3, Abby Herold, Natalee Wicker and Claire Rempel each won silver, while Adelynn Zehr took home bronze.

In the Star 3 team event, where skaters share four different elements of competition, Myra Hendry and Nataala Weicker achieved silver. In the Star 4 category, which sees skaters ranked among their peers in standings, Kaylee Adam placed third, Hannah Beck placed fourth, Alexis Bell placed fifth and Chloe Bell placed third.

Please join us April 6 from 11 a.m. to 1 p.m. as we showcase our skaters in a small performance.



Pictured from left in the top row are Abby Herold, Alexis Bell, Claire Rempel, Adelynn Zehr and Myra Hendry. Pictured in the bottom row from left are Paisley Wilhelm, Kadence Bell and Natalee Weicker. Contributed photo



Pictured from left are Alexis Bell, Chloe Bell and Hannah Beck. Contributed photo

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FEATURE —

Let's Tree Wilmot: Spring has sprung

By Let's Tree Wilmot

It appears spring has sprung early this year and thoughts of planting are popping into our minds.

Let's Tree Wilmot, a project of Garden Wilmot (Wilmot Hort. Society) has our typical jammed-packed spring planting season already planned. We are excited by new locations for this year.

On April 20, we kick the season off with planting on the north hillside of the Nithview floodplain across the river from the New Hamburg fairgrounds. This is the beginning of a multi-stage project in partnership with Tri-county Mennonite Homes, which owns the property. The company received a grant from Earthscape Play to create a wetland and naturalize the property. Let's Tree Wilmot will be providing expertise along with Phil Holst, Mike Schout Wetlands project manager, and the volunteers to plant the trees. Wilmot Township is also a partner as they own part of the lands and is working with the Grand River Conservation Area to create a trail from Neville to Victoria streets along the Nith River.

On April 27, Wilmot Township's tree giveaway, Wilmot Roots, is back for its second year. Watch for announcements in early April. Let's Tree Wilmot will be there supporting the program.

On May 4, Riverside Park will be the next

site to have trees planted.

We are often asked what species of trees are used in our projects. We focus on native species that grow in our area and select the species based on growing conditions such as soil type and moisture levels. For example, last year we planted at Baden Hills, which is sand and gravel. Trees such as native juniper, redbud, honey locust, sugar maple, white pine and more were planted. At the Gateway project at Foundry and Gingerich roads in Baden, the flood plain was planted with yellow birch, cottonwood, sycamore, silver maple and others.

With climate change, Carolinian forest species will gradually move north so we have been planting Kentucky coffee trees, tulip trees, cucumber trees, hop trees and more.

The optimal times to plant are spring and fall. Our team of volunteers works year-round to prepare. For spring planting, November and December meetings were held with partners to determine locations and the tree species required and then ordered. Also, events such as pruning workshops and other educational events are also planned.

A recap of last year demonstrates how active Let's Tree Wilmot, its partners and the community were. The total attendance of tree-planting volunteers was 230 people who planted 1,601 native trees and shrubs.

The locations were Schmidt Woods, Catherine Street and Scott parks, Baden Hills Regional Forest, Gateway Baden, Forest Glenn Public School and Pfenning Farm. Let's Tree Wilmot supporters were Wilmot Township, Natural Resources Canada, SAP Software Solutions, Region of Waterloo, Pfenning Farm and dedicated donors.

Since the birth of Let's Tree Wilmot in 2020, 3,358 trees have been planted.

Not only do we plant trees, Let's Tree Wilmot also developed a tree-seedling nursery now growing 1,670 seedling trees. We obtain seedlings from a couple of sources and let them grow for two seasons. For the Nithview project, we will be using about 350 trees that are now mature enough. There will also be a planting day to replace these trees with new seedlings.

We recognize there is no point in planting trees if we cannot care for them. With a Natural Resources Canada grant, a used pickup truck was purchased and fitted with a 1,000-litre tank and a pump. Wilmot Township does not have the resources to water all the trees on township lands, so that is where Let's Tree Wilmot provides support.

The 1,601 trees planted last year will be watered weekly during drought conditions and the 1,000 trees planted in 2022 will be watered biweekly. That is a lot of trees to water! We have a team but there are

always openings for more volunteers. We are hoping for a summer like last year's with a good amount of rain. We had one volunteer who was scheduled for Tuesday waterings and usually it was a rainy day. We rescheduled his day.

Let's Tree Wilmot has been involved in many other activities in the past year. We were involved in Carolinian Canada's Pawpaw parade and four local residents won pawpaw trees. We have a Let's Tree Wilmot YouTube channel for which we have created educational videos on topics such as whipper snipper damage to trees, how to plant a tree and pruning with more to come. We held forest walks and pruning workshops.

We collaborate with Trees for Woolwich, Reep Green Solutions and other tree groups to share best practices and resources. Reep financed five volunteers for the workshops to become certified tree seed collectors.

Let's Tree Wilmot's programs keep expanding and, with that, there is a need for more volunteers.

There are many areas your skills can be utilized such as promotion, communications, website, managing our Facebook page, education ideas, organizing events, tree maintenance and preparing for tree-planting days. Our website is LetstreeWilmot.ca.



Let's Tree Wilmot volunteers work tirelessly to ensure new trees are planted and taken care of in Wilmot Township. Contributed photo

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OPINION —

EXPERT ADVICE: *Remember to read the label this National Nutrition Month*



By Mercedes Kay Gold

March is National Nutrition Month across Canada, and this marvelous month-long observance began in 1980. Eating nutrient-dense foods is the foundation of optimal health. With all the diet trends saturating social media and studies changing rapidly, staying up-to-date can be overwhelming. Maintaining a healthy weight or losing a few pounds is linked to nutrition. The food on your plate is either a friend supporting goals or foe

sabotaging overall wellness.

Nutrition is not complicated, it's about balance; a variety of unprocessed whole foods without slews of scary ingredients.

Canada's recently revamped food guide reflects healthy eating in its recommendations. For the first time, the guide encourages choosing a plant-based protein more often in meal planning. Yes, the entire plant kingdom contains protein, but legumes, whole grains and nuts are higher in protein than produce. As a nutritionist, I must highlight the importance of choosing unprocessed options whether you choose eating plants or animals. Mother Nature is a grocery store of goodness and following a farm-to-table approach supports health holistically. One of the best body-boosting tips I can offer is to always read labels.

Sugar is not essential in the diet, but rather highly inflammatory in excess and even feeds can-

cer cells. Fruits and vegetables are the best choice. Sweetness is splendid but maple, coconut, honey and date are preeminent. Agave and brown-rice syrup may start off as plants, but these two spike blood sugar to the moon. White sugar is bleached, brown is no better and high-fructose corn syrup is the worst offender. Dieter's dreams are filled with portable packages of low-calorie love, but skip sweeteners. The long list is toxic and includes aspartame, sucralose, saccharin and sugar alcohol. Sweeteners intensify sugar cravings and carry health risks.

Fat is an essential macro in the diet. Our bodies need them to absorb vitamins A, D, E and K along with beta-carotene. Fats are taste sensations, superb satiation, and support a healthy weight and hormones. The diet should include avocados, wild fatty fish, raw nuts and seeds, ground flax, chia and hordes of hemp.

The lose-it list is long. Edible refined plant oils were not available until the 20th century. Chemically extracted, refined and purified, plant-based oils promote weight gain and chronic inflammation. Some are labelled heart healthy, but the list of plant oils high in Omega-6 have health risks. Take a look on the label and lovingly limit corn, grapeseed, cottonseed, sunflower, peanut, sesame, rice bran, vegetable, canola, safflower and the horrible, hydrogenated oils including palm. They are readily found in literally everything from fast food, fresh-baked goods, frozen food and anything overprocessed.

Top-notch nourishment is the link to a wealth of health. Pass on packages of ultra-processed snacking foods with expiration dates years away. Piles of preservatives, dyes, flavours, added colours and ingredients that change the texture or appearance negatively impact every cell

in the body.

Skip anything with a slew of unspellable or pronounceable ingredients. Labels are the link to self-love. Since 2016, Health Canada requires food labels to list individual food-dye colours. They are slowly making changes, but Health Canada is still far behind the European Union. As a holistic nutritionist, I would love to see food and beverage products containing certain synthetic dyes to require warning labels. Luckily, many companies are moving towards a healthier mindset and one in particular swapped turmeric, a popular spice, for sunshine yellow #5 or tartrazine and yellow FCF or #6 to bring brightness to powdered cheese.

Nutrition is the name of the game. There's a million memes and snazzy sayings, but it's simple. Healthy food leads to a healthy vibrant life! Label-reading leads to longevity!



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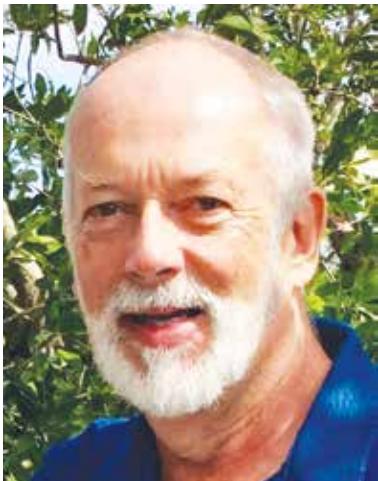

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TRAVEL —

OH, THE PLACES WE'LL GO: Walking through history at Bunratty



By Paul Knowles

It is not rare in North America to find tourist attractions known as pioneer villages. There are several in Ontario, including Doon Pioneer Village in Kitchener, currently closed until at least 2025.

That raises some interesting questions about the state of tourist attractions in Waterloo Region and the sincerity of the commitment of the regional government to them. The region's symphony has been allowed to die, the funding for institutions like the museum has been slashed, the pioneer village is closed for at least two years, but I digress. That's a rant for another time. Stay tuned.

This week, my attention is focused on a unique pioneer village that includes a feature no North American destination can aspire to – an authentic, 15th century castle. If you guessed this destination is not on this side of the Atlantic, you would be correct. The structure in question is Bunratty Castle, proclaimed to be “the most complete and authentic castle in Ireland.” The castle is open to visitors with costumed and

well-informed guides and lots of authentic heirlooms.

But wait – as they used to say in those cheesy ads – there's more! The castle is well worth a visit on its own, but the good news is visitors also get to explore Bunratty Folk Park, an assemblage of more than 30 buildings representing an historic era in rural and smalltown Ireland.

Here too there are many costumed interpreters portraying the folks that lived in some of these homes, ran the shops, served the community, or, in the case of the constable on patrol, kept the peace a couple of centuries ago.

During several visits to Bunratty, I have watched thatchers at work creating new roofs on thatched cottages, and I have talked to printers, bakers, doctors, farmers and gardeners, or at least people authentically portraying those roles with the appropriate skills and anecdotes.

And I have also – not surprisingly – dined, sipped and lingered in the highly authentic pubs and beer gardens that invite visitors to relax and stop worrying about getting back to the tour bus on time.

To be fair, the castle is the real deal. Some of the homes and shops were either moved here or are recreations of historic buildings. But when you are walking the historic streets, exact provenance ceases to matter. The precise details of architecture, craftsmanship, home-making and animal husbandry immediately draw you into the history of Ireland.

Yes, I did mention animal husbandry. Throughout the village are farmsteads and small fields well-populated with sheep,

chickens, pigs and other farm animals.

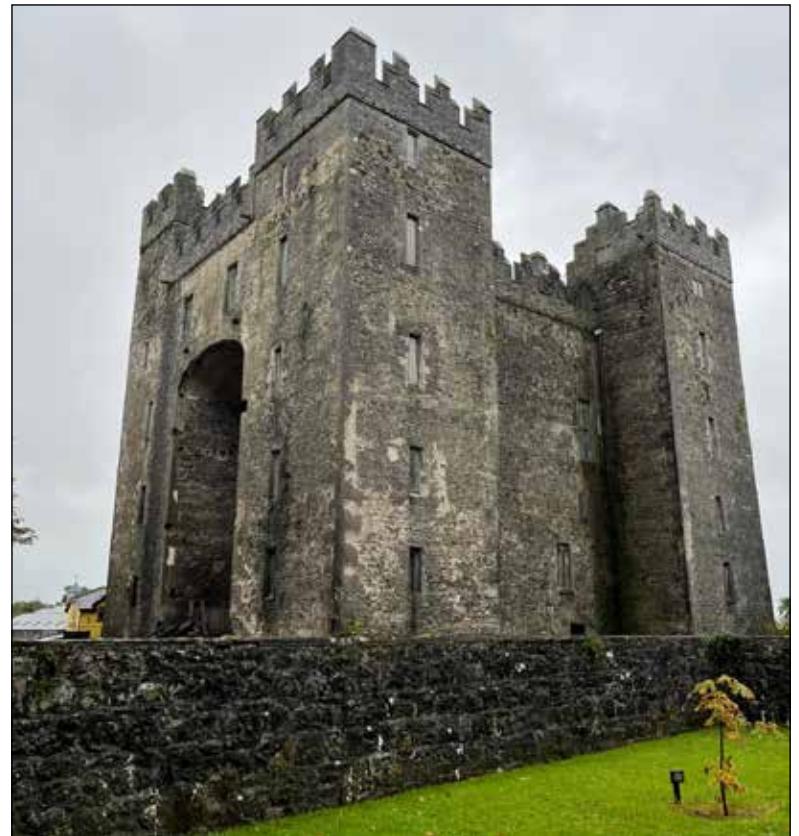
There is live entertainment here too – not a formal concert in an amphitheatre, but street musicians playing period instruments and sharing wonderful Irish tunes with passersby.

The history of Bunratty dates back to at least AD 970 when it was the site of a Viking trading camp. The Vikings left a permanent footprint on Ireland, colonizing much of the island nation, and founding many of its main cities including Dublin, the capital of the republic.

The influence of the Vikings remains to this day, partly because, unlike in England and much of Europe, the Romans did not follow the Vikings in invading Ireland. Whereas the largest historic footprint in England is Roman, no such evidence has obliterated the contributions of the Vikings.

The Viking heritage is acknowledged at Bunratty, especially in the whimsical children's Viking Playground where slaughter and ravaging is kept to a minimum. However, the folk park is actually set in a much later era, the 19th century. One structure that was actually built in that era, on the site, is Bunratty House, constructed in 1804 as the home of the Studdarts, the last family to occupy Bunratty Castle. My favourite feature is not inside the house, it's the wonderful walled garden with its rich assortment of heritage plants and flowers.

Bunratty has proven to be one of the most popular attractions in Ireland. Located near the



Bunratty Castle. All photos by Paul Knowles

southwest coast between Shannon and Limerick, the castle and folk park drew almost 350,000 visitors in 2023. A good proportion of them came to the Bunratty Medieval Banquet, one of Ireland's oldest-running entertainment shows, which was first staged 65 years ago.

A visit to Bunratty can easily occupy most of a day, but while you are in the area, there are many other popular attractions that can be added to make for an amazing day out. The dramatic Cliffs of Moher are about an hour away to the north, and the spectacular ruins of the Rock of Cashel, including the

soaring cathedral, ancient chapels and artifacts dating back more than a millennium, are just over an hour to the east.

And of course, any ride through any section of Ireland is a treat in itself. The Emerald Isle has certainly lived up to its reputation for amazing scenery and unspoiled beauty every time I have visited.

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.



Street musicians entertaining visitors to Bunratty Folk Park.



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COMMUNITY —

Tavistock's Ag. Society already gearing up for September's fall fair

By Gary West

Directors of the Tavistock Agriculture Society are already in planning mode for this September's fall fair with a theme of Bees and Honey.

Along with its regular draws, this year's fair will also include bubble soccer on Friday and on Saturday there will be a special three-to-20 minute western show that

will include Tom Bishop's Wild West Show with trick roping and riding, whip cracking and many more western spectacles.

Directors are also reminding area kids to get ready for the agriculture society's annual Easter Egg Hunt in the park March 30. The society is also hosting a trivia night at the Tavistock Men's Club hall on April 6.



Pictured is a winning art entry from Elaina Gunn, who lives with her family in East Zorra-Tavistock Township south of Tavistock. She won first at the Tavistock Fall Fair in 2023 and also at the District 7 competition before competing at the recent OAAS convention in Richmond Hill. Her entry was for students in grades 1-4. She follows in her sister's footsteps when, in 2022, Molly Gunn won with her art poster at the fall fair, at District 7 and also at the OAAS competition. This years advanced prize list is available at www.tavistockfallfair.com. Contributed image

Gazette Puzzles

International Women's Day - March 8

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OPINION —

THE PUBLISHERS DESK: *America can't shake the stink of Trump*

By Stewart Grant

Like a bad lingering fart, Donald Trump's presence continues to foul up the political scene nearly 10 years after he burst upon it.

The United States Supreme Court ruled unanimously on Monday that Colorado does not have the right under the U.S. Constitution's 14th Amendment to keep Donald Trump off the ballot for his role in the Jan. 6, 2021 insurrection, making it a near-certainty that he will be the Republican nominee when Americans line up to cast their votes this November. The Supreme Court ruling read that

while "States may disqualify persons holding or attempting to hold state office ... States have no power under the constitution to enforce section 3 with respect to federal offices, especially the presidency." Instead, the Supreme Court clarified it is up to Congress to "enforce the provisions of the amendment against the states."

Unfortunately, it is in Congress where such enforcement breaks down, as it has been proven during Trump's first two impeachment hearings that the vast majority of Republican politicians are willing to overlook Trump's high crimes – continuously to their own detriment. And the G.O.P. outliers who supported the rule of law such as Liz Cheney and Adam Kinzinger have essentially been exiled from the party by the herd.

This year's political rematch between Joe Biden and Donald Trump was the one nobody seemingly wanted, but that's where we are headed. Trump won't go away and thus Biden feels the need to run again as the incumbent.

The Republican Party had multiple chances to rid themselves of their polarizing, narcissistic leader, but instead they keep going back to him like an addict that can't lay off the drugs that will eventually kill them. Since shocking the world in taking the presidency in 2016, the Republican Party has underperformed in every midterm and U.S. presidential election since.

Each of Trump's impeachments would have been glorious opportunities for Republicans to vote out the man who was leading them to loss after loss. They could have moved on from Trump and sought a new leader that wasn't so offensive to half the country, but they gutlessly ignored his crimes and voted to protect him so not to offend his base, many of whom received their political education from the Fox News entertainment channel and worse.

Of all the people the Democrats could face in the next election, they probably have their best chance against Trump. This would be a blessing for them were it not for the fact that a



Supreme Court Building. Stock photo

second Trump presidency is so profoundly scary for America and the world in general.

Not only is Trump in a more unstable, vindictive, and dangerous mental framework than he was last time, a second Trump presidency would not have the important safeguards in place that were there previously. A "presidential transition project" known as Project 2025 (see project2025.org) has been developed to recruit tens of thousands of likeminded conservatives to replace existing federal civil service workers to further the objective of the next Republican president.

Those who saw the events of

Jan. 6 unfold know the importance of safeguards in the system. If Mike Pence acted like all the other yes men on Jan. 6 and obeyed Trump's instructions to refuse to certify Joe Biden's election victory, America's second civil war might already be upon us.

As it stands, Civil War is coming to the United States on April 12 in the form of a blockbuster film starring Nick Offerman and Kirsten Dunst. But each instance of Trump avoiding consequences for his various crimes brings actual civil war closer to reality and brings incredible instability and uncertainty to the world in general.

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- Assisting with any incident investigations
- Conduct training and information sessions with all employees to ensure industry compliance
- Project administrative support in project start up (ie: safety control plans, NOPs, safety boards, subcontractor documentation, etc.) and close out (ie: development operation and maintenance manuals)
- Support and implement industry health and safety best practices
- Complete employee orientations, safety orientations, and quarterly company safety meetings
- Coordinate and schedule employee safety training as required
- Conduct and chair JHSC meetings, complete and distribute minutes, and track/ implement JHSC items
- Maintain the Health & Safety Manual, including any development and implementation of new policies based off of industry legislation
- Conduct, create, and track company safety records, project safety

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- records, and employee safety records
 - Maintain inventory records of company equipment and tools
 - Office administrative support including redirection of any phone calls, emails, personnel as required
- Requirements & Experience:**
- National Health & Safety Administrator (NHSA) or National Construction Safety Officer (NCSO) designation is an asset
 - Degree or Diploma in Occupational Health and Safety or related field
 - Thorough understanding of relevant legislation and how it applies to the construction industry
 - Experience submitting and working through a WSIB case
 - Ability to demonstrate superior communication in providing direction and the rationale for various safety policies and procedures
 - 1-5 years' experience in the field (preferred)
 - Valid Driver's license

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COMMUNITY —

Driver charged in South-West Oxford bus crash

By Lee Griffi, Local Journalism Initiative reporter

Oxford County OPP has charged the driver of a bus that rolled over into a ditch between Woodstock and Ingersoll with careless driving.

The unnamed 34-year-old, a resident of Oxford County, is scheduled to appear at the Ontario Court of Justice in Woodstock April 18. The bus was picking up students attending the Woodstock Christian School, located on Juliana Drive. Emergency crews were called to the intersection of Dodge Line and Cuthbert Road at approximately 8:15 a.m. Tuesday.

A statement from Oxford OPP said paramedics transported six patients with minor injuries to area hospitals, including the driver. One person was taken by ORNGE

air ambulance to London with injuries not deemed life threatening after being ejected from the vehicle.

"The child was pinned under the bus and was taken to hospital for precautionary reasons. There were no symptoms of external injuries, but it was important to make sure there were no internal injuries," said Oxford OPP spokesperson Randi Crawford. "All the students are okay. There were 40 students on the bus but all those injured sustained minor injuries."

Police are thanking Oxford County Paramedic Services, South-West Oxford Fire and Emergency Services and members of the public for their assistance and support at the scene.

"Thank you to the good Samaritans

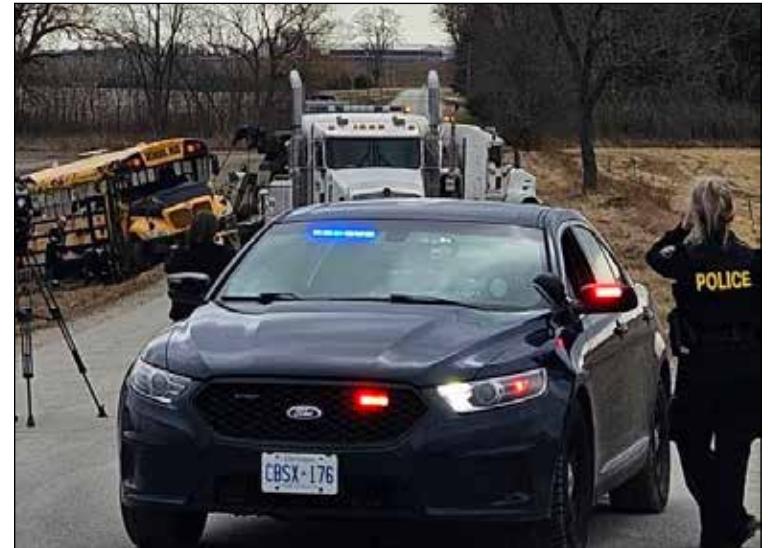
who stopped by to help the students. We greatly appreciate you. Thank you for being such a close community and helping each other out," said Crawford.

A resident from a nearby farmhouse ran to the scene just after the crash to help students get out of the bus.

Ontario's education minister was asked about the incident recently at Queen's Park, specifically if seatbelts need to be looked at on school buses.

"This just happened so let's let this independent school conclude an investigation."

The Gazette reached out to the Woodstock Christian School for comment but an official there declined.



Two tow trucks attended the scene to take the Woodstock Christian School bus out of the ditch following a crash that sent six people to hospital with minor injuries. Picture courtesy of Oxford OPP

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COMMUNITY CALENDAR - MARCH 2024

MONDAY, MAR. 11

Garden Wilmot (Wilmot Hort Society) Monthly Garden Talk
7 p.m.
With speaker Nicholas Kempel, the Mushroom Tree. Free meeting.
Wilmot Rec Complex, Meeting Room A (upstairs), 1291 Nafziger Rd. Baden

Blood donor clinic
2-8 p.m.
Wellesley Community Centre 1000 Maple Leaf St., Wellesley

Sauerkraut sales
March 11, 18 and 25
11 a.m. to 2 p.m.
Tavistock Men's Club building 78 Woodstock St. Tavistock

TUESDAY, MAR. 12

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

SATURDAY, MAR. 16

Wilmot Optimist Annual St. Patrick's Day Sale
10 a.m. to 3 p.m.
150 Charlotta St., Baden

MONDAY, MAR. 18

Sauerkraut sales
March 11, 18 and 25
11 a.m. to 2 p.m.
Tavistock Men's Club building 78 Woodstock St. Tavistock

TUESDAY, MAR. 19

Wilmot Ecumenical Working Group on Indigenous/Settler Relationships' next film screening
7 p.m.
For a change of pace, we are showing 3 short films that highlight a variety of contributions to our national identity made by Indigenous individuals and communities. Free event. No need to register. Questions? Contact ecumenical-workinggroup@gmail.com
Zion United Church 215 Peel St., New Hamburg

FRIDAY, MAR. 22

Pulled Pork Dinner and Games Night
6 p.m.
Grace United Church in Tavistock is sponsoring a pulled pork dinner and games night. It's a delicious meal of pulled pork on a bun and all the fixings, followed by games galore. (\$15)
Grace United Church - Church Hall 116 Woodstock St S, Tavistock

SATURDAY, MAR. 23

Optimist Club of Wilmot Annual Easter Egg Hunt
10:30 a.m. to 12 p.m.
Sir Adam Beck Park 215 Snyder's Rd. E. Baden

Swimming Easter Egg Hunt
3:30-4:30 p.m. and 4:30-5:30 p.m.
Wilmot Recreation Complex 1291 Nafziger Rd. Baden

MONDAY, MAR. 25

Township of Wilmot Council Meeting
7-11 p.m.
Council Chambers 60 Snyder's Rd. West Baden

Sauerkraut sales
March 11, 18 and 25
11 a.m. to 2 p.m.
Tavistock Men's Club building 78 Woodstock St. Tavistock

WEDNESDAY, MAR. 27

Community Care Concepts Lunch and Fellowship
12 p.m.
Linwood Community Centre 5279 Ament Line Linwood

SATURDAY, MAR. 28

Community Care Concepts Lunch and Fellowship
12 p.m.
Wilmot Recreation Complex 1291 Nafziger Rd. Baden

Rib & Tail Stag
6 p.m. - Take out
6:30 - 8:30 p.m.
Shakespeare and District Optimist Hall Thompson St. Shakespeare

Good
Friday

March 29, 2024

MONDAY, APR. 8

Garden Wilmot (Wilmot Hort Society) Monthly Garden Talk
7 p.m.
Wilmot Rec Complex, Meeting Room A (upstairs), 1291 Nafziger Rd. Baden

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COMMUNITY —

Police investigating New Hamburg sexual assault

By Wilmot-Tavistock Gazette staff

Waterloo Regional Police is looking into an alleged broad-daylight sexual assault.

Police say a female was walking in the area of Haysville Road and Bonaventure Drive in New Hamburg, near the No Frills grocery store, when she was approached by a male driving a vehicle. The male offered her a ride before pulling her into the vehicle and sexually assaulting her. The incident took place at approximately 3:30 p.m. March 4.

The suspect is described as a white male in his 30s with an average-to-heavy build, brown hair, a beard and blue eyes. He was driving a blue or black, boxy SUV.

Anyone with information or security or dashcam video is asked to call police at 519-570-9777 or Waterloo Regional Crime Stoppers at 1-800-222-8477.

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Weekly Quiz Answers

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2. The Indy 500
3. Three
4. China
5. Stingray
6. Five
7. ON - Rachel Homan
8. Red/Blue/Yellow/Green
9. Apple
10. William

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