

St. Marys Independent

36 Water St. S., St. Marys ON | 519.284.0041 | info@stmarysindy.com | www.stmarysindy.com

Issue #1165

Thursday, June 29, 2023

FREE

Black's Financial Services
Call us for details 519.284.1340

TERM	GIC	GIC INSURED
1 year	5.55	*All rates subject to change without notice*
3 years	5.50	
5 years	5.45	



PROUDLY CANADIAN

ALLROADS AllRoads.ca | 519-284-3308

Black's Financial Services
All rates subject to change without notice

Are you taking advantage of the TFSA?
1 YR 5.28 - 3 YR 5.20 - 5 YR 4.90

For more products and Financial Advice call us today!



Friday, June 30

9 & Dine for \$39
Serving delicious Fish and Chips
Fish and Chips only \$15.95
Plus live music with Jesse Webber!

Thursday Wing Night!
Weekly special:
Korean Beef Tacos!

Call us for inquiries at
519.225.2329

www.rivervalleygolfandtube.com

Photo Opportunity at the Flats



With the trees and the river in the background, Milt Dunnell Field was the perfect spot to capture photos of the 2023 DCVI graduating class. On Friday, June 16 parents, grandparents and friends were able to get lasting memories of the graduates all dressed up for the occasion. (Murray Grant photo)

Enjoy a classic Canada Day celebration at Cadzow Park

Celebrate our nation with outdoor fun and music on July 1

There's no better place to party on Saturday, July 1 than Cadzow Park in St. Marys! Come celebrate our nation, rain or shine, from 11:00 a.m. to 3:00 p.m.

Start the day with the popular Canada Day parade! This ever-growing parade departs the Pyramid Recreation

Centre at 11:00 a.m., then makes its way downtown and ends at Cadzow Park.

Three musical performances will be offered at Cadzow Park after the parade. The duo from La Grove kicks it off at 11:30 a.m., followed by Paul

Continued on page 3

Canada Day weekend closures or not

With Saturday being Canada Day, it is a mixed bag for who are open or not on the holiday weekend.

For starters Foodland, The Independent Grocer and Canadian Tire are open all weekend including Saturday. Delmar Foods are closed Saturday but open Friday and Sunday. The LCBO and the Beer Store are closed Saturday but open Friday and Sunday. The Banks and the Post Office are closed Monday July 3.

The Town supplied the following:

Please note the following hours will be in effect for Town of St. Marys facilities for Canada Day (Friday, June 30, 2023).

Closed:

Administrative offices (Town Hall and Municipal Operations Centre), Adult Learning, Before and After School Program, Child Care Centre, Early-ON Centre, Fire Station, Friendship Centre, Mobility Services offices (rides must be booked by 12:00 p.m. on Thursday, June 29), Service Ontario

Open:

Garbage and recycling will be collected as normal on Friday, June 30, Home Support Services such as Meals on Wheels and Telephone Reassurance, Landfill (closed Saturday, July 1), Museum (9:00 a.m. to 4:00 p.m.), Library (closed Saturday, July 1), Pyramid Recreation Centre, including the Aquatics Centre (closed Monday, July 3), Quarry (11:00 a.m. to 7:30 p.m.; please pre-register online at www.townofstmarys.com/quarry), Train station/VIA Rail and GO Train service (no GO Train service on Monday, July 3).

Any updates will be posted to the Town website (townofstmarys.com), Facebook page (facebook.com/stmarysontario) and Twitter account (twitter.com/townofstmarys) as soon as they are available.

29 Wellington St. St. Marys (Post-Office Building)



Little Ninja Karate
4 to 6 years

Kids Karate
7 to 9 years

Youth Karate
10 to 12 years


Teen Karate
13 to 17 years

Adult Karate

Adult Cardio-Kickboxing

Book Your FREE Trial Class!
www.stonetownkarate.ca

Recreational & Competitive Programs



David Forster

Broker of Record Coldwell Banker Homefield Legacy Brokerage*
150 Queen Street East, St. Marys, ON
Cell: 519-949-0501 | Office: 519-284-2381

*Each office is an independently owned & operated member broker of Coldwell Banker Affiliates of Canada



MLS

COMMUNITY —

D&S Downham's new showroom shines despite rainy conditions



Above left, guests mingle within D&S Downham's new 19,000 square foot facility during the Grand Opening Event on Saturday, June 24th. There was a fantastic turnout throughout the day despite the sometimes-rainy conditions. (Stewart Grant photo)

Above right, the official ribbon cutting took place on Saturday, June 24th for the Grand Opening of D&S Downham Equipment's brand-new 19,000 square foot facility at 3981 Perth Line 26. (Contributed photo)

Delmar Celebrates Canada Day - \$19.99 - Special Purchases

Wed June 28: Poutine Day
Includes one of each: TCF Thick Cut Fries, Bright's White Curds and Saffron&Sage Gravy Mix

Thurs June 29 & Fri June 30: Camper's Breakfast Bundle
Includes one of each: Eggs, Norpac Breakfast Sausage & Metzger Side Bacon

June 29, 30 & July 2
Spend \$50 in one transaction and receive a FREE Delmar Foods sauce/dressing

DELMARFOODS
FOOD FACTORY OUTLET

25 South Service Rd
Weekdays: 7am-5pm
Weekends: 10am-5pm
Closed Canada Day

STONETOWN FINANCIAL SERVICES
Unit 1, 60 Water Street South
St. Marys, ON.
ph: 519.284.4448

GICs	RRSPs	TFSAs
1 yr - 5.55%	1 yr - 5.55%	1 yr - 5.28%
3 yr - 5.50%	3 yr - 5.50%	3 yr - 5.20%
5 yr - 5.45%	5 yr - 5.45%	5 yr - 4.93%

*Rates subject to change without notice *Minimum may apply

7 Day Forecast - Weather Sponsored by The HITCHING POST

Wednesday June-28th	Thursday June-29th	Friday June-30th	Saturday July-1st	Sunday July-2nd	Monday July-3rd	Tuesday July-4th
Sunny	Potential showers	Potential showers	Thunderstorms	Potential showers	Mainly sunny	Mainly sunny
24°C Feels Like 26	28°C Feels Like 28	27°C Feels Like 31	27°C Feels Like 33	25°C Feels Like 31	27°C Feels Like 32	29°C Feels Like 34

INVESTMENT PORTFOLIO REVIEWS - CALL TODAY
PROVIDING SOLUTIONS TO MEET YOUR ESTATE, FINANCIAL & RETIREMENT NEEDS!

 Jeff Swan BRE, CFP	 Julie Swan Office Manager	 Cheryl Campbell, CFP Life Insurance Specialist
----------------------------------	---	--

www.stonetownfinancial.com

COMMUNITY —

Enjoy a classic Canada Day celebration at Cadzow Park

Continued from page 1

Droog with family favorites at 1:00 p.m. Indie-folk pair York Street Process will take the stage at 2:00 p.m.

The official flag-raising and singing of the national anthem will take place at 12:30 p.m. Patsy Anne Day will also lead a land welcoming ceremony to acknowledge our Indigenous homelands. Enjoy a snack courtesy of Tremblett's Your Independent Grocer following the ceremony!

Activities for all ages will be offered throughout the afternoon, including an inflatable jumper, arts and crafts with Paint and Palette, and fun with the St. Marys Public Library. Pack your swimsuit as the splash pad will be open all day, as will the St. Marys Museum with exhibits and children's crafts.

There will also be an opportunity to

contribute to a community art project led by RubiArt. The completed banners will be on display at the 2023 Stonetown Heritage Festival! An Artisans' Market will be set up at the east side of Cadzow Park. Browse and buy from local creative talents!

After working up an appetite, grab a bite at the Canadian Baseball Hall of Fame and Museum's fundraising barbecue. The Sunset Shack will also offer a fun selection of street eats for purchase.

Stop by Milt Dunnell Field from 8:00 a.m. to 1:00 p.m. for food, friends, and most importantly, fabulous cars at the St. Marys Lions Club Car Show! Admission is by donation.

Offering something for everyone, St. Marys is the place to celebrate Canada Day!



- Landscape Design & Build
- Excavation
- Trucking
- Septic Installation



Bryn Luckhardt, N.P.D

519-272-3408 • bryn@luckhardtlandworks.com

www.luckhardtlandworks.com

ST. MARYS, ONTARIO

NOW HIRING - PART TIME TRUCK DRIVER

APPLY TO: bryn@luckhardtlandworks.com OR 519-272-3408

INTERNET
starting at
\$64.95

LIFE IS BETTER WITH QUADRO'S RELIABLE, LOCAL INTERNET

QUADRO
TELECOM DONE RIGHT SINCE 1924

CALL TO SWITCH TODAY!
1-800-265-4983
www.quadro.net

COMMENTARY —

A Canada Day with 40 million Canadians

By Stewart Grant

Earlier this month, our country exceeded 40 million people for the first time, which is a noteworthy milestone. The calculators at Statistics Canada put us over that threshold on June 16, 2023, and if you Google "Statistics Canada Population Clock", there's a neat real-time model where you can see the estimated figure get updated by the second, based on the following math which is recalibrated quarterly:

-Add one non-permanent resident every 50 seconds;

-Add one immigrant every 1 minute, 7 seconds;

-Add one birth every 1 minute, 24 seconds;

-Subtract one death every 1 minute, 41 seconds;

-Subtract one emigrant every 21 minutes, 25 seconds.

If it doesn't seem that long ago that we breached 30 million people, well... time flies, as it was actually 26 years ago (1997).

And if you remember when Canada topped 20 million people (1966), you are also old enough to remember 1967 as the year that Canada turned 100 years old, Montreal hosted Expo'67,

and Toronto winning the Stanley Cup.

How about 10 million? This happened 94 years ago, in 1929, just as the Great Depression was beginning. Some current residents were around for that population milestone though they surely didn't pay it any mind at the time.

Canada has grown more than ten-fold since first becoming a country in 1867 with an estimated population of approximately 3,463,300 people, with most living in what is now Ontario, Quebec, and the Maritime provinces. Looking ahead, it's believed that, based on current immigration trends, we will reach a Canadian population of 50 million people in about 20 years' time (2043), and some forecasts say we might reach 100 million by the end of the century, though that might be a bit of a stretch.

Across the board, July 1st is certainly a milestone date. Not only is it Canada Day; it's also the first weekend after the end of the school year (so the Quarry opens); and it's basically the half-way point in the calendar year as time keeps marching on. Have a great Canada Day weekend everyone, whatever you decide to do.

Bravo

We have three Bravos this week.

1) Bravo for a lovely Act of Kindness on Father's Day. With my kids out of town that day, I ate alone at Sunset Diner. When I went up to pay, I was told that a lady with 3 children had already paid for my meal on their way out. Thank you so much to this person, you really made my day.

2) To the amazing staff of the St. Marys Veterinary Clinic, for taking such amazing care of the pets in our community, and going above and beyond for all of their patients.

3) Huge shout out to Dennis DesRosiers and Chantal Lynch (Hyggeligt Fabrics) for starting the St. Marys Imagination Library in partnership with the Dolly Parton Movement. Thanks to all of their time invested and fundraising efforts they provide approximately 300 children with free books each month. Your contributions to the community are very much appreciated.

*Please note all Boos and Bravos must be signed in order to be considered.

Boo

We have two Boos this week.

1) Boo to the person(s) who are stealing plants from the front of businesses in St. Marys. We are trying to make the community look great and appeal to the population who live in the community and travel through town. Being respectful of each other builds a stronger community and shows the care/pride we have for one another.

2) Boo to those who do not take their garbage home but throw it in the ditch in the country.

Bravos and Boos are submitted by community members and do not necessarily reflect the opinions of the St. Marys Independent

Quote of the Week

"We recognize that more work still needs to be done, and look forward to continuing to make progress in accomplishing our end goal of ending homelessness in Stratford, St. Marys, and Perth County."

- **John Ritz, Homelessness and Housing Stability Supervisor**

St. Marys Independent

36 Water St. St. Marys, ON, PO Box 2310 N4X 1A2
Info@stmarys-independent.com
Phone: 519.284.0041

Publisher

Stewart Grant • stew@granthaven.com

Editor in Chief

Frank Doyle • info@stmarys-independent.com

Graphic Design / Layout

Tyler Carruthers • info@stmarys-independent.com

Sales Representative

Stewart Grant • ads@stmarys-independent.com

Billing Administrator

June Grant • junegrant48@gmail.com

Administrative Assistant

Wendy Lamond • wendylamond74@gmail.com

Contributors

Rob Edney, Nancy Bickell, Mary Smith, Nancy Abra, Lauren Eedy, Spencer Seymour, Sarah Cairns, Paul Knowles



Funded by the Government of Canada
Financé par le gouvernement du Canada



facebook.com/stmarysindy



twitter.com/stmarysindy



www.stmarysindy.com

The St. Marys Independent

THOUGHTS
OF THE WEEK

Sponsored by:

RADAR 
AUTO PARTS
395 Queen Street West

Canada will be a strong country when Canadians of all provinces feel at home in all parts of the country, and when they feel that all Canada belongs to them.

Your Canadian roots define you for all of your life, no matter where you go, no matter what you do.

You can't buy happiness, but you can live in Canada. And that's pretty much the same thing"

Overheard at the Coffee Shop

Proudly sponsored by:

Tim Hortons
in St. Marys

201 Queen St E, St. Marys, ON • (519) 284-4555

The race is on between ice cream stores and pizza shops.

Canadian citizenship question "What is a Timbit?"

Have you heard something humorous around town that you think might be of interest to others? Either email them to us at info@stmarys-independent.com with the title "Overheard at The Coffee Shop", call 519-284-0041 or drop by the office to let us know!

COMMUNITY —

Fundraising continues for Canadian Tire Jumpstart Campaign



Jumpstart is a charity founded by Canadian Tire to help kids overcome financial and accessibility barriers to sport and recreation in an effort to provide inclusive play for kids of all abilities. 100% of each donation stays in the community it was raised in, and is given out as individual grants and/or community development grants.

St. Marys co-owner Angie Kim told the Independent, “We had a target to raise \$2,300 in the month of June, which we exceeded! Thank you to the generous donors in St. Marys, with almost \$700 raised on the Saturday BBQ fundraiser alone. We are going to continue raising donations in the store for the month of June and raffle tickets are available to buy until June 30th for \$10 for 1 ticket or \$20 for 3 tickets.

The grand prize is Master Chef Prime 4-burner gas propane BBQ and other prizes include \$100 value gift basket and \$50 Canadian Tire gift card.”

Canadian Tire team members, pictured above from left during Saturday’s BBQ event, are Angie, Lori, Shannon, Tara, Krista, Clara, Nick, Rakesh, Duncan, Keith, and Matt. (Contributed photo)

Happy CANADA DAY!

MATTHEW RAE
MPP – Perth-Wellington

519-272-0660 | 1-800-461-9701
matthew.rae@pc.ola.org | matthewrae.ca

STONETOWN CRIER

The latest municipal news from the Town of St. Marys



HERITAGE FESTIVAL VOLUNTEERS

We are looking for volunteers to help out at the Stonetown Heritage Festival on Saturday, July 15! This is a great opportunity for high school students to gain volunteer hours.

townofstmarys.com/volunteer

SHOWER PROGRAM

Tuesdays, 9 AM - 1 PM | Pyramid Centre

This program provides free showers to those in need. Showers are private, secure and accessible for individuals of all abilities.

519-284-2160



SUMMER SWIM CLUB

Summer Swim Club is a great way for youth to improve their current swim ability while having fun! Sign up for sessions by searching “Swim Club” on ActiveNet.

townofstmarys.com/activenet or 519-284-2160

SUMMER CAMP PRC

Camp PRC will keep your child happy and engaged with activities for all interests. Sign up for specific days or a full week by searching “Camp PRC” on ActiveNet.

townofstmarys.com/activenet or 519-284-2160



SUMMER SWIM LESSONS REGISTRATION

Registration for summer swimming lessons is now open! Visit our website for details on dates and times.

townofstmarys.com/campprc or 519-284-2160

Contact us

519-284-2340
communications@town.stmarys.on.ca





566 Queen St. E. • 519.284.4348

Senior of the Week



Our senior of the week is Klaassien (Siena) Kainz who will be celebrating her 88th birthday on Sunday July 2. Born in Holland, Siena came to Canada in 1952 and ran Frenchies for 36 years. Siena has 2 children, 2 grandchildren and 4 great-grandchildren. Happy Birthday Siena!

If you would like to nominate someone for Senior of the Week, Contact us at 519-284-0041 or info@stmarysindpendent.com.

Weekend Quiz

SPONSORED BY



16 Water Street South
519-284-3288

- 1) What are Canada's two national sports?
- 2) Name the first Canadian to win a Nobel Peace Prize?
- 3) Who was the first Canadian astronaut to enter space?
- 4) Andrew Bonar Law was the only Canadian ever to do what?
- 5) How many time zones are there in Canada?
- 6) What is the highest mountain in Canada?
- 7) When was "Oh Canada" proclaimed as Canada's national anthem?
- 8) How many provinces and territories are in Canada?
- 9) What is the longest river in Canada?
- 10) Who was the first Canadian born Governor General?

This week's answers are found on pg. 31

COMMUNITY —

City of Stratford and Community Partners Recognized for Progress Toward Homelessness Reduction

The City of Stratford Social Services Department and its community partners at Optimism Place, United Way Perth Huron, and the Canadian Mental Health Association-Huron Perth have recently been recognized for their efforts to reduce homelessness locally. Earlier this spring, Built for Zero Canada, which is part of the Canadian Alliance to End Homelessness, highlighted the efforts in Stratford, St. Marys, and Perth County to successfully reduce the number of people experiencing chronic homelessness by 10% below our local baseline for three consecutive months.

This recognition underscores the significant progress

towards the priorities of the 10-year Housing and Homelessness Plan.

The City of Stratford Social Services Department would like to thank all of the partner agencies and community resources who have assisted in reaching this important milestone in our communities. We recognize that more work still needs to be done, and look forward to continuing to make progress in accomplishing our end goal of ending homelessness in Stratford, St. Marys, and Perth County.

For more information, please contact: John Ritz, Homelessness and Housing Stability Supervisor 519-271-3773 extension 6281 jritz@stratford.ca

"Silverfox Reunion" cancelled

George Cifa has asked the Independent to announce that this year's (2023) "Silverfox Reunion" has been cancelled due to a lack of response. Cifa

said that a new committee has been formed and that the event will happen in 2024, which is scheduled for the July long weekend



Invitation to Workout July 2nd to July 9th

FOR FREE

in the Fitness Center (15+ or have taken individual conditioning 13-15)
Free group Fitness Classes (13+)

Staff Reunion Thursday July 6th - 7:15 - 8:30 pm

Family Movie Night Friday July 7th - 6 - 8 pm
(Free Popcorn & cupcakes)

July 2023 MOSSA® Group Power Launch Party
Saturday July 8th 8:30 am



PLEASE JOIN US AT CASCADES FOR A



FROM 4-7PM

Cascades

FRIDAY, JULY 7 2023

We would like to invite Cascades retirees to attend
Please RSVP:
Drop in the plant
Call: 519-284-1840 ext 62642
Email: tanna_kittmer@cascades.com
304 James Street South, St. Marys ON

FOLLOW US ON SOCIAL MEDIA TO STAY UPDATED!

FACEBOOK.COM/STMARYSINDY • TWITTER.COM/STMARYSINDY
WWW.STMARYSINDY.COM | INFO@STMARYSINDEPENDENT.COM

COMMUNITY —

Celebrating 20 years of Community Connection at the St. Marys YMCA

The St. Marys YMCA invites the community to workout for FREE from July 2 to July 9 as they celebrate 20 years of community connections

Located in the St. Marys Wellness Center, the St. Marys YMCA opened its door to the community on July 2, 2003. Throughout the last twenty years, the Y has been an integral part of keeping the St. Marys community healthy, offering programs in partnership with local schools, physiotherapy clinics, and doctors' offices.

"Over the past two decades we have had the privilege of serving hundreds of community members," says Nancy Riddell, Supervisor of the St. Marys YMCA. "The YMCA is a cornerstone of our community, dedicated to promoting health, wellness, and the well-being of individuals and families."

In addition to offering programs for the community, the St. Marys Y is proud to sponsor school awards, support community fundraisers, and host the annual St. Marys Terry Fox run.

In 2020, the YMCA of Stratford-Perth unified with the YMCAs of Cambridge and Kitchener-Waterloo, and the YMCA-YWCA of Guelph to become the YMCA of Three Rivers. This unification allowed the Y to continue increasing their impact and contribution to the St. Marys community.

While the Y is often known as only a fitness centre, the 2020 unification has enabled the St. Marys YMCA to grow their service offerings, bringing the expertise of the YMCA of Three Rivers Immigrant Services team to support newcomers to the St. Marys community.

The St. Marys Y is also ramping up their program offerings for children and youth. After a few setbacks during the pandemic, they are working to rebuild their staff team and programming for families in the community, and anticipate the return of youth drop-in programs, and the Kid's Marathon this fall.

After 20 years in St. Marys, it's safe to say the Y is here for good, and they're continuing to invest in the health and wellness of our community. They

have recently revamped their fitness centre layout, adding six new pieces of cardio equipment and more heavy dumbbells, as well as adding MOSSA® group fitness classes to their weekly schedule.

"We're proud to be part of the St. Marys community, and we want to share the celebration of this important milestone with everyone in the community," says Riddell. "Join us for a workout, try a fitness class, or enjoy a movie night with your family, there is something for everyone."

The Y will be celebrating with the community by welcoming anyone to visit the Y for free during their anniversary celebration, July 2 to July 9, 2023. During the week-long celebration, all visitors to the Y will be entered to win one of many prizes, generously donated by St. Marys community partners and businesses.

From July 2 to July 9, the fitness centre will be open to anyone age 15+, or age 13+ who has participated in the free Individual Conditioning course. The Y's schedule of over 15 weekly group fitness classes will be available for community members to join, as well as demonstrations of new classes that they anticipate adding to the fall schedule. The brand new July 2023 MOSSA® Group Power class will launch on Saturday July 8 at 9:00am.

The younger crowd is invited for a movie night on Friday July 7 at 6pm, featuring free popcorn, fun and games, and the Y's infamous birthday party cupcakes.

Last but certainly not least, all current and former staff members are invited to stop by the Y on Thursday July 6, from 7:15pm - 8:30pm for a staff reunion.

"As we reach this milestone, we're not only looking back on where we've been, but looking ahead to the future," says Riddell. "We look forward to continuing to be part of the St. Marys community for many years to come."

IN STOCK **CLEAR OUT!**

LUXURY VINYL

\$149

FROM PER SQ FT REG ~~5.99~~

IN STOCK **HOT NEW PRODUCT!**

LUXURY HIGH GLOSS VINYL TILES
12X24"

\$199

FROM PER SQ FT REG ~~6.99~~

IN STOCK **12MM THICK**

7" WIDE EUROPEAN ACS COMMERCIAL GRADE LAMINATE

\$149

FROM PER SQ FT REG ~~5.99~~

IN STOCK **PAD ATTACHED**

LUXURY LAMINATE + PAD ATTACHED

\$299

FROM PER SQ FT REG ~~5.99~~

IN STOCK **CLICK ENG.**

4" WIDE X 5/8" THICK CORK BACK HARDWOOD

\$399

FROM PER SQ FT REG ~~8.99~~

IN STOCK **NEW PRICE**

6" WIDE - 3/4" THICK HARDWOOD

\$399

FROM PER SQ FT REG ~~8.99~~

IN STOCK **JUST ARRIVED**

13" X 13" PORCELAIN TILE

99¢

FROM PER SQ FT REG ~~4.99~~

IN STOCK **TOP SELLER**

BLACK LEDGESTONE

\$699

FROM PER SQ FT REG ~~9.99~~

How to LISTEN TO ST. MARYS RADIO

Step 1. Go to www.stmarysradio.com

2. Click play on the online player

COMMUNITY —

Friendship Force of Stratford/St. Marys Host Ambassadors from Nashik Riverside, India



Pictured from left, to right, Umesh Rathi, Journey Coordinator, Nashik Riverside; All Strathdee, Mayor of St. Marys; Murray Pink, President of Friendship Force of Stratford and St. Marys; Beverly Haggerty, Journey Coordinator for Friendship Force of Stratford/St. Marys. (Contributed photo)

St. Marys Mayor Al Strathdee joined the Friendship Force Club of Stratford/St. Marys to welcome 15 guests from Nashik Riverside, India, June 23rd. The visiting Club prepared a delicious meal of Indian Cuisine which was then shared.

The Stratford / St. Marys Club home-hosted the visitors and planned a full week of activities including tours of the Cascades Manufacturing Plant in St. Marys, the Toyota Plant in Cambridge, a dairy farm near Shakespeare, Banting House and UWO Wind Tunnel in London as well as taking a walking tour of St. Marys, which was hosted by the St. Marys

Museum.

Friendship Force is a global organization with over 300 clubs and thousands of members worldwide. Friendship Force International connects people with its mission to promote global understanding across the barriers that separate people. Through home-hosting and meaningful travel experiences, participants learn about other cultures, develop a better understand of our world and discover our shared humanity.

For more information on Friendship Force Stratford/St. Marys, email ffstratfordstmarys@gmail.com

AllWheelsPark donation of the week



We are very excited to announce our donor of the week...the Kinsmen Club of St Marys and their donation of \$10,000 to the Rotary All Wheels Park. This becomes our first sponsor at the HERO level (\$10,000 - \$24,999) and the community says thank you! Please visit our website to see the list of all our donors and participate in this exciting opportunity. All donations over \$20 receive a tax receipt. www.townofstmarys.com/allwheelspark. Pictured above, from left, Kenny Hutton, Dave Bage, Cliff Sterritt, Jean Rowcliffe, Ron Cummings, Wayne Barber, Heather Douglas. (Contributed photo)

Calling all wheels!

Scooters, skateboards and bicycles are invited to join in the Canada Day parade starting at the Pyramid Center on July 1st.

Join the Rotary All Wheels Park team at 10:45 at the PRC to be a part of the parade. All ages welcome!

This will be a wonderful way to remind the community about the remodel and expansion of the ALL Wheels Park. See you at the parade!

www.townofstmarys.com/allwheelspark

CELEBRATE CANADA DAY
with **METZGER MEATS**
20% OFF

Sausages

the Hitching Post co., Ltd.

519-284-2360 480 QUEEN ST W
Open 8am-5pm
CLOSED JULY 1ST-3RD

SIIG
St Marys Insurance Group Inc

HAPPY **CANADA DAY**

We deal with Tradition Mutual, South Easthope Mutual, Intact, Economical, Howick Mutual, and Wawanesa.
Call us for a quote for auto, home, commercial or Farm.

COMMUNITY —

Difference of opinions in Perth South regarding flag policy

By Stewart Grant

This month's meetings of Perth South Council were particularly well attended and observed, due to discussions put forth on the topic of the township's flag policy. At last count, the Facebook Live broadcast of the June 6th meeting attracted 312 online views while the June 20th meeting had 809 views.

June 6th Highlights

Under the Council Reports section of the June 6th meeting, Councillors Jim Van Nes, Sam Corriveau, and Mark Bell reported that they had each had constituents approach them with concerns about the township's current flag policy. 2023 is the second year that the pride flag has been flown at Perth South's municipal office.

Councillor Bell was particularly instrumental in sparking debate upon the issue.

"We're getting lots of calls about our flag policy. I don't know what to say to the residents that are calling about it," Bell said. "I just want to know what Council thinks on it. I think what it's assumed is that all Perth South residents support that special interest group. That's not true."

Councillor Jaime Martin was quick to respond to Bell's concerns, stating, "A year ago, we looked at our flag policy and we made a very clear flag policy. We replaced one pole with three poles, so that allows us to fly the federal and the provincial and to add the one to support community organizations and marginalized communities. Not everybody's going to agree on everything all the time. You will find people in this township who do not believe in the Canadian flag. I like the way our flag policy is right now, and I would support staying with it."

Mayor Jim Aitcheson weighed in next, "I've had no calls whatsoever against the pride flag flying. I have had calls and emails asking if we would fly it. Since the pandemic, some people are more marginalized. You either support or you don't... It was my decision to allow it to go up. If you want to blame anybody, blame me - pure and simple."

Councillor Corriveau added, "The one email that I got, the gentleman believed that we should only be flying the Canadian flag or other official provincial or municipal flags. In most cases, with anything that I've seen through Council, 98% of the people either support or don't care. 2% how-



Councillors Jaime Martin (left) and Mark Bell (right) debate the current flag policy of Perth South during the June 6, 2023 meeting of Council. Mayor Jim Aitcheson (centre) took full ownership of authorizing the flying of the pride flag, saying, "If you want to point the finger at somebody, point it at me."

ever are the most boisterous."

Bell, referencing the current flag policy, wondered about how Council should respond to constituents' concerns, and then raised further questions. "In my view, this is just going to get louder, and I don't know if we want that. Do we want it to get louder? In my view, the path of least resistance is to fly the Perth South flag, Ontario flag, and the Canadian flag, because that includes all of us. Everybody. Second to that, I would ask if that [the pride flag] is a representation of us, as a Council, as the Mayor, or us as a community in Perth South. Is that representing our community and our constituents?"

Mayor Aitcheson responded strongly, "I'm just going to make one comment to that. Perth South would consider itself an all-inclusive municipality." He then added that he's more than willing to put the discussion of the flag policy back on the agenda if desired, to which Bell responded, "yeah, I would."

June 20th Highlights

As word spread locally regarding the June 6th interactions at Council, Perth South's June 20th meeting was more attended than usual.

The Public Question Period near the end of the meeting provided citizens with the opportunity to speak briefly on a variety of issues. On the topic of the township's current flag policy, comments were made both in support and in opposition, with those supporting outweighing those opposed by perhaps a two-to-one margin.

While the Public Question Period began with a wave of three speakers in support of the existing flag policy, it was followed by a wave of concern from three speakers.

Resident David Brouwer said, "I think it's fair to say that there is a gap, and it's a massive gap, between the original intent of the pride and where some of us feel that it's going. I see it, the language is softening, but this is about the innocence of our youth. That's what this is. I will fight tooth and nail. I don't think a child needs to identify as anything other than a child. They ought to cross that bridge when they cross that bridge."

A personal story was shared towards the end of the meeting by a member of the trans community. "I just want to speak to some personal experience, and hopefully that's helpful to your deliberations about this. I grew up in a Christian church, and I would have said all the things that Mark [Bell] has said, not all that long ago. But there was a piece of me that I fought against that I could not deny - that I had to accept in myself, and in doing that, I have found peace with it, peace with God with it, and it has changed everything in such a positive way. I just wanted to point out something that I did hear from Mark. A lot of the things that he said, started with 'I believe', and it's ok to have beliefs. I had those beliefs. My beliefs have changed. But when a Council deliberates on what should be done, I don't think it can be based on a personal belief. I think it needs to be done on what is best for the community and I don't just mean the LGBTQ. I mean everyone. To me, the pride flag represents something that it didn't at one point. Now, it represents inclusivity, and that is not just about LGBTQ. Because if you can't accept us, then who else can you not accept?"

This month's two meetings of Perth South Council have been interesting to watch and have been an example of how a well-functioning local government responds to the varied views of its constituents. The Council Reports of June 6th illustrated that the public at large is not unanimously agreed on the issue, and the Public Question Period provided an appropriate venue for the sharing of ideas and experiences. Perth South Council will revisit the issue and debate the merits of both sides before reaching a conclusion in the future on whether to revise or change the current flag policy.

Patty Brine, who is a former teacher and guidance counsellor and now serves as a Board Member and Secretary of Stratford-Perth Pride, was first to speak to the issue. "This is so important. The pride flag symbolizes acceptance... and that's all the students and staff need to see - that there are people who accept them because they were born that way. Thank you for considering this and for flying the flag for the last two years because that is awesome."

Laura Taylor, a local mother, spoke next, referencing the 'power of symbols'. "When our child came out as trans, just walking through downtown Stratford and seeing the flags just made me as a parent feel like my child would be safe in these places and she would be accepted."

Retired St. Mike's teacher Tim O'Connor shared his experience. "I was blessed to work with a really amazing group of young students in our club before I retired, and we met virtually. This was a group who wanted to delve into their experiences as 2SLBTGQ+ students in a school... as bad as I thought the homophobia and the transphobia was that they were dealing with, they taught me that it was much, much worse. Going back and talking to the same group this year, their experiences are getting more and more difficult. Symbols make a difference. They make a statement. And it allows people to feel that they're valued and celebrated so I just wanted to lend my voice to the conversation and to stand in support of flying the pride flag. I've been very saddened by the online rhetoric and some of what is out there."

COMMUNITY —

84th Embro Highland Games in Embro July 1

The Zorra Caledonian Society is putting the finishing touches on the 84th Embro Highland Games (EHG), taking place July 1, 2023 at the Embro Zorra Community Centre (EZCC) 355644 35th Line, Zorra. Gates open at 7 am and there is a full line-up of family-friendly activities that will appeal to visitors of all ages.

There are over 60 entries in the individual piping and drumming competitions which begin at 8:30 am with the ever popular Massed Bands taking the Main Field at 12:30 pm and at 4:30 pm.

For guests wanting to take in some true Scottish culture the Highland Dance competition begins at 9 am and NEW this year a judge from Florida, who is qualified to judge at the world-level, will be adjudicating.

In keeping with the theme, a wide variety of Scottish vendors on site offer Scottish jewelry, food, tartan clothing, and Celtic arts & crafts and more.

We are excited for the return of the Tug-of-War competition, a first since the pandemic and eight teams have registered, including two teams from Wisconsin, U.S.A., British Columbia, Bluewater (Dashwood), Ilderton and an Indigenous youth team from London. This year marks the 130th anniversary since the Zorra Tug-of-War team won the World Championships at the Chicago World's Fair in 1893 so Alex McKay, a direct descendent, will be giving a special historical presentation.

Heavy Events (with the popular caber toss) featuring male and female athletes from across the province vying for top honours, starts at 10:30 am.



The men's division will include competitors Jamie Trask, currently ranked 10th in Canada and Dan Novia, who is ranked 13th. The female division includes Celine Freeman-Gibb who won the 2022 competition in Embro and who is currently ranked 3rd in Canada.

For those animal enthusiasts, the Scottish livestock area will be open all day with breeds of cattle, horses and sheep that would have all originated in Scotland. Scottish Dogs on Parade, always a favourite show for visitors, will "strut the ring with their humans" at 10 am. The Dog Agility show will run twice throughout the day at 1:15 pm and 3 pm. Returning to Embro are two local craft breweries; Upper Thames Brewing Co. (Woodstock) and Junction 56 Distillery (Stratford). The Paddy Stones will open for the Mudmen, and both groups will perform three sets for some rousing live Celtic

music in the Muckle Tent.

For those wanting a slower pace, the Scottish Tea Room will be open from noon to 4 pm, hosted by the Knox Presbyterian Church, with the volunteers serving a selection of teas and traditional delicious delights to enjoy in the arena lobby.

Inside the Great Hall (complete with air-conditioning) the following events will take place. From 10 am to 2 pm, the children's Scottish Crafts will engage and entertain the wee visitors as they embrace and create with Scottish culture in mind! At 1:15 pm we will have entertainment showcasing Taiwanese Culture which ties in with the Zorra -Taiwan connection and our shared "son" Rev. Dr. George Leslie Mackay. Father Bill White speaks on "Kilts Online" at 2:15 pm.

The Oxford Weavers & Spinners Guild will be onsite all day demonstrating

their skills. Five Scottish clans will participate at the Games this year rounding out a full day of family fun with a Scottish flair!

Open all day are the Visitors' Tent and Exhibits in the Great Hall which include the Taiwanese legacy of George Leslie Mackay, Tartans on Display, the Mighty Men of Zorra, Embro Highland Games and Zorra Heritage.

Find all the information you need to plan your visit at www.embrohighlandgames.ca where you can also buy advance tickets and merchandise to enhance your day.

Admission is \$25 for adults, or \$22.50 for advance tickets purchased online. Youth (ages 13-17) are \$10 and children 12 and under are free. Guests are welcome to bring a lawn chair, and parking is complimentary. The Zorra Caledonian Society is a non-profit community organization formed in 1937 that celebrates and promotes the Scottish heritage of Embro-Zorra. Their signature event, the Embro Highland Games, brings thousands of visitors to Oxford County and is the oldest Highland Games in Ontario.

The Embro Highland Games truly exemplifies an entire community coming together for the celebration of all things Scottish!

Follow us on Facebook, Snapchat & Instagram. For more information contact President Geoff Innes 519-537-1202, Vice President Steve MacDonald 519-475-4219, Social Media & Website Coordinator Holly MacDonald 289-501-4411, or info@embrohighlandgames.ca

U PICK OR READY PICKED STRAWBERRIES

OPEN 9 AM - 6 PM MONDAY THROUGH SATURDAY
CALL FOR DAILY PICKING CONDITIONS 519-283-6025
OR CHECK OUR WEBSITE SHELDONBERRIES.COM

276347 27TH LINE, LAKESIDE ON

Walch Strawberries

Buy already picked daily fresh or pick your own

OPEN:
Mon-Fri 8am - 7pm
Saturday 8am - 5pm
Sunday 8am - 5pm

For daily updates call 519-272-1423

Located just outside Stratford on Hwy 7 & 19 south (Erie Street) Rd 119 #3557

STRAWBERRIES ON NOW

Hours Mon - Sat 8 AM - 7PM
Sunday 8 AM - 12 Noon

Call ahead 519-284-3199
2877 Rd. 119, (Hwy #7) St. Marys
"Locally grown tastes better"

FOLLOW US ON SOCIAL MEDIA TO STAY UPDATED!
[FACEBOOK.COM/STMARYSINDY](https://www.facebook.com/stmarysindy) • [TWITTER.COM/STMARYSINDY](https://twitter.com/stmarysindy)
WWW.STMARYSINDY.COM | INFO@STMARYSINDEPENDENT.COM

COMMUNITY —

Beachville: An important stop on the local Baseball History Tour



Included within the Beachville District Museum's baseball exhibit is a display of historic baseball jerseys from celebrated Oxford County teams that illustrate the evolution of dressing for the game on both men's and women's teams. (Stewart Grant photo)

By Stewart Grant

Recently, while out delivering copies of the first edition of the Woodstock Ingersoll Echo newspaper, I stopped in at the Beachville District Museum for the first time. Located in downtown Beachville, right between Woodstock and Ingersoll, it's just a half-hour drive from St. Marys.

Those who are familiar with the Canadian Baseball Hall of Fame will know

that one of the reasons why St. Marys was chosen as the host of the Hall is its proximity and ties to Beachville, where it is believed the first recorded baseball game in North America took place. Doctor Adam Enock Ford, who would go on to play a colourful role in the history of St. Marys, was the man who described in an 1886 article of Sporting Life a baseball game that he witnessed in Beachville on June 4, 1838, predating the supposed inven-



Monica Van Ittersum, Assistant Curator, was pleased to show me the baseball exhibit at the Beachville District Museum during my visit on June 15th. Pictured with Monica is the story of Doctor Adam Enock Ford, who was witness to the first recorded baseball game in North America. Ford would go on to serve several terms as a town councillor in St. Marys and was elected Mayor in 1877 before being put on trial, and acquitted, regarding the 1878 death of Robert Guest. Regular St. Marys Independent readers will recall this interesting legal story from Mary Smith's "Historic St. Marys" column. (Stewart Grant photo)

tion of baseball by Abner Doubleday at Cooperstown by several months. Ford was just shy of seven years old when he witnessed the 1838 baseball game.

The Beachville District Museum's baseball exhibit explores the rich history of baseball in Ontario, specifically within the Townships of Southwest Oxford and Zorra. Stop by the museum to learn the documented details of the first recorded game, explore

the evolution of the equipment, and see the many changes from 1838 to present day. Visitors can learn about historic events commemorating the 150th anniversary of the 1838 game, as well as Beachville's induction into the Canadian Baseball Hall of Fame in 1988.

To discover more about baseball in Oxford County (and so much more), visit the Beachville District Museum for a tour!

McCully's Hill Farm

Preserve of the Month
10% off Raspberry based Jams and Jellies

In the Freezer
Shop McCully's for locally raised meats, including Black Angus Beef, Bison, Chicken, Lamb, Pork and Turkey. McCully's has a great selection of Roasting Chickens, great for family dinners.

McCully's Makes Meal Prep Fast & Simple
Check out our selection of ready-made meals. We offer a wide variety of meat pies and soups, along with baked beans, chili, shepard's pie and beef stew. Don't forget to pick up a freshly baked fruit pie, maple butter tarts or an apple crisp for dessert.

2023 Summer Camp Registration
Join in the fun during the weeks of July 10th, July 24th and Aug. 14th. Drop into the store to sign up.

New Store Hours for July
Starting July 2: Open Daily 10 -5; Saturdays 9 - 5
Store is closed Saturday, July 1st

4074 Perth Line #9, St. Marys, ON. N4X 1C5
www.mccullys.ca • 519-284-2564

WATER STREET DENTISTRY

(226) 661-0192

Accepting New Smiles

60 Water Street South St. Marys
www.waterstreetdentistry.ca
waterstreetdentistry@gmail.com

Find us on

Stone Home Creatives

HAPPY CANADA DAY

Summer is officially here and so is Summer Camp
See details at StoneHomeCreatives.ca

JULY 1ST

Visit our website for more information
158 Queen St., East. ST. MARYS
 519-284-9966

SPORTS —

Vanderbilt's Overholt a first-team All-American

By Spencer Seymour

St. Marys native Brooke Overholt capped off a strong post-secondary athletics career by being named a first-team All-American at the NCAA Track and Field Championships held in Austin, Texas earlier this month.

This was the first time Overholt earned her place as a first-team All-American in her collegiate career. In the 400-metre Hurdles event final, Overholt posted a personal-best time of 55.50 seconds, good for fourth place in the competition.

Overholt recently spoke to the Independent about her latest accomplishment which she said "means a lot" with it coming at the conclusion of her collegiate tenure.

"This was my last year and my last college meet so I just wanted to put everything I had out there and see what I could do," Overholt said. "With all the work I've put in these last few years, it was a great way to end."

Representing Vanderbilt University in Nashville, Tennessee, Overholt was part of a Commodores women's track and field squad that brought historically-good results back to the institution. Overholt was one of five Commodores to earn either first- or second-team All-American honours and her finish helped the Commodores post its best overall team score since 1997.

According to Overholt, who came to Vanderbilt for her final year after spending four years at Cornell University in New York, the move to the Nashville-based school allowed her to continue growing as an athlete,

"I didn't get to compete as much as I would have liked to [at Cornell] largely due to the pandemic and some injuries," explained Overholt. "When I came to Vanderbilt, it was great to spend my last year in the SEC (Southeastern Conference) with it being a more competitive conference and an environment where I'm getting pushed to be better every day. I'm very grateful for the experience and I think my time here has helped me grow as an athlete so much."

"My coach that I had for my first three years at Cornell moved to Vanderbilt so for this last year, I was able



Brooke Overholt of St. Marys has capped off her strong post-secondary athletic career by capturing a fourth-place finish in the NCAA Track and Field Championship 400-metre Hurdles and, in the process, became a first-team All-American. (Photo credit: Vanderbilt University Track & Field/Cross-County's social media)

to reconnect with him and get back to working on my hurdle race setup. It's also great being at Vanderbilt because it's warmer and there's more time you're able to be training outdoors than in Canada or New York. That extra hurdle training I've been able to get here has been invaluable. Vanderbilt is also really good at supporting their athletes and providing everything you need, from equipment and facilities to nutrition guidance."

While speaking to the Independent, Overholt said that she is "a totally different athlete" compared to when she began her post-secondary athletic journey and later elaborated on this statement, saying it's largely related to the more fulsome nature of her

training regiment.

"It's not just when you're at practice that you're working," said Overholt. "It's taking those hours after practice to make sure that you are eating enough, sleeping enough, and getting the extra recovery that your body needs to be ready for the next day. It's definitely been a learning process over these five years and this year, I feel like I've been able to put it all together."

"I'm a lot stronger and faster than I was coming into my post-secondary career. In high school, I didn't lift weights or know the things that I know now. I feel like now, I'm able to be a lot stronger which allows me to

be faster, more explosive and have a higher turnover."

One wrinkle in Overholt's appearance at the NCAA Track and Field Championship was the timing of the meet. As it took place in Austin, Texas, she was competing notably later than her usual meets. This meant that her preparations for the event were modified to allow Overholt to better compete at her best with the later-than-usual timing.

"It was different for sure racing that late at night. Going in, I had to be cognizant of preparing to compete later than I normally was used to. My coach and I worked going in to make sure I was ready to compete, so we were practising later than normal, just to condition my body to be able to compete that late. And on the day of, I had a warm-up early in the day but other than that, I was conserving my energy so that I had plenty of energy to compete at night."

Overholt isn't waiting too long for her next competition as she will begin the phase of her athletic journey – attempting to earn the chance to represent her country on a national stage.

"I compete in Edmonton next weekend," Overholt said with a humble chuckle. "Then, I'll be going to the Canadian Nationals with the goal of making the Canadian national team that is going to the World Championships this year."

As she reflected on her achievement and the successful conclusion to her collegiate athletic career, Overholt mentioned that she's cognizant and thankful to all the people who have helped her develop, not just during her post-secondary years, but also dating back to her high school days.

"It really takes a community for some to achieve something like this. There are so many people who have been involved in my developmental process, starting with my family and club coaches in high school, up to my coaches now. All of those people and the things they've done to help me have been critical to how I've performed and grown and it wouldn't have been possible for me to reach this point without those people and the things they did for me."



The Independent Sports is brought to you by



Lindsay Pickering

519-276-9959

www.lindsaypickering.ca

lindsaypickering22@gmail.com

RE/MAX a-b REALTY LTD.
BROKERAGE
INDEPENDENTLY OWNED & OPERATED



SPORTS —

Wrigley retiring from DCVI after three decades

By Spencer Seymour

Anyone who attended St. Marys DCVI in the last 30 years, especially those who were active in the high school's sports or cooperative education programs, has crossed paths with the ever-jubilant Annette Wrigley. Seldom would you find Wrigley in a sour mood as she regularly offered a warm, friendly demeanour whilst traversing the halls of the local high school.

After three decades as a teacher, coach, and mentor, Wrigley's career will come to an end as she retires from her teaching position. According to Wrigley, she feels that she is finishing at the right time – when she still loves the job.

"I feel like I'm ending on a high note," Wrigley told the Independent. "I love what I do and I've always loved what I've done. I've had so many great classes and students and my colleagues have always been amazing. I really feel like I'm in a good place."

Wrigley was one of DCVI's most prolific members of the athletic department, serving as a top physical education teacher and coach of multiple sports including Cross-Country Running, Nordic Skiing, Track, and Mountain Biking. She was the school's longest-serving coach, has helped multiple schools get Nordic Ski programs, convened Huron-Perth and WOSSAA Championships, and been an integral part of the Nordic Ski program at the OFSAA level. For her incredible leadership in sports, she was recognized in 2019 by the Coaching Association of Ontario for her contributions to sports and athletes in the province.

Unsurprisingly, Wrigley thoroughly enjoyed her role in high school athletics, in part because of how it allowed her to better understand and connect with her students.

"It was my favourite part of the job, that's for sure. You just feel the energy from the students involved and watching them grow from maybe not knowing the sport very well or having never done it before to becoming better and reaching their goals. It is rewarding to see."

"When I think back on my career, I do think about it more in terms of the athletic side rather than the school side because, while that is obviously important, I think there's a unique value in the teacher-student relationship in those extracurricular activities. As a teacher, you get to know the students a bit better."

Wrigley, one of the most respected teachers and coaches at DCVI and in the school board in general, said that the backing she has received during her career was vital to her success.



"I feel very lucky to have been able to coach the sports that I did. I received so much support from the school, the staff, the parents, and the community. It's such a supportive community and I wouldn't have been able to do as much as I did without the backing of the administration and the parents."

Building on that feeling of gratitude, Wrigley commented on a presentation made during the DCVI Athletic Social by fellow teacher Ian Moore and special guests Harold Burgin, Jenny Roth, and Kim Jones.

"I knew Ian was going to say something and he's nominated me for other awards before so I had a bit of an idea on how he was going to reflect on my time but to then have Harold [Burgin] and then Jenny and Kim say a few words, I was definitely surprised and it brought back a flood of memories."

"They certainly said some very kind things about me but when I hear someone say to me 'you did this,' I think about how it isn't just me doing those things. I would never be able to do what I've done without the support I've received from other coaches and all the people who've supported and helped me along the way."

During his speech, Ian Moore called Wrigley "the greatest of all time," and explained why she's earned that title in his eyes.

"She coaches two of the most physically and mentally demanding sports in some of the most disgusting weather but has the ability to get her athletes

to work harder for her than anyone else," Moore said. "I had the opportunity to coach Nordic Skiing with her in one of my first years here and have joined or watched many of her practices over the years. Her practices are the most organized, well-structured, fun, and yet absolutely gruelling."

Moore also explained how Wrigley embodies the 'Small School, Big Heart' catchphrase that has become well-known within the walls of DCVI.

"Annette's success at all levels of sports isn't what makes her so good. It is what she does for every single athlete. Whether it is an athlete that wins an OFSAA championship or an athlete that comes last or an athlete that joins the ski team so they can put they were on a team on their resume, Annette is just as excited for how each of them does."

"She has the incredible ability to get her athletes to believe in themselves," Moore continued. "She gives them a sense of community and belonging and makes them feel that they are invincible. The joy, camaraderie, and spirit of fun are what she has done for 30 years. Every athlete that has been coached by Annette has been given the skills to be successful in life."

In three decades, Wrigley was bound to learn a variety of things and she recalled some of the most notable lessons that she picked up during her career.

"I learned how to ask the right questions," explained Wrigley. "After a race, the question shouldn't be 'How

did you do?' The question should be 'How did you feel?' Asking if the student felt like they tried their hardest and put the most energy they had into this one event was more important because sometimes a student felt really good after an event, even if the results might not indicate it."

"Not everyone is doing athletics because they want to be on top of the podium. Some students' goal is to be part of a team or to improve their skills. That was something I had to learn because when I was in school, my goal was always to be on the podium, but that's not everyone's goal. I learned that it has to be fun. I had some great coaches that instilled in me how to coach and techniques for coaching but the most effective coaches who resonated with me had their little extra routines that made it all the more fun for the students."

As much success as she was able to guide her students to in her career, Wrigley said that personal growth meant just as much to her, if not more, as the accolades and banners.

Although she's most noted for her coaching and gym teaching, Wrigley also served as a cooperative education teacher at DCVI, which saw her help students find placements at local businesses. Many of these co-op placements help students find their passion, which made the co-op program one of Wrigley's fondest projects.

"I talk about athletics so much when talking about my career and they were such a big part of this job for me but I really enjoyed the co-op too. If I didn't have that on my plate, I'm not sure I would have enjoyed the job as much in the latter half of my career. To watch kids figure out what they wanted to do, going from having no idea what they liked to finding what they're good at, or they're passionate about, or what's important to them, that was fun."

When asked what is next for Wrigley, she said that she doesn't plan to remove herself from the community even as she exits the local high school as a teacher.

"I'm looking forward to the next chapter. I think I'm going to be utilizing just as much energy as ever but into the things that I'm passionate and excited about, like spending time with my family. My husband is a great planner and he's good at planning new adventures. so I'm excited to explore those adventures with him and then return to St. Marys and enjoy what's going on in town. I'm leaving the building but I'm not leaving the community."

SPORTS —

St. Marys Tennis has opportunities for all ages, skill levels

Whether you're young or young-at-heart, whether you're new to tennis or an experienced player, there are many options for tennis fans in town this summer.

Youth Lessons

The Tennis Club has partnered with the Town of St. Marys to offer youth lessons for players aged eight to 16. The lessons will be led by Ontario Tennis Association Level 1 instructor Ross Barnwell, who has also coached three high school teams to SWOSSA championships and has served as Head Pro for Chatham, Walkerton, and Kingsville tennis clubs. Barnwell will be assisted by club volunteers.

The program includes four sessions over two weeks on Wednesdays and Fridays from 9 a.m. to 10:30 a.m. Two sessions are offered, one in July and one in August. The cost per session is \$25, with registration via Activenet at bit.ly/stmarystennis.

Tennis Fit

Tennis is a great way to be active and a unique program for females combines lessons led by Barnwell with strength training, cardio, and stretches from club members. This four-session program will run at 9 a.m. on July 8th, 22nd, and 29th, as well as on August 5th. Each session will build upon the previous session. Cost is \$50 per participant with a maximum of eight participants. Registration is required and you can get more information by

messaging St. Marys Tennis on Facebook or contacting 519-280-1240.

Free Newbie Nights

Beginning Thursday, July 6th, new players can try out the game and pick up tips from club volunteers for free from 6 to 7 p.m. All ages are invited, however, children 12 and under must be accompanied by a parent. The instruction is free but please RSVP to the Facebook page or contact 519-280-1240 so enough volunteers can attend.

Club Nights

Tuesday and Thursday from 7 to 9 p.m. are club nights at the courts. Players with experience can join in the mixed doubles fun. Try it out for a night or two before joining! Adult membership costs \$30 for the season and \$10 for students over 16. Cost covers court reservations, insurance, and entry into the ladder and tournaments. Message the club's Facebook page or email stmarysocialtennis-club@gmail.com for more information.

Singles Ladder

Looking for some friendly competition on the courts? Join the singles ladder and test your tennis mettle against a variety of players on your own time! Participants schedule their own matches via an app. Cost is free for members and \$10 for non-members. To join the ladder, visit bit.ly/stmarysladder.



Brad Everett lines up a backhand return during one of the St. Marys Tennis Club's recent club nights. (Andrea Macko photo)

Thorndale area teen #1 in Ontario



Pictured from left to right, Mark Stevens, Evan Stevens and on the right Jenn Ashby, Evan's javelin coach at Lord Dorchester High School. (Contributed photo)

By Nancy Abra

Evan Stevens, age 15, student at Lord Dorchester High School, represented his school at the OFSAA (Ontario Federation School Athletic Association) in the javelin throw in Ottawa a couple of weeks ago. To achieve a position at this competition, Evan won 1st place over 48 throwers at the Thames Valley Regional. He then went on to WOSSA competing against 15 other javelin throwers, finishing

2nd. Then Evan competed at OFSAA West Region, finishing 1st with a throw of 52.29m against 15 other athletes to qualify for OFSAA. In Ottawa at OFSAA, Evan won his competition on his last throw of 54.61m.

Evan's dad, Mark Stevens said, "We are so proud of Evan. With his winning throw he also broke the 36-year-old Lord Dorchester record. This was an amazing achievement."



- Pharmacist Consultations
- Medication Reviews
- Compliance Packaging
- Chronic Disease Management
- Immunization and Injection Services
- Free Delivery

155 Queen Street East, St. Marys ON | Phone: 519 284 1380



Visit us on:  

FOR SPORTS TIPS CONTACT SPENCER SEYMOUR
CALL OR TEXT 519-859-1049 OR
EMAIL SPENCER.SEYMOUR88@GMAIL.COM

SPORTS —

Home Hardware, Building Centre-sponsored car wins race at Delaware Speedway

On the night of Friday, June 16th, Dave Evison Sr. arrived at Delaware Speedway located south of London as he normally would during any previous weekly race event in the V8 Stock Division. What he did not expect was the evening forthcoming to him and the crew, which saw the end of a 20-year victory lane drought.

The Evison Motorsports team unloaded the 1963 Chevy II sponsored by St. Marys Home Building Centre and Sam's Home Hardware off of its trailer having a plan in mind for that night. Limited practice laps to save tires and fuel was part of it along with finding the right balance for the car and driver to be off and on the throttle at the most effective time throughout the night.

The consistent laps run in their short practice sessions provided confidence for the team going into the heat race. Starting fourth of a four-car heat, Evison Sr. weaved his way through his competition up to first place after a clean back-and-forth battle with fellow driver Kayden Patrick. The black and yellow number 15 controlled the rest of the way, ending a twenty-year hiatus from victory lane for the driver.

As the day began transitioning to night, taking first in their heat race put the Chevy II in pole position for the 25-lap feature event. Evison Sr.



sprung out to a multi-car-length lead in the first few laps while also having good fun door-to-door battles throughout the race with Derek Clark, Doug Stewart, and Paul Fothergill.

A late caution flag happened to stack the field back up with nine laps remaining though making it anyone's race for the taking. Fothergill, the division points leader, got a good jump on Evison Sr. during the restart by taking the low lane heading into turn one. However, the other wily veteran racer darted to the outside groove and made his charge for the lead with

laps winding down.

Closing in with four laps to go and after exchanging the lead running side by side with Fothergill, Evison Sr. made his move to the high side, gaining momentum through turns one and two which helped the Chevy II slingshot down the backstretch into the lead heading into turn three. He held that position for the last few laps with only one final pushback by Fothergill who exited turn four but couldn't get past Evison Sr., who captured the checkered flag by a half-car length with St. Marys Home Building Centre and Sam's Home Hardware

along for the ride.

It has been 42 years since Evison Sr. picked up a feature race win at Delaware Speedway and you couldn't wipe the gleaming smile from his face that night. The team has been in preparation for their next event at the historic Half-Mile Track which is this coming Canada Day weekend on Friday, June 30th, and Saturday, July 1st, as part of the Knightworks Oscar Hot Rod Series which is part of the United Racing Series that tours around Southwestern Ontario short tracks. The Evison Motorsports team would love to see any race fans out at the track during these two events but if unable to attend in person, the racing action is live-streamed on YouTube through the GForceTV or Rogers TV channels.

The team has also recently partnered up with the Comfort Bears Foundation which takes donations for giving stuffed bears to children battling serious illness or trauma. All proceeds of the team's merchandise sales generated this season will be donated to this foundation. They will have new team t-shirts, hats, and small stickers available in the near future. You can keep track of the team's journey by liking and following their page entitled "Evison Motorsports" on Facebook.

Famme & Co.
Professional Corporation
CHARTERED PROFESSIONAL ACCOUNTANTS

Wishing you a safe and healthy Canada Day

25 Water St. N., St. Marys 519-284-1030 125 Ontario St., Stratford 519-271-7581

THORNDALE ANIMAL HOSPITAL

233 King Street, Thorndale

is having an **OPEN HOUSE**

Sunday July 9 1-3 pm

All Welcome

SCIENCE HILL Country Club

Taps on the Thames at Science Hill Country Club IS NOW OPEN!

EFFECTIVE APRIL 28TH HOURS WILL BE AS FOLLOWS:
SUNDAY THRU THURSDAY 11 AM - 8 PM
FRI AND SAT 11 - 10 PM
CALL FOR RESERVATIONS

(519) 284-3621

SPORTS —

Christie duo wins mixed pairs lawn bowling tournament



Pictured from left to right are Gail Christie, Parks Lawn Bowling President Denis Kearney, and Wayne Christie. Gail and Wayne Christie were the winners of last Thursday's Mixed Pairs tournament held at the St. Marys Lawn Bowling pitch. The team of Andrew Brightman and Barb Young took second place, while Sharon Farrish and Larry McLellan captured third and Murray Bennewies and Marilyn Lancaster finished fourth. Fifth place consolation honours went to the duo of Andy and Debbie Davis. The tournament was sponsored by Tremblett's Independent Grocer and Blacks Financial Services. (Contributed photo)

Kennedy wins OHA Gold Stick Award



Former St. Marys resident and St. Marys Lincoln Doug Kennedy recently was presented with an OHA Gold Stick Award for his 50 years of service and dedication to hockey in Kincardine and to the OHA. (Photo credit: Cathy Alcombrack/Kincardine Record)

Little Falls students earn strong results at Track and Field meet



Little Falls Public School had several students come away with top-six results at the recent Avon Maitland District School Board Track and Field meet held last Tuesday, June 20th. Jake Carpenter was the overall Pee wee Boys Champion, coming in first place in the division's Long Jump and second in both the 80-metre Dash and Triple Jump. Brady Stacey finished first in Pee wee Boys Ball Throw. Ryder Forrestall came in fifth in the Junior Boys' 300-metre Sprint. The Pee wee Boys team finished second overall. On the girls' side, Gracie Ross claimed first in the Junior Girls' 150-metre Sprint and second in the 80-metre Dash, as well as finishing second overall in her division. Morgan Reid claimed second in the Junior Girls 300-metre Sprint and fourth in the 1,200-metre Sprint. Celia Dreossi took third in the Pee wee Girls' 600-metre Sprint and sixth in the 1000-metre Sprint. The Junior Girls were the Overall Team Champions. Pictured in the front row, from left to right, are Brady Stacey, Evan Wolfkamp, Ryder Forrestall, Bryce Blight, and Celia Dreossi. In the back row, from left, are Ellen Robson, Jake Carpenter, Emma Hoffman, Gracie Ross, and Morgan Reid. (Contributed photo)

Delmar Foods
- Locally Owned & Operated -
Canada Day Specials

- SHAW'S Ice Cream
2 for \$13.99/1.5L
- METZGER Smoked Chops
\$6.99/lb
- PILLER'S Cold Cuts
2 for \$6.99/125g
- Burgers 'n Buns
NORPAC Prime Rib Burgers \$15.99/5 x 6oz.
Add SASSY'S Buns for + \$2.00

Weekdays 9-6
Weekends 10-5
Closed Canada Day
25 South Service Rd
Prices in effect: June 29-July 6
As supplies last

DELMARFOODS
FOOD FACTORY OUTLET

SPORTS —

Baseball HOF welcomes six inductees (continued)



Jesse Barfield re-enacts a story from his playing days in New York as it was told by his wife Marla. The impromptu husband-and-wife storytime came during Barfield's interview following the 2023 Canadian Baseball Hall of Fame's Celebrity Golf Classic.



Richard Milo received the 2022 Jack Graney Award, which is presented annually to a member of the media who made significant contributions to baseball in Canada through their work. Graney covered the Montreal Expos from 1977 to 2004.



2023 Canadian Baseball Hall of Fame inductee Denis Boucher regaled the crowd with stories from his career along with his other inductees following the Hall of Fame's annual Celebrity Golf Classic.



Fergie Jenkins entertains the crowd while a small hiccup in his street-naming ceremony is fixed. His big frame loomed just as large as his booming voice and vivacious personality. (All photos by Spencer Seymour)

Create A Smile Foundation
In partnership with
Community Living St. Marys and Area
Raised \$21,390.00
At the 19th Create A Smile Walkathon – May 28 2023

Gold Sponsors
Toro Aluminum * Tradition Mutual
Illinois Tool Works Ltd

Silver Sponsors
Orr Insurance * St. Marys Insurance Group
Cubberley Plumbing * Neumeister
Action Health Care Inc * Graham Energy
Scheerer Stair Company

Friends of Community Living

Answer Plus	Smith's Funeral Homes
Boston Pizza	Spotless Cleaning Plus
Daniel B Daum Professional	Stonetown Physiotherapy
GC Boyle Law Firm	Stratford Driving School
Kingsway Lodge	Stratford Festival
Kyle Frey – Resilient Strength	St. Marys Golf Club
Pickering Family	Tim Hortons
Premier Distribution Group	Town of St. Marys
Ron Jones Construction	Village Studios – Thomas Aitken
Sheila Greason	Walker Wire Works

Thanks to all of our Sponsors!

ST. MARYS LIONS CLUB CLASSIC CAR SHOW

SATURDAY, JULY 1, 2023
FROM 8 AM TO 1 PM

At the St. Marys Lions Park/Milt Dunnell Field
Water Street N, St. Marys, Ontario
(Queen St. to Water St. N, over bridge and left into Mild Dunnell Field)

Participant Trophies, Dash Plaques and Calendars
Car Entry Fee: \$5.00 - Spectator entry by donation

Serving Pancake Breakfast from 8 AM to 11 AM
Hotdogs/Sausage on a bun from 11:30 AM to 1 PM

For Information
Call: 519-703-1327 or contact any member of the
St. Marys Lions Club

www.e-clubhouse.org/sites/stmaryson

NOW ACCEPTING NEW CLIENTS!

Spotless Cleaning Plus

Office & Residential
St. Marys and Surrounding Area

Sheila Leblanc
519-630-2665
spotless@writeme.com

Call or email for an appointment today



Huron Perth
Public Health

NOTICE OF MOSQUITO LARVICIDE PROGRAM

Between July 1st and September 30th, 2023, the Town of St. Marys will be conducting a larviciding program under the authority of the Medical Officer of Health to control larval mosquitoes in order to prevent their development into vectors of West Nile Virus. The larvicide Altosid Pellets (PCP #21809, pellet), Mosquiron 0.12 CRD (PCP# 31079, ingot) and VectoLex WSP (PCP #28009, pouch) will be placed by hand into catch basins of storm drains in above mentioned Municipality.

Also, the biological larvicide VectoBac 200G (PCP# 18158, granular) may be applied to standing water located within the above Municipality. All larvicides will be applied by the Ministry of Environment licensed applicators or trained technicians. For details on the exact locations and dates of treatments please contact Pestalto Environmental Health Services Inc. at 1-866-648-7773.



Happy Canada Day!

Andrew L. Hodges Funeral Home

519-284-2820 | www.hodgesfunerahome.ca | 47 Wellington St. S. St. Marys

VOTORANTIM cimentos

st marys cement

HAPPY CANADA DAY!

From your friends at St. Marys Cement

southwestern Ontario's best kept secret

SCIENCE HILL Country Club
RR # 1 ST MARYS | ONTARIO | 519 284 3621

HAPPY CANADA DAY!

RR #1, St Marys, Ontario, N4X 1C4 | 519 284 3621
info@sciencehillgolf.com | www.sciencehillgolf.com

St. Marys Commemorates Canada Day



**Saturday, July 1
11 AM - 3 PM
Cadzow Park**

Celebrate Canada at
this free event:
ceremony, art, live
music, activities,
food and more!

Schedule at www.discoverstmarys.ca/canadaday



Funded by the
Government
of Canada

Canada

FARM AUCTION

Saturday July 8th, 2023 at 9:30am

For Double A Acres – Alvin and Anna Graber
136390 13th Line RR#4 St. Marys N4X 1C7

Horses

Several well broke young teams of Belgian mares and geldings,
2-year-old mare, 1 year old gelding

Farm Equipment

Robert Bell 28"x45" thrash-machine with straw cutter and grain
thrower, Grain thrower with hopper, C4.4 Cat diesel power unit on
gears (like new, less than 500 hrs),
1HC 7' grain binder with new knife and guards, 2-binder trucks, 1HC
corn binder (excellent condition), corn loader and trolley, 1HC #9
silage cutter, 2-1HC 15 run grain drills with grass seeders, J.D. 290 2
row corn planter, Pioneer 8' cultumulcher,
Pioneer 2 furrow plow with 14" KV bottoms, Pioneer fore cart with
steering, Pioneer blade with wings and attachments, Pioneer potato
plow (For same attach), 8' and 6' cultivators, 8' and 7' tandem discs, 6
section diamond harrows, 8' sprocket packer, 1HC 1 row corn scuffler,
Lancaster 85 bu. 4 wheel manure spreader (like new), 1HC #9 hay
mower with 6' bar, Massey 4 bar side rake, Kicker hay tedder, 55'
tubular bale elevator with under carriage, bale stoker, Flat rack hay
wagons, sleigh (like new), Gehl 15" hammer mill, Potato plow

Farm Misc. Tools Etc.

Approximately 2 wagon loads of miscellaneous items, Large bale hay
feeder, 12' cattle fence line bunk feeder, HD shoeing stocks, Team
harness, collars, oat roller, belt lacer, endless belts, T posts, fuel tanks,
rope and pulley hitch set, hay fork and car, neck-yokes, whippetrees,
3 complete milker units (good condition), New pulsator, SS milk pails,
SS double sink, claw washer, tri-wheeled deluxe horse lawn mower,
push mowers, pony cart, Stihl chain saw, buggy running gear, 12'
aluminum boat, purple martin bird houses (new), some harness shop
tools and supplies, torch set with tanks, power washer, air compressor.

Household Items

5 burner tabletop oil stove, 2 burner oil stove, stove top baker, beds,
dressers, tables, chairs, desk, SS cookware, treadle sewing cabinets,
folding tables, sausage stuffer, meat grinder on stand, SS water
heaters, lamps and lanterns, 10'x12' steel insulated icehouse (good
shape), School textbooks, teacher answer keys, library books, lunch
box shelves, assorted school charts, arts and smaller miscellaneous.

Consignments

1411 New Holland disc bind 11' cut (mint condition), MF 24 plate disc,
1HC #7 hay mower, 1HC 8' double packer, 1HC 13 run grain drill, 1HC
#407 walking plow, Flat rack wagon on rubber, bee keeping supplies
including hives, SS extractors etc., Quick hitch steel wheel road cart.

Terms:

Cash or cheque with proper I.D.

Announcements made day of sale take precedence over any
advertising.

Auctioneers and owners not responsible for any accidents or theft

Lunch stand on grounds

Auctioneers: Graber Brothers For questions call 519-349-2281

**Proud Employer and
Member of the St Marys
Business Community!
Happy Canada Day**

485 Queen St W, St. Marys, ON N4X 1B7 • (519) 284-1371



COMMUNITY —

DCVI Grade 7 Writing

While in Ms. Wilder's language class, the grade 7a class at St. Marys DCVI began each afternoon with silent reading and a journal entry. Each day the students were presented with a new journal prompt. They would interpret the prompt and respond to it in their own personal style. Here are a few of the students' favourite pieces, we hope you enjoy.

Stuck In An Elevator By: Milan Seymour

If I was stuck in an elevator with someone, I would hope it would be Madisyn. I would choose her because we would talk about how to get out, or we would just gossip. If it's not Madisyn, it would be someone that could help me out like a firefighter or a police officer. Makes the situation better so we can both try to be free.

Kindness By: Ramona Graham

Kindness is love,
Kindness is peace,
Kindness is hope,
For You and Me.

Getting older By: Emma Carradine

Weeks, years, seconds
Go by wishing
I was young again.
Watching them

Through the window play
All day.
Wishing I was out there,
But yet I have
To stay.

Changing the School Week By: Sophie Stewardson

If I could choose what days we came to school, I would choose to come to school on Tuesdays and Thursdays. The reasoning behind that, is first of all, no one likes Mondays and Wednesdays, and everyone likes Fridays, so we would want to stay home from school. I would change the school hours to begin at 11:00 am and end at 2:00 pm, so we wouldn't have to get up super early in the morning.

Frustration By: Silver Breckon

Frustration is a powerful thing. It can be good and it can be bad. Everyone has and needs frustration. Everyone contributes to each other's frustration, no matter what you think, even if you think it's something else. But yet again everyone needs frustration, people need people, frustration needs frustration. That's just the way it is, so there is no point in complaining about it. People feed off of

each other's emotions, which helps create frustration. People feed off of each other, which creates other emotions such as frustration. Frustration also helps you to learn people's personalities, and helps you to create your own. Frustration is also one of your biggest emotions. Frustration is very much annoying but also needed to help people learn who their friends are, and to also figure out who is not, who to hangout with, who not to. Let's just say frustration is a very big emotion that you need. Don't resent frustration but also don't let it control you.

Spring By: Madisyn Hunter

Soon enough the sun begins to shine bright.
Perfect buds begin to appear.
Rain droplets gracefully fall on the grass.
In the brisk morning fog, the smell of rain lingers.
Now as the sun rises above the horizon, the morning dew shines under its glory.
Gentle breeze slowly flows through your hair, as you realize spring has finally arrived.

Kindness By: Breanne Langille

Kindness is sending a smile,
Kindness means respect,
Kindness means caring for everyone, even the ones you despise, you shall improvise.



With everything currently going on in the world, we are so lucky to be Canadian and especially to live in St. Marys. We really are a community that stands behind everyone. The encouragement and kindness shown to Kingsway throughout this time has been amazing. Thank you all!

HAPPY CANADA DAY





**Buying?
Selling?
Mortgage?**
RESIDENTIAL - COMMERCIAL
- FARM PROPERTY
Give us a call

Call for an appointment
519-284-0898 • info@sherwinlaw.ca

Book your pet's
Spa Date

The Groomer
255 Wellington St, S, St. Marys
519-284-0036

Andrew L. Hodges Funeral Home Ltd.



Offering personal and affordable funeral options,
including burial, cremation and donation to science.

Price list and preplanning information always
available on our website or contact us
to meet in person to discuss your wishes.

47 Wellington Street South, St. Marys
www.hodgesfuneralhome.ca
519-284-2820

Serving St. Marys and area since 2003

IT'S WORTH THE DRIVE TO STRATFORD KIA!

<p>2023 Toyota Crown XLE</p> <p>\$54,995 + HST & lic LOW KMS 592 km</p> <p>All-Wheel Drive</p>	<p>2020 Jeep Wrangler Unlimited Sahara</p> <p>\$49,995 + HST & lic 74,504 km</p> <p>4x4</p>	<p>2021 Kia Soul EV Limited</p> <p>\$43,995 + HST & lic LOW KMS 47,898 km</p> <p>Front-Wheel Drive</p>	<p>2022 Cadillac CT5 Sport</p> <p>\$56,995 + HST & lic LOW KMS 24,271 km</p> <p>Rear-Wheel Drive</p>	<p>2021 Nissan Maxima SR</p> <p>\$42,995 + HST & lic LOW KMS 14,569 km</p> <p>Front-Wheel Drive</p>
<p>2020 Volkswagen e-Golf</p> <p>\$33,995 + HST & lic LOW KMS 55,602 km</p> <p>Comfortline Front-Wheel Drive</p>	<p>2021 Subaru Crosstrek Limited</p> <p>\$38,995 + HST & lic LOW KMS 52,208 km</p> <p>All-Wheel Drive</p>	<p>2019 Lexus UX 250h</p> <p>\$43,995 + HST & lic LOW KMS 12,132 km</p> <p>All-Wheel Drive</p>	<p>2021 Kia Soul EV Premium</p> <p>\$42,995 + HST & lic LOW KMS 46,710 km</p> <p>Front-Wheel Drive</p>	<p>2021 Kia Forte EX</p> <p>\$29,995 + HST & lic LOW KMS 24,271 km</p> <p>Front-Wheel Drive</p>
<p>2022 Kia Sorento SX</p> <p>\$49,995 + HST & lic LOW KMS 51,683 km</p> <p>All-Wheel Drive</p>	<p>2021 Mazda CX-9 Signature</p> <p>\$47,995 + HST & lic LOW KMS 24,383 km</p> <p>All-Wheel Drive</p>	<p>2021 Mercedes-Benz GLB</p> <p>\$52,995 + HST & lic LOW KMS 13,829 km</p> <p>All-Wheel Drive</p>	<p>2021 Kia K5 LX</p> <p>\$32,995 + HST & lic LOW KMS 46,305 km</p> <p>All-Wheel Drive</p>	<p>2020 Volkswagen e-Golf</p> <p>\$36,995 + HST & lic LOW KMS 30,658 km</p> <p>Comfortline Front-Wheel Drive</p>
<p>2022 Ford Bronco Sport Badlands</p> <p>\$50,995 + HST & lic LOW KMS 12,132 km</p> <p>All-Wheel Drive</p>	<p>2021 Mazda CX-9 Signature</p> <p>\$47,995 + HST & lic LOW KMS 24,383 km</p> <p>All-Wheel Drive</p>	<p>2021 Mercedes-Benz GLB</p> <p>\$52,995 + HST & lic LOW KMS 13,829 km</p> <p>All-Wheel Drive</p>	<p>2021 Kia K5 LX</p> <p>\$32,995 + HST & lic LOW KMS 46,305 km</p> <p>All-Wheel Drive</p>	<p>2020 Volkswagen e-Golf</p> <p>\$36,995 + HST & lic LOW KMS 30,658 km</p> <p>Comfortline Front-Wheel Drive</p>

*While every effort is made to ensure accuracy, we are not responsible for any errors and omissions. Please see your dealer for current pricing. Plus tax and licensing. Some terms and conditions may apply.



STORE HOURS SALES: Monday-Thursday 9:00-8:00; Friday-Saturday 9:00-6:00
PARTS AND SERVICE: Monday-Friday 8:00-5:00

863 ERIE STREET | STRATFORD
519.508.5755
General Manager: Bobin Mathew
www.stratfordkia.com

STRATFORD KIA



HISTORY —

HISTORIC ST. MARYS: The 1931 Canada Census

By Mary Smith

On June 1, 2023 – 92 years after the information was collected – the Government of Canada released the 1931 census. While this event probably passed unnoticed by many, for genealogists and others interested in Canadian history, it was momentous. Although there were earlier censuses of the British North American colonies, the first census of the Dominion of Canada was taken four years after Confederation in 1871 and every ten years subsequently. That means 1931 was the seventh time that data about this country was officially collected. (Since 1956, the census has been taken every five years to keep up with a rapidly growing and changing nation. Until then, in this part of the country, it was every decade.)

The historical census records are stored at Library and Archives Canada (LAC) in Ottawa but the more recent censuses remain with Statistics Canada. General information, such as immigration numbers and total population, is released as soon as statisticians have analyzed the census returns. To protect privacy, personal information is not released before the 92-year limit. Information for the six previously available censuses (1851 to 1921 inclusive) can be accessed online and the LAC website provides virtual visitors with an introduction to census research. Most first-time visitors are interested in the nominal census that records every person in every household or institution in the country. Basic personal information is collected: name, age (or date of birth,) gender, marital status, place of birth, occupation, ethnicity, religion. The LAC website explains how the most frequent visitors – the genealogists – can find information about their families and offers hints to make their searches more successful – for example, allowing for variation in the spelling of surnames.

Several interesting pages on the website describe the extensive preparation to include the 1931 census in the archives' searchable databases. The project was divided into ten steps. First, the census was received from Statistics Canada in the form of 187 reels of microfilm. Then, as with any other archival acquisition, the reels were named, described, numbered and assigned a location within the collection. The third step was a lengthy one: scanning and digitizing the microfilm reels, image by image – each image



Downtown St. Marys, soon after the 1931 census. Queen Street is paved but used by a mix of automobiles and horse-drawn vehicles.

being a page from the original census returns. The LAC website states the reels contained 234,678 images in total. Digitization was done in advance so that the information would be available on-line on the release date, June 1. Until that date, as the LAC website explains: "... by law, the reels were still subject to statistical secrecy, and a security procedure/protocol had to be followed. Only 'deemed employees' who had taken the Statistics Canada Oath or Affirmation of Office and Secrecy were authorized to view the material. Reels were kept locked in a secure room, and all digitization was performed completely off-line."

With space on each page of the census returns for 50 names, the fourth step was to confirm partnerships to create a searchable on-line index to the more than 10 million names in the nominal census. Two well-established genealogical organizations, Ancestry and FamilySearch International, have worked with LAC for more than 20 years creating virtual access to significant genealogical records. They are LAC's chosen partners to index the 1931 census. Then, an important step towards the final indexing, LAC sorted the digitized images geographically. Step six, in LAC's own words: "Create database and a user-friendly interface for browsing images by census district and sub-district." Thanks to this step, it was immediately possible to browse the 1931 census by district and sub-district, locating them within each province or territory using convenient drop-down menus.

St. Marys is quite straightforward to

search. In 1931, the town was in the District of South Perth in the Province of Ontario. Four sub-districts corresponded to the town's four wards: north (20 pages,) east (24 pages,) south (17 pages) and west (19 pages.) Anyone who lived in St. Marys at census time should be listed on one of those 80 pages. LAC's seventh step was releasing the 1931 census database to the public four weeks ago on June 1, completing phase one of the census release project.

The final three steps of the ten step project make up phase two. With Ancestry and FamilySearch as partners, the personal information for all the 10 million names in the 1931 census will be transcribed to create a searchable index. With the assistance of AI technology, a "fully-verified transcription of all fields on the census form" will be created. Then the index for the completed transcription will be tested and added to the LAC database. The final step is the release of the searchable 1931 Census to the public, possibly as early as the fall of 2023.

Of course, anyone who had family members living in Canada in 1931, first of all wants to try to find them. I searched for my parents, young adults at that time and not yet married, and was able to locate them and other members of my family. The 1931 census provides considerable information of interest to family researchers. For example, the listing for Lorne Eedy, the publisher of the St. Marys Journal Argus in 1931, can be found on page 11 of the census records for the town's east ward. His full name,

Lorne Alden Richard Eedy, was recorded. He lived on Queen Street East with his wife, Margaret Grace Evelyn, and their three children, Helen Elizabeth, John Wilson, and Alice Irene in a single-family stone house. Lorne Eedy's family are reported as renting seven rooms from his father, John Wolfe Eedy, who lived in a separate, six-room part of this large house.

An interesting question on the 1931 census: "Has this family a radio?" Lorne Eedy's family did; his father did not. Lorne and Grace were both 49 years old in 1931 and their children were 18, 16 and 13 years of age. The family members were all born in Ontario, gave their nationality as Canadian and their "Racial Origin" as Irish. They were all members of the United Church. Lorne Eedy's occupation was publisher of a weekly newspaper and he was an employer of others. Grace was a homemaker. Their three children were all students.

General information about St. Marys found in the 1931 census included population numbers. In 1931, 3,802 people lived in this community, 45 people fewer than in 1921. This decrease in population is inconsistent with population growth in Canada as a whole. The 1921 census reports 8,788,348 people in the country. By 1931, the population had grown about 18 per cent to 10,376,786. The numbers for St. Marys may indicate the trend away from small town and rural life towards larger urban areas. Blanshard Township lost almost 200 people between 1921 and 1931 while the population of nearby London, Ontario, rose from approximately 51,000 in 1921 to more than 71,000 in 1931. Slow growth in the population of Perth County as a whole meant that when the electoral districts were redistributed soon after the 1931 census, Perth South and Perth North were combined into one federal and provincial district – the loss of one voice from rural Ontario at senior government levels.

The year 1931 was a significant one in Canadian history. It was well into the Great Depression that followed the stock market crash in 1929. Although southern Ontario weathered these adverse economic conditions better than some other parts of Canada, still research shows that life was difficult for many area residents. Next week, this column will take a closer look at what the 1931 census can tell us about our town and its people.

FOR ADVERTISING INQUIRIES IN THE INDEPENDENT
CALL 519-284-0041 OR EMAIL ADS@STMARYSINDEPENDENT.COM

THORNDALE WEEKLY NEWS

thorndaleontarionews@gmail.com
www.stmarysindy.com



RUN YOUR THORNDALE BASED AD HERE!

Affordable advertising prices to meet every budget!

CONTACT US AT THORNDALEONTARIONEWS@GMAIL.COM

100 trips around the Sun

By Nancy Abra

On Sunday June 11th, Cheryl Miller organized a special birthday party at Thorndale United Church to mark Grace Fulton's milestone. One hundred trips around the sun are indeed a cause for celebration. There were all the elements of a great party - sandwiches, cake, and birthday decorations. Rose Duffin, the church pianist, wrote a song for Grace to the tune of Amazing Grace for the choir to sing to the gathering. Approximately 50 people of the church and community were there to help Grace celebrate, including her grandchildren and her little great granddaughters.

Grace (Stone) Fulton was born on June 28, 1923. The oldest of six children, Grace grew up on a farm, about 4 km west of Thorndale. She went to a one room school about 1.5km west of her home. For high school, she attended the Continuation School at 160 King Street, Thorndale. Grace remarked, "it was a long walk into Thorndale especially in the winter but I got lucky occasionally and got a ride."

The chat with Grace was delightful as she shared some of her life history. Her first work experience was looking after children of a family in London. She met Hugh Fulton, originally from Saskatche-

wan, who worked on a neighbouring farm to her family. They were married in 1945 and later moved in with her ageing grandparents on King St., Thorndale so Grace could care for them. They had two daughters, Joyce and Linda.

"I worked for Dr. Green. His office was across the street from our house so I could keep an eye out for when my girls came home from school," Grace remarked. "I was his receptionist, looked after his appointments and his books for many years. He was a wonderful man to work for."

Grace is a long-time member of the Thorndale United Church and served on various church committees and as their treasurer. She was also a UCW member and with her caring and compassionate nature, visited the sick and shut-in members of the church for many years.

Grace has lived in Thorndale for almost 75 years and presently resides in Nissouri Manor. "I have so many fond memories of my life in this community," Grace said, "and I have wonderful people who drop in to see how I am doing and have a little visit."

Bravo Grace, for the 100 trips around the sun; a life's journey to be celebrated.



Thorndale Farm Supplies host BBQ & Bake Sale



Thorndale Farm Supplies hosted a very successful BBQ and bake sale on Friday, June 23rd. All the proceeds went to the Thorndale 4H Dairy and Beef Clubs. Meghan Williamson from Thorndale Farm Supplies organized the event and said it was great to see many local businesses bring their staff to enjoy lunch and to support the 4H kids. She also said this annual event keeps growing with over 100 burgers and 80 sausages sold this year.

Thorndale's Back 40 Bash

By Nancy Abra

It started with the Thorndale Agricultural Society having an idea to bring the community together for a fun summer event in 2017. They hosted a concert that year. In 2018, the Ag Society teamed up with 'I Love Thorndale' for a summer event to celebrate the 160th edition of the Thorndale Fall Fair, Canada's 150th and to recognize special volunteers in the community. Since then, except during the pandemic, the Back 40 Bash has grown into a great fun adult summer event for Thorndale and area.

The organizing committee for the

2023 Back 40 Bash has been working hard to put together Thorndale's summer party for Saturday, July 29th, 6pm to 11pm. This fun event will include live music, ultimate backyard games such as Human Foosball, giant Beer Pong and axe throwing to name a few. The Thorndale Lions will be selling their famous wings and fries. As this is an adult, age 19+ event, there will be a cash bar with your favourites, including a Caesar bar.

Tickets are available online at <https://www.ilovethorndale.ca/back40/> or cash purchase at Thorndale ACE Hardware.

THE ST. MARYS INDEPENDENT AND ITS WEEKLY "THORNDALE NEWS" IS AVAILABLE WITHIN THORNDALE AT THE FOLLOWING LOCATIONS:

160 King, ACE Hardware, Nissouri Manor, Sassy's, Thorndale Community Centre, Thorndale Family Restaurant, Thorndale Farm Supplies, Thorndale Food Market, Thorndale Pharmacy or online at www.stmarysindy.com

GOT A THORNDALE STORY IDEA OR ADVERTISEMENT?
CONTACT US AT THORNDALEONTARIONEWS@GMAIL.COM

COLUMN —

HOSTING UKRAINE: To Our Hosts With Love

By Elena Abramova (edited by VJ Knutson)

Hello, we are the Abramovy family from Ukraine, the city of Zaporozhye. Elena, Oleg, daughter Olivia, 6-years-old, and a new Canadian citizen, little son Leo. I would like to tell you a little about our host family.

We arrived in Canada on December 11, 2022, with no idea what was ahead of us and how everything would work out. How would we be found at the airport? Would we like these people meeting us? Would we like where we were going? It didn't take long for those fears to subside.

I want to say a big thank you to Franceen and Joanne for welcoming us into their home. We have never met such kind, attentive, and amazing people. Franceen and Joanne have become family to us. Right from the beginning, they did everything so that we would not feel like strangers. We did not know English very well, but we understood each other from half a word.

Joanne and Franceen helped us start living from scratch, helped us adapt, and join the flow.

Thank you so much Franceen, for accompanying me to every doctor visit. For always being there, and especially that moment when we both listened to the baby's heartbeat for the first time. I really appreciate it, and can't imagine what I would do without you. You are a very capable woman, turning your plans into reality at the snap of your finger.

Thank you very much, Joanne, for reading books with our daughter, playing checkers, and letting her ride the tractor and lawn mower. Olivia's emotions cannot be expressed in words. Olivia is very good friends with Joanne and enjoys spending time with her and constantly talking. You are a very wise person and love to plan and calculate to the smallest detail.

I could endlessly say good things about these wonderful people, because we don't have any bad stories! We have common jokes that only we understand. We learned a lot from them, and we hope that we can live by their example.

Thank you very much for being with our daughter, while my husband and I were in hospital, awaiting the birth of Leo. Thank you, our beloved family, for your support, understanding, care and patience. You are a gift of destiny to us. I want our communication and friendship to never end.

(VJ's note: Elena and family will be moving on to their first home in Canada, and she messaged me to ask if it would be okay to write about her host family. Thank you, Elena, for sharing the depth of connection and the real contribution that host families make to the lives of Ukrainians finding themselves starting over. I agree that Franceen and Joanne are special people. Two of the many I have had the pleasure of getting to know through this process. All the best to you, Oleg, Olivia, and Leo



Joanne and Franceen and their lovely dog, Murphy

going forward.)

(Reach me at english.knutson@gmail.com. Always love to hear from you. If you have a story to share, or a question you'd like answered, drop me a note.)



SPORTSGUARD CLINIC

CUSTOM FITTED MOUTH GUARDS HELP PROVIDE PROTECTION FROM TOOTH DAMAGE AND CONCUSSIONS.

AUGUST 2023

\$50 CASH PREFERRED

PLEASE CALL TO BOOK YOUR APPOINTMENT:

519-284-2660



ST. MARYS
DENTISTRY

DR. MICHAEL NIXON / DR. KARL WESELAN
INFO@STMARYSDENTALCLINIC.COM | 519-284-2660
520 WATER ST, S. ST. MARYS, ON N4X 1B9
ACCEPTING NEW PATIENTS! BOOK TODAY!
VISIT US AT: STMARYSDENTALCLINIC.COM

OFFICE HOURS
MON. 12:00PM - 8:00PM
TUES. 7:30AM - 4:30PM
WED. 9:30AM - 5:30PM
THURS. 7:30AM - 4:30PM
SAT./SUN. CLOSED

COLUMN —

WHAT'S FOR DINNER: Happy Canada Day!



By Lauren Eedy

This year's national celebration calls for some distinctly Canadian flavours, celebrating all this country and season have to offer. The ingredients in the following three recipes all encompass something our area produces locally or is made in Canada from produce, to dairy, meat, pantry staples and maple syrup. I encourage everyone to take full advantage of all the wonderful foods we have in our own backyard and wish everyone a safe and happy holiday.

Strawberry Goat's Cheese Salad

Prep: 5m Yields: 6 servings
10 oz mixed green lettuce or lettuce of your choice

1 pint fresh strawberries, hulled & sliced

1 medium English cucumber, peeled and cut into quarters

½ c red onion, thinly sliced

¼-1/3 c walnuts, pecans or almonds lightly toasted

2-3 oz soft goat cheese, crumbled

Dressing:

¼ c extra virgin olive oil

¼ c balsamic vinegar

1-2 tsp honey

1 tsp Dijon mustard

1 clove garlic, minced

¼ tsp salt, more to taste

¼ tsp black pepper

Method:

-Make the dressing adding all ingredients to a small bowl or mason jar. Mix to emulsify and taste to adjust seasoning

to your liking.

-Add mixed greens to a large bowl and layer salad ingredients.

-Only dress when ready to serve or have dressing on the side.

Maple Bacon Crack

Prep: 10m Total: 30m Yields: 12 servings

1 can Pillsbury crescent roll dough

1 c pure maple syrup

¾ c real bacon bits

Method:

-Preheat oven to 350°

-Line a large baking sheet with parchment paper, unroll crescent dough and press perforations to seal and create one sheet.

-In a large saucepan, bring maple syrup to a boil until it reaches hard ball stage (265° on a candy thermometer). Stir in bacon bits and drizzle over crescent dough, using a spatu-

la to cover completely.

-Cook 20-25m or until golden brown and sticky. Allow to cool before cutting into small pieces.

Rhubarb Custard Bars

Prep: 25m Bake: 50m + chilling Yield: 3 dozen

2 c all-purpose flour

¼ c sugar

1 c cold butter

Filling:

2 c sugar

7 tbsp all-purpose flour

1 c heavy whipping cream

3 large eggs, beaten

5 c finely chopped fresh or frozen rhubarb, thawed & drained

Topping:

6 oz cream cheese

½ c sugar

½ tsp vanilla extract

1 c heavy whipping cream, whipped

Method:

-In a bowl, combine the flour and sugar, cut in butter until mixture resembles coarse crumbs. Press into a greased 13x9 pan. Bake at 350° for 10 minutes.

-Meanwhile, for filling, combine sugar and flour into a bowl. Whisk in cream and eggs. Stir in rhubarb. Pour over crust at 350° until custard is set, 40-45 minutes. Cool.

-For topping, beat cream cheese, sugar and vanilla until smooth, fold in whipped cream. Spread over top. Cover and chill. Cut into bars and store in the refrigerator.

Tips:

-Heavy whipping cream leads to a creamier texture but half & half or while milk can work too.

-This recipe makes a lot of bars but you can half for a smaller crowd and use a 9 or 8 inch square baking pan.

Have a wonderful celebration!

Visit us at Stratford Kia

2024 Kia Seltos



2024 Kia Carnival



2023 Kia Stinger



Sales
Service
Parts

It's worth the drive to Stratford Kia



STORE HOURS SALES: Monday-Thursday 9:00-8:00; Friday-Saturday 9:00-6:00
PARTS AND SERVICE: Monday-Friday 8:00-5:00

863 ERIE STREET | STRATFORD
519.508.5755
General Manager: Bobin Mathew
www.stratfordkia.com

STRATFORD KIA



Riddles

- | | |
|---|---|
| How do blue jays stay fit? | What has antlers and sucks blood? |
| By doing worm-ups | A Moose-quito |
| What's a Canadian ghost's favourite food? | What was the skeleton doing at the hockey game? |
| Boo-tine | Driving the zam-boney |
| What did the snow say to the Rocky Mountains? | What did the beaver say to the maple tree? |
| We've got you covered | It's been nice gnawing you |
| Why shouldn't curlers tell jokes on the ice? | What can jump higher than the CN Tower? |
| Because they'll all crack up | Nothing. The CN Tower can't jump |
| Why is maple syrup always so sad? | Why are Canadian students so smart? |
| Because it's sappy | They get a lot of ehs |

- Word Search -

SPONSORED BY:



Adult Learning Programs of Perth
 26 Wellington St. S. St. Marys
 Phone: 519-284-4408 | Cell: 226-374-8231
 Email: alearning@town.stmarys.on.ca
 Website: www.adultlearningperth.ca
 Follow us on Facebook: @AdultLearningProgramsofPerth

CANADA DAY IN ST. MARYS

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

Word List

- Saturday
- July first
- Farmers Market
- Museum exhibits
- Parade
- Cadzow Park
- Entertainment
- Arts and crafts
- Artisan market
- Flag raising
- Inflatables
- Amenities
- Car show



The **Riddle Kid**
OF THE WEEK

How do you get a squirrel to like you?



Act like a nut!

Micheline Webb (6)

Hey Kids... Every Riddle Kid that appears in the paper gets a FREE MILKSHAKE at the Sunset Diner!

TONS OF FUN FOR KIDS EVERY WEEK!

PET OF THE WEEK

Each Pet of the Week will receive a FREE treat bag from St. Marys Veterinary Clinic



Our Pet of the Week is Jasmine, a 1 year old calico. Jazzie loves to go for car rides and walks to explore God's nature. She loves her treats when she jumps up on her owner Nelda Mossip-Oliver's shoulders to be closer. The walls in the new Jerusalem will have Jasmine in them.



St. Marys Veterinary Clinic is pleased to be the sponsor of the **PET OF THE WEEK**

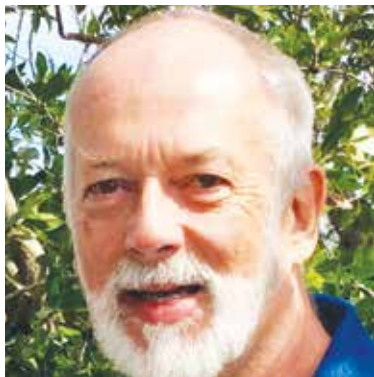
SIGNS OF HEATSTROKE IN PETS

- excessive panting - excessive drooling - difficulty breathing
- vomiting - diarrhea - weakness or stumbling - seizures

500 Water Street South St. Marys
www.stmarysvetclinic.com

COLUMN —

OH, THE PLACES WE'LL GO: Discovering Italian cookery and culture in the Nickel City



By Paul Knowles

"Who knew?"

I asked that a lot during my weeklong stay in Greater Sudbury earlier this month. Like most denizens of southern Ontario, I had a full basket of stereotypes about the Nickel City and sure, a very few of them were correct. There is indeed a "Big Nickel" high on a hill beside an intriguing place called "Dynamic Earth".

And there are mines and smokestacks soaring high into the sky.

And that is probably the full list of my stereotypes that come anywhere close to accuracy.

I was there for the annual conference of the Travel Media Association of Canada. Sudbury proved to be a terrific host, setting up all sorts of intriguing activities for us when we weren't ensconced in the heart of the Holiday Inn holding business and professional development sessions.

So it came to be that one afternoon, I was part of a group

that was doing something related to being Italian. That's all we knew.

Actually, it was amazing. We learned a lot but the best part was getting up to our wrists in potato, flour, egg and salt – yep, we were making gnocchi.

I was expecting a tour but this wasn't that. It was a cooking and culture lesson at Sudbury's biggest Italian club, Società Caruso.

And yes, I do mean "big". Turns out, there are about 25,000 folks of Italian descent living in Sudbury, anything from first to fourth generation people. Some first came to the city at the end of the nineteenth century to work in the new nickel and copper mines. More arrived through the early twentieth century including a significant wave who immigrated after the Second World War. Those who arrived in the 1950s found the Società Caruso already up and running and ready to welcome them – the club is celebrating its 75th anniversary!

There's a lot going on at the club from a thriving restaurant and banquet halls to bocce ball courts (made to meet official bocce qualifications, and thus host to provincial tournaments), to cooking and language classes.

The talented and amusing women who conducted our class and helped all of us gnocchi rookies were a ton of fun, teasing us and each other and occasionally offering

clearly unwanted advice to the woman who was actually leading the class.

That was Christine Sansalone, a professor from Laurentian University, who combined a bit of culinary history with hands-on cookery.

While she made the delicious Tuscan-style meat and veggie sauce, she gave us a crash course in the history of Italian cuisine and some examples of cuisine that has never existed in Italy. Spaghetti and meatballs, for example, is unknown in Italy. Same with Caesar salad and even Alfredo sauce. These are all North American creations.

And by the way – while tomato-based sauces are now a staple of Italian cooking, Christine confided that even this is relatively new. The first known tomato sauce recipe dates back only to the late 1800s. Before that, pasta was flavoured with things like lard, sugar and spices.

She debunked some myths, starting with the idea that pasta was invented by the Chinese and brought to Italy by Marco Polo. Turns out, food historians know that a century before Marco Polo, a food item that clearly is pasta was being produced from Durham wheat in Sicily. Pasta does belong to the Italians.

Christine joked with us that there is no actual recipe for the food we were about to make. "We don't use recipes" she said. "We use as much as you need." The women who



Christine Sansalone shares some culinary tips, some insights into culture, and some proud Italian history. (Photo by Paul Knowles)

were assisting her all nodded; the lady closest to my table learned over and confided, "I taught her everything she knows." She was Christine's mother!

With Christine's sauce well underway, we started making gnocchi and while I love to cook, this was a new adventure for me. The potatoes had already been put through a ricer for our convenience but I have borrowed such a device for my do-it-myself gnocchi dinner next week.

Christine told us that while Italian cuisine varies wildly through the regions of Italy – so unique are the regions that some argue there is no actual Italian cuisine – gnocchi is made in almost every region.

But there is a caveat: "They all make them differently, and they all dress them differently."

Which will be my excuse when my next effort at making gnocchi produces something unrecognizable!

You don't have to make gnocchi to have a great experience of Italian cuisine and culture in Sudbury, but it would be a shame to visit the Nickel City and not sample some of its Italian flavour. There is an Italian festival every year; there are many Italian restaurants, including the excellent eatery at the Società Caruso; and there are great shops featuring Italian ingredients and prepared foods.

Including gelato. Which, I learned, is the perfect way to top off a meal of excellent, hand-made gnocchi.

Paul Knowles is an author and travel writer. To contact Paul about travel, his books, or speaking engagements, email pknowles@golden.net.



- ✦ Full automotive repair services
- ✦ Diagnostics ✦ Alignments
- ✦ Safeties ✦ Tire Sales
- ✦ Honest and Friendly Service

Beat the heat! Have your A/C checked



Ph: 519-284-1302 | info@harrisgreigauto.com 

Hours: M-Th 8-5:30, Fri 8-5 | 402 Queen Street W., St. Marys, ON

New President at Travel Media Association of Canada

Paul Knowles has been named President of the Travel Media Association of Canada. He assumed office at the conclusion of the annual TMAC conference, held in Sudbury, from June 15-17. Paul is the travel columnist for this newspaper, and all of the Granthaven papers (including St. Marys, Stratford, Wilmot-Tavistock and the new Woodstock-Ingersoll publication), writing a weekly full-page feature about national, international and local destinations. He also contributes regularly to the travel sections of the Toronto Star and vacay.ca, as well as other publications and websites.

Paul succeeds outgoing President Tracy Ford, Director of Public Relations for the Chelsea Hotel in Toronto, who has led the TMAC Board of Directors for the past two years. Knowles' term will extend until the end of the 2025 TMAC conference, in June of 2025.

TMAC is described as "the trusted organization of choice for accredited travel media and tourism industry professionals in Canada." Its membership includes about 380 Canadian travel media professionals and destination representatives.

Paul heads a 10-person board, which includes directors from across Canada, from Nova Scotia to British Columbia. They include travel writers, content creators, and destination representatives.

During the TMAC convention in Sudbury, TMAC signed a memorandum of understanding creating a working partnership with the Indigenous Tourism Association of Canada. As well, it was announced during the conference that the 2024 TMAC annual conference will be held in St. John's Newfoundland.

IN MEMORIAM

Kittmer

In Memory Of David Kittmer, who left our family one year ago, June 26, 2022

*As time has gone by without you
And days turned into a year
They've held a million memories
And a thousand silent tears.
We think about you always, and we talk about you still.
You have never been forgotten
And you never ever will.*

Lovingly Remembered By Your Family

THANK YOU

McKay

*Thank you to everyone for the cards, visits, phone calls, and gifts on my recent 90th birthday celebration. It was great to see everyone at my open house. This was a great day for many to meet and visit with old friends.
Thank you to my family for planning and making my birthday a great celebration.
I really enjoyed everything.*

Thank you, Bill McKay



**A.N.A.F. Unit 265
23 Wellington St. N.
519-284-4390**

**Meat Draws every Friday at
6 PM includes 50/50/ Draw**

We sell Nevada Tickets

**For future events at the Club
check our FaceBook page**

CELEBRATION

Happy 50th Anniversary!

June 30th, 2023



Gord & Sherry Shaughnessy



**ROYAL CANADIAN LEGION
PERTH REGIMENT VETERANS
BRANCH 236 ST MARYS**

HOURS

TUE – THU 3PM - ???
FRI NOON TILL ???
SAT – NOON TILL CLOSING

**HOT DOG / SAUSAGE LUNCH
FRI AT NOON**

**MEAT DRAW SAT AT 5 PM
20 CHANCES FOR MEAT PRIZES,
PLUS A 50/50 DRAW**

**NEWLY RENOVATED HALL FOR RENT
66 CHURCH STREET NORTH,
ST MARYS 519 284-2267**

OBITUARY

Robinson



Wanda Labelle Robinson passed away at Alexandra Marine & General Hospital in Goderich on June 18 2023 at the age of 92. Predeceased by her husband Jack Robinson and son Stephen Robinson. Survived by children David Robinson (Concepcion), Diane Chalmers(Ronald), Denise Robinson(Manny), Murray Robinson(Tammy). Survived by grandchildren Corinne, Stephanie, Jacob(Justin), Mitchell(Alexa) and Thomas(Natsumi). Survived by great grandchildren Jack and Lachlan. Survived by sister Betty Ann Mackinnon(Donald). Predeceased by brothers Laurie, Murray and Donald. Wanda was a very active member of Kirkton Community being a leader of Girl Guides, member of Quilters' Guild and Women's Institute and living in Kirkton for 53 years. She spent 20 years at Meneset Adult Community and will be missed by her neighbours Ev, Doreen, Joe and Sue. She was a talented artist and enjoyed gardening. Private Cremation to take place with family burial in Kirkton Union Cemetery. The family would like to thank the staff of Harbour Hills Retirement Home in Goderich for taking care of her the last few months and would also like to thank the staff and in particular Dr. TL Nicolae for taking care of Wanda at Alexandra Marine & General Hospital in Goderich. Online condolences at www.hodgesfuneralhome.ca.

THE WEEK AHEAD

SPONSORED BY:



McDonald's St. Marys
752 Queen St E
Founding and Forever partner of
Ronald McDonald House

*PRC & Friendship Centre events - See the
Stonetown Crier on Page 5*

Friday, June 30

- St. Marys Quarry & Super Splash opening day - 11 am to 7:30 pm
- Royal Canadian Legion hot dog/sausage lunch at Noon
- A.N.A.F. meat draw - 6 pm

Saturday, July 1

- Embro Highland Games at the Embro Zorra Community Centre - Gates open 7 am
- St. Marys Farmers Market at Milt Dunnell Field - 8 am to Noon
- St. Marys Lions Club classic car show at Milt Dunnell Field - 8 am to 1 pm
- Canada Day Parade - 11 am
- Canada Day at Cadzow Park and the Museum - 11 am to 3 pm

- Royal Canadian Legion meat draw - 5 pm

Thursday, July 6

- St. Marys YMCA staff reunion - 7:15 to 8:30 pm

The St. Marys Farmers' Market

**Strawberry season
continues!**

**Lions Car Show 8 a.m. to 1 p.m.
(Spectator entry by donation)**



Saturdays 8 am to noon at Milt Dunnell Field

Connect with us for updates!

Thank you to 2023 sponsor National Farmers Union, Perth/Oxford Local

**ST. MARYS
DENTISTRY**

520 WATER ST, S. P.O. BOX 1650 | ST. MARYS, ON N4X 1B9 | 519-284-2660

Dr. Michael Nixon and Dr. Karl Weselan

ACCEPTING NEW PATIENTS

We offer early morning appointment times, and have later appointment times three days per week.

520 Water St. S., St. Marys, Ontario N4X 1B9
Ph: 519-284-2660 | www.stmarysdentalclinic.com



LETTER TO THE EDITOR —

Dear Editor:

Community Living St. Marys and Area would like to say thank you to everyone who supported our 19th annual "Create a Smile" 5 km walk/run on May 28, 2023.

This fundraising event that is organized in partnership with the Create A Smile Foundation, gathered in person for the first time in two years on a beautiful sunny day and raised over \$21,000! This money is important because over half of people with a disability live in poverty. Funds will be designated to benefit people in our community and their families to support secure housing op-

tions, increase opportunities to participate and create more accessibility.

The event would not be possible without the generosity of the community sponsors, families and friends! A special thank you goes out to the Muir family for their ongoing commitment to this event and the organization! "A community where everyone belongs" is the vision of Community Living St. Marys and Area and this event shows us how to make that happen, one smile at a time!

Jennifer Leslie

Community Living St. Marys and Area

Dear Editor,

I would like to thank the St. Marys Rotary Club for recently presenting me with the prestigious Paul Harris Award. I am truly honoured to be recognized by the Rotary Club, which I have worked with for the past 15 years, including catering many of the Rural Urban Night dinners during that time. However, I must dispel the rumour that I am retiring!!! While I will no longer be cater-

ing the weekly Rotary Club meetings, and I am reducing my workload so that I can enjoy other activities, such as being a Grandma and Monday evening curling, I am not done yet. Janice's Fine Country Catering is still in business and I look forward to serving my repeat and new customers for the foreseeable future.

Sincerely,

Janice Mitchell

LOOKING BACK



By AMY CUBBERLEY

Payton's Payday

25 years ago (1998)

When PUC manager Terry Martin noticed that town residents consumed almost two million gallons of water in one day last week, he quickly made a decision that water use had to be restricted immediately and indefinitely. The manager says that water levels in town wells are about 20' below normal, due to a combination of incredibly dry weather in recent weeks and the overuse of water. Certain sections of town are now only allowed to water on certain days of the week.

Alphonse Payton said he was sleepily sitting at the kitchen table early Sunday morning checking his tickets as the winning lottery numbers were being announced on the radio... and then he suddenly jolted fully awake. He realized he'd matched five numbers and the bonus number on his Lotto 649 ticket, winning him \$138,193.10!

Late Friday afternoon, a portion of a suspended ceiling in the basement Music Room at St. Marys Central school gave way. No students were in the room, and no one was injured.

50 years ago (1973)

The Royal train is due to pass through St. Marys this Thursday at 11:18 a.m. No slowdown is scheduled.

The St. Marys Fair Board is looking forward to the completion of their new show building at the north end of the Flats. The President, Mrs. Ruby Dunseith, is also looking for some local organizations who might like to donate picnic tables for the location.

A new signal system in use at the Domtar plant, James Street South, got a good initial try-out with two fires within an hour last Thursday afternoon. Four members of the local fire department are employed at the Domtar plant.

Jack Massey was the \$100 winner of the June draw staged by the A.N.A.F. Veterans in aid of their local sports program.

75 years ago (1948)

Implement buyers from the United States have been scouring this district attempting to buy up used and new combines for use across the line.

Farmers report an unusually large increase in the groundhog population. The preponderance of pasture lands is believed to be responsible for this increase.

A fine new cement swimming tank has been completed at Bimini on the Embro Road on the site of the United Church Summer Camp. The tank is expected to be ready for the first group of young campers after July 1.

The Mother Hubbard story was a bit reversed one day this week when a well-known East Ward spaniel ambled into a neighbour's kitchen and found a three-pound roast waiting by the cupboard. The cupboard was soon bare alright, and the spaniel was waddling along in a very satisfied fashion.

100 years ago (1923)

Jitney Tournaments are very popular with the local bowling enthusiasts just now and seem to have a good effect in the way of brushing up players and making them take a more lively interest in the game. At Thursday evening's tournament, William Laidlaw won first prize.

Details of the first Atlantic airship service between Spain and Argentina have just been made public. It may soon be possible to bridge the 5,000 miles between the two continents in three and a half days. The service will operate between Seville and Buenos Aires and Zeppelin aircraft will be used.

Lightning that struck the residence of Frederick Armstrong, Elgin Street West on Tuesday during the electric storm ripped a hole in the roof, knocked the plaster off the ceiling on the room below, and knocked Mrs. Armstrong senseless. She was resting on the verandah just outside the room at the time.

Sudoku

Sponsored by:



SHACKLETON'S
Real Estate & Auction Co. shackletons.com

FERN PRIDHAM - Broker
519 274 2885
fernpridham@gmail.com

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

Solutions on page 31

www.samshomehardware.com



Services We Offer!

- Floor sander rental • Lexan cutting • Pool and Spa Water Testing • Paint colour matching & tinting • Key cutting • BBQ Parts ordering • Water delivery • Glass cutting • Screen repair

63 Wellington St. N., St. Marys, ON, N1G 1A6 | Phone: (519) 284-4142 | Fax: (519) 284-3592

STONETOWN TRAVEL

Head Office: 150 Queen Street East,
St. Marys, ON N4X 1B4 | 519-284-2332
agent@stonetowntravel.com
TICO #50010159

Branch Office: 210 Mill Street,
New Hamburg, ON N3A 1P9 | 226-333-9939
newhamburg@stonetowntravel.com
TICO #50025796

www.stonetowntravel.com

Where in the world
would you like to go?

Let us take the hassle out of your holidays.

Reach out to one of our knowledgeable travel consultants today!

BUSINESS DIRECTORY Call 519-284-0041 to inquire

BARBER



Same great cuts, just a different name.
(formerly Mill Race Barber Co.)

108 Queen Street E.
St. Marys, ON
N4X 1A8
ph: (226) 661-0222
w: macphersonsbarbershop.ca

COMPUTERS



519-949-9494
bscsd@protonmail.com

BILL SCHNEIDER
COMPUTER SERVICES

CONSTRUCTION



485 James St S, St Marys
Email: mcc@quadro.net
Ph: 519-349-2256

General Contracting • Design-Build (A-CAD)
Renovations • Additions • Doors & Windows & More!

DISPOSAL

Robson Scrap Metal

Open 8 to 4:30
Monday - Friday
519.284.2800



206-211 Carling St.
St. Marys

DIAMOND DISPOSAL

Waste Disposal / Bin Rental
519-284-2221 • BINS-R-US

Formerly known as
St. Marys Luger Service

CLEANING

Spotless Cleaning Plus
Office & Residential
St. Marys and Surrounding Area

Sheila Leblanc
519-630-2665



spotless@writeme.com
Call or email for an appointment today

EAVESTROUGH



519-701-8838
eavestrough@sure-seal.ca

Seamless Eavestrough
Steel and Aluminum
Gutter Guard • Heavy Built
Fascia • Soffit • Trim Bending
More

WES BENNETT • ST. MARYS ONT

ELECTRICIAN



RESIDENTIAL • COMMERCIAL
INDUSTRIAL • AGRICULTURAL

- Master License • Competitive Rates
- Quality Workmanship

Back-Up Generator Installations

Work with someone you know you can trust!

519-284-0893 | info@formanelectric.com
www.formanelectric.com | St. Marys, ON

SENIORS

Better Ways For Seniors Ltd.

DIGNITY INDEPENDENCE PERSONAL CHOICE (519) 868-3021
Don Ewert
don@betterwaysforseniors.com
www.BetterWaysForSeniors.com

The services you need so you can keep living in your own home for as long as possible!

HOME CARE

GRACE PALLIATION

End of life care providers in the comfort of your own home.

St. Marys & Surrounding Area
519-777-9393
gracepalliation@gmail.com
www.gracepalliation.com

FINANCIAL

NEW OPPORTUNITY FOR YOU

Want to earn a little extra money part time or start your own business? We offer you the freedom to make your own decisions with high earnings potential! Join my team and start a career in financial services, and get paid for helping families solve financial problems.

For details on how to get started today, call or text Tara at 519-275-1108, email tfirby.rep@gmail.com

MORTGAGE



AMIE SHACKLETON
Mortgage Solutions Ltd.

AMIE SHACKLETON
Mortgage Agent

519.949.1225
amie@amieshackleton.com
www.amieshackleton.com

I'm here to help!

PLUMBING



CUBBERLEY
Plumbing, Heating & Air Conditioning

ST. MARYS
519-349-2420

Service from our Family to Yours since 1979

NEED A PLUMBER?

Call Joel Drinkwalter

- Water treatment installation and repairs • Softeners
- Iron Filters • Reverse Osmosis Units • Plumbing Repairs • Bathroom Renovations

Cell: 226-880-0501 • Office: 519-284-4217

INSURANCE



St Marys Insurance Group Inc

Offering Insurance Services for:

PERSONAL, COMMERCIAL, FARM, RESIDENTIAL, BUSINESS, TRANSPORTATION & MORE!

Give us a call today!

47 Water Street S. • St. Marys ON • 519-284-1900
inquiries@stmarysinsurance.ca

MUSIC



World's Coolest Music Store
226-688-8385
worldscoolest@hotmail.ca



MUSIC MILES
My Inspiration, Learning, Enjoyment & Success
(226) 921-1758
musicmiles.net | mvallance@rogers.com

PAINTING

SCOTT BICKELL PAINTING AND HANDYMAN SERVICES

Call or Text at: 519-276-7816
Email at: sbies00@gmail.com
Call for a free quote! Find me on 

SB PAINTING
PAINTING • FLOORING • TRIM WORK • DRYWALL REPAIR & MORE

REAL ESTATE



LUCIE STEPHENS
SALES REPRESENTATIVE

519-703-0333

RE/MAX REALTY LTD. BROKERAGE

SOLD!



SELECT REALTY INC., BROKERAGE

163 Queen St. E.
Downtown St. Marys
519-284-4646
peakselectrealty@gmail.com



Toni McLean Sales Representative

519-274-1120 Direct
245 Downie St, Stratford, N5A 1X5
tmclean@homeandcompany.ca

Proud St. Marys resident!

LIST WITH CHRIS!



Chris Evans, Broker
Hiller Realty Brokerage
100 Erie St., Stratford, ON | 519-276-9101
listwithchris@wightman.ca

Jake Stern
REAL ESTATE BROKER



#RealEstateJake
519-949-8559

ROYAL LEPAGE
Hiller Realty

SEAMSTRESS

Stonetown Alterations
Professional Seamstress
Ingrid Voermans
www.stonetownalterations.ca
stonetownalterations@gmail.com

519-703-2007

TAKE OUT



519-284-1864

Mondays CLOSED Friday and Saturday 11-10
Tuesday to Thursday 11-9 Sundays 3-8

118 QUEEN STREET, ST. MARYS

WATER TREATMENT



Sales - Service - Rentals
Call Dave at
519 349 2040. **Waterite**

GORDON DANN

PUMP SALES & SERVICE LTD.
1629 Blackmaple Cres. London, ON • N5Y 6L7
Authorized dealer for
NOVO
WATER TREATMENT EQUIPMENT

Water Treatment Specialists

- Water Softeners • Iron Filters • Drinking Water Systems
- Ultra Violet Light Systems & Distillers

Cell: 519-671-0470
1-800-328-0392

REPAIRS TO MOST MAKES

TRAVEL

STONETOWN TRAVEL

Head Office: 150 Queen Street East,
St. Marys, ON N4X 1B4 TICO
#50010159 | Phone: (519) 284-2332
Branch Office: 210 Mill Street,
New Hamburg, ON N3A 1P9 TICO
#50025796 | Phone: (226) 333-9939
www.stonetowntowntravel.com | agent@stonetowntowntravel.com

TREE SERVICE

Joel's Tree Service

519 272 5742

Trimming
Removals
Stumps
Fertilizing



CLASSIFIED ADS

Seeking newspaper boxes and stands

Looking to buy old newspaper distribution boxes or display stands. Please contact stew@granthaven.com or text or call 519-868-1290. Send picture of item(s) if possible.

Wanted

\$ Cash Paid \$ for your RECORDS and LPs. Jazz, Blues, Rock, Pop, Folk, Soundtracks, and more. Selectively buying CDs, Cassettes, Turntables, and Stereo Equipment. For more information: Diamond Dogs Music 114 Ontario St. Stratford/ 226-972-5750

Wanted

A working camcorder that will play Hi-8 digital tapes. Phone 519-284-3774

Wanted to buy

All collectibles including sports cards, beanie babies, Funko pops and stamps. Highest prices paid. Free appraisals. Call or text Stan anytime 519-868-3814.

For Sale

Vintage Hi-Fi Boothroyd-Stuart Meridian, comes with Paradigms. Best Offer - Call 519-284-8056

QUIZ ANSWERS

- | | |
|---|-----------------------------------|
| 1) Lacrosse, Ice Hockey | 5) 6 |
| 2) Lester B Pearson | 6) Mount Logan |
| 3) Marc Garneau | 7) 1980 |
| 4) Serve as Prime Minister of Great Britain | 8) 10 provinces and 3 territories |
| | 9) Mackenzie River |
| | 10) Vincent Massey |

RUN YOUR CLASSIFIED AD HERE FOR JUST \$10 PER WEEK

SUDOKU ANSWERS

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

HELP WANTED



EXPERIENCED LICENSED ELECTRICIAN

- Residential - Commercial - Agricultural - Industrial
- Competent in troubleshooting various electrical issues
- Clean driving record

We are in search for a competent energetic electrician with a positive attitude. Candidates applying should be eager to deliver a customer-focused service, willing to learn and adapt to grow within our organization, goal oriented, team player, effective interpersonal skills, dependable and organized.

We are a family run business where you are part of a team, not just a number.

We offer competitive wages, benefits and a pension plan.

Please submit your resume to andyf@formanelectric.com.

GARAGE SALE

Saturday July 1
8 AM - 2 PM

5054 Whalen Line



**For Hall Rentals
call 519-271-5343**

- | | |
|---|----------|
| Sun. June 18 - Richard & Maxine Cook, Stratford | \$50.00 |
| Mon. June 19 - Barb Armstrong, Monkton | \$50.00 |
| Tues. June 20 - Ken Meadows, Stratford | \$50.00 |
| Wed. June 21 - Richard Schneider, Gadshill | \$50.00 |
| Thur. June 22 - Jim Oliver, Hensall | \$50.00 |
| Fri. June 23 - Sandra Hammond, St. Marys | \$50.00 |
| Sat. June 24 - Bejay Caron, Tavistock | \$200.00 |

FRASER ASPHALT PAVING INC FREE QUOTES 519-271-5690 www.fraserpaving.ca

SHOP LOCAL. SAVE LOCAL.



Support the local businesses that keep your community and its newspapers thriving.



LOCAL MATTERS.



Remember that time when **Amazon** sponsored your church fundraiser?



Remember when **Facebook** bought a case of Girl Guide cookies to support your daughter?



Remember when **Google** provided free pizza to your child's soccer team when they won the championship?

Neither do we!

Local businesses live here. They play here. They invest here. They need our support, now more than ever.



Like us on Facebook!
[Facebook.com/StMarysIndependent](https://www.facebook.com/StMarysIndependent)
Follow us on Twitter!
[Twitter.com/stmarysindy](https://twitter.com/stmarysindy)



JOHN 
NATER MP
 PERTH-WELLINGTON

john.nater@parl.gc.ca | johnnater.ca | 519-273-1400

Don't miss out on the sounds that you love. Check your hearing.

Darryl Sittler
 Canadian Hockey Legend

Whether as an all-star pro hockey player or as a busy grandfather, Darryl Sittler believes that to get the most out of life, you need to look after yourself.

Get your hearing checked by a licensed hearing care professional at your local Connect Hearing clinic.



Save up to \$2,000 on a pair of Select level hearing aids with your CAA membership!*

St. Marys: 226.779.4279 • connecthearing.ca

#1 PHYSICIAN[†] REFERRED



*Save up to \$2,000 on a pair of Select tech level Sonova hearing aids; 15% off Advanced level; and 10% off Standard level with a valid CAA membership. This offer is a tiered rebate determined by which level of Sonova Hearing Technology purchased. Offer expires March 31, 2023. †Based on national physician referrals over the tenure of the corporation's Canadian business operations compared to the disclosed referral count of leading competitors.