

Goderich Sun

VOLUME 1 • ISSUE 2

OCTOBER 6, 2023

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Q&A regarding the Goderich Sun

STEWART GRANT
Publisher

Q: The Goderich Sun... is this new?
A: Yes! This is the second-ever edition, and the first print edition.

Q: How often do you print?
A: In the beginning, while we build up an advertising base, our paper will come out the first Friday of each month. While it's a monthly now, our next jump will be to twice-a-month, and then finally to weekly.

Q: How much is it to buy?
A: It's free! We want as many people as possible to read our paper and contribute to it. We'll make it available at grocery stores, coffee shops, retail stores, community spaces and retirement residences, or you can read it online at goderichsun.com. However, if you do want the convenience of a mailed subscription, please see page 17 for information.

Q: Is this paper part of Postmedia or Metroland?
A: Most definitely not. We are locally owned and operated. My hometown is St. Marys (where I own the St. Marys Independent newspaper) while our editor Kathleen Smith has lived in Goderich for the past seven years.

Q: What areas do you cover?
A: Our primary focus is Goderich but we also plan to cover the surrounding area which includes Clinton and ACW. Don't look for much Blyth news here, because they already have an excellent independent newspaper there (Blyth Citizen).



THE 2023 GODERICH MCGEE NORTH HURON TEMPEST (CONTRIBUTED PHOTO)
(Back row, L-R): Christine Lapp, Erin Bowes, Brittany Norman, Marielle Van Schaik, Danielle Bean, Tara Regier, Julie Percy, Coach Ray Lewis.
(Front row, L-R): Jileesa Mali, Taylor Goodhue, Karly Howard, Shea Frayne, Kiley Stewart, Marianne Filson.

Goderich Tempest earn promotion to First Division

KATHLEEN SMITH
Editor

Following the capture of the Second Division Cup in the London and Area Women's Soccer League (LAWSL), the Goderich McGee North Huron Tempest soccer club has earned promotion to the First Division.

Defeating St. Columban 3-0 the Tempest captured the championship title, clinching first place and a promotion. League scoring leader Kylie Stewart scored her 17th and 18th goals, while Taylor Goodhue added a single. Goal-

keeper Marielle Van Schaik earned a league leading 13th shutout in the championship match against St. Columban. Coach Ray Lewis told the Goderich Sun that the Tempest started the season with two losses and a tie in their first five games. Yet the squad knew they were better and adopted the mindset the weren't going to lose anymore. The Tempest went 16-0-1 in the rest of the season, and were especially motivated to avenge the earlier losses, explained Lewis. It was the chemistry on the field that went unmatched this season.

CONTINUED TO PAGE 2

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Goderich Tempest earn promotion to First Division

CONTINUED FROM FRONT

"We had a great group that got along well and adjusted to roles but were quite willing to accept whatever role was needed to get the job done. We had a balanced squad this year," Lewis added.

"Lots of scoring and a very stingy defense with goalkeeper Marielle Van Schaik earning 15 shutouts in 21 matches. Shannon Vance also stepped in for a match and earned a shutout."

For Lewis, it was the full team effort and the mindset to stop losing that propelled the Tempest towards a victorious season.

When it comes to moving up a division, Lewis explained the Tempest are ready for it.

"We've played in the first division before, so we understand the expectation," he added.

"It became clear they wanted to reassert themselves as the highest level of soccer in the area."

The LAWSL runs the cup playoffs throughout the season with deadlines for each round to be completed. Cup finals

are scheduled near the end of the season in August. Like hockey play downs or playoffs, the cup playoffs are played concurrently during the season and teams are randomly drawn into groupings. Teams play until they lose.

After a bit of a rocky start in the early days of the season, Tempest Captain Karly Howard stated the team needed the first few games to really find their footing as a team. This was especially true this season with eight new players to the roster and no access to indoor facilities during the colder months.

"With most opposing teams just finishing their indoor seasons or having access to turf, they had a bit of an edge over as at the start of the season," explained Howard.

"After a couple of close losses and draws at the start of the schedule, a bit of a fire was lit under us."

Once that happened, Howard explained that the team went on a streak of 18 games undefeated to clinch both the cup and first place.

"There was no quit in this team. Everyone gave 110 per cent on the field, put the team ahead of themselves and refused to let anyone take our lunch money from us," Howard remarked.

According to Howard the team is proud to have accomplished the promotion to the first division together. With challenges such as playing new positions, or significant amount of travel for games, the team was close-knit, and it transferred onto the field.

Wanting that same goal for the entire unit made the accomplishment that much sweeter, said Howard. And now the squad is looking toward next season and whatever challenges arise, they will face it together.

"We are excited to set some new goals and hope to compete well in the higher division," added Howard.

"The Tempest are proud to represent the small town of Goderich in a division typically comprised of larger city clubs, almost exclusively."

Each season, depending how a team

does, can mean relegation or promotion. In some years, teams have been relegated quickly after being promoted and the Tempest want to avoid that. Majority of the roster is set to return for next season, and Howard is hopeful the squad can retain their much-deserved spot in the first division.

Although this current squad has not played in first division together, a large portion of the team either has university level experience and some previously in LAWSL's premier division. Howard said she believes the Tempest are ready for first division.

"It's been a number of years since our club has had a team in first division, but our coach Ray Lewis has experience in this higher division," said Howard.

"I'm confident he'll be able to help lead this group of experienced players and talented youth to that next level. I have no doubt the heart and hustle the team demonstrated this summer will carry over to next season."



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United Way celebrates campaign kickoff in Goderich

United Way Perth-Huron (UWPH) launched its 2023 campaign at Goderich Memorial Arena on Saturday, September 23 for the Banding Together 4 United Way. The event featured popular local bands the Homers, the Blacklist Social and the Full Nelsons.

At the launching event UWPH announced its campaign goal of \$2,508,598 to meet the needs of vulnerable people across Huron and Perth counties.

“Now more than ever, we’re seeing people in the Huron community struggling with the cost of everything continuing to rise,” said Ryan Erb, UWPH executive director.

“Our partners are also affected, so they need more funding just to keep their current service levels.”

Erb stated that these services are critical programs that fall under the umbrella of the Huron Homelessness Initiative as well.

At the event there was a 50/50 draw, won by Randy Carroll, who donated his winnings of \$504 back to UWPH. There was also a silent auction with several bidding showdowns, including one for a Mulberry Pie won by Jeff Bauer with a bid of \$550.

All proceeds raised at the Banding Together event go towards UWPH’s work in the Goderich community and surrounding area. These funds will aid in services that focus on pressing issues including chronic homelessness, mental health and access to services.

“UWPH is also committed to sustaining our Urgent Needs Fund to offer an added resource to people facing an immediate, pressing need, whether that’s an unpaid utility bill, or groceries to feed a family,” added Erb.

“Together, what all this means, is we have to raise more than ever before to help ensure people have access to important programs.”

Erb explained that these are challenging times, but that the Goderich community has consistently shown a willingness to support its most vulnerable citizens.

“We thank everyone for joining us at our campaign kickoff in Goderich and we’re looking forward to a successful year,” Erb concluded.



(CONTRIBUTED PHOTO)

(from L to R): John Meyers, Barry Hutton, Wendy Hutton and Mark Arthur (Back), Ang Brindley, Michelle Millar, Tabatha Fischer, Barbara Kane, Vicky Parent and Ryan Erb (Middle), Bernice Glenn, Beth Blowes and David Mackechnie (Front).

UWPH is grateful for event sponsorship from McGee Motors in Goderich, Goderich Retirement Place and Square Brew for hosting the bar and donating 50 per cent

of their proceeds to UWPH.

For more information visit perthhuron.unitedway.ca

Goderich highlights positive local youth stories with recognition award

KATHLEEN SMITH

Editor

In an award ceremony in the morning of Saturday, September 30 at Goderich Town Hall, Mckinleigh Bakker was awarded the 2023 Town of Goderich Youth Recognition Award.

This was the inaugural Youth Recognition Award.

Mayor Trevor Bazinet brought forward a motion to council in 2022 to recognize outstanding youth in the community.

To nominate an individual, it is as simple as filling out the form.

Council nominated the mayor to be part of the selection process. The selection of the recipient was done by Bazinet and Clerk Andrea Fisher.

To be considered for the award, the nominee must be a resident of Goderich between the ages of 12 and 19 as of July 31 of each calendar year. The deadline is August 1 of each year to submit the nominations.

The award highlights youth

who act as leaders and role models in the community, volunteer their time to help others and demonstrate teamwork and community involvement.

The recipient of the award also receives \$300 from the Town of Goderich.

This year the Town of Goderich received five nominations for the Youth Recognition Award, but according to Bazinet, Bakker’s volunteer work in the community was quite impressive.

According to nomination write up, Bakker is a very genuine kind and hard-working young woman.

The submission also stated that Bakker “always goes above and beyond in any activities for her community. She always has a smile on her face and is willing to do whatever is asked. She has put endless hours into these activities. This has greatly, in my opinion, had an impact on supporting our community’s ability to provide these activities to the residents of Goderich and those

who come to enjoy them from out of town.”

According to the submission Bakker has been involved in the Livery for a number of years doing lighting and sound, she has done editing and recording for Faux Pop, she has done set up and take down of the Celtic Festival, has been a part of OSAID in high school, she is part of a jazz band, she also does dog walking, house checking and grass cutting for her neighbours.

The statement further said: “Mckinleigh [Bakker] is an amazing role model for not only her peers but children, and adults. She is a true pleasure to be around and exemplifies the true meaning of volunteering and making an impact in our community.”

Bazinet admitted that after reading this submission, it made his and Fisher’s decision easy to select Bakker as the recipient this year.

“As the mayor, I feel it is important to recognize the youth



(CONTRIBUTED PHOTO)

Mayor Trevor Bazinet, Mckinleigh Bakker and Councillor John Thompson.

that do so many good things in our community,” shared Bazinet.

“Far too often all we hear is the negative stories. It is time to change that mindset and congrat-

ulate and share the positive stories of the youth in our community. We have so many wonderful youths who truly are making a difference in our community.”



Goderich Sun

Established 2023

The Goderich Sun is published monthly on the first Friday of each month and is free to all citizens. It is also available online at www.goderichsun.com or www.granthaven.com. The newspaper is owned and published by Grant Haven Media, a local business who also publishes the St. Marys Independent, Wilmot-Tavistock Gazette, Stratford Times, and Woodstock Ingersoll Echo.

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Letters to the Editor: Please email to info@goderichsun.com, or send to our physical office at the St. Marys Independent, PO Box 2310, 36 Water Street South, St. Marys, ON N4X 1A2.

Upcoming Issues:

Friday, November 3, 2023

Friday, December 1, 2023

Friday, December 15, 2023 (Christmas Issue)

Friday, January 5, 2024

A few words from the editor



KATHLEEN SMITH

Editor

Hello, it's me...Again.

It's time to pick up the pen again as I begin a new venture as the editor of the Goderich Sun.

After six years with the Postmedia owned Goderich Signal Star, I've taken on a new role to bring a true, lo-

cally focused, and free paper to the residents of Goderich.

Working as the editor of the Signal Star for six years offered insight into the beats of this town, and I look forward to covering, once again, the issues most important to the readers of this community.

I'm proud to be a part of this new project, and grateful to Stewart Grant for trusting my previous editorial experience to help bring this new paper to Goderich.

In a time where there is mistrust with media and the coinciding issue of a lack of true local news coverage, we at the Goderich Sun are keen to provide such a true, local service to this community.

We are hopeful the residents

are equally keen.

As much as we believe in the strength and importance local journalism has within a small town, with a free paper we do have to look for collaborators to support such an endeavour. We are hopeful for the support.

The reach is unlimited with a free paper, accessible to all residents. We first had a plan to do monthly online digital versions and print in the New Year, yet our first issue in September was received so well, we knew this community was hungry for the real thing.

The October edition is our first printed issue of the Goderich Sun, and it is the first of many. We are proud to bring local journalism

back to Goderich.

When I was laid off from the Signal Star, I wasn't sure what was next; for me and for local journalism in this town. With a stroke of luck, and with Grant's interest of starting a new paper in Goderich, this new path appeared before me.

We at the Goderich Sun are eager to cover the important issues within Goderich as well as giving a voice to the people, organizations, and agencies that keep this town running and progressing.

I am honoured to be at the helm again, writing about all things Goderich and I am thrilled to be a part of the team that brings this community a true, locally focused paper once again.

There's nothing like a print edition



STEWART GRANT

Publisher

Patience is a virtue, but sometimes enough is enough!

In my editorial last month, I talked about how I'd almost started the Goderich Sun in 2015, but ultimately decided that the timing wasn't right.

I'd then moved the discussion to present day and how, with former Signal

Star editor Kathleen Smith agreeing to join our team as editor, we were excited to begin a quest to return truly local journalism to Goderich.

However, I stressed patience. We'd begin as a free monthly paper and would ultimately increase frequency to weekly as our advertising base grew. We'd also begin 2023 as online-only, to keep costs down in the initial months as we build awareness, and then convert to print in 2024.

Last Friday, over a tasty breakfast at West Street Willy's, our small team reflected about the overwhelming positive response to our first online edition, but also about the most frequently-heard comment from people:

"I'm sure looking forward to seeing the print edition."

Another three months of online-only? No thanks, let's just start printing! Let's make this real.

The good news is that, thanks to the first online edition, the awareness level of the Goderich Sun is very high already. Our Facebook post, with a link to the PDF edition at goderichsun.com, has had about 10,000 views.

But a newspaper is to be enjoyed slowly. It needs to be seen in print, not just as an instant across your screen until the next distraction sets in. It needs to be accessible to all. We should find it, free of charge for all, at grocery stores, coffee shops, community centres, retail stores and retirement homes. It should

be passed around and shared. Certain articles and photos should be clipped out of the paper and stored as treasured memories...scrapbook material.

Although the big conglomerates have managed to nearly destroy local journalism in many towns and cities across Canada, the fact of the matter is that "people want local news" and they always will.

While we are proud of this issue, I also want to stress that it is still just the beginning, and the best is yet to come. A monthly 24-page paper is not the goal; a weekly 32-page paper is more what Goderich and area deserves. With the community support and participation that I expect we'll receive, we will eventually reach that end goal.



Goderich Sun

Guiding Principles

1. Everyone has a story
2. The news should be free for all to enjoy
3. Good news beats bad news
4. A Newspaper should be a community effort (contribute to your local paper!)
5. Newspapers document history
6. Newspapers strengthen communities
7. Advertisers, big or small, should profit from their ads (meaning sensible ad rates)
8. Newspapers should be locally-owned and operated

A second water wheelchair donated to Goderich

KATHLEEN SMITH

Editor

The Town of Goderich received a generous donation this summer, a mobi-chair for the lake, to make it more accessible to get into Lake Huron during the summer months.

The chair is available to rent for free.

Following this donation by Julie Sawchuk, the Rotary Club of Goderich discussed ways they could contribute a second water chair to the Town. This time, it is a non-floating beach access chair.

"We have received one donation already and now we've received another donation, which is absolutely fantastic," stated Mayor Trevor Bazinet.

"We are going to have the most accessible waterfront in Huron County."

This chair has only been used once before, and it being donated to the Town of Goderich by Kingsway Lodge, St. Marys, through affiliation with the Goderich Rotary Club.

This chair does not float in the water, but instead allows users to get over the sand and rocks along the boardwalk. It can also

be pushed along the shallow edge of the lake so users can enjoy the experience of getting their feet wet and splashing their hands in the water.

Due to the end of summer, this donated chair will be made available during the 2024 summer season. A free rental policy would be put in place, as well as the possibility of an online booking system.

With this donation, the chair would need to be stored, so the Rotary Club also requested Council to approve the purchase and installation of a second storage shed and cement pad at Rotary Cove Beach.

The total cost of this would be approximately \$5,000 for the shed and pouring of the cement, as well as \$1,200 annually for an online booking platform used to book both the beach access chair and the floating wheelchair.

The chair has a maximum weight capacity of 300 pounds and should never be operated in the lake as it is not a floatation device. The chair also comes with an attached umbrella to offer shade during those hot summer days.

Goderich closing public washrooms every evening

KATHLEEN SMITH

Editor

In response to an increase of crime, disturbance and finding drug paraphernalia in and around the public washrooms, it was recommended in a staff report to manually close the facilities at 5 p.m. daily.

Although the Town would like to continue offering such facilities to residents and visitors, it remains challenging to keep these facilities open to the public in the evening.

"It has become an occupational health and safety issue for the town employees entering the washrooms," explained Michaela Johnston, Accessibility and Health and Safety Manager.

"The safety of not only our staff, but the public is paramount. We cannot assure that those public washrooms are safe locations to go into. That's a concern when we have children visiting the washrooms."

A report to Town Council was made by Johnston that stressed the point that staff have discussed many options to mitigate harm and danger to the public, as well as Parks staff.

The report stated that the physical and mental health safety of the Town employees and the public using the washrooms is a key component to closing them in the evening.

Currently the doors close automatically at 10 p.m. Individuals are slipping in or putting something to stop the door from closing and they stay the night. According to Johnston that is when the vandalism occurs to the public washroom facilities.

As a result, Johnston recommended the washrooms are closed manually, and earlier so they cannot be used after hours and causing health concerns for the public.

As a result of lengthy discussions, it was decided the public washrooms would be manually checked for security purposes prior to manually locking the doors each evening. There are no night staff, so the doors will be locked at 5 p.m.

Normally these public washrooms are opened and cleaned daily at 7 a.m., cleaned again throughout the day, and then closed automatically at 10 p.m. Yet, operations report daily of incidents of vandalism and graffiti. On other occasions individuals gained access to the facilities just prior to closing and remained inside overnight.

Drug paraphernalia and suspected

drugs have been found daily by Parks staff while cleaning, and recently, a person was found dead in one of the facilities.

Councillor Leah Noel recognized the importance of keeping front-line staff safe.

"I would like to recognize staff dealing with this every single day; our students employed by the town who are cleaning feces, blood and other bodily fluids, who continue to keep our community clean and safe," Noel stated.

When it comes to mental health and substance abuse, Johnston stated that there is no easy solution except for security. People need to want to accept help and cannot be forced into treatment or into a transition house.

"We have to learn how to somehow cope with it and we will certainly keep exploring solutions," said Johnston.

In her report to Council, Johnston concluded that should damage and criminal activity continue to be an issue or escalate in the public washrooms, Town staff will further review the issue to meet the needs of the public and a reasonable duty of care for Town employees.

"It is critical to keep our Town safe and clean for residents, businesses and visitors alike, while also being financially responsible," wrote Johnston.

According to Sean Thomas, Director of Operations (DOO), the washrooms are closed during the winter and the tourism season is coming to an end in Goderich, while Council intends to do extensive research to determine a plan for the public washrooms next year.

Further to that, Town Staff have had meetings with the OPP on several occasions to discuss the issues related to the vandalism and health hazards surrounding the eight public washrooms.

According to the report, on Aug. 30 Mayor Trevor Bazinet and Town staff met with representatives from the County, Huron Perth Public Health (HPPH), and Alexandra Marine and General Hospital (AMGH). During the meeting the opioid crisis, addiction and mental health issues in the community were discussed.

A need for additional government funding for an enhanced Mobile Crisis Response Team (MCRT) program in Goderich was expressed by all.

Trevor Bazinet, Mayor of Goderich stated that Council has a responsibility to people in the community, as well as visi-

tors, to provide safe public spaces.

"We have to make sure our staff are safe and the people in our community are safe," Bazinet said.

"We would all hate for something else to happen, when we know we can control this by closing them at 5 p.m."

According to Johnston, the MCRT program partners a uniformed OPP officer with an experienced mental health professional to respond as first responders to calls through 911. It provides persons in crisis, their families, and caregivers with timely and appropriate crisis intervention.

It is this type of program that attempts

to streamline access to mental health crisis supports in emergent situations. Recipients of these services could be struggling with a mental illness, substance abuse, behavioural disorders, or people in acute crisis situations.

According to the report, CAO Hallahan stated that the Town of Goderich submitted a grant application for an Enhanced MCRT program in collaboration with Huron County OPP in July 2023.

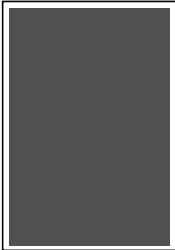
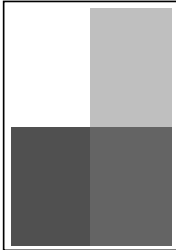
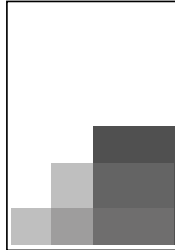


The public washrooms in town are located at Harbour Park, Victoria Park, Kingston Street, Main Beach, St. Christopher's Beach, and Rotary Cove Beach.

Goderich Sun

GENERAL INFORMATION AND ADVERTISING RATES

Not being a huge conglomerate, we have to "walk before we can run" with our newspaper. Therefore, we are going to grow in 5 steps, with the following timeline:

- Step 1** – Launch online monthly edition (first issue was Friday, September 1, 2023)
- Step 2** – Add print monthly edition (first issue is Friday, October 6, 2023)
- Step 3** – Complete 2024 Goderich Visitors' Guide (May 2024)
- Step 4** – Increase newspaper frequency to 2x per month (date to be determined)
- Step 5** – Increase newspaper frequency to weekly (date to be determined)

FULL PAGE	HALF PAGE	1/4 PAGE	1/8 PAGE
			
FULL PAGE - \$425 WITH COLOUR - \$480 10.3" by 12.6"	1/2 PAGE - \$305 WITH COLOUR - \$350 10.3" by 6.3" OR 5.1" by 12.6"	1/4 PAGE - \$170 WITH COLOUR - \$225 5.1" by 6.4" OR 6.8" by 5.1" OR 10.3" by 2.8"	BUSINESS CARD - \$55 WITH COLOUR - \$80 3.3" by 5.1" OR 5.1" by 3.6" BUSINESS CARD  1/8 PAGE - \$100 WITH COLOUR - \$125 3.3" by 2.25"

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The Goderich Sun is locally-owned and operated. Our editor is Kate Smith, and publisher of Grant Haven Media is Stewart Grant who owns the following small-town newspapers:

St. Marys Independent The Wilmot-Tavistock Gazette **STRATFORDTIMES** **Woodstock Ingersoll Echo**

Story ideas: Contact editor Kate Smith at kate@goderichsun.com.

Advertising: Contact Jake Grant at jake@granthaven.com or cell 519-870-0069

All other inquiries: Contact publisher Stewart Grant at info@goderichsun.com or cell 519-868-1290

FIRE PREVENTION WEEK

October 8-14, 2023

Goderich Fire Department to receive over 150 smoke alarms for the community

KATHLEEN SMITH

Editor

Back in March, the Goderich Fire Department applied to the 2023 Safe Community Project Zero campaign for a donation from Enbridge Gas for smoke and carbon monoxide alarms.

In a recent staff report for information, Town Council was informed that Goderich Fire Department was selected as a recipient of this donation.

The Safe Community Project Zero campaign began in 2009. Since its inception, Enbridge Gas has provided over 2.6 million dollars, resulting in the distribution of over 86,000 alarms to communities across the province.

Several fire departments in Ontario team up with seniors' centres, food banks, Children's Aid Societies (CAS), Meals on Wheels, and other community agencies to distribute these alarms

where they are most needed.

According to Jeff Wormington, Fire Services Manager and Fire Chief, the Safe Community Project Zero campaign provides selected fire departments, which are in the Enbridge Gas service area, with free alarms.

The retail value of the alarms is approximately \$9,700.

These alarms are for individuals in communities, with a focus on those

deemed as high-risk. According to the report, high-risk includes the elderly, people with disabilities and those with financial challenges.

Based on the population of Goderich, the fire department will receive 162 Kidde Canada 10-year, worry-free combination smoke and carbon monoxide alarms, which will be distributed throughout the community to those in need.



JEFF WORMINGTON
Chief



JOHN DOBIE
Deputy Chief



AARON DUCKWORTH
Captain



MATTHEW VANDENHEUVEL
Captain



NICK JENKINS
Captain



CHAD CRAWFORD
Captain



KYLE VANDERBURGH
Firefighter



IAN ANDREWS
Firefighter



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Firefighter

FIRE PREVENTION WEEK

October 8-14, 2023

Electrical Cooking Appliance Safety

When we think of cooking appliances in the kitchen, we often think of the stovetop, oven, and microwave. However, more and more people are often turning to electrical appliances like air fryers and slow cookers for the convenience of cooking meals quickly. Using these appliances properly is key to keeping safe in the kitchen.

Key Safety Tips

- Always use cooking equipment—air fryers, slow cookers, electric skillets, hot plates, griddles, etc.—that are listed by a qualified testing laboratory.
- Follow the manufacturer's instructions on where and how to use appliances.
- Remember to unplug all appliances when not in use.
- Check cords regularly for damage. Do not use any appliance with a damaged cord.

Slow Cooker

A slow cooker is designed to be left on while you do other things, even things outside of the home.

However, there are few safety tips to keep in mind:

- Keep things that could catch fire away from the slow cooker.
- Make sure the slow cooker is in a place where it won't get bumped. If the lid gets dislodged, the liquid could boil away, which could cause the appliance to over-

heat and create a fire.

Pressure Cooker

A pressure cooker is designed to cook food faster than a stovetop or oven. Because it uses hot steam and pressure to cook food it is important that they are used properly to prevent burns.

- Place the cooker in an open space to give enough room for the steam to ventilate.
- Never cover the steam release valve on the pressure cooker.
- Do not leave the home when using a pressure cooker.

Air Fryers

Give your air fryer enough space. The air vents release heat and need airflow.

- Do not leave the home when using the air fryer.
- Make sure you clean grease and food debris after every use. Unplug and allow to cool completely before cleaning.

Hot Plate, Griddle and Electric Skillet

Stay with the hot plate, griddle, or electric skillet when cooking.

- Do not touch the surface of a hot plate, griddle, or electric skillet, as it could burn you.
- Unplug a hot plate, griddle, or electric skillet when not in use and before cleaning.

Allow the appliance to cool before cleaning it.

Did you know that cooking fires are the leading cause of home fires and home fire injuries?
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DAN MASSE
Firefighter



BRAD SPROUL
Firefighter



SHAWN BEAN
Firefighter



GYS WEVERINK
Firefighter

Celebrating Small Business Week in Goderich

KATHLEEN SMITH

Editor

To highlight the importance of small business success for Ontario's economic prosperity, the Ontario Chamber of Commerce (OCC) will celebrate Small Business Week (SBW) from October 15 to 21.

The week is an opportunity to celebrate the resilience and innovation of businesses across Ontario and shed light on challenges and opportunities impacting small business success.

Small business owners have a lot going on, focused on prioritizing business continuity, hiring the right talent to meet fluctuations in demand, and managing employee and customers needs.

With everything going on, sometimes it is difficult to pause and acknowledge the role small businesses play in the Canadian economy.

To celebrate SBW in relation to Goderich, the Goderich BIA has chosen three small businesses to recognize – a new business, a legacy business and a business celebrating a milestone.

Those local businesses chosen were: Feral and Free, Fincher's and Elizabeth's Art Gallery.

Feral and Free:

After owner Sally Ford retired from a 13-year career in Early Childhood Education (ECE), she opened Feral and Ford in 2016.

Previously Ford had a market booth in the St. Jacobs Farmer's Market. Over time she thoughtfully grew her business by cultivating relationships with families.

At this point, Ford said Feral and Free was selling clothes and accessories for children under the age of six. Ford was sourcing clothes out from other compa-

nies and curating lines.

In 2020, she opened her first brick and mortar shop in the village of St. Jacobs.

"It was right on the main strip, and this was the year I designed my first line," said Ford.

"It took many months to work out the kinks of this line, since I am self taught and never went to school for textiles."

Despite taking the time to carefully grow a business, Ford soon hit a speed bump. Four months after opening, the pandemic hit.

"It was absolutely devastating to my business," admitted Ford.

She admitted that her landlord at the time was unwilling to work with the government for any loans and keeping her clothes hostage in the closed store would have bankrupt Ford.

"I rented a U-Haul and cleared the space out," she remembered.

"To make sure I didn't lose any money, I sold almost every piece from that first line at cost through my online store."

Ford stressed that the community rallied behind her, and she was able to sell off 75 per cent of the clothes.

It was at the end of 2021 that Ford and her family moved to Goderich and that it was a dream come true for them.

During 2022, Ford had a booth at the Pinery Market in Grand Bend, but she wasn't sure what she wanted to do.

"Fabric was very expensive, and duties and taxes had skyrocketed," she said.

"I went back to selling clothes from other businesses pulling together lines for each season."

It was last February in 2023 that Ford found a shop on Hamilton Street, and she knew she was ready to take her chances and invest in another brick and mortar.

According to Ford, the line of clothes

she designs focus on 70 per cent gender neutral clothing. Ford explained that they are better for the environment and tend to be more practical for a child's lifestyle.

Furthermore, nearly 70 per cent of the clothes Ford makes are made from organic cotton.

"Working with children for 13 years gave me the understanding of how children move and play and what clothes would be best for each stage of development," Ford said.

"It is important to me that my store feels inclusive for all families and that it is a safe space for anyone in the community to come."

Ford is hopeful she has created a space that feels warm and inviting. A play area for children is set up in the store while the parents shop.

When it comes to manufacturing the clothes, Ford has partnered with a small business in China. This year she was able to meet with the owner when she visited Ford from Yiwu.

"She and her husband own the factory and they employ around 80 people. They work mostly with small businesses like mine," Ford explained.

"I am very happy to work with an ethical company where people make a working wage."

Despite all the support and ducks in a row, Ford understands that in her start up year she won't make a profit.

She said she poured a lot of money into her shop and into her line of clothes, but that she already feels successful because she's happy.

"I feel proud of myself that I endured so many ups and downs and variations of Feral and Free. I never gave up on my dream," said Ford.

"There is no way I could ever run this

business if it weren't for my husband's steady job. I don't have any savings, credit, or steady tax returns. Running a retail business is hard because it is seasonal."

Currently Ford doesn't have any employees as it is important for her to be the face of the business as she builds her brand in this community.

Ford offers advice to those who want to be an entrepreneur in a small town.

"Always follow your heart," she said.

"But remember, 'what is woven by passion is undone by reason'. Start slow, it takes time and patience."

Alongside this, Ford ran an online store, which remains up and running today: feralandfree.ca

Fincher's:

Opened in 1956, the family destination store features books, toys, giftware, games, puzzles, crafts, magazines, and souvenir clothing.

Current owner Tom Fincher said that his family-owned business is doing well as they continue to adapt to the challenges of the times.

Fincher's father and mother started the business in 1956 as a pool hall and coffee shop, and over time it morphed into what it is today.

Fincher took over in 1988 and his wife Dawn joined in 1994. Fincher worked in the store from a young age and decided in his late teens that he wanted to make the retail store his career.

"Our goals are still the same as they have been for over 65 years," Fincher stated.

"Our success has been built by doing our best to take care of our customers of all ages and provide quality products with a wide variety of selection."

Fincher explained that his small busi-

CONTINUE TO PAGE 9



Sally Ford of Feral and Free



Fincher's, Dawn and Tom Fincher.

Celebrating Small Business Week in Goderich

CONTINUED FROM PAGE 8

ness is unique due to the variety of items they carry. From products for newborns right up to the oldest in a family. Fincher also stressed they do their best to bring in items for customers if they don't have it in stock.

"We love hearing people say how much they like our store, our services and when you hear the delight in a youth person when they see all the toys in the basement, it's quite a feeling," remarked Fincher.

Currently, Fincher's offers employment to 11 locals, and reiterated that he plans to follow the goal of continuing to grow the business.

A successful small business passed through a family has had the opportunity over the years to support many local non-profit groups, including making donations to local charities throughout the year.

"We were profitable very early on, as it was necessary to support a family," added Fincher.

"To someone who is starting, there is no shortcut to success and hard work certainly help meet your goals."

Elizabeth's Art Gallery:

In May of 1992 Elizabeth Van den Broeck opened her own gallery in Goderich while she was in the process of completing her degree in Art and Art History at the University of Toronto.

Thirty-one years later, Elizabeth admits that she never would have imagined that an art gallery in a rural community would weather all the storms of recessions, a devastating tornado, and the pandemic.

"The current challenge of inflation is hitting hard, and we are working on sourcing new products and ways of promoting our longstanding business," said Van den



Elizabeth's Art Gallery (L-R) Natalie Hussey and Elizabeth Van den Broeck

Broeck.

"The success of the gallery has always been attributed to having a diverse range of products and services for all art related needs."

Van den Broeck admitted that meeting her husband, of now 30 years, she returned to the town. The opportunities for someone in the art industry were quite limited and the best option was to create her own.

For the near future, Van den Broeck has the goal to keep making art, keep going strong, add more workshops and come up with some sort of succession plan.

Van den Broeck believes that having an art gallery is an asset that is important to the vitality of the downtown core.

Despite having success in Goderich, Van den Broeck believes her biggest regret in opening a small business is not taking a business course when starting out. It took several years to figure out the accounting aspect and as the business has grown and become more multifaceted, so has the accounting.

"The success however, I believe, is because we are the best at what we do and are meticulous to all the fine details when

it comes to our services, drawing repeat patrons from as far as Toronto," said Van den Broeck.

"What makes us successful is also what makes us unique. Nowhere, can you find such an extensive range of art products and services under one roof."

Van den Broeck is proud of the variety offered to patrons, including original art by Elizabeth and Natalie Hussey, art gifts, custom framing, art supplies, fine art printing, custom printing, and the Co-op Gallery with tenants on the lower level.

"Together we make a brilliant destination in the heart of Goderich," added Van den Broeck.

"Two galleries in one stop."

Currently Van den Broeck has help from assistant Hussey and intermittently her father. She admitted she would be lost without the help of Hussey.

Originally the goal was to have a place to display her own work, and since then the gallery has grown into so much more than that.

"As an artist I have created a style and a name for myself," said Van den Broeck.

"I am so thankful for the community, artists and customers that support the gallery. I am in a unique position that is difficult to compare to regular businesses. I always tell my young artists to take a business course, as I believe many creative people end up going into business for themselves in some way or another."

Van den Broeck has created a place to be creative in Goderich, while doing their best to give fundraising items to every organization possible.

"I sincerely hope our presence enriches the experience of Goderich and continues to do so for many years," concluded Van den Broeck.



GODERICH LEGION WELCOMES NEW MEMBERS

Recently, the Goderich Legion welcomed 12 new members to Branch 109. (Back row, L-R): Ben Hakkers, Patrick Cieslar, Kevin Whalen, Terry Schwartzenruber, Wyatt Bearss, Bill McIsaac, Michael Dalton, Matt Hoy 1st Vice President (Front Row, L-R): Deb Jackson, Verlaine Burke, Donelda Schwartzenruber, Anne McIsaac, Betty Lou Dalton (In Front): John Hruden, Membership Chairman. (Cynthia Strickland/2nd Vice President)

(CONTRIBUTED PHOTO)

Weekend Quiz

- 1) In what year was the flip phone invented?
- 2) The bassoon belongs to which instrument family?
- 3) True or False. The color red is made up of shorter wavelengths than blue.
- 4) What is the largest island in the world by area?
- 5) How many gold medals does Michael Phelps have?
- 6) What country is the biggest polluter?
- 7) Who wrote "The Great Gatsby"?
- 8) What is the most dangerous jellyfish?
- 9) The currency used in Israel is known as what?
- 10) What type of tree produces acorns?

This week's answers are found on pg. 22

Paying tribute to British Home Children in Goderich

KATHLEEN SMITH

Editor

September 28 marked British Home Child (BHC) Day.

In a government scheme between 1869 and 1948, over 100,000 children of all ages from the U.K. were brought to Canada to work on farms and in households. These children were not brought to Canada for love or protection, and their stories are still vastly unknown.

Emigrated right across Canada, these children were used as indentured farm workers and domestics. Believed by Canadians to be orphans, only two per cent truly were.

On September 28 every year the BHC are remembered. Across Canada and the UK landmarks, cities and businesses illuminate in the colours of blue, red, and white to honour those children.

These children were sent to Canada by over 50 organizations including the infamous Barnardos and the well-known Fairbridge Farm School.

There was a Fairbridge school on Vancouver Island, British Columbia (B.C.) and on September 25, 1935, the arrival of 41 British children was the first of 17 groups.

The children were to be schooled and trained on the farm, the largest experiment of its kind ever attempted in Canada.

A total of 18 cottages were built, which housed between 12 and 14 children along with a 'cottage mother'. The boys occupied 10 and the girls the other eight.

The farm school was self-contained, having its own school, hospital, dining hall, laundry, Anglican chapel, and other buildings for staff. The working farm had gardens, orchards, a prized dairy herd, pigs, sheep, and chickens.

By the time the Fairbridge Farm School closed its doors in 1951, a total of 329 children – 97 girls and 232 boys – had started a new life in Canada, but not by choice.

For some of the children involved in this scheme, life was hard, but they had a roof over their head, meals and when they were of age, they moved on and made a life for themselves in Canada. For other children, it wasn't a picture-perfect experience, as many children experienced several forms of abuse and neglect.

A harsh truth is that the monitoring of children's placements was often neglected, and many children found themselves abandoned in a new country, with a new life, worse than the old life they had.

Siblings were often separated. Girls assisted farm wives not only with housework and children, but on the fields too. Boys became farm workers who were overworked.

For some lucky children, they were accepted into the families they worked for, but sadly many others suffered. Children could be reassigned, and many were moved from one farm to another. Some ran away or simply disappeared, some died from ill-health or injuries from neglect or abuse and some committed suicide.

These British children were considered inferior and stigmatized as such because they were poor and needed help. These children were often taunted and made



Maple Leaf Motel in Goderich

(SUSAN GLOUSHER/FACEBOOK PHOTO)



Rudolph J. Smith at Fairbridge Farm School

to feel shame, a shame that caused these individuals to remain silent about their childhood for their entire lives.

Most of these children were not picked up from the streets but came from families, or single mothers, who had fallen on hard times. Due to the lack of social systems in place to help, families and parents felt they had no other way than to surrender their children to these organizations.

Often these children were placed in what was considered a temporary housing facility, or foster homes before coming to Canada.

Sometimes this was temporary, and according to government records, there are some cases of parents who went back to pick up their children, only to find they had already been sent away. Sometimes parents received an 'after sailing' notification, informing them that their child(ren) had emigrated.

Upon arrival to Canada, the children were sent to receiving homes, until farmers picked them up, or were sent to their destinations, alone, with a cardboard sign around their necks.

According to the British Home Children Advocacy and Research Association (BHCARA) over 10 per cent of the current Canadian population are descendants of Home Children, although many remain unaware of their own heritage.

"These children are not to be confused with guest children who were temporarily sent from evacuation zones in the U.K. to Canada during the Second World War to be kept safe from areas under attack," said Sandra Joyce, British Home Children Advocacy and Research Association (BHCARA), now known as Home Children Canada (HCC).

"The British Home Children were sent away to work, some never to see their families again."

An advocacy group established in 2012, HCC has remained committed over the last 11 years to promote the stories on a global scale, and reunite families separat-

ed by these migration programs.

The charity is dedicated to acknowledging the truth of these relocation schemes. In recent years the charity has also undertaken a crucial mission of identifying the burial sites of Home Children, particularly those who were laid to rest.

In one significant find, the charity located an unmarked mass grave that contained the remains of 76 children in Etobicoke, Ontario's Park Lawn Cemetery. After years of research to identify these children, a monument was erected to recognize the children.

HCC is a registered Canadian charity continuing to bring the true stories of the British Home Children to light. It is the charity's aim to maintain the children's memory and to reunite the families separated by the child migrant schemes.

It has been 154 years since the first delivery of children arrived in Canada.

To honour these children, communities in Canada and the UK have participated in the Beacons of Light for BHC tribute since 2019, by illuminating memorials, monuments, buildings, or other areas with the colours of blue, red, and white.

Illuminating is a symbolic gesture showing that the children are not forgotten. Cities with iconic sites agree to participate including Niagara Falls, Kingston, and Toronto's CN Tower.

Local business Maple Leaf Motel participated and illuminated its exterior to honour those children.

According to owners Iqbal and Tahseen a couple months back the hotel hosted the community Iftar dinner at the MacKay Centre for Seniors. The motel's owners met Susan Gloucher at that event.

While speaking about the lights of the motel, Iqbal explained how they went through renovations and installed colour changing lights. Iqbal mentioned the motel likes to change the lights' colours for occasions, like Halloween or Christmas.

Last week Gloucher reached out to Iqbal and requested the motel light up on Sep-

tember 28 to honour British Home Children (BHC) who came to Canada.

"She came over to the motel and explained thoroughly, how her grandfather was a home child. She wanted to honour that her grandfather amongst many other children brought from the UK to Canada, to work," said Iqbal.

"There is a deep history behind the BHC and Susan was amazing at educating us about what happened."

Iqbal was also educated on how many residents of Huron County are descendants of these child migrants.

"The Maple Leaf Motel sympathises with the families who have struggled through this time in history, and the children who had to leave their homes," added Iqbal.

"We cannot imagine what those children have gone through, but we can pay our respects and tributes to honour those children. We are more than happy to contribute towards our community and tribute to the British Home Children."

The local connection to BHC doesn't stop there. For Goderich residents – who are not related – Rudy Smith (Junior) and Kate Adams, their respective parents were both BHC who spent time at Fairbridge Farm School in B.C.

Rudolph Joseph Smith (Senior) was born on March 1, 1929, in Brighton, UK.

Despite a challenging childhood on his own in Canada, despite the scheme, Rudolph managed to build a life in Canada – a 40-year career with Stelco in Hamilton, a long, happy marriage of 65 years to Jean (nee Kennedy), a maternity/delivery nurse, they had five children and 19 grandchildren.

On Oct. 27, 2021, Rudolph passed away at home, surrounded by his wife and children.

When Rudolph was 10, after being swept up in the scheme, his mother sent him to a Fairbridge Farm School in Compton Martin in Somerset.

CONTINUE TO PAGE 17

Goderich Air Cadet soaring to new heights

KATHLEEN SMITH

Editor

Not everyone can find a passion and continue to follow a dream, but for Goderich air cadet Jacob Watson, important steps have been taken towards his goals.

Watson, a cadet from the 532 Maitland, Royal Canadian Air Cadet Squadron in Goderich participated in a seven-week Glider Pilot Training Course.

This intensive course in Trenton culminates in the successful candidates receiving their Transport Canada Glider Pilot Licence.

To be selected as a successful candidate, Watson went through rigorous and competitive process, including online ground school, an entrance exam, evaluation of his cadet file and school marks. The final step was an interview.

Watson not only took the entrance exam, but had exceptional performance on the written Transport Canada exam, setting him apart from the 82 air cadets participating in the course.

Watson's remarkable achievement earned him the Major N. Cairns Trophy, marking him as the recipient of the Top Academic Pilot Award.

According to Watson who was



always fascinated by planes and aspired to become a pilot, this course was an initial step towards that goal.

Watson was introduced to the cadet program by father when he was 12 years old, when he was already eager to explore his interest in aviation.

"I joined cadets as soon as I could because I was interested in aviation and wanted to obtain my glider pilot and



(CONTRIBUTED PHOTOS)

power pilot licence," explained Watson.

"My father, who earned his glider wings at my age, informed me about this program."

According to Watson he has set his sights on obtaining his private pilot licence through the power pilot scholarship available to air cadets.

The Canadian Cadet program provides youth between the ages of 12 and 18 the opportunity to experience training, community activities, specialized courses and teaches life skills including confidence and leadership.

According to the Maitland, Royal Canadian Air Cadet Squadron, air cadets focus on aviation familiarity, air crew survival and cadets who qualify for specialized training could earn their pilot's licence.

Cadet training is held at the Goderich District Collegiate Institute (GDCI) on Wednesday evenings from 6:45 p.m. until 9:30 p.m.

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Goderich Junior Flyers find themselves at bottom of standings

RICHARD MADGE

Contributor

After the first month of play in the Provincial Junior Hockey League (PJHL), the Goderich Junior Flyers find themselves at the bottom of the Pollock Division

GODERICH JUNIOR FLYERS

2023 Player Statistics (through October 4, 2023)

PLAYER	POS	GP	G	A	PTS
Carson Fletcher	F	5	1	1	2
Owen Shore	F	5	1	1	2
Jeremy Hamilton	D	5	1	0	1
Leland Weber	F	5	1	0	1
Wilder Hoggarth	D	4	0	1	1
Austin Aldrich	F	5	0	1	1
James Bender	F	5	0	1	1
Wyatt Connelly	D	5	0	1	1
Keegan Greer	D	1	0	0	0
Brett Reesor	F	3	0	0	0
Brady Fraser	D	3	0	0	0
Mitchell Hodges	D	3	0	0	0
Jayce MacArthur	F	3	0	0	0
Carson Stutzman	F	3	0	0	0
Payten Wheeler	F	3	0	0	0
Rowan Alexander	D	5	0	0	0
Trent Carter	F	5	0	0	0
Cohen Lesouder	F	5	0	0	0
Cameron McCarthy	F	5	0	0	0
Tyson Rintoul	F	4	0	0	0
Reid Williams	D	5	0	0	0
Kyle Smeltzer	F	2	0	0	0

PLAYER	RECORD	GAA	SV%
Logan Bromley	0-2-0-0	4.54	.896
Owen Willmore	0-2-0-0	7.37	.824

sion standings.

The Junior Flyers remain winless in five games.

Contributing to their winless streak, in three of those games the Flyers failed to score. They boys have recently lost 9-0 to the Hanover Barons, 5-0 to the Walkerton Capitals and 7-0 to the Mount Forest Patriots.

In the other two games, the Flyers lost 4-1 to the Wingham Ironmen and 6-3 to the Mitchell Hawks.

The Flyers scoring goals in those games against Wingham and Mitchell were Leland Weber, Owen Shore, Carson Fletcher, and Jeremy Hamilton.

The re-organized Flyer's organization is looking upon this season as a building year as the team is young and lacking in experience.

Despite a young squad, there is no lack of experience behind the bench, with Head Coach Grant Lamont having 35 years and Associate Coach Shawn Dickey 27 years in senior and junior coaching experience.

Both Coach Lamont and Coach Dickey see success as not being confined to the win or loss column, as they seek to mould their players into a competitive team.

Dickey, who previously coached the Senior AA Goderich Pirates, where he saw the pride the community takes in its hockey teams, sees his job as building relationships with the players and helping them become the best that they can be.

Dickey says his enjoyment as a coach comes from seeing the progress in his players' development.

Dickey feels the young Flyers have the drive and ability to be competitive once team chemistry and structure have developed.

"From the scores, one might think goaltending was an issue, but that is one



(CONTRIBUTED PHOTO)

Owen Shore, Alternate Captain VS Mitchell on September 23

part that seems to be where it needs to be," Dickey commented in analysing the team's play so far.

He credits Christian DeJong and Logan Bromley with solid play in the Flyer's net.

A key to the problem for the Junior Flyers, Dickey confides, are issues such as defensive zone positioning and getting shots off when there's an opportunity.

He stressed that the coaching staff is committed to righting the ship and getting a 60-minute effort from the players as they put their losses behind them and work on the details.

Dickey points to positive moments such as the Flyers 3-1 early lead in the Mitchell game and a strong second period in Walkerton in which they outplayed the Capitals but couldn't find the back of

the net, as hopeful signs.

The Junior Flyers have home games all four Saturdays in October, with puck drop at 8 p.m. at the Maitland Recreation Centre (MRC). The Junior Flyers are hopeful to put their improvement in play to the test.

The first of these games, on October 7, sees the new entry in the league, the Fergus Whalers, providing the opposition.

The addition of the Whalers to the Pollock Division gives it a total of eight teams, which balances the schedule and changes the playoff format.

Any thought that the Whalers would get off to a slow start in league play were put to rest by a level of play that has them already in third place.

Hanover, Mount Forest, and Kincardine will be the other Saturday night visitors to the MRC.

PROVINCIAL JUNIOR HOCKEY LEAGUE

NORTH POLLOCK DIVISION

(Standings through October 4, 2023)

	GP	W	L	T	GF	GA	DIFF	PTS
Hanover Barons	6	5	0	1	32	14	18	11
Walkerton Capitals	6	5	1	0	22	15	7	10
Fergus Whalers	6	2	1	2	15	17	-2	7
Wingham Ironmen	6	3	3	0	18	19	-1	6
Kincardine Bulldogs	6	2	2	1	18	17	1	6
Mount Forest Patriots	5	2	2	0	23	19	4	5
Mitchell Hawks	6	2	3	0	21	21	0	5
Goderich Junior Flyers	5	0	5	0	4	31	-27	0

Send in your sports reports

Coaches and/or parents are invited to send in your sports reports and pictures to the Goderich Sun to let Goderich and area know how your teams are doing throughout the 2023/24 season (and to create some great scrapbook material to be reflected upon in future years).

Game reports should be kept to a

maximum of 100 words. Please include a brief description of what happened during your games, including the names of those who scored and any special efforts made by your players.

Please have all reports and pictures in by the end of the month by emailing info@goderichsun.com

Goderich plays host to Huron County Fastball League finals

KATHLEEN SMITH

Editor

The Huron County Fastball League (HCFL) and its 12 teams competed in Goderich over the September 16 weekend.

Seeded in 10th place after their 22-game regular season play, the Goderich Grizzlies won their first game of the playoff tournament, defeating Monkton Muskrats 12-1. Monkton was seeded seventh place after regular season.

"A credit to our pitching all weekend long, we had awesome pitching, and it gave us a chance to win. Our bats came alive, and we were really hitting the ball on the Friday night, so that went well," explained Jamie Stanley, member of Goderich Grizzlies.

On Saturday, September 16 Goderich experienced two close-game losses, with a 1-0 loss to Belmore Stingers (ranked second), walk-off in the bottom of the seventh.

With a 3-2 loss against Fullarton A's (ranked ninth) later that day, the Goderich Grizzlies were then eliminated.

"Saturday, we had to play the number two seed, and we lost," lamented Stanley on the outcome of the tournament for the Grizzlies.

"[We had] another tight game. We were hitting the ball but couldn't get a timely hit."

In the finals, first ranked Brussels Tigers played against sixth seeded Sebringville Sting.

In the end, it was the Tigers who came out on top, and won the championship title for the sixth year in a row, defeating the Sting 4-0. The Tigers squad, which has won the last seven of eight HCFL championships,



THE 2023 GODERICH GRIZZLIES

(Top Row, L-R): - Scott Leonhardt, Stephen Mallott, Bill Draper, Carson Lamb, Kyle Dunn, Ethan Hewitt, Curtis McCabe, Jamie Stanley and Cole Wheeler. (Bottom Row, L-R): - Tyler Jones, Cal Taylor, Jacob Abbott, Rylan Lamb, Ryan Olmstead, Chad Crawford, Caden Beattie and Brian Dixon.

(CONTRIBUTED PHOTO)

did not give up one run the entire weekend.

Pitching is a crucial element of success on the diamond, and with top quality pitching from Ty Sebastian, the Tigers were able to put together another memorable season.

"Brussels was certainly the favourites to win it, and they won. You must play a perfect game to beat them. No one scored a run off of them the whole weekend," Stanley said.

"Brussels has a really good team. Not only do they have pitching, but they have guys who can hit too. They are a solid club."

The 12 teams of HCFL include Goderich Grizzlies, Brussels Tigers, Belmore Stingers, Brussels Bangers, Fullarton

A's, Mitchell Mets, Milverton AW Millwrights, Monkton Muskrats, Sebringville Sting, Walton Brewers, Wingham Hitmen and Wroxeter Rippers.

Regular season play begins mid-May. It will be the leagues' 36th season in 2024.

Stanley explained the Grizzlies got off to a difficult start this season, and had to recruit pitchers, including bringing one back from retirement, to help round out the roster.

According to Stanley, pitchers Stephen Mallott, Scott Leonhardt and Rylan Lamb helped the Grizzlies have a really good season, and both Mallott and Leonhardt who pitched during the championship tournament deserved a better fate.

"They gave up only five runs in three games, unfortunately our bats went quiet after the first game," added Stanley.

"Coming out of the season, we are in really good shape and the future looks better. We have a good core group of players. I think we could be a team to beat next year."

Further to organizers and town staff who managed the diamonds for the tournament, the Goderich Junior Flyers volunteered to run the bar, and all the umpires helped the tournament run smoothly. Half the proceeds from the bar go towards the Junior Flyers, while the other half go to the Grizzlies to help with operational funds for next season.

CALLING ALL DIRECTORS!

Goderich Little Theatre at The Livery is looking for directors for the 2024-25 season.



Anyone interested in directing a theatre production for the October 2024 to May 2025 season, contact the General Manager for a submission form at: livery@thelivery.ca

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Over 100 athletes participate in second annual Fit Body Games

KATHLEEN SMITH

Editor

The second annual Fit Body Boot Camp Games were held in Kincardine on Saturday, September 16. The Games celebrates both physical and mental strength, pushing the athletes with intense competition.

The Games are an opportunity to put all the time spent in a gym to the test. Last year in the inaugural games the event played host to 100 athletes. This year the event had 144 athletes and 36 teams compete with their fellow Fit Body family.

According to Fit Body Goderich and Kincardine franchise owner Nadine VandenHeuvel, the Games are a way to create an environment for people of all ages and abilities to participate in competition usually reserved for athletes.

"Congrats to all of the athletes," said VandenHeuvel, in a post on social media following the event.

"It was perfect, and I'm fired up and inspired by every single one of these incredible humans that showed up to change their own lives and all those around them."

Fit Body Boot Camp is a personal training center franchise that specializes in 30-minute weight loss boot camps that challenge the body and deliver results in a

positive, support atmosphere.

Sessions combine high-intensity interval training (HIIT) and active rest, as well as nutritional guidance. Every Fit Body Boot Camp session is led by a certified coach.

According to Fit Body Bootcamp the number one goal has been to build a community and a culture.

Each of the 36 teams competing had four athletes. Teams came from Goderich, Kincardine, Kitchener, Cambridge, and Oakville – all part of the Fit Body Bootcamp gyms in those centres. A total of 11 teams were from Goderich.

Athletes ranging in age from 20 to mid-80s participated and had to be members of the Fit Body Bootcamp gym.

"The Games brought out an incredible display of strength, endurance, perseverance and community from all 144 athletes and many more FBBC coaches, volunteers and family supporters," said Laura Blackmore, one of the participants from Goderich.

"We went into the day with nervousness and uncertainty. All these emotions were quickly replaced with an 'I can do it; we can do it' attitude thanks to the support and cheers from everyone who was there."

There were three divisions at the games:

Fit Body Forever/Functional Fitness; Goal Getter Division; and Fire Breathing Dragon.

The teams in the Fit Body Forever/Functional Fitness division were made up of men and women specifically aged 55 years or over. This program was designed to focus on building and improving strength, stamina, and stability.

"We recognize the needs and focus of adults change with age and are committed to doing what we can to ensure these years truly are the best years of life," explained Melissa Wormington, Chief Operating Officer, Fit Body Bootcamp Goderich.

"Our members come to us to improve their physical health and in doing so, find themselves a new social circle, new friends and a new potential for their future."

The Goal Getter Division and the Fire Breathing Dragon Division were both open age categories. In the Goal Getter Division, women used 10-pound weights and men used 20-pound weights. In this division, the athletes ran 200 meters in the biathlon event.

In the Fire Breathing Dragon Division, the more elite athlete division, had the most challenging expectations. Women used 20-pound weights, men used 25-pound weights and athletes ran 400 meters in the biathlon event.

Teams in each division took part in events such as tug of war, completing as many reps as possible in 15 minutes, biathlon relay and a five-minute thruster buster finish, to see how many reps the team could accumulate in 5 minutes.

Further to the Games creating a sense of community and inspiring athletes, the event raised over \$2,000 to help the local chapter of Special Olympics Kincardine and Area. The funds will assist the chapter in purchasing new equipment to help the athletes train for upcoming competitions.

"The Games are about creating an opportunity for people of all ages and abilities to participate in things that usually only get chalked up for 'athletes,'" added Wormington.

"Day after day, working your tail off in the gym, putting in the reps, celebrat-

ing your session milestones, this event is an opportunity to put all that work to the test."

Results for teams from Goderich:

Seven teams competed in the Fit Body Forever/Functional Fitness Division.

Third Place: Goderich team 'Golden Girls'. Team members: Brenda Young, Twyla Raines, Kris Bailey and Carolyn Snider.

Second Place: Goderich team 'Seasoned Sistas'. Team members: Arlene McCowan, Anne Bondy, Anne Sully and Evelyn Leppington. Missing from photo: Anne Sully.

Nineteen teams competed in the Goal Getter Division.

Third Place: Goderich team 'Squad of Squats (SOS)'. Team members: Amy Knox-Ruttan, Heather Zapple, Terri Lynn MacIntyre and Lisa Kristenson.

Ten teams competed in the Fire Breathing Dragon Division.

Third Place: Goderich team 'Scrambled Legs and Achin'. Team members: Laura Blackmore, Catherine Snieder, Megan Frayne and Sue Little.

Other Goderich teams included:

The 'Graniators' including team members Luo Forsey, Marilyn Turner, Jaye Ohm and Susan Barnett.

The 'BarTenders' including Deb Stanley, Tara MacKinnon, Lesley Britton and Vicky Munroe.

The 'Stronger than Burpees' team, including Jenny Burns, Summer Simpson, Tina Wolterbeek and Cassandra Plezer.

The 'Husky Lifters' squad including Joanne Johnston, Shaye Rogers, Kristy Cayer and Karen Partridge.

The 'Tenacious Turtles', including team members Kaytlin McDougall, Janella Dykstra, Shannon O'Neal and Kelsey Becker.

The 'Here 4 Good Time' team including Mary Bennett, Barb Cowan, Christine McWhinney and Sherry Hugill.

A coaching team to push the athletes during the Games was made up of Fit Body staff from Goderich, Kincardine, Cambridge, Kitchener and Oakville.



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IODE Maple Leaf Chapter supports Seahawks

DAN RIDSDALE

Contributor

The Seahawks Girls Fastball program saw its first game played back in 2011 at the old Ag. Park with a small group of young aspiring female ball players. These players were interested in developing their individual and team abilities in this new setting.

Over a decade later, the Seahawks program has grown dramatically with opportunities for girls to compete in fastball in Goderich from as early as five years of age, up to the age of 20.

Throughout this time of growth, the one aspect of this program that has remained constant is the annual support toward the Seahawks program. Throughout the years the IODE Maple Leaf Chapter has made generous donations through their Community Grant Funding Program.

The generosity of the IODE has gone a long way each ball season to assist in the replacement and the upgrading of fastball equipment. The donations also help keep the annual costs of player registrations as low as possible.



(CONTRIBUTED PHOTO)

IODE members (who were not interested in having their names attached to the photo), with members of the Seahawks team. (L-R): Jon Collins, Alexa Yeo, Arlen Collins, Olivia Mabon, Bethany Burbine, Tenley Driver, Avery Macphee, Georgie Gusso and Peter Gusso.

Vinyly Vintage offers Goderich a retro paradise



(KATHLEEN SMITH PHOTO)

A record store with a range of vinyl records, vintage clothing and all kinds of retro items including a playable pinball machine, Vinyly Vintage is a dual shop that also offers work on race cars.

The shop that opened this year, offers a step back in time, evident from the checkerboard floor, the racks of vinyl and the vintage clothing, glassware, board games, comic art, paintings, and other items.

Co-owned by Melissa Vaughan and her husband Kevin DeLong, Vinyly Vintage is officially open in Goderich from 10 a.m. until 6 p.m., seven days a week. The shop is located on 88 Britannia Rd. E.

The Goderich Sun sincerely thanks Vinyly Vintage for being the very first advertiser in our community paper.

Goderich Sun

info@goderichsun.com | goderichsun.com

Goderich Visitors' Guide 2024

EARLY BIRD DEADLINE: 10% DISCOUNT IF PAY FOR YOUR AD BY DECEMBER 15

Deadline March 15, 2024

Local businesses and organizations: the Goderich Sun team is pleased to announce that we will be putting together the 2024 Goderich Visitors' Guide.

The Visitors' Guide will be distributed to a wide variety of high-traffic pick-up locations including hotels, campgrounds, recreation areas, 401 rest-stops and travel centres throughout the province, and even into key locations within Michigan and New York. Your advertisement can help these readers plan their best-possible visit to Goderich.

Please stay tuned for rate and other information.

To be added to our email distribution list, please contact info@goderichsun.com with Subject Line "Interested in Visitors Guide Info".

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Gateway hosts evening to recognize remarkable local healthcare workers



(CONTRIBUTED PHOTO)

Pictured are several of our amazing local health care professionals. Those in attendance included Sue Bird, Jill Greidanus, Kaleigh Allinson, Jacqueline Martin, Bruce Shaw, Kari Johnson, Kathleen Buckley, Irene Gordon, Faye Barth, Kelly Coates, Rhonda Hodges, Christine MacIntyre, Lynn Higgs, Briar Higgs, Lindsay Rodger, Dagny Kane-Haas, Louise Graham, Danielle Johnston, Stephanie Hickmott, Aleksander Radan, Emma Johns, Patti Harnett, Alysha Walters, Susie Olsen, Melanie Nurse, Trish Ohm, Ruth Essex, Janet McDougall, John MacMillan, Tiffany Kittmer, and Lyndzi Mason. (These names are in no specific order and do not align with the provided picture).

KATHLEEN SMITH

Editor

Spearheaded by Gateway Centre of Excellence in Rural Health (CERH), an evening with nominated local healthcare workers celebrated those individuals and their dedication.

The evening event took place on September 28 at the Knights of Columbus Hall.

The evening provided a platform for respite and celebration for the diverse group of doctors, nurses, PSWs, fitness instructors, and pharmacy technicians.

The event aimed to honour individuals who tirelessly worked during critical and uncertain times, as nominated by their peers, patients, and community members.

Furthermore, to the recognition ceremony, University of Guelph PhD candidate Casandra Bryant delivered a poignant presentation, sharing insights from the research that validated and expressed the experiences of healthcare workers within the community.

Gateway's mission is to improve the health and quality of life of rural residents through research, education, and communication.

Through research, Gateway aims to improve healthcare delivery to rural residents, while also addressing health concerns. To honour their mission, Gateway wanted to recognize the efforts made daily by healthcare professionals in the area.

Mayor Trevor Bazinet, who spoke at the

event, stated his gratefulness on social media, for all their dedication and efforts in providing needed healthcare and support services to the community.

"The impact of our selfless and exceptional service is remarkable and needs to be recognized," Bazinet wrote.

"We thank you, we depend on your strength, and can never thank you enough for the impact that you provide to the greater community daily."

Other local dignitaries at the event included Councillors John Thompson and Randy Carroll, who announced the nominees.

Each nominee was recognized as a remarkable healthcare worker or volunteer in the Goderich community. This included employees from a wide range of organizations including Alexandra and Marine General Hospital (AMGH); Maitland Valley Medical Centre; Goderich Place; Harbour Hill; Maitland Manor; Higgs Home Health; Mackay Centre for Seniors; One Care Home and Community Support Services; Goderich Physiotherapy Alliance; and Goderich Rexall Pharmacy.

Each nominee received a gift and a certificate presentation ceremony. The gifts were sourced from the community to highlight its appreciation.

A total of 44 healthcare workers were nominated and recognized at Gateway's event.

Gateway is hopeful the event will boost the morale of healthcare workers, while



A group of Gateway Centre of Excellence in Rural Health board and staff members that assisted in the organization and smooth operations of the Remarkable Healthcare Workers Recognition Event. (Front row, L-R): Alexa Harrison and Katie Sparling. (Middle row, L-R): Michele Melady-Young, Amy Sturgeon, Deb Moran, and Nancy Simpson. (Back row, L-R): Jordan Connolly and Karissa Eckert.

showcasing that Goderich is a community fueled by excellence.

The event was funded by the Town of Goderich, as well as the Township of ACW, Capital Power, and Raymond James Ltd. Independent Financial Services.

Gateway also recognizes Canadian Tire and Lighthouse Money Management for

further sponsorship.

According to Dan Stringer, Chair of Gateway, plans for future events have not been discussed, but the Gateway team hopes the recognition and celebration of these caring and compassionate individuals will continue to inspire everyone in rural communities.

visit us online at www.goderichsun.com

Paying tribute to British Home Children in Goderich

CONTINUED FROM PAGE 10

It was on May 8, 1940, that he arrived in Canada, alone at the age of 11.

He was put on a train from Montreal and travelled across the country to the Fairbridge Farm School near Cowichan Station, B.C. After spending five years at Fairbridge, he left in 1945 at the age of 16.

“My dad always tried to be positive in his reflection on his time at Fairbridge. My dad accepted the challenges and the work put on him at the school,” his son Rudy Smith (Junior) spoke on the memory of what his father had said over the years on his experience with Fairbridge.

“He always remembered the volume of food available to him and the other kids. He always remembered that food was plentiful. He often spoke about memories of having Sunday off work, and going for swims in the Koksilah River.”

It begs the question on how hard life was in Brighton if Fairbridge Farm School was an upgrade.

Rudy (Junior) lives in Goderich with his wife Lisa. Prior to his father’s death, his father spent time visiting for years.

Another Fairbridge Farm School alum who ended up living in Goderich later in life, was Evelyn Spink Donnelly (married name Toms), mother to Goderich resident Kate Adams.

Evelyn arrived in Canada on July 29, 1943, and she died at the age of 87 in December 2021.

In a recent post on a Facebook group for BHC, Kate stated that she remembers her mother as a brave, strong girl who embraced her life and made the best of it. When Evelyn left Fairbridge, she had a career as a nurse and eventually had a family.

Further to their individual connection to Goderich, Rudolph (Senior) and Evelyn eventually connected with each other later in life.



Rudolph with Evelyn in the spring of 2021, reconnecting over their shared experiences at Fairbridge Farm School.

The initial connection was made through the Fairbridge Gazette, a quarterly newspaper for alumni, and Rudolph (Senior) who settled in Hamilton, found out another Fairbridge alum – Evelyn - was living

close by in Oakville.

In the not-too-distant future, Rudy (Senior) and Evelyn met in Goderich in 2019



(FACEBOOK PHOTO)

Evelyn Spink Donnelly Toms

through their children.

Despite never being at Fairbridge Farm School at the same time, they had a common experience and shared in their memories of their time spent in B.C.

Some days at Fairbridge might have been difficult, but both Rudy and Evelyn made the best of their situations and made lives in Canada.

For other British Home Children, it wasn’t the same, and on September 28, communities across Canada and the UK honour these children, many lost and forgotten to their families.



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Goderich Sun

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The G2G aims to raise \$500,000 to restore Blyth Tunnel

KATHLEEN SMITH

Editor

The Goderich to Guelph Rail Trail (G2G) Rail Trail Experience is a charitable organization that maintains and develops the trail. Its most recent capital project is to restore the Blyth Tunnel.

With the aim to raise \$500,000 for the project, the G2G Rail Trail committee is committed to unlocking the full potential of the historic trail.

According to Willow Hall, Executive Director, G2G Rail Trail Inc., projects are chosen based on several criteria. This includes community needs, trail maintenance and improvement requirements, safety concerns and potential for enhancing the trail's usability and appeal.

"The selection process may involve input from local communities, trail users and trail management organizations," furthered Hall.

The G2G Rail Trail is a natural, historical, and culturally significant conservation corridor that supports community recreation and active transportation, promotes health and brings awareness to rural agriculture, heritage and the environment.

The Blyth Tunnel restoration project seeks to improve accessibility, safety and sustainability while supporting various community and environmental initiatives along the trail.

In 1999, as rail traffic was no longer going through, the Blyth Tunnel, which once ran under Rd 25 just west of Blyth, was backfilled following the decommissioning

of the CP Rail Line. This forced trail users to go up a steep slope and cross a busy road to get to the other side, according to the G2G Rail Trail committee.

The G2G rail trail runs 132 km along the former CPR railway line, stretching from downtown Guelph to the waters of Lake Huron. The trail is overseen and maintained by volunteers and steward groups who are passionate trail enthusiasts.

Upgrades and efforts put into the trail are done by volunteers and made possible by generous donations.

The G2G Rail Trail employs various fundraising strategies to support its projects and ongoing maintenance. Common fundraising activities include grants, hosting events, membership programs, corporate sponsorship, and donations.

According to Hall the G2G Rail Trail has two large maintenance projects scheduled for Spring 2024 and Fall 2024.

"We need our partners and trail enthusiasts help make next years G2G Rail Trail experience a success," added Hall.

To support the G2G Rail Trail projects individuals, organizations or businesses can donate directly, help raise awareness, volunteering, and corporate sponsorship.

If interested in support the G2G Rail Trail, or to learn about upcoming projects that need support, visit www.g2grailtrail.com or email donate@g2grailtrail.com

According to Hall, as of Sept. 29 no work has commenced on restoring the bridge and tunnel yet as the G2G Rail Trail Inc. is still in the fundraising stage of the project.



Above: The Blyth Tunnel being filled in.

(CONTRIBUTED PHOTO)

Below: A current pic of what was once the Blyth Tunnel.



Gateway welcomes newest Research Assistant Student

Gateway Centre of Excellence in Rural Health (CERH) announced recently that Katie Sparling has joined the team as the newest Research Assistant Student.

Sparling has recently returned to school and is in the process of completing her Master of Social Work through the University of Windsor.

Prior to that, Sparling graduated from Brock University in 2016 with a BA Honours in Child and Youth Studies and a Minor in Women and Gender Studies.

During her undergrad, Sparling focused on rural and remote communities, their social services, and the challenges rural communities face when exploring the lack of available resources.

Sparling currently resides in Huron County, and apart from moving away for school, she has been a resident of Huron County for her whole life.



KATIE SPARLING

Currently, Sparling works in Addiction and Mental Health Services and the Domestic Violence sector. She shared that she is looking forward to her new journey at Gateway, especially on the team's S.H.E.D. Talks and Mental Health First Aid Projects.

More specifically, Sparling will work alongside some of the staff at Gateway to continue to develop the ongoing projects that promote health and wellness within a rural setting.

Sparling will work on the development of the S.H.E.D. Talks program, something she finds very interesting, given she was raised on a farm and continues to support rural Huron County in many ways. She will also support the team's Mental Health First Aid promotion and awareness within the community.

Sparling will be with Gateway until late 2023.

Alzheimer Society Huron-Perth announces online education programs

The Alzheimer Society Huron Perth has many online education programs coming up this autumn, including their annual Fall Virtual Dementia Education event.

Whether you are concerned about memory changes or want to learn more about brain health and current research, start here to find out more.

Register for any of the programs below at Education Hour on our website: bit.ly//ASHPEducationHour

ANNUAL FALL DEMENTIA EDUCATION NIGHT with Dr. Peter Lin: Baby Boomers and Aging - A Checklist for Staying Well & Inspiring Change in the Health Care System.

This event takes place on ZOOM on Thursday, November 2 at 7 – 8:30 p.m.

Dr. Lin, Director of Primary Care Initiatives at the Canadian Heart Research Centre, is an expert in the field of health research and aging.

He has been featured on the CBC's "The National" and is a favourite presenter at health conferences. Bring your questions! We always look for-

ward to the audience Q&A time following our Dementia Night presentations.

This event is FREE, thank you to our event sponsor, the Municipality of Central Huron. Register directly for this event at: <https://bit.ly/DEMEN-TIA-NIGHT2023>

The agency's ongoing Education Hour programs are short one-hour sessions are great starting points to learn more about dementia and brain health.

Topics range from Dementia Overview to Brain Health 101 or What is Mild Cognitive Impairment?

The popular Dementia Basics Series - including 10 Warning Signs, Types of Dementia, Brain Changes, and Communication Tips – starts on Mondays, November 20 at 1:30 and 7 p.m.

Join us for one – or all of these sessions - at Education Hour on the website: bit.ly//ASHPEducationHour

For more information, contact our office at 519-482-1482 | 1-800-561-5012 or email jeanettes@alzhp.ca.

Huron Harp Fest in Goderich celebrates music

The time is quickly approaching for the second biennial Huron Harp Fest to be held in Goderich on October 13-15, 2023.

This festival draws harpists from all over Canada, the US and Ireland to celebrate music and the harp by participating in workshops and evening concerts.

The public is invited to attend the two concerts, which will be held at Lakeshore United Church in Goderich. Tickets are \$25 and can be paid with cash at the door.

The show on Friday, October 13 begins at 7:30 p.m. and will highlight the talents of three musicians including young harpist Alexa Yeo, who is the recipient of the Joanne Griffin Memorial Award this year.

Known as the 'Hometown Harpist', Alexa has been playing the harp for nine years and is dedicated to using her music to help charities and support the community.

The Friday night show will also feature the stylings of American harpist Robbin Gordon-Cartier who studied at the Royal Irish Academy and has appeared internationally everywhere from Carnegie Hall to the National Symphony of Santo Domingo.

Robbin has released a CD titled, 'Just as I Am', and a book based on her harp story, Robbin – 'The Girl who didn't want to Practice' by Dorothy Carey.

In addition, Debbie Brewin-Wilson will grace the stage with her presence, performing her repertoire that includes many traditional Scots ballads and tunes.

She is an ordained priest in the Episcopal Church and serves as Priest-in Charge of St. Mary's By-the-Sea in Point Pleasant Beach, NJ. Debbie has released four solo CDs called Dream of Caledonia, Roots and Wings, Love Came Down at Christmas and Wisdom Waits.

The concert on Saturday, October 14, the concert will begin at 7:30 p.m. and showcase the musicality of three more harpists including Ellen Gibling who is a pedal and lever classical harpist based in Canada's east coast.

She has toured with the National Youth Orchestra of Canada and played with



(CONTRIBUTED PHOTO)

Performers for Friday in order from top left: Alexa Yeo, Robbin Gordon-Cartier, and Debbie Brewin-Wilson. Performers for Saturday, in order from bottom left: Ellen Gibling, Gráinne Hambly, Robin Grenon and Gisele Guibord.

Symphony Nova Scotia and the P.E.I. Symphony. Ellen's solo album 'The Bend in the Light', featuring folk and traditional music has been described as "bold, beautiful and enchanting." (Celtic Life International, Folk London).

The next featured artist is Gráinne Hambly from County Mayo in the west of Ireland. She has performed solo on various occasions in Germany, France, Italy, Switzerland, Brazil, Colombia, Israel, Japan, and the United States, giving concerts, workshops, and masterclasses. Her

playing has been described as 'an absolute mastery of the Irish harp'. Gráinne has released three critically acclaimed solo CDs, and two books of arrangements.

To round out evening, Robin Grenon and Gisele Guibord will share their creative compositions with the audience. They began their careers in classical music, but gradually turned towards South American, Celtic, popular and world music.

Both studied at the Montreal Conservatory of Music on classical instruments. Renowned performers and teachers, they've

been involved with the Celtic Harpers of Detroit and Windsor, The Toronto Harp Fest, The Northern Lights Harp Fest, CAMMAC Music Camp and the Huron Harp Fest.

Members of the community are invited to enjoy a wonderful evening of music celebrating the beauty of the harp from October 13 until October 15.

For more information on the concerts or to sign up for workshops, go to www.huronharpfest.com

Hometown Harpist honoured

Known as the 'Hometown Harpist', 13-year-old Alexa Yeo from Goderich is participating in the 2023 Huron Harp Festival as the recipient of the Joanne Griffin Memorial Award.

Joanne Griffin was a freelance harpist and music educator and one of the founding members of Northern Lights Harp Fest, which was the precursor and inspiration for the Huron Harp Fest.

Sadly, Joanne departed this world too soon, and Huron Harp Fest wanted to celebrate her love of music and ability to inspire others.

As a composer, author and arranger Joanne has a range of harp music available at joanegriffinmusic.com.

As recipient of the award, it was clear music would play a big part of Yeo's life, as she began her harp journey at four-years-old. A true artist, further to her accomplishments with the harp, Yeo also sings, plays the guitar, violin, piano and ukelele.

Yeo also composed many songs, including a piece that was featured on CTV National News with Lisa LaFlamme.

Her other accomplishments encompass raising money for the Huron Residential Hospice, the Blyth Festival Theatre, and the Huron County Food Bank.

Yeo has played her harp at events such as Youth Day Global, the International Peace Festival, the Goderich Celtic Festival, Christmas Hug and the LUSO – End Racism event.

In 2021 Yeo won a top prize in Canada for the CFEE National money fair for her video on how to start a career in music. In 2022 she won first place in the Stratford Kiwanis Music Festival.

Furthermore, Yeo was recipient of a 2021 Junior Citizenship Award, presented to her by Her Honour, Lieutenant Governor Elizabeth Dowdeswell.

Currently, Yeo is learning melodies for future community involvement.

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OH, THE PLACES WE'LL GO: Should I travel to Florida?



PAUL KNOWLES

Times Contributor

A lot of Canadians travel south to avoid the cold winter months. Many of us are planning our visits, right now. I don't spend all the colder months somewhere warm, but we do try to head south for a month or so, and I know a great many snowbirds who skip Canadian winters entirely.

Most head to warm parts of the United States – although, that has become increasingly fraught with concern in recent years. I know many people who own property in the US, but who are thinking of selling out, and finding a warm alternative.

I also know Canadian travel writers who are reluctant to encourage people to visit the US, given the current social and political climate.

This was on my mind when I met Ronny Maye, one of an international group of travel writers, during some recent travels. Ronny, an American who lives in North Carolina, describes herself as “a solo traveler, female traveler, plus size traveler and Black traveler.” She recently wrote a piece for Fodor's Travel, responding to a travel advisory cautioning people of colour, and LGBTQ2+ folks, to beware of



The quirky, unique Half Shell Raw Bar on Key West's historic waterfront.

(PAUL KNOWLES PHOTO)

travelling to Florida.

Her conclusions, I think, can apply to all concerned travellers.

Ronny wrote, in part, “I believe the travel advisory was necessary to keep people abreast of the current climate in Florida towards Black residents and travelers. But it's equally important to acknowledge that the beliefs of [Governor] DeSantis (and his following) are not the beliefs and feelings of the entire state. There are places within the state that are welcoming to visitors of all races and lifestyles.”

She cautions that, “A decrease in tourism will negatively impact the communities the advisory wants to protect. Numerous Black and LGBTQIA+ Floridians work in hospitality, restaurants, and other service industries directly served by tourism.”

But she is careful: “What's happening in the state should not be overlooked. Much like traveling internationally, travelers should enter the state erring on the side of caution...”

Ronny's analysis mirrors my

own thoughts about travelling to parts of the world – including the United States – where social and political challenges exist. But Ronny's carry far more credibility than mine, because of who she is and what she has experienced.

I know this is a lengthy introduction to what follows, but I have felt for some time that I should make some comments on the issues facing travellers to the U.S.; Ronny's thoughtful article gave me that opportunity.

And so... it will not surprise regular readers of this weekly feature that I am a fan of the Florida Keys. This is unlike any other destination in the U.S. Most of the people of the Keys are laid-back, welcoming, and entirely inclusive.

And so, as we hit the time of year when Canadians are thinking about heading somewhere warm for a while – let me suggest, Key West.

We visited the town earlier this year, and stayed at Opal Key, a terrific resort right on the

harbour.

Opal Key is the reincarnation of a resort that has existed under several brands, but now flourishes as a family-owned complex of hotel, restaurant, and retail space. It's where cruise ships dock in Key West, and so, when you stay there, all amenities are immediately at hand. Plus, you get the secret pleasure of watching all those cruise folks board their ship to leave Key West in the late afternoon – the boats have to be gone by sunset so they don't block the view of people celebrating sundown on Mallory Square – while you get to stay in this magical town for an entertaining evening.

While staying at Opal Key, we dined at their Bistro 245 and the food was terrific. I loved the truffle encrusted grouper, and, this being Key West, I finished, of course, with key lime pie.

My favourite thing about Key West is the live music, sundry styles performed in dozens of bars all day and most of the night. I also love the sunset cel-

ebrations, the Conch tour train, the museums and galleries. But on this trip, we also discovered how wonderful the foodie scene is. Visitors could dine in a different, excellent eatery every day for months.

A quick shout-out to three. First, the Half Shell Raw Bar is the place to go for seafood, a casual waterfront diner the historic Key West Seaport.

Blue Heaven is one of the finest breakfast establishments, ever. You sit outside, surrounded by tropical plants and accompanied, on occasion, by the ubiquitous Key West chickens. And yes, you can have key lime pie for breakfast.

And a wonderful surprise: Milagro, owned and run by Maggie and Kevin Montoya. Maggie is in the right job as host: warm, friendly, engaging. Kevin is a superb chef. My meal – a starter of perfectly prepared octopus with a mango sauce and polenta, and then hogfish and shrimp as the main – was over-the-top delicious. Don't knock it 'til you've tried it!

All of this is to say: I understand, and share, your caution about visiting some of the more right-wing American states right now. But I think Ronny is right – we can do more good than harm in supporting the tourism business and its people, and more specifically, once you get to the Florida Keys, you are in a safe, secure – as well as entertaining, welcoming and delicious – environment.

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)

Maggie Montoya, at the fabulous restaurant, Milagro.



(PAUL KNOWLES PHOTO)

The decor of the Half Shell Raw Bar will tell you all you need to know about the atmosphere in this eatery.

Riddles

What did one autumn leaf say to another?
I'm falling for you

How does an elephant get out of a tree?
Sits on a leaf and waits till autumn

What did the tree say to autumn?
Leaf me alone

How did the Vikings send secret messages?
By Norse code

What is a forum?
Two-um plus two-um

What was Camelot?
A place where people parked their camels

How did Columbus's men sleep on their ships?
With their eyes shut

What's the worst thing you're likely to find in the school cafeteria?
The food

What kind of food do math teachers eat?
Square meals

Sudoku

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

Solutions on page 22

Pet of the Month



COOPER

A two-year old chocolate lab owned by Lori Draper Ward and Dan Ward.

Cooper works as a therapy dog for children with special needs and he enjoys walks on the beach, swimming, playing with his toys, going for car rides, and chasing cats.



Nominate your Pet of the Month by emailing info@goderichsun.com

Word Search

ALL THINGS GODERICH

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

- WEST STREET
- WILLYS
- GRAIN
- ELEVATORS
- PRETTIEST
- TOWN
- TRAIN
- SWIMMING
- PAVILION
- FISHING
- TORNADO
- SAILORS
- LIVERY
- FLYERS
- BEACH
- VIKES
- BLUFFS
- MINE

5 Steps to Better Mental Health



TANYA MACINTYRE,
RED ROOF RECOVERY

Sun Contributor

We live in an achievement-oriented society that can lead us into destination thinking. We might hear ourselves saying things like, "I'll be more satisfied at work when I get a raise or promotion," or, "I'll be happy when I meet someone."

But, what if we could be happy right now, regardless of our circumstances or situations?

Happiness can actually be a temporary experience, so I prefer

to strive for contentment. Contentment seems to have a more lasting effect because it comes from building resilience and learning to cope with the pain of life in a healthy way.

Contentment comes to me through CBT - Cognitive Behavioural Therapy. CBT not only helps me remain free from addictions, but also helps me stay aware of my emotions, my thought patterns, and my self-talk. Thinking therapies like CBT teach me the techniques and tools I can use to manage my emotions and take persistent actions that will bring me the results I seek.

Here are a few things to practice every day to help cultivate contentment in your life:

1. Practice the Pause.

When you find yourself unhappy with someone or something, pause. Take a moment to put in some perspective and accept life and people as they are. There's great power in knowing that the

only thing we can control in life is ourselves.

2. Show appreciation.

When you speak & act with kindness, you build up your own emotional bank account.

3. Stop buying stuff.

When you feel the urge to buy something, think about whether it's a "need" or a "want." If it's a "want," think about why you're not content with what you already have.

When we feed instant gratification, we learn to cope with life in a lazy way. When we can postpone gratification, we teach our brain to be resilient and, then, overcoming urges becomes easier. What we practice grows stronger!

4. Learn to enjoy simple things.

Doing this is so much easier when we live in a town like Goderich. Take a walk around our beautiful town square! Walk our world-renowned waterfront boardwalk. Go to the library and learn something new. These

things are free and often bring more fulfillment than things you buy.

5. Live in the moment.

Waiting for a day when your life is less busy or less stressful may never come. Focus on the positives of today, rather than dwelling on the past or worrying about the future.

Contentment is simply appreciation and acceptance

for the way things are right now. For me, contentment is a feeling

that ripples through all areas of my life,

so I no longer need to escape from my life!

May the force be with you, and remember...

YOU are the force!

Tanya

About the Author:

After 20+ years in broadcasting, I decided to pack up negative news and progressive addictions. My recovery kicked into high gear when I decided to stop being anonymous, and I started to speak & write publicly about my challenges to overcome addiction. I now devote myself to training, writing, and mentoring.

As a CBT Consultant, my professional focus is helping people create their personal 'Blueprint for Recovery' so they can heal from the pain of life!

DISCLAIMER: This content is not intended to constitute, or be a substitute for, medical diagnosis or treatment. Never disregard medical advice from a doctor, or delay in seeking it, because of something you have watched, read, or heard from anyone at Red Roof Recovery.

SUDOKU

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

QUIZ ANSWERS

- 1)1996
- 2)Woodwind
- 3)False
- 4)Greenland
- 5)23
- 6)China
- 7)F. Scott Fitzgerald
- 8)Box jellyfish
- 9)New Israeli Sheqel
- 10)Oak tree

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Legion Euchre Night

Tuesday, Oct. 3, 10, 17, 24 and 31 at 7 p.m. at Goderich Legion, 56 Kingston St.

Everyone is welcome to join in Tuesday night euchre. No partner necessary. No need to be a member of the Legion.

Legion Bingo Night

Sunday, Oct. 1, 8, 15, 22 and 29 at 12 p.m. at Goderich Legion, 56 Kingston St.

Join for a fun afternoon of bingo. Canteen available.

Hometown Health Radiothon

Friday, Oct. 6 from 8 a.m. until 3 p.m. at Zehrs in Goderich.

The second annual Radiothon will be broadcast live by Shoreline Classics FM, and accepting donations in person.

Proceeds go to Alexandra Marine and General Hospital (AMGH). Listen in to Shoreline Classics FM for details on how to call in or donate online.

Ghost Tours

Friday, Oct. 6, 13, 20 and 27 from 6:45 p.m. until 10 p.m. at the Huron Historic Gaol, 181 Victoria St. N in Goderich.

Is the gaol haunted? Decide for yourself. Visit the gaol after dark to shine a flashlight into the dark corners of local history. Hear about true stories of the prisoners and staff, who died inside the gaol's walls, local true crime stories and alleged ghost encounters.

Recommended for ages 12 years old and up at parents' discretion. Tours are 6:45 p.m. or 8:30 p.m. on Friday nights in October.

Tickets are \$7 (plus tax) for students and museum members or \$11 (plus tax) for regular admission.

Halloween Costume Swap

Saturday, October 7

Drop off Halloween costumes during regular open hours at the Goderich Library from Sept 27 to Oct 4 and receive an 'Early Bird' ticket. On Saturday, Oct 7, 'Early Bird' ticket holders will get first admittance into the Halloween Costume Swap, from 10 a.m. until 12 p.m. The general public will be welcome to attend the event from 12 p.m. to 2 p.m.

Turkey Burner Workout

Saturday, Oct. 7 from 8 a.m. until 11 a.m.

This free event will take place at the Courthouse Park. Participants will ignite their fitness journey ahead of Thanksgiving to kickstart a health and active season.

Oktoberfest Family Fun

Saturday, Oct. 7 from 10 a.m. until 11:30 a.m.

Join Peter and Wendy in their adventures versus Captain Hook!

Classic tales brought to life.

Oktoberfest on Ontario's West Coast

On Saturday, Oct. 7 join for a day of delicious food, drink, and live entertainment as you tour 12 wineries, breweries and cideries along Ontario's West Coast.

Hop-on, hop-off shuttle service from locations in Bayfield, Clinton, and Goderich.

BIA Markets

Saturday, Oct. 7 and Sunday, Oct. 8 from 8 a.m. until 1 p.m. at the Courthouse Square.

Walk around the square and enjoy supporting lo-

cal farmers and artisans.

Multilingual Movie Night

Thursday, Oct. 12 from 6:45 p.m. until 9 p.m. at the Huron County Museum, 110 North St.

Come celebrate the many languages spoken in Huron County with a film and free refreshment. All films will be screened in their original language(s) with English subtitles.

Multilingual Movie Nights are the second Thursday of each month this fall and winter.

Movie nights are included with regular admission to the museum.

Snacks served at 6:45 p.m. Movie to begin promptly at 7 p.m.

Huron Harp Fest

Friday, Oct. 13 at 7:30 p.m. and Saturday, Oct. 14 at 9:15 a.m. at GDCI and Lakeshore United Church.

Join for a night of folk harpists providing a Friday night concern.

Admission is \$25.

Kinsmen Bottle and Food Drive

Saturday, Oct. 14 from 10 a.m. until 2 p.m.

All proceeds will go in support of GDCI student programs and non-perishable items will be donated to local food banks.

Pre-arranged curbside pickups are available for those that can't make it out to the Kinsmen Centre to drop off items.

Huron County Author Talk Live Event and Book Fair

Wednesday, Oct. 18 from 6 p.m. until 9 p.m.

In partnership with Huron County Library and

Huron County Museum, all are welcome to drop into the Museum for this free event.

The event features roundtable discussions and readings from local authors, how to use archives and other resources to write local historical fiction and non-fiction, and a book fair.

Local Theater: Home by David Storey

Thursday, Oct. 19 until Sunday, Oct. 22 at the Livery Theatre. Also, on the stage from Thursday, Oct. 26 until Sunday, Oct. 29.

Directed by Garnet Colborne, sponsored by Rotary Club of Goderich.

Box office opens Tuesday, Oct. 3 at 10 a.m.

For show times visit The Livery's website.

Rotary Club's Oktoberfest

Saturday, Oct. 28 at 7:30 p.m. at Goderich Columbus Banquet Hall, 390 Parsons Court in Goderich. A licenced event, Rotary's Oktoberfest will feature food, drink, live music, and a dance.

Admission is \$30 per person. All proceeds go to fund Rotary's many charitable works.

Halloween Dance

Saturday, Oct. 28.

Gather in your scariest costume at Memorial Arena to dance the night away!

BIA Spooktacular

Tuesday, Oct. 31 walk around the square showing off your best Halloween spirit.

Participate as businesses hand out treats to ghosts, ghouls, and goblins from 3 p.m. until 5 p.m.

Sunset of the Month



Photo of a beautiful sunset overlooking Lake Huron from Lighthouse Park. Photo taken from Deborah Goodall. To submit photos of the sunset, email kate@goderichsun.com

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