

STRATFORD TIMES

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Fiddles and Food trucks in support of Stratford Summer Music

AMANDA MODARAGAMAGE

Local Journalism Initiative Reporter

The second annual Fiddles and Food Trucks event supporting Stratford Summer Music is just around the corner, being held on Thursday, September 14th.

Hosted by Mayor Martin Ritsma, the said “grill master,” at the picturesque Ritsma's Barn at 75 Kellys Lane, the event is going to offer Instagrammable moments at every corner of the beautiful property. General Manager of Stratford Summer Music, Kendra Fry says, “The Ritsma barn is a one-of-a-kind location for this event.”

Fry notes, “Fiddles and Food Trucks raises between thirty-five and fifty thousand dollars per year for vital Stratford Summer music programming,” Fry continued, “The funding allows us to continue offering 24 free barge concerts and the World in a Weekend’s free offerings during the season.”

The money raised from the event allows Stratford Summer Music to expand its offerings for the community and allows for the ability to attract big names to Stratford, “It also supports our efforts to bring in international award-winning musicians such as John Pizzarelli and to offer low-cost winter programming for locals.”

The event is also in partnership with Pelee Island Winery, who have generously stocked the wine bar all in support of bringing quality music to Stratford.

CONTINUED TO PAGE 2



CELEBRATING WITH ICE CREAM

Tulsi, Kashyap and Krishna experiencing fun in the Square at the BIA 50th Birthday Party. Read the story on page 2.

(AMANDA MODARAGAMAGE PHOTO)

Split vote regarding Stratford Airport

AMANDA MODARAGAMAGE

Local Journalism Initiative Reporter

The Stratford municipal airport was a topic of debate at the August 14th City Council meeting as the council grappled with its financial sustainability. The airport, facing an anticipated annual operating deficit of nearly \$300,000, has split support in the decision to keep the airport and try to make it revenue-neutral over the next decade.

Stratford council members were presented with several options regarding the future of the airport. With a narrow margin of 7-4, Councillors decided to embrace Option 3 as outlined in the 2023 Stratford Municipal

Airport Study. This option opts for the continuation of municipal airport ownership.

Though favoured by a majority of councillors, the decision was not without its share of disagreement. Councillor Lary McCabe noted his stance on the retention of the airport, stating, “We have some really serious decisions about what we need to fund in the city. We can save 13 to 14 million, which we can put towards things like the Grand Trunk site.”

Councillor McCabe also acknowledged the importance of the choices on the table, stating, “We're going to have to make decisions that are hard, and I think this is one of those decisions.”

CONTINUED TO PAGE 3

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Happy Birthday, BIA: Diversity and inclusion at the heart of the organization for 50 years

AMANDA MODARAGAMAGE

Local Journalism Initiative Reporter

The Downtown Stratford Business Improvement Area (BIA), in conjunction with The Stratford Festival, hosted a Family Fair in The Square on Saturday, August 12th, from 11 a.m. to 3 p.m. in Market Square for the Stratford BIA's 50th Birthday celebration.

With a focus on inclusion and diversity, the BIA has made major impacts on city streets over the last 50 years. BIA General Manager Jamie Prichard noted, "People come to Stratford for entertainment, tourism, and retail. So, we're here to ensure it's a beautiful place downtown so that people come and feel welcomed." He continued, "Our job is to make everyone feel welcome, regardless of race, colour, or sexual orientation. We want Stratford to be known as a place that welcomes all people."

Family Fair in the Square was a double celebration, with activities and entertainment based on the Stratford Festival family production of *A Wrinkle in Time*. The fun consisted of a number of great ac-

tivities for children, such as the inflatable planetarium, magicians and exciting stilt walkers, 'Hala on Stilts' and 'Frolick Theater,' who entertained children and adults alike throughout the afternoon. Another notable performance was a demonstration from the Stratford Symphony Orchestra, who took the stage and entertained on-lookers.

Families from across Stratford enjoyed the free events, noting the importance of simple fun; Krysta Nesbit of Nesbit Financial and mom of two said the event consisted of simple, fun activities that were great for all ages, "There was something for attendees of all ages to enjoy. The kids were super excited about playing on the real-life firetruck and the dragon boat."

Children were seen walking around with face paint, everything from puppies to dragons colourfully displayed across their cheeks at the afternoon event.

Volunteers ran a number of free games throughout the afternoon before lining up to sing happy birthday to the BIA and get cupcakes from Mayor Martin Ritsma himself later that afternoon.

Nesbit noted the fun-filled afternoon was the perfect mix of community and fun, "The BIA is amazing at mixing support for the local businesses with music and arts to create an event with heart that really brings people out."

The BIA history was a big part of the event that weekend; reminiscing



(AMANDA MODARAGAMAGE PHOTO)

RING THE ALARM

Gracie and Emily Konarski-Johns having fun on the Stratford Fire Truck parked at the BIA Birthday Bash

about the backbone of the downtown core, the BIA General Manager Jamie Prichard noted that the BIAs were initially formed in Toronto to protect downtown business after the installation of large malls back in the 1970s,

The event also hosted a sidewalk sale, which has not been done in Stratford for a number of years, offering discounted items for people to shop and explore while they were downtown for the afternoon.

Prichard said about the initial initiation of the BIAs, "Back then, it was really more about beautification and getting people to

come down." However, things have substantially changed, and the BIA is much more than simply attracting people to shop in the downtown core of city streets.

Prichard said that BIA focuses on all aspects of downtown attraction, "Yes, our job is to beautify the downtown core, but I think that there's a lot more to beautification than putting up some flowers and planters." Prichard continued, "I think that people are beautiful, and we have to make sure that we are welcoming to all people with inclusion and diversity being a focus."

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Fiddles and Food trucks

CONTINUED FROM FRONT

Featuring Maggie's Wake, a Canadian roots band that combines traditional Celtic instrumentation with a contemporary approach, Fry notes you won't find another event like this in town, "The event is unlike any other Stratford Summer Music event."

This exciting collaboration between Rant Maggie Rant co-founder Lindsay Schindler (fiddle, vocals) and Tara Dunphy (tin whistle, flute, fiddle, vocals), lead singer and songwriter of acclaimed country outfit The Rizdales, is said to be, "quite simply, a match made in heaven," according to attendees.

Ken's Fries and the Bru Garden's own vintage beer truck will be onsite offering a range of foods to go alongside wine and music, and Lady Glaze Donuts will be serving milkshakes and sinfully delicious donuts throughout the evening.

There are incredible raffle prizes, including a full 2024 Stratford Summer Music Season Pass, along with a live auction with unique items and experiences throughout Stratford and beyond.

Fry notes Fiddles and Foodtrucks is a one-of-a-kind event and mentions the lively spirit of the evening, "It is a high-energy, food truck party with great company, great music, and indulgent food truck food and drink."

If you'd like to be part of the fun and enjoy the second annual "toe-tapping, barn-raising" event in Support of Stratford Summer Music, please visit their website at www.stratfordsummermusic.ca/support/fiddles-foodtrucks.

Split vote regarding Stratford Airport

CONTINUED FROM FRONT

An in-depth study conducted by HM Aero Inc., which assessed the airport's financial viability earlier this year, noted that the airport is currently not self-sustaining. Yet, it did show support for a possible at a possible turnaround. By adopting a proactive approach to business development, the airport could see an increase in its operating revenue, according to the findings.

Mayor Martin Ritsma voiced his support for retaining ownership of the municipal airport, noting his belief that there is potential for it to become a self-sustaining entity. Mayor Ritsma said, "I firmly believe that [the airport] is an asset the city should retain. I believe there are opportunities for the airport to become a revenue-neutral investment. I really do believe that."

Mayor Ritsma also underscored the value of the services provided by the airport, emphasizing that certain benefits are not to be disregarded, "I also believe that there

are services provided at the airport that we truly can't quantify with a dollar figure, and I wouldn't want to lose those." He cautioned against making quick decisions to sell, stating, "If you divest, you don't know what that facility will become. You don't know whether it will be retained as an airport."

He also advocated for a collaborative effort to maximize the airport's revenue potential while minimizing the burden on taxpayers, "I'd rather work with the airport and come to an understanding that we would like it to be as revenue-neutral as possible and retain [the airport] without the burden on our taxpayers as it currently is."

Councillor Taylor Briscoe initially called for a reconsideration of the decision within a two-year timeframe. However, this proposal was later retracted in support of Councillor Cody Sebben, agreeing that the decision required further evaluation in future budget discussions and that a timeline was unnecessary.



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STRATFORD TIMES

Stratford's Community Newspaper

Established 2021

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Oops, we missed one

STEWART GRANT

Publisher

For those who were expecting to see a Stratford Times on August 25th, believe me, we tried.

I hope we didn't cause too much inconvenience for people wondering where to grab a copy of that elusive edition. I thought about doing a Facebook or Instagram post to get the word out about missing a week, but you know how it is lately between Meta and Canadian news sites.

Since getting into the newspaper business on June 1, 2014, I've been the publisher of 744 different editions of various papers, in St. Marys, Exeter, Tavistock, Wilmot, Stratford, and Woodstock Ingersoll (in that order). Through COVID, snowstorms, whatever... we'd never failed to get a newspaper out.

It really took a perfect storm of events. It took an unexpected, sudden health issue from a very key employee... combined with an unexpected IT problem with our back-up person... combined with the publisher (me) being on a cruise ship on a family vacation six time zones away... all at the same time. I still thought we'd be able to find away, but it was not to be.

The good news, most importantly, is that our beloved team member is feeling much better these days. That's number one.

For those who are wondering about whether we are still a twice-a-month newspaper, yes, we are. We missed that one edition in August, but we're back on track here in September. And the experience that we gained from last month means that we'll be better prepared in the future to deal with unexpected situations.

Letter to the Editor

As a resident of Douglas Street whose property abuts T.J. Dolan Drive (where it runs beside the Avon River), I was recently hand-delivered a survey requesting my views as to whether or not T.J. Dolan Drive should be closed to through traffic. I was then quite surprised that, without being notified, the matter appeared quite recently before council and the issue of closing dismissed, meaning it remains open.

If I had been notified that the matter was before council, I would have sought the opportunity to explain to council that, in its present state, traffic routinely exceeds the posted speed limit of 30 kilometres per hour and poses a serious danger to the pedestrians often with children, strollers, cyclists and pets who regularly enjoy this walkway.

According to a recent article in the Beacon Herald, no

reference was made to this danger but rather, when dismissed, the meeting had focused solely on a parking issue.

Why was I not notified that council was dealing with this matter?

Why was there no discussion about the dangerous conditions that exist on this section of T.J. Dolan Drive?

Was council given the results of the survey which anecdotally favoured closing and, if not, why not?

Perhaps to ensure that council is doing the right thing, they should have another meeting before finally disposing of this issue.

The safety of residents and visitors is at stake.

Bruce Frazer
Douglas Street

STRATFORD **TIMES**

ATTENTION:

The Stratford Times is now being printed TWICE a month: 2nd Friday of each month & 4th Friday of each month. Please have advertisements, obituaries, event notices, etc. submitted by the preceding Tuesday.

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STRATFORD **TIMES**

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

Draft Comprehensive Transportation Master Plan requesting community input

AMANDA MODARAGAMAGE

Local Journalism Initiative Reporter

Transportation planner Scott Johnston of Arcadis IBI Group presented the draft Transportation Master Plan (TMP) to Stratford City Council on August 14, 2023, introducing a strategic blueprint with 52 actionable steps and infrastructure enhancements aimed at addressing the city's transportation requirements.

The plan aims to improve Stratford's transportation landscape. "It's a long-term strategy of infrastructure including actions and policy and recommendations. It considers all modes of travel, including pedestrians, cyclists, drivers and trucks," Johnston told council.

Johnston explains, "The TMP is a long-range planning document that will guide changes to the City's transportation system for all modes of travel over the coming decades." He continued, "The TMP also identifies transportation policies and strategies that, when combined with recommended infrastructure projects, will help the City achieve its vision for the future. The TMP will be the second master planning study for the City's transportation network, released in 2010."

The transportation master plan hopes to improve multi-modal mobility and aims to accommodate planned growth while providing a transparent, accountable infrastructure

structure spending plan for the city for the next 20 years.

Johnston elaborated on a transportation hierarchy that underscores safety and "multi-modal accessibility," prioritizing pedestrians, cyclists, city transit, transport trucks, and automobiles navigating the roads. This 20-year plan aligns with the city's vision to have a more inclusive, equitable, and sustainable transportation system.

Johnston discussed recommendations for the Erie Street reconstruction, proposing redesigning a three-lane cross-section with dedicated travel lanes and a protected bike lane. The emphasis on cycling within the TMP is underpinned by the intent to develop a city-wide cycling network, focusing on long-term redevelopment and reconstruction strategies while remaining adaptable.

Taking into consideration concerns from city residents, Johnston noted the plan's dedication to enhancing pedestrian accessibility through the implementation of 16 new crosswalks, with ongoing efforts to bridge gaps in the sidewalk network facilitated by annual funding.

The draft report is now undergoing a 30-day public review period, inviting input and feedback from the community. The document is accessible here: <https://engage-stratford.ca/transportation-master-plan>.



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Short-Term Accommodation Licensing and MAT Update

On January 1, 2023, the City of Stratford launched a short-term accommodation licensing program.

The goal was to create a process to ensure that visitors to the city are provided with reliable accommodations in terms of fire and building safety. It was also intended to create a more level playing field for all types of accommodation providers, including previously licensed B&B establishments, as well as newer types of accommodators like AirBnBs.

Additionally, the program helps to distinguish between the various types of accommodations for the purposes of collecting the Municipal Accommodation Tax (MAT), which came into effect in Stratford July 1, 2023.

The City's by-law enforcement team has been working with accommodators to ensure that they have the correct type of licence, either through the B&B Licensing By-law or the Accommodation Licensing By-law. That process includes an education and stepped enforcement approach for the first year as accommodators become adjusted to the new licensing requirements. Hotels, motels and inns with 6 or more guest rooms as defined in the City's Accommodation Licensing By-law, are not required to be licensed, but they do meet the definition of accommodators that are required to report and remit the MAT.

Education and collaboration are key components of any new program, and the City's Finance team continues to work with the Ontario Restaurant, Hotel & Motel Association (ORHMA) to ensure that local accommodators have the information, the tools and the support they need to properly report on their visitor stays, and remit the appropriate MAT to the City.

In keeping with provincial legislation, the funds collected through the MAT will be split equally between the City of Stratford and the local not-for-profit tourism operator – Destination Stratford. Both are required to use those MAT funds for initiatives that support tourism, and benefit both residents and visitors alike.

The City has established a reserve account to hold its share of the collected MAT funds until such time as Council determines specifically how those funds will be used.

City staff would like to thank the early-adopting accommodators for taking a leadership role through early compliance with both the short-term accommodation licensing and MAT programs. We would like to thank all accommodators for their patience and understanding as we continue to move forward with these new programs.

Unite for a Bite to kick-off United Way's 2023 Campaign



(CONTRIBUTED PHOTO)

ANNUAL CAMPAIGN

Marilyn Holmes, Elizabeth Cooper, Gail Fricker, Marian DeWever (Chair) Ellen Barnett, and Executive Director Ryan Erb. Together they represent the 2023 volunteer committee.

LISA CHESTER

Times Correspondent

September brings a change in season, a return to school, and the annual kick-off of United Way Perth-Huron (UWPH) fundraising campaign. To celebrate the kick-off, the Unite for a Bite event is being held Friday, September 15th in Market Square, behind city hall.

The lunchtime event, running from noon until 1:30 p.m., features summer sausage sandwich, coleslaw, a drink and a cookie. The food is to be prepared by The Local Community Food Centre chefs and volunteers for Sun Life. A dietary option including water buffalo summer sausage along with gluten-free bread and dessert will also be available upon request.

"We're excited to be back and launching another annual campaign," said Elizabeth Cooper, UWPH's Manager Community Development, Stratford and area. "Our United Way has a tremendous positive impact in Stratford and area. We want to celebrate with the donors and organizations who help make us so successful. We hope to see everyone there as we unite for a bite and announce our 2023 campaign goal!"

The Stratford Campaign kick-off offers an opportunity for the community to gather in support of UWPH's work building brighter futures for the community's most vulnerable residents and hear the announcement of the 2023-

24 campaign goal. The needs based goal aims to continue building on UWPH's current work addressing pressing local issues including homelessness mental health, and access to services through initiatives such as the Stratford Connection Centre and the Urgent Needs Fund and the living wage.

Last year the campaign goal was surpassed with \$2,292,557 raised in the community. The money raised during the year for the United Way, stays in the community. The 'Unignorable Issues' in Stratford and Perth-Huron at the forefront of the United Way's work include low income, housing, mental health, violence, food insecurity, and access to services.

Meal contributions are courtesy of The Butcher the Baker, Brch and Wyn, the Livery Yard, the Local Community Food Centre, Monforte Dairy, No Frills, the Perth County Grain Farmers Association and the Wild Hog Country Market. The Stratford kick-off is sponsored by Blowes Stationery, Resonance, Sun Life Financial and Susan Molenhuis, Realtor.

There will be entertainment provided at the event as well. Appearing will be representatives from Judy's School of Dance and the singing duo Steph and Stephen. Tickets are \$20 in advance and can be obtained at UWPH offices, 32 Erie St, by calling 519-271-7730 or emailing reception@perthhuron.unitedway.ca There will be limited tickets available at the event for \$22.

City of Stratford Brings Yoga Back to Tom Patterson Theatre

The City of Stratford will host a special 6-week yoga program at the Tom Patterson Theatre, on Monday mornings, starting November 6.

The yoga class will be presented in the Dinner Rooney Workshop, a large activity room just off the main lobby of the theatre with 220-degree views of the Avon River and parks system.

"Due to the popularity of last year's inaugural yoga program at the theatre, we are thrilled to return to the Tom Patterson Theatre," said Brad Hernden, the City's supervisor of recreation services. "We are grateful for the good relationship we have with the leadership team of the Stratford Festival, and for their continued support in our desire to bring adult recreation programming into the Theatre space in the off-season."

The program will be led by certified yoga instructor

Becca Barras, who has delivered several successful yoga classes at the Stratford Agriplex and has been practicing yoga for over 20 years.

Open to all yogis, beginner and beyond, regardless of age and ability, Becca will encourage, provide support, and deliver feel-good stretches over the hour vinyasa-style sessions. Yoga allows participants to connect to their bodies through mindful movement. Strength and flexibility will be practised, on and off the mat.

Three Vinyasa ("Flow") classes will be offered: Level 1 from 9 a.m. – 10 a.m. and 10:15 a.m. – 11:15 a.m. and Level 2 from 11:30 a.m. – 12:30 p.m.

To attend this special program, pre-registration is required. For more information, visit www.stratford.ca/active35.

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Completion of Phase 2 Marks Milestone for Britannia Street Affordable Housing Complex

AMANDA MODARAGAMAGE

Local Journalism Initiative Reporter

As the second phase of the Britannia Street housing project comes to a close, many Stratford residents are still left wondering where affordable housing stands. Regional affordable housing numbers are at record lows, and families are scrambling across the province to find affordable housing.

Previous to 2014, City Council had plans to sell the land on Britannia Street to housing developers when councillors in office at the time, like Kathy Vassilakos, played a crucial role in voicing the importance of the City of Stratford maintaining the property for affordable housing units. At the time, a set amount of provincial and Federal funding was available for investments to be used for these specific housing projects through the Affordable Housing fund.

Councillor Jo-Dee Burbatch recently took to Instagram with her thanks to Vassilakos last week for her part in the Britannia Street housing project, saying, "I'm happy to share that phase 2 of the Britannia St Housing Project is almost complete! In total, this will add 55 affordable housing units to our city. Big shout out to my former colleague Kathy Vassi-



WELCOME HOME

Britannia Street Housing complex complete and ready for 55 new residents

(AMANDA MODARAGAMAGE PHOTO)

lakos for her leadership on this project."

During her time on the council, Vassilakos stepped in and voiced opinions about keeping the property for housing. She told The Stratford Times, "Council was always talking about needing to do something about housing and affordable housing in Stratford. We had a 10-year

housing plan that requires some thought, and I figured this was a great opportunity."

Stratford City Council has been praised for voicing their concerns about affordable housing in Stratford, and Vassilakos was the one who spearheaded this project. She said, "I'm really proud of the fact

that through all of the musing going on, I'm the one who said, let's figure out how to make this happen."

The Britannia St. location finished its initial phase in 2018 when new residents started moving in, and the second phase has just been completed. Vassilakos noted, "[The Britannia St location] is central; it's on a bus line; it's close to schools; it is close to active transportation; it has everything you want. It was kind of like a perfect storm for affordable housing."

Social and economic pressures, such as inflation and supply chain challenges, still contribute to rising housing development costs. There are currently 211,419 families on the waitlist for social housing in Ontario, according to a recent study by the Ontario Chamber of Commerce.

The housing affordability crisis also significantly impacts businesses' ability to attract and retain employees, exacerbating challenges associated with ongoing labour shortages, an aging workforce, and the housing crisis itself in Stratford and across the rest of the province.

Vassilakos points out the important part the city of Stratford played in the project and graciously noted, "The city of Stratford deserves all the credit; they made this happen, but I'm glad and honoured that I got to be a big part of it."

MPP Rae Announces Funding for Local Festivals and Events

Matthew Rae, MPP for Perth-Wellington, announced over \$188,000 in funding for local festivals and events through the Experience Ontario program. This funding will allow recipient organizations to expand their programming, attract visitors and increase economic activity in the area.

"The tourism industry is an integral part of our community here in Perth-Wellington and across Ontario," Rae said. "It is wonderful to see our government continues to recognize the industries' importance via funding such as this."

Experience Ontario is a provincial grant program that supports festivals and events that motivate visitors to rediscover Ontario, while connecting people with local experiences and increasing visitor spending. The 2023 program is providing \$19.5 million in support to over 280 festivals and events across the province.

"Stratford Summer Music is thrilled to be a driver of tourism and a creator of culture in the Stratford area and delighted to receive the Experience Ontario funding for World in a Weekend," said Kendra Fry, Executive Director for Stratford Summer Music. "Thanks to the government of Ontario for joining us in creating joy at World in a Weekend!"

"The Experience Ontario funding has been essential to the success of our up-and-coming theatre company," said Fiona Mongillo, Artistic Director of the Here for Now Theatre in Stratford. "The summer

of 2023 marks our 4th year in operation. We are incredibly grateful for the Experience Ontario grant, as it has enabled us to operate on this scale."

"We are extremely grateful to the province for continuing to support our pandemic recovery through this grant from Experience Ontario," said Anita Gaffney, Executive Director of the Stratford Festival. "These funds are instrumental in the production of our 2023 season, which is a vital attractor for the tourism sector in Stratford and Southwestern Ontario."

"Our government understands the importance of tourism and culture to Ontario's economic success. These sectors bring our communities to life," said Neil Lumsden, Minister of Tourism, Culture and Sport. "Our government's support for festivals and events through the Experience Ontario program demonstrates that we are supporting organizations across the province that are creating new and innovative opportunities to bring Ontarians together."

Tourism is a key economic driver in Ontario, supporting approximately 395,000 jobs and generating over \$38 billion in spending.

Local funding as provided by the Ministry of Tourism, Culture and Sports:

Stratford Summer Music	\$32,209
Here for Now Theatre of Stratford	\$31,680
Stratford Festival	\$125,000
Total	\$188,889



JUTZI

WATER TECHNOLOGIES

We would like to thank everyone who joined us at

OUR 70TH ANNIVERSARY

CELEBRATION ON
AUGUST 25

It was heartwarming to see the many customers, suppliers, friends, and family who attended.

Kiwanis club gears up for garlic festival

The Stratford Kiwanis Club is planning its 15th annual fundraising event featuring the lowly garlic bulb. Like Morley Safer, they believe that: There's no such thing as too much garlic. With enough garlic you can even eat the New York Times! The event's purpose has always been to promote Ontario garlic, whose size, nutritional value, and delicious flavor make it far superior to imported varieties.

The Ontario Garlic and Artisan Market is one of mainstays of the Kiwanis Garlic Festival, featuring Garlic growers from all over Ontario, with many like Brant County Garlic and Augusts Harvest Inc. returning for their 15th year. Festival patrons return year after year to meet with their favorite vendors and pick up their supply of garlic in its many manifestations – fresh garlic by the bulb or in bags, braids, bundles, and variety packs; garlic that has been dried or powdered and used to flavor spreads, jams, jellies, pickles, sauces and butter tarts. The festival has 'everything garlic', including 'Canada's best black garlic' from Boars Rock Farm, and garlic infused olive oil from Braemar Hills Farm near Embro.

This year's event also features several first-time vendors that expand the event's variety of offerings. The Sebringville Garden Centre will have a large selection of fall plants for your garden as well as indoor varieties for your home. Check out Sheldon's Berries from Lakeside for fresh berries as well as beans, peas, pumpkins, and squash. Huckleberry Hives will be featuring 'raw honey' and hive products alongside NATURE LION INC. where visitors can learn how to grow their own mushrooms at home. The Deep Purple Lavender Farm from Embro will offer lavender bunches, sprays, bath salts, body whips and tea. The youngsters will enjoy the Your Way to Play Ltd. booth and the whole family can sit down for a garlic sausage on a bun from the Kiwanis Booth or check out the menu at the Snapping Turtle Coffee Roasters.

In 2017 Festival organizers expanded their mandate to include Tastings and Pairings presentations that match wine/beer/spirits with cheese makers and other food producers for a 45-minute program in a comfortable setting. This year's sessions will be held on Saturday only from 11:30 a.m. and offerings include the return

of favorites, such as Rheo Thompson Candies with Junction 56 Distillery, as well as introducing new pairings such as locally raised bison from Blanbrook Bison Farm with Ontario West Coast wines from Hesenland Inn & Schatz Winery. Tickets at \$10 each are available online www.kiwanisgarlicfestival.ca.

Festival goers can also enjoy cooking demonstrations by local celebrity chefs, educational forums, and live entertainment free of charge in the Presentation Theatre. New to the program in 2023 is Andrew Tutt, owner, and executive chef of Tutt's Eatery in St. Marys who will share some of his 'culinary secrets'. We are also delighted to welcome Andrew Mavor, teacher of Culinary Arts at Stratford District Secondary School. His aim is to 'connect youth to good, clean, and fair local food and help them to develop the ability to prepare healthy meals from scratch'. Rick Francis will once again be featured on the Café Stage all weekend long performing his repertoire of smooth jazz, folk and soft rock music.

The Kiwanis Club mounted this event in 2022 after a two-year hiatus due to COVID-19 restrictions, confident in the support of long-time vendors and community supporters. We were delighted that the 2022 Stratford Kiwanis Garlic Festival was not only well-received by our patrons, but also provided our Kiwanis Club with a significant sum to support much-needed projects in our community such as on-going support for local families through our 'free' summer Concerts in Upper Queen's Park, and programming for moms and their young children at The Local Community Food Centre and The House of Blessing. This year the Kiwanis Club will also support community organizations through one-time capital grants to Bedford Park School for its proposed 'natural' playground with access for children with disabilities, L'Arche Stratford, to support one of their 8 independent living suites at the proposed L'Arche Centre, and Camp Bimini for the installation of vinyl siding to replace the deteriorating wood siding on their mess hall.

For more information, please check our website: www.kiwanisgarlicfestival.ca or find us on Facebook at www.facebook.com/stratfordgarlicfest or Instagram at www.instagram.com/stratfordgarlicfest.



Crawings, a dedicated chicken wing restaurant, opens in Stratford

LISA CHESTER

Times Correspondent

Stratford welcomes Crawings, the only restaurant dedicated to serving up delicious chicken wings in town. Pronounced 'Cray-wings', coming from the blending of the words craving and wings, owner Deepak Deepak serves up over twenty different flavours of wings.

Running a restaurant is not new to Deepak, having operated in management roles in previous employment in London.

"I was general manager of a Burger King and it was one of the busiest locations. I also was an assistant manager and I learned the operations side of the restaurant," said Deepak.

The Crawings restaurant is independently owned and operated, and can be found at the old Madelyn's location at 377 Huron St.

"When I couldn't find a good spot to open, I found out that Madelyn's was for sale then I looked into opening," explained Deepak.

The wings are deep fried, and can be ordered without breading if that is a preference. With over twenty flavours, there is sure to be something for everyone. The flavours range from twelve types of mild sauce and dry rubs, seven medium sauces and four types of hot sauce. The menu

also includes salads and wraps with an assortment of sides and appetizers, all at an affordable price.

Coming in to Crawings is like visiting an old friend, as they have not changed the décor that was so familiar after thirty-seven years of Madelyn's. Orders are placed as you enter and the food is prepared fresh. With order in hand, you can choose to eat at a table in the restaurant or take it home. Delivery is available through Skip the Dishes and upcoming with Doordash and UberEats.

There are currently no gluten free options but Deepak plans to introduce this in the future.

"There have been people asking about gluten free so I have been contemplating that and in the future we'll add it to the menu," he said.

They do make their own hot sauces but suicide and the other hot sauce is brought in from suppliers. Twenty-three different flavours is only the beginning. After a few months of operation, with a chance to gauge interest, Deepak plans to introduce more flavours to Stratford.

Currently there are six employees, and will see how things go. Deepak will start small with room to grow his business. Hours of operation are noon till 10 p.m., Sunday through Thursday and noon till 11 p.m. Friday and Saturday.



Crawings welcome sign at 377 Huron St

(LISA CHESTER PHOTO)

STRATFORD **TIMES**

ATTENTION:

The Stratford Times is now being printed TWICE a month: 2nd Friday of each month & 4th Friday of each month Please have advertisements, obituaries, event notices, etc. submitted by the preceding Tuesday.

stratfordtimes@gmail.com

L'Arche Stratford: Britannia Street demolition is underway



(AMANDA MODARAGAMAGE PHOTOS)

HEADLINE

Left, Mike Elston of Elston Inc. on the backhoe initiating phase one of the L'Arche demolition. Right, Staff and friends of L'Arche Stratford watching on as the first phase of demolition commences

AMANDA MODARAGAMAGE

Local Journalism Initiative Reporter

426 Britannia St was purchased six years ago with the aim of developing a new home for L'Arche Stratford. Many obstacles stood in the way, including COVID and funding, but this August, the building demolition began with phase one, tearing down the old portable.

On August 21st, onlookers watched as the building started to come down. L'Arche Campaign Chair Elaine Clark-Siberry was first to address the crowd and said, "It's kind of a bittersweet day because it's wonderful that we're here, but there's an awful lot, so I know for some people, it'll be it'll be sad very confident of what's coming up in its place."

The staff thanked those who've made

this possible, including a recent million-dollar donation by one unnamed community member. Clark-Siberry expressed gratitude towards donors and said, "This is thanks to all the incredible people who strive to get us to this point. Thank you to everyone who made this happen."

Iain Reynolds, Project Manager from Feltz Design Build Ltd., gave heartwarming remarks to staff and friends alike, "You're saying goodbye to this building, but saying hello to something new and exciting. A great step forward." He continued, "What a great pleasure it has been working with everyone, and what an honour to work on a project that greatly supports promoting community inclusivity."

Just before the demolition commenced, Stephanie Calma, Community Leader and Executive Director, gave a blessing on be-

half of L'Arche Stratford, saying, "Today, we are enacting historically. We have the opportunity to say a beautiful goodbye to this building at 426 Britannia Street." She went on, "Scrap metal, concrete, and beams are all commodities, but they're also commodities of our times that we spent here."

Last spring, the L'Arche board of directors set up a Task Force to review the project, and they found that due to changing circumstances and the uncertainties of renovating the old building, they could not renovate and reuse the current building. At that time, L'Arche requested the help of an Architect, GB Architect Inc., and Project Managers at Feltz Design Build to implement a new concept drawing and prepare cost estimates for a brand-new one-story, purpose-built building. This new building

will increase the number of residential units while maintaining some community space and office spaces.

Although demolition has officially begun, there are stages that will be implemented for proper safety. The first phase is the back portable, which will be demolished before moving onto the rest of the building over the next couple of weeks. Those interested in the demolition are encouraged to drive by and watch over the next few weeks.

Calma gave the final remarks before the official countdown to demolition, "Today, we say goodbye to this building and its memories. We express our gratitude for all it has given." She went on, "Now comes the time that we've all been waiting for."

City of Stratford's Statement on Encampments

The City of Stratford is aware of several encampments in the city, including ones on municipal property.

As the lead for housing and homelessness within the City of Stratford, the Social Services department is actively working with individuals to continue the housing process with the end goal of permanent, suitable housing.

Our first priority is safety and well-being, not only for individuals in encamp-

ments, but also the community at large.

As the City continues to work at addressing the ongoing housing crisis, the Social Services team maintains its partnerships with several community agencies who specialize in the services required by vulnerable people. These partnerships are key for continuously assessing needs, providing access to resources, and serving as an additional layer of support providing special attention to those who temporarily

live in encampment-style situations.

"Homelessness can affect anyone, and it is crucial that we always approach this issue with empathy and understanding," said City of Stratford Social Services Director Kim McElroy. "Each person's circumstances are unique, and for those living in encampments, there may be underlying factors that need to be addressed. Our ultimate goal is to end chronic homelessness in our community, and that re-

quires a collaborative effort. No single organization or entity can address the needs and challenges of individuals experiencing homelessness on their own. But by coming together as a community, we can pool our resources and expertise to come up with ideas that lead to comprehensive solutions. By working together, we can help to create a more equitable and compassionate community where everyone has access to safe and stable housing."



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Local businesses come together in support of Optimism Place



SUMMER SOIREE

Left: Planning committee for the event - from left to right, Selena Jones, Fundraising & Community Engagement Lead at Optimism Place; Tanya Diehl, Committee Member; Angie Norman, Committee Member; Alicia Houston, Senior Manager, Programs at Optimism Place; Melissa Orr, Committee Member.
Right: Attendees enjoy the evening event, all sponsored by local businesses.



(SELENA JONES PHOTOS)

AMANDA MODARAGAMAGE

Local Journalism Initiative Reporter

Local organizers came together to host a "Summer Soiree" for a good cause and raised \$20,000 in support of Optimism Place in August.

Dressed in white, attendees gathered at Knox Church for the evening event. Initially intended to be held at Bru Gardens, the rain put a slight damper on the organizers Angie Norman and Melissa Orr's plan. They did make the best of it, and the last-minute location turned out to be a great spot for the exciting evening.

This fundraiser was a locally grown event, meaning the organizers were all local business owners. The entertainment for the evening featured two local artists, Ethan McCarroll and Maggie Fosterand, who entertained the crowds throughout the event.

The event sponsors were a key element

in making the night possible. Selena Jones, Optimism Place Fundraising and Community Engagement Lead, said, "We're thrilled to have Brü Garden and Katie DeBlock Boersma as our title sponsors for the event. Along with ten other event sponsors, we're grateful for the support of numerous businesses and individuals in the community."

"The community has, and continues to be, a major supporter of Optimism Place and our mission." Notes Jones, "This is the first time we've run a fundraiser of this kind, and the support from local businesses, organizations, and individuals has blown us away."

All of the funding from the Summer Soiree went directly towards Optimism Place, and thanks to last-minute sponsors to cover the cost of the back-up event space, every dollar was donated to support women and children in the community.

Optimism Place was purpose-built in

1983 and has remained open and operational 24 hours a day, seven days a week, 365 days a year. This means the business is consistently staffed and always available to respond to the acute needs of women and children in the community. Jones notes, "As you can imagine, this comes with its challenges. Through the pandemic, it became abundantly clear that our organization had to make changes to accommodate the growing rates of domestic violence." She continued, "In 2021, Optimism Place had to turn away over 300 women - a heartbreaking reality due to a lack of residential space and resources."

In 2022, Optimism Place embarked on

a historical building expansion to support the growing need. This new build is set for completion later this winter. The proceeds from the Summer Soiree event will go directly towards the Building on Hope Capital Campaign, which Jones notes "supports the building expansion."

As a women's shelter, Optimism Place knows how difficult it is to talk about the ways domestic violence permeates the community. Jones noted, "It was important for us to not only hold a fundraiser that brought community members together but also to educate the community on the reality of domestic violence in Perth County."

Fall Perth County Paramedic Fall Recruitment Now Open

From September 5 to September 25, 2023 Perth County's Paramedic Services Department is accepting applications for new Primary Care Paramedics to join the team. During the Fall 2023 recruitment Perth County is currently looking to add 20 new members to the team.

"Perth County Paramedic Services is a talented service with an incredible group of people," said Mike Adair, Chief of Perth County Paramedic Services, "We are a progressive service offering a lot of unique opportunities to grow in the field of Paramedicine."

"Staff at Perth County Paramedics get to be involved in some exciting programs and development opportunities," said Tristan Barter, Assistant Deputy Chief, Performance and Development for Perth County Paramedics. "We have our Community Paramedicine Program, our Field Training Paramedics, as well as opportunities for future leadership growth as an Acting Commander."

New to this recruitment are two streamlined pathways for current paramedics and new graduates. Current Paramedics who are certified under an Ontario Base Hospital Group (OBHG) will be able to fast-track through at 3-day in class orientation. Both current and new paramedics are also eligible for their certain expenses to be reimbursed such as Southwest Ontario Regional Base Hospital Program (SWORBHP) testing and AIV Certification and OPPAT testing will be reimbursed upon successful completion of the orientation process.

Those interested in learning more about the recruitment process and working for Perth County can visit: www.perthcounty.ca/paramedics. From there, candidates can read more about being a Primary Care Paramedic in Perth County as well as review the requirements to apply for a position.

Recruitment will remain open until September 25, 2023. Interested candidates should visit www.perthcounty.ca/employment to apply.



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Grayson Mills: Historic Stratford Building under new Ownership

AMANDA MODARAGAMAGE

Local Journalism Initiative Reporter

The historic Grayson Mills building, which traces its roots back to 1884, has received a past-due upgrade under brand new owners, Wendy and Sean Bennewies.

Originally built in 1884, the building has undergone a number of changes throughout the years after its original use as a horse-drawn carriage shop run by George A. Mills. The building was later purchased by Henry and George Kalbfleisch, who turned it into a shop for their bicycle repair business. A historic shift came in 1908, making the Kalbfleisch brothers pioneers as the first automobile sellers in Stratford—a legacy they carried until the doors closed in 2006.

During the recent renovations, Bennewies noticed unique markings on the metal beams lining the ceiling; there, you will note the prices of car parts and tires, such as one notable marking of a Ford bumper marked for 35 cents.

Fast forward to a week before the onset of the COVID-19 shutdown, Bennewies stepped in and purchased the building with hopes of turning it into a wedding and event space, which unfortunately took much longer than anticipated due to lockdowns.

Now that renovations are complete, the couple's vision and dedication have finally come to life in this sophisticated event venue while preserving its historical elements.

Emma Macneil, Partner of Grayson Mills, shared, "We tried to keep as much of the historic pieces as possible. So, the beams in the ceiling are original. The flooring is original."

The venue's new bar, repurposed from the vintage Milverton Jewelry store counter, retains its mid-1800s charm. The original flooring from the car dealership connects the past with the present.



(AIDEN LAURETTE PHOTO)

UNIQUE EVENT SPACE

Newly renovated Grayson Mills building

The main hall, known as the Carriage House, can seat up to 180 guests and offers inviting garage doors that can be open to enjoy the air, unlike any other venues in the downtown core. The two-story building, now artfully transformed, also offers a full upstairs event space and balcony.

Not only is there an in-house caterer, Gourmet Chef at Your Table, crafting delectable experiences for a range of events at Grayson Mills. The new owners also offer over ten years of wedding and

event decorating service experience. This makes for a unique and convenient experience when booking weddings and events at Grayson Mills.

To commemorate the opening night of Grayson Mills, they held a 'Barbie Night'—a pink-themed affair that introduced attendees to the new menu offered at the venue. Bennewies also plans to host an exciting Halloween

party this October.

For those seeking more information on booking events at Grayson Mills, they welcome inquiries at www.graysonmills.ca.

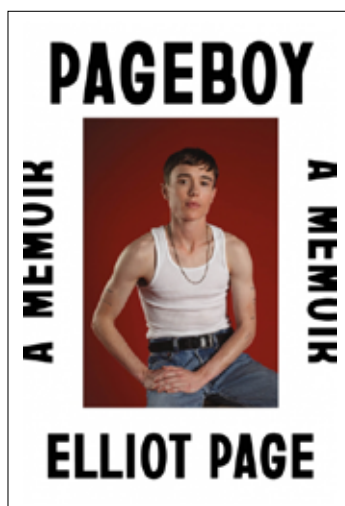
Queer Book of the month

Pageboy, by Elliot Page
@SPL: 791.43028 Page

Most of us will remember the award-winning movie, *Juno* from 2007, particularly the performance by a young actor, known at that time as Ellen Page. Page was cast as a pregnant teen, looking for the right adoptive family for her baby. Since that time Page has transitioned and is now known as Elliot, and his memoir, *Pageboy*, documents that difficult journey.

Pageboy is a brave, unflinching look at Page's early questioning, to his coming out in 2014, and finally his transition in 2020. He gives a heartbreaking account of his struggles with body dysmorphia and the bullying by his stepmother and peers.

The movie, *Juno*, thrust Page into the spotlight at a time he was coming to terms with his own queerness. As he says, "Hollywood is built on leveraging queerness. Tucking it away when needed, pulling it out when beneficial, while patting themselves on the back." It was inconvenient to Hollywood to allow Page to come out as Queer, because it didn't fit their narrative of him.



So, for years Page kept his true identity hidden behind women's clothing and makeup, resulting in self-loathing, eating disorders, and self-mutilation.

The decision to come out and transition was made when Page realized that hiding his true self was threatening his life. He came to terms with the fact that the people that loved him for who he truly was would continue to love him no matter what.

This is a no holds barred story of Page's feelings on gender and sexuality, and is written in a non-linear style that at times makes the memoir challenging to read. But it's also as if we are sitting with the author as he reminisces about growing up in Nova Scotia, and his unlikely success

in Hollywood.

Page sums up his experiences by saying this is just his story, "and there are an infinite number of ways to be queer and trans, and my story speaks to only one."

Heather Lister,
Public Service Librarian

Weekend Quiz

- 1) What is the longest river in Europe?
- 2) Samuel Morse was the inventor of what revolutionary device?
- 3) What is the shortest complete sentence in the English language?
- 4) How many legs does a lobster have?
- 5) What is England's National flower?
- 6) In a game of chess, who makes the first move?
- 7) True or False? Squash has been featured as an Olympic sport.
- 8) The song "Over the Rainbow" was written for what film?
- 9) What was the best-selling Nintendo Wii videogame?
- 10) What is the only sea without any coasts?

This week's answers are found on pg. 31

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Margaret Atwood joined the Stratford Festival Stage for Readers and Writers Week

AMANDA MODARAGAMAGE

Local Journalism Initiative Reporter

The award-winning Canadian author, essayist, poet and activist returned to the Meighen Forum in August for a three-part series to discuss literary topics with guests on the Tom Patterson Theatre Stage.

Initially sitting down with Sam White, Founding Artistic Director of Shakespeare in Detroit and Director of this season's Wedding Band at the Stratford Festival, Atwood and White discussed creativity, impulse, artistry and life in a heartfelt and friendly conversation.

The pair talked about the importance of Shakespeare in their lives; White notes that as a child of 8 years old, her mother made her read "the works of Shakespeare" to steer her away from rap music, "I would hold my boombox up to my ear thinking my mom couldn't hear it, but she could." White joked.

Atwood discussed the hurdles she faced while wanting to become a writer and discussed how her parents were not too fond of the idea. She discussed how one teacher told her, "If you want to be a writer, you'll need to learn how to spell," Atwood joked that she's thankful for spellcheck and editors nowadays.

The two shone onstage while discussing their love of writing and the connection to literature they had when they were young. White said, "If you don't nurture young artists, their love of writing and art will fizzle out."

Both Atwood and White discussed the



MEIGHEN FORUM (AMANDA MODARAGAMAGE PHOTO)

Margaret Atwood and Sam White sitting down at the Tom Patterson main stage for Readers and Writers Week

importance of feminism in their work and how discussing big topics in literature is important and necessary. White talked about the importance of being open and creative: "When you create something, and you put it out there into the world, it will resonate with someone, somewhere, no matter what."

Over the course of the discussion with White, Atwood seemed humble and openly discussed her love of the theatre, specifically Stratford and noted she's a big fan, regularly attending shows throughout the seasons.

On day two of the three-day Readers

and Writers event, Atwood sat down with the award-winning author of *Bunny* and *13 Ways of Looking at a Fat Girl*, Mona Awad, and Naomi Alderman, novelist, game writer and author of the award-winning novel, *The Power*, to discuss the idea of superego vs. the id and what happens when they get out of control.

This comical discussion

was quite different than the initial event. The three authors discussed everything from personal experience with ghosts, how to write gothic literature without fear, and even the hit new movie *Barbie*.

On the final day of the Readers and Writers discussions with Atwood, the author sat down with Emma Donoghue to discuss what goes into adapting their work for TV or film and what challenges and opportunities exist in different forms of artistic writing.

The Meighen Forum brings together writers, playwrights and artists to lead conversations on the opportunities and challenges found when navigating the shifting worlds outside of a play's representation of society. This event is said to be an annual event starting this year and will take place each summer.

Rae Announces Over \$3.4M for Local ER's and Hospital Beds

Matthew Rae, MPP for Perth-Wellington, recently announced over \$3.4 million in funding for local emergency rooms and Acute Medical and Surgical Beds.

"This funding will help reduce emergency department wait times and expand bedded capacity locally," said MPP Rae. "Our local emergency departments and health care professionals go above and beyond each

day. Our hospitals are an integral part of our rural communities, and I am glad to see our government continues to make investments in them."

The Government of Ontario is investing an additional \$44 million this year in 165 high volume and smaller emergency departments to reduce wait times and provide more efficient healthcare. The province is also investing up to \$1.17 billion in 2023-24

to support bedded capacity at hospitals across Ontario.

Relevant to Stratford Times readers, amounts of \$260,000 and \$150,000 are earmarked for the Emergency Department at Stratford General Hospital and St. Marys Memorial Hospital, respectively. A further \$2,555,000 has been allocated for bedded capacity at Stratford General Hospital.

STRATFORD TIMES

ATTENTION:

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Optimist Club of Downie Inc.

OPTI-CASH CALENDAR DRAW

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- Aug. 09 Kristine Hegde, Stratford \$50.00
- Aug. 10 Mark Romphf, Stratford \$50.00
- Aug. 11 Lois Fitzgerald, Stratford \$50.00
- Aug. 12 Sergio Boscarato, St. Marys \$200.00
- Aug. 13 Josh Otto, St. Marys. \$50.00
- Aug. 14 Kulvinder Gir, Kitchener \$50.00
- Aug. 15 Andy McKay, Stratford \$50.00
- Aug. 16 Sarah Hart, Bonnyville, Alberta . . . \$50.00
- Aug. 17 Daryl McNeil, Stratford \$50.00
- Aug. 18 Hannah Ritsma, Embro \$50.00
- Aug. 19 Monica Shantz, Stratford \$200.00
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- Aug. 22 Mike & Nicole Rieck, Stratford \$50.00
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- Aug. 27 Lisa Kew, Stratford \$50.00
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Our Buildings tell a Story

E. G. Budd & Son, a Stratford institution on 37 Market Place

The E. G. Budd store on 37 Market Place served Stratford from 1923 to 1999, and many are the memories of kind words, fresh produce, large bags of feed and seed, different grains for animals and birds and, various kinds of bulbs for gardens, grass seeds and clover for the field or lawn, and all the gardening needs one might ever want.

There was careful measuring and weighing -- even of kids and dogs -- on the big floor scale built into the floor and another that moved. Paper bags and string from a twine roll that ran along the ceiling. There was even home delivery for items such as carrots or tomatoes by the bushel, things too heavy to carry. There were seed drawers and bins for flour and sugar and porridge mixtures, and wonderful aromas that reminded everyone of yesteryear. And let's not forget the aroma of Dustbane on the creaky floors.

Some youngsters will remember that at the Budd store you could buy a bag of peas that would become the ammo for the 36-inch straws (a.k.a.



peashooters) available at Ted's Sporting Goods on Ontario Street, which became Ted's Hobby Shop on Wellington Street. And apples. You could buy an apple at Budd's as a treat. Or candy. And bamboo poles for fishing, or for the

home-made high jump bar in the backyard.

In 1988, the Stratford Historical Society noted the building originally had a flat roof line. The wall dormers and cornices were added later. The

building has unusual semi-elliptical windows and retains its original double doors. Budd's retained the original store front details including the signboard and the end piers, plus the original hardwood floors. Source: Stratford and District Historical Society; Pictures Stratford-Perth Archive

Anne Campion is now owner and operator of Revel Caffè, at 37 Market Place.

Story taken from the Streets of Stratford.

Contributors: Paul Wilker and Gord Conroy



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DOWNTOWN STRATFORD
SATURDAY OCTOBER 14TH | 11AM TO 4PM

A Crystal-Clear Transition: Good Vibrations Rock Shop Shines in Stratford

KRISTEN PARKER

Contributor

A few months ago, if you had told Nia (Marissa) Murray and Michael Strug that they would be the proud new owners of Stratford's local crystal store, they wouldn't have believed you.

Yet, now, Murray and Strug are the proud owners of Good Vibrations Rock Shop, formerly Desiree Dawn Rocks, located at 9 Marketplace, Stratford.

In June 2023, Murray was reflecting on her life. She said, "Something needed to change. I put it out into the universe. I wanted something different, something exciting, but something that felt really aligned with me and my interests—something that felt fulfilling."

The following morning, Murray strolled downtown to Desiree Dawn to look for a crystal for a friend. An unforeseen encounter with the owner kindled a conversation about intentions and aspirations. In their discussion, the owner shared how she had set the intention the night before that someone would want to buy the store because she was hoping to sell.

Energized by the potential, Murray called Strug to pitch the idea. Murray said she fully expected him to say no, but he



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was 100% on board." Once the two confirmed this was what they wanted to do, they got to work with Desiree to transition the store. Strug said, "It came together serendipitously."

The new owners are eager to honour what the previous owner built and continue growing in the community. Good Vibrations Rock Shop had its grand opening on August 12, 2023, and Strug and Mur-

ray said it couldn't have gone better.

For Murray, the heartwarming reception from the community stands as the most poignant aspect of this journey. The outpouring of support from local business owners and longtime patrons affirmed the continuation of a business that resonates with the town's essence. Strug was encouraged by the feedback from locals because he thinks it's important to "continue

the legacy." He said, "Of course, we're doing things our own way because we're different people, but just continuing to hold that space for Stratford and the surrounding area."

Good Vibrations Rock Shop intends to be a light, bright, and open space where everyone feels welcome. Murray said, "Everybody has a different practice, and we just want to stay open to the needs of our customers and community." They envision it as a haven for diverse practices, catering to the distinct needs of customers and the larger community. This aspiration extends to fostering a sense of togetherness through community events and workshops, especially during the winter months when a unifying sense of excitement and engagement is necessary.

Murray grew up in Stratford, and Strug is from Toronto. Murray has experience in crystal consulting, curating workshops, energy work, and she is a holistic nutritionist. Murray said she feels like, "This is what we're meant to be doing."

Good Vibrations Rock Shop is all about crystals, community, wellness, and vibes. Next time you're downtown Stratford, be sure to look for the neon rainbow sign and stop in to ask Murray and Strug about their favourite crystals.



HEART FAMILY FARMS: TEACHING KIDS

(AMANDA MODARAGAMAGE PHOTO)

THE VALUE OF HARD WORK

Jody Heart, mom of three, says the family corn stand on St. Vincent Street South is a great way to teach her kids about the value of hard work, "The kids are learning about money, hard work, and customer service," Heart said, "the kids were up before 7 a.m. to pick the corn this morning."

Camilla, two; Leo, seven; and Lincoln, nine, were eager to set up their farm stand at the end of their driveway and get to work selling the corn they picked from their grandparents' farm outside Shakespear.

By the end of the afternoon, the kids had sold out of over 500 stocks of corn, ready to use the money to reinvest it back into their farm for the fall. Heart notes that the Heart Family Pumpkins come after corn season, which is "such a hit."

Looking for fresh corn? Keep an eye out for the Heart Family Farm Corn Stand on St. Vincent Street on Saturday mornings, and keep an eye out for the famous pumpkin stand coming this fall.

Stratford Branch 8

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Branch 8 continues to offer emergency assistance as well as the services of Veterans Affairs Canada to eligible Veterans, their spouses, widows and dependents through the Poppy Fund.

The Buddy Coffee Check Programs continue every Tuesday at 10:30 am.

Good chance to talk to other veterans. The Fall Veterans Dinner is on September 22, paid for by the Poppy Fund, all Vets welcome. More info to follow. Contact the Branch at 519-271-4540 for any questions or concerns and Bill will get back to you. Have a good summer.

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RankMyAgent Best of Stratford 2022

Stratford Flames U15 takes home Silver in provincial tournament

AMANDA MODARAGAMAGE

Times Correspondent

The Stratford Flames U15 fastball team showcased their talent and determination in the recent provincial tournament, capturing the silver medal after an intense battle for the gold. The tournament, which took place over the weekend, saw the Flames deliver a series of stellar plays.

Starting out strong in their first game, Peyton Martin was a powerhouse and drove in four runs and three hits to lead the initial game against the Cambridge Coyotes on Friday evening. In the top of the fourth inning, Stratford Flames went back into the lead after Emersyn Miller doubled, Eden Fraser grounded out, and Rachel Barber crossed the plate.

The Flames continued to showcase their dominance, racking up five runs on four hits in the seventh inning of their opening game. Abby Van Bakel's clutch single and Martin's double fueled the team's momentum, while pitcher BreAnn Booker's steady performance in the circle showcased the Flames' determination.

Stratford Flames ended the first game with 16 hits, leading into the next game with a 12 – 2 win in their favour.

In the quarter-finals, the Flames continued their winning streak with a good 3-0 triumph over the Cambridge Coyotes. As Barber and Fraser contributed to the scoreboard, solid teamwork led to an early ad-

vantage. Booker's exceptional pitching skills proved pivotal once again, stifling the opponent's offence and propelling the Flames to another victory.

Moving onto the semi-final, Stratford Flames Abby Van Bakel collected three hits for the Flames and singled in the third inning. The Flames opened the scoring in the top of the first thanks to two singles, and the Flames got on the board when Barber singled and scored a run.

The team added to their lead in the top of the second when Martin singled and Booker doubled, each scoring runs. Macy Kollman stepped into the circle first for the Flames and scored eight hits, striking out one and walking two. The flames took home yet another win, 14 – 1, over the Cobourg Angels.

The Flames exhibited tremendous heart and resilience in the gold medal game against the Lucan Ilderton A's. Despite an amazing effort, the Flames missed out on the top spot with a final score of 4-5. Kollman's impressive batting and the team's overall tenacity were key highlights of the game. Though they fell short in the final moments, the Flames' spirit was unmistakable.

Coach Dallas Pearson praised the team's outstanding performance throughout the tournament, highlighting their dedication, teamwork, and sportsmanship. "The ladies battled hard all weekend and never gave up," Pearson said. "I'm very proud of this group."



(CONTRIBUTED PHOTO)

SILVER MEDALISTS

(from left to right): Bottom: Peyton Martin, Abby Van Bakel, Rachael Barber, Emersyn Miller, BreAnn Booker and Sierrah Babcock Top: Dallas Pearson (coach), Debbie Booker, Eden Fraser, Ally Bell, Payton Pearson, Summer Kollman, Macy Kollman, Lyla Straus, assistant coach Dave Kollman and assistant coach Susan Dunn



(AMANDA MODARAGAMAGE PHOTOS)

Above: BreAnn Booker heading to third
Left: Emmerson Miller up to bat for the Stratford Flames



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Stratford Municipal Club Champions



STEWART GRANT

Publisher

The 2023 Men's Club Championship was held at Stratford Municipal Golf Course from August 12-13. Terry Adair was victorious with a two-day total of two-under-par 138. Shooting rounds of 67-71, Terry finished 5 shots ahead of Dan Adair (70-73) and 10 shots ahead of Dean

Sharp (70-78).

Under beautiful conditions, the Ladies Club Championship / fun league year-end was held on Saturday, August 19th at Stratford Municipal Golf Course.

Pictured above, the 2023 Ladies Club Champion is Sherri Davis (middle), the Senior Ladies Champion is Cheryl Chesla (right), and the Ladies League 9-hole Champion is Katie Van Nynatten (left).

Sabrecats bring home strong results from National Track & Field meet

SPENCER SEYMOUR

Times Regional Reporter

The Stratford Sabrecats were very well-represented at last month's Legion National Youth Track and Field Championships held in Sherbrooke, Quebec. The meet featured elite athletes from across Canada.

Myles Clinton's slate of results was highlighted by taking fourth in the U16 Male Steeplechase, one of six top six finishes in the country for the Stratford Sabrecats program, of which Clinton is a part. Clinton also competed in the U16 Male 1,200-metre Sprint and claimed 19th.

Jash Singh earned a pair of the Sabrecats' top-six placements, including a fifth-place finish in the U16 Male Discus and sixth in the U16 Male Hammer Throw. Singh also came in 11th in the U16 Male Shot Put event.

Dayna Thompson had a strong showing in the U18 Female Steeplechase event, capturing a sixth-place finish. Thompson also came in 14th in the U18 Female 3,000-metre Sprint. Also in the U18 Female Steeplechase was fellow Sabrecat Charlotte Clinton, who took 15th.

Payton Blight claimed sixth in the U16 Female Javelin. The program also saw 16 top-10 finishes with Blight adding two of those top-10 placements, coming in seventh in both the U16 Female Discus and Hammer Throw.

Bronwyn Hawkins rounded out the Sabrecats' contingent of top-six finishes, placing sixth in the U16 Female Pole Vault. Colton Hawkins put in a very good showing in the U18 Male Pole Vault, adding one of the Sabrecats' top-10 results as he came in seventh.

Calum Crawford came away with a pair of eighth-place finishes, including in the U18 Male iterations of the Discus and Shot Put events. Logan Klomps took part in three track events which saw him place 10th in the U16 Male 800-metre, 13th in the 1,200-metre, and 14th in the 2,000-metre.

Evan and Owen Miloje both had a pair of solid events. Beginning with Owen, he took seventh in the U18 Male Hammer Throw and 14th in the U18 Male Discus. As for Evan, he picked up an eighth-place result in the U18 Male Hammer Throw along with a 12th-place finish in the U18 Male Discus.

Adrianna Hollestelle-Black placed ninth in the U16 Female Hammer Throw. Meanwhile, in the U16 Female Pole Vault, Paige Taylor and Peyton Barclay finished 10th and 11th, respectively. Noah Feltham finished 23rd in the U16 Male 2,000-metre Run.

Charlie Bender and Kaleb Dingman also competed in multiple events on the National stage. Bender took 14th in the U16 Male 1,200-metre Sprint and 17th in the 2,000-metre Run. As for Dingman, he also competed in the same events as Bender, coming away with 18th- and 23rd-place finishes.

Stratford U15 A Boys Bring Home Gold from OBA Championship



(CONTRIBUTED PHOTO)

SPORTING GOLD

Top Row: Kyle Priestap, Cooper Yantzi, Colten Brenzil, Owen Hunt, Rowan Bartlett, Tye Strickland, Logan MacMillan, Caden Diehl, Cam Knechtel, Joel Everett, Jason Knechtel, Ben Ehgoetz Bottom: Ethan Priestap, Alex Everett, Nolan Miller, Reed Bowles, Tucker Otto

Over the weekend, the Stratford U15 A boys fought hard up in Windsor, returning home with a well-deserved gold medal from the all-Ontario championships. Despite some nail-biting moments, they emerged victorious, with an unblemished record.

Pitching, defence, and hitting were nothing short of spectacular. They

played like pros, leaving spectators in awe. But what really set them apart was their team spirit. In tough times, they stayed cool and persevered. The team had some tough back and matches but battled and ended up undefeated.

Coach Kyle Priestap deserves a special mention for his unwavering dedication and baseball wisdom. His

leadership was pivotal in shaping the team through the weekend.

This championship rounded out an outstanding year for these young athletes. Their unity and sportsmanship throughout the journey left a lasting impression.

Congratulations to the Stratford U15 A boys for bringing home Gold!

STRATFORD Hunter Steel WARRIORS

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Coach Williams preaching patience, progress for young Warriors

SPENCER SEYMOUR

Times Regional Reporter

With the 2023-24 GOJHL season slated to begin next week, Stratford Warriors' Head Coach Dave Williams talked to the Times about his outlook on the year ahead. Williams enters this season with a much younger squad than the veteran-filled troop he took to the Sutherland Cup Finals last Spring and thus, believes a bit more patience with the team's success right out of the gate is warranted.

"We're feeling positive that the

entire group has been making strides from the first day we were all together," Williams told the Times. "I think we're seeing that we're making progress in the exhibition games. We're definitely seeing it in practice. The biggest thing for us as a staff is to try and stay patient and recognize that the process might be a bit longer than in years past with the turnover we had but we like the progress all the new and returning guys are making."

The Warriors have only six players set to return who suited up for at least 25 games last sea-

son for Stratford.

"When you bring only a handful of guys back, you have systems and structures that you want to play with that, for the majority of our new guys, it's brand new for them. Maybe they've played different ways under different coaches in the past and they may have new billet homes and new schools so that progress is all about getting the guys used to our structure and our pace and laying the right foundation to have success down the road."

Stratford's bench boss also believes that, for the players who

were around for the final series against the Leamington Flyers, the experience they enter this year with is invaluable.

"That experience is huge for them. I think they recognize how hard it is to win based on their experience last Spring. Even though it's a small group of guys who are returning, I think that experience is invaluable and something they will be able to communicate to the younger guys coming in, along with how important those good habits are to reach that level."

"The other thing they will be able to convey to our new guys

we need to do with the group is actually temper the expectations a little bit and let these guys play without the burden of expectation from last season. That can be a tricky spot for these guys to feel like they have to play a certain way or have certain things happen in the standings based on what last year's team was able to achieve."

Having only had much of the roster in-house for a matter of weeks, Williams believes the exact identity of the team is still yet to be determined, although the Head Coach does believe that the culture that has been established in recent years will be maintained with the next wave of the team's leaders.

"I think some of that we still need to find. Obviously, we're going to have some youthfulness in the group which can be a good thing. Sometimes, when you have that youthfulness, the way they approach things can be a bit different than a veteran team. We've got a hungry group of players who want to impress and have big roles on the team. But the identity of the team will take a bit of time to see exactly what the group looks like."

"It's about building on the culture that has been here for several years," continued Williams. "I think it's important to sell both the new guys and the returning guys on the opportunity they have. In years past, with a lot of older players, the opportunities for new guys coming in or returning guys trying to take that next step were a little more limited. We're reinforcing how we want to play as a group and hold the guys accountable to that standard, while also reminding them that they have the opportunity to earn the role they want for this season."

Warriors add to all positions

Three acquisitions were made in the last several weeks by the Warriors, with a forward, defenceman, and goaltender all part of the incoming trio. The forward, hometown boy Zac Schooley, is familiar to the Warriors having appeared in 15 games last year. Schooley split last year between Stratford and the Mitchell Hawks.

Director of Hockey Operations Jason Clarke told the Times that the experience obtained last year will be beneficial to Schooley's first full Junior 'B' season.

"Zac brings a combined skill set of speed, puck skills, and aggressive play," said Clarke. "He makes us tougher to play against.

CONTINUED TO PAGE 19

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SEPTEMBER:

Friday, September 15th, 7:30 p.m. - Warriors vs Cyclones - William Allman Memorial Arena
 Saturday, September 16th, 7:30 p.m. - Warriors @ Cyclones - Steve Kerr Memorial Complex
 Friday, September 22nd, 7:30 p.m. - Warriors vs Meteors - Woolwich Memorial Centre
 Saturday, September 23rd, 8:00 p.m. - Warriors vs Nationals - Woolwich Memorial Centre
Friday, September 29th, 7:30 p.m. - Warriors vs Centennials - William Allman Memorial Arena
 Saturday, September 30th, 7:30 p.m. - Warriors @ Bombers - Mayfield Recreation Complex

OCTOBER:

Friday, October 6th, 7:30 p.m. - Warriors vs Siskins - William Allman Memorial Arena
 Saturday, October 7th, 5:00 p.m. - Warriors @ Bandits - Wayne Gretzky Sports Centre
 Sunday, October 8th, 1:30 p.m. - Warriors @ Siskins - Waterloo Recreation Complex
 Thursday, October 12th, 7:30 p.m. - Warriors @ Centennials - North Dumfries Community Centre
Friday, October 20th, 7:30 p.m. - Warriors vs Sugar Kings - William Allman Memorial Arena
 Sunday, October 22nd, 7:00 p.m. - Warriors @ Sugar Kings - Woolwich Memorial Centre
Friday, October 27th, 7:30 p.m. - Warriors vs Siskins - William Allman Memorial Arena
 Saturday, October 28th, 7:00 p.m. - Warriors @ RedHawks - Galt Arena Gardens

NOVEMBER:

Friday, November 3rd, 7:30 p.m. - Warriors vs Bandits - William Allman Memorial Arena
 Saturday, November 4th, 7:00 p.m. - Warriors @ RedHawks - Galt Arena Gardens
 Sunday, November 5th, 1:30 p.m. - Warriors @ Siskins - Waterloo Recreation Complex

Thursday, November 9th, 7:00 p.m. - Warriors @ Kilty B's - Dave Andreychuk Mountain Arena
Friday, November 10th, 7:30 p.m. - Warriors vs Maroons - William Allman Memorial Arena
 Sunday, November 12th, 3:00 p.m. - Warriors @ Bandits - Wayne Gretzky Sports Centre
Friday, November 17th, 7:30 p.m. - Warriors vs Sugar Kings - William Allman Memorial Arena
 Sunday, November 19th, 7:00 p.m. - Warriors @ Sugar Kings - Woolwich Memorial Centre
Friday, November 24th, 7:30 p.m. - Warriors vs Centennials - William Allman Memorial Arena
 Saturday, November 25th, 7:30 p.m. - Warriors @ Bombers - Mayfield Recreation Complex
Sunday, November 26th, 4:30 p.m. - Warriors vs Cyclones - William Allman Memorial Arena

DECEMBER:

Friday, December 1st, 7:30 p.m. - Warriors vs Sugar Kings - William Allman Memorial Arena
 Saturday, December 2nd, 7:00 p.m. - Warriors @ RedHawks - Galt Arena Gardens
Friday, December 8th, 7:30 p.m. - Warriors vs Bandits - William Allman Memorial Arena
 Sunday, December 10th, 4:30 p.m. - Warriors @ Bombers - Mayfield Recreation Complex
 Wednesday, December 13th, 7:00 p.m. - Warriors @ Vipers - Vollmer Recreation Centre
Friday, December 15th, 7:30 p.m. - Warriors vs Rockets - William Allman Memorial Arena
Friday, December 22nd, 7:30 p.m. - Warriors vs RedHawks - William Allman Memorial Arena

JANUARY:

Friday, January 5th, 7:30 p.m. - Warriors vs RedHawks - William Allman Memorial Arena
Friday, January 12th, 7:30 p.m. - Warriors vs Bandits -

William Allman Memorial Arena

Sunday, January 14th, 1:30 p.m. - Warriors @ Siskins - Waterloo Recreation Complex
 Thursday, January 18th, 7:30 p.m. - Warriors @ Centennials - North Dumfries Community Centre
Friday, January 19th, 7:30 p.m. - Warriors vs Bombers - William Allman Memorial Arena
 Sunday, January 21st, 1:30 p.m. - Warriors @ Cyclones - Steve Kerr Memorial Complex
 Friday, January 26th, 8:00 p.m. - Warriors @ Bombers - Mayfield Recreation Complex
Saturday, January 27th, 7:30 p.m. - Warriors vs Siskins - William Allman Memorial Arena
 Sunday, January 28th, 7:00 p.m. - Warriors @ Sugar Kings - Woolwich Memorial Centre

FEBRUARY:

Friday, February 2nd, 7:30 p.m. - Warriors vs Legionnaires - William Allman Memorial Arena
 Saturday, February 3rd, 7:30 p.m. - Warriors @ Corvairs - Haldimand County Caledonia Centre
 Saturday, February 10th, 5:00 p.m. - Warriors @ Bandits - Wayne Gretzky Sports Centre
Sunday, February 11th, 4:30 p.m. - Warriors vs Cyclones - William Allman Memorial Arena
Friday, February 16th, 7:30 p.m. - Warriors vs Centennials - William Allman Memorial Arena
 Monday, February 19th, 3:30 p.m. - Warriors @ Cyclones - Steve Kerr Memorial Complex
Friday, February 23rd, 7:30 p.m. - Warriors vs Bombers - William Allman Memorial Arena
 Thursday, February 29th, 7:30 p.m. - Warriors @ Centennials - North Dumfries Community Centre

MARCH:

Friday, March 1st, 7:30 p.m. - Warriors vs RedHawks - William Allman Memorial Arena

young Warriors

CONTINUED FROM PAGE 18

Splitting the year between us and Mitchell last season gave Zac some good experience which will serve him well moving forward with us."

On the blueline, the Warriors had picked up some size in the form of Evan Hjelholt, a Richmond Hill native who was picked in the first round of this year's OHL Under-18 Draft by the Windsor Spitfires. Clarke stated that he could see the six-foot-three rearguard getting into some OHL action this season.

"A simple description of Evan is that he is a big defenceman with all the tools. It wouldn't surprise me if he spent time between us and Windsor this year. Evan impressed us right away at camp and was a guy we wanted on our side. His ceiling is very high with the skills and size he possesses."



Finally, the Warriors made a deal with the St. Marys Lincolns to acquire goaltender Matthew Perdue. The 20-year-old Brampton product split last year with the OJHL's St. Michael's Buzzers and NO-JHL's French River Rapids.

"In Matt, we have added a player with multiple years of junior experience in one of the most vital positions," Clarke said. "We really liked how he looked in the net during an exhibition game he played against us at the end of August. We are very happy to add Matt and look forward to having him in Stratford."

The Warriors begin their regular season at the William Allman Arena with the first half of a home-and-home series against the Listowel Cyclones on September 15th. The following day, they complete the back-to-back when they visit the Cyclones.

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Gordon helps U18s win 12 medals at World Dragon Boat Championship

SPENCER SEYMOUR

Times Regional Reporter

Stratford's Emma Gordon was part of the U18 Canadian National Team that competed at the World Dragon Boat Championship last month in Pattaya, Thailand.

The U18 team claimed 12 medals including three Golds and nine Silvers. The U18 team's medal count was part of the overall total for Canada's delegation, which included 52 Golds, 26 Silvers, and 13 Bronzes by all of the Canadian teams. Canada finished as the overall global leader with the most successful medal count at the World Championship.

Gordon, a Stratford native, said she found it difficult to adequately describe the momentous experience of representing her country.

"It truly is unlike anything I've ever been through," said Gordon. "Being able to compete in front of the entire world with your home country behind you was so exciting. Every race when we paddled up to the starting line, I was filled with so much nervous energy but I was even more excited about the opportunity in front of me. This was the moment where all of my hard work was finally going to pay off and I was so excited to be part of such a strong, motivated, and close team."

A paddler/steersperson for the Stratford Juniors and Women's team, Gordon was one of several local area residents who competed at the World Dragon Boat Championships, including Embro's Natalie Dodd and Aralyn Smith, Mia Kaufman of London, and St. Marys residents Elissa Gammon and Alexandra Stephens. Gordon told the Times that she



(AMANDA MODARAGAMAGE PHOTO)

DRAGON BOAT WINNERS

Emma Gordon, Ken Gene (coach), Aralyn Smith, and Alexandra Stephens (Missing Mia Kaufman) with their World Championship trophy and medals.

along with her teammates revelled in the heat of battle against the world's best.

"Being able to compete with and against the best was such an incredible feeling. I am used to competing with recreational teams in the community where we go to races, have a good time, and do our best, so this was something completely new to me. We had 66 athletes on the Canadian junior team with everyone working towards a common goal so you gave it your all for every race, not only for yourself but also for your team."

When asked to describe what she felt went into the wide-ranging success of the Canadian program, Gordon gave a lot of credit to those who prepared the team going into the competition.

"I think that Team Canada was able to do so well because we had very good and

technical coaches to guide us. When we trained, we focused on a variety of angles rather than brute strength. I find that sometimes, people think that you can just muscle yourself through a race, but by using proper technique, you can more efficiently and consistently win. When we trained, we worked on endurance, strength, flexibility, and technique which made us so successful in the competition."

Finding such a high level of success on a national stage, according to Gordon, brought the newly-minted teammates very tight-knit.

"I won my first gold in the Women's U18 one-kilometre race on our first day of competition. As I stood on the podium surrounded by my teammates, I had never felt so close to people I hadn't known for very long. We had given that race every-

thing we had and through a common goal, we all better understood each other.

"We stood there as our national anthem played and the Canadian flag was raised and all I could think was, 'I'm finally here'," Gordon continued. "We have finally shown the world what Canadian Juniors are capable of. I medalled in all of the races I participated in and that feeling never went away. I am so honoured I got to represent my country."

As alluded to, Gordon forged countless strong bonds with her teammates and fellow Canadian Dragon Boat racers which she said are some of the most valuable things she returned home with. However, her teammates weren't the only important people who helped push Gordon to be her best.

"I will always remember the many friends I have made. I don't think I will ever be able to forget what it felt like to see my mother cheer for me from the sidelines. The pure pride I felt watching my friends paddle in races I was not a part of as they gave it their all and all of their efforts paid off."

"The support system we had while we were in Thailand was amazing," added Gordon. "We were accompanied by 12 chaperones which were parents, friends, or older siblings of the athletes who watched over us and made sure we were able to perform our best. And, like I said, our amazing coaches did an excellent job in conditioning us for this competition. I went into the competition fully confident we would do well because of the pure passion that our coaches put into us. They taught me what it felt like to be part of a team and what real dedication looks like."

TJ Dolan's access will...stay the same for the time being

AMANDA MODARAGAMAGE

Local Journalism Initiative Reporter

After a lengthy discussion at the City Hall meeting on August 14, a decision to restrict access to TJ Dolan Drive for seven months out of the year was scrapped by city councillors.

In a meeting last month, the city proposed restricting access to TJ Dolan Drive from Huron Street between May 1 and November 15 to make the road more pedestrian-friendly. The council noted that the concerns regarding the street were initially brought up by residents who raised awareness about parking on TJ Dolan and the area's access to pedestrians.

Bruce Borgundvaag, a Stratford resident whose house corners on TJ Dolan and Huron Street, voiced concerns with regard to closing access to TJ Dolan at Huron St. due to parking issues he's witnessed over the years. "We gave our support of



(AMANDA MODARAGAMAGE PHOTO)

NO PARKING

sign posted on the south side of TJ Dolan Drive

the restricted access conditional on the fact that we did not want to see street parking on TJ Dolan on the south side. We have concerns that this will effectively turn the street into a parking lot for seven months of the year," he said in his address to council.

Borgundvaag noted that he and his neighbours are collectively concerned about the proposed solution brought forth by the city. He noted that most of those living back-facing to TJ Dolan were not in favour of the changes put forth

by the city council and believed that the parking was disregarded. "Most people that I spoke to had similar opinions as I did," Borgundvaag said, "We feel that this is not necessarily reflected in the staff's recommendation to not look at parking restrictions."

The Stratford resident also noted that there is limited access to garbage cans along TJ Dolan, which he said was problematic as those who use the road for fishing and walking have been seen littering along the street. This

leaves those living on the street to be the ones cleaning up or calling to complain to the city.

Another important note Borgundvaag discussed was that there is little access for safe turnaround for drivers, and this would be imperative due to the road being a "no exit" street during seven months of the year, "I would also point out that along the street, there are no curbs there are no sidewalks. So, if car access is restricted, there's no way for cars to turn around." He continued, "Drivers will be turning around in and out of our driveway all day."

Borgundvaag summarized his statements before the city council's discussion, noting, "I'm not opposed to the motion of restricting our access to TJ Dolan, and I think it's great to encourage pedestrians to use that walkway for their dogs. I walk my dogs there every day." He continued, "I hope you can see that the parking issue along TJ Jolin is more

complex than initially presented for your consideration. I would ask that you consider the fact that 75 percent of the people who live there and are directly impacted by this do not want this to go forward without some form of parking restriction and enforcement."

Councillor Cody Sebben put forth a motion to scrap the suggested changes made by the city council after Borgundvaag's presentation, saying, "I think, frankly, we should leave well enough alone. I think we need to increase enforcement parking. I'm not willing to take away all parking on the street, but I'm also not willing to force this on the residence and make them maintain the parking." This motion was passed, and TJ Dolan access and parking will continue to be accessible for all community members.

Residents witnessing illegal parking on TJ Dolan are asked to call city law enforcement to enforce parking restrictions.

Annual Free Pizza and Pool Party Brings Joy to Stratford Residents on August Civic Holiday

AMANDA MODARAGAMAGE

Local Journalism Initiative Reporter

In collaboration with the City of Stratford and The Lion's Pool, Simple Dreams Ministries successfully hosted their annual free pizza and pool party at Lions Pool on August 7, from 2:30 to 4 p.m.

Despite inclement weather, the event saw a remarkable turnout, leaving attendees in high spirits. Enthusiastic swimmers of all ages gathered at Lions Pool to partake in pool swimming fun and bond with fellow Stratford residents and friends.

Mara Floor, Stratford Lion's Pool Program Supervisor, has been working at the Lion's Pool for eight years and noted, "145

people showed up this year, which was great; we had lots of regulars and some new faces we've never seen before, it was just a great, fun, community event."

The highlight of the event was the generous donation of free pizza from Dominos, adding a delicious touch to the afternoon.

Ruth and Richard Kneider, Founders of Simple Dreams, expressed their gratitude for the event's success. "We are thankful for the partnership with the City of Stratford, which greatly assisted in securing the pool venue, as well as Dominos Pizza of Stratford for their invaluable contribution," they remarked.

The pair elaborated, "We love witnessing the happiness it brings to families of

diverse ages and observing the remarkable way our community comes together during such occasions."

Open to individuals of all ages, the event aimed to foster community spirit and togetherness. The collaboration between the City of Stratford, Simple Dreams, The Lion's Pool and sponsors Dominos Pizza and Wendy's Stratford underscores their shared commitment to nurturing a sense of unity within the town.

According to Floor, the event is a fan-favourite and, despite being rained out a few years ago, will be a summer staple for years to come, "We see the event taking place for the foreseeable future; we hope it gets better every year."

Simple Dreams is a not-for-profit orga-

nization within Stratford, renowned for its philanthropic efforts to support community members facing financial constraints or challenging life circumstances. The organization's work spans from providing essential items like beds and fridges to assisting with home repairs such as roofs.

The Kneiders are already gearing up for upcoming events such as the annual Garlic Festival, Dragon Boat Races, and the Stratford Fall fair, where they famously scoop ice cream for Simple Dreams causes.

For further information regarding Simple Dreams and its impactful contributions to the community or to explore opportunities for donations, please visit www.simpledreams.org

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STRATFORD NISSAN



Nina Goad shines on stage at the CNE Rising Star Competition

AMANDA MODARAGAMAGE

Times Correspondent

Nina Goad, an 11-year-old jazz dancer from Stratford, captivated audiences at this year's Canadian National Exhibition (CNE) Rising Star Competition and secured a spot in the finals for the 2023 season.

For over three decades, the CNE has provided a platform for rising stars across Ontario to showcase their talents at one of Canada's largest events and stages. Hundreds of hopeful youth participate in the CNE's Rising Star Competition each year, including this year's talent from Stratford.

Goad performed during the CNE main-stage event and then moved into the finals in early September. In front of thousands of onlookers on the CNE stage, Goad performed well and moved on to become a finalist. Goad's mother, Adrienne Goad, told the Stratford Times, "She danced her absolute best and was a finalist! We are all so proud of her!"

Goad has been dancing since age four and has been learning and practicing at On Stage Dance Studio. Her dance choreographer, artistic director, and owner of Onstage Dance studio, Meghan Seaman, has been prepping Nina for the national event.

Nina's passion for dance led her to Jazz, a genre that resonates deeply with her vibrant spirit. "I like jazz because the music is really fun, and it pumps you up," Goad said.

Goad's accomplishments extend beyond the CNE stage. She had been accepted into the National Ballet School for two consecutive years, an achievement that



JAZZ DANCER

Left: Nina Goad and Meghan Seaman, Owner and artistic director of On Stage Dance Right: Nina Goad performing at the National Ballet School

speaks volumes of her skill. Additionally, Goad had won the best overall soloist at the Bedazzled competition in Toronto and numerous other awards at competitions over the last two years.

The Goad family is filled with artistic talent. Nina's mother, Adrienne Goad, a dancer herself, has been a source of inspi-

ration and guidance for the young dancer. Moreover, Nina's father, Jonny Goad, has left an indelible mark as an accomplished actor on the Stratford theatre scene, currently playing King Arthur in the hit production Monty Python's Spamalot.

Looking towards the future and eager to explore new horizons, Goad wants to work

as an actor and stunt double like her dad when she grows up. "I want to perform my own stunts and act," she said, showing her passion for the arts.

Goad is now looking forward to getting back to school and practicing Jazz at On Stage Dance Studio and in her own home studio this fall.



(CONTRIBUTED PHOTOS)

Fresh and Free Studios' grand opening filled with enthusiasm

EMILY STEWART

Times Correspondent

Stratford's musicians and students of Nancy Campbell Academy now have a new place to create music.

Fresh and Free Studios had their grand opening at the school on 45 Waterloo Street South on Aug. 26. Staff stood outside of the entrance looking forward to welcoming visitors into the new recording space. Fresh and Free studios had many visitors praising the studio and testing out the instruments and production equipment.

"This grand opening has surpassed all of my wildest dreams," Karim Rushdy, founder of Fresh and Free Studios and teacher at Nancy Campbell Academy, said. "This is a dream come true for me to have a space like this."

Rushdy wanted to have a music recording studio that was also connected to a community centre from the time he was 15-years-old. Friends and colleagues came to the event, some even missing work, to make sure the grand opening ran smoothly.

The studio will be a classroom for Nancy Campbell students during the day and a studio open to the public afterwards.



(NANCY CAMPBELL PHOTO)

Musicians can use the space from 1 to 3:30 p.m. from Monday to Friday, as late as they want on Friday and Saturday evenings, and from 11 a.m. to 5 p.m. Saturday and Sunday. Rushdy said the studio will become a hub for community development and social change through music.

"If we talk about social change and changing things for the better, taking action in the community, we need three levels of protagonists in that story for," he said. "One is the individual and the community and then institutions. This studio I see as being a space that can build that community of musicians who can work together."

The event's guests, including those part

of Nancy Campbell Academy, loved the space and are thrilled that there is one in Stratford.

"We really enjoy music and it would be cool seeing different people over here showing their talent and us collaborating with them so we can create a great piece of art because music is an expression." Tomas Marcelo, a student at Nancy Campbell Academy, said.

Gordon Naylor, the principal of Nancy Campbell Academy, is looking forward to all the possibilities through Fresh and Free Studios for the students.

"It really offers the opportunity to intersect with the greater community as well as the school community. To have the spac-

es where people can just come together and come up with creative ideas and have these chances to mix with people from all over," Naylor said. "Artists come by and they can come in and inspire the students and do recordings. I think there's endless opportunities and possibilities for the students to reach a higher and higher level of developing their art."

Musician Eric Lundgren, who moved to Stratford in 2020, is also looking forward to using the studio to write and record music and hopes to collaborate with Rushdy in the future.

"I see a lot of potential for some really cool stuff happening here and Karim seems like such a wonderful guy," Lundgren said. "The amount of time and energy that he's dedicated to students and to this place. I'm really hoping that I get to connect with him more and serve the music scene in the wonderful place I now call home."

A post on the Fresh and Free Studios' Instagram page said that more than 150 visitors attended the grand opening, including 50 people at the ribbon cutting ceremony.

To book a time to use the studio, visit www.jotform.com/app/231854974333261.

Leslie Hoppenrath hopes to continue conversations on infertility with film 'Mom'

EMILY STEWART

Times Correspondent

Stratford-based scriptwriter Leslie Hoppenrath drew from her own experiences to craft the film 'Mom'.

Hoppenrath wrote the script to illustrate the continuous balance of raising her two stepchildren while grieving two miscarriages. She and her husband lost two babies five months apart between 2015 and 2016. The pregnancy losses changed Hoppenrath's views on motherhood, infertility, and mental health.

"I decided it was time to face the raw emotions and thoughts I had kept to myself for far too long," she said to the Stratford Times. "It was a therapeutic exercise that was extremely difficult to write but I'm so glad I challenged myself to complete it and share it."

Hoppenrath feels that while infertility is an important topic, it is one that does not get talked about as much as it should.

"I feel young women are taught how to not get pregnant, and not educated enough on how to get pregnant (when they're ready to start a family)," she said. "It's important for young women to educate themselves about fertility and their options to (hopefully) have children of their own someday if that's their choice."

She added that she wished she knew in her 20s that she would only have 10 per cent of her eggs left by the time she was 30-years-old.



(CONTRIBUTED PHOTO)

THE MOM CREW

From Left to Right, producer Reeth Mazumder-Roberts, director Kate Campbell, writer Leslie Hoppenrath, and actor Piercy Dalton are working on the film 'Mom,' a film about infertility inspired by Hoppenrath's own experience. The film is currently in post-production.

"I don't regret going to college, traveling a lot, focusing on a rewarding career and marrying later in life... But I do regret not freezing my eggs."

Hoppenrath hopes the film 'Mom,' currently in post-production, will open more conversations about infertility and inspire more people to share their experiences.

"It's not easy at first, but since I've started talking about my own experienc-

es I was shocked at how many women and men had their own stories to share," Hoppenrath said. "Eyes are often glossy, and voice tones are a bit quieter at first but there's also an instant warm and comforting connection."

The production team includes director Kate Campbell, producer Reeth Mazumder-Roberts and production company Quantum Village Films Ltd. The goal is to start showing the film in No-

member and submit it to film festivals worldwide.

The team behind 'Mom' is still looking for sponsorship and support during the post-production stage so it can be finished. Hoppenrath said sending an email to lesliehoppenrath@gmail.com is best to reach out about supporting the film. Hoppenrath's journey can be followed on [instagram.com/lesliehoppenrathwrites](https://www.instagram.com/lesliehoppenrathwrites).

Night at the Movies film series to showcase craft of writing and career possibilities

EMILY STEWART

Times Correspondent

A local freelance editor and the world's smallest movie theatre teamed up to present a series of films about journalism.

Julie Kay-Wallace, founder of JKW Edits, and the Little Prince Micro-Cinema and Lounge will host the A Night at the Movies Series every Wednesday in September under the theme "Stop the Presses: Editing and Journalism in Film" to showcase a career path in writing. A screening of "Fear and Loathing in Las Vegas" kicked off the film series on Sept. 6. The films "His Girl Friday (The Front Page)," "The Sweet Smell of Success,"

and "Network" will follow.

"We tried to specifically pick movies that were not so much about picking up a big scoop but were more about journalists going out and doing the job of writing," Kay-Wallace explained.

She and the Little Prince decided on a film series to show how editing can be partially a collaborative effort in writing.

"It's one of the processes on the way to the final product but film also is very much a collaboration that begins with a written script," she said. "It takes a lot of people, essentially the ultimate form of collaboration."

Each screening will begin with a synopsis of the film and a speech about how

writing is a craft. Kay-Wallace is passionate about talking about writing because of her work editing graphic novels, prose, and scripts.

With the rise of artificial intelligence (AI), it's important to emphasize writing skills.

"There's been a lot of people using AI to write things that are maybe not as accurate or correct and they require going through by a real person because they are not accurate," she said. "The AI push has created a very obvious spot where writers are necessary and writers need appreciation for the craft they do."

Kay-Wallace also enjoys visiting the Little Prince on a regular basis and said

the staff at the micro-cinema are great collaborators.

"It's been fantastic. They're wonderful, creative people. They're very responsive. They have great ideas," she said. "It's always lovely to come down to the Little Prince and is extra so when you're working with them."

The film series will run throughout September and then Kay-Wallace and the Little Prince will decide if they will do more in the future. The screenings start at 7:30 p.m. every Wednesday and tickets are \$12 each. Visit [thelittleprincecinema.com](https://www.thelittleprincecinema.com) to purchase tickets.

To learn more about Kay-Wallace's work in editing, visit [jkwedits.com](https://www.jkwedits.com).

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New Off the Wall chair has rich history with Stratford Artists Alliance

EMILY STEWART

Times Correspondent

Before Jeff Marontate became the new chair of Off the Wall, Stratford Artists Alliance, he took part in several workshops and paired the organization with theatre students in Windsor.

Marontate, a retired high school teacher and current theatre instructor at the University of Windsor, participated in about 13 workshops with Off the Wall. He began with the creature creation workshop after seeing a flyer in the Stratford Festival's Tom Patterson Theatre. Marontate was directing King Midas with Windsor's Korda Artistic Productions and the production needed a gryphon.

"What I found was there were people from community theatres all over the place. There were some other teachers," he said. "There was a student who I think

was only Grade Nine who was incredibly talented, but these were people who come from all over the place to Stratford Off the Wall having heard about the workshops."

Off the Wall's workshop participants come from across North America, including the United States, all over Ontario, and Stratford.

Marontate said that he used every skill learned at the Off the Wall workshops either in his high school teachings or with a theatre company. He also introduced Matt Burgess, who is now a prop maker for the Stratford Festival, to Off the Wall's mask making and prop creation during his first year with Korda Artistic Productions.

"Matt took the experience back to Windsor and we really benefitted from what he learned on top of what he already knew, he had such a natural talent to start with and now learning some more technique really made him invaluable to our company,"

Marontate said.

The experience inspired Burgess to pursue a theatre production career.

Marontate encouraged Burgess to apply to the props apprentice position at the Stratford Festival. Burgess got the position, and although the 2020 festival season was cancelled due to the COVID-19 Pandemic, he's worked with the festival for four seasons. Burgess made 5,000 origami crows for the Stratford Festival's Rez Sisters while working from home in Windsor.

Off the Wall also worked with the Walkerville Collegiate Institute, a high school in Windsor specializing in the arts, for their production of Gwendolyn McEwan's Trojan Women. The students in workshops, led by University of Windsor director of the school of dramatic art David Court, designed the props and the set. Burgess also created the armour and props.

"My kids at the high school were work-

ing on a professional grade set by professional designer and created under the guidance of professional prop builders and set builders and it was the most wonderful experience," Marontate said.

He added that after one of the Trojan Women performances, one of the superintendents said that the high school needs more productions like it. Walkerville students also participated in an Off the Wall food prop making workshop.

Students in the University of Windsor's Theatre program can earn academic credit for participating in Off the Wall workshops. There are plans for Off the Wall to partner with more schools within the next year.

More information about Off The Wall and the workshops can be found via stratfordoffthewall.com.

Webcrawling with the Birds



SHEILA CLARKE

Times Freelance Columnist

Ever seen a squirrel leap off a building, grasp a clothesline with his two front feet, spin several times around the line, and end up on top, ready for a bird feeder? I had to applaud, that demonstration was so impressive! We maintain a natural garden (mostly native plants), and we also have a clothesline in the backyard, with birdfeeders (and/or squirrel feeders). The goal is to provide a supportive environment for those other creatures with whom we share the planet- the birds that need native plants and insects, the insects that need native plants, and all the other creatures in between.

I had a privilege this month- I attended some of the Bird Conference (Annual Ornithology Conference 2023) in London- Jody Allair (Birds Canada, Director of Community Engagement) walked us through a terrific session – How to Help Birds Now. He had some excellent ideas that I'll share, but first he set the stage. Put on your seatbelt and brace yourself.

Raptors (birds of prey, hawks, bald eagles) are increasing, that's the good news.

Those insects we've been nurturing on our garden are hugely important. Insect eaters among the bird families down by 60%, nighthawks, chimney swifts and barn swallows Those insects that we are trying so hard to get rid of are vital food for our birds, the wrens, the chickadees, the cardinals, the orioles and the warblers! Even the seed eaters need insects for their young!

The birds that depend on grasslands for habitat- for nesting and for food are rapidly disappearing. Those beautiful bobolinks with their bubbling cascade of song, and the striking meadowlarks perched on the lines in the country with their clarion calls are missing in action where there is intensive agriculture.

So- What can we do to help? A world without the beauty and songs of birds is unimaginable. Jody has a flock of ideas :).

There are big ideas, like creating land trust for protected habitat, and fighting new shoreline oil projects, and speaking strongly for wetland conservation, but what can we do here in Stratford?

1. Naturalize your yard. Those native plants are so important for bird food. Birdscanada has a great site with ideas: <https://birdgardens.ca/>

2. Keep your cats indoors. Oh my. If you care about birds at all, this is so important. Cats annually kill 100 million birds in Ontario and 200 billion in Can-

ada. That's huge. A litter box can be low hassle with some of the new natural litters that don't require changing the entire box frequently (I use a walnut one), and think a scratching post and a few toys for entertainment! :)

3. Make your windows safe for birds. Don't put feeders near windows, and look into the addition of "dots" or bird-friendly glass. Falcon stick-ons don't do the job. Kudos to the Stratford Festival for putting bird-friendly glass in the Tom Patterson windows!

4. Don't use herbicides and pesticides. Period. We know the DDT story with thanks to Rachel Carson. The new horror story is neonicotinoids that are travelling through the food chain from pollinators to birds, and everything in between. Birds exposed to neonics lose body mass and show delayed migration, lessening their chances for survival. Neonics are showing up in rivers, and have demonstrated widespread ecosystem contamination.

The important message here is anything you put into part of a system, even vinegar, is going to affect much more than just the target organism. For a healthy ecosystem, encourage on the checks and balances of nature.

5. Reduce plastic waste. Better yet, don't use plastic. Period. 3.3 million tons of plastic waste was produced in Canada last year. It makes its way into the food chain as microplastic particles, and far, far too many birds die tangled in plastic or who have eaten plastic thinking

it's food.

6. Speak up about Climate Change. We know how climate change is affecting humans with heat, mega-rainstorms and fires- What does it do to birds? We get that it destroys habitat, removing woodlands, flooding nesting sites, and increasing chances of pollution spread into water sources. Climate change also alters migration. Cornell University Bird Lab notes that "The mechanisms initiating migratory behavior vary and are not always completely understood. Migration can be triggered by a combination of changes in day length, lower temperatures, changes in food supplies, and genetic predisposition."

Migratory flocks cover long distances, and don't have wifi. They have no idea what the weather will be when they arrive, and how plentiful their usual food supply will be. The erratic weather patterns we've been experiencing are also affecting the plants that will be blooming during migration, and the insect supplies they rely on. It makes spring migration a game of chance for the flocks, sometimes ending up in a deathly absence of the supports they need when they arrive. They often count on wetland stops as well, for food, rest, and shelter.

7. Be a Savvy Shopper. One way you can really help birds is to buy coffee that is bird friendly. Say what?? Bird friendly coffee comes from coffee plantations that plant coffee within the forest, keeping the shade of the tree canopy, which is nat-

ural for coffee. Coffee comes from "understory" (short) trees or shrubs. That means that the larger trees can remain. When birds migrate, they go to the same place every year (Bridget Stutchbury, York University). If that place is gone, they will likely die. Certified bird friendly coffee plantations have been inspected for growing conditions. You can trust that you are making sure bird flocks can return to their migration homes.

Too often a plantation will clear all the trees. Sometimes a few trees will be planted among the coffee trees and then the coffee will claim to be shade-grown. Watch for the certification- Bird Friendly Coffee.

I'm so grateful for the tips provided at the BirdCanada conference. Let's see if we can make Stratford a Bird-Friendly Community! All the points noted by Jody Allair are good for Nature- that would be the web of nature that we reference when we talk about web-crawling through nature and climate. You know, the web that also includes us.

Sheila Clarke is a Stratford advocate for the environment, of our community and of our planet. She has a BSc Zoology from the University of Illinois, and a host of courses beyond in disciplines that inform ecology, the science of how everything living fits together in nature. She is a member of CFUW Stratford, Stratford Climate Momentum, and the Perth County Sustainability Hub.

Lemonade for a cause: Jake Shiell raising money for juvenile arthritis

AMANDA MODARAGAMAGE

Local Journalism Initiative Reporter

Jake Shiell has been raising money at his local lemonade stands for two years and has raised over \$5,000 to date toward his mission to support juvenile arthritis.

When Jake was 7 years old, he started to have trouble walking and complained of swelling in his legs. Shiell's mother, Krista Shiell noted when the pain and swelling started to intensify, she knew something was wrong. "It started as swelling and pain in this foot worsened and progressed into his elbow and wrist."

On his eighth birthday, Jake was diagnosed with systemic idiopathic juvenile arthritis. Shiell notes that the diagnosis came rather quickly thanks to recent advancements in education and information surrounding the disease, "Thankfully, the diagnosis was quick because of awareness, they were able to diagnose Jake in only five weeks.

Fast forward to today, Jake is a local ambassador for a charity that specifically raises funds for advancements in juvenile arthritis and other rheumatic dis-



(AMANDA MODARAGAMAGE PHOTO)

REFRESHING!

Jane Shiell with his lemonade stand outside of Dairy Queen, Stratford on September 1st

eases; Cassie + Friends.

Juvenile arthritis impacts approximately 25,000 Canadian children under the age of 18. The disease affects the joints and causes pain, stiffness, and swelling. Unlike other forms

of arthritis, which are chronic, children can have complete remission from juvenile arthritis symptoms with aggressive forms of treatment and early diagnosis.

Cassie + Friends raises money

for just that. This nonprofit charity has a mission to enhance the lives of kids and families living with juvenile arthritis and other related diseases. They fundraise to support research, education, and connection and have raised

over \$3.2 million dollars to date.

The charity is the only one in Canada of its kind and Jake is on a mission to help with their cause. According to his mom Jake is dedicated to helping others in the same situation, "Cassie + Friends is having a walk for the London chapter on September the 24th and all the funds raised by Jake this summer is going towards that."

Thankfully Jake does have a happy announcement; Shiell notes that Jake is no longer on any medications, "Now Jake is in full remission after 15 months of steroids, anti-inflammatories, and biologic medications," she continued, "As of Christmas Eve of last year, he's been in full remission."

To date, Jake has raised over \$5,000 over the last two years towards juvenile arthritis and plans to continue to do so for years to come. His delicious lemonade could be found at the Stratford Dairy Queen on September 1st and then again at the Farmer's Market on the 2nd.

Jake will be participating in the Cassie + Friends Society Juvenile Arthritis Walk on September 24th in London. You can find more information here: www.cassieandfriends.ca

Embracing the New Rhythms of September



IRENE ROTH

Times Freelance Columnist

As the summer sun begins to set and a gentle breeze heralds the arrival of September, we once again must prepare to transition from the carefree days of vacation to the structured routines of school and work.

September marks a time of renewal, reflection, and adjustment. Embracing the new rhythms that this month offers can lead to a smoother transition and a more balanced family life. Below, I have show how we can all navigate the changing times and create a harmonious environment for growth and learning.

Establish Clear Communication

The key to a successful transition is open and clear commu-

nication in your family. Gather everyone together and discuss the upcoming changes over dinner. Talk about school schedules, work commitments, extracurricular activities, and any new responsibilities. Encourage your children to share their thoughts and concerns, making them feel heard and understood. This can lay the foundation for a smooth adjustment period.

Set Realistic Goals

With September comes the opportunity to set new goals. We should encourage each other to establish personal goals for the coming months. Whether it's achieving academic milestones, engaging in more family activities, or pursuing individual interests, having clear goals can provide a sense of purpose and direction. However, please make sure these goals are realistic and achievable. Then you will be more likely to be successful and this will help you be more confident.

Create a Family Calendar

A shared family calendar is an important tool for coordinating schedules and keeping everyone on the same page. Use a physical calendar on the fridge or a digital solution that can be accessed by all family members. Color-code

activities, appointments, and deadlines to make it visually appealing and easy to interpret. Regularly update the calendar and hold brief family meetings to review the upcoming events for the week.

Transition From the End of Summer to September Gradually

Transitioning from the laid-back days of summer to the more structured routines of September can be challenging. Try not to rush the process. Start adjusting the family routine as early as possible to help everyone ease into the new schedule. Try to gradually shift bedtime and wake-up times closer to the school schedule. By implementing small changes over time, you can minimize resistance and make the process smoother for everyone.

Designate Family Time

Amidst the hustle and bustle of September, it's essential to prioritize time to bond as a family. You can do this by designating specific times during the week for quality family interactions. Whether it's a game night, a weekend outing, or simply sharing a meal, these moments strengthen family bonds and provide a sense of unity. By consciously carving

out family time, you create cherished memories that will carry you through busy days.

Practice Self-Care

September's new rhythms can sometimes lead to heightened stress levels, especially as responsibilities increase. Encourage each other to practice self-care. This can include individual hobbies, relaxation techniques, exercise, and maintaining a healthy diet. When everyone takes care of their well-being, the family unit becomes more resilient and better equipped to handle challenges.

Be Flexible

While routines and schedules are crucial, it's equally important to be flexible. Unexpected events and changes will undoubtedly arise, and being adaptable is key to maintaining harmony. It's okay when plans change occasionally and demonstrate how to handle such situations with a positive attitude.

Foster a Learning Environment

September signifies the beginning of a new academic year for students. Parents can play a pivotal role in fostering a positive attitude towards learning. Create a designated study space in the home, equipped with necessary

materials and resources. Encourage open discussions about school experiences, challenges, and achievements. By showing genuine interest in your child's education, you inspire them to embrace learning with enthusiasm.

September ushers in a season of change and growth, both individually and as a family unit. By establishing clear communication, setting realistic goals, creating a family calendar, and gradually adjusting routines, families can navigate the transition with ease.

Further, prioritizing family time, practicing self-care, embracing flexibility, and fostering a positive learning environment are essential components of embracing the new rhythms that September brings.

As you embark on this journey of renewal and adaptation, remember that the foundation you lay in September can set the tone for a harmonious and fulfilling year ahead. Only you can decide how to do this best in your family!

May the rhythms of September, the cooler weather, changing colours and bright colors of fall create a sense of hearth, home, and love in our homes and with loved ones.

UNTIL SOON. LIVE WELL: Anna



STUART LENDER

Times Contributor

There are about five songs that trigger tears for me, as soon as the first few notes enter my ears. Like Pavlov's experiment with dogs, salivating as soon as they heard the bell that signaled food, these songs trigger and take me right into the heart of gratitude for my daughter. I admit it freely; I have entered the space of fatherhood where despite her upcoming 23rd birthday in December, I am more

and more aware that she will now and forever be "my little girl."

She jokes with her mom (my dear first wife, thoughts of whom will always hold deeper meaning to me than she might ever know) – just how easy it is to make daddy cry! And just as she requests I not speak to everyone in the café when we go in for a coffee, or lose myself in the bookstore; it's clear that she knows me well. But there is something my daughter will never know about me and about herself, that I know. Something she will never comprehend in its entirety, just as I could never understand it about myself when I was the object of a grateful parent's tear. It is the most uncertain element connected to the gratitude of a parent. And it might become tugged at and trigger tears like a song. And that element is the mortality of the object of a parent's devotion, a parent's thankfulness – their child.

I have served many who have

found their arms unfulfilled of the hugs they so desperately wish they could feel "just one more time." I have turned their grief upon myself, lamented for them and prayed silently that this thing, this tragedy, never happen to "my little girl." Of course, I know that she will die one day, and even that to a parent, is a tragic thought to contemplate no matter what age. But, "please, I pray you... do not die before me!" I cannot comprehend it, even as a funeral director. And here I am, serving those who know; my throat choking any words that won't help anyway.

It is a humbling endeavor. A feeling of uselessness, no matter what one is doing for those with a hole where the heart should be. And from the child's perspective, it is virtually impossible for them to comprehend how much love a parent can hold, until perhaps they are one themselves. It is not a greater love than any other, or a superior love from another – just

different; with, I would say... a lot more hope, a lot more concern attached to it. Putting myself into other people's scenarios is a hazard of the job and an equally valuable gift in recognizing our shared humanity, the fragility of life and the gifts that are given. At the loss of a child, it is a cruel reminder of so many things beyond my control.

Of course, when I'm open and observant, I recognize just how much my daughter is giving in return for that love I feel. And I don't mean just love in return. It's not devotion necessarily, or hugs and kisses, no – it's lessons in the manner in which she grows into womanhood. Lessons in new ways to view my own childhood. Lessons in new ways of seeing. Lessons in nurturing her to become someone other than me. And lessons from her to move beyond what I find myself to be.

This love is like nothing I have ever known. It has changed my

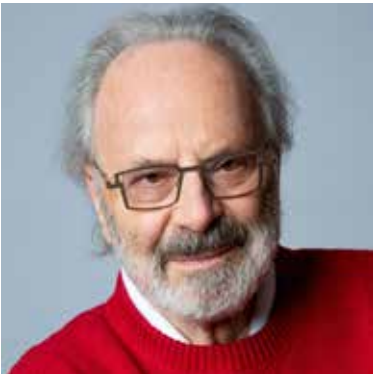
life as it must, and yes; I want to leave my life before she leaves it! I want what we all feel is the "natural" order of things! But for those who find themselves in the opposite position, of which there are many, too many to shed tears with; I stand before you, my mouth hanging open, silent and amazed at the fact that you even managed to call me at all! And I want to recognize your hurt in some way that makes a difference. And I want to alleviate the weight. And I want to whisper what you want to hear just once more, in their voice. But I stand dumb... and think... of Anna.

(In honour and prayers for baby Ginnick)

UNTIL SOON. LIVE WELL.

Stuart is a celebrant and the manager of Rutherford Cremation & Funeral Services. It is his privilege to serve, dispel myths, and give information concerning his field of compassionate service.

INTUITION: WHAT IT IS, HOW IT WORKS



THOMAS R VERNY, MD

Times Contributor

Introduction

Intuition is the ability to understand something instinctively, without any need for conscious reasoning or an explanation. The use of intuition is sometimes referred to as responding to a "gut feeling" or "trusting your gut".

It's a phenomenon that many people experience, but its biological basis is still an area of ongoing research and exploration. In this paper I shall review some of the most relevant biological findings and also address the question, "Can we really rely on intuition, or is it a counsel to failure?"

Research Studies

Recent evidence from Universitat Pompeu Fabra, Barcelona, suggests that already at 12 months infants have an intuitive notion of probability that applies to single, never experienced events and that they use it to predict subsequent events. The researchers suggest that it is likely that extremely simple concepts of probability, causation, along with the concepts needed to form very basic epistemic (relating to knowledge or to the degree of its validation), statis-

tical, and logical generalizations are present in very young children from an early age on. It is this in-born ability to make inferences about things which are relevant to form accurate beliefs that enables us to acquire and retain new knowledge.

Rollin McCraty, and his colleagues at the HeartMath Institute have performed experiments demonstrating how people respond to an emotionally arousing stimulus. The results were fascinating, showing that both the participants' heart and brain appeared to indicate receiving and responding to information about the emotional quality of the pictures presented to them before the computer randomly selected them, as if they were responding to a future event. Specifically, these responses occurred, on average 4.8 seconds before the computer randomly selected pictures.

Even more startling, perhaps, was data showing the heart received information before the brain. "It is first registered from the heart," Rollin McCraty explained, "then up to the brain (emotional and pre-frontal cortex), where we can logically relate what we are intuiting, then finally down to the gut (or where something stirs)."

The gut and the heart contain a significant amount of neural tissue and are connected to the brain by way of the vagus nerve, the so-called gut-brain and the heart-brain axes. In addition, we know that neurotransmitters and hormones, such as dopamine and serotonin, can influence cognitive processes and emotions. These biochemical signals might also contribute to our intuitive responses.

Intuition relies on evolutionarily older, automatic, unconscious and fast processing, primarily to save our brains time or energy. It also is prone to make mistakes, such as based on cognitive biases. Becoming aware of the hidden flaws in your own thinking can help.

Building on our innate intuition, intuition later in life arises from the accumulation of knowledge and experiences that are processed and stored in our brain's neural networks, as well as other cells and tissues in our bodies allowing us to access this information quickly, often unconsciously.

Intuition is at the core of an epiphany; it is our own recognition and awareness of an idea or thought or vision for something that has yet to be discovered in the world. We all have access to that place, if we only learn to trust that internal voice.

As David Straus, CEO of Reason Ventures, writes in Inc. Magazine, "The (aha moment) emanates from the heart and is fueled by its intuition. True visionary leadership develops inside the heart, not the brain."

The results provide compelling evidence to suggest that the physical heart is connected to a field of information not bound by the classical limits of time and space. Ancient mystics, philosophers and great thinkers had it right: The heart's wisdom can help us gain insight into our issues, communications and decisions.

The scientists in this study concluded that intuitive perception accesses a field of energy into which information about future events is spectrally enfolded.

Daniel Kahneman, who won a

Nobel prize in economics for his work on human judgment and decision-making, theorizes that intuitive thinking has both advantages and disadvantages: it is faster than a rational approach but more prone to error.

Kamila Malewska of the Poznań University, Poland has studied intuition in real-world settings and concluded that people often apply a combination of strategies. When managers at a food company were asked how they use intuition in their everyday work, the majority of them said that, in addition to rational analyses, they relied on their gut feelings when making decisions. Interestingly, upper-level managers tended more toward intuition.

Malewska thinks that intuition rather taps into the many deep resources of experience and knowledge that people have gathered over the course of their lives. Intuition, she believes, is an ability that can be trained and can play a constructive role in decision-making.

Whether we rely on our intuition or turn to sensible analysis to make a decision will largely depend on our past experiences, with similar situations and the complexity of the problem. Most cognitive scientists maintain that intuitive and analytic thinking should not be viewed as opposites. Studies indicate that our decision-making often works best when we blend both strategies.

Summary

Clearly, the biological basis of intuition is complex and likely involves a combination of these factors, among others. There is growing evidence suggesting that all humans are born with a basic abil-

ity for intuitive thinking and that as we mature, as our links between the embodied mind, emotional processing, and intuitive thinking strengthen with experience we may get better at it. Of course, if we fail to listen to this channel, like a muscle not exercised, our intuitive abilities will decline.

Key Takeaways

- Intuitive and analytic thinking should not be viewed as opposites.
- Our decision-making often works best when we blend both strategies.
- There is compelling evidence that the body's perceptual apparatus is continuously scanning the future.
- It is principally the heart that is involved in the processing and decoding of intuitive information.
- Women are more attuned to intuitive information from the heart than men.

Dr. Thomas R VERNY MD is a psychiatrist, podcaster and author of 47 scientific papers and eight books including the international best seller, The Secret Life of the Unborn Child, published in 27 countries and the recently released, The Embodied Mind. The Embodied Mind shows how intelligence and consciousness—traits traditionally attributed to the brain alone—permeate our entire being. Dr. VERNY lives with his wife in Stratford.

In Pushing Boundaries, Dr. VERNY will report on pioneering research and breakthrough discoveries in science and the arts as they impact our lives. He will try to address the question of readers everywhere, "Why should I care, of what value is this to me?"

OH, THE PLACES WE'LL GO: Up, up and away over the Thousand Islands



PAUL KNOWLES

Times Contributor

There are a lot of great ways to see the Thousand Islands – well, some of them anyway – and we did several of them.

But let's start with the math. Here's a trivia question: "How many islands are there, in the Thousand Islands?" Answer? Nobody actually agrees. In fact, they don't even agree on the definition of "island."

Some will tell you that an island is any piece of land surrounded by water, said land being above the surface of the water, year-round, and having at least one tree. Others will say, no, it needs at least two trees. Others may argue that some islands may be submerged, sometimes, but they are still islands.

And then, there are the numbers. Several of the local experts we met said there are 1,864 islands. But a plaque atop the Thousand Islands Tower insists "There are officially 997 islands in the Thousand Islands. This is often exaggerated by including all the shoals and rocks, to make the total 1867." The Canadian Encyclopedia cites "an official count" that totalled "1149 islands and islets."

Suffice it to say, there are a lot of islands in the Thousand Islands, probably more than 1,000, and to-



(PAUL KNOWLES PHOTO)

An aerial view of the popular tourist attraction, Boldt Castle.

gether, they create one of the most beautiful areas in the world.

And, as I said before I went down the rabbit hole of arithmetic, there are a lot of fine ways to enjoy them. We took a Thousand Island cruise, we toured the waterway closest to Gananoque in an heritage, wooden power boat, and we ascended the Thousand Islands Tower, so we thought we had a pretty comprehensive perspective on the area.

That is, until we climbed into a four-seater helicopter at 1000 Islands Helicopter Tours, for a flight piloted by company owner Dave Kouri.

Our flight lasted only about 20 minutes – but the magic and the awe stretched that into an amazing adventure. Seeing the Thousand Islands from the deck of a boat gives you a good look at what humans have accomplished in

this highly sought-after destination – you see the heritage cottages and the elaborate homes, and you can consider the differences between how people have settled in Canadian territory compared to the U.S.

By the way – for both boat and helicopter, it's okay to enter U.S. waters or airspace, as long as you don't put a foot on American soil.

So we had experienced the islands from a water-level viewpoint, but seeing it from 1400 feet up, was something completely different. From there, the clear, clear waters of the St. Lawrence look like an impressionist painting, changing hues depending on depth. It reminded me of the ever-changing waterscape you see as you drive the Overseas Highway in the Florida Keys.

And the islands are revealed to be, in the main, forests, with tiny

plots of land claimed by humans along the shores. There is green everywhere. My perspective of the landscape changed completely with this air-borne perspective.

Dave Kouri has owned 100 Islands Helicopter Tours since 2008. Originally, it was based in Kingston (the St. Lawrence officially begins somewhere between Kingston and Gananoque), but he moved the operation to a site minutes north of the town locals simply call "Gan", a few years ago.

Today, he owns three helicopters, and has a staff of expert pilots. He told me he flies less often than he used to, because he has accumulated way more than enough qualifying hours to keep him in the air. But he clearly enjoyed the flight with us almost as much as we did.

His company offers five tour options – 10 minutes, 20 minutes,

two 30-minute tours (one heading east on the St. Lawrence, the other heading west to include Kingston), and "the works" – a one-hour tour that combines everything.

Dave told me that people who take the 10-minute tour (\$99), always say they wish that had opted for something longer. I would say, the 20 minute flight was amazing (\$169), and while more would probably be more amazing, we landed happy and enthralled.

Our particular tour took us well east through the islands. The highlight, is the flight around Boldt Castle. This was constructed by American millionaire hotel owner George C. Boldt, starting in 1900. He intended it as a very ostentatious gift to his wife, Louise. But it was not completed when Louise passed away in 1904, and Boldt completely abandoned the project. The castle, which is located on an American island, sat empty for 73 years; in 1977, the U.S.-based Thousand Islands Bridge Authority decided to finish construction, to create what has become a popular tourist attraction.

And it is impressive. But as Dave told me, most of his customers on the 20-minute or 30-minute 'Two Castle Tour', "go out to see the castle, but talk about everything else when they return."

I guess the lesson here is, humans can do pretty impressive things, but we can never top the sheer magnificence found in nature. Because the castle is interesting, but the waterways, rocks and forests of the Thousand Islands are spectacularly beautiful.

Paul Knowles is an author and travel writer, and President of the Travel Media Association of Canada. To contact Paul about travel, his books, or speaking engagements, email pknowles@golden.net.



(PAUL KNOWLES PHOTO)

Pilot and fleet owner Dave Kouri.



(PAUL KNOWLES PHOTO)

The lovely town of Gananoque – population about 5,500, but punching way above its weight as a terrific tourist attraction.

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Humane Society calls for more support than ever as shelter operates in critical mode

EMILY STEWART

Times Correspondent

With less staff, donations, and adoptions and soaring demand for outreach programs and low-cost medical care for pets, the Humane Society of Kitchener Waterloo and Stratford Perth is operating in crisis.

A press release from the organization announced the shelter is in critical mode. There are 345 animals under care between both locations and 139 on the waitlist. Kennels are continuously full and there's a high volume of calls coming in from pet owners needing assistance.

"We are short-staffed, adoptions have slowed despite reducing adoption fees, donation sizes have decreased, demand for outreach programs has skyrocketed, demand for low-cost veterinary services has skyrocketed, and there's a high volume of animals coming into our centres," Nasreen, the marketing and communications specialist for the Humane Society of Kitchener Waterloo and Stratford Perth told the Stratford Times.

The number of animals waitlisted for care from the Humane Society of Kitchener Waterloo and Stratford Perth jumped from 102 to 139 in just under a week – an increase of 37 pets in need.

"I can imagine that number will just keep growing because that's the trend we've been seeing," Nasreen said.

In a follow-up with the Stratford Times on September 1, Nasreen said that there are 201 animals in the Humane Society's care with 112 in the Kitchener-Waterloo Shelter and 89 in the Stratford Perth shelter. There are 39 cats, 10 dogs, and 34 small animals

on the waitlist for Kitchener-Waterloo, and 28 cats, 10 dogs, and 15 small animals on Stratford Perth's waitlist.

Pet owners are calling in for help from the Humane Society often need assistance due to lifestyle changes, behavioural changes in the animals, and financial reasons.

"People are looking to choose between feeding their family or feeding their pets or paying a medical bill for their pet or affording rent. We have seen a steep increase in the number of people reaching out to use our Pet Pantry and low-cost veterinary services," Nasreen said. "Over the last year, there has also been a significant jump in callers looking to surrender young, large-breed dogs that are exhibiting behaviours that their owners cannot handle."

The rising cost of living also means a decrease in donations for the region's Humane Society, an organization solely reliant on donations as it does not receive any government funding. In addition to monetary donations, adopting or fostering an animal, sharing the organization's posts on social media, donating items on the wish list of pet supplies, and attending events will help the Humane Society.

Nasreen added that callers can help staff and volunteers of the Humane Society of Kitchener Waterloo and Stratford Perth by showing compassion and patience during this critical time.

"Staff members are being constantly yelled at and we're just asking people for some patience and kindness as we try to help them as fast as possible."

Visit kwsphumane.ca to learn more about helping the organization.



Chloe Modaragamage held two kittens at the Stratford Perth Humane Society pop-up event last month.

Riddles

Why didn't the moon finish his meal?
It was full.

How do you put an elephant in a refrigerator?
You open the door and put the elephant in and then close the door.

What do you get when you put a radio in a fridge?
Cool music

What goes around the world but stays in one place?
A stamp.

What did the math book say to the other math book?
"I've got a lot of problems."

What comes twice in a week, never in a month and once in a year?
The letter E.

What animal is NOT allowed to play in games or contests?
Cheetahs (cheaters)

Four men are in a boat and fall in the water. Not a single man gets wet. How is this possible?
All of them were married

Sudoku

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

Solutions on page 31



Pet of the Month



DENALI

Three-year-old Denali is a true outdoor enthusiast, ready to explore the world by your side. Whether it's hiking in the mountains, running along the beach, or taking scenic walks through the neighborhood, Denali is always up for an adventure. Denali is looking for a home with a single person, couple, or family with dog savvy kids. And don't let her size fool you - Denali firmly believes she's a lap dog at heart. Get ready for plenty of cuddles and snuggles with this affectionate pooch. If you think Denali is the right fit for you, submit an adoption survey at kwsphumane.ca.

Word Search

BACK TO SCHOOL

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

- ANSWER
- BACKPACK
- CALCULATOR
- CLASSROOM
- COMPUTER
- DESK
- EXAM
- FOLDER
- GEOGRAPHY
- HOMEWORK
- KEYBOARD
- LIBRARY
- MATHEMATICS
- QUESTION
- RECESS
- SCIENCE
- TEACHER
- VOCABULARY

OBITUARY

PENNY JUNE WILLIAMS

Penny June Williams, born June 28, 1950, died peacefully on Saturday, August 19, 2023 at the Rotary Hospice in Stratford. She was surrounded by friends and family and she bravely fought her illness with a smile, a great sense of humour and a graciousness that was admirable.

Penny grew up in Stratford, and would live her whole life here. She worked at Fab (Johnson Controls) for 30 years and then retired. She was a huge animal lover, and had several beloved pets throughout her life. Penny was also an avid "thrifter" and movie buff with a wonderful sense of humour. She especially loved to spend time with family.

She is predeceased by her husband, Stephen Thompson and daughter Sheila Thompson, as well as her parents Elmer and Gene Williams. She is also predeceased by an older sister, Betty Mason, and in-laws Leonard and Ruth Thompson, two brothers-in-law, Eddy Thompson and Jack Thompson as well as a sister-in-law, Terry Thompson.

She is survived by one daughter Krista Thompson and her partner Jerry Palmer and five grandchildren: Katrina, Ryan, Kaitlyn, Britney and Matthew – three of which she raised herself. Even though it was surely tough, she wouldn't have had it any other way. She is also survived by five siblings: Wendy, Karen, Larry, Rick and Sherrie, a brother-in-law, Rocky and two sisters-in-law, Barb and Susan.

A thank you to mom's big sis Wendy Arthur, who visited her almost daily with her hands always overflowing with great snacks. Wendy kept her smiling and cheerful in the knowledge of their wonderful sisterly bond. It really meant so very much to her and to us all. Thank you.

Cremation has taken place and a celebration of life ceremony for close family and friends will be held in the very near future. In memory, donations may be made to the Humane Society of Kitchener Waterloo & Stratford Perth (www.kwsphumane.ca) or the Canadian Cancer Society (www.cancer.ca) directly, or through Rutherford Cremation & Funeral Services. 804 Ontario St, Stratford. N5A 3K1. 519-271-5062

"Forever in our heart's mama and forever in our thoughts as well. You will be greatly missed. You are our Angel now."

CLASSIFIEDS

IN MEMORY

POWERS, Robert (Bob) James.

September 5, 2022

Mi **corazón**,

Remembering

your generous and kind heart

your divine and noble soul

Siempre,

Cat.

WANTED

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FYI - I am currently writing my 48th mystery novel. Eleven of my Joel Franklin Mysteries have been published to date. The stories take place in Southwestern Ontario from 1928 to 1939. My books are available from Amazon, Fanfare Books in Stratford, Diana Sweets Marketplace in Listowel or directly from me. Visit my Facebook for more information.

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CELEBRATION



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Saturday, September 16th

8:00pm to 12:00am

Royal Canadian Legion St. Marys

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COMING EVENTS

GARDEN STRATFORD MEETING

Monday September 11; 6:30 –9:00 p.m.

Army Navy Hall, 151 Lorne Ave. E., Stratford

The meeting will begin with a Garden Chat: “Butterflies & Moths & Host Plants” with Lorraine Kuepfer, Stratford Master Gardener. Speaker Presentation: “Garden Myths, Legends, Folklore” with Cheryl Losch, London Master Gardener. Meeting open to Everyone; free admission.

182ND STRATFORD FALL FAIR

September 2-24

Stratford Rotary Complex

Channel your "inner farmer" by visiting the Farm to You. Free Admission.

QUIZ ANSWERS

- 1) The Volga River
- 2) The Telegraph
- 3) "I am."
- 4) 10 legs
- 5) Red Rose
- 6) White
- 7) False
- 8) The Wizard of Oz
- 9) Wii Sports
- 10) The Sargasso Sea

SUDOKU

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

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