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THURSDAY, FEBRUARY 6, 2025



LEE GRIFFI

Local Journalism Initiative Reporter

in Oxford riding

Khadijah Haliru is serving her first term as a councillor for the town of Ingersoll and has thrown her hat in the ring to serve as Oxford County's Member of Provincial Parliament.

Haliru described herself as a community leader and business owner in addition to her role as a member of council.

'Since immigrating to the USA in 2003 and Canada in 2006, I have worked to bring people together through business, local governance, or grassroots initiatives to create real opportunities for families and workers anywhere I am. Strong communities are built when people feel supported, their concerns are heard, and when leadership is focused on real solutions that improve everyday lives."

She has lived in smaller communities like Ann Arbor, Michigan, and Mission, BC, as well as major cities like Toronto, Brampton, and Vancouver.

"I've seen firsthand the disparities in funding, services, and opportunities. Rural areas and smaller towns often carry the burden of growth without receiving the same level of investment as bigger cities. This perspective allows me to recognize what's missing in our approach to development and advocate for solutions that ensure Oxford County gets its fair share. I believe in leadership that listens, takes action, and fights for real change that uplifts families, workers, and businesses alike.'

Haliru said her interest in politics comes from a belief that leadership is about standing up when it matters most.

Visit my website

Continued on page 3



(SHOW US YOUR WILMOT PHOTO)

Rose Marie Osborne recently snapped this stunning shot of the sun setting behind a local farm and shared it on the Show Us Your Wilmot

A sit down with Mayor Salonen

Local Journalism Initiative Reporter

No one would argue being a member of Wilmot Township Council is easy these days. Big-ticket issues like the vet to be passed budget sitting at a nearly 20 per cent increase, the township's poor finances, councillors filing complaints against others with the integrity commissioner and the controversial Prime Minister's Path have taken centre-stage. The issues have also led to downright angry ratepayers lobbying

criticism at a council made up entirely of rookie politicians.

Despite the negative press and difficult issues. Mayor Natasha Salonen said council is making progress on some files.

"A lot of things are happening behind the scenes in terms of policy work that might not be exciting front-page news, however, really exciting for good governance. Council has requested some reports from staff that were initiated by the previous council."

Salonen said one of those reports is a people plan, essentially a reorganizational

"Again, not a super-flashy front-page item, but very helpful in terms of being able to find efficiencies within the organization to make sure we are working in the best way possible from a corporate standpoint."

She added the township is also looking at ways to have policies in place to ensure reports to council are completed in a timely manner, something that came out of the current budget process.

"It allows us to fully understand an issue before decisions are made. It's exciting

Continued on page 2



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Wilmot Mayor Reflects on Challenges, Progress, and Criticism

Continued from page 1

foundational work we are putting in place to make sure our future is better set up and will put us in a better situation down the road. We are looking at an opportunity with this budget to implement the work needed to get back to good fiscal health."

Salonen is a young, female mayor, being elected at the young age of 27, something never seen before in Ontario. A lifelong resident of the township, she has an Honours BA in Human Sciences from the University of Oxford. Two and a half years into her mandate the Gazette asked her to reflect on being in the role to date.

"Certainly not what I anticipated, but that's not a bad thing. I think that could be true of everyone on council. I am very proud of the work we are doing and the fact we have been able to find gaps in our policies and now are setting up better governance going forward. I believe they will leave our municipality in a better place than we found it."

She added it wasn't the work she expected on election night but she is enjoying the opportunity to serve the community as its

Salonen and the rest of council have come under severe criticism from many members of the community and some infighting has occurred, particularly as a result of recent town halls held by councillors. She explained it is part of the job.

"Any public-facing job, you are going to



(WILMOT TOWNSHIP PHOTO)

Wilmot Mayor Natasha Salonen is pictured at the recent ROMA conference in Toronto with Steven Harrison, Executive Director at Tri-County Mennonite Homes

face criticism, fair or not. I also recognize this is the level of government closest to the people. Some of the criticisms I get, I have

no control over the decisions being made when it is, in fact, other levels of government responsible.

She added she is able to understand where residents are coming from and often the anger and frustration aren't with her as a person.

"I am certainly open to valid criticism because constructive criticism is the only way to grow, but I don't go on social media anymore, and I don't think I am worse off for it. I was anticipating it to a level, having worked in both federal and provincial

One wish Salonen does have is that her critics would stop and think and perhaps re-read something before hitting the send button or bothering to have a face-to-face conversation with her.

"That can be said for many things and any frontline staff person would appreciate that approach by people as well.'

As mentioned earlier in the story, but without naming any names, there does appear to be somewhat of a divide between members of council. While Salonen didn't address the subject directly, she did say disagreement is healthy.

"Every government should represent diversity in thought and if council is always voting the same way, there's probably a problem there and you're not having accurate representation. What I continue to expect from council is to respect each other and do the work to represent our constituents. That often will result in people having different views and votes."



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Ingersoll Councillor Launches Campaign for Oxford MPP

"Over the years, I've watched as critical services like education, healthcare, and social support, were eroded by funding cuts. I saw how my children's friends were affected when the first round of Ford's cuts hit education and disability programs. Families struggled to find adequate care for their children with special needs, while others had to make impossible choices between work and caregiving."

She said the pandemic resulted in the loss of nurses, doctors, and frontline staff because they were exhausted and unappreciated.

"Now, we face a healthcare system stretched too thin, with wait times growing and fewer professionals to rely on. Meanwhile, students who once dreamed of a better future have had to walk away from post-secondary education because they couldn't afford the costs, even when financial aid existed. A generation of young people was lost simply because they lacked access to opportunity."

There are four main issues in her campaign, starting with education and opportunities for youth.

"We need to restore funding to schools, invest in disability programs, and ensure post-secondary education is accessible to all. Every child deserves a fair shot at success, no matter their background or financial situation."

She added it is also time to properly invest in healthcare by retaining doctors and nurses, addressing burnout and expand healthcare access in rural communities like Oxford County. Building affordable and inclusive communities is also top of mind.

"Oxford is growing, but without smart housing solutions, proper childcare support, and job security, many families are struggling to keep up. We need bold action to ensure that our region remains a place where people can thrive."

Haliru added she wants to bring back real support for working families.

"That means investing in affordable childcare, especially for children with disabilities, so that parents aren't forced to choose between work and caregiving. It means ensuring healthcare workers get the wages and respect they deserve, so we don't lose more nurses and doctors. And it means making sure our schools have the resources to give every child a quality education."

The Echo also asked Haliru if there were any issues specific to local communities:

- Woodstock Expand housing options and improve public transportation. Ensure new developments include affordable housing options.
- Ingersoll Strengthen healthcare access and ensure infrastructure keeps pace with growth. Strengthen disability and social support programs for families who need them most.
- Tavistock Invest in rural infrastructure and make sure small communities aren't left behind. Address the unique needs of agricultural support.

"This election is about more than party loyalty. It's about choosing leadership that understands what families are going through. I encourage everyone, no matter their political background, to think about what kind of future we want for Oxford. Do we want to keep struggling with underfunded schools, an overstretched healthcare system, and a lack of real economic opportunity? Or do we want leadership that will fight for solutions that truly make a difference?"

She added voters can't afford four more years of Doug Ford.

"I believe we can do better. We need fresh Ideas. It's been 30 years since the last NDP government. The party has changed, the priorities have changed and the people have changed. I know we can build a stronger Oxford with current policies that will drive growth, where every person—no matter their background—has access to the services, education, and opportunities they need to succeed. I am ready to step up and fight for that vision."



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Learn about local history and culture at annual Heritage Day event

WILMOT-TAVISTOCK GAZETTE STAFF

Wilmot's unique history and culture will be on display on Saturday, Feb. 15 at the annual Heritage Day. The event runs from 10 a.m. to 2 p.m. at the New Dundee Community Centre.

This occasion has been running for more than three decades and presents an opportunity for residents and visitors to learn about local heritage. This year's theme is "Celebrating Wilmot's Families". The event will also commemorate the 175th anniversary of Wilmot Township.

Attendees can expect informative displays about the families that have shaped Wilmot's past and present. There will also be guest speakers discussing a range of topics related to this year's theme.

The first speaker, Kristen Hahn, will take the stage at 11 a.m. with a presentation titled "The Historic Buildings of New Hamburg:

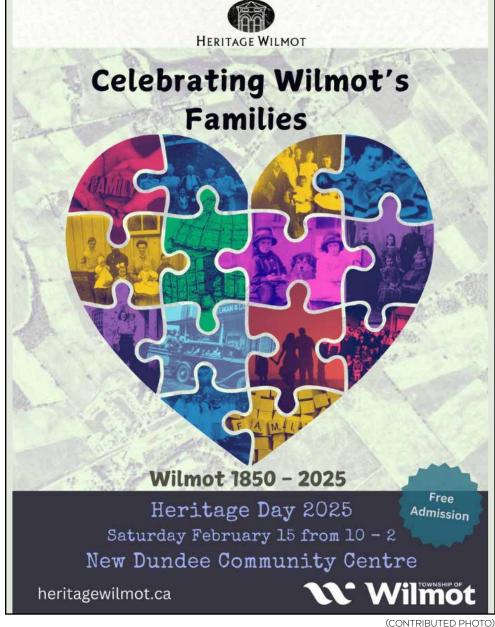
Writing the Genealogy of a Town." Hahn will chronicle Marie Voisin's journey from assessment roll research, to building family trees of the owners, to publishing their book. Another speaker will discuss the history of the Canadian flag.

A lunch prepared by the New Dundee Women's Institute will also be available for purchase.

This event is proudly organized by the Heritage Wilmot and Castle Advisory Committee, a volunteer group that advocates for the designation and conservation of properties with historic and cultural value. The committee also promotes heritage interests and works to preserve and pass on local history.

For more information about Heritage Wilmot and the Heritage Day event, visit www.heritagewilmot.ca. Questions about Heritage Day can be directed to Sherri Gropp at 519-634-8444, ext. 9259 or sherri.gropp@wilmot.ca.

CONTRIBUTE TO YOUR LOCAL PAPER! SEND US YOUR STORY IDEAS AND YOUR LETTERS TO THE EDITOR **TO GALEN SIMMONS AT GALEN@GRANTHAVEN.COM**



Wilmot Township's annual Heritage Day will take place on Feb. 15 at the New Dundee Community Centre

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Camp Alliwannado expands into Wellesley

LEE GRIFF

Local Journalism Initiative Reporter

What was once a summer camp for kids in Tavistock has announced plans to open up in a third municipality.

Camp Alliwannado and the Township of Wellesley have announced a new partnership, just a few years after the operation expanded into Ayr.

"We are excited to join forces with the Township of Wellesley. Our shared vision of nurturing the power of outdoor play and personal growth will create lasting memories for all participants," said Ash Baer, the camp's director of operations.

Camp Alliwannado will operate for six weeks at the Township of Wellesley Recreation Complex.

"The state-of-the-art facility offers a safe and enriching environment where young campers can learn, play, and grow. The camp features leadership development, outdoor adventures, creative arts, sports, and educational activities, each tailored to inspire and engage children at every age level," according to a joint press release.

Baer said growth is a part of the organization's vision.

"We are looking to go into more communities that need access to day camp and an outdoor experience in the summer. Wellesley was on our radar for a little while and we heard from the township recently that they wanted to get it going. After some strategic planning on both ends, we decided it was a good partnership and we moved ahead."

Founded over a decade ago in Tavistock by Annie Rowland, the camp has a history of fostering personal growth and community spirit.

"The partnership not only enhances summer camp opportunities but also creates over 25 jobs for local youth, contributing to the community's economic and social vitality," added the release.

"In partnership with Camp Alliwannado, The Township of Wellesley is thrilled to bring an exciting array of summer camps to the Township Recreation Complex for Summer 2025," explained township CAO Rik Louwagie. "This collaboration brings together the best of both worlds, creating memorable, enriching experiences for families and ensuring every child has the opportunity to learn, grow, and make lasting memories right here in our community."

The need for camps was originally identified from feedback gathered in the 2023 Recreation Master Plan. The Township discovered that a local childcare organization that previously offered summer

camps would no longer be offering camps in 2025.

"That news left a void in camps opening the opportunity for the township to bring summer camps to the township," Louwagie added. "The camp will take place mainly outdoors and utilize the park, soccer fields and trail at the complex. The arena floor at the Bill Gies Recreation Centre will also be available for campers as well as the gymnasium when not booked for other activities and events."

Baer and Rowland went to high school together at Waterloo Oxford. Baer was working at an overnight camp and the two talked about Rowland's idea to start a day camp in Tavistock over a decade ago.

"We connected and I supported her just by being in the same industry. I officially started full-time with her just this month. With the ability to expand and have Annie remain in her teaching role, I came on operationally to ensure as we grow from site to site the standard doesn't change and we can keep elevating the experience."

Finding daycare options, particularly in the summer, can be challenging in many smaller communities. Baer said they recognize that which is another reason they are looking to expand further. She added creating an affordable option for parents is also top of mind. "One priority for us is to maintain our fees. We know life is very expensive right now, we are all living through it. Camp is something needed for summer enjoyment but the reality is parents need somewhere for their kids to go. If they are going to go somewhere it should be a place of learning and where they can make connections and have outdoor summer fun."

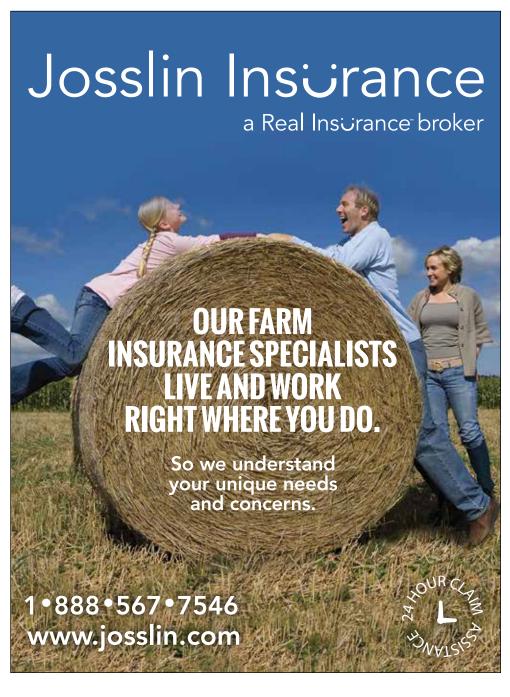
She adding they are very cautious about raising rates and at the same time are smart about the way programs are brought to life.

"We want to ensure people can afford camp and at the same time pay staff members a fair wage."

The camp said it will try to accommodate all registrants but each week will be capped at 60 participants. Online registration for the Wellesley dates opened Wednesday evening.

"Together, Camp Alliwannado and the Township of Wellesley are committed to providing affordable, local childcare that fosters a sense of adventure and creativity. Each week, campers will enjoy diverse themes, such as "Taylor Swift vs. Travis Kelce Week," "Movie Magic," and "Camp Curiosity," ensuring there is something for every interest," explained the release.

More information is available at www. campalliwannado.com.





Election priorities for farmers focus on protecting ability to grow food

SARA WOOD

Ontario Federation of Agriculture

It's election time in Ontario, and across the province, candidates have started meeting with voters and sharing their platforms. It's a great time for all of us to be involved in our democratic process - focusing on the issues that matter and learning what candidates would do about them if elected.

At the Ontario Federation of Agriculture, where I serve as a Vice President, we regularly meet with politicians from all political parties and all levels of government, not just during an election. It's part of our ongoing commitment to ensure that agricultural and rural needs and concerns are put in front of decision-makers.

During an election, however, the OFA puts a particular push on engaging with as they vie for votes on the campaign trail.

That's because agriculture isn't just a rural issue. As the largest contributor to the Ontario economy, a thriving agriculture sector helps keep communities, making investment in rural and agriculture an investment into food sovereignty and sustainable farm production.

Protecting our ability here at home to grow as much of our own food, fuel, fibre and flowers as possible is critically important, especially in the face of trade disruptions, geopolitical upheaval and the impacts of a changing climate on the world's food-producing regions.

To do so, we need strong farming businesses and a competitive, supportive economic and legislative environment that will let them be sustainable and profitable.

At OFA, we believe candidates must



A dairy farm in Ontario, where agriculture plays a crucial role in the province's economy. As election season unfolds, the Ontario Federation of Agriculture is urging candidates to

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Continued from page 6

best support food, farming and rural development in Ontario:

- Protecting farmland through responsible land-use planning
- Supporting the agricultural sector to secure Ontario's food supply
- Investing in rural infrastructure

Farmland preservation

Our farmland is the cornerstone that supports every major aspect of life in Ontario. For Ontario farmers to maintain supply and meet demand for local products, farmland needs to be protected, and urban sprawl contained. Agricultural land is a finite resource, making up less than five per cent of Ontario's land – when it is lost, it is lost forever.

Long-term land use planning must balance encouraging urban and industrial growth with protecting agricultural land to ensure we have the resources available to continue producing food for the future.

We are asking candidates to support:

- Protecting domestic food and farm production by preserving farmland through smart land use planning policy.
- Intensifying development in the existing urban footprint and distributing economic development province-wide.

Supporting local food and farming businesses

Buying local matters. Studies have shown that if every Ontario household spent an additional \$10 a week on local food and farm products, it would generate \$2.4 billion annually and create 10,000 new jobs. At the same time, farmers need government policy that supports production, reduces regulatory burdens, improves farm business' capacity to manage risk from challenges like climate change and market fluctuations, and helps address labour shortages in the sector.

We are asking candidates to support:

- Prioritizing local production to strengthen our control over the availability and safety of our food and protect against disruptions.
- Creating better programs and strategies to promote jobs and careers in the agri-food sector, and the education programs that feed those jobs.

Investing in rural Ontario's physical and social infrastructure

Infrastructure is an essential part of Ontario's economy and is critical to attract new businesses and residents. Investments into physical and social infrastructure across the province support distributed economic development and growth of Ontario's rural hubs – the only practical, long-term solution to ease our transportation and housing crises.

This means roads, bridges and proper drainage; affordable, accessible energy; reliable and affordable cellular and highspeed internet coverage; and quality schools and healthcare.

We are asking candidates to support:

· Much needed investments in the

maintenance, repair, resilience and growth of rural Ontario's critical infrastructure.

An integrated energy plan that balances reliability, affordability, and sustainability; and continued expansion of rural communications infrastructure to address current inefficiencies and barriers.

Local food and farm products, preserv-

your local candidates and talk about these issues

It's important that candidates from all parties and in all ridings are aware of the important role that agriculture plays in our province.

For more information, contact:

Tyler Brooks, Ontario Federation of Agriculture 519-994-2578 comms@ofa. on ca



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

(Publisher's note: the proposed 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 American 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."

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The Old Gazettes

By Sydney Grant

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

February 5-12, 2020, Edition (5 years ago)

Wiarton Willie has predicted an early spring.

Roger and Rosanne Bender aren't ones for the limelight. They like to work behind the scenes. But their efforts were recognized last week by the Tavistock Agricultural Society as the recipients of the 2019 Meritorious Service Award Certificate. Their volunteer work with the Society over the past number of decades was highlighted when President Julie Kimpel presented the couple with the award and two stoned lapel pins from the Ontario Association of Agricultural Societies, District 7.

On January 31, 2020, at approximately 8:00 a.m., the Oxford County Ontario Provincial Police (OPP)

received a report of a stolen mini excavator from a business on Oxford Road 34, East Zorra-Tavistock Township. Investigation determined that an unknown person entered the property at approximately 2:05 a.m. and removed a 2019 yellow and black coloured John Deere 30G mini excavator with a blade and bucket attached.

Tavistock's last taxi service was operated some 15 years ago. This past week, Oxford Taxi and Deliveries was introduced to the community to supply rides and deliveries for people in Tavistock and the surrounding area. "Our main objective is to provide our best services in Oxford at an affordable price," said owner Don Robinson at the official business launch on Tuesday, February 4, 2020.

There was dancing. There was singing. There were even some clever lines added to the script. And the Grade 6 class of Mrs. Cathay Kelly did it all on their own. The theatrical musical Aladdin Jr. performed by the Tavistock Public School class on

February 5, 2020 was well-received by fellow students and parents alike.

February 3-10, 2010, Edition (15 years ago)

Wiarton Willie saw his shadow last week predicting six more weeks of winter.

The Braves had a busy 3 game weekend with past weekend facing 3 teams that are having very strong seasons. On friday night it was Hagersville in town. Unfortunately the Hawks had a 6-3 victory over the Braves. Billy Whaling made 28 saves in the loss. On Saturday night, the team travelled to Thamesford. With goals from James McCorquodale, Blair MacKay, Devin Burg, Brad Dunn, Reis Bender, Kyle Alyea, and Adam Renkema, the Braves ended with a 7-2 win. The North Middlesex Stars came to town on Sunday afternoon where the Braves defeated them 5-1.

Skaters earning medals at the Dennis Silverthorne Memorial Invitational Skating Competition, St. Thomas, Ontario the weekend of January 29-30 include Leah Killing - Pre-Preliminary A - 3rd; Lauren Holdsworth - Preliminary A - 1st; Kristen Lupton - Preliminary A - 3rd; Jessica Quinn - Preliminary A - 1st: and Tina Nauta - Preliminary A - 2nd.

February 1-8, 1995, Edition (30 years ago)

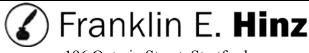
Tavistock and area residents will have to put their new arena plans into high gear following the announcement last Wednesday that the community has received \$866,000 in jobsOntario funding from the government. At a meeting called at the Tavistock Memorial Hall on January 25th, Oxford MPP Kimble Sutherland announced the funding to replace the Tavistock arena on behalf of Anne Swarbrick, Minister of Culture, Tourism, and Recreation. Tavistock's 28-year-old facility has been recently studied along with the recreational needs of the Township, and it was determined that a new. two-storey building should be constructed costing an estimated \$2.5 to \$2.7 million.

Optimist Club of Downie Inc.

OPTI-CASH CALENDAR DRAW

Jan. 26 Murray Matthison, Stratford \$50.00
Jan. 27 Lula Koert, St. Pauls \$50.00
Jan. 28 Jackie Kinder, London\$50.00
Jan. 29 Perry & Linda Keller, Tavistock \$50.00
Jan. 30 Kayla Schoonderwoerd, Mitchell\$50.00
Jan. 31 Chris Schauer, Stratford \$50.00
Feb. 01 Ran & Magdalene Raycraft, Brunner \$200.00
Feb. 02 Lula Koert, St. Pauls \$50.00
Feb. 03 Andrea McKenny, St. Marys\$50.00
Feb. 04 Rosemary Vail, Stratford\$50.00
Feb. 05 Jeff Sager, St. Marys\$50.00
Feb. 06 Peter G. Moreton, Stratford\$50.00
Feb. 07 Paul Warwick, Woodham\$50.00
Feb. 08 Nicole Caskanette, Strathroy\$200.00

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OBITUARY

ROTH: Shirley Lou Ann (nee Leis)



Passed away unexpectedly on Sunday, February 2, 2025 at the Stratford General Hospital. Shirley Roth of Tavistock was in her 90th

Beloved wife of the late Howard Roth who predeceased her August 19, 2016. Loving mother of Philip & wife Joyce of Allenford, Tim & wife Melody of Tavistock,

Debbie & husband Fred Kindler of Stratford and Wanda & husband Doug Amstutz of Kitchener. Sadly missed by her grandchildren Shannon Snyder (Jared). Shawn Roth (Marketa), Krista Matthews (Kris), Tyler Roth, Meagan Lichti (Scott), Laura Kindler (David), Aaron Kindler (Sarah), Amani Amstutz (Sidney), Abigail Taylor (Evan), Sophia Amstutz (Lucas) and by her 10 great grandchildren. Survived by her brother Albert & Irene Leis of Poole. She will be remembered and missed by her dear friend Raymond Ruby and family of Tavistock.

Predeceased by her parents Alvin & Idella (Kropf) Leis and infant son Myron.

Our mom was full of life and spunk right up until her final days, always embracing adventure and joy. She devoted much of her younger years to raising her family, and later found fulfillment and independence through her work at K-Mart and other retail opportunities. Her grandchildren were her greatest joy and the light of her life. She had a passion for quilting and embroidery, and spent countless hours volunteering at MCC Thrift in New Hamburg. Her faith was central to who she was, and she was a cherished member of both the East Zorra and Cassel Mennonite Churches, where she devoted many hours of service.

Relatives and friends will be received in the Francis Funeral Home, 77 Woodstock St. N. Tavistock on Thursday for 2-4 & 6:30-8:30 pm. Funeral Service will take place at East Zorra Mennonite Church 16, Line on Friday, February 7, 2025 at 11:00 am. Interment will take place prior to the service at 10:30 am in the church cemetery.

In lieu of flowers, donations to the MCC - Clean Water Project or the Huron Perth Children's Aid Society would be appreciated by the family. Personal condolences can be posted at www.francisfh.ca

May the road rise up to meet you. May the wind be always at your back. May the sun shine warm upon your face; the rains fall soft upon your fields and until we meet again, may God hold you in the palm of His hand.



OBITUARY

JAMES CROWLEY



It is with profound sadness that we announce the passing of Jim Crowley, 48, of Mitchell on Sunday, February 2nd, 2025. He is survived by the love of his life, Stephanie; and their three children, Jake, Joey, and Casey. Son of Frank (predeceased in 2016) and Patsy Crowley, and sonin-law to Ron and Cheryl

Bender. Beloved brother and brother-in-law of Jane and Ben Rapien, Julianne and Mark Dunn, Jeanette and Ryan Parker, John Crowley, Dana and Trevor Rhodes, Zenon and Stacey Bender. Loving Uncle to Sarah, Katie, Connor, Hannah, Grace, Ruby, Rosie, Natalie, Shelby, and Colby.

With that unforgettable laugh of his, Jim's personality was infectious. His loyalty, care and concern for his family, friends, neighbours, and coworkers, has left an impact on so many.

An individual with boundless energy, Jim was constantly on his feet and on the move. He enjoyed playing hockey, tackling new projects, farming, and helping friends and family whenever they needed it. He loved assisting and coaching with soccer and hockey teams, and the adventurer in him also looked forward to snowmobiling, time in Barrow Bay, and other summer cottaging trips with friends and family. He was member of the Seaforth Knights of Columbus #5289 and enjoyed participating in their community events.

An employee of Ken Robinson Refrigeration for 22 years, Jim's extensive skills and dependability saw him service many HVAC systems across Ontario. His travels throughout the province made him many friendships along the way.

This journey of Jim's has ended too soon. His laughter and passion for life will remain in us all.

Visitation will be held at Lockhart Funeral Home, 109 Montreal St., Mitchell, on Thursday, February 6th from 6-8 p.m. and on Friday, February 7th from 2-4 p.m. and 6-8 p.m. Mass of Christian Burial will be celebrated at St. Patrick's Catholic Church, Dublin on Saturday, February 8th at 11:00 am. In lieu of flowers, donations to the Children's Health Foundation, London or St. Columban Soccer would be appreciated. (For donations to St. Columban Soccer please send e-transfer to payments@stcolumbansc.com - put your name and address in the message line)

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Fire destroys home near Hickson

GoFundMe has been started

LEE GRIFFI

Gazette Correspondent

A Hickson-area couple has lost their home after a fire last week at Sunpark Hidden Valley estates, just off Highway

East Zorra-Tavistock Fire Department responded to a structure fire at approximately 5 p.m. on Jan. 30. Both Hickson and Innerkip stations responded with assistance from Tavistock's tanker," said EZT Fire Chief Scott Alexander.

"Upon arrival, the mobile home was fully engulfed leading to serious damage to the trailer. There was no one home at the time, and there were no injuries. The fire is believed to have started near the furnace room, and no dollar value has been determined at this time," he added.

A gofundme page has been started by

Darryl Donaghey, a friend of the couple.

"Friends and neighbours in our small little community lost their home and all their belongings, including family pets in a fire this evening. This young family has endured so much in their lives already, and it's just terrible to witness. They will need to rebuild, and the folks in our small community are banding together to do everything possible to help. They will need much financial help," said the page.

"This all just happened mere hours ago so am not sure all what to say here too be honest. These are superb people who would help anyone they could, my heart breaks for them. So, I ask anyone who is able to spare...what ever amount to do so, and let's get these folks back into a home.

As of press time, about \$4,800 of the \$30,000 goal had been raised.



A mobile home located at Sunpark Hidden Valley Estates was destroyed by fire last week. A gofundme has been started to raise money for the former residents

The Wilmot-Tavistock Gazette Weekly 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 Wiarton 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?

Answers found on page 22

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Pastor Julie Ellison White

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Church Phone 519-276-0701 Wellington Street, Tavistock stpaulstavistock@gmail.com Pastor Rev. Michael Mayer

EAST ZORRA MENNONITE

677044 16th Line Road, East Zorra Pastors Ray Martin & Mike Williamson www.ezmennonite.ca

Service audio recordings available at:

https://ezmennonite.ca/worship/

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https://www.stgeorgesnewhamburg.com

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4339 Huron Rd Wilmot Township All are welcome. Rev Margaret Walker; Office: 519-662-3450 sgacnewhamburg@gmail.com

St Agatha Mennonite Church

1967 Erb's Road St Agatha 519-634-8212 Pastor Jim Brown Worship service 10am followed by coffee hour

> and sermon discussion. All are welcome

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The Wilmot-Tavistock Gazette SPORTS

First place up for grabs in PJHL local division

Firebirds and Merchants going down to the wire

LEE GRIFFI

Gazette Correspondent

New Hamburg swept a pair of weekend games and moved two points ahead of second-place Norwich in the battle for top spot in the Provincial Junior Hockey League's Doherty Division.

The Firebirds flew out to a 4-0 lead in Tavistock on Friday and secured a 5-2 win. Antonio Pasqualino led the attack with a pair of goals and an assist. Owen Fischer and Take Thompson had a goal and helper each with Owen Bruder also scoring.

Stephen Peppas and Grady Murphy scored for the Braves, who outshot the Firebirds 38 to 30. Deklan Jermol earned the win and since joining the team has won his eight starts and posted a 1.25 goals against average and an incredible .959 save percentage.

Fischer, New Hamburg's captain, has been another reason for the team's success, riding a nine-game point streak with 12 goals and eight assists. The captain is on a line with Owen Sculthorp and Jake Thompson.

"We played together last year and unfortunately, in the preseason, Scully had a pretty bad leg injury and only came back in January," explained Fischer. "We've had the chemistry going from last year and it was unfortunate for him. It was a pretty serious leg injury. It happened right in front of me and it was tough to see my linemate go down like that."

Fischer said the team wasn't even sure if he would be back at all this season but is thankful the recovery went better than expected.

"He's making that impact like he always does. Both of those guys make the game of playing hockey easy and I owe my success to them. Without them, none of it would

Since returning, Sculthorp has eight points in nine games. Fischer said the three linemates complement each other very well

"I think we are all pass first-first players. We are always looking for each other on the ice, and we have pretty high hockey IOs. We just read each other and understand how we play the game. We know who's got the puck, where they're going with it and who's going to be open. It makes the game a lot easier."

Norwich has two games in hand on New Hamburg and first place in the division may not be decided until the final day of the regular season.

"At the start of the season we struggled against them. They were playing really good hockey and they are a great team. The loss to Dorchester at home (two weeks ago) put us behind a bit. We were hoping for some magic, but at the end of the day, we made our bed and we had to sleep in it," said Fischer.

The Firebirds first-round opponent will be either Paris, Tavistock or Hespeler. Fischer said he doesn't have any preference.

"Whoever is next up is who we will worry about. I am confident in our team and what we can do and we know what the requirements are come playoff time. Whoever we get is who we get and we will prepare for them."

Fischer said good coaching is one reason the team finds itself battling for first in the division but

"After games guys are hanging out. We hang out away from the arena. We all like each other and get along. There's nothing in the room I worry about.'

He explained the organization's culture

is something that can't be discounted.

"We have always had tight groups. I still talk to the guys I played with during my rookie year on a regular basis. It's ingrained in the culture here and that's the expectation that's been set by people before us and we aren't going to be the ones to change that."

Fischer said one player who stands out during his time in New Hamburg was the team captain during his first season.

"Zach Mark. I was playing for Hespeler and I used to work with him and he said hey, come play with the Birds. Just seeing how passionate he was about the team I decided to join the team. Coming from what I thought was a good locker room then seeing what an amazing locker room was like really opened up my eyes."

Fischer said he still talks often to Mark and other leaders from that team

"Last year was my first year as captain and I texted Zach a few times to see how he would deal with certain issues and what his approach would be. I definitely leaned on him a lot "

New Hamburg ended the weekend in Hespeler and came away with an 8-4 win over the struggling Shamrocks who have lost seven in a row. Bruder and Fischer each had four-point games. Keegan Metcalf and Sculthorp added a pair of goals each.

The Firebirds final three games are against Wellesley, Dorchester and Woodstock while the Merchants battle Hespeler, Dorchester, Woodstock, Paris and Tavistock.

New Hamburg's home game on Friday, Feb. 7, is our Overage Appreciation Night. The team will thank and celebrate its overage players - Owen Fischer, Jake Thompson, Matt Domm, Antonio Pasqualino, and Josh Jacklin.



(CONTRIBUTED PHOTO)

Firebirds captain Owen Fischer's hot streak has helped give the team a chance at claiming the Doherty Division regular season title

Braves skid hits seven games

Tavistock continues to struggle, losing its sixth and seventh straight games on the weekend. Following the loss to New Hamburg, they dropped a 6-2 decision in Dorchester on Saturday. The Dolphins led 3-0 before Carson Bernhardt pulled the Braves within a goal midway through the third, but Dorchester would score three times in five minutes to seal the win. The Braves outshot the Dolphins 40 to 28.

Tavistock went 0 for 16 on the powerplay over the weekend.

Applejacks losing skid reaches three

Wellesley's late-season struggles continue as they dropped a 5-1 decision at home to Norwich. Liam Waddel scored the Applejacks only goal in the third period after the Merchants scored the game's first five goals.



SOUTH DOHERTY DIVISION

As of Wednesday, February 5

South Doherty Division	GP	W	L	OTL	Т	sow	SOL	PTS	OTW	GF	GA	DIFF	PCT	PIM	RW	ROW	STK	GPCT
1 New Hamburg Firebirds	39	29	8	0	0	0	2	60	3	159	105	54	0.769	642	26	29	2-0-0-0	0.602
2 Norwich Merchants	37	29	8	0	0	2	0	58	1	150	88	62	0.784	594	26	27	4-0-0-0	0.630
3 Woodstock Navy Vets	39	26	10	1	0	1	2	55	1	146	109	37	0.705	546	24	25	7-0-1-1	0.573
4 Wellesley Applejacks	38	21	15	1	0	5	1	44	1	114	103	11	0.579	739	15	16	0-3-0-0	0.525
5 Dorchester Dolphins	38	17	18	1	0	0	2	37	3	106	120	-14	0.487	639	14	17	0-1-0-0	0.469
6 Paris Titans	38	12	23	3	0	0	0	27	1	104	138	-34	0.355	599	11	12	4-0-0-0	0.430
7 Tavistock Braves	37	11	24	2	0	1	0	24	0	119	161	-42	0.324	846	10	10	0-6-1-0	0.425
8 Hespeler Shamrocks	38	7	27	2	0	0	2	18	0	91	165	-74	0.237	586	7	7	0-7-0-0	0.355

Tavistock Titans Join Cedarcroft Residents for a Spirited Start to ASC Seniors Games

STACY JORDAN

All Seniors Care Living Centres Inc.

Cedarcroft Place was buzzing with excitement as the U13 Tavistock Titans helped kick off their spirit week leading up to the upcoming ASC Seniors Games. The event brought residents, staff, and local hockey team together to celebrate the power of sports, camaraderie, and community spirit.

The opening ceremonies were a huge success, with a full lineup of local VIPs on hand to mark the occasion. Guests included MP John Nater, Constable Darren Fischer from the Stratford Police Department, as well as Scott Petrie and Lisa Walter from the Stratford Fire Department, who helped raise the energy of the crowd and get everyone pumped for the upcoming games.

"The ASC Seniors Games are a wonderful way to bring people together, celebrate our community, and highlight the importance of staying active at any age," said Stacy Jordan- Lifestyle Director. "It's inspiring to see such enthusiasm here today."



(ALL SENIORS CARE LIVING CENTRES INC. PHOTO)

The U13 Tavistock Titans joined residents at Cedarcroft Place to kick off Spirit Week ahead of the ASC Seniors Games. The event brought the community together to celebrate sports, camaraderie, and active living.

Royals win final regular season game Ready to take on Winterhawks in first round

LEE GRIFFI

Gazette Correspondent

Tavistock didn't need to win its last regular season game of the season at home Saturday against the Thundercats but they did and in doing so moved Durham to the bottom round of the Ontario Elite Hockey League playoffs.

The Royals, who finished with a record of 13 wins and 7 losses, will have home-ice advantage in the first round as they take on the Saugeen Shores Winterhawks. New Hamburg native Lucas Bast continued his strong play, scoring three times to lead the offence.

"The last time I had a hat trick was about four years ago, so it's been a little while. It definitely feels good to get one again, especially in a big game," said Bast. He added the Royals played well against a team needing a win.

"We knew Durham was going to come out desperate, and they pushed hard, but I thought we handled it well. Five-on-five, we controlled the game and created a lot of chances. Staying out of the box was key. When we play disciplined hockey, we're tough to beat," he added.

Head coach Tyson Zehr said Bast's ability to put points up this season comes as no surprise.

"Lucas has been playing great hockey this year, and his offensive production has been a huge boost. He's always been a smart, skilled player, but he's really stepped up and finished his chances. It's no surprise to us. He shows up to practice every week, he works hard, gets into the right spots and makes the most of his opportunities."

Tavistock won both matchups with Saugeen Shores this season, outscoring them 11-4. Despite the relatively easy wins, Zehr isn't taking anything for granted.

"It's going to be a hard-fought, heavy series. Saugeen



is a tough team with a lot of experience, and they play a physical game. We know they'll be ready, and we'll need to match their intensity right from the start. They have a few high-end players with a lot of skill and experience, so keeping them in check will be important."

The Winterhawks are led by Luke Pither, who played twelve seasons of professional hockey, including stints in the American Hockey League and Europe. The 35-year-old had 32 points in 14 regular season games. Port Elgin native Andy Mitchell is second in team scoring with 29 points.

The Royals held its annual Pork BBQ last weekend and team president Kyle Wynette said, as usual, the community support was amazing.

"On behalf of the Tavistock Royals, I want to thank everyone who came out to support us at our annual BBQ. The turnout was incredible, and the support from the community means so much to our team. Events like this wouldn't be possible without the dedication of our volunteers and the enthusiasm of our fans. We appreciate all of you, and we're looking forward to bringing that same energy into the playoffs!"

Ontario Elite Hockey League First-Round Playoff Series

Saugeen Shores vs. Tavistock

Game 1 - Friday, Feb. 7 in Port Elgin at 8:30 p.m.

Game 2 - Saturday, Feb. 8 in Tavistock at 7:30 p.m.

Game 3 - Friday, Feb. 14 in Port Elgin at 8:30 p.m. Game 4 - Saturday, Feb. 15 in Tavistock at 7:30 p.m.

DEFENCE

PLAYER PROFILE

HOMETOWN: New Hamburg

BORN: 09/25/00

JR HOCKEY: Jr. C New Hamburg

Firebirds

(CONTRIBUTED PHOTO)

New Hamburg's Lucas Bast is playing his best hockey as a member of the Royals as the team begins its first-round playoff series against the Saugeen Shores Winterhawks

Game 5 - Friday, Feb. 21 in Tavistock at 8:30 p.m. (if necessary)

Game 6 - Saturday, Feb. 22 in Port Elgin at 7:30 p.m. (if necessary)

Game 7 - Sunday, Feb. 23 afternoon or Tues Feb. 25 at 8:30 p.m. (tentative, if necessary)

ONTARIO ELITE HOCKEY LEAGUE STANDINGS - SENIOR MEN GP W L T PTS OTW OTL P% GA DIFF PPG PPGA SHG PIM GF Ripley Wolves 20 18 2 0 38 2 0.950 114 59 55 8 464 Seaforth Centenaires 15 5 0 31 41 1 0.775 92 3 267 6 0 2 0.700 41 17 Minto 81's 20 14 28 0 99 11 3 336 Tavistock Royals 13 7 2 0.650 93 65 28 27 16 328 Saugeen Shores Winterhawks 9 0 23 0.575 100 13 29 21 264 20 11 1 87 8 1 Creemore Covotes 9 11 0 20 1 2 0.500 84 73 11 23 18 4 326 20 11 0 20 0.500 95 20 Georgian Bay Applekings 20 9 1 2 87 8 22 7 416 12 0 0.475 4 Frin Outlaws 20 8 19 1 3 83 100 -17 15 16 373 **Durham Thundercats** 20 8 12 0 16 1 0 0.400 87 100 -13 16 23 8 330 Milverton Four Wheel Drives 20 5 15 0 12 2 0.300 63 109 -46 16 14 3 263 0 Lucknow Lancers 20 0 20 0 0 0.000 30 151 -121 1 34 1 429

Wilmot's Prime Ministers Path: **Collective Reflections, Future Directions**



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Wellesley Council Briefs

STEWART GRANT

Wilmot-Tavistock Gazette Publisher

The Township of Wellesley held its Committee of the Whole meeting at Council Chambers in Crosshill on Jan. 28.

Bill Gies Recreation Centre

An interesting statistic that was presented within the Recreation Committee report was the year-end activity report for the new Bill Gies Recreation Centre. For the period from the facility's opening on May 16 to the year end of December 31, there were a total of 89,098 entries into the building – illustrating in numbers that it is fulfilling its purpose as a vibrant hub for recreation, wellness, and community spirit. Entry information will continue to be tracked and reported on annually in years

Road & Bridge Committee update

The weather during the Jan. 28 meeting provided an appropriate segue for the topic of "snow events", as a snow event had been declared by the township for that evening through to the following morning

to help clear the roads for snow-plow operators to most effectively complete their

Snow events are applicable for 24 hours, unless the event is removed earlier by the township. As a reminder to all residents, normal parking restrictions are between 4 a.m. and 9 a.m. every day between December 1 and March 31, but when a snow event has been declared, the parking restrictions are for all hours stated within the declaration. Snow events can be called when the township receives or is expected to receive eight inches of snow or more within a 24-hour period.

As of Jan. 28, it was reflected that there has been significantly more winter weather this winter than last, with only day in January thus far where there hasn't been at least some snowfall within the township. Much credit and appreciation goes out to township staff for the extra hours they've been putting in and the great job they've been doing in keeping the roads clear and



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Gazette Puzzles

JANUARY NEWS HIGHLIGHTS

Q Y L C X M S L P M R C S O L M N M N W OWQEAOEFZCSVHALLYXHP NCEUXQZXFUOBFIDKTLTH OFNCKPUKIIBIRZEKZVWI IVYHDFBODCRYKKEKCROL TEETOOMPOEOAGAPGLLBA ASZUWBJPSRFBTPSNWGXD RCJSJCDIMXAMFMEMUWGE U P D Q A Q Y A V B U X D J E F J W Q L GSZLGREENLANDEKXAWWP UDVROIGSLJDXXWEMDKCH ALANACAMANAPNQXVAEZI NGAZACEASEFIRESKNWUA IXRVDJIICQFUVOHHAVHE P D C P L A N E C R A S H I K Z C U R A MKYTOTRUDEAURESIGNSG UQHZHBYFBSHOPJROHLFL RQTTJHNAIDANACYUBDQE TKANSASCITYCHIEFSEZS F O R D E L E C T I O N C A L L I N T H

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Cycle Your Way to a Healthy Heart

HEAPS OF HEALTHY **TIPS**

By Mercedes Kay Gold



February is Heart Month, and "A time to bring attention to the importance of cardiovascular health, and what we can do to reduce our risk of cardiovascular disease," according to the Government of Canada. Heart disease affects approximately 2.4 million Canadian adults. Positive lifestyle choices help impact quality of life. Quitting smoking, limiting alcohol, eating a wholefood diet, adequate sleep, and minimizing stress all help reduce the risk of heart disease. See your medical doctor or naturopath regularly to monitor risk factors such as blood pressure and blood sugar. As a personal trainer, I believe exercise is essential, topping my personal stay fit and fabulous list.

The winning combination of cardiovascular and resistance training produces the greatest benefit for preventing and managing heart disease. Exercise positively impacts quality of life, leading to longevity. Move it or lose it is more than a meme. As we walk, run, play pickle ball or

squat, muscles pull oxygen from the blood. This crucial action reduces the work load of our heart pumping blood to muscles.

Exercise reduces cortisol, the stress hormone, helping alleviate the burden on the heart. Exercise increases HDL or healthy cholesterol. Working out increases the heart rate temporarily but reduces the resting heart rate overtime.

Fitness is fabulous, helping lower your blood pressure and lessen your risk of diabetes. Exercise is also key to maintaining a healthy body weight. Yes, the number on the scale is important but a healthy body fat and lots of lean muscle is more beneficial. The numbers vary according to various wellness experts, as well as medical and holistic practitioners but we all agree under 25% body fat is vital to offsetting diseases. Exercise builds a strong body inside and out.

As a self-proclaimed cardio queen, I took a poll on social media, asking clients, friends and family about cardio options.

Biking won hands down, and it makes sense. Bike riding is great for all ages and levels. Biking can be as simple as a mode of affordable transportation, a solo or family activity, super fun in spin class as well as competitive and team building.

The Canadian Physical Activity Guidelines are clear. For health benefits, children aged 5-11 should accumulate at least 60 minutes of moderate-to-vigorous-intensity daily, and the same for youths 12-17. Adults 18-64 should accumulate at least 150 minutes per week at the same intensity as their younger counterparts in bouts of ten minutes or more. Over 65? Look to sweat it out for at least 150 minutes but drop the intensity if needed. Age is just a number.

When exercising it's helpful to be aware of heart rate training zones. The simplest way to find out your maximum heart rate is 220-age, and then calculate the heart rate based on the zone of desired training benefits. Recovery warmup and cooldowns are 50-60%, defined as very light, Light endurance is about 60-70% and training at 70-80% helps improve aerobic endurance. If you are looking to increase maximum performance, go hard at 80-90% and pushing yourself hardcore means 90-100%.

Ready to ride? Biking will strengthen the heart without a doubt but also leads to gorgeous gams. Primary muscles are located in the hips and legs. Power is produced by the quadriceps, hamstrings, calves, and glutes. Our abdominals and the erector spinae work alongside the triceps, latissimus dorsi and pectorals help stabilize you by supporting the upper

Biking is often thought of a as a leisurely summer ride but take it indoors! Low back pain? Choose a stationary recumbent bike. There is no shortage of big brands with spin bikes and awesome coaching from around the world thanks to the internet. Bring your bike indoors and mount it with



(CONTRIBUTED PHOTOS)

Wendy Cowell exercises on a stationary bike.

minimal work and money for the best in-home ride. No excuses to skip a cycling session. Vacation getaways and cruise ships have phenomenal facilities. The five dollars I spent was renting the Barbie pink bike with the cutest basket in Panama this January! Happy Heart Month!

Need a new bike? Shop local. New Hamburg is home to Wheels on Peel located at 173 Peel Street.

https://www.canada.ca/ca/en/ health-canada/news/2017/02/ heart month.html

www.hopkinsmedicine. org/health/wellness-andprevention/exercise-and $the-heart\#: \sim : text + The\%20$ American % 20 Heart % 20 Association % 20 and, preventing % 20 and % 20managing%20heart20%20disease www.heartandstroke.ca



Mercedes Kay Gold enjoys a bike ride.

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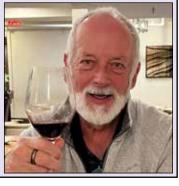
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A highly unlikely tourism destination

OH, THE PLACES **WE'LL GO**

By Paul Knowles



Neil Hodge's official title is simply "Travel Media Representative" for the province of New Brunswick. That is a vast understatement. Because for travel journalists, Neil is "Mr. New Brunswick." This was acknowledged at our 2024 Travel Media Association of Canada conference, when I had the great honour of presenting Neil with our annual "Industry Member of the Year" award

Neil is also a friend, and a terrific colleague. When I visit New Brunswick, I give him a challenge: "Send me to interesting places no other travel journalists have visited." That should be impossible – if they're interesting, surely other writers would have been there

But Neil pulls it off, every time. On our most recent visit to the province, he joined us at one of the destinations because not only had no travel journalist been there but neither had he!

And so we were welcomed to a fascinating, in-depth tour of one of the most remarkable industries in New Brunswick - the Sabian Cymbal factory in the tiny village of Meductic.

"Really?" I hear you ask. "Is a factory really a tourist destination?

Turns out, yes, it is. Randy Ross, Sabian's director of research and development, explained to me that while no large group tours are welcome (no busses), they are happy to offer tours to groups of up to about six people, especially musicians. He added that those people need to be wearing closetoed shoes, and as we walked through the factory, replete with red-hot ovens, and big machinery, it was clear why this was a requirement.

Sabian Cymbals was founded by Robert Zildjian, a Turkish immigrant whose family had been in the same trade in their native Turkey. Originally, the Zildjian family founded a cymbal company in the United States but disagreements among siblings led Robert to found a new enterprise and he went into business in the unlikely location of Meductic. He named it after his three children – Sally, Billy and Andy. It's still a family husiness

If you are not a musician, the name "Sabian" probably doesn't mean very much. But Sabian cymbals are part of the drum kits of thousands of musical groups, from heavy metal rock bands to symphony orchestras. Any list of Sabian fans will include Phil Collins, Tyler Stewart of Bare Naked Ladies, the late Neil Peart of Rush, and thousands more, famous and less so.

The Sabian tour takes visitors through every aspect of the production of the instruments, from raw materials to beautifully crafted finished products and finally to the shipping area, where pallets of cymbals are labelled for shipment to countries all around the world. I spotted Azerbaijan, the Netherlands, Japan, Bosnia and Kansas, to name a few.

The company employs 55 people. Randy handed us over to John Donovan, a 38-year employee who knows everything there is to know about creating amazing musical instruments. In fact, his specialty, which we discovered at the final stop of our tour, is building crotales – beautiful, carefully tuned sets of delicate bronze cymbals primarily used in symphonic performances.

John told us that Sabian produces something like 800 types of cymbals, from entry-level instruments for the fledgling drummer to unique one-offs that are on display in a room where experienced drummers can try them out.

In 1982, the first year Sabian opened, the company produced 45,000 cymbals. Today, says

John, they make 500 a day, operating on a four-day work week. Even with my poor math skills, I can calculate that means about 100,000 cymbals a year!

I asked John where they ship cymbals to. "I can tell you the countries we don't ship to more easily," he said with a wry smile.

The process used to make the cymbals has not changed in the 40-plus years since Sabian employees hammered their first cymbals in Meductic. The cymbals, made from bronze, a combination of 80% copper and 20% tin, in a process that is a "well protected secret" are rolled, re-heated, and rolled again... 9 to 14 times.

The less expensive Sabian cymbals are finished on press-formed machines, still with careful human guidance. The top-of-theline instruments are hand-hammered, a skill that I quickly discovered is not mastered by a travel journalist invited to give it a try.

The hammering, John explained, changes the speed and movement of the sound waves, and thus, the sound of the cvmbals. John points out that Sabian cymbals include "hundreds of different profile shapes."

Every cymbal, top of line or not, is individually checked for sound and cosmetic appearance and then, checked again. Quality control is job one at Sabian. I learned that the cost of Sabian cymbals starts at around \$150, and rises to about a thousand dollars. Average price, says John, is about \$600.

We were at Sabian for a few hours and didn't regret one second. It may look like a factory, but it is, in reality, a place of art and music and palpable commitment on the part of those who work there, making superb instruments that will produce great music all over the world.

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.



Sabian cymbals, ready for shipping.

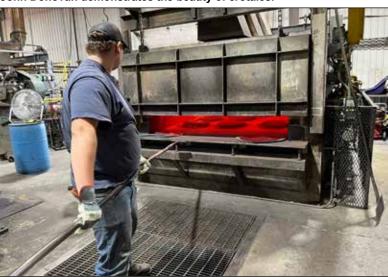


(PAUL KNOWLES PHOTOS)

Sabian hammerers are master craftspersons, creating instruments that are musical works of art.



John Donovan demonstrates the beauty of crotales.



The red-hot ovens at Sabian.



Polishing one of the 500 cymbals that will be produced on this particular

What's your response to Trump's tariffs?

FROM THE **PUBLISHER'S** DESK

By Stewart Grant



During Justin Trudeau's address to the nation on Feb. 1 (which we have printed in its entirety on page 8), 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 va-

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 lowlife 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 and I'd love to post some of the responses in our next issue.

Introducing our "Inside Local Business" feature

INSIDE LOCAL BUSINESS

By Stewart Grant

Some feedback that I've received from readers is that they enjoy learning about local businesses. I could not agree more with this sentiment.

I have always been fascinated with stories of how businesses got started; where the entrepreneur found their inspiration; what challenges they faced; and how they found success (or otherwise).

I thought of this idea earlier this week when listening to one of my favourite podcasts, "How I Built This", a show about innovators, entrepreneurs, idealists, and the stories behind the movements they built. In each episode, host Guy Raz speaks with a different founder about their journey. During these various segments, we learn that inspiration can come from anywhere, and we see that no business moves forward in a straight line – there are always different challenges and unexpected happenings that must be overcome.

When I think about my own journey in newspapers, I think about how it all could have ended in 2016 when I was at my lowest point. Just two years earlier, I had branched out from the accounting world and bought the St. Marys Independent, which was one of two newspapers in the Stonetown. It was never easy, but based on some early successes in St. Marys, including hiring a talented local journalist named Dan Rankin to be our editor, in 2015 we launched our second paper, called the Exeter Examiner

Duplicating the results we had in St. Marys was not in the cards, especially when so many advertisers were still loyal to the

incumbent paper, Metroland's Exeter Times-Advocate. By the summer of 2016, our Exeter Examiner experiment came to an end. After losing tens of thousands of dollars despite working way too many hours each week, we decided to abandon the project.

Tuesday, Dec. 20, 2016 was the single worst day in the history of our company. Heading to his niece's Christmas concert at South Perth Centennial School, Dan Rankin was involved in a car crash on a snow-drifted rural road. Two days later, at the age of just 29, Dan passed away.

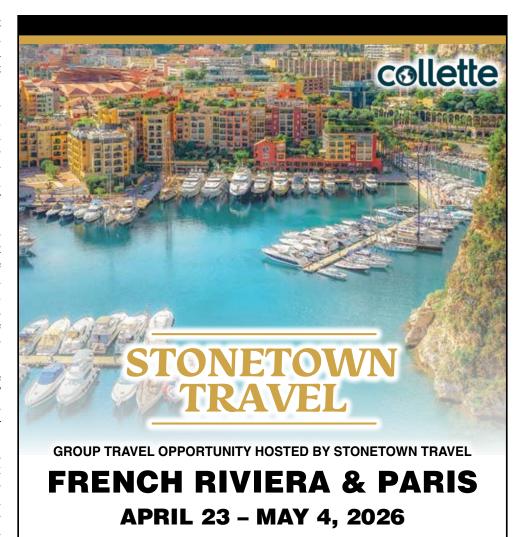
Within our community this was a monumental tragedy. Within our tiny company, I didn't know if I wanted to carry on. In March 2017, I called a meeting with Metroland Media to see if they would be interested in buying the St. Marys Independent, just as they had invested in so many other local papers.

Fortunately, the talks with Metroland never got any further than that. It turned out that they had put a hold on doing any more acquisitions. Just eight months later, on November 27, 2017, we found out why, when together with Postmedia they closed three dozen community newspapers in one day, including the St. Marys Journal-Argus and the Stratford Gazette.

Eleven months after Dan's passing made me want to give it all up, the Metroland / Postmedia closure of community newspapers gave me a new focus. I vowed never to sell to an untrustworthy conglomerate. In the years since then, I've tried to expand the newspaper business and bring back local news to communities that were neglected by the media giants. Together with other like-minded individuals across Canada, we are going to continue to strengthen local news in communities that have been abandoned by the conglomerates.

I tell this personal story to share an example of what we do with this type of ongoing column. A good business story shouldn't simply be "we offer this service or that product" but should delve into stories and inspirations that led to someone putting up their sign.

Particularly given the current world state of affairs. I think that interest in local businesses is higher than we've seen in a long time, and I'd love to explore a variety of stories within this "Inside Local Business" feature. Do you have any suggestions for local businesses that we should profile, whether it is a place that you frequent, or a place that you yourself own? Please send your suggestions to me at stew@granthaven.com.



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Orchard Wellness: A sanctuary for mind, body & spirit

MERCEDES KAY GOLD

Gazette Correspondent

ORCHARD Wellness & Treatment Center is nestled in the village of Shakespeare in a beautifully restored 19th Century Victorian home. The space is understated elegance but manages for you to feel right at home. The heavenly scent of essential oils fills the air. The stunning private wellness retreat provides a plethora of services by professional practitioners to address every need.

Thirty years ago, owner Sherry Schneider, began her journey as a medical aesthetician, opening The Orchard Valley Spa in 2005. Her vision and mission manifested, in what she described as an "Environment for individual care". The holistic center was located in the country amidst an orchard. In 2010, Sherry relocated the growing business to its current location. Over time, the spa has surpassed its humble farm setting, quickly transforming into her dream practice. Sherry's mission will always be tied to serving the community, and offering different modalities that speak to supporting overall wellness of her clients. Covid inspired the business name change, and today the former Orchard Valley Spa is known as The Orchard Wellness & Treatment Center. The restored vintage home provides a clinical but nurturing setting for Mental Health services as well as a serene space for spa services.

Orchard Wellness & Treatment Center

offers a full menu of services from head to toe. The options are endless.

Fabulous facials by Expert Skin Care Therapists who take the time to carefully analyze skin, helping clients achieve optimal results. Looking to glow? Their signature HydraGlo facial, includes serums, a soothing mask and collagen infusion for healthy younger looking supple skin. This holistic practitioner loves the LED light therapy the spa offers to deliver immediate results without dreaded downtime. Choose from various facials; refreshing and soothing, addressing breakouts and pigmentation or chemical peels to correct more serious skin concerns.

The wellness center offers specialized clinical treatments using "High Intensity Focused Ultrasound" or HIFU, a non-invasive face lift to tighten and lift skin as well as shrink pores. Results are on-thespot. HIFU is also used as a body contour, helping shed inches and fat while tightening the skin. Results last up to two years

Need some me-time? Destress with customized therapeutic aroma massages. Catering essential oils to specific needs provides a plethora of physical and emotional benefits ranging from relaxation to easing muscular tension to removing toxins to addressing digestive and urinary issues.

Focus on feet with reflexology. This non-invasive treatment applies light pressure to reflex points of the feet or hands. Reflexology is a happy holistic way to

treat the whole person rather than symptoms. Reiki is a Japanese technique of 'laying of the hands', aiding in stress reduction and overall healing of the chakras or energy centers of the body. It is thought by releasing blockages, calmness invokes healing helping maintain health.

Are you looking to conceive or undergo fertility treatments? Orchard Wellness has reproductive support and womb healing sessions working synergistically with restorative services to help balance body, mind and spirit. Using ancient skin tools such as a kansa wand, gua sha stone and the art of cupping, leaves you revitalized and refreshed.

The team is not done yet. Waxing, manicure and pedicure perfection is on the menu, as well as the perfect cut and color

The dream team Sherry has put together under one roof is about supporting women in business. She offers guidance and mentorship, collaborating with other small businesses. She offers the opportunity for women to run their businesses within the center. As a single mother launching her first business as a solo owner, Sherry understood the importance of women balancing work and family.

Sherry is delighted to be celebrating her twentieth year in business, and proud of the ups and downs, proving the center is what the community needs. Experts working together in one gorgeous space, helping you look and feel fabulous from healthy shiny hair to radiant skin to polished toes.



(SHERRY SCHNEIDER PHOTO)

The Orchard Wellness & Treatment Center. nestled in a beautifully restored 19th-century Victorian home in Shakespeare, Ontario, offers a serene retreat for holistic wellness, spa treatments, and mental health services.

I am looking forward to a full day of bliss. Pampering oneself soothes the soul

The future is looking bright as Sherry has her sight set on the newly renovated Airbnb with most breathtaking view connected to Perth County Tourism. The enchanting escape is perfect for those looking to destress in a spa retreat, take in theatre or simply sight-see in Stratford.

Orchard Wellness and Treatment Center is located at 4012 Perth Rd.107 Shakespeare, Ontario. For more information contact at 519 625 1100 or email info@orchardwellness.com. **Follow** on social for the latest and greatest @ orchardwellnesscenter



LETTER TO THE EDITOR: A Cynical Move in a Time of Crisis

The Trump tariffs imposed on Canada on Sunday are an outrage. Never in modern times has an American administration treated its northern friend and neighbour so badly. After continual insults about Canada becoming the 51st state, Trump has given all Canadians the middle finger by gravely threatening our economy and standard-of-living.

This harsh and bizarre behaviour by the American president is having a predictable effect: Canada's leaders are fighting back — and we Canadians are uniting behind them. It needs to be all hands on deck for the next while as we try to mitigate the worst effects of the U.S. tariffs and take retaliatory actions. This will be an enormous challenge and there is no room for partisan squabbling.

But at this critical time for the country (which we all saw coming), up jumps Doug Ford and calls an early election in Canada's largest province. He says he needs a strong mandate to take on Trump and his tariffs. Never mind that Ford heads a majority government with well over a

year left in its mandate. Never mind that that no other premier is doing this. Never mind that the response to a national crisis is being (and must be) captained by the prime minister and the federal government, not one of many premiers. And never mind that it is the middle of an oldtime cold and snowy winter in most of the province (Ford doesn't care — he lives in relatively snow-free Toronto).

So while all of Canada's politicians should be keeping their eye on the ball and working together for the country's future, Ontario's four main political parties will be needlessly distracted, turning inward and training their sights on one another. We the electorate will have to endure precious weeks of partisan electioneering — wasting time and energy that should be used to develop national, provincial and local strategies to counter the looming tariff shocks.

What a cynical ploy on Ford's part. Ontario deserves better.

Dan Schneider

St. Marys

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COMMUNITY CALENDAR - FEBRUARY/MARCH 2025

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Tropical Plants for your Home 7:00 p.m.

Garden Wilmot welcomes Julie Baker, a **Tropical Plants Specialist from Meadow** Acres Garden Centre. Free event. Wilmot Rec Complex 1291 Nafziger Rd, Baden

TUESDAY, FEBRUARY 11

Wellesley Council meeting 6:45 p.m.

Council chambers 4805 William Hastings Line, Crosshill

WEDNESDAY, FEBRUARY 12 **Community Dining for Seniors in**

Wilmot and Wellesley Townships 12:00 p.m.

Community Care Concepts invites you to join us for lunch and fellowship. Please register by Feb 7 by calling 519-664-1900 or Toll Free: 1-855-664-1900. Wellesley Recreation Complex 1401 Queen's Bush Rd., Wellesley

FRIDAY, FEBRUARY 14

Optimist Club of Petersburg Valentine's Drive Thru Pork Schnitzel Dinner Pick up at New Hamburg Legion

For tickets contact 519-465-1157 - please leave a message. New Hamburg Legion 65 Boullee St, New Hamburg



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WEDNESDAY, FEBRUARY 19

Community Dining for Seniors in Wilmot and Wellesley Townships 12:00 p.m.

Community Care Concepts invites you to join us for lunch and fellowship. Please register by Feb 14 by calling 519-664-1900 or Toll Free: 1-855-664-1900. Wilmot Rec Complex 1291 Nafziger Rd, Baden

MONDAY, FEBRUARY 24

Wilmot Council meeting 7-11 p.m.

Council chambers 60 Snyder's Road West Baden

WEDNESDAY, FEBRUARY 26

Community Dining for Seniors in Wilmot and Wellesley Townships 12:00 p.m.

Community Care Concepts invites you to join us for lunch and fellowship. Please register by Feb 21 by calling 519-664-1900 or Toll Free: 1-855-664-1900. **Linwood Community Centre** 5279 Ament Line, Linwood





FREE SENIORS ACTIVITIES

Tavistock Seniors Activities

Inside walking Monday & Wednesday morning 8:30-12. Contact: Larry Brown 519-240-6715

Pickleball Monday, Wednesday and Friday afternoon, 12-4. Wednesday night 7-9. Contact: Don Junker 519-535-7052

Cards Monday, Wednesday afternoon 1-4, euchre, crib (bring board), etc. Just drop in to play, good to bring someone. Contact: Bob Routly 519-301-2118

Crokinole Monday, Wednesday morning 8:30-12, Just drop in to play, good to bring someone. Contact: John Schultz 519-655-2346

Shuffleboard @ arena, Wednesday 12:30-4 and Thursday 10-4. Contact: Don Junker 519-535-7052.

VON Smart Seniors Exercise, Tuesday and Thursday morning 9 - 10; Village Manor 10:25 - 11:25. Contact: 519-539-1231 x 6285

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Deadline: Tuesday prior at 3 p.m. Contact: thewtgazette@gmail.com

PROMOTE YOUR EVENTS WITH US! HERE'S HOW:

- The Community Calendar allows non-profit organizations to promote their free admission community events at no charge. Event listings can include your event name, date, time and location as well as contact information (ie phone number, email address or website).
- If your event is not free admission or you would like to include more details than stated above, The Wilmot-Tavistock Gazette offers the following options for promoting your community events:
 - Coming Events Word Ad in Classified section (50 word max.) \$10 + hst
 - o Coming Events Boxed Word Ad in Classified section (50 word max.) \$15 + hst
 - o Display Ad Sizes begin at a Small Classified Display ad (3.3" x 2.5") \$35 + hst

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May the Sacred Heart of Jesus be adored, glorified, loved and preserved throughout the world now and forever. Oh Sacred Heart of Jesus, pray for us; St. Jude worker of miracles, pray for us; St. Jude helper of the hopeless, pray for us. Say this prayer nine times a day, by the eighth day this prayer will be answered. It has never been known to fail. Publication must be promised. S.F.

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COMING EVENTS

Garden Wilmot - Wilmot Horticultural Society presents The Importance of Native Plants with Rick Gray on Sat, March 8, 11:30 a.m. at New Dundee Community Centre. Tickets (\$25) include lunch at noon; speaker at 1 p.m. Contact Yvonne (519-662-6778), Lisa (519-662-1278) or email wilmothortsociety@gmail.com for tickets. For details, visit www.wilmothortsociety.ca

Weekly Quiz Answers

- 1. Amethyst
- 6. No
- 2. Gross
- 7. Jane Austen
- **Domestic Product**
- 8. Mount Logan, Yukon
- 4. Yellow

3. Beyonce

- 9. Leapers or leaplings
- 5. Cupid
- 10.2018

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