



# Godrich Sun

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## Swiftie fever is hitting Goderich during Winterfest

JENNA UJIYE

Tourism Goderich

Goderich Winterfest will experience a touch of Swiftie fever when Taylor's Story hits the stage on February 15.

With a passion for storytelling and a voice that echoes the emotion and authenticity of Taylor Swift's music, Shannon delivers performances that go beyond mere mimicry.

Taylor's Story is an unofficial tribute act to Taylor Swift by musical artist Shannon and backed by a four-piece band and dancers.

Leaving audiences spellbound, with Shannon as the guide, audiences step into the enchanting realm of Taylor Swift's music, through the resemblance and talent of an extraordinary tribute artist.

With dedication to the craft and attention to detail, audiences will experience the magic of a Taylor Swift concert, complete with the energy, charisma, and flair that has made Taylor a global phenomenon.

Shannon's background in country music as a recording artist and seasoned entertainer serves as the perfect foundation for her electrifying stage presence, ensuring that each performance of Taylor's Story is a theatrical spectacle that transports the audience into the heart of the Swiftie world.

Whether infectious pop beats of 'Shake It Off' or the soul-stirring ballads like 'Love Story', Shannon flawlessly captures the spirit of Taylor Swift, making every note and lyric resonate with fans old and new.

She is not just a performer, but a storyteller, weaving Taylor Swift's narrative through her own captivating

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According to data from surveys taken during the summer, there is adequate parking available in the downtown core of Goderich. Some recommendations to improve the quality of parking have been made by BM Ross, which have been approved by Goderich Council. (CONTRIBUTED PHOTO)

## Town of Goderich conducts parking study ahead of downtown reconstruction project

KATHLEEN SMITH

Editor

Data obtained from a parking study has provided Town Staff and Goderich Town Council details on parking availability and usage in the downtown core of Goderich.

Data from the study serves as critical baseline information to help alleviate the effect the downtown infrastructure reconstruction project will have on parking.

The study was initiated in July 2024 to understand the perception of parking availability in the Town of Goderich.

A parking survey was conducted by BM Ross in July and August, including two Saturdays, as well as an online public survey and a business survey to identify the parking needs and availability of the town.

The study aimed to identify the needs of the public and downtown business community, while making recommendations related to parking needs for further studies.

According to the report to council by Lisa Courtney of BM Ross, the study focused on parking availability within the downtown core.

This included all on-street, painted spaces, and parking lots available for public use, established by an agreement with private owners. That includes Knox Presbyterian Church Lot, Livery Theatre Parking Lot, Service Ontario and Trojan and Fincher Parking Lot, and Lighthouse Street Parking Lot.

With the downtown reconstruction project, parking will change to wider, angle parking spots, despite some hesitancy from respondents on the changes coming to downtown.

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# Town of Goderich conducts parking study ahead of downtown reconstruction project

CONTINUED FROM FRONT

"The big thing with the size of our parking width right now, is people park on the white lines, so you're actually losing another parking spot when that happens," explained Mayor Trevor Bazinet.

"So hopefully by creating wider spaces, standardized spaces at that, we won't run into that issue."

Additionally, the new parking lot by the Legion will offer

another 42 spaces to the downtown core.

From the study, it was concluded that currently there are 698 parking spaces available in the downtown core. The count excluded spaces utilized for patios, dumpsters, or marked private.

From the 698 spaces, 166 were located around Courthouse Square, with 112 angle spaces and 54 parallel spaces.

The study also revealed that there are 14 accessible parking spaces, and four parking lots within the downtown core supplying another 89 spaces.

For each survey day, the data was analysed to determine the timing and peak use. According to data, the greatest demand for parking in the downtown area was between 10 a.m. and 2 p.m.

During the busiest hour range, parking utilization data showed a range of 56 per cent to 74 per cent. According to the report, 85 per cent utilization is considered a threshold, and the data from the survey indicates that throughout the downtown area, there is sufficient parking.

According to data from the survey, there was little variation in parking duration – how long a vehicle occupies a space – across the different days of the week.

Over 65 per cent of vehicles were parked for less than an hour.

As mentioned, a public survey and a business sur-

vey were also conducted.

There were 916 responses to the online survey, and 90 per cent of respondents indicated their primary reason for parking in the downtown core is shopping and accessing businesses and services. Only 42 per cent of respondents indicated they parked downtown to attend events, and 10 per cent due to employment.

Majority of respondents indicated they park for 20 minutes to one hour.

According to responses in the public survey, most common suggestions for improvement areas included wider spaces, more spaces, marking lanes, and encouraging employees not to park on the Square.

In connection, results from the business survey revealed that majority of businesses indicated their employees already use private lots and encourage their employees not to park on the Square.

Based on data and comments, the report to council recommended a few ideas to improve parking availability within the Town of Goderich ahead of the downtown reconstruction project.

Among the recommendations, some were to improve signage for public parking, add information to the town's website, designate employee parking areas, avoid road closures on streets that access parking lots, and consider a time limit on outer Courthouse Square parking spots.

Council approved the recommendations by BM Ross.



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## Swiftie fever is hitting Goderich during Winterfest

CONTINUED FROM FRONT

interpretation, creating an unforgettable experience for all who embark on this musical journey with her.

Tickets are \$20 and available through www.ticketscene.ca. This is a non-alcoholic and all-ages event on February 15.

Doors open at 2 p.m. and concert starts at 3 p.m.

There will be many more events happening during the Winterfest Weekend February 14-17, stay tuned for more details.

For more information on Winterfest visit www.exploregerich.ca

(CONTRIBUTED PHOTO)

**Shannon, aka Taylor's Story will perform in Goderich during Winterfest on February 15.**



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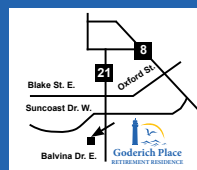
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RETIREMENT LIFE

# Letters to the Editor

## Remembering the storm of January 1971

With the month of January being a cold one, my mind goes back to January 25, 1971, when a massive storm hit our area. I recall all the stories that have been told about that weather event.

I personally boarded a school bus at GDCI at 10 a.m. on that Tuesday, January 25 to be returned to my home at Kintail, but did not arrive home until Saturday, January 29.

We got as far as Port Albert and were storm-stayed there for the next five days. About 25 of us were confined to one house for that entire time (it became like Lord of the Flies).

I was in Port Albert, my brother was stuck in Goderich, my mom was at the Kintail General Store and

my dad (a bus driver) was with about 120 students, a couple other bus drivers, and three teachers in the four-room school that was North Ashfield Public School. We were all safe but scattered all over the place.

I preface this because the Acting Principal at North Ashfield P.S. at that time was a teacher who was second to none.

She was, and remains, my favourite teacher I ever had; she was a wonderful lady.

Her name was Margaret 'Peggy' MacCharles, and in the weeks after that great storm, she had the foresight to put pen to paper and write down what happened during that time inside the school with 120 children.

She talks about how they had to organize everyone,

feed them, how they got food into the school during the storm, how they got the students to sleep, stay warm, and stay safe.

She and the other staff members acted with professionalism and compassion.

There were also some funny things that happened during that crisis, and they had time to laugh, mainly after the fact.

I thought with that date coming up soon that I thought readers would be interested in an account of that event, a reminder of those horrendous few days during the storm of January 25-29, 1971. A little piece of Huron County history.

*Dennis Drennan,  
Goderich*

## Despite unfair challenges

Dear Editor,

We strongly resent the Ford government's decision to bribe its voters by "giving" each of us \$200 using \$3 billion of our own tax money that should have been used instead for our public health care system.

We suggest that anyone who can manage without this

"gift" should consider donating their \$200 to our local hospitals, which are suffering under Ford's changes to our health care system.

Better still, before you make that donation, read what Ford is doing: <https://www.ontariohealthcoalition.ca> on mounting health care cuts.

It may shock you enough to donate more than just our

bribe money to our hospitals.

It may encourage us to be verbally grateful for what our hospitals are managing to do, despite these unfair challenges.

*Wendy Hoernig  
Goderich*

## Memorial Arena Closure

Dear Editor,

A lot of people are very disappointed with the sudden closure of the Memorial Arena. Many have played shuffleboard for years. The sport for seniors has grown in numbers, and we have the best shuffleboard courts in Ontario.

Goderich has hosted the Ontario Shuffleboard Tournament many times in the past. Because we (shuffleboard club members) went to the arena weekly, we noticed that no maintenance was being done the last few years.

Not even cutting weeds at the entrance.

Not even filling potholes in the parking lot.

Not even fixing some lights that were out.

Not even fixing the circulating fans or radiant heaters.

Shame on the council for not looking after this facility.

The mayor suggested we should have submitted a letter informing Town Council of the items needing repair. Obviously, the people in charge were not doing their job. Or they were told not to repair anything. Budget restraints?

The idea of closing the arena suddenly is very unfair, and when no reason is given, it makes people angry. If there are minor issues, let's fix them. Let's be more open with taxpayers so we know what is going on. Perhaps then things will cool down a bit. Right now, there are a lot of people who are upset.

Let's work together to solve this issue and make everyone smile again. If it is not in the budget, perhaps

some fundraising can be done?

This building has a lot of potential. There could be many events in this building. Remove the seating to create a bigger floor space. The upstairs hall should be advertised as well, it's a great hall and a good meeting room for large groups.

Put the garbage containers to the rear of the building, not near the front entrance. Clean up the front entrance, cut the weeds, and a bit of paint will go a long way.

This is Goderich, the Prettiest Town in Canada – we can do better.

*Respectfully,  
Frank Namink,  
Goderich*

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**Goderich Sun**

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5. Newspapers document history
6. Newspapers strengthen communities
7. Advertisers, big or small, should profit from their ads (meaning sensible ad rates)
8. Newspapers should be locally-owned and operated



# The Storm of January 1971 at North Ashfield P.S.

MARGARET MacCHARLES

*Sun Contributor*

Arriving at school on Tuesday morning, January 25, 1971, I had no idea that some of us would not see home again until late Thursday afternoon, as we were storm-stayed in the school during one of the worst storms of the past 25 years.

The school day started as usual with little indication of what was ahead of us, but it was not long until we noticed that the wind was rising, and snow was falling.

In about an hour, the buses were summoned, and the children were prepared for home.

After the arrival of the first two buses, we anxiously waited for the Brookside bus – by this time the storm was worsening rapidly.

About 11:45 a.m., Doug Drennan arrived with his load and immediately Mrs. Lois Farrish started to load her Grade 1 and Grade 2 children.

Watching them closely, she noticed a tiny Grade 2 girl blown out of the line, and by the time she reached her, she was helpless in a snowbank against the school. A tragedy was averted, and Mrs. Farrish carried her back into the school.

We decided then to unload the buses and take everyone back into the school and wait for the storm to abate.

This meant we had the Grade 7 and 8 students from Brookside as well as the Grades 1-6 students at North Ashfield Public School.

The first afternoon seemed as though it would never end. Jim MacKenzie and George MacDonald arrived with the snowplows and offered to go to Lochalsh store for supplies as it was obvious we would be in the school for the night.

The children were very excited and restless, so we decided to serve a supper of sandwiches and cookies at about 5 p.m.

Our staff was most grateful for the help given by the three bus drivers (Mrs. Anne Wisner, Doug Lackey and Doug Drennan) in preparing and serving lunch to the 120 pupils.

A long evening stretched ahead of us. Around 7 p.m. the hydro went out.

Searching the cupboards by match light, we discovered one candle and one small flashlight.

The younger children were talked into preparing for the night on the promise of a chocolate bar each, when they had settled down.

Gordon Robb arrived about 8 p.m. with a box of candles and a bag of blankets

brought from his house and that of Jim West.

He lived over half a mile from the school, and it is a miracle that he made it to the school with the heavy load that he was carrying.

However, we were indeed grateful, as the school was beginning to cool down by this time.

Our next visit was Donald Simpson on a snowmobile with another load of blankets. Jack MacKenzie arrived soon afterwards to take his daughter home, and he also brought more blankets.

Gayle, who was in Grade 1, had no intention of going home. She wasn't going to miss her chocolate bar and all the excitement.

She was allowed to stay, which was a fortunate decision as a belt on the snowmobile broke, and Jack had to walk home. By the time the storm was over, his Skidoo was buried in front of the school.

Much to our relief, the hydro came back on about 9:30 p.m. The little ones were very good and settled down without a whimper – even our one little Kindergarten boy from Brookside, who was a model of good behaviour all the time we were storm-stayed.

The older ones were allowed to watch television or play games until midnight.

Mrs. Farrish and Mrs. Mowbray kept a watchful eye all night on their children, who were sleeping on the floor in their classrooms – seeing that they were covered and reassuring anyone who awakened.

The rest of the children slept in the halls or in the extra classroom, as Room #3 was too drafty and impossible to heat. I kept watch on the boys as one Grade 8 boy was determined that none of the older boys would sleep.

Every time I left the hall to tour the school, he would have every boy awakened when I got back.

About 4:30 a.m. we noticed the school cooling off, and upon investigation we discovered the furnace had shut off.

We tried, unsuccessfully, for about 15 minutes to get it going, and then I decided to call our service man for advice.

Doug Lackey, who has had some experience with furnaces talked to him and he suggested we try cleaning the electric eye (a safety device on the furnace). We did this and it was music to our ears to hear it going again.

Finally, morning came and at about 7 a.m. we started preparing breakfast, which consisted of half an apple, half an orange,

and a good supply of crackers spread with cheese, jam or peanut butter.

After breakfast, our faithful snowplough operators returned and once more plowed a trail to the store with Donald Simpson following in his car to get us supplies.

As the store was out of bread, Donald brought us eight loaves from his home.

Dinner again consisted of sandwiches, cookies and chocolate bars.

The time passed much more quickly on Wednesday, January 26, as the waiting and wondering what we should do, and we were kept busy preparing food, answering the phone and in general organization.

On Wednesday afternoon, when the storm had let up slightly, Jim Simpson came with his Skidoo, and we started some children on their way home.

Those who lived within a half mile of the school, or had relatives close by, were taken two at a time to their homes.

Two of the children had Skidoo suits, and these suits were worn home, then brought back to the school several times for two more children to wear.

Everyone had been warned not to set foot outside the school, except to go with Jim on his snowmobile, and even then, under supervision.

We were quite alarmed and angry on discovering that a Grade 8 boy, accompanied by a Grade 5 boy, had slipped out of the school, unbeknownst to us.

At this time, we were hearing reports over CKNX Radio of lost persons, and even deaths, from exposure.

However, within 10 minutes, as we were decided what we should do, we received a phone call from a close neighbour telling us the two boys had arrived there.

Doug Lackey, who happened to answer the phone, told him to 'take a stick to them and lock them in the cellar'. Our anger over their actions was surpassed only by our relief that they were safe.

For supper Wednesday night, our main dish was soup and soda biscuits. We were most grateful to Mrs. Jack MacKenzie for a box of home-made cookies. The kindness of all the neighbours was indescribable.

Wednesday evening passed uneventfully with all the children being most co-operative and helpful. Again, a chocolate bar at bedtime was a big help.

About midnight we looked out and saw that the weather had cleared.

The bus drivers talked over the situation with the snowplough operators, and it was decided to start transporting the children home, as they thought it could be just a

temporary lull.

I phoned the Board of Education office in Clinton and received an understandably reluctant permission to do so, as it turned out it was the best weather we had for getting them home.

Immediately, we were on the phone planning, where necessary, for the parents to meet the bus with snowmobiles.

Two plows were working and plowed the 12th Concession out to Highway 21. They came back, and the bus, with two bus drivers and several children, followed the plow to the highway, taking many to their homes.

Another group of children was prepared for home, and this time the bus went as far as Kintail. By this time the storm was raging again, so we called a halt to our bus operations, and the drivers came back into the school for the night.

About 30 children were still in the school. We were pleased to see Thelma Drennan, who came back with Doug from Kintail, as she had been staying in a house there that had no heat.

After coffee and a light lunch at about 4 a.m. in the morning of Thursday, January 27, we decided to try and get a little rest.

Most of the lights were out, all the children were sleeping, and we were tip-toeing around, picking out a spot on the floor, when suddenly the piercing ring of the school bell was heard.

One boy stood up and stood at attention, several others sat up sleepily rubbing their eyes, and Doug Lackey came out of the teacher's room with a startled expression on his face.

Lackey had accidentally rung the bell when he had intended to switch off the light. We had a much-needed laugh over that. In the morning, none of the students even remembered hearing it.

Early the next morning of January 27, while Mrs. Mowbray was resting on the floor, two little girls who were early risers, came over to where she was lying. She overheard the following conversation:

#1: "Is she dead?"

#2: "Maybe, but I don't think so."

#1: "Let's cover her up anyway."

The two youngsters carefully proceeded to cover her up. Youth seem to be prepared to face anything.

About 7 a.m. we were all up and anxiously watching the progress of the storm. We were very glad that our family was reduced to 30 as our supplies were running low, and there wasn't much improvement in the weather.

CONTINUE TO PAGE 6



The old, four-room school built in 1960. There was no gym, only two washrooms, a small teacher's room and a furnace room. This gives some indication as to how small this space was that housed the students during the winter storm.

(CONTRIBUTED PHOTO)

# Menesetung Bridge Association has concrete plans



The Menesetung Bridge is used all throughout the year, a bridge for all seasons.

KATHLEEN SMITH

Editor

According to Marian Lane, Chair of the Menesetung Bridge Association (MBA), at the bridge's last inspection in 2020 engineers from BM Ross advised that concrete spalling was getting too close to the bearing seats at the tops of the piers.

The bearing seats support the 18-tonne steel girders.

"If these lose stability, the bridge would be closed," admitted Lane.

"It would be very difficult to repair if we let it get to that stage."

The MBA has applied for grants, and in August the Federal Government announced the association was eligible for \$200,000 through the FedDev Ontario program.

Since then, the MBA has been approaching partners and have received commitments from the Town of Goderich, from ACW Township, the Rotary Club and the Lions Club. Generous pledges from several local citizens and businesses have also been received.

MBA is ready to hire a contractor to begin the needed work on the bridge.

"Because access to the bridge is difficult, this refurbishment work will be very expensive," Lane noted.

"We have had fantastic community support in the past, and we will need it again if we want to get all the critical repairs done."

According to Mike Dawson, board member with MBA, the association has projects from 2024 that need to be finished as well.



(BRUCE EARL PHOTOS)

At the North Harbour Road trail entrance, landscaping is being revised, and two large signs will be installed.

"We will have a 'Welcome to Goderich' sign that will encourage visitors to complete the trail to the beachfront and boardwalk, or to visit the upper town and Square," explained Dawson.

"The other sign will show connections to the trail systems, including the Maitland Trail and G2G Rail Trail."

In other news, it was announced in 2024 that Trans Canada Trail would partner with the G2G Rail Trail. Goderich is now a trail head for this national trail system.

In 2024, Trans Canada Trail provided signs to mark the bridge as part of the trail and some financial support to undertake studies of what work is needed

for the upcoming bridge repair.

"Connecting people to the outdoors and making nature more accessible is at the heart of everything we do at Trans Canada Trail," said Mathieu Roy, CEO of Trans Canada Trail.

"We are always happy to work with partners like the Menesetung Bridge Association doing important work in their communities to connect more people with their local trails."

With the full Goderich to Guelph Rail Trail joining the nationwide network. Trans Canada Trail look forward to seeing more people able to enjoy the beautiful trails in this region.

For more information on Menesetung Bridge Association or on how to make a donation visit: [menesetungbridgeassociation.org](http://menesetungbridgeassociation.org)

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## The Storm of January 1971 at North Ashfield P.S.

CONTINUED FROM PAGE 5

Soup and soda crackers may not be considered breakfast fare, but no complaints were heard as we served them.

Our ever-helpful snowplough operators were again contacted, and it was decided to leave the school as soon as Highway 86 was plowed.

In the meantime, Doug Drennan organized a cleaning brigade, and the school was tidied up before we left.

All parents were again contacted and informed of our plans. It was close to noon when we loaded the children on the buses and locked the doors of the school. All the children were safely home or billeted within an hour and a half. What a wonderful feeling to relax, knowing our ordeal was over.

The Principal and staff at North Ashfield Public School will always remember the many thoughtful acts performed by the neighbours, the much appreciated efforts of the snowplough operators, the co-operation of the parents, the encouragement received from the office of the Huron County Board of Education, the helpfulness of almost all the pupils and the assistance received from the three bus drivers who were storm-stayed in the school.

In one instance, this resulted in considerable loss and hardship at home.

It was an experience to be remembered, but hopefully, not repeated.



# Polar Plunge raised over \$34,000 for a great cause

GODERICH SUN STAFF

info@goderichsun.com

Over 160 brave individuals braved the cold water for a great cause on January 1.

The Third annual Huron and Area Search and Rescue (HASAR) and Alzheimer's Society of Huron-Perth Polar Plunge took place on cold blustery day at the Goderich Boat Launch.

A total of 17 teams took part in the plunge, which raised over \$34,000 to be shared between the two groups.

HASAR volunteer rescue team members were in the water and on the shore to ensure everyone's safety while other HASAR members ensured everyone was able to get into the warming tent post plunge. Partners at Shopbike Coffee from Bayfield assisted by offering free coffee to those who needed a coffee to warm up.

The amazing staff at the Alzheimer's Society of Huron-Perth did an incredible job at the registration desk as well as putting a team forward to go in that very cold water. Carrie Cleave was the top fundraiser with over \$2,400 on her own.

In other news for HASAR, January 2 saw the release of a new National podcast by HASAR.

SARCAN is the only national podcast dedicated to the subject of search and rescue across Canada.

The first episode was dropped on January 2 titled "Humble Beginnings" and



Above: Participants at the Polar Plunge. Right: HASAR team at the Polar Plunge event on January 1.

(CONTRIBUTED PHOTOS)



features Janelle Coultres from the Search and Rescue Volunteer Association of Canada and Gary Endicott of the Canadian Coast Guard Auxiliary. It is hosted by Patrick Armstrong HASAR Commander and Unit Leader Coast Guard Auxiliary #556 Goderich and Spencer Whitelaw HASAR community Engagement officer.

In the coming months SARCAN will feature other guests from across the country to discuss multiple search and rescue subjects so that teams from across the nation can benefit from their experiences and use this podcast as a knowledge exchange and learning opportunity.

This podcast is made possible by the generous sponsorship of Axiom insurance. You can find SARCAN on Spotify as well as the Apple.

## Public Health offers cold weather safety advice

KATHLEEN SMITH

Editor

While cold weather conditions continue to occur within the Huron County region, Huron Perth Public Health (HPPH) offers advice to be safe in cold temperatures.

Cold weather, made worse by added wind chill values, can pose risks for cold-related injuries, including frostnip (mild frostbite), frostbite, and hypothermia, all of which can be prevented.

According to HPPH, cold weather can also worsen existing health conditions, particularly those affecting the heart and

lungs.

Cold temperatures bring health risks to those experiencing homelessness, older adults, infants and children, people with pre-existing health conditions such as heart or lung disease, and outdoor workers or those who enjoy sports outdoors.

As cold-related injuries can be prevented, HPPH offers advice to ensure the safety from the dangers of very cold temperatures this winter.

HPPH advises to check the weather and verify conditions before going out. It is safer to keep children indoors when it is  $-27^{\circ}\text{C}$  or colder.

During those severely colder days, check on others. Ensure friends, family, and neighbours are warm and safe, both indoors and outdoors.

It also helps to dress appropriately, by wearing layers, including a hat, gloves, a scarf, warm socks, and waterproof boots.

While spending time outdoors during cold weather, it's important to recognize cold injuries. Be aware of frostnip, frostbite and hypothermia symptoms.

At all times, if possible, stay warm and dry, by seeing shelter from the cold or take breaks indoors. Change into dry clothing if you get wet, and drink warm

beverages, but avoid alcohol and caffeine.

Finally, HPPH advises residents in Huron County to travel safely by avoiding icy roads or driving when conditions include low visibility. Drivers are encouraged to keep an emergency kit in their vehicle and are reminded to never pour water on their windshield to clear ice.

For relief from cold temperatures locally, HPPH reminds residents to check with the Town of Goderich to find available warming spaces in town.

For more information on public health safety tips, visit [www.hpph.ca](http://www.hpph.ca)

 **Goderich Sun**

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# Alzheimer's Awareness Month movie nights at the museum

GODERICH SUN STAFF

info@goderichsun.com

Each year, the Alzheimer Society Huron Perth selects movies that feature families navigating life with dementia. These stories illustrate the joys and realities these families face and inspire important conversations about this journey.

All the shows are at the Huron County Museum at 110 North Street in Goderich. Admission is free; donations are gratefully accepted.

In **Dear Audrey** (2021), we meet Martin Duckworth, an acclaimed activist filmmaker who has devoted his life to peace and justice. He's now put down his camera to fight for the most compelling cause he's ever faced – caring for his wife, Audrey Schirmer, through the final stages of Alzheimer's disease. Martin demonstrates his unconditional loyalty as he finds new reasons to love her each day.

Dear Audrey weaves together the couple's gritty yet tender reality, and takes us back to their adventures, from the front lines of the anti-Vietnam War protests to the hippie counterculture movement, with excerpts from Martin's films and Audrey's stunning photography.

While Audrey's health changes – and as her autistic daughter Jacqueline struggles with her mother's illness – Martin commits everything he's got to making their lives

creative and meaningful. (Synopsis adapted from the National Film Board of Canada.) **Dear Audrey** showtimes: 2 p.m. on February 6 and 7 p.m. on February 13.

**Head Full of Honey** (2018) stars Nick Nolte as Amadeus, a recent widower whose strong personality, charm and sense of humor can no longer mask the life-altering onset of Alzheimer's disease.

Unable to live alone, Amadeus reluctantly moves to London, England to live with his son and daughter-in-law, Nick and Sarah - a couple who are dealing with problems of their own—and their bright 10-year-old daughter, Tilda (Sophia Lane Nolte).

Disruption and chaos ensue as Amadeus becomes part of the already tense household. Tilda's patience and affection for her grandfather becomes his strongest link to life and the person he used to be.

When Amadeus expresses a deep desire to revisit the places of his fondest remaining memories, Tilda boldly decides to accompany Amadeus on an unpredictable road trip to Venice, Italy, transforming not only their lives, but the entire family.

**Headful of Honey** showtimes: 7 p.m. on February 6 and 2 p.m. on February 13.


To find out more about these movies and other upcoming programs, visit our website at [www.alzheimer.ca/huronperth](http://www.alzheimer.ca/huronperth) or contact our office at 1-800-561-5012 or [info@alzhp.ca](mailto:info@alzhp.ca).

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HURON PERTH

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## 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.

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## Provincial grant has positive impact on Rural Response for Healthy Children

Rural Response for Health Children (RRHC) is a charitable organization serving Huron and Perth counties. Work done through RRHC helps foster a healthy community of trusted adults where youth and children thrive.

As a charitable organization, RRHC delivers programs funded by government and foundations.

In 2023 RRHC received a Resilient Communities Fund grant from Ontario Trillium Foundation (OTF).

On Wednesday, January 15 MPP Lisa Thompson met with the team at RRHC to hear more about the work that has been done since receiving a two-year, \$121,000 Resilient Communities Fund grant from the provincial government's OTF.

"It's inspiring to see the incredible impact the OTF grant has had on Rural Response for Healthy Children," said MPP Thompson.

OTF is an agency of the Ontario government with a mission to build healthy and vibrant communities across the province.

Last year, OTF invested more than \$110 million into 1,044 community projects and multi-sector partnerships.

With support of the OTF fund-



Members of RRHC with MPP Lisa Thompson. (L-R): Alex Robinson, Terry Hogg, Chantale Potts, Christina Van Poucke, Katrina Clarke, Judy Lambers, MPP Lisa Thompson, Michelle McRobert, Jessica Van Raay, Dave Tiffen, Karen Kan, and Jill Robertson. (CONTRIBUTED PHOTO)

ing, RRHC was able to strengthen its operations, enhance its communications and focus on strategic planning that ensures long-term success.

"Rural Response for Healthy Children has set itself up to better serve families and children in our community, and I commend their hard work and dedication to support local needs," added Thompson.

As a result of receiving the \$121,000 grant in 2023, RRHC hired a full-time Communications Specialist to implement

its revised communications and fundraising plans.

The grant also helped support staff in the transition to an increasingly remote workplace. Additionally, the grant helped RRHC with its long-term strategic planning to establish its identity and role in the community.

"We've seen significant changes in the last few years, both in the needs of the families we serve, and in the way we operate as an organization," said Katrina Clarke, Executive Director, RRHC.

Clarke sees the support from the OTF as an investment in the future of organization.

RRHC offers workshops, programs, services and supports that address specific concerns.

Workshops offered by RRHC include topics on experiencing life transitions, managing relationships, coping with vulnerable situations, as well as disability awareness, social and emotional learning and peer support groups.

The OTF grant program designed in 2020 was created to help non-profits and small com-

munities recover and rebuild resiliency following impacts created during the pandemic.

"We've been extremely fortunate to receive this funding, and thanks to the community consultation and planning we've been able to do, we are well-positioned to move forward and continue meeting the needs of families in our community in new ways," added Clarke.

For more information on OTF visit [otf.ca](http://otf.ca). For more information on programs offered by RRHC, visit [rrhc.on.ca](http://rrhc.on.ca)



# School board presents plan to address lacklustre EQAO performance

CONNOR LUCZKA

Local Journalism Initiative Reporter

The Avon Maitland District School Board (AMDSB)'s recently released EQAO results left something to be desired, however leadership says it has a plan to address the shortfall.

Each year, numerous standardized tests take place through the Education Quality and Accountability Office (EQAO) across Ontario in Grade 3, Grade 6 and Grade 9. They measure students' reading, writing and mathematics levels.

The results for the 2023-2024 school year were released in October of last year, showing math scores in particular were trailing for AMDSB. Only 48 per cent of Grade 6 students in its schools met or exceeded the provincial standard. That number dropped to only 43 per cent for Grade 9 students.

That rate is lower than the provincial average. In English-language schools in the province, 61 per cent of Grade 6 students and 50 per cent of Grade 9 students met the standard.

"I think it's important to recognize that EQAO, the testing that occurs over the course of the year, does not happen in isolation," Graham Shantz, director of education with the board, said at the most recent Dec. 10 meeting where leadership presented its plan to address the low numbers. "These are standardized tests that happen across the entire province of Ontario but they are done at specific times, but they are really a reflection of the curriculum that is being taught on a daily basis in our classrooms."

To specifically address the math shortfall, seven schools have been identified as priority schools in the Math Action Plan based on EQAO results over a three-year period: Central Huron Secondary School, Howick Central School, Hullett Central Public School, Mornington Central Public School, North Perth Westfield Elementary School, Romeo Public School and Stephen Central Public School.

All these schools are provided with more supports, such as a math coach in all schools and digital math tools to sup-

port learning in school and at home.

Additionally, a number of professional development days for educators will be focused on math and strategies for teachers with low-performing students are available.

Shantz explained to the board that the low rates did not occur in a vacuum.

"If you go back 10, 15 years ago, a much greater focus or a great portion of dollars to support was on the literacy components," Shantz explained. "So, it has been more recent and, again, I'm talking in the last five years, that focus has increased more on mathematics. ... We've been focusing longer on literacy, and I literally mean over a decade to 15 years, whereas mathematics has always been important, but the funds and the focused attention hasn't been at the same level."

Additionally, to address the whole EQAO results, six priorities are listed in the plan: equity and inclusion (having culturally relevant pedagogy to meet each student's individual needs), mindsets for success (encourage a supportive mindset by fostering positivity),

data analysis and professional learning (data-focused supports), practice (expose students to EQAO type questions throughout the year), intervention support (identify students at risk and develop plans accordingly), and family engagement (encourage families to understand the assessment).

Nearing the end of the presentation, trustee Bruce Whitaker asked when or how the board, the schools and parents will know if these strategies are working.

Superintendent Riley Culhane said results can already be seen.

"We have evidence that the work that we're doing is making a difference, and we can see in the results from our targeted schools," Culhane said. "So, if we look at those seven targeted schools that have access to math coaches and additional release time and resources, we are seeing gains in all those schools."

To see the region's EQAO results as well as individual scores for each school, visit [www.eqao.com/results/?orgType=B&mid=66010&yearnum=2024](http://www.eqao.com/results/?orgType=B&mid=66010&yearnum=2024).

## Sharing insights on the BRAVE-F Project

KATHLEEN SMITH

Editor

It was an interesting week for members of Gateway Centre of Excellence in Rural Health.

According to Gateway, an accidental press release emailed to the CBC kickstarted the week with several events for the Benefitting Rural Area Volunteer Emergency Firefighters (BRAVE-F) Project.

As a result, Gateway's Research Assistant, Neeliah Lewis and Gateway Research Chair of Rural Substance Use, Dr. Michael Beazely participated in a CBC interview and radio interview on the Afternoon Drive with CBC London's Matt Allen.

"Dr. Beazely and I were honoured to speak on CBC London's Afternoon Drive, an unexpected yet invaluable opportunity that allowed us to further amplify the BRAVE-F Project's mission," explained Lewis.

"This platform allowed us to continue to raise awareness about the project's focus on improving cardiovascular health among volunteer firefighters in Huron County, with hopes to expand to Perth-Grey-Bruce counties."

Lewis and Dr. Beazely specifically highlighted the project's objectives, which is to provide free, confidential medical screenings and education tailored to the unique cardiovascular health needs of rural volunteer firefighters.

Additionally, they shared the progress Gateway's project has made in expanding the initiative, ensuring that this underserved demographic receives vital education on preventative measures to improve physical and mental

well being.

"Our ultimate goal is to educate and advocate for the necessary resources and policies that will better support the health and safety of rural volunteer first responders," added Lewis.

Further to the highlight on CBC, Lewis and Dr. Beazely collaborated with Huron East Fire Chief Jay Arns, and Gateway Research Assistants, Meagan Tamming and Sage Milne, to deliver an engaging lecture series.

This session was open to the public and was designed to educate and connect with diverse audiences; while focusing on how the project came to be and trends Gateway has found in preliminary screenings.

According to Lewis, each panelist brought unique perspectives and expertise to the lecture.

"Our discussion created a dynamic platform that explored the BRAVE-F Project's implementation and how it can be useful for the community to educate them selves on cardiovascular disease," Lewis explained.

"These preventative measures aim to enhance the physical and mental well-being of rural firefighters."

Feedback from attendees at the lecture series shed light on the depth of information shared and the inspiration it sparked.

Lewis said she is excited about the future of the BRAVE-F Project and how these conversations can contribute to its growth and impact.

For more information on BRAVE-F Project, or to volunteer at future events, please visit <https://www.gatewayruralhealth.ca/>

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## Weekend Quiz

By Jake Grant

1. What is rapper Diddy's real name?
2. What Canadian figure skater duo holds the most gold medals?
3. What year was NASA founded?
4. The majority of the human brain is made up of what?
5. What State is Harvard University located?
6. Which city was the main target of the First Crusade?
7. What do bees collect from flowers?
8. True or False. O.J Simpson was considered for the lead role in Terminator.
9. What animal has the strongest bite?
10. What year did Martha Stewart go to prison?

This week's answers are found on pg. 23

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# Ausable Bayfield invites nominations for conservation award

GODERICH SUN STAFF

[info@goderichsun.com](mailto:info@goderichsun.com)

Each year, Ausable Bayfield Conservation recognizes outstanding achievements in conservation and stewardship with a conservation award.

The local conservation authority has presented the Conservation of the Year Award for more than four decades.

Award winners have included rural landowners and residents, agricultural producers and farms, service clubs, community organizations, companies, nature groups, and municipalities.

Ausable Bayfield Conservation Authority (ABCA) invites the public to nominate a person, business, farm, community group, or organization in 2025 for the conservation award.

Nominations are accepted until February 14, 2025.

To submit a nomination, visit the ABCA website (<https://www.abca.ca>) for the nomination form.

Marissa Vaughan, Chair of the Ausable Bayfield Conservation Authority (ABCA) Board of Directors, said the award is one of the ways the conservation authority can

thank local stewards for protecting and enhancing local watershed resources.

"It is our honour to be able to recognize one of the many, worthy stewards within the watershed," she said.

Individuals, organizations, or companies who either reside in, or have completed conservation work in the ABCA area are eligible to win the award.

Current ABCA staff members and directors are excluded.

The award acknowledges one individual or group per year who demonstrates positive, sustainable conservation principles. The nominee must have undertaken conservation efforts over a number of years showing long-term benefits for nature and society.

Examples of conservation work include improving local water quality, conservation farming, reforestation, conservation education, providing wildlife and fish habitat, and promoting awareness and action for soil, water, and habitat for all living things.

ABCA presents the winner with a hand-crafted gift and donates towards a tree and plaque at a commemorative woods site.

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# Coldest Night of the Year returns to Goderich on February 22



**Goderich and Area Community Committee (Back row, L-R): Bernice Glenn, Michelle Millar, April Selkirk. (Front row, L-R): Manoj Medavarapu, Beth Blowes, and Vicky Parent. (Missing): Mary Bruce and David Mackechnie.** (CONTRIBUTED PHOTO)

**KATHLEEN SMITH**

*Editor*

The Coldest Night of the Year (CNOY) is an event that draws tens of thousands of Canadians out of the comfort and warmth of their home each year. This year the annual event will be held on Saturday, February 22.

United Way Perth-Huron (UWPH) and lead sponsor of Jayden's Mechanical invite everyone to register for CNOY.

"We're excited for this year's walk," said Michelle Millar, UWPH Manager Community Development, Goderich and Area.

"This year's theme is 'change the tune', which speaks to the opportunity we have, to impact the lives of vulnerable local people by putting one foot in front of the other."

CNOY is a moment that gathers people to walk through the cold and dark in February to declare concern for those who have no home and seek shelter, for those whose nights are filled with fear, for those driven from home by abuse.

Funds raised during CNOY go to organizations whose commitment and work transforms lives. The collected funds are for critical local services to support vulnerable families and individuals experiencing homelessness.

The walk in Goderich is a family-friendly fundraising event in support of local charities, to help those experiencing hurt, hunger and homelessness.

This year the goal in Goderich is to raise \$135,000, and as of January 16 funds raised so far sits at 31 per cent of the goal.

According to Millar, Goderich Town Councillor Randy Carroll, out of more than 10,000 walkers across Canada, he is currently ranked first with over \$15,000 raised.

"We'd love to see someone take up the challenge and try to match Randy's total, all in the name of supporting people right here in our community," added Millar.

A total of 24 teams, and 92 walkers are registered for the event in Goderich, with just over 30 days left until the event.

Funds raised support programs such as shelter for women and children escaping

violence, shelter supports for youth, Heart to Home, transitional housing for me, and the Huron Supportive Housing Advocate.

This year's CNOY on Saturday, February 22, offers an option to walk anytime in February. Event check-in begins at 4 p.m. at the Goderich Legion with opening ceremonies at 5 p.m.

Team Captains, watch for an email update on how to pick up your team's toques earlier.

Steve and Mary's on the Square will supply homemade soup for participants, and there will be an all ages social and music event at the Legion following the walk.

Walkers can choose a two- or five-kilometre route around Courthouse Square. Participants raising over \$150 (\$75 for youth under 18), will receive a CNOY toque.

As part of the Goderich event, Clinton is also holding a CNOY walk but on Friday, February 21 from 11:30 a.m. until 1:30 p.m. starting outside at Central Huron Community Centre (CHCC).

Local schools, businesses and residents are invited to join the community walk. Hot chocolate will be served to all participants upstairs in the town hall after the walk.

Additionally, there will be a walk in Seaforth on February 22 at 10 a.m. at Seaforth Town Hall, with a light meal and refreshments at Seaforth Presbyterian Church after.

Funds raised in Seaforth will support the upcoming Nourish Equal Access Market, offering wholesale prices on nutritious, local vegetables, fruits, and meat to residents facing food insecurity.

This year sponsors for CNOY include Canadian Tire Goderich, Capital Power, Compass Minerals, Excalibur Insurance, Ideal Supply, Jayden's Mechanical, McDonald's Goderich and Murray McKercher Lawyers. Sponsorship opportunities are still available. Contact Millar at [mmillar@perthhuron.unitedway.ca](mailto:mmillar@perthhuron.unitedway.ca) for details.

Visit <https://cnoy.org/location/goderich> to register to walk and fundraise, or to volunteer. For updates join the Goderich Coldest Night of the Year group on Facebook.



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## Flyers Face Tough Stretch with Mixed Results

COLIN CARMICHAEL

Sun Contributor

The Goderich Flyers endured a difficult week, playing five games in eight days against strong divisional opponents.

The stretch featured three road games and two at home, and while the Flyers showed flashes of promise, inconsistency and special teams struggles continued to plague the team.

Despite a resilient effort in some games, the Flyers ended the week winless, leaving



**Ryan McGee, who has 18 points in 34 games, faces off against a Bulldog.** (ARIC BRINDLEY/COLBORNE LAKEVIEW PHOTOGRAPHY PHOTO)

them searching for answers. Here's a look at the past week:

### January 11: Kincardine Rolls Over Flyers, 6-1

The Flyers opened the week on the road against Kincardine and were overwhelmed by the Bulldogs.

Kincardine took control early with two first-period goals, including a power-play tally by Bryce Martin.

Goderich's lone goal came in the second period, with Nate Bloemberg scoring his ninth of the season, assisted by Carson Stutzman.

Kincardine dominated the third period, adding three more goals, as Christian DeJong made 34 saves before being replaced by Tomas Brintnell, who stopped all 10 shots he faced in relief.

### January 12: Flyers Fall Short in High-Scoring Battle with Fergus, 10-6

The Flyers fought hard in a wild game against the Fergus Whalers but couldn't overcome a rough start.

Fergus jumped out to a 6-1 lead in the first period, capitalizing on defensive breakdowns and power-play opportunities.

Goderich showed grit, scoring five goals in the second and third periods, including two from Bloemberg and one each from Aidan Terpstra, Sawyer Olmstead, and Kaeden MacDonald.

Fergus outshot the Flyers 54-31 and maintained their offensive edge throughout the game.

### January 15: Mitchell Dominates in 8-1 Win

Goderich struggled to match Mitchell's speed and depth in an 8-1 road loss.

Mitchell scored three goals in the first period and added four more in the second before the Flyers managed their lone tally

from Ryan McGee in the third.

Tomas Brintnell started the game in net, making 18 saves before being relieved by Christian DeJong, who stopped 11 of 14 shots. A match penalty assessed to Carson Stutzman early in the second compounded the Flyers' challenges, giving Mitchell extended power-play time.

### January 17: Flyers Falter Late in 5-2 Loss to Walkerton

The Flyers put forth a solid effort in Walkerton, keeping the game close before faltering late.

Kaeden MacDonald opened the scoring for Goderich in the first period, and Ayden Hakkers added a shorthanded goal in the second to give the Flyers a brief lead.

Walkerton responded with three unanswered goals, including an empty netter, to seal the victory.

Christian DeJong made 29 saves on 33 shots, while Goderich registered 32 shots but struggled to capitalize on opportunities.

### January 18: Mitchell Shuts Out Flyers, 5-0

The Flyers were blanked at home in a rematch against the Mitchell Hawks. Mitchell opened the scoring late in the first period and continued to control the game, adding two goals in the second and two more in the third.

Goderich's power play went 0-for-6, and Christian DeJong made 32 saves in net but couldn't hold off Mitchell's relentless attack.

Despite some physical play and a spirited effort, the Flyers couldn't solve Mitchell's goaltender and suffered their fifth straight loss.

### Upcoming Games:

- **Friday, January 24** – Goderich @ Mount Forest – Mount Forest and District Sports Complex – 8:30 p.m.
- **Saturday, January 25** – Hanover @ Goderich – Goderich MRC – Postponed
- **Saturday, February 1** – Wingham @ Goderich

– Goderich MRC – 8 p.m.

• **Sunday, February 2** – Goderich @ Fergus – Centre Wellington Community Sportsplex – 3 p.m.

### GODERICH JUNIOR FLYERS 2024-25 Player Statistics (through January 20, 2025)

PLAYER	POS	GP	G	A	PTS
Nate Bloemberg	F	29	11	11	22
Kaeden MacDonald	F	33	10	11	21
Ryan McGee	F	34	7	11	18
Carson Stutzman	F	26	6	10	16
Leland Weber	F	33	6	10	16
Jack Stecho	D	26	1	14	15
Kingston Powell (AP)	F	17	9	5	14
Sawyer Olmstead	F	31	4	8	12
Trent Carter	F	20	6	5	11
Jackson Andrews	F	24	3	8	11
Jared Houghton	F	33	4	6	10
Austin Waite	D	29	3	7	10
Jeremy Hamilton	D	33	3	7	10
Ayden Hakkers	F	14	3	5	8
Iain MacIsaac	F	16	3	4	7
Kyle Smeltzer	F	32	1	6	7
Brett Harrogate	F	22	4	1	5
Kaden Powell	F	25	2	2	4
Aidan Terpstra	F	29	2	2	4
Rowan Alexander	D	25	0	2	2
Cooper Gaul	D	6	1	0	1
Jace McMichael	F	7	0	1	1
Carson Bromley	D	23	0	1	1
Mitchell Hodges	D	31	0	1	1
Logan Ferreira	D	1	0	0	0
Logan Karges (AP)	D	1	0	0	0
Damon Murray (AP)	F	1	0	0	0
Preston Robinson (AP)	F	1	0	0	0
Kai Wick (AP)	D	3	0	0	0
Riley Good	D	5	0	0	0
Austin Aldrich	F	23	0	0	0
Nathan Arnold	D	32	0	0	0
PLAYER	RECORD	GAA	SV%		
Christian DeJong	1-12-1-0	4.87	.882		
Tomas Brintnell	1-3-0-0	6.17	.850		

### PROVINCIAL JUNIOR HOCKEY LEAGUE NORTH POLLOCK DIVISION

(Regular season standings through January 20, 2025)

	GP	W	L	OTL	T	SOW	SOL	OTW	GF	GA	DIFF	PTS
Hanover Barons	32	27	3	1	0	0	1	3	142	71	71	56
Mount Forest Patriots	35	26	6	3	0	2	0	1	144	96	48	55
Fergus Whalers	32	22	6	3	0	0	1	4	139	85	54	48
Kincardine Bulldogs	35	18	15	2	0	2	0	5	122	137	-15	38
Wingham Ironmen	33	16	14	3	0	0	0	2	116	117	-1	35
Mitchell Hawks	34	11	20	2	0	1	1	2	107	142	-35	25
Walkerton Capitals	33	8	23	2	0	1	0	0	87	132	-45	18
Goderich Flyers	34	6	24	1	0	0	3	0	79	156	-77	16



# GDCI students participate in Huron Perth Swimming Championships

GODERICH SUN STAFF

info@goderichsun.com

On Thursday, January 16 GDCI participated in the Huron Perth Swimming Championships.

Each swimmer raced hard with Kate Watson finishing fourth in the 50 backcrawl, Olivia Grandmaison finishing fourth in the 100 freestyle, Ana Gibbons finishing first in the 100 individual medley, Norah Godwin finishing first in the 50 freestyle, Stella Black finishing second in the 100 fly, Anna McDonald-Lee finishing first in the 100 breaststroke, and Siobhan Kleuskens finishing first in all three of her races.

GDCI congratulates these student athletes for their efforts and offers luck to Siobhan, Ana, Anna, Norah and Stella who are all advancing to WOSSAA on February 12.



(CONTRIBUTED PHOTO)

Seven GDCI students competed at Huron Perth Swimming Championships earlier in January, five of which will advance to compete at WOSSAA on February 12. Pictured are Kate, Olivia, Ana, Norah, Stella, Anna, and Siobhan.



## Tips to get children excited about exercise

Human beings need to engage in physical activity to stay healthy. But too many children are not getting the exercise they need. Only 50 percent of boys and less than 34 percent of girls between the ages of 12 and 15 are adequately fit, according to the Centers for Disease Control and Prevention. Children who are not physically fit are at greater risk for chronic diseases. In addition, children who are overweight or obese are at a higher risk of retaining that extra weight into adulthood.

Getting children to exercise regularly can be an uphill battle with so many distractions, such as electronic devices, vying for their attention. But parents can explore the following ways to get children more excited about physical activity.

- Choose interactive toys. Select toys for kids that require movement. These can include sporting activities, scooters, bicycles, and even video games that involve physical activity. Kids will be moving while they play, which is a first step.

- Set an example. Children may be more likely to embrace physical activity if they see their parents exercising regularly. Adults can share their passions for activities that encourage movement, whether it is hiking, heading to the gym, swimming, or rock scrambling.

- Make it a contest. People can be very competitive, especially young children.

If kids know there is a prize or reward attached to doing something, they may have more motivation to engage with it. Offer a prize to the person who can log the most minutes of physical activity each week.

- Make things social. The more people involved in an activity, the greater the chance kids will want to be involved. Therefore, invite their friends, cousins, classmates, and other relatives to participate.

- Look for new ways to exercise. Plan vacations and day trips around an activity. Perhaps the family can learn how to surf or snorkel on a trip; otherwise, a trip to the zoo or a museum can involve a lot of walking.

- Find reasons to walk. Kids and parents can walk to or from school each day to get exercise. Parking further away from stores ensures some extra steps as well. Take the stairs in malls instead of elevators or escalators.

- Encourage participation in team sports. Afterschool athletics often involve multiple days of practices and games or meets, which can be all the exercise a kid needs to be healthy. Athletics also present a fun way to exercise with friends.

Kids need physical activity to stay healthy, and there are various ways to make them more inclined to be active.

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  - 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



# Local conservation authority encourages people to order trees for 2025 planting

KATHLEEN SMITH

Editor

Trees and forests contribute to cleaner air and water, can provide sustainable wood products, and promote physical and mental health.

Trees remain good for the environment and for people, and as spring is not far away, Ausable Bayfield Conservation provides the opportunity for bulk-ordering trees through the Spring Tree Order Form now through the end of February.

Ausable Bayfield Conservation Authority

(ABCA) offers a wide range of trees through its spring tree planting program.

The Forestry and Land Stewardship Specialist encourages interested landowners to visit [abca.ca](http://abca.ca) for the spring tree order form.

"We're happy to help with project design and help to apply for funding for eligible projects," said Ian Jean, Forestry and Land Stewardship Specialist with ABCA.

According to ABCA funding is available in many areas to support planting trees for windbreaks, for reforestation and for naturalization.

Tens of thousands of trees each year are

planted by local landowners, totaling more than one million trees in the past two decades.

"These efforts have helped tree cover to double in the last 60 years," said Jean. Yet, forest cover in local watersheds remains quite low at only 14 per cent.

Tree planting can be done for many different reasons. This can range from field windbreaks, wildlife habitat, bordering walking trails, to retiring unproductive acres or corners of fields to create private natural areas.

These tree planting projects help protect and improve soil and water quality, which

are so important to agriculture, tourism, and quality of life.

ABCA is grateful for grant program funding partners including member municipalities, along with community donors and other valued funding partners.

For those with property on which trees can be planted, consider purchasing a tree through the tree-order program. For those who do not have room on their property for trees, donating to tree planting can improve forest conditions.

Visit <https://www.footprintsofforests.com/>

## Huron County Police Reports

**If it's too cold for you, it's too cold for your pet**

Members of the OPP would like to remind all pet owners to never leave their pet unattended in a cold motor vehicle.

The OPP is urging all pet owners to never leave any pets in their vehicles unattended. This could have deadly consequences for your pet.

If it's too cold for you to sit inside the vehicle then it's too cold for your pet.

The best place for your pet is inside, except when you take them outside for exercise.

Even long-haired dogs accustomed to being outside needed extra precautions when the temperature plummets.

Never leave your cat or dog alone in a car during cold weather. Cars hold in the cold, acting like refrigerators, which could cause your pet to freeze to death.

A domesticated pet is dependent on the owner for proper care such as food, shelter, and water.

The Criminal Code of Canada has specific sections that deal with the mistreatment of animals.

Cause unnecessary suffering has a maximum sentence of five years in jail, injure or endanger an animal has a maximum sentence of five years in jail and neglect an animal has a maximum sentence of two years in jail.

If you see an animal in a vehicle on a cold day who you do believe may be in distress, gather as much information as you can.

Obtain the make, model, and licence plate of the vehicle, and immediately enter the store and have the owner paged and contact police.

**Driver charged after truck theft in Goderich**

Huron OPP has charged a Mississauga resident with several offences following a truck theft on January 4 in Goderich.

Just after 6:20 a.m. on Saturday, January 4 police officers were contacted by a vehicle owner who reported their 2024 Toyota Tundra pickup truck that had just been stolen from their laneway on South Street.

Officers observed the stolen truck travelling eastbound on Huron Road and set up tire deflation devices (TDD), which were successfully deployed, deflating the front tires.

The driver was arrested without incident.

A 19-year-old from Mississauga was charged with: Theft Over \$5,000 and Flight from Peace Officer.

The accused was additionally charged with offences found in the Highway Traffic Act (HTA) including failing to stop for stop sign and driving without a licence.

The accused was processed and held in custody, where they were remanded into custody.

**Retail theft in Goderich results in two arrests and stolen vehicle recovered**

Huron County OPP charged two London residents with several criminal offences following a theft from a retail store in Goderich on January 7.

Just before 8 p.m., police of-

ficers were contacted by staff at a Goderich retail store reporting a theft. Suspects and vehicle description were provided to police.

Officers patrolled for the suspects and later received a report of the same vehicle parked on Huron Road near Seaforth.

Officers attended the location and located two suspects nearby. The suspect vehicle had been reported stolen earlier from London.

Further stolen items and a prohibited knife were seized.

A 28-year-old from London was charged with: Theft Under \$5,000 (two counts), Possession of Property Obtained by Crime Under \$5,000, Possession of Property Obtained by Crime Over \$5,000, and Unauthorized Possession of a Weapon.

The accused was processed and remanded into custody.

A 35-year-old from London was charged with: Theft Under \$5,000, Possession of Property Obtained by Crime Under \$5,000, Possession of Property Obtained by Crime Over \$5,000, Unauthorized Possession of a Weapon, Obstruct Peace Officer, and Fail to Comply with Probation Order (three counts).

The accused was processed and held in custody for a court appearance at the Ontario Court of Justice – Goderich, where they were remanded into custody.

Police would like to speak to any witnesses who may have seen the pair walking on Huron Road near Seaforth seeking fuel for the stolen vehicle.

The time frame was 8:30 p.m. until 9:30 p.m. on January 7.

**Impaired driver caught operating snowmobile**

Huron County OPP charged a North Huron resident with an impaired driving offence following a traffic stop on January 11.

At about 11:50 p.m. police were patrolling Blyth when they conducted a traffic stop with a motorized snow vehicle (snowmobile).

Police spoke to the lone operator and determined the driver had consumed alcohol prior to driving the machine.

The driver was arrested for impaired operation and transported to the Huron OPP Detachment in Clinton where breath samples were taken. These resulted in readings over the legal limit.

A 21-year-old from North Huron was charged with Operation While Impaired – Over 80.

The involved snowmobile was towed and

impounded for seven days, and the accused driver's licence was suspended for a period of 90 days.

The accused was later released from custody with a court appearance scheduled in Goderich on February 24.

**Bayfield RIDE check results in impaired driver**

The Huron County OPP has charged a Middlesex Centre resident with impaired driving offences following a sobriety check at a 'Reduce Impaired Driving Everywhere' (RIDE) checkpoint.

On January 11 at 11:45 p.m. in Bayfield, Huron County OPP officers were conducting a RIDE check on Bluewater Highway (21) at Short Hill Road.

A vehicle driver pulled up the checkpoint and spoke with police. Officers determined that the driver had consumed alcohol prior to driving.

The driver was arrested and transported to the Clinton detachment where breath samples resulted in readings over the legal limit.

A 39-year-old from Middlesex Centre was charged with Operation While Impaired – Alcohol and Drugs, and Operation While Impaired – Over 80.

The vehicle was towed and impounded for seven days, and the driver's licence was suspended for 90 days.

The accused was released from custody with a court appearance scheduled in Goderich on February 24.

**Intimate partner violence investigation results in charges**

On January 5 members of Huron County OPP investigated a matter involving intimate partners in North Huron.

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

A 36-year-old from North Huron has been arrested and charged under the Criminal Code with Assault with a Weapon – Spousal (two counts), Assault – Spousal (two counts), and Mischief – Domestic.

The accused was processed and held for a bail hearing where they were remanded into custody with a court date scheduled in Goderich.

Victims of intimate partner violence (IPV) are not alone. There are local resources to help, including Victim Services of Huron: [www.victimserviceshuron.ca](http://www.victimserviceshuron.ca) or 1-866-863-4108.



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# English as a Second Language classes planned for South Huron

KATHLEEN SMITH

Editor

English as a Second Language (ESL) classes will be offered this winter to people wishing to improve their speaking, listening and reading skills in southern Huron County.

Classes will take place in person on Saturdays in Dashwood.

Two classes will be offered based on current level of English, Beginner Level 0-2 and Level 2-3, which focuses on English in the workplace.

Course workbook and supplies will be provided according to Erin Bewick, Training Coordinator with Set7.

“We are excited to continue to grow and partner with our neighbouring municipalities and counties,” explained Bewick.

These winter classes mark the return of in-person ESL classes in Huron County after nearly a two-year absence of in-person programming.



Currently, the Centre for Employment and Learning offers online English language classes for immigrants who live in Huron County.

These in-person classes are funded in partnership by the Huron Economic De-

velopment Board along with the Municipality of South Huron.

The classes, offered at no cost to participants, will provide individuals who are learning English with an opportunity to improve their skills with guidance

from an ESL instructor.

The curriculum for these classes was developed by Set7 Skills and Technology North Perth and Region, a training service operated by the Municipality of North Perth.

Set7 has offered English language classes to newcomers to Canada in Listowel and Palmerston during the past two years.

“We know that Huron County has workforce shortages,” admitted Bryan Vincent, Huron County Economic Development Board Chair.

“When we support international workers (who come here to help our businesses) improve their communication skills, we demonstrate that we value their contribution and want to increase their chances of building a permanent future in our community.”

Those interested in the in-person ESL classes can visit Set7’s website: <https://set7.ca/esl-south-huron/>

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# Explore the world with the Rotary Youth Exchange Program

ROTARY CLUB OF GODERICH

*Sun Contributor*

Rotary Youth Exchange offers young people the chance to build peace and understanding one person at a time.

Each participant becomes an ambassador for their community and country, while embarking on a journey of personal growth and discovery.

The life-changing program connects students aged 15 to 19 with host families and schools in more than 100 countries.

Students not only learn a new language but also immerse themselves in a new culture, gaining invaluable experiences and lifelong friendships.

To ensure a smooth transition, students receive training to help them manage culture shock, homesickness, and language barriers.

Mentorship from past exchange students and continuous support from Rotarians make the experience both rewarding and manageable.

The long-term exchange program lasts a full academic year. Students live with multiple host families and attend local

schools, offering a comprehensive cultural experience.

Rotary provides room and board, covers school fees, and organizes activities.

Participants are responsible for airfare, insurance, and personal expenses, with some districts offering opportunities for additional cultural trips.

Locally, students enjoy activities such as skiing trips, conferences, and visits to a maple sugar bush.

Each student also receives the iconic Rotary Youth Exchange Blazer as part of their journey.

Recently, a local student shared their memorable year in Brazil.

“Getting the chance to go to



Sarah Ball.

(CONTRIBUTED PHOTO)

Brazil was incredible, and I wouldn't trade it for the world,” the local student said.

“The Brazilian people were so warm and welcoming. My host families made me feel at home, and my classmates became lifelong friends. They even helped me learn Portuguese.”

While the experience was overwhelmingly positive, challenges like the language barrier tested their resilience.

At first the student relied on Google Translate, but within a month they could understand basic phrases.

By the fourth month, the student was having daily conversations with ease. Immersion made the process

much faster.

One of their highlights was a surprise party organized by a classmate.

“They played live music, made my favourite Brazilian dishes, and wrote heartfelt letters for me to take home,” they added.

“It was an unforgettable gesture of kindness.”

The exchange program is more than just a cultural exchange, it's an opportunity to grow into a global citizen.

“Living with the host families lets you truly experience life as a local,” the student explained.

“You gain new perspectives, meet incredible people, and expand your horizons in ways you never imagined.”

The Rotary Youth Exchange Program thrives because of the dedication of Rotary members, host families, and volunteers.

Whether you're a student looking to explore the world or a family ready to host an exchange student, there's a role for you.

Contact the Rotary Club of your local area, to learn more about upcoming exchange opportunities and the application process.

## Provincial government aims to connect more people to dementia care in Huron County

KATHLEEN SMITH

*Editor*

To connect more people to dementia care, support and services in Huron County, the Ontario government announced an investment of \$111,600 to the Alzheimer Society of Huron Perth.

This funding is part of the provincial government's \$6.9 million investment plans for the next two years to support those who have received a dementia diagnosis.

“This investment reinforces our government's commitment to improving the quality of life for those impacted by dementia across our communities in Huron-Bruce,” said Lisa Thompson, MPP for Huron-Bruce.

These investments will improve the ability to connect those diagnosed with dementia to resources and care they need, at a local level.

In Ontario, more than 250,000 people live with dementia, and this number is expected to grow as the population continues to age.

“Our government is taking bold and innovative action to connect people, at every stage of life, to the care and services they need, when they need them,” explained Sylvia Jones, Deputy Premier and Minister of Health.

“Investing in increased access to dementia care through investing in this high-quality community-based program will allow more families to connect their loved ones to additional services they need in their community.”

Funding will support hiring an additional 36 full-time equivalent staff members, shortening wait times for existing patients and providing support for approximately 7,000 new clients across the province.

According to the provincial government, due to this funding, clients will have access to a coordinator who will assist with care planning, care coordination, and re-

errals to community services.

The Alzheimer Society of Huron Perth applauds this cross-government approach to improve care for seniors and their care partners, including those living with dementia.

“We welcome the government's commitment to improving the quality of life and care of people living with dementia and their care partners in the community, in retirement homes, and in long-term care homes,” said

Cathy Ritsema, Executive Director of the Alzheimer Society of Huron Perth.

“These investments will make meaningful changes in the lives of the clients we support along their dementia journey.”

In the 2024 budget, the government is investing an additional \$2 billion over three years to support earlier investments to increase compensation for personal support workers, nurses and other frontline care providers.

## Rotaract donates to the Goderich Track Rebuild



A \$1,000 donation was given by Rotaract Goderich to the Goderich Track Rebuild committee earlier in January. (L-R): Amy Boyce, Chris Milley, Doug Cruickshank, Nathanya Field and Sam Hamilton.

(CONTRIBUTED PHOTO)

Visit us online at  
[www.goderichsun.com](http://www.goderichsun.com)



# Goderich Co-op Gallery welcomes next generation of artists

CAROL McDONNELL

*Sun Contributor*

The first Visiting Artist show of 2025 at Goderich Co-op Gallery will feature the best art of three local high schools – Goderich District Collegiate Institute (GDCI), St. Anne’s Catholic Secondary School and Central Huron Secondary School (CHSS).

The art made by students in Grades 9-12 will showcase the development of the students’ artistic expression.

Through the grades, various media and styles are explored, sometimes with non-traditional materials.

Several artworks use the principles and elements of design in unique ways to express emotion.

Goderich Co-op Gallery invites the public to join the students, teachers and Co-op members on Saturday, January 25 for the opening of this exhibition.

The doors are open from 2 p.m. until 4 p.m. Come show support and encouragement for the next generation of artists.

(CONTRIBUTED PHOTOS)

Bottom left: Cameron Maaskant from GDCI.

Bottom right: Adriana Dorssers from St. Anne’s in Clinton.

Right: Mikayla Ainsley from CHSS in Clinton.



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# Most common causes of heel pain



MEGHAN SCOTT

Sun Contributor

Heel pain can occur due to several reasons and conditions, but the most common cause is plantar fasciopathy (also called plantar fasciitis).

The plantar fascia is a thick band of tissue that runs across the bottom of each foot and connects the heel bone to the toes.

Plantar fasciopathy is defined as pain in the arch of the foot and the bottom of the heel. Symptoms are usually worse in the morning or after prolonged sitting, as well as with long pe-

riods of standing or walking.

This pain typically occurs due to a combination of inflammation, thickening of the plantar fascia and micro-tearing.

Multiple risk factors are involved in developing plantar fasciopathy. Some of those risk factors are non-modifiable, including foot anatomy, age, or previous injury.

Others are modifiable, such as limited ankle range of motion, arch collapse, weakness or tightness in the calf and surrounding musculature, altered

biomechanics of the foot and high body mass index.

Modifiable factors can also be related to environmental influences like standing long periods at work, and poor shock absorption conditions such as hard flooring or poor footwear.

There are a handful of treatment options for plantar fasciopathy. These options may vary depending on symptom intensity, duration, and the underlying cause.

Treatment might include taping, orthotics, night splints,

massage and manual therapy, footwear changes, strengthening and foot exercises, and shockwave therapy among others.

It is important to address these symptoms early on to prevent chronic pain and long-term dysfunction.

If you are someone dealing with heel pain, consider booking an appointment with a health professional who can assess and treat this condition.

*Meghan Scott, PT at Physiotherapy Alliance Goderich*

## Trail Talk: Snow making trails rather challenging

PATRICK CAPPER

Sun Contributor

Some of the local trails have become rather challenging with all the lake effect snow.

Fortunately, the Bayfield River Valley Trail Association hike on the Varna Trails was on the Sunday before the last big snow dump.

A total of 28 hikers were out on the Mavis Trail at Varna, and a lesser number opted for the shorter Taylor Trail. Afterwards most hikers enjoyed a lunch of chili, corn bread, cider and cookies back at the Stanley Complex.

This was an interesting week. On Friday, January 10, while snowshoeing on the Front Road Trail, my Yanes snowshoe came apart. The back two third separated from the front third.

I hiked back to the car without any problem and on inspection found that the rivets holding the two parts together had broken. I later drilled and bolted the parts back together.

On Sunday afternoon hiking in the Maitland Woods at 3 p.m. I saw a rabbit lying on its side on the trail and a couple of other hikers coming the other way said a weasel had got it. I then saw the short tailed weasel, also known as an ermine. By the time I got my camera out the rabbit had recovered enough to disappear.

This was the first time I have seen a weasel. The one I saw was a North American Ermine, (*Mustela erminea*) as it was white with a black tip to its tail. It is also known as a shorttail weasel or a



Hikers setting out at Varna on January 19.

stoat. Two other weasels live in our area, the Longtail Weasel, which is about one and a half times the size of the ermine, while the Least Weasel is much smaller and quite rare. All three may turn white in the winter, but only the ermine has a tail with a black tip.

They eat mice, some birds, and the two larger weasels also eat young rabbits. The rabbit I saw was very much larger than the ermine, and may not have suffered a fatal injury.

NOTES:

**Saturday, January 25 from 11 a.m. to 12:30 p.m.** - Menesetung Bridge and Sifto Loop.

This is a meditative walk, Mindfulness in nature, pause and explore mind-

fulness techniques. Dress appropriately for moving slowly. Meet at Big Rock on North Harbour Road Goderich.

For more information and to confirm your attendance please contact Tanya Macintyre at [redroofrecovery@gmail.com](mailto:redroofrecovery@gmail.com) or text 519-616-3636.

**Saturday, January 25 and Sunday, January 26 at 1:30 – 3 p.m.** - Ski at John Goldie Reserve.

This area near Benmiller has lovely trails that wind through forested areas, along a high bank with spectacular views over the Maitland River.

For more information contact Con Melady: 519-524-8730 to preregister and for details about carpooling. This a level 2 moderate pace outing.

**Sunday, February 2 from 1 p.m. to 3 p.m.** - Snowshoe or hike the Maitland

Trail. Meet at or near 80965 Sharpes Creek Line and we will hike or snowshoe the Maitland Trail and nature Conservancy trails.

**Saturday, February 15 from 6:30 – 8:30 p.m.** - Candlelight Walk in the Maitland Woods. Note change of date.

**Saturday, February 15 at 10 a.m.** - BRVTA hike on the Varna trails

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](mailto:mta@maitlandtrail.ca)

Midweek hikers meet at 9 a.m. and hike for 1.5 to 2 hours on Wednesdays or Thursdays. Contact Patrick Capper at [pcapper99@gmail.com](mailto:pcapper99@gmail.com)

Hikers on any or all Maitland Trail outings are reminded to sign the 2025 online waiver.

(CONTRIBUTED PHOTOS)



Left: Yanes broken snowshoe.

Above: Hikers on the Mavis Trail on January 15.



# Online resources offered at Huron County Library



AVERY BAKER-GREAVES

Sun Contributor

Huron County Library has so much to offer aside from books, and this includes free, online re-

sources available.

For those new to using these resources, we have put together a guide to help patrons comfortably navigate how to get started.

Pick one up from your local branch, or download it on the website: <https://www.huroncountylibrary.ca/online-resources/>

**Creativebug:** This is one of our newest offerings and allows patrons to access online video arts and crafts workshops and techniques. Using this resource, you can easily learn how to paint, knit, crochet, sew, screen print and more by watching a thorough step-by-step video tutorial.

**Pressreader:** Travelling this

winter and want to enjoy your favourite magazine on the flight or the beach? You will want to ensure that you have downloaded the Pressreader app. With this resource, you can enjoy unlimited access to over 7,000 magazines and newspapers.

**Mango Languages:** Always wanted to learn a new language, but don't know where to start? Mango Languages is a powerful language learning platform that delivers fast and effective learning.

**Ancestry:** Did you make a New Year's resolution to learn more about your family history? Your local Huron County Library

branch is here to help. You can drop into any one of our branches and use one of our computers to access Ancestry, where you will be able to access census information, travel records, birth, marriage, and death certificates and more.

**Gale Courses:** Do you want to make 2025 the year you learn something new? Gale Courses offers over 350 online, six-week long courses. Some courses include introduction to QuickBooks Online, Discover Sign Language, Certificate in Food, Nutrition, and Health, Creating WordPress Websites, Achieving Success with Difficult People and more.

**Pebble Go:** This is packed with informational articles, ready-made activities, and literacy supports for K-3 students of all abilities. This is great for families who are homeschooling and/or for traditionally schooled students to learn outside the classroom.

**Tumblebooks:** Does your child prefer hearing books read aloud, rather than physically reading them? Tumblebooks is the perfect resource as it has animated talking picture books, chapter books, videos, non-fiction books, graphic novels and more.

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

## Thriving practices for better mental health



TANYA MACINTYRE,  
RED ROOF RECOVERY

Sun Contributor

Daily practice of consistent actions will eventually create the results you desire. Sounds simple, doesn't it?

But it's not that simple for many, including me.

I considered myself to be fit for someone in their 60s (even though I'm teetering in the "overweight" category of the BMI—Body Mass Index—guidelines).

Since our move to Goderich in

2020, my husband and I developed the habit of walking at least two kilometers a day. Then he had a heart attack.

He was an avid cyclist and jock through his youth, went to the gym regularly, and his BMI was perfect. So, it came as a shock.

I'm happy to share that he's recovering nicely, although not as quickly as he would like. Being a "do-er," the enforced slowing down has been hard for him. It's not easy to just "BE" when you've spent a lifetime being defined by tireless action.

Nearly losing my husband of 30 years has given me space for deep introspection. Life has a way of forcing us to pause, even when we'd rather keep moving.

I was reminded of one of my favorite radio interviews with Jeff Timmermans.

In 2002, at the age of 74, Jeff cycled across Canada to raise money for Alzheimer's research. His wife, Toni, had been diag-

nosed with early-onset Alzheimer's and was in long-term care at a young age.

Jeff visited her every day for years; they had been married for nearly five decades.

After Jeff completed his "Miles for Memories" journey, we met for lunch. I told him how much I admired his discipline and commitment to cycle every day, especially after such a grueling journey across the country.

He laughed and asked me, "Do you brush your teeth every day?" I responded, "Yes, of course!" Jeff smiled and said, "Then why wouldn't you exercise every day? It's just as important for your health."

Jeff's legacy of resilience and commitment extended far beyond his cycling achievements. He climbed Mount Kilimanjaro twice, once at the age of 78 and again at 79.

He earned countless awards, including Stratford Citizen of the

Year, the Golden Jubilee Medal, and the Governor General's Award. Jeff passed away in 2023 at the age of 95. His life continues to inspire me.

In loving memory of Jeff and his "Miles for Memories" legacy, I've reflected on a few practices that can help us thrive, not just survive, in this challenging world.

Practices for Thriving:

- Be grateful for everything, even the challenges.
- Be filled with love and compassion - starting with yourself.
- Be kind, especially when it's hard.
- Be disciplined - recognizing that small, consistent actions matter.
- Develop a healthy response to life's uncertainties.
- Accept that certainty doesn't exist.
- Maintain hope that you can handle whatever comes your way.
- Understand that people will

often follow their own paths, not the ones you wish for them.

- Cultivate self-awareness and resist self-defeating impulses.
- Take responsibility for your mistakes and strive to learn from them.

There are countless tools, techniques, and strategies that can help you on your journey to better health and well-being.

If you'd like to take the first steps toward a life of greater awareness, acceptance, and joy, I'd love to hear from you.

*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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326 Gibbons Street, Goderich  
[www.berea-zionlcc.ca](http://www.berea-zionlcc.ca) • [bnz@hay.net](mailto:bnz@hay.net)  
Rev. John Trembulak 519-524-2235,  
(cell) 519-878-0327

**Family Worship Service**  
2nd and 3rd Sunday of the Month  
2:00 pm  
All other Sundays of the Year  
8:30 am  
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Worship  
With Us



9 Victoria S. N., Goderich  
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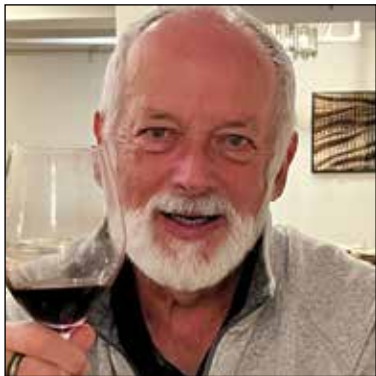
**KNOX  
PRESBYTERIAN  
CHURCH**  
Rev. Amanda Bisson  
Livestream Services  
**Sunday at 10:00 am**  
Knox Presbyterian Church Goderich - YouTube  
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# OH, THE PLACES WE'LL GO: Amazing murals bring Sherbrooke's history to life



PAUL KNOWLES

Sun Contributor

We were to meet our guide, Chantal Turgeon, in the lobby of the Grand Hotel Times, our very temporary place of residence in Sherbrooke, Que. The plan was to do a walking tour of the unique murals located around Sherbrooke city centre.

We knew that was not going to happen – it was pouring rain, a deluge so persistent the streets were running with water and some patios had turned into small ponds.

But never underestimate the determination of a tour guide. Turgeon showed up with umbrellas and a smile, and by the end of the tour, soggy shoes, wet pantlegs and all, we were very glad she did, because the 18 Sherbrooke murals are amazing.

The murals are gigantic, genuine works of art beautifully executed, full of local detail and often painted with a lot of humour. They cover entire sides of buildings and feature the clever “trompe-l’oeil” (“to deceive the eye”) style, which creates optical illusions suggesting three dimensions.

The mural project has been ongoing for more than 20 years. The first was completed in 2002, Sherbrooke's bicentennial. It features a scene depicting life in 1902, but perhaps the best place to start is



(PAUL KNOWLES PHOTOS)

**The mural, “Tradition and Prevention,” was unveiled in 2007. The only figure in the photograph that is not part of the painting is our terrific guide, Chantal Turgeon.**

with a mural near the Sherbrooke Tourist Information Office, a scene dating back to 1867.

The murals are not all historic in theme. There are recent and modern scenes, right up to the 2019 mural, “The Fifth Element,” a visionary, modernistic image depicting a family viewing huge symbols of fire, earth, water and air – the fifth element being the spectators themselves.

One of the murals, dubbed “Nékitotegwak,” depicts the junction of the Magog and St-François rivers. The title means “where the rivers meet.” It's especially appropriate because, as we discovered during our wet and wild tour, visiting the murals includes walking the dramatic, metal boardwalk along the river that surges through the city.

Visitors to Sherbrooke should

pick up one of the free guides to this open-air art gallery. They recommend two possible walking routes, one a half-circuit that takes you to 11 of the murals, the other, the full circuit of all 18.

The pamphlets add to the fun of the tour, suggesting a number of items included in the murals that kids – and whimsical adults – can find as they enjoy the art.

For instance, at the “Heart, Culture and Education” mural that is a building-sized bookshelf, visitors are invited to spot one apple, one pregnant woman, one dog, one owl, two butterflies, one blue jay, one fairy, one dragonfly, one mole, one happy face, 10 ladybugs and one grasshopper. What is not mentioned is the books on the shelves are the works of local authors, including Louise Penny, whose Inspector Gamache thrillers are

situated right here in the Eastern Townships.

All of the murals are fine pieces of artistic achievement. A few of our favourites included:

- “Canada Games 2013,” a mural comprising 224 panels so full of life that the main figure, a female athlete in full motion, is leaving panels scattered in her wake.

- “Tradition and Prevention,” a commemoration of Sherbrooke's fire-prevention history that is nonetheless filled with humour and nostalgia, from the shopper in very hip '60s fashions to a young boy about to wreak havoc with a garden hose.

This mural is located very close to St. Michael's Cathedral-Basilica, a Gothic Revival masterpiece that has been very much in the news of late; it is the resting place of St. Marie-Léonie Paradis,

founder of the community of the Little Sisters of the Holy Family. This local hero was canonized by Pope Francis in October 2024, a cause for huge celebration in Sherbrooke as well as in Rome. Her story, memorabilia and relics are all on display in the cathedral.

As we waded through temporary ponds and unsuccessfully dodged raindrops, we soon realized that seeing the Sherbrooke murals was more than worth the effort in any weather. We were also very grateful to be accompanied by Turgeon, as well as Shanny Hallé, a Sherbrooke native who is the very hospitable, Eastern Townships' media liaison.

Our recommendation? At the very least, get the guidebook. It includes QR codes that let you learn more on your phone. The best option, if possible, is to get a living, breathing, fast-paced human guide like Turgeon. You will appreciate the works of art that much more.

For example, we stopped at “We Are In the Movies,” and at “CHLTV, 50 Years Of Looking At It Our Way.” Both murals feature a cast of local characters, a few named in the brochure, but each one was identified for us by Turgeon and Hallé, all of which made the experience of visiting Sherbrooke's amazing murals all that more intriguing.

As you do the trek to see the murals, you will also be passing coffee shops, restaurants, boutiques, museums and more, all of which can make for a fascinating day out in this rather special capital of Québec's Eastern Townships.

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).



The “Canada Games” mural commemorates the games coming to Sherbrooke in 2013.



The “Sherbrooke 2002 Bicentennial” mural includes 23 characters from 1902.



# Riddles

What's the best way to talk to a monster?  
Long distance

How do fisherman make their nets?  
They just take a lot of holes and sew them together

What's wet and says "how do you do?" sixteen times?  
Two octopuses shaking hands

What's the same size as an elephant but doesn't weigh anything?  
An elephant's shadow

Which insect eats the least?  
A moth - it just eats holes

What lies on the ground, a hundred feet in the air?  
A centipede sleeping on his back

On which side of a chicken are the most feathers?  
The outside

Why do elephants have trunks?  
Because they'd look silly with suitcases

What Rooms can't you enter?  
Mushrooms

What falls but never gets hurt?  
Rain

# Sudoku

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

Solutions on page 23

## Featured Pets



### ROCKY

Rocky is celebrated his 9th birthday on December 27th. Rocky is one of two Pugs in his household.

Submitted by Joan Tigert



Nominate your Pet of the Month by emailing [info@goderichsun.com](mailto:info@goderichsun.com)

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[www.petvalu.ca](http://www.petvalu.ca)

## Word Search

### HEART HEALTH

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

- AORTIC
- BLOOD
- PRESSURE
- CARDIAC
- CARDIOLOGIST
- CHOLESTEROL
- CORONARY
- FAILURE
- HEART
- MITRAL
- PACEMAKER
- PRESSURE
- PULMONIC
- PULSE
- STRESS
- STROKE
- SYSTOLIC
- TACHYCARDIA
- THROMBOSIS
- TRIGLYCERIDES
- VALVES
- VENTRICLE



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## OBITUARY



**DOROTHY JEAN BOURDEAU**

It is with heavy hearts that we announce the passing of Dorothy Jean Bourdeau (nee Noble/Turner) of Goderich on January 11, 2025, shortly after her 80th birthday. Beloved spouse, business partner and best friend of Art Bourdeau. Mother to Rick Turner (Joanne), Vicky Turner, Cherie Helfer, Anita (Earl Johnston) and Max Bourdeau. Fondly remembered as 'Grams' to Ben (Emily), Becky, Joe, Shal-lon, Lori (Noah), Jeff, Trent (Irene), Erica (Nick), Maxwell (Lori), Megan (Tyler) and Michelle and 19 great-grandchildren. Cherished sister to Marie (Don Jefferson) of Clinton, Shari Millian of Blyth, and Ed Noble (Jeanette) of Clearwater, BC, and sister-in law to Wendy Noble of BC and Lynn Noble of Goderich, and many nieces and nephews. She is predeceased by her parents, Jack and Helen Noble of St. Augustine and her siblings, Ken Noble, Steve Noble and Roger Noble. "Porky" was always by Art's side, being instrumental in growing the garden centre business of Art's Landscaping. She was Art's ears – always present in the passenger side of his van, across the table at local restaurants or serving perch at Art's Fish Frys. Dorothy was strong and feisty and she loved her community. Her license plate acknowledges her as founding President of the Goderich Lioness Club and President of District A-9. She loved the fellowship of local ladies especially the parades and conventions. Remember the Lioness roar? "Meow, meow, meow". She enjoyed girls' weekends with her Aunties (and those who wanted to be her Auntie), Ladies Night at Goderich Sunset Golf and winter escapes to her Sun n' Lakes, Florida home, where her villa neighbours will finally be able to dial down the pool's temperature. Dorothy's crocheted afghans scatter homes of many friends and families. And bowling? She earned Little Bowl's Ladies' League House high triple score of 962 in 1992. At Dorothy's request, there will be no funeral home visitation or service; however, a Celebration of Life will be held from 1-4pm on Saturday, February 1st at the Goderich Columbus Hall, 390 Parsons Court, Goderich. Memorials or donations in her memory may be made to the Goderich Lions Club, PO Box 65, Goderich ON, N7A 3Y5 or email [lions@goderichlions.ca](mailto:lions@goderichlions.ca). Family and friends are welcome to sign the book of condolences at [mccallumpalla.ca](http://mccallumpalla.ca)

## OBITUARY



**ELEANOR JO-ANNE COOK**

It is with great sadness that the family announces the passing of Eleanor Jo-Anne Cook on January 12th, 2025. She leaves behind her brother Kenneth Cook and friend Val. Beloved Aunt to niece Amber Cook (Alberta); nephews Jada Hulley (Ontario), Traz Cook & Amy (Ontario), Dustin Cook & Sarah (Alberta), Chad Noble & Melanie (BC), and Chester (Ikey) Cook & Leah, and Blake (BC). Cherished great aunt to great nieces Charli Cook, Ava Baldwin, Lily Cook, Katherine Cook, Abigail Noble, Grace Noble, and Elisabeth Noble; and great-nephews Tayler Cook and Benjamin Cook. Eleanor will be missed by many cousins and friends. She is predeceased by her mother and father Freida and Delbert Cook and sister-in-law Serena Hulley/Cook. As well as many aunts, uncles, and cousins. There will be a celebration of life on March 8th, 2025, at the Goderich Legion from 1-4pm. In lieu of flowers, donations in Eleanor's honour can be directed to Diabetes Canada. Family and friends can sign the book of condolences at [mccallumpalla.ca](http://mccallumpalla.ca)

## WANTED

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

## FOR SALE

TREES: Shade trees, Fruit trees, Apple, Pears, Peaches, Plums, Sweet and Sour Cherries, Apricot, Nectarines, Blueberry, Haskopp, Black Chokeberry, Grapes etc.  
 Lots of Spruce, Pine, Cedars for windbreaks and privacy hedges, Sizes 1 to 6+. Flowering shrubs and much more.  
 Come check us out Mon-Sat 7:00am - 6:00pm  
 Martin's Nursery 42661 Orangehill Road Wroxeter (1 concession north of Wroxeter on Belmore Line)

## SUDOKU

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

## QUIZ ANSWERS

- Sean Combs
- Tessa Virtue and Scott Moir
- 1958
- Fat
- Massachusetts
- Jerusalem
- Nectar, Pollen
- True
- Crocodile
- 2004

## Fitness regimens for those 50+

MC – Fitness is an important component of overall wellness. Indeed, staying active has been linked to a number of noteworthy benefits, including decreased disease risk and improved mental health.

Routine exercise helps a person burn calories and maintain a healthy weight. Tufts Medicine says weight gain is common among aging individuals, with both men and women tending to put on weight in their mid-sections. Weight gain is a risk factor for diabetes and cardiovascular disease. Older adults may need to step up their fitness regimens to combat growing waistlines.

Staying active also can help with muscle and bone density, which can decline with age. The American Academy of Orthopaedic Surgeons says exercise is important for maintaining bone strength as the body ages. Strength-training exercises put stress on bones so they can make bones stronger.

Now that it is apparent why fitness is key during senior years, it's time to explore some routines that may be best for people age 50 and older.

### Yoga

Yoga is a low-impact practice that improves muscle strength, balance, mobility, and flexibility. All of these



factors are important for seniors. For those who find that conventional forms of yoga are too taxing on joints and bones, chair yoga is a lower-impact form of the exercise.

### Cycling

Riding a bike is a cardiovascular workout that offers a wide range of benefits. Most people find riding a bike is easy on the joints, and regular cycling can increase muscle strength and enhance flexibility. The pace and intensity of rides can be customized depending on riders' speed and the routes they ride.

### Pilates

Joseph Pilates developed an exercise routine that now bears his name in the early twentieth century. Pilates emphasizes core strength and stability, but works all the major muscle groups in the body. Since it is another low-impact exercise, it can be suitable for

people with joint issues.

### Body weight exercises

As individuals age, they may find that working with dumbbells, barbells or weight equipment at the gym is too taxing. Using body weight to build strength is a low-intensity option. Squats, wall push-ups, chair push-ups, and resistance bands can be used to build strength.

### Walking

Walking is an unsung hero in the fitness realm. According to Better Health Channel, just 30 minutes of walking every day can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance. Walking is low-impact and less taxing on joints than jogging or running.

Seniors have a host of options to stay active as they navigate their changing fitness needs.

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# COMING EVENTS

Email to inquire  
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## BLOOD DONATION EVENT

Thursday, January 23 from 1 p.m. until 7 p.m. at the Knights of Columbus Hall.

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

## FOR THOSE WHO HAVE LOST SOMEONE TO SUICIDE

On Thursday, January 23 and Thursday, January 30 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.

In this program, participants will share ideas and strategies on how to cope, learn how grief due to suicide is unique 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@huronhospice.ca](mailto:sally.brodie@huronhospice.ca) for event information.

## THE NEXT CHAPTER

On Wednesday, January 29 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.

## MAKE A MESS AT THE MUSEUM

On Saturday, January 25 from 1 p.m. until 4 p.m. at Huron County Museum in Goderich.

Drop in each Saturday afternoon for unstructured play for primary-aged and their families. Create without instructions, colour without lines, and play games without rules. Unstructured play encourages creativity, mixed age pay and independence. Included with regular admission or free when you show your Huron County Library card. Children five years old and under are free.

Free Wi-Fi and comfortable seating for parents. Nut-free snacks from home can be consumed in designated areas. No registration required. If not feeling well, please visit another time.

## THE NEXT CHAPTER

On Wednesday, January 29 from 1:30 p.m. until 3 p.m.

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

This eight-week group aids in supporting those on their grief journey, in a nurturing environment to help process grief. Admission is free.

Contact [sally.brodie@huronhospice.ca](mailto:sally.brodie@huronhospice.ca) for more information.

## GRIEF RECOVERY METHOD

On Wednesday, January 29 from 6:30 p.m. until 8:30 p.m.

The Grief Recovery Method aids in dispelling the myths of grief, such as time heals all wounds. This eight-week group teaches new tools to aid in processing grief. If you would like more information, or to register for this group, please contact Sally Brodie at 519-525-6331.

## OPEN HOUSE FOR MACKAY CHORISTERS

On Thursday, January 30 at Lakeshore United Church basement from 9:30 a.m. until 10:30 a.m.

Come and sing with the MacKay Choristers. Please enter the church by the south door to the elevator and basement. Refreshments will be available.

## HURON'S UNTOLD HISTORIES WEBINAR: SEARCHING FOR GREY TOWNSHIP'S BLACK PIONEERS

On Thursday, January 30 from 7 p.m. until 8 p.m. at Huron County Museum.

Learn about Huron County's Black settler families. The museum's Curator of Engagement and Dialogue Sinead Cox shares her continuing research into the James family's journey from the United States to Nova Scotia, to Ontario. Cox follows the James family's experiences as early settlers in Grey Township in the mid-19th century, and why the family may have left Huron County.

The presentation will be hosted online via Zoom. Register to receive your link to attend. Admission is free.

**Auburn & District Lions Club Valentine Breakfast**  
Auburn Memorial Community Hall  
**Sunday, February 9, 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  
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Eggs supplied by: Huron County Egg Farmers  
Proceeds for: Community Betterment

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GODERICH COLUMBUS CENTRE  
SATURDAY, JANUARY 25, 2025  
7:30 PM  
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**Deadline: Friday prior at 3 p.m.**  
**Contact: [info@goderichsun.com](mailto:info@goderichsun.com)**

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

- The Community Calendar is for non-profit organizations to promote their free admission events at no charge. Event listings can include your event name, date, time and location as well as a phone number, email address or website.
- If your event is not free admission or you would like to include more details than stated above, you have the following options:
  - Coming Events Word Ad in Classified section (50 word max.) - \$10 + hst
  - Coming Events Boxed Word Ad in Classified section (50 word max.) - \$15 + hst
  - Display Ad - Sizes begin at a classified business card size for \$35 + hst

# BUSINESS DIRECTORY

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For Better Mental Health

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# Sunsets of Goderich



A stunning, fiery sky to warm up these cold days in January. Taken on Picton Street looking west on January 18.

(ARIC BRINDLEY/COLBORNE LAKEVIEW PHOTOGRAPHY PHOTO)

**To submit photos of the sunset,  
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