



# Godrich Sun

VOLUME 2 • ISSUE 11

FEBRUARY 6, 2025

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## Why a 90-store farm retail chain is disappearing

BRIAN WILLIAMS

Local Journalism Initiative Reporter

Peavey Industries LP announced earlier this week it is closing its Peavey Mart stores nationwide. The company's sudden announcement raises the question: What is happening in the farm retail sector across the country?

Here are some things to know.

### PEAVEY DELIVERS BAD NEWS IN TWO STAGES:

After initially announcing it was closing 22 of its stores in Ontario and Nova Scotia, Peavey Mart announced on its X page earlier this week it is closing all 90 of its stores across Canada.

The farm retailer said it had obtained a creditor protection order and was closing stores after nearly 60 years of serving "predominately rural communities." The company closing store sales and liquidation would begin immediately.

### PEAVEY'S REASONS FOR CLOSING SHOP:

In its social media statement, the company attributed its decline and store closings to outside influences.

Peavey Mart stated the Canadian retail industry is "experiencing unprecedented challenges" such as "record low consumer confidence, inflationary pressures, rising operating costs and ongoing supply chain disruptions," creating significant obstacles for its operations.

In response to Peavey Mart's statement, an X user named Kim said, rather than blaming inflation and the government, the company should take responsibility for its "failures caused by fast expansion and poor decisions and management."

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Goderich U9 White with their silver medals. (Back row, L-R): Hudson Alton, Matheson Mc-Donald, Carson Postma, Ike Rogers, Jackson Menary, Adler Scholl, Dillon Snieder, Gus VandenHeuvel, Ethan Armstrong. (Front, L-R): Clark Spurdza, Mason Vanveen, Corbin Nivins, Marshall Morrissey, Ben Costello. (Bench staff): Darren Scholl and Stephen VandenHeuvel. See the story on page 13. (CONTRIBUTED PHOTO)

## Winterfest 2025 delivers a weekend full of excitement and fun

JENNA UJIJE

Town of Goderich

Get ready Goderich, Winterfest 2025 is coming February 14 until February 17 with an incredible schedule that will light up your weekend with fun and community spirit.

Experience the magic with 'Taylor's Story: An Unofficial Tribute to Taylor Swift' on Saturday, February 15 at the

Knights of Columbus Centre for a standout performance.

Let Shannon, our enchanting tribute artist, whisk you away from 3 p.m. until 5 p.m.

Tickets are \$20 and available online at [www.ticketscene.ca](http://www.ticketscene.ca)

This all-ages, non-alcoholic event welcomes families, but children under 13 must be accompanied by an adult.

Join in early as doors open at 2 p.m. for this thrilling experience.

CONTINUE TO PAGE 2



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# Winterfest 2025 delivers a weekend full of excitement

CONTINUED FROM FRONT

Create and connect at the Friendship Bracelet Making Workshop on Saturday, February 8 from 10:30 a.m. until 12:30 p.m. at the Goderich Library.

Inspired by Taylor Swift's Eras Tour and designed to complement 'Taylor's Story' these workshops are all about crafting connections.

Participants will gather to create and exchange handmade bracelets, symbolizing unity, friendship, and the joy of shared experiences during Winterfest.

Valentine's Day in Goderich promises a delightful range of activities to captivate your heart, beginning with the 35th Annual Heartwarming Luncheon between 11:30 a.m. and 1:30 p.m. at the Goderich Legion. This event is perfect for those looking to enjoy a warm meal in great company.

As the sun sets, the evening invites you to a charming Valentine's Dinner Dance featur-

ing live music by The Dave I Know from 6 p.m. to 10 p.m. at Paddy O'Neils, with proceeds supporting AMGH.

For those creative at heart, Cara's Paint Box hosts a Valentine Paint Night at 7 p.m. in the Legion's Lower Lounge.

As night deepens, the lively Valentine's After-Party kicks off at Joe Friday's with DJ Joe spinning tracks from 10 p.m. until 2 a.m.

Meanwhile, local favourite eating establishments such as Boston Pizza have generously offered to direct a portion of each salted caramel panookie purchase to Huron Hospice until February 17, while West Street Willy's offers a special Valentine's Day menu. Part II Bistro will offer double date celebrations featuring live music, and each establishment will offer exceptional dining experiences to fill your day with love, laughter, and lasting memories.

Embrace the enchantment of the Candlelight Walk this year with its new Saturday date and extended hours.

On Saturday, February 15, the Maitland Trail Association (MTA) will once again transform a portion of the stunning Maitland Woods into a mystical path full of flickering candlelight as part of Winterfest.

Wander through the 1.5-kilometre trail anytime between 6:30 p.m. to 8:30 p.m. with the trail closing at 9 p.m. This leisurely walk, taking approximately 45 minutes to 1 hour, will allow you to marvel at the natural beauty, enhanced by the gentle glow of candles.

Feel free to add your own candle lanterns (home-made or bought) along the trail for a personal touch to the magic.

Anyone eager to contribute can volunteer to light the trail and assist with the event by reaching out to Con Melady at 519-524-8730.

Keep an eye on the Maitland Trail Association and Goderich websites, along with local media, for more updates as we approach this magical Winterfest highlight.

Spice up your Saturday from 11 a.m. until 1:30 p.m. at Knox Presbyterian Church with the Rotary Chili Cook-Off on February 15. Indulge in a variety of unique chili offerings and vote for your favourite pot for only a \$5 donation.

Round out your Saturday with a lively Meat Draw at 5 p.m., featuring entertainment by Devon Drive Drifters until 9 p.m.

Bring friends for a night of fun and community spirit. Don't miss Sunday Bindo at the Legion on February 16 at 12 p.m.

Huron County Museum has a few activities, both online and in person. On February 15 from 1 p.m. until 4 p.m. join 'Make a Mess!' for unstructured indoor play for primary-aged children. From 2 p.m. until 3

p.m. join the virtual webinar on capital punishment, exploring Canada's history.

Visit the museum on February 17 from 10 a.m. until 4 p.m. for Family Day Open House themed Winter Carnival.

Maitland Recreation Centre (MRC) is offering indoor sports fun all weekend long. Celebrate health and community with an exciting lineup of events and activities sure to energize and entertain.

The Old Deckhands Tournament will run from February 14 until February 16.

Don't miss the Junior C Flyers hockey game on February 16 at 8 p.m.

Get your skates out for a free family skate sponsored by Goderich Kinsmen on February 17 from 10 a.m. until 12 p.m.

There are many group programs and classes offered at the YMCA on February 17 including Group Power at 9 a.m., Stretch and Strength at 10:15 a.m., Baby and Me at 11:15 a.m. and Cycle at 12:30 p.m.

Multiple community events will be hosted at the MRC as well, including a bouncy castle, family craft session, a scavenger hunt, and a Kinette sponsored swim.

Participants aged 10 and under must be directly supervised by a parent or guardian.

For more information and updates, stay tuned to the Town of Goderich's official channels and local media outlets.

Jenna Ujiye, *Tourism and Community Development Manager*



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## FEBRUARY EVENTS

February 6	Fun Darts - 7pm
February 8	Meat Draw - 5pm, Live Band - Macadam Road - 5-9pm
February 11	Ladies Auxiliary - General Meeting - 7pm
February 12	Cafe 109 - Wake Up Wednesday - "How United Way Is Helping Locally; Confronting The Myth Of Homelessness" With Michelle Millar, Community Development , United Way Perth-Huron - 9am, Jammer Night - 7pm
February 13	Fun Darts - 7pm
February 14	Community Living - Central Huron's 35th Annual Heartwarming Luncheon - 11am-4pm, Cribbage - 2pm
February 15	Meat Draw - 5pm, Live Band - Devon Drive Drifters - 5-9pm
February 16	NO BINGO due to Family Day holiday weekend
February 19	Cafe 109 - Wake Up Wednesday - "Take Better Photos With Your Phone" With Randy Carroll - 9am, Jammer Night - 7pm, Legion - Executive Meeting - 7:30pm
February 20	Fun Darts - 7pm
February 21	Karaoke - 7pm
February 22	Meat Draw - 5pm, Live Band - Country Junction - 5-9pm
February 25	Ladies Auxiliary - Executive Meeting - 5pm
February 26	Cafe 109 - Wake Up Wednesday - "Avoiding Banking Scams" With Tabitha Fisher From Libro Credit Union, Jammer Night - 7pm, Legion - Executive Meeting - 7:30pm
February 27	Fun Darts - 7pm

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**Cribbage Every Friday Afternoon 2 p.m.**

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## Rotary Club of Goderich fires up competition with annual chili cook-off

EZRA SILVERTON

*Rotary Club of Goderich*

The Rotary Club of Goderich is set to bring the heat once again with its annual Chili Cook-Off, a much-anticipated event that has been warming hearts, and taste buds, since 1993.

As part of Winterfest, this spirited competition invites local teams to showcase their best chili recipes, vying for the coveted fire extinguisher trophy and community bragging rights.

The Chili Cook-Off has a storied history, with its first recorded winners, the Court Jesters, taking home the trophy for three consecutive years.

Other early multiple-year champions included the Healthy Hearts Burners and the Royal Doultons.

More recently, the title has been passed around, with Harbour Hill Retirement Community claiming victory in both 2023 and 2024.

For years, the event took place outdoors around the Courthouse Square, where local merchants generously provided electrical outlets for competing teams.

Enthusiastic attendees braved the cold to sample the various chili creations. However, as health regulations evolved, the competition moved indoors, finding temporary homes at the Suncoast Mall and even

pairing with a mini book sale one year.

The COVID-19 pandemic forced a hiatus, but the Chili Cook-Off made a triumphant return in 2023 at the Memorial Arena.

Last year, the event relocated to the Goderich Legion, and this year it will be held at Knox Presbyterian Church, ensuring a warm and welcoming atmosphere for competitors and guests alike.

Each team creates a unique chili recipe and serves it to the tasting public, who vote for their top three favourites.

The results are tallied, and the winning team takes home the fire extinguisher trophy, a fitting prize for the hottest chili in town.

Attendees receive a cup, spoon, and bun for their tastings, with admission by cash donation.

Proceeds from this year's event will support Fishes and Loaves Goderich, a local meal program dedicated to helping those in need.

The Chili Cook-Off takes place on Knox Presbyterian Church on Saturday, February 15 from 11:30 a.m. to 1:30 p.m. To participate email [contact@goderichrotary.ca](mailto:contact@goderichrotary.ca)

Whether you're a competitor or simply a chili enthusiast, this is an event you won't want to miss. Come out and enjoy some delicious chili and support a great cause.

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CARE NAVIGATOR,

Maitland Valley Family Health Team



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# Editorial

## What's your response to Trump's tariffs?

STEWART GRANT

Publisher

During Justin Trudeau's address to the nation on Feb. 1 (which we have printed in its entirety on page 6), the Prime Minister spoke of the "many ways for you to do your part", from checking the labels at the supermarket and picking Canadian-made products, to electing to explore Canada for your next family vacation.

Ultimately, he asked Canadians to find "your own way to stand up for Canada," whatever that may be.

What will your response be to Trump's tariffs? How will you stand up for Canada?

Personally, I can tell you that I've had

a wonderful time in my life traveling the United States.

The young sports fan in me loved going to as many NHL arenas, baseball stadiums, and golf courses as I could get to. Later, as a parent, I have such great memories with our family of driving to Florida, enjoying the warm winters and visiting the Disney parks.

As an adult who loves travel in general with my wife, I've savoured the timeless beauty of Hawaii and revisited the ever-evolving cityscape of Las Vegas. With 39 of the 50 states checked off my bucket list, I always figured I'd see them all eventually.

Well, it won't be anytime soon that I'll be

stepping foot in the United States.

Today marks Day 494 of my American tourism boycott, which I began in 2023 during the U.S. Republican primary process. This was during a time when despite criminal indictments stacking up against Donald Trump, he remained largely uncontested to run for another term as American president.

Large portions of the American public, including friends of mine in Michigan, seemed unbothered with the idea of this low life returning to power, and this really bothered me because I knew that his return would lead to trouble for Canada.

I know that my absence from the United States doesn't mean much in the grand

scheme of things, but it is my own small way of standing up for what I believe in. My 2025 could have involved a night in Detroit to see Billy Joel, a golf getaway to Florida, and a wine tour of Napa Valley, but no thanks. I can't do it.

Our local grocery store posted on the weekend that they've ordered Maple Leaf stickers to help inform customers on which items on the shelves are Canadian made. For many of us, our actions at the cash register are the best way for us to collectively have our voice heard.

How will you stand up for Canada? Let me know at [stew@granthaven.com](mailto:stew@granthaven.com) and I'd love to post some of the responses in our next issue.

## Why a 90-store farm retail chain is disappearing

CONTINUED FROM FRONT

Replying to the user, Peavey Mart acknowledged it expanded quickly, purchasing TSC stores and ACE Canada just before the COVID-19 pandemic, and its growth coupled with a rapidly changing market dynamic led to the issues the company has faced in recent years.

### WHAT DOES A FARM RETAIL EXPERT SAY SHIFTING MARKET:

David Soberman, a marketing professor at University of Toronto's Rotman school of management, said Peavey Mart performed an important role in the farm retail sector, but noted a monumental shift to the online sphere for purchases.

A retailing and business-to-business expert, Soberman said the market shift has enabled farmers to order feed, supplies and other goods online, increasing the ease of purchases, usually at lower prices directly from manufacturers, putting "tremendous pressure on retailers."

Soberman said prices are lower for online retailers because those businesses don't have to maintain a network of stores like Peavey Mart, which can be costly.

"There's a fixed expense in terms of running those stores: keeping them up, paying for the staff and also for inventory," Soberman said.

Online retailers have centralized warehouses and while shipping costs may be higher, delivery has become more efficient, he said.

### SHOWROOMING:

"Showrooming" is how Soberman describes consumers visiting retail locations to view products, while purchasing them elsewhere. The benefit of farm retail stores like Peavey Mart is the consumer's ability to look, touch and understand a product before buying it, he said.

"One of the problems they have is that the farmers are under no obligation after looking at merchandise in the store to buy it," Soberman said. "There's very little friction stopping the farmer from going home and then making the order that she or he needs online."

Providing an example, Soberman said: "If the price at Peavey for something is \$662 and they're able to get it for \$590 online, you have to understand that the farmer is also trying to make ends meet."

### FUTURE OF FARM RETAIL:

Soberman said Peavey Mart is just one of many farm retailers, but there were similarities between that industry and others nationwide.

"We've seen a weaning down, for example, in the number of department stores in Canada," Soberman said. "You're going to see a similar sort of a thing in this sector as well."

With a shift to online sales, issues could arise for consumers, such as farmers in the market to purchase new equipment, he said. In the absence of retailers, it could become difficult for some consumers who live in smaller communities to test products.

"That's an interesting problem that I'm not sure what the solution will be," Soberman said. "If there are no retailers and there's new equipment, how will farmers get to see and examine that equipment?"

### PEAVEY MART STORES IN SOUTHWESTERN ONTARIO

- Leamington
- Essex County
- Chatham
- Strathroy
- St. Thomas
- London – Hyde Park, Dundas Street and Lambeth locations
- Tillsonburg
- Woodstock
- Stratford
- Simcoe
- Sarnia
- Goderich

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 **Goderich Sun**

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# Goderich Sun

## Guiding Principles

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4. A Newspaper should be a community effort (contribute to your local paper!)
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

# 'Oh My Goderich' top fundraising team in Canada for Coldest Night of the Year

KATHLEEN SMITH

Editor

As of February 3, members of 'Oh My Goderich' for the Coldest Night of the Year (CNOY) were in first place in all of Canada for fundraising efforts.

Mayor Trevor Bazinet who is part of 'Oh My Goderich' has encouraged residents of Goderich and surrounding areas on social media to continue their efforts.

"Wouldn't it be amazing if 'Oh My Goderich' finished first in all of Canada?" expressed Bazinet on social media.

As of February 3, to reach their target goal of \$30,000, 'Oh My Goderich' needs to raise just under \$4,000.

Other members of 'Oh My Goderich' include Councillor Randy Carroll, Councillor John Thompson, Deputy Mayor Leah Noel and Michaela Johnston, CEMC, Accessibility and Health and Safety Manager Town of Goderich.

'Oh My Goderich' is at 87 per cent of their fundraising goal with 17 days remaining until the event.

This year, Bazinet is not only walking in the CNOY event but has decided to take it further and spend the entire night of February 21 outside, from 7 p.m. until 7 a.m.

"I am doing this to have a better understanding of what it is like to be outside

looking for shelter and trying to survive the cold elements," explained Bazinet.

"I am also doing it to create more awareness and hope that people will make any amount of donation to help with hunger, homelessness, and mental health."

Spending 12 hours overnight in the cold, Bazinet hopes to learn and have a better understanding of what it is like and to do his part to advocate for the help that many need.

Funds raised during CNOY go to organizations whose commitment and work transforms lives, by financially supporting local services to support vulnerable families and individuals experiencing homelessness.

CNOY draws tens of thousands of Canadians out of the comfort and warmth of their home each year. Goderich will host participants of the annual walk on February 22.

This year the total fundraising goal in Goderich is to raise \$135,000. As of February 3, efforts are measured at 56 per cent of the goal, with \$76,574 raised.

With 183 walkers and 40 teams, those wishing to participate or contribute to the fundraising efforts have 17 days left to make a difference.

To donate to CNOY Goderich, or to register to participate, visit <https://cnoy.org/location/goderich>



Mayor Trevor Bazinet, part of 'Oh My Goderich' fundraising group encourages others to continue to get involved in CNOY. On the night of February 21, Bazinet will spend 12 hours outside in the cold to bring further awareness of the need of local resources and programs. (CONTRIBUTED PHOTO)

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# Transcript of Prime Minister Justin Trudeau's Feb. 1, 2025 address to the nation

*(Publisher's note: the hostile action taken by U.S. President Donald Trump to impose 25 per cent tariffs on Canada will have an impact on all communities within our country, therefore we have allocated space within this week's newspaper so that you may read the complete English transcript of our Prime Minister's Feb. 1, 2025 address to the nation where he delivered the Canadian response.)*

"Good evening. Today, the United States informed us they will be imposing a 25 per cent tariff on Canadian exports to the United States and 10 per cent on Canadian energy, a decision that, should they elect to proceed with, should take effect on Tuesday, Feb. 4.

Tonight, first I want to speak directly to Americans. Our closest friends and neighbors. This is a choice that, yes, will harm Canadians. But beyond that, it will have real consequences for you, the American people.

As I have consistently said, tariffs against Canada will put your jobs at risk, potentially shutting down American auto assembly plants and other manufacturing facilities.

They will raise costs for you, including food at the grocery stores and gas at the pump.

They will impede your access to an affordable supply of vital goods crucial for U.S. security, such as nickel, potash, uranium, steel and aluminum.

They will violate the free trade agreement that the president and I, along with our Mexican partner, negotiated and signed a few years ago. But it doesn't have to be this way.

As President John F. Kennedy said many years ago, geography has made us neighbors. History has made us friends, economics has made us partners, and necessity has made us allies.

That rang true for many decades prior to President Kennedy's time in office, and

in the decades since, from the beaches of Normandy to the mountains of the Korean Peninsula, from the fields of Flanders to the streets of Kandahar, we have fought and died alongside you during your darkest hours during the Iranian hostage crisis. Those 444 days, we worked around the clock from our embassy to get your innocent compatriots home.

During the summer of 2005, when Hurricane Katrina ravaged your great city of New Orleans, or mere weeks ago when we sent water bombers to tackle the wildfires in California. During the day, the world stood still, Sept. 11, 2001, when we provided refuge to stranded passengers and planes. We were always there, standing with you, grieving with you, the American people.

Together, we've built the most successful economic, military and security partnership the world has ever seen. A relationship that has been the envy of the world.

Yes, we've had our differences in the past, but we've always found a way to get past them. As I've said before, if President Trump wants to usher in a new golden age for the United States, the better path is to partner with Canada, not to punish us.

Canada has critical minerals, reliable and affordable energy, stable democratic institutions, shared values and the natural resources you need. Canada has the ingredients necessary to build a booming and secure partnership for the North American economy, and we stand at the ready to work together.

Let's take a moment to talk about our shared border. Our border is already safe and secure, but there's always, always more work to do. Less than one per cent of fentanyl, less than one per cent of illegal crossings into the United States come from Canada.

But hearing concerns from both Canadians and Americans, including the Ameri-

can president himself, we're taking action. We launched a \$1.3 billion border plan that is already showing results, because we, too, are devastated by the scourge that is fentanyl, a drug that has torn apart communities and caused so much pain and torment for countless families across Canada, just like in the United States.

A drug that we too want to see wiped from the face of this earth. A drug whose traffickers must be punished. As neighbors, we must work collaboratively to fix this.

Unfortunately, the actions taken today by the White House split us apart instead of bringing us together.

Tonight, I am announcing Canada will be responding to the U.S. trade action with 25 per cent tariffs against \$155 billion worth of American goods. This will include immediate tariffs on \$30 billion worth of goods as of Tuesday, followed by further tariffs on \$125 billion worth of American products in 21 days time to allow Canadian companies and supply chains to seek to find alternatives.

Like the American tariffs, our response will also be far reaching and include everyday items such as American beer, wine and bourbon, fruits and fruit juices, including orange juice, along with vegetables, perfume, clothing and shoes.

It'll include major consumer products like household appliances, furniture and sports equipment, and materials like lumber and plastics, along with much, much more.

And as part of our response, we are considering with the provinces and territories, several non-tariff measures, including some relating to critical minerals, energy procurement and other partnerships.

We will stand strong for Canada. We will stand strong to ensure our countries continue to be the best neighbors in the world.

With all that said, I also want to speak

directly to Canadians in this moment.

I'm sure many of you are anxious, but I want you to know we are all in this together. The Canadian government, Canadian businesses, Canadian organized labour, Canadian civil society, Canada's premiers, and tens of millions of Canadians from coast to coast to coast are aligned and united.

This is Team Canada at its best.

And now is also the time to choose Canada.

There are many ways for you to do your part. It might mean checking the labels at the supermarket and picking Canadian-made products. It might mean opting for Canadian rye over Kentucky bourbon, or forgoing Florida orange juice altogether. It might mean changing your summer vacation plans to stay here in Canada and explore the many national and provincial parks, historical sites and tourist destinations that our great country has to offer.

It might mean doing all of these things or finding your own way to stand up for Canada. In this moment, we must pull together because we love this country. We pride ourselves on braving the cold during the long winter months. We don't like to beat our chests, but we're always out there waving the maple leaf loudly and proudly to celebrate an Olympic gold medal.

Canada is home to bountiful resources, breathtaking beauty, and a proud people who've come from every corner of the globe to forge a nation with a unique identity worth embracing and celebrating. We don't pretend to be perfect, but Canada is the best country on earth.

There's nowhere else that I, in our 41 million strong family, would rather be.

And we will get through this challenge just as we've done countless times before together.

Thank you."

## Microsoft discontinues Windows 10 support

KATHLEEN SMITH

Editor

According to an announcement by Microsoft, the company will no longer offer support relating to the Windows 10 operating system. This will go into effect on October 14, 2025.

Users will have to upgrade to Windows 11, and it is strongly recommended that Windows 11 be installed and functional before the October deadline.

"When you upgrade your operating system, security patches are available to you to avoid problems going forward," explained Erik Peeters of Mi-

croAge Basics in Goderich.

"You always want to stay ahead of the 'bad guys' out there."

Businesses that rely on Microsoft 365 will need to have the Windows update, so their Word, Excel and PowerPoint software continues to perform properly without compromising reliability.

According to Peeters, Windows 11 software can be obtained online and installed at home, or through a local computer vendor.

It is recommended this update be done sooner rather than later, to avoid any issues that may arise.

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# Menesetung Bridge Association receives needed funding from local municipalities

KATHLEEN SMITH

Editor

The Menesetung Bridge Association (MBA) is grateful to both the Town of Goderich and the Township of Ashfield-Colborne-Wawanosh (ACW) for their generous contributions of \$50,000 each, to support the pier rehabilitation project.

The MBA would like to thank the Town of Goderich and the Township of ACW for their generous contributions of \$50,000 to the Menesetung Bridge

Pier Rehabilitation project.

Marian Lane and Donna Appavoo of the association received the donations last week.

"We are excited to have received this municipal support from both ends of the bridge," said Donna Appavoo.

"This support has also enabled us to secure matching funds from other donors."

Although more funds are needed, these donations bring the association close enough to the fundraising goal to be able to accept bids on the project to

go ahead in spring or summer 2025.

Furthermore, the association is expecting a substantial contribution from Trans Canada Trails (TCT) Network in the next few weeks.

Recently, a section of the Huron Beach Boardwalk of the G2G Trail was integrated into the network in June 2024.

By integrating into the TCT the G2G Rail Trail, which runs across the Menesetung Bridge and into ACW, the trail's recognition and accessibility will be enhanced, further promoting outdoor

recreation in Goderich.

TCT also offers various forms of support, including funding for trail maintenance and development.

This could help improve and maintain the trail infrastructure including the bridge, ensuring it remains accessible and safe for all users.

The MBA will keep the community updated when the association knows more about when the work will happen, and what that means for usage of the bridge and rail trail.



Receiving the \$50,000 donation from ACW is Donna Appavoo, pictured here with Mayor Glen McNeil.

(CONTRIBUTED PHOTOS)



Receiving the \$50,000 donation from the Town of Goderich is Donna Appavoo and Marian Lane of the Menesetung Bridge Association. (L-R): Councillor Allison Segeren, Donna Appavoo, Deputy Mayor Leah Noel, Mayor Trevor Bazinet, Councillor Liz Petrie, Marian Lane, Councillor John Thompson, and Councillor Randy Carroll.

## Huron County Police Reports

### Search warrant in Central Huron yields illegal drugs

An investigation conducted by Huron OPP resulted in the seizure of illegal drugs and offence-related property.

Criminal charges have been laid against two Central Huron residents.

An investigation initiated in December 2024 by members of the Huron County OPP Major Crime Unit led investigators to an address in Central Huron.

On Monday, January 20, a search warrant was executed on Albert Street in Clinton, which resulted in the seizure of illegal drugs and related property. Two individuals were arrested and charged.

A quantity of suspected cocaine and methamphetamine were seized. The total value of the illegal drugs seized is estimated at \$17,200.

A 61-year-old from Central Huron was charged with Trafficking in Firearm, Weapon, Device, or Ammunition, Possession for the Purpose of Trafficking – Cocaine, and Possession for the Purpose of Trafficking – Methamphetamine.

The accused was processed and later released from custody with a court date scheduled for February 24.

A 27-year-old from Central Huron was charged with Possession for the Purpose of Trafficking – Methamphetamine.

The accused was processed and released from custody with a court date scheduled for February 24.

### Assault investigation results in criminal charge

On January 18 members of the Huron OPP responded to a dispute in Bayfield. As a result, police learned the involved suspect had allegedly committed an assault on another person.

A 42-year-old from London was arrested and charged with Assault under the Criminal Code.

The accused was processed and later released from custody with a court date scheduled at the Ontario Court of Justice – Goderich on February 24.

### Search warrants result in drug trafficking charges

Two individuals are facing drug trafficking charges after search warrants were executed in Huron and Middlesex counties.

On January 14, members of the OPP and special teams executed search warrants at two locations – Victoria Street West in Exeter and William Street in Lucan.

The search warrants resulted in the seizure of just under \$44,000 worth of illicit drugs, including suspected cocaine and opioids.

Additionally, \$16,290 in Canadian currency, and \$170 in U.S. currency was seized.

Other offence-related property valued at approximately \$2,100 was seized as part of the investigation.

A 46-year-old from South Huron was charged under the Controlled Drugs and Substances Act with Possession of a Schedule I

substance for the purpose of Trafficking – Opioids.

The accused was processed and later released with a court appearance scheduled for February 24.

A 40-year-old from Lucan-Biddulph Township was charged with Possession of a Schedule I substance for the purpose of Trafficking – Cocaine.

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

### Warning: Fraudulent calls impersonating OPP, RCMP and anti-fraud centre

The Ontario Provincial Police (OPP) is warning the public about individuals using the OPP's non-emergency telephone number to legitimize fraudulent bank investigator scams.

Victims are misled into believing they must help catch a dishonest bank employee or resolve suspicious transactions by providing personal information or transferring funds.

The Royal Canadian Mounted Police (RCMP) and the Canadian Anti-Fraud Centre (CAFC) are also warning about ongoing phishing schemes, where those behind the scams claim to represent the RCMP.

The OPP has seen an increase in the spoofing of business, government and law enforcement telephone numbers, email addresses and websites.

Individuals engaged in these fraudulent

activities often impersonate financial institutions, claiming that unauthorized transactions have occurred on your account, or that your account has been compromised.

They pressure victims to provide personal information, transfer funds or assist in a fake investigation.

To appear credible, those behind the schemes may spoof phone numbers and emails to appear legitimate, or send emails with fake logos or fake contact information.

Do not trust caller ID.

Those behind the scam can spoof legitimate numbers to deceive you.

If you receive a suspicious call, hang up and verify the claims by contacting your bank or the organization directly.

Use a trusted number, such as the one on the back of your debit or credit card.

Avoid clicking on links in unsolicited messages and never share authentication codes.

Do not allow anyone remote access to your computer under any circumstances.

Legitimate organizations will never request you to transfer funds for security reasons and will never ask for your bank card or visit your home to collect it.

Remember, the OPP's non-emergency number is for ingoing calls only. The OPP will never contact the public to demand cryptocurrency or funds in connection with money laundering or major criminal investigations.

The toll-free OPP number is 1-888-310-1122.



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# Huron Chamber of Commerce responds to Trump's trade war

KATHLEEN SMITH

Editor

In response to President Trump's recent decision to impose a 25 per cent tariff on Canadian imports, the Huron Chamber of Commerce is deeply concerned.

The Chamber released a response to this action, stating that it poses significant challenges for businesses and communities within Huron County and across Canada.

According to the Chamber, Canada has long been a reliable and integral trading partner to the United States, with goods worth \$3.6 billion crossing the border daily.

"Our economies are deeply intertwined, with supply chains that have been built over decades to benefit consumers and businesses on both sides of the border," wrote the Chamber.

"Disrupting this relationship through tariffs will inevitably lead to increased costs for families, communities, and enterprises."

The increased costs and potential barriers to the U.S. market threaten jobs and the economic well-being of the local economy and community.

"We stand in solidarity with the Canadian Chamber of Commerce, the Ontario Chamber of Commerce, and the Canadian Federation of Independent Business in advocating for the removal of these tariffs," added the Chamber in a press release from February 3.

"We urge the Canadian government to

take decisive action to protect our national interests and to support affected businesses and workers."

While 'buying Canadian' is an applauded effort to stand-up for Canada, the Chamber reiterates that local franchisees of American-owned companies are Canadian small business owners, employing hundreds of local workers.

Discouraging the purchase of U.S. goods or the trade with U.S. companies may have consequences for local businesses and their employees.

"In light of these external challenges, it is imperative that we strengthen our internal economy," stressed the Huron Chamber.

This could include dismantling inter-provincial trade barriers, which would spur economic growth and bolster Canada's resilience to external threats.

The Ontario Chamber has called on the country's premiers to take action to remove these barriers, emphasizing that eliminating them could add as much as \$200 billion to Canada's economy.

"We urge all levels of government to prioritize this initiative to help offset the negative impact of these international tariffs," added the Huron Chamber.

"Together, we can navigate these challenges and emerge stronger."

To help the Huron Chamber better understand the local impacts of the planned tariffs, a confidential survey is offered online.

Visit <https://huronchamber.ca> for more information.

## Gateway Lecture Series: The Urban Exodus

The question, "Why I moved out of the big city?" became a popular headline during the COVID-19 pandemic.

The closure of offices, schools, public parks, and restaurants led many to leave urban areas in favor of small towns and rural communities.

Even after schools, workplaces, and public facilities reopened, the rise of online work and telecommuting made it possible for many to make these moves permanent.

This urban migration has brought both opportunities and challenges to rural areas. While new economic innovators have settled in small towns, population growth has strained aging infrastructure.

To support the well-being of rural communities welcoming these new residents, thoughtful planning and development are essential.

Researchers from the University of Guelph's School of Environmental Design and Rural Development have been studying these changes in rural landscapes.

They shared their findings during Gate-

way Centre of Excellence in Rural Health (CERH)'s online webinar series on February 4. The webinar is titled "The Urban Exodus: Impacts of the COVID-19 Pandemic in Rural Ontario."

Featured speakers included Dr. Sara Epp, an Assistant Professor at the University of Guelph, specializing in social and agricultural planning in Southern and Northern Ontario, Natasha Gaudio-Harrison, a Certified Economic Developer and Economic Development Officer for the County of Huron, and Dr. Christopher Fullerton, Associate Professor of Geography and Tourism Studies at Brock University.

This webinar offered a comprehensive look at the impacts of urban migration from the perspectives of both long-time residents and newcomers from urban centers.

For more information, or to join future sessions in the series, please visit the Gateway CERH website: <https://www.gatewayruralhealth.ca/lectureseries>



# ONE CARE celebrates new seniors centre in Clinton

KATHLEEN SMITH

Editor

A new Seniors Active Living Centre (SALC) at the Betty Cardno Memorial Centre in Clinton has been established by ONE CARE Home and Community Support Services.

Funded by the Ministry of Seniors and Accessibility, this initiative aims to provide a vibrant community hub for seniors to help them stay active, independent, and engaged.

“Social isolation is a pressing issue for Ontario’s aging population, particularly in rural areas,” explained Stephanie Ellens-Clark, Executive Director at ONE CARE.

“This centre will provide vital opportunities for seniors to connect, learn, and thrive, while addressing gaps in services for caregivers and under-served populations, including new Canadians and individuals experiencing dementia, loneliness, and grief.”

The new centre aims to promote wellness, social interaction, inclusion, and education to meet diverse needs of seniors in Clinton, Central Huron and surrounding areas.

Programming at the centre is tailored to support physical and mental well-being, offering activities such as community meals and cooking classes, exercise programs, arts and culture events, health workshops, caregiver support groups and musical events.

With 26.6 per cent of Central Huron’s population aged 65 and older, well above the national average of 19 per cent, this new centre will address the needs of this growing demographic.



Dawson Hallahan, representing Huron-Bruce MPP Lisa Thompson presented a cheque to Shelley McPhee-Haist and Madison Stephenson (right).

(CONTRIBUTED PHOTO)

## Huron Chamber applauds Ontario’s new trade initiative

KATHLEEN SMITH

Editor

A bold, new initiative by the Ontario Chamber of Commerce (OCC) aims to address the challenges of rising global protectionism and the looming threat of U.S. tariffs.

The Ontario Business and Trade Leadership Coalition (OBTLC) will unite influential leaders from Ontario’s most trade-dependent sectors. This includes Bruce Power, which is a valued member of the Huron Chamber of Commerce (HCC).

The coalition aims to champion solutions to help protect and continue to grow Ontario’s economy.

“President Trump has claimed the U.S. doesn’t need Canada, but we are here to show just how invaluable we are,” remarked Daniel Tisch, President and CEO of the OCC.

“The OBTLC represents a united response, a coalition of industry leaders committed to resilience, collaboration, and growth.”

According to the Huron Chamber the OBTLC aims to equip businesses across the province with sector-specific tools and strategies to navigate today’s volatile trade environment.

The coalition seeks to mitigate risks, foster resilience, and maintain Ontario’s global competitiveness.

Members of the coalition include leaders from key in-

dustries such as manufacturing, agriculture, energy and transportation.

Among them is James Scongack, Bruce Power’s Chief Operating Officer and Executive Vice-President. Scongack reinforces the importance of Huron Chamber members in shaping provincial and international trade policies.

“The OBTLC couldn’t come at a more critical time,” admitted Colin Carmichael, Executive Director of the HCC.

As businesses in Huron County and across the province contend with the uncertainty of an extended trade war with the U.S., Carmichael stresses that this coalition represented the united strength of Ontario’s business community.

“Preparing for these challenges is not just necessary, it’s essential to securing long-term economic stability and growth,” added Carmichael.

According to the HCC the coalition’s commitment to action resonates strongly in Huron County, where trade-dependent sectors like agriculture, energy, and manufacturing are integral to the local economy.

Through collaboration with government, the coalition aims to deliver practical solutions to benefit both local communities and the province.

The HCC is keen on supporting this initiative, and to help ensure that Huron County’s voice is heard in the ongoing efforts to safeguard the province’s economic future.

## Weekend Quiz

By Jake Grant

1. What is the birthstone for February?
2. What does GDP stand for?
3. Who won album of the year at the 2025 Grammys?
4. What color is the brick road in Wizard of Oz?
5. Who is the Roman god of love, desire and attraction?
6. Did Warton Willie see his shadow on groundhog day?
7. Who wrote Pride and Prejudice?
8. What is the name of the largest mountain in Canada?
9. What do you call people born on Feb. 29th?
10. What year was marijuana legalized in Canada?

This week’s answers are found on pg. 23

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CALL 519-655-2341 OR EMAIL [INFO@GODERICH.SUN.COM](mailto:INFO@GODERICH.SUN.COM)

# Tariff war to impact local economy

KATHLEEN SMITH

Editor

In response to President Donald Trump's decision to impose unjustified tariffs on Canadian goods, the Government of Canada is moving forward with 25 per cent tariffs on \$155 billion worth of goods.

"Canada will not stand by as the U.S., our closest and most important trading partner, applies harmful and unjustified tariffs against us," said The Honourable Melanie Joly, Minister of Foreign Affairs.

"With these countermeasures, we are defending Canada's interests and are doing what is best for Canadians and our economy."

A tariff is a tax imposed by one country on goods and services imported from another country. Tariffs may result in increased prices for domestic consumers, which may make imported goods less appealing.

With tariffs imposed by the U.S., and Canada's retaliatory tariffs in place, international commerce will no doubt place pressure on the economy.

According to the Department of Finance Canada, these countermeasures have one goal: to protect and defend Canada's interests, consumers, workers, and businesses.

With a more liberalized or free trade agreement, such as with the North American Free Trade Agreement (NAFTA), this means lower barriers to trade, which

can benefit both the U.S. and Canada, by keeping lower prices and allowing international commerce to flow unimpeded.

Historically, tariffs have helped governments protect domestic industries from foreign competition. Today, tariffs are the most basic tool used by countries in a trade war.

"This first set of countermeasures is about protecting – and supporting – Canada's interests, workers, and industries," said The Honourable Dominic LeBlanc, Minister of Finance and Intergovernmental Affairs.

"These U.S. tariffs are plainly unjustified. They are detrimental to both American and Canadian families and businesses. Working with provincial, territorial and industry partners, our singular focus is to get them removed as quickly as possible. Until then, our response will be balanced and resolute."

The first phase of Canada's response includes tariffs on \$30 billion in goods imported from the United States (U.S.), effective February 4, when the U.S. tariffs are applied.

Goods on this list include orange juice, peanut butter, wine, spirits, beer, coffee, appliances, apparel, footwear, motorcycles, cosmetics, and pulp and paper.

Further tariffs will be made on other imported goods worth \$125 billion, including passenger vehicles and trucks, steel and aluminum products, certain fruits and vegetables, aerospace products,

beef, pork, dairy, trucks and buses, recreational vehicles, and recreational boats.

With this tariff war in place, the U.S. administration's decision to impose tariffs will undoubtedly have devastating consequences for the American economy and people.

Tariffs will disrupt production at U.S. auto assembly plants and oil refineries, raise costs for American consumers at gas pumps and grocery stores, and put prosperity at risk.

According to the federal government, Canada is the top customer for U.S. goods and services exports and a critical supplier of goods and services integral to the U.S. economy, with Canada buying more U.S. goods than China, Japan, France and the United Kingdom combined.

Canada is the largest export market for 36 states and is among the top three for 46 states, with 43 states exporting \$1 billion USD to Canada every year.

Millions of jobs on both sides of the border depend on this relationship, and millions will be affected.

Canada and the U.S. have been part of a free trading agreement since January 1, 1994, when NAFTA was signed by Prime Minister Brian Mulroney, Mexican President Carlos Salinas and U.S. President George H.W. Bush.

Over the last 31 years, NAFTA brought further economic growth and rising standards of living for people in all three countries.

NAFTA has set a valuable example of the benefits of trade liberalization for the rest of the world, as the world's largest free trade area.

Under NAFTA, tariffs on all covered goods traded between Canada and Mexico were eliminated in 2008.

Tariffs on covered goods traded between Canada and the U.S. became duty free on January 1, 1989, which was carried forward.

Over the last three decades, NAFTA has had an overwhelmingly positive effect on the Canadian economy and has been a success on a global level.

In 2016, NAFTA partners represented 28 per cent of the world's gross domestic product (GDP) with just less than 7 per cent of the world's population.

Since the implementation of NAFTA, the North American economy has expanded, with the combined GDP for Canada, the U.S. and Mexico reaching USD \$21.1 trillion in 2016.

According to federal statistics, Canada and the U.S. have one of the world's largest investment relationships with a bilateral investment stock totalling more than \$866.4 billion CAD in 2016.

"Canada and the U.S. are more than just trading partners," added LeBlanc.

"We are highly integrated economies – and this has greatly benefitted both of our countries, for more than 150 years. We want to preserve this relationship, but in the face of the unjustified U.S. tariffs against Canadian goods, we are taking action to protect our economy, our work-

ers and our businesses. We will always stand for Canada."

The United States-Mexico-Canada Agreement (USMCA) replaced NAFTA on July 1, 2020. This new agreement aimed to create a more balanced, reciprocal trade partnership and strengthen economic ties with the United States, Canada and Mexico.

It was the unjustified tariffs made by the Trump administration that quickly dissolved that partnership.

This trade war will be harmful to the U.S., to Canada, and to Mexico, and consequences will immediately impact the local economy.

According to Goderich Mayor Trevor Bazinet, the Town of Goderich will ensure its buying decisions prioritize Canadian products and services over American.

"We must work together to protect our local businesses and industries," said Bazinet in a post on social media.

"Whenever we have experienced difficult times in the Town of Goderich, we have always supported one another and our local businesses."

Bazinet explained that the Town of Goderich and its residents need to develop an action plan to support, promote, collaborate, and advocate for and with local businesses and industries.

"I'm not telling anyone that they must buy Canadian when they are making future purchases, but I am asking you to consider it," added Bazinet.

The Huron Chamber of Commerce is also deeply concerned about Trump's recent decision to impose tariffs on Canadian imports.

This action poses significant challenges for businesses and communities within Huron County.

"Disrupting this relationship through tariffs will inevitably lead to increased costs for families, communities, and enterprises," explained Colin Carmichael, Executive Director of Huron Chamber of Commerce.

"The increased costs and potential barriers to the U.S. market threaten jobs and the economic well-being of our community."

In Huron County, local businesses, especially those in agriculture and manufacturing are vulnerable to these tariffs, according to Carmichael.

Huron Chamber has already been alerted to layoffs at some local manufacturers due to reduced U.S. orders in anticipation of these tariffs.

"The people of Huron County have always demonstrated incredible resilience in the face of economic challenges," added Carmichael.

"We've seen time and time again how our community rallies to support local businesses, whether through supply chain disruptions, market shifts, or global uncertainties. While these tariffs present a serious challenge, I have no doubt that Huron County will once again come together to support our businesses and workers through these difficult times."

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# Recognizing World Wetlands Day

KATHLEEN SMITH

Editor

Ausable Bayfield Conservation, a local wetland expert, can provide links to funds and encourages residents to consider local wetland restoration. Wetlands provide water, soil and habitat benefits.

World Wetlands Day took place on February 2 and the theme for this year was 'Protecting wetlands for our common future', with a message to value, protect and inspire.

"It is amazing how fast the local dragonflies, turtles, frogs and birds move into the constructed wetlands, once the habitat is provided," explained Angela Van Niekirk, Wetlands Specialist with Ausable Bayfield Conservation Authority (ABCA).

Van Niekirk has also observed water being held on the land during storm events to the benefit of water quality and erosion control.

Since 2008, ABCA has helped more than 100 local landowners create more than 150 wetlands over 950 acres.

Phil McNamee, a local landowner partnered with ABCA to restore a wetland at Serenity Nature Reserve on Corbett Line next to the ABCA Mahon Tract last autumn.

This wetland was created in a 1.5-acre field and will provide benefits of water storage during flooding events and will help reduce sediment to the municipi-



A wetland in the winter.

(CONTRIBUTED PHOTO)

pal drain – Parkhill Creek and Lake Huron at Grand Bend.

As a result, this area will be a lively, emerging marsh providing habitat for many birds and other animals.

In late May ABCA will host public planting events to add 500 pollinator and wetland plants to the site.

Wetland projects have been possible with low or no costs to the landowners thanks to the support of funding partners.

If you believe your property could be enhanced by creating a wetland, contact ABCA for a site visit and find out about financial incentives.

"Staff make it easy for landowners to do these projects with little or no paperwork," added Van Niekirk.

World Wetlands Day has been celebrated since February 2, 1971, to celebrate the importance of wetlands to all living things.

For more information visit <https://www.abca.ca>

## Letters to the Editor

### Failure of leadership to address Neo-Nazism in Huron County

Dear Editor,

This is an open letter to MP Ben Lobb, MPP Lisa Thompson, and Warden Jamie Heffer:

On January 27, which is International Holocaust Remembrance Day, the world paused to remember the millions of lives stolen by the Nazi regime. It was a day to reflect on the consequences of unchecked hatred, discrimination, and violence.

This day serves as a solemn reminder of what happens when leaders and societies remain silent in the face of organized hate.

As readers are aware, last August, Huron County became a gathering ground for modern-day adherents of Hitler's ideology. Compounding this alarming presence, a local landowner installed homemade signs at the entrance to Goderich.

For nearly six months, these symbols of hatred have cast a shadow over our community.

All of you are aware of these facts. For the past 175 days, No Hate in Huron has repeatedly called on you to denounce Nazi, neo-Nazi, and white supremacist ide-

ologies, including the White Lives Matter movement.

Through our petitions, numerous correspondences, and media outreach, we have asked for nothing more than a clear and unequivocal condemnation of these forms of hate.

In the words of the great James Baldwin: "Not everything that is faced can be changed, but nothing can be changed until it is faced".

In response, you have consistently chosen deflection, and silence. Hate is not a partisan issue. Your inaction is not neutrality.

I believe you have turned your backs on the very communities you were elected to serve. You failed to speak out and you failed to act when Huron County became a platform for extreme ableism, antisemitism, bigotry, homophobia, misogyny, racism, transphobia and xenophobia.

What happens in Huron County matters, and we are all connected. Our rural and isolated geography must never be weaponised for hate to multiply.

With this letter, I formally end my efforts to persuade you to denounce the violent extremist ideologies of the Nazi regime and their modern-day proponents.

Calcium Chloride and washed it off me. There was no warning that it could be toxic. I have since learned it is used on country roads to keep dust down.

After a couple of days my heel began to hurt and hardened. My doctor tried to remove the lump in his office, without success. Then a surgeon removed it a few weeks later, and I had to return to the hospital for new dressings as my heel wouldn't stop bleeding days later.

At this point, I contacted those who oversaw the project. I was encouraged to send a photo of my heel to the construction company, which I did.

A representative sent it to the insurers and an insurance representative came to my house to get all the details. By this time, the road was finished so I had to explain all details. I kept all the correspondence with this person as he was eventually replaced by another representative.

I had to tell my story again even though he had the file. Weeks and months went by, back and forth, and finally I asked to speak to his boss.

In my naivety I had no idea there was a two-year limit to a claim. They strung me along until they told me the

After 175 days of waiting, the window for meaningful action has closed. I would view any shift in stance at this point with profound skepticism, perceiving it as driven by political expediency and cynical opportunism.

The violence ideologist you have refused to condemn are not abstract – they had led to campaigns of harassment, terror, violence, and genocide since the 1930s.

I believe you have failed to honour the safety and well-being of all constituents and have failed to uphold human rights and democratic values.

Although our petition did not compel you to act, as we enter early elections, may your silence on this topic be known to all.

Although I close this chapter of our advocacy, No Hate in Huron will continue to stand in solidarity with those who embrace diversity, inclusion, compassion and courage.

History will remember where you stood.

Sincerely,  
Patrick Corvyn  
Goderich

### Getting something off my chest

Dear Editor,

In August 2022 construction began to replace infrastructure on Lighthouse, Cobourg and Essex streets in Goderich. Our home is located at the dead end of Cobourg Street.

The construction company had closed off sections at a time to do their work so people could access their homes.

When they did the work outside our home, we were enclosed by a high wire fence and had to walk through our neighbours' front yards to get to our temporary parking at the look-out over the lake.

On August 19, 2022, my husband and I went out in our vehicle and when we got back the workmen had quit for the day and shiny white material had been spread across the open roads at the intersection.

We wondered what it was but walked across it anyway, as we had no alternative. I had open back sandals on at the time and had a Band-aid on my heel due to a small scrape.

Part way home, the backs of my legs began to sting and our next-door neighbour watering his plants told it was

end date was close.

At this point, I was referred to their head office in Edmonton. She said it was my own fault for walking through a closed construction site. I explained it was impossible and sent her photographs of the fencing. She still said I had done it, even when I told her I would have had to scale a high wire fence to get to my house.

I had a formal letter from them stating their reason for denying my claim, which I had not pursued in the first place, the company had. It was denied because I had walked through a construction site. Plus, the two years was up.

The phrase delay, deny, defend, coined by insurance companies, most certainly applies here.

I have no recourse unless I get a lawyer, and I am too anxious a person to get into a legal fight.

It was my New Year's Resolution to write this letter and get it off my chest.

Sincerely,  
Carol Henry  
Goderich

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## Flyers Struggle Through Tough Four-Game Stretch

COLIN CARMICHAEL

Sun Contributor

The Goderich Flyers faced a difficult slate of games over the past two weeks, playing four games against some of the top teams in the division.

Despite flashes of strong play, the Flyers were unable to secure a win, as inconsistency, defensive breakdowns, and a lack of offensive production proved costly.

The stretch featured a pair of close losses in Mount Forest and Wingham but also saw the team outmatched in lopsided de-

feats to Hanover and Fergus.

Special teams remained a struggle, with the Flyers going just 2-for-14 on the power play while allowing five power-play goals against. With a handful of games left in the season, the team will be looking to turn things around and finish strong.

### January 24: Late Goals Sink Flyers in 4-2 Loss to Mount Forest

The Flyers opened the weekend on the road against Mount Forest and held their own for much of the game. After falling behind early, Goderich responded with a first-period goal from Nate Bloemberg, assisted by Jared Houghton and Ryan McGee.

The teams traded goals in the second, with Leland Weber scoring on the power play to tie the game at 2-2.

However, Mount Forest capitalized late, scoring a power-play goal with two minutes remaining and adding an empty-netter to secure the win. Goaltender Tomas Brintnell had a strong performance despite the loss, making 49 saves on 52 shots.

### January 25: Hanover's Offense Overpowers Flyers in 7-2 Defeat

Goderich faced a relentless Hanover attack and was overwhelmed in a 7-2 loss at home. The Barons scored four goals in the opening period and never looked back, finishing the night with 53 shots on goal.

Ayden Hakkers got the Flyers on the board in the second period with his fourth goal of the season, assisted by Ryan McGee, while Kingston Powell (AP) added another later in the frame.

The Flyers struggled to contain Hanover's speed and puck movement, surrendering three power-play goals. Christian DeJong started in net but was pulled midway through the second period, with Brintnell coming in to finish the game.



The Junior Flyers struggle through their latest stretch of games.

(ARIC BRINDLEY PHOTO)

### February 1: Flyers' Late Push Falls Short in 8-5 Loss to Wingham

In a game that saw plenty of offense, the Flyers put together a strong second half but couldn't recover from a slow start.

Wingham stormed out to a 5-0 lead in the first period, forcing an early goaltending change as Brintnell was replaced by DeJong.

Goderich finally got on the board in the second period with goals from Powell and Hakkers, and the Flyers clawed their way back into the game with three third-period goals from Kaeden MacDonald, Bloemberg (on the power play), and Houghton.

Despite closing the gap to 7-5, the Flyers couldn't find the equalizer, and Wingham sealed the game with an empty-net goal.

### February 2: Flyers Shut Out in 5-0 Loss to Fergus

The Flyers wrapped up the stretch with a rough outing in Fergus, where they struggled to generate offense and were shut out 5-0.

Despite keeping the game scoreless through the first period, Goderich gave up

two goals in the second and three more in the third.

Fergus controlled play throughout, outshooting the Flyers 45-19. Christian DeJong faced heavy pressure in net, making 40 saves.

The Flyers had four power-play opportunities but couldn't capitalize, marking another frustrating night for the special team's unit.

Upcoming Games:

- **Sunday, February 9** – Goderich @ Walkerton – Walkerton Community Centre – 2:30 p.m.

- **Friday, February 14** – Goderich @ Wingham – North Huron Westcast Community Centre – 8 p.m.

- **Sunday, February 16** – Hanover @ Goderich – Goderich MRC – 8 p.m.

- **Monday, February 17** – Goderich @ Kincardine – Davidson Centre – 2 p.m.

With only a handful of games left in the regular season, the Flyers will need to find consistency and improve their execution in key moments. The upcoming road-heavy schedule will test their resilience.

### GODERICH JUNIOR FLYERS 2024-25 Player Statistics (through February 3, 2025)

PLAYER	POS	GP	G	A	PTS
Nate Bloemberg	F	32	13	12	25
Kaeden MacDonald	F	37	11	11	22
Ryan McGee	F	38	7	14	21
Kingston Powell (AP)	F	19	11	6	17
Leland Weber	F	37	7	10	17
Carson Stutzman	F	26	6	10	16
Jack Stecho	D	28	1	15	16
Jared Houghton	F	37	5	9	14
Sawyer Olmstead	F	35	4	9	13
Trent Carter	F	20	6	5	11
Ayden Hakkers	F	18	5	6	11
Jackson Andrews	F	24	3	8	11
Austin Waite	D	29	3	7	10
Jeremy Hamilton	D	37	3	7	10
Iain MacIsaac	F	16	3	4	7
Kyle Smeltzer	F	34	1	6	7
Brett Harrogate	F	24	4	1	5
Kaden Powell	F	27	2	2	4
Aidan Terpstra	F	33	2	2	4
Rowan Alexander	D	26	0	2	2
Mitchell Hodges	D	34	0	2	2
Cooper Gaul	D	6	1	0	1
Logan Ferreira	D	3	0	1	1
Jace McMichael	F	7	0	1	1
Carson Bromley	D	27	0	1	1
Logan Karges (AP)	D	2	0	0	0
Damon Murray (AP)	F	2	0	0	0
Preston Robinson (AP)	F	2	0	0	0
Kai Wick (AP)	D	5	0	0	0
Riley Good	D	5	0	0	0
Austin Aldrich	F	24	0	0	0
Nathan Arnold	D	36	0	0	0

PLAYER	RECORD	GAA	SV%
Christian DeJong	1-15-1-0	5.08	.880
Tomas Brintnell	1-4-0-0	5.73	.870

### PROVINCIAL JUNIOR HOCKEY LEAGUE NORTH POLLOCK DIVISION

(Regular season standings through February 3, 2025)

	GP	W	L	OTL	T	SOW	SOL	OTW	GF	GA	DIFF	PTS
Hanover Barons	37	31	3	2	0	0	1	3	167	83	84	65
Mount Forest Patriots	39	29	7	3	0	3	0	1	156	104	52	61
Fergus Whalers	36	25	7	3	0	0	1	5	155	96	59	54
Kincardine Bulldogs	38	20	15	3	0	2	0	5	137	150	-13	43
Wingham Ironmen	37	18	16	3	0	0	0	2	133	138	-5	39
Mitchell Hawks	37	12	21	2	0	1	2	2	116	152	-36	28
Walkerton Capitals	38	9	27	2	0	1	0	1	106	159	-53	20
<b>Goderich Flyers</b>	<b>38</b>	<b>6</b>	<b>28</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>3</b>	<b>0</b>	<b>92</b>	<b>180</b>	<b>-88</b>	<b>16</b>

# Success away from home for Goderich Sailors U9 White and U11 Rep

TARA CORRIVEAU

*Goderich Minor Hockey*

After winning the Regional Silver Stick Tournament in Wingham on December 1, Goderich Minor Hockey's U11 Rep team earned a spot at the International Silver Stick Championship in Forest, on the weekend of January 24.

The theme of founding concept of the Silver Stick tournament is to demonstrate citizenship and international goodwill through hockey and is a long-standing prestigious tournament.

The Sailors faced some tough competition and squared up against teams from Dresden, Campbellford, Kent and event a team all the way from Ohio.

As part of the opening ceremonies, the participants were able to exchange organization and community pins with players from other teams.

Goderich Sailors are grateful to the Town of Goderich for providing pins for the U11 rep team to trade.

Despite not bringing home the championship banner, these players all demonstrated great teamwork and winning attitudes.

The Sailors represented Goderich Minor Hockey and the Town of Goderich with pride.

It was a memorable weekend and a wonderful opportunity for the players to compete at the international level.

In additional Sailors' news, the U9 White team came home with the silver medal from the Bradford Blue and Gold Classic Tournament the weekend of January 24.

The team battled hard all weekend and faced some of the strongest teams they have come across this season.

After two wins and only one loss in round robin play, the U9 White team advanced to the semi-finals.

Securing the win in the semis, they headed to the championship game versus the South Muskoka Bears.



Goderich U11 Rep attend Tier 2 International Silver Stick Tournament. (Back row, L-R): Maitland Harp, Issac Armstrong, Callen Regier, Ryan McBride, Griffin Denomme, Matthew Evans, and Blake Snieder. (Second row, L-R): Reece Carver, Finley Padfield, Bryce Woods, Forrest Nuhn, Ivor Shelton, Max Brown and Nixon Gillard. (Front): Edwyn Garrick. (Bench staff): Kevin Snieder, Nic Armstrong and Matt Woods. (CONTRIBUTED PHOTO)

Unfortunately, the Sailors came up a little short and took home the silver medal, after a tough loss with a final score of 4-3.

It was a great weekend of hockey and an outstanding

team effort by all the players.

Goderich Minor Hockey congratulates the U9 White Sailors on their hard-earned silver medal.

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FORMER NHL STARS

# A cookbook for clients of local food banks

MELODY POUNDER

Sun Contributor

In 2024, Bayfield resident Sam Robinson won a Youth in Action grant, sponsored by United Way Perth Huron (UWPH) to create a microscope lending program through the Huron County Library.

This year, Robinson has been approved for a Supporting Local Youth Program (SLYP) grant offered by the Huron County Economic Department for a new project.

“I was volunteering at the local food bank and had an idea to make a cookbook for their clients with tips and tricks on how to use unusual items they find at the food bank, how to save money at the supermarket, create healthy meals, stretch their food budget, and reduce food waste,” explained Robinson.

The SLYP grant will allow youth the opportunity to make this cookbook a reality. Robinson’s plan is to make this cookbook available for the public to purchase as well as making it available to clients at the local food banks for free.

For every cookbook purchased \$20-25) an additional cookbook will be donated to clients at food banks across Huron Coun-

ty. It is Robinson’s goal to provide 200 cookbooks to the area food banks.

The youth is hoping that the cookbook will provide people with the knowledge to create healthy and delicious meals using cheap ingredients, but he needs the support of the community to make it happen.

Robinson is currently inviting area residents to share their best recipes that fit the project criteria to be included in the cookbook.

He is hopeful to have the cookbook launch in March and at the event Robinson would like to hold a cooking contest for students and young adults.

Robinson will be looking for teams of two to four to put their cooking skills to the test for a chance to win prizes. He is also in need of chefs to act as judges on the day of the launch.

For more information and to submit a recipe please visit [clevercooksguidecookbook.wordpress.com](http://clevercooksguidecookbook.wordpress.com)

To purchase a cookbook in advance or to make a donation, to register for the cooking contest or volunteer to be a judge please email [huroncommunitycookbook@gmail.com](mailto:huroncommunitycookbook@gmail.com)

# Celebrate with us as we hear the stories of women from the Cook Islands

COLLEEN MCGREGOR

Goderich Committee

World Day of Prayer is an international, Christian unity movement which enables us to hear the thoughts of women from all parts of the world: their hopes, concerns and prayers.

The preparation for the day is vast, the service begins with choosing the writing country, which in 2025 is the Cook Islands.

Several years earlier the theme, “I Made You Wonderful” was chosen. Once the words and stories are written it goes to the WDP International Committee in New York for translation and distribution to the National Committee in each participating country.

The Day of Prayer is celebrated in over 120 countries. This year on March 7, 2025, as the day begins in the Pacific Ocean islands, Samoa region, the prayers will be in native languages.

The service travels throughout the world — through Asia, Africa, the Middle East, Europe and the Americas before finishing in American Samoa some 38 hours later. A worldwide wave of prayer...

The women in The Cook Islands welcome us and lead us for the Day of Prayer 2025. This group of 15 islands in the South Pacific Ocean has a rich and colourful Māori heritage and a deep connection to nature.

Join with us as we pray together and reflect on the theme ‘I made you wonderful’. The scripture base is Psalm 139 – verses 1-18.

The closest in-person service will be hosted by the Goderich World Day of Prayer committee. This year we are gathering at St. Peter’s Roman Catholic Church, 156 North Street, Goderich. The service is on Friday, March 7 and will begin at 2 p.m. Refreshments and a social time will follow. Everyone is welcome.

# Goderich Duplicate Bridge Club Results

On January 7 the club had six tables, directed by Rob McFarlane:

- 1st – Doug Elliott and John Archbold – 64.44%
- 2nd – Doug Russell and Sandy Chiurko – 61.85%
- 3rd – Bob Dick and Graham Yates – 57.41%
- 4th – Paul Spittal and Rob McFarlane – 52.96%
- 5th – Cal Scotchmer and Janet Bloch – 51.85%
- 6th – Mary Donnelly and Joan Lounsbury – 47.41%

6th – Joan Lounsbury and Mary Donnelly – 51.48%

On January 21 the club had five and half tables directed by Rob McFarlane:

- 1st – Mary Lapaine and Joan Lounsbury – 59.38%
- 2nd – Janet Bloch and Cal Scotchmer – 52.31%
- 3rd/4th – Bob Dick and Graham Yates with Marian Lane and Barb Howe – 52.08%
- 5th – Sandy Chiurko and Doug Russell – 51.39%

On January 14 the club had six tables, directed again by Rob McFarlane:

- 1st – Graham Yates and Bob Dick – 67.04%
- 2nd – Mary Lynne Telford and Paul Spittal – 58.89%
- 3rd – Greg Bowman and Michele Hansen – 55.19%
- 4th – Marian Lane and Barb Howe – 52.96%
- 5th – Brenda Blair and Pat Lewington – 52.22%

On January 28 the club had five tables directed by Rob McFarlane:

- 1st – Cal Scotchmer and Janet Bloch – 64.35%
- 2nd – Mary Donnelly and Joan Lounsbury – 55.56%
- 3rd – Marian Lane and Barb Howe – 54.17%
- 4th – Pat Lewington and Brenda Blair – 52.34%
- 5th – Mary Lynne Telford and Paul Spittal – 52.31%

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# The potential health benefits of pickleball

MC – Anyone who lives in close proximity to a pickleball court can no doubt attest to the popularity of the sport. According to the 2023 Topline Participation Report from the Sports & Fitness Industry Association, pickleball participation grew by 159 percent between 2019 and 2022. Such figures are a testament to the popularity of a sport that has reinvigorated millions of players' enthusiasm for physical activity and team sports.

The thrill of competition and the joy of social interaction undoubtedly have contributed to the popularity of pickleball, but those are not the only benefits to participating in this fast-growing sport. Indeed, there are many potential health benefits to pickleball as well.

- Pickleball provides a fun way to embrace physical activity. It's easy to lose interest in an exercise regimen characterized by time on a treadmill and traditional strength training in a gym setting. Though cardiovascular exercise and strength training are vital components of successful exercise regimens, it's important that individuals make their fitness routines enjoyable, which increases the likelihood that they will remain committed to less sedentary lifestyles. The SFIA report found that players deemed pickleball 150 percent more enjoyable than walking for 30 minutes.

- Pickleball provides social benefits that positively affect long-term health. According to Duke Recreation & Physical Education at Duke University, pickleball has earned a reputation as an inclusive, community-building activity. The socialization aspect of pickleball should

not be overlooked when discussing the health benefits of the sport. According to the Centers for Disease Control and Prevention, loneliness can increase a person's risk for mental health issues like depression and additional problems like heart disease, dementia and stroke. By engaging in social activities like pickleball, individuals can reduce their risk for loneliness, which can improve their overall quality of life and may lower their chances of developing potentially deadly health problems.

- Pickleball can lead to a healthier heart. A study from Apple that is examining the effects of pickleball participation on heart health has thus far found that playing pickleball helps players reach moderate to vigorous heart rate zones. Cardiologist and Harvard Medical School professor of medicine Dr. Calum MacRae notes that ample time in moderate heart rate zones has been found to improve cardiac fitness.

- Pickleball can benefit brain health. MacRae, one of the Apple study's lead investigators, notes that pickleball is one of various activities that also can improve memory and recall over time. The physical benefits of pickleball may not be lost on players, but some may be surprised to learn the sport offers cognitive health benefits as well. A 2023 study published in the journal *Frontiers in Psychology* found that pickleball participation led to significant improvements in personal well-being, life satisfaction and happiness.

Pickleball courts are packed, and players may or may not realize all they are gaining from participation in this wildly popular sport.



# Huron County Museum welcomes seminar on women's health

KATHLEEN SMITH

Editor

Breaking the silence on an important phase of life for women, Huron County Museum welcomes 'Navigating Menopause', a seminar on women's health.

Taking place on Thursday, March 13, this seminar aims to be an engaging and informative evening to help women learn how to thrive through menopause.

This ground-breaking seminar will include a multitude of exhibits and discussions to help women navigate this time in their lives.

A History of Menopause Exhibit will explore how women's health has been managed through history, and a brief seminar aims to bring an understanding on how midlife women's health has been viewed across cultures, and why it has not historically received adequate attention.

Kelly McIntosh, MGM of the Stratford Perth Museum will help discuss those topics and explain Huron County's role in this history.

Another seminar hosted by Judy Gardiner, Menopause Society Certified Provider aims to help women, their partners, and their healthcare providers understand perimenopause and menopause.

Additionally, Gardiner will discuss tips on how to advocate for oneself, how to navigate misinformation, and lifestyle, non-hormonal and menopause hormone therapy approaches to care, so women can thrive in the next half of life.

Following the exhibit and two seminars, there will also be an opportunity for a safe, information question and answer period. McIntosh and Gardiner will not provide medical advice.

The event will offer a cash bar by Cowbell Brewing Co., snacks, music, a curated book list on all things perimenopause and more.

Navigating Menopause on March 13 will run from 6:30 p.m. until 9:30 p.m. at the Huron County Museum. It is a ticketed event, at a cost of \$40 plus tax, or \$35 for Huron County Museum members.

Tickets can be purchased online at <https://tinyurl.com/y27mr2jt>

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# Trail Talk: Experience the healing power of nature

PATRICK CAPPER

Sun Contributor

It is very hard work breaking a new trail with all the snow we have been getting. That is one reason I have been out many times on the Hullett Sugar Bush trails.

Recently I have been packing the Maitland Trail going west from Sharpes Creek Line so now have another packed route. The Varna Taylor and Mavis trails were also well packed when we were out on January 30.

At the Clinton Conservation Area, despite the low flow of the river there was some overflow of the culverts, because many of them were plugged with debris. A mallard duck was swimming in a small patch of open water.

I was happy that Yanes have replaced my broken snowshoe for the cost of shipping (\$22.60). The replacement has some minor improvements on my older one.

On January 18 coming back from snow shoeing on Bishop's Road Area Trail, I saw two adult and two juvenile swans on the ice at Forster's Bridge on Sharpes Creek Line.

I reported this to Lampton Heritage Museum who informed me that perhaps 1,000 Tundra Swans stopped briefly in the area about December 16.

They also had a few Tundra Swans in the fields near Lampton Heritage Museum around New Year's Eve/New Year's Day. They had not seen or heard about any, since then but they could still be in the area. Some have been over-wintering around the Great Lakes the last few years. I could not tell from my photo whether they were trumpeter or tundra swans. Lampton Heritage museum report on the tundra swans migration every year. They are most often seen along Greenway Road.

They are usually seen for the first time in March but in 2012 the first sighting was



Hikers on the Mavis Trail Bridge on January 30.

(CONTRIBUTED PHOTOS)

on February 3 and in 2024 on February 7, which is usually a result of a mild winter.

Dale Matties, with a much better camera, took a great photo posted on the MTA Facebook page of three swans on January 24 near the Menesetung Bridge.

On January 24 on returning from a snowshoe at Hullett, I discovered a car stuck in the entrance to the lot.

The plough had cleared not only the lane but also part of the shoulder, so the car had sunk down on the passenger side on the soft shoulder. The participants were very grateful that I had a shovel.

With some digging and use of some coarse gravel we managed to get the car out. It is a good reminder that unless you

have a four-wheel drive vehicle it is advisable to carry a shovel in the vehicle in winter.

I also carry some coarse gravel which is often also useful. I had got stuck in the previous week when I went too far on the east side of Front Road, which also required digging out, some gravel and a push from a passing truck driver.

In the Toronto Star January 26 Insight section, there were summaries of studies that showed the various factors affecting life expectancy.

They suggest only 20-30 per cent is from heredity. Nutrition was a key factor; ultra processed foods should be avoided. Exercise is also an important factor and

following the Canadian 24-hour Movement guidelines for adults is recommended.

These are performing a variety of types and intensities of physical activities which include: moderate to vigorous aerobic physical activities for at least 150 minutes per week, muscle strengthening at least twice per week and several hours of light physical activities including standing.

Therefore, try to get out and hike, snowshoe, swim, or cycle for at least 2.5 hours per week, preferably in a natural environment and experience the healing power of nature.

There is also a recommendation to use a muscle strengthening exercise at least twice a week which I have had no trouble doing by shoveling snow from the driveway nearly every day.

## NOTES:

Hikers on any Maitland Trail outing are reminded to sign the 2025 online waiver, even if they signed the 2024 waiver.

**Saturday, February 15 at 10 a.m.** - Hike the Varna trails with the Bayfield River Valley Trail Association.

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

**Thursday, February 20 at 2 p.m.** - Hike a trail to raise funds for the Coldest Night of Year (CNOY) in support for the hurt, hungry and homeless in the area.

Leader Patrick capper at pcapper99@gmail.com. If you cannot hike on this day or on Saturday with another team, please sponsor a member of a team.

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

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



Bayfield River at Clinton Conservation Area on January 30.



Swans on the Maitland River.



# Invasive plant of the month

RENEE SANDELOWSKY

*Sun Contributor*

A native plant species is a species that has historically existed in a specific location. Native plants have evolved over time to survive in the soil and climate of their ecosystem.

Insects, birds and wildlife have evolved together with these native species to create robust and healthy ecosystems.

A non-native species is one that has been introduced either intentionally or accidentally to an area.

Many flowers, shrubs and trees in your garden may be non-native. They may not be harmful to the ecosystem, but they may not support as much diversity as native plants.

Invasive plant species are those non-native plants that cause harm to the environment, our economy and human health.

They crowd out native plants or change the chemistry of the soil, so no native plants can grow.

They create havoc for insects, birds and wildlife, who often cannot use invasive plants for food or shelter.

A 2008 report on invasive plant species in Canada shows that their annual impacts on agriculture, crops and forestry was approximately \$7.5 billion. That doesn't include costs to human health or the environment, and costs are rising rapidly.

Garden centres continue to sell invasive species and many of us knowingly plant them in our gardens.

As we learn more, we can begin to pull out our invasive plants (Burning Bush, Barberry, Periwinkle, Creeping Jenny) and replace them with native plants.

The Municipality of Bluewater is the first municipality in Ontario to pass a mo-



**Burning Bush is an invasive species that could be replaced by Northern Spicebush.**

(CONTRIBUTED PHOTO)

tion urging the federal government to reduce the threats posed by invasive species introduced through the ornamental/horticultural trades.

**Invasive species to focus on:**

**Burning Bush (*Euonymus alatus*)**

Burning Bush, also known as winged euonymus, was introduced to North America in the 1800s and was grown for its attractive growth form and vibrant bright red fall foliage.

Today, it is widely available in garden centres.

Many red berries are produced, which are consumed by wildlife and deposited elsewhere, enabling this shrub to naturalize outside intended areas.

This shrub is seen as an inferior source of food and habitat compared with similar sized native shrubs.

Burning Bush will thrive in a dry woodland setting, such as Pinery Provincial Park in Grand Bend, which is one of the reasons it has been found to take over from natives, even in deep shade.

Please don't plant this aggressive beau-

ty, and if you own a Burning Bush already and aren't willing to dig it up, try to get the berries off before the birds do.

Even cutting it back drastically in the autumn means fewer berries will end up in the wrong place.

**How to manage Burning Bush:**

Managing Burning Bush is challenging but achievable with persistence and a multi-step approach.

**Manual Removal** – Small bushes can be dug out by using a shovel, bush puller or weed wrench. If berries are still present on the branches, do not put this shrub in the municipal compost.

**Smothering** – Larger bushes can be cut to the ground and covered with a tarp to block sunlight.

**Herbicide Treatment** – Alternatively, larger bushes can be cut to the ground, followed immediately by herbicide treatment to prevent re-growth. Use herbicides only as a last resort, following local regulations to minimize environmental harm.

After removal, replant the area with regionally appropriate native plants.

This step is essential to prevent reinfestation and to restore ecosystem health.

Native plants will also attract pollinators and wildlife, improving biodiversity in your garden. A good choice would be Northern Spicebush (*Lindera Benzoin*).

Education is key to combating invasive plants. Learn to identify invasive species and choose native or non-invasive alternatives for your garden.

Focus on managing one or two invasive plants at a time and be patient.

For more information visit [www.ontarioinvasiveplants.ca/resources/grow-me-instead](http://www.ontarioinvasiveplants.ca/resources/grow-me-instead)

*Renee Sandelowsky from the Canadian Coalition for Invasive Plant Regulation*

## Affordable cooking book to help others during financial strain



AVERY BAKER-GREAVES

*Sun Contributor*

Many people are trying to stretch their dollar as far as they can at the grocery store lately. One such person trying to assist people in doing so is Bayfield-based youth Sam Robinson.

Recently the recipient of a Huron County Economic Department Local Youth Program

(SLYP) grant, Sam built a community-driven cookbook.

Residents from across Huron County are encouraged to submit their favourite recipe to this great initiative by dropping off their recipe to their local Huron County Library branch.

For every cookbook purchased, a copy will be donated to a local Huron County food bank. Until Sam's cookbook is released, here are some other great books to check out from Huron County Library.

**The Ultimate Meal Planning for One: 100+ Easy, Affordable, and Low-waste (high-taste!) Recipes Made Just for You by Kelly Jagers:** Meal planning for one can feel daunting especially if you want to avoid tons of leftovers and food waste while still making delicious single-serving meals.

The good news is that this book

is here to help with easy-to-use meal plans and over 100 recipes that are designed for meal planning for one.

**Cook More, Waste Less: Zero-waste Recipes to Use up Groceries, Tackle Food Scraps, and Transform Leftovers by Christine Tizzard:** This is a practical cookbook designed to help reduce food waste by offering flexible recipes and creative solutions for using leftovers.

With tips on turning food scraps into new meals, like making stock from bones or turning wilting veggies into pesto, it also provides ideas for non-meal uses such as pet treats and beauty treatments.

This cookbook encourages sustainable cooking with easy, everyday actions that benefit both the environment and your budget.

**Jamie's Food Revolution: Rediscover How to Cook Simple, Delicious, Affordable Meals by Jamie Oliver:** This cookbook simplifies beloved meals, breaking them down with clear instructions and step-by-step pictures, making cooking from scratch accessible for both beginners and experienced cooks.

Inspired by those who thought they could never cook, it encourages everyone to embrace home cooking as an essential skill for personal well-being and sharing with others, fostering a food revolution.

**The Affordable Feasts Collection: Budget-friendly Family Meals by Canadian Living:** The Affordable Feasts Collection offers budget-friendly recipes that turn everyday supermarket ingredients into delicious, satisfying meals.

With expert tips from The

Canadian Living Test Kitchen, it shows how to make the most of affordable staples like ground meat, beans, and root vegetables, creating flavourful dishes perfect for both everyday dinners and special occasions.

**Cook Once, Eat All Week: 26 Weeks of Gluten-free, Affordable Meal Prep to Preserve your Time and Sanity by Cassy Joy Garcia:** Cook Once, Eat All Week offers a meal prep strategy that allows you to create a week's worth of meals with minimal cooking time.

By preparing one protein and a few vegetables in bulk, you can transform them into diverse, delicious meals that cater to various dietary needs, from kid-friendly to Paleo, keto and more.

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

# Grey Matters: Embracing You!



ANNETTE GERDES,

Sun Contributor

for aging and embracing new beginnings. Finding warmth in connections, and celebrating the beauty of life's seasons is what we all strive for.

Let's not forget that March in Canada brings Maple Syrup Season! Just like the sap rising in the trees, we can find sweetness in life no matter our age. Whether it's a trip to a sugar bush, or a pancake breakfast with friends, this month invites us to savor the small joys that come with experience and age.

Aging is a fact of life, but somehow, myths about aging refuse to retire. Let's bust some of those myths, tackle ageism, and celebrate who we are and how we got to be. Whether it's having good genes or living a healthy lifestyle, or just plain luck we are all living longer.

Aging Means Becoming Frail:

While some physical changes are normal, frailty is not inevitable. Strength training, even at 80, keeps muscles strong. Any physical activity helps to maintain and increase bone density and keep you walking straight, and able to get up and down with ease.

**Memory Loss:** Forgetting where your keys are is normal, but forgetting what daily keys you use, and what you use them for, may not be. Brain health thrives on learning. Puzzles, crosswords, wordle, cards, even dancing increases and stimulates brain function and memory.

**Physical Changes:** Are common as we age, such as grey hair, laugh lines, and the need to wear reading glasses. Weight loss, confusion or sudden changes in mood are what needs to be

looked into, and might warrant a visit to the doctor.

**Embracing Your Age:** They say age is just a number, but genes do play a part. Do you have a 95-year-old aunt who still knits sweaters and solves crosswords? You might owe her a thank-you card for the longevity genes. But good habits like eating well, staying active, maintaining friendships, and keeping stress to a minimum are key factors to improving longevity.

**The Perks of Aging Nobody Talks About:** No more being asked to help friends move heavy furniture. No longer trying to prove oneself and being comfortable in one's own skin. Discount days at your favourite stores, strong lifelong friendships, clear priorities by learning to say no, enjoying your free time are just a few perks.

Enjoying your free time with fewer work obligations, being able to enjoy your financial savings, time to travel, bake or enjoy your favorite hobbies as well as being able to see your grandchildren grow up are a few more things to enjoy at this stage of life.

**Live Well & Age Proudly:** Wrinkles aren't something to hide, they're badges of honor from years of laughter, love and life's adventures, proof of a life well-lived. Wisdom, kindness and the best life stories are what makes us unique individuals with so much richness in experience to offer.

So, let's celebrate our age, this can be the most fulfilling chapter yet!

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

## Embracing sadness: A gateway to better mental health

TANYA MACINTYRE,  
RED ROOF RECOVERY

Sun Contributor

around the edge of a dark hole. I can peer into its depths, acknowledge its presence, but I keep enough distance to avoid being pulled into its vortex.

This metaphor is a reminder that we can observe our feelings without being overtaken by them.

This ability to step back and be the observer of my emotions is where cognitive therapies have been invaluable for me. One of the most powerful tools I've learned is what I call "turning the vortex into the cortex."

Cognitive therapies target the thinking brain, or cortex, to reshape how we process information. This process may sound complex, but at its core, it's about training the brain to think differently.

Through repeated practice, I've learned to disrupt patterns of rumination and challenge the thought loops that can lead to depression or anxiety.

**Practice, Practice, Practice**

Our brain has a remarkable ability to change and adapt through experience and repetitive actions. What we practice truly grows stronger.

Every time we engage in constructive thought patterns or mindfulness practices, we strengthen our neural networks. Over time, these pathways can enable us to respond to challenges with greater resilience. But this requires persistent and consistent practice.

**The Power of Mindfulness**

When we combine cognitive therapies with mindfulness, we create a powerful synergy. Mindfulness is the practice of paying attention to the present moment without judgement. It's a skill that helps us step out of the mental chatter and connect with the deeper layers of our being.

When we resist the urge to "assess, judge, or analyze," we can stay present and continue being the observer. This silent watcher

within us - our conscious presence - holds immense power.

Mindfulness invites us to reconnect with this power. But for most of us, this doesn't come naturally. We're wired to evaluate, judge, and analyze - to be human "doings" instead of human "beings."

This incessant mental activity can be exhausting. That's why carving out moments of stillness is essential. Even a simple practice, like focusing on your breath, can anchor you in the present.

**Turn a Path of Sadness into a Gateway for Growth**

Through these practices, I've learned that sadness isn't something to be feared or avoided. Instead, it's an opportunity to deepen my understanding of myself. By engaging in mindfulness practices and cognitive therapies, I've discovered how to turn moments of sadness into gateways for growth.

This journey isn't about eliminating difficult emotions but learning to navigate them with awareness & repetitive actions that train the brain to think differently. In doing so, we not only face the world again - but we also face ourselves, with compassion.

Would you like some help to build better habits and foster better mental health? I'd love to hear from you. Drop me a line at [info@redroofrecovery.com](mailto:info@redroofrecovery.com).

Let's connect and start your journey together. *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.*

# Worship With Us



  
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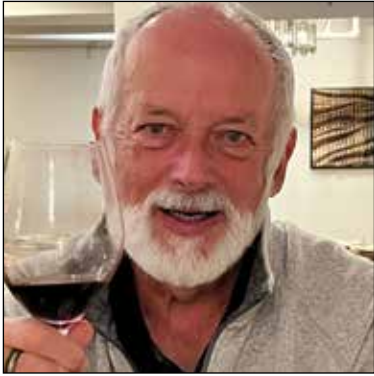
**Family Worship Service**  
 2nd and 3rd Sunday of the Month  
 2:00 pm  
 All other Sundays of the Year  
 8:30 am  
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**Sunday at 10:00 am**  
[Knox Presbyterian Church Goderich - YouTube](https://www.youtube.com/channel/UCknoxgoderich)  
 Worship materials available online  
[www.pccweb.ca/knox-goderich](http://www.pccweb.ca/knox-goderich)

# OH, THE PLACES WE'LL GO: Fox Harb'r growing beyond "great"



PAUL KNOWLES

*Sun Contributor*

One of the perks of my work as a member of the Golf Journalists Association of Canada is I occasionally get to play outstanding golf courses – courses that, if truth be told, are vastly more impressive than my golf game. But I always agree, show up with my clubs and usually allow the course to humiliate me, smiling all the way.

When I was planning our road trip down east last summer, a colleague in Nova Scotia wondered if we would like to play Fox Harb'r and spend a night or two there. I jumped at the chance. Fox Harb'r is one of Canada's premiere golf courses, built by Tim Hortons founder, the late Ron Joyce, and very recently voted Best Corporate Retreat in Atlantic Canada.

This is obviously much more than a golf course. Fox Harb'r offers luxurious accommodations, spa facilities, two restaurants, a private airstrip and more. We stayed in a beautiful suite with our second-floor balcony overlooking the course and, beyond it, the Northumberland Strait.

The course was in superb shape. Nine holes ran along the ocean and the other nine took us inland for parkland-style play. We enjoyed every minute and, for a change, a



(PAUL KNOWLES PHOTOS)

**Fox Harb'r's ocean-front golf course with the Northumberland Strait as the spectacular backdrop.**

world-class course did not beat me up! I finished very happy with my score and delighted by the dramatic views, especially on the ocean-side holes.

What we didn't realize was that our round was a unique opportunity to play a course that would cease to exist in that form at the end of the 2024 season. And that's because Fox Harb'r, already an award-winning destination, is upping the ante. What was already great is going beyond that description in virtually every aspect of the resort. It's all part of the celebration of Fox Harb'r's 25th anniversary.

Most dramatic are the developments around the golf course. After I received a news release about the changes, I called Kevin Toth, the genial president of Fox Harb'r, to get an update from the source.

Toth, shall we say, is excited. Re-

ally excited. We started by talking about the golf course itself, and that's when I learned the lovely course we had played would never be played again in that form.

That's because the hybrid layout of the course – half ocean-side, half parkland – is being converted through the creation of 18 additional holes.

The eventual outcome will be two very distinct courses – the ocean course and the vineyard course. Yes, Fox Harb'r has its own vineyard, producing unique wines.

Kevin told me the ocean course will be a cohesive, authentic, links-style course, appropriate to its seaside location. It has been created by famed course designers Doug Carrick and Tom McBroom. The vineyard course will be a gorgeous, heathland 18, he says.

This involves more than build-

ing 18 more holes, and the existing nine ocean holes are being reconstructed, changing most of the layouts and ensuring that links style is more than just a cliché. That means altering bunkers, fairways, landscaping, greens, the whole shebang.

The plan is to have both new 18s open for play by the spring of 2027. In the meantime, golfers will still be able to play a terrific 18-hole course – in fact, a different one each year as available nines are combined to allow golf fans to enjoy superb 18-hole layouts.

If that sounds confusing, the key is you'll be able to play Fox Harb'r any time in the next seasons, but avid golfers will want to mark spring 2027 on their calendars because that's when we will be able to play the 36 holes of two different, amazing courses at the resort.

Fox Harb'r innovations go beyond the fairways and greens. The resort has opened a new state-of-the-art fitness centre, and Kevin told me about the \$2-million renovation to the spa and wellness centre, including a new hydrotherapy studio. This is all scheduled to open May 8 of this year. The resort is also adding accommodations, building 18 new town homes.

Fox Harb'r is clearly a destination in its own right. There are a few nearby attractions – the quirky ocean-front town of Tatamagouche is less than half an hour away, as is Jost Winery, one of the finest among Nova Scotia's excellent wineries. But people come to Fox Harb'r for Fox Harb'r, and the number of staff employed by the resort says all you need to know about the service the resort offers. Kevin told me that in 2024, the destination employed 264 staff members. In the long term, he says Fox Harb'r will employ 325 people. The resort is building more accommodations for its staff and also, according to Kevin, strongly encouraging senior employees to permanently locate in this part of Nova Scotia. Fox Harb'r is not only committed to serving its guests, it's also committed to being a responsible corporate citizen in its community.

But most importantly for the dedicated golfer, Fox Harb'r is offering a unique opportunity to play a different course layout each year through 2027. That's when Fox Harb'r's vision will fully become a golfer's dream come to life.

*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 course additions and reconstruction will create an even more authentic links golfing experience.



Guests at Fox Harb'r can enjoy luxurious accommodations, right beside the golf course.

## OBITUARY

**ANNE CHAMBERS CHRISTOPHER SMITH**

December 29th, 1930- January 17th, 2025

Family and friends mourn the final glorious sunset for Anne Chambers Christopher Smith. Anne peacefully left us on January 17, 2025, with her daughter Camie Lee and her son John Christopher at her side. She lived her 94 years with grace, determination, humour, and a zest for life. Anne was born and raised in Baltimore, Maryland to Dr. John Chambers and Mrs. Margaret Chambers. She had a brother Dr. John Chambers and sister Mickey Chambers who moved to Santiago, Chile and married Mabo Strabucci and had five children. Anne traveled across the US and Europe with Mickey and visited her sister many times in Chile, including several cruises around South America. Anne graduated from Bryn Mawr College with a degree in English. She worked with an insurance company for several years. She met and married John Francis Christopher in 1955. They had three children, Carol Christopher Morehouse predeceased in 2019 (m Jim Morehouse, w daughters Laura (m Justin, son Cole) and Sarah (m Ryan Shenk.) Camie Christopher Lee (m Tom Lee, son Christopher and daughter Lizzie,) and John Christopher (m Kim Seelbrede.) In 1967, they moved to St. Louis, Missouri. Anne was active in and worked for the Junior League. Her husband, John Sr. left us too soon in 1985. With her children grown and living in different places, Anne moved back to Baltimore. Five years later, Anne met a special Canadian, Robert Smith, during vacations in Ft. Lauderdale. Bob and Anne married in 1993 and started a new life together in Goderich, Ontario. It didn't take long for Anne to establish close friends in a new country. She proudly became a dual citizen of both the USA and Canada. Anne was an energetic, witty companion. She was always curious, read continually throughout her life, and was willing to share a nugget of wisdom when given the opportunity. She loved to travel around the world, to sail, and would inspire helpful participation in any garden she touched. High on her list of priorities was enjoying a sunset cocktail or being engulfed by the sound of the Goderich Celtic Blue Highlanders piping down the sun at Rotary Cove Beach. She and Bob spent most winters in Ft. Lauderdale enjoying the sea gulls, beach, and swimming in the ocean. She passed along her love for the beach and its peaceful changing of the tides to her family. Her four cherished grandchildren Laura (& great grandma Cole,) Sarah, Chris, and Lizzie will remember her quick hands playing competitive solitaire, rounds of backyard croquet, book recommendations, her sharp mind quietly solving the morning crossword puzzle, and taking on Jeopardy. She was generous, and her home was always welcoming to visitors. Anne leaves deep friendships in Baltimore, St. Louis and Goderich. Her family is indebted to her "2nd family" and community of friends in Goderich who provided a solid support system for Anne for over 30 years and especially during the end of her life. We will miss her deeply. Thank you to all who supported and loved her on her grand journey! Per her wishes, there will not be a funeral service or celebration of life, cremation has taken place. Look for her in the sunrises above the oceans and sunsets above Lake Huron.

## OBITUARY

**BILL STAUTTENER**

It is with great sadness that we announce the passing of Bill Stauttener on January 8, 2025, at the Huron Hospice, surrounded by loved ones. Bill was 70 years old and was born on December 8, 1954 in The Hague, The Netherlands.

Bill loved life and he loved the outdoors. He has been a coach, a scout leader, a volunteer, and a mentor. Bill spent much time helping his children enjoy life, from coaching their many sports to taking them camping, canoeing, fishing, hiking, and many more fun activities. He took them bowling as well, a sport he enjoyed himself, and he also worked at setting bowling pins at a young age. Bill really loved canoeing. He started out with day trips and worked up to week-long adventures, covering many of the parks in Central Ontario and moved his way up to Northern Ontario. He especially enjoyed canoeing Woodland Caribou Provincial Park and the Nahanni River. He also became fond of paddle boarding.

Bill was a water/waste water operator in Goderich and retired in 2020. He planned to spend some of his retirement travelling in his new travel trailer. With that trailer he went glamping and travelled to Dawson City, enjoying the beautiful scenery and sights along the way. Bill loved to get on the water in his fishing boat. He could catch fish on Matinda Lake, but it seemed the fish in Lake Huron were always hiding.

Bill was a shining light to all who knew him and was always willing to lend a hand. He is survived by his wife Janice, son Jacob (Tina), and daughter April (Julie-Anne), brother Tony (Ruth), sister-in-law Frances (Wayne), Kathy (Nelson), Jean (Jim) and brother-in-law John (Cheryl) as well as many nieces and nephews. Predeceased by his parents Wilhelm and Johanna Stauttener and his sister Cathy Stauttener.

Bill was greatly loved and will be greatly missed by family and friends. His wish was to be cremated. Celebration of life will be held at the Royal Canadian Legion (Branch #109) at 56 Kingston Street, Goderich, ON. on April 5, 2025 from 1-4 pm.

In lieu of flowers it would be so greatly appreciated if donations in memory of Bill be directed to The Huron Hospice at 37857 Huron Road, Clinton, ON N0M 1L0, ([www.huronhospice.ca](http://www.huronhospice.ca)), directly or through Rutherford Cremation & Funeral Services 804 Ontario St. Stratford, ON. N5A 3K1. 519-271-5062.

## OBITUARY

**NOREEN VAILLANT DALY**

May 15, 1965 – January 28, 2025

It is with a heavy heart that we announce the sudden and unexpected passing of Noreen Vaillant-Daly. She was a light that brought smiles and joy to everyone she met. Always wanting to make sure everyone around her was happy and felt loved. Noreen had many passions throughout her life but her greatest triumph and pride was from her family.

Noreen is survived by her husband Mike Daly and daughters Sarah and Hayden, Vanessa, and son Robbie; mother Yvonne (Vaillant) Vesh; sister Janice and Rod Smith; nieces Katherine Bischoff, Kimberly Smith, and Kristine Smith; brother Dennis Vaillant; nephew Trae and Marisa Vaillant; niece Ella Rae Rusnak; sister-in-law Colleen and Paul Ramalheiro; nephews Eric Ramalheiro and Charlie, Will Ramalheiro. She was predeceased by her father Raymond Vaillant, sister Alice (Vaillant) Rusnak, and sister-in-law Shawn Vaillant. A Celebration of Noreen's Life will be held at 1 PM on Tuesday February 4, 2025 at McCallum & Palla Funeral Home, Goderich. Cremation has taken place. Colourful flowers are welcome or a donation to the Huron Women's shelter gratefully acknowledged. Friends may sign the book of condolences at [www.mccallumpalla.ca](http://www.mccallumpalla.ca)

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# Riddles

What did one lightbulb say to the other on Valentine's Day?  
"You light up my life!"

Why do skunks love Valentine's Day?  
Because they're scent-imental!

What did the stamp say to the envelope?  
"I'm stuck on you!"

What did one volcano say to the other?  
"I lava you!"

Why shouldn't you fall in love with a pastry chef?  
They'll dessert you!

How did the phone propose to his girlfriend?  
With a ring!

Why is Valentine's Day the best day for a flower?  
Because it's blooming with love!

What did the calculator say to the pencil?  
"You can always count on me!"

What do you call two birds in love?  
Twehearts!

Why do melons always get married?  
Because they cantaloupe!

# Sudoku

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

Solutions on page 23

## Featured Pets



### PICKLES, JERSEY, HENRI

Pickles (18 months), Jersey (5 months), Henri (5.5 years old)  
They are known as Our Girls. Our 3 little pig Pugs

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

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## Word Search

### JANUARY NEWS HIGHLIGHTS

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

- Trudeau resigns
- LA fires
- Gaza ceasefires
- Trump inauguration
- Canada
- Greenland
- Panama Canal
- Ford election call
- Kansas City Chiefs
- Philadelphia Eagles
- DeepSeek
- DC plane crash
- Tariffs

# COMING EVENTS

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

### For Those Who Have Lost Someone to Suicide

On Thursday, February 6, Thursday, February 13 and Thursday, February 20 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.

### Make a Mess at the Museum

On Saturday, February 8 and Saturday, February 15 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 play 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, February 12 and Wednesday, February 19 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 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.

### Grief Recovery Method

On Wednesday, February 12 and Wednesday, February 19 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.

### Webinar: Capital Punishment with Lorna Poplak

On Saturday, February 15 from 2 p.m. until 3 p.m., virtual.

Learn more about the history of capital punishment during this one-hour online presentation.

Author Lorna Poplak will discuss the history of the death penalty in Canada, including the inconstant ap-

# CLASSIFIEDS

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## WANTED

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# COMING EVENTS

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plication of the death sentence, the treatment of women, wrongful convictions, the difficult journey toward abolition, and the last two hangings at Toronto's notorious Don Jail.

Poplak will also speak to the stories of two inmates of the Huron Historic Gaol: the public execution of Nicholas Mellady and the egregious case against teenager Steven Truscott.

Registration required. Admission is free.

Contact Huron County Museum for more information.

### Candlelit Walk in the Maitland Woods

On Saturday, February 15 from 6:30 p.m. until 8:30 p.m. at the entrance by the Knights of Columbus Centre located at 390 Parsons Court.

The Maitland Trail Association (MTA) organizes this annual event as part of Winterfest.

A one and half kilometre portion of the trail is transformed by the flickering beauty of candlelight.

Participants welcome anytime between 6:30 p.m. and 8:30 p.m. Trail closes at 9 p.m.

This is a recreational trail; surface and boardwalk conditions vary according to snow or ice accumulations, or tree roots.

### Multilingual Movie Nights

On Thursday, February 20 from 6:45 p.m. until 9 p.m. at Huron County Museum.

Perfect Days (2023) is a Japanese movie rated PG, with a runtime of 124 minutes.

Praised as a masterpiece, this co-production between Germany and Japan chronicles everyday moments in the life of a public bathroom cleaner in Tokyo.

Multilingual Movie

Nights celebrate the many languages spoken in Huron County with a film and free refreshments.

All films screened in original language(s) with English subtitles.

Please pre-register on Eventbrite to RSVP.

Movie Nights are included with paying regular admission, and free for museum members, or free/by donation with your Huron County Library card.

### Educational Series: Heart Health

On Friday, February 21 at 2 p.m.

Join Rebecca Wright R.N. from Maitland Valley Family Health Team speak on heart health at Goderich Retirement Residence.

Identify and modify risk factors to improve heart health, including lifestyle changes, diet, stress, physical activity and smoking/alcohol.

RSVP by contacting Jennifer Puckett: 519-524-4243 ext. 224 or [salesgp@hurontel.on.ca](mailto:salesgp@hurontel.on.ca)

### Shrove Tuesday Pancake and Sausage Meal

On Tuesday, March 4 at St. George's Anglican Church.

From 11:30 a.m. until 1 p.m. and again from 4 p.m. until 6:30 p.m. at 87 Nelson Street in Goderich.

Proceeds go towards St. George's Outreach programs.

Tickets can be purchased at Fincher's, MacKay Centre or by calling 519-524-2274.

Cost is \$15 an adult, \$5 for youth, and children five years of age and under are free.



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

QUIZ ANSWERS									
1. Amethyst									
2. Gross Domestic Product									
3. Beyonce									
4. Yellow									
5. Cupid									
6. No									
7. Jane Austen									
8. Mount Logan, Yukon									
9. Leapers or leplings									
10. 2018									

## Goderich Sun

*"I know the paper is free, but can I get a subscription anyways?"*

Yes. We understand that some people might like the convenience of the Goderich Sun arriving at their home (located near or far) through Canada Post, so we do have subscriptions available for this purpose. The price for a subscription is \$53.33 + GST = \$56.00

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## Goderich Sun

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

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# Sunsets of Goderich



A view to remember, overlooking the lake at the end of Elgin Avenue on February 1.

(DONALD R. JEFFREY PHOTO)

**To submit photos of the sunset,  
email [kate@goderichsun.com](mailto:kate@goderichsun.com)**



## EXPERIENCE THE WINTER MAGIC!

JOIN US FEBRUARY 14 - 17, 2025 FOR EXCITEMENT, FUN, AND COMMUNITY SPIRIT AT GODERICH WINTERFEST!

- Fri, Feb 14 – Sun, Feb 16: **Old Deckhands Hockey** Tournament at Maitland Recreation Centre
- Fri, Feb 14, 11AM – 1:30PM: **35th Annual Heartwarming Luncheon** at Goderich Legion
- Fri, Feb 14, 6PM – 10PM: **Valentine's Dinner Dance** at Paddy O'Neils
- Fri, Feb 14, 7PM: **Valentine Paint Night** at Goderich Legion
- Fri, Feb 14, 10PM – 2AM: **Valentine's After-Party** at Joe Friday's
- Thu, Feb 14 – Mon, Feb 17: **Looking after Local** at Boston Pizza
- Fri, Feb 14: West St Willy's **Valentines Day Menu**
- Fri, Feb 14 – Sat, Feb 15: Part II Bistro – **Double Date Valentine's Days**
- Fri, Feb 14, 6PM-11PM: **Valentine's Day Soirée** at East Street Cider Co.
- Sat, Feb 15, 11AM – 1:30PM: **Rotary Chili Cook-off** at Knox Presbyterian Church
- Sat, Feb 15, 1PM – 4PM: **Make a Mess!** Indoor Play for Kids at Huron County Museum
- Sat, Feb 15, 2PM – 3PM: **Webinar: Capital Punishment with Lorna Poplak**
- Sat, Feb 15, 3PM – 5PM: **Taylor's Story: Tribute to Taylor Swift** at Knights of Columbus Centre
- Sat, Feb 15, 5PM – 9PM: **Legion Meat Draw & Entertainment** at Goderich Legion
- Sat, Feb 15, 6:30 PM – 8:30 PM: **Candlelight Walk** at Maitland Woods Trail
- Sun, Feb 16, 12PM: **Sunday Bingo** at Goderich Legion
- Sun, Feb 16, 8PM: **Jr C Flyers Hockey Game** at Maitland Recreation Centre
- Mon, Feb 17, 10AM – 4PM: **Family Day Open House – Winter Carnival** at Huron County Museum
- **Maitland Recreation Centre and YMCA Events**
- Mon, Feb 17, 10:00 AM – 12:00 PM: **Free Skate** – Sponsored by Goderich Kinsmen at Maitland Recreation Centre
- Mon, Feb 17
  - 9AM – 10AM: **Group Power**
  - 10:15 AM – 11AM: **Stretch and Strength**
  - 11:15 AM – 12PM: **Baby & Me**
  - 12:30PM – 1PM: **Cycling**
- 10:00 AM – 2:00 PM: **Community Events**
  - **Bouncy Castle, Family Craft, Scavenger Hunt**
- 10 AM - 12 PM - Goderich Kinette Sponsored Rec Swim



**FOR MORE INFORMATION VISIT: [WWW.EXPLOREGODERICH.CA/WINTERFEST/](http://WWW.EXPLOREGODERICH.CA/WINTERFEST/)**