

# St. Marys Independent

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Issue #1189

Thursday, December 14, 2023

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## February 24 brings the Coldest Night of the Year back to St. Marys



Pictured above Chris Schroer, Pam Zabel and Gwen Bradley.

United Way Perth-Huron (UWPH) is encouraging people in St. Marys to register for the fourth-annual Coldest Night of the Year (CNOY) walk, a family-friendly fundraising event in support of local people experiencing hurt, hunger and homelessness.

"We're excited to have CNOY back," said Pam Zabel, St. Marys CNOY event organizer. "It's a challenging time right now and vulnerable people continue to struggle. Our community understands how events like this help support programs addressing important local issues. We

hope everyone will join us and help achieve our goal of \$56,000."

Last year's CNOY raised \$50,020.

This year's St. Marys walk happens on Saturday, February 24, with a choice to walk any time during February. For the in-person walk, check-in begins at 4 p.m. at the 2/3 Hall, St. Marys Pyramid Recreation Centre (PRC) with opening ceremonies scheduled for 5 p.m. A light meal will be served at 6 p.m. Walkers can choose a two- or five-kilometre

*Continued on page 2*

## Town of St. Marys offers unique, local, gift giving ideas

Discover every merry moment in St. Marys this Holiday season and check everyone off your list with these fun and unique ideas that can all be purchased right in St. Marys!

If you are struggling with what to give this year or looking to check that last person off your list, consider gifting one of these local "experience gifts".

### Give St. Marys Money!

St. Marys Money can be used at over 40 local businesses and it's a fun way to shop and support local merchants. St. Marys Money is available in denominations of \$5, \$10 and \$20. St. Marys Money can be ordered online and picked up at the Municipal Operations Centre (408 James Street South). Find more information at [townofstmarys.com/stmarys-money](http://townofstmarys.com/stmarys-money).

### Make a tree donation in someone's honour!

Honour someone you love by making a monetary donation for trees to be planted in the Meadowridge Park this spring. Donors will receive an acknowledgement certificate and can purchase a plaque to be installed along the walking trail in the memorial forest. Find more information at [townofstmarys.com/TreeDonations](http://townofstmarys.com/TreeDonations).

### Book some exclusive ice or pool time!

Give the gift of time together and book an ice pad or the pool just for you, your friends and family! For information on availability and rental rates, call the Pyramid Recreation Centre at 519-284-2160. Press 1 for pool rentals or 2 for ice rentals.

### Gift a fun class, program or membership!

Have someone on your list that loves to be active and social? Check out the variety of programs available from the PRC, Youth Centre and Friend-

*Continued on page 2*

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# COMMUNITY —

## Town of St. Marys offers unique, local, gift giving ideas

Continued from page 1

ship Centre. Some programs available include Knit and Chat, Scrapbooking, Shuffleboard, Ballroom Dancing, Carpet Bowling, Yoga, Zumba,

Aquafit, Family Swim and more! Visit St. Marys Activenet at townofstmarys.com/PRC for more information.

Give a timeless gift!

Visit the St. Marys Museum Gift Shop, offering a variety of books and St. Marys items in their gift shop. Consider gifting a unique piece of slate, originally from the 1891 Town Hall

roof. Please note the Museum accepts cash and St. Marys Money only.

For more festive fun, visit [discoverstmarys.ca/happyholidays](http://discoverstmarys.ca/happyholidays).

## February 24 brings the Coldest Night of the Year back to St. Marys

Continued from page 1

route ending up back at the PRC. Participants raising over \$150, \$75 for youth under 18, receive CNOY toques. To register as an individual or team, visit [cnoy.org](http://cnoy.org). For event

updates, pictures and more, join the St. Marys Coldest Night of the Year group on Facebook.

By walking, participants help support UWPH's work in support of the St. Marys Community Outreach Worker and the Nourish Equal Ac-

cess Food Market. The Community Outreach Worker helps support residents in need, particularly those living in and around social housing, understand their challenges and connect people with services. Nourish runs bi-weekly, offering fresh, nutritious, locally sourced produce and meats to residents facing food insecurity every day.

About United Way Perth-Huron

UWPH helps here in the community

you care about, tackling #UNIGNORABLE issues including homelessness, mental health and access to services. Thanks to United Way, its partners, and donors, vulnerable people across Perth-Huron have the chance for a brighter future. To show your #LocalLove by donating or volunteering, call 519-271-7730 or 1-877-818-8867, mail to 32 Erie Street, Stratford, ON N5A 2M4 or visit [perthhuron.unitedway.ca](http://perthhuron.unitedway.ca).

### Delmar's Christmas Pre-Order

### Anna Mae's Baking (519 349 3022)

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5 yr - <b>5.80</b>	5 yr - <b>4.85</b>	5 yr - <b>4.90</b>

\*Rates subject to change without notice      \*Minimum may apply

7 Day Forecast - Weather Sponsored by The HITCHING POST

Wednesday Dec-13th	Thursday Dec-14th	Friday Dec-15th	Saturday Dec-16th	Sunday Dec-17th	Monday Dec-18th	Tuesday Dec-19th
Few flurries	Mainly sunny	Sunny	Sun/cloud	Sun/cloud	Sun/cloud	Sun/cloud
-1°C	3°C	7°C	6°C	7°C	4°C	-2°C
Feels Like -7	Feels Like -2	Feels Like 4	Feels Like 5	Feels Like 5	Feels Like 1	Feels Like -5

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					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

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heidi  
andrew  
emily  
jake  
michelle  
devon  
taylor

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# COMMUNITY —

## Blessed to live in St. Marys

By Young Seo

My family loves the town of St. Marys. It is a pretty town, full of wide-open green spaces and bridges spanning over calm waters. We really enjoy the Grand Trunk trail, which is perfect for walking and running next to the falls. Furthermore, people are nice and friendly. I still remember that my husband, Jason Richards, was excited to serve at St. Marys United Church. He told me "I think we found our home to raise our son Lincoln, it's a wonderful place."

In the summer of 2019, my family moved to St. Marys Ontario from Saskatchewan, with a big dream. I thought it was our new long-term home. I did not expect the challenges we faced, the difficult and heart-wrenching days we had, and to watch my husband struggle with cancer for three years.

I was living in the middle of a storm when I lost my friend and my love Jason last April. This was also the time I began fighting my own breast cancer. My tears have not stopped, and I did not know what to say or what to pray for. I felt like things had gotten too difficult and there's nothing good left for my future with my little son Lincoln.

I wrote notes to as many people as I could because they reached out to me and asked me how they could help. Their actions have shown Lincoln and I just how thoughtful and generous people can be, and I



can't thank you enough for everything you have done for us.

Thank you to everyone for your support with our GoFundMe page and other fundraisers for Lincoln and me. Your prayers and support, your encouragement, and your positivity gave me the hope and strength I needed to keep going. Your gift has brightened my day and made me feel so special and comfortable. Your kindness has inspired me to pay it forward and do good deeds for others. Lincoln and I are so blessed to live in the town of St. Marys.

Peace and joy to you and your family this holiday season. God bless you!

### Bravo

We have 2 Bravos this week

1) Bravo to the person who seasonally decorates the pole at Maxwell and James Streets. When I see your decorations, it puts a smile on my face. Thank you.

2) Bravo to the lovely lady that gave us a \$15 gift certificate to Tim Hortons when we were there on Wednesday. It was so nice of you and makes me want to be a better person.



### Boo

We have 1 Boo this week

1) Boo to people who make U-turns on Queen Street. Within 10 minutes on a busy Saturday afternoon, I was surprised to see three different drivers make U-turns on Queen Street between Church and Wellington. This kind of thing is going to lead to unnecessary accidents.



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

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

### Quote of the Week

*"I don't play golf for money but as a father, as a husband, as a family man I do owe it to my family to set them up the best I can and luckily I have that possibility, so yeah. That was a big part of it."*

**Jon Rahm** earlier this week when explaining his decision to move to LIV golf tour

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



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### The St. Marys Independent

THOUGHTS  
OF THE WEEK

Sponsored by:

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It's not what is under the tree that matters, it is who is around it.

If there is love in your heart and mind you will feel like Christmas all the time.

Christmas is most truly Christmas when we celebrate by giving the light of love to those who need it the most.

Christmas is forever and not just one day. Loving, caring and giving should not be put away.

## Overheard at the Coffee Shop

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For the hour that we thought the Blue Jays had signed Ohtani... man those were good times.

For \$600 million, I'd play golf for the Saudis too.

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



# COMMUNITY —

## Eye-catching new décor



Jay MacPherson, who rebranded his business to “MacPherson’s Barber Shop” earlier this year, had a colourful, eye-catching new wall wrap added to his store last weekend. Working with Bevin Klein of local business Wrappro, they designed a custom wall wrap full of iconic magazine covers from sports and pop culture that bring back many fond memories from yesteryear and fits well within the vibe of Jay’s Barber Shop. Meanwhile, the new logo for MacPherson’s Barber Shop was designed this year by Rebecca Nixon. (Stewart Grant photo)

# STONETOWN CRIER

The latest municipal news from the Town of St. Marys



## HOLIDAY BREAK DAY CAMP

Pyramid Recreation Centre

Camp PRC is offering a Holiday Break Day Camp with swimming, skating, and decorating gingerbread houses! Visit our website for registration dates and details.

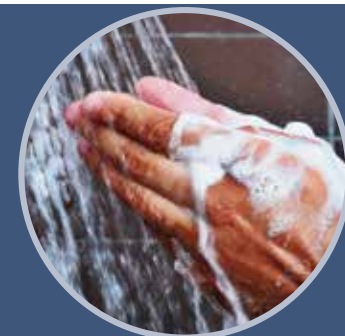
[townofstmarys.com/campprc](http://townofstmarys.com/campprc) or 519-284-2160

## SHOWER PROGRAM

Thursdays, 9 AM - 1 PM | Pyramid Centre

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

Visit Guest Services or call 519-284-2160



## FREE FESTIVE SKATES

The Optimist Club of Downie, Petals and Foliage, and the Avon Maitland Elementary Teachers Union have generously sponsored free public skating this holiday season. Visit our website for dates!

[townofstmarys.com/skating](http://townofstmarys.com/skating) or 519-284-2160

## WINTERLIGHTS NIGHT MARKET

Dec. 15 & 16 | 5-8 PM | Milt Dunnell Field

- WinterLight Displays
- Vendor Marketplace
- Food Truck
- Free Horse & Wagon Rides

[discoverstmarys.ca/happyholidays](http://discoverstmarys.ca/happyholidays)



## FREE FESTIVE SWIMS

Enjoy a free, festive swim sponsored by the Optimist Club of Downie over the holiday season! All children must be accompanied by an adult. Visit our website for dates and details.

[townofstmarys.com/aquatics](http://townofstmarys.com/aquatics) or 519-284-2160

### Contact us

519-284-2340  
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**Saturday, December 16, 2023 - 2:00 pm**  
St. Marys United Church, 85 Church Street South, St. Marys  
(Doors at 1:30 pm)  
**\$25 General Admission**  
Advance tickets available at the church office - Call (519) 284-3016  
A fundraising concert for St. Marys United Church

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## Senior of the Week



Our senior of the week is Bev Ruthig. Bev turned 85 this past summer. She has three children, two boys and one girl. She also has six grandchildren. Bev was one of ten children and was born at home on the 3rd line of Blanshard before moving to Anderson. Her hobbies include reading, word-finding and making beautiful shellcraft pictures which she is seen holding in her picture. Bev started having an interest in this craft when she was just three. She is hoping to host a sale in the spring but if interested in her Shellcraft art, she can be reached at 519-284-2876.

If you would like to nominate someone for Senior of the Week, Contact us at 519-284-0041 or [info@stmarysindependent.com](mailto:info@stmarysindependent.com).

## Weekend Quiz

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- 1) Who directed Terminator 2: Judgement Day?
- 2) Which berries give gin its strong flavor?
- 3) How many ribs are in the human body?
- 4) What is the capital of India?
- 5) What do you call a group of crows?
- 6) Which country has the most winter Olympic medals?
- 7) The shortest day of the year is known as what?
- 8) Who was the lead singer of the band Queen?
- 9) What currency is used in Japan?
- 10) Blue and yellow mixed together make what color?

This week's answers are found on pg. 31

## COMMUNITY —

# Stonetown Supports Report Vol. 2

The Stonetown Supports Report provides updates on the Town of St. Marys' efforts to address social issues and information about local resources.

The topics for each edition are suggested by Brittany Petrie, the Town's Community Outreach Worker, based on her interactions and observations.

### Winter Care Kits

Outreach workers in St. Marys, Stratford, and North Perth will be distributing care kits to unhoused individuals and those sleeping rough this winter.

The kits include information about local resources and services, socks, gloves, hats and hand warmers, lip balm, a water bottle, and a gift card for local businesses.

Workers will carry the kits in bright green backpacks to make them highly visible and easy to identify. Those who would like to request a kit can contact Brittany Petrie, Community Outreach Worker as noted below.

Kits will also be available through the local police, the Canadian Mental Health Association, and Perth County Paramedics.

### Food Insecurity

There are several local resources to support those struggling with food insecurity this season.

St. Marys Community Dinners offer meals by donation every other Monday at 5:00 p.m. at St. Marys United Church (85 Church St. S, 519-284-3016).

The Nourish Market also runs at the United Church on the first and third Thursday of the month from 2:00 to 4:00 p.m. Patrons can purchase fresh produce and meat at wholesale prices (519-508-3663, ext. 1002).

Free food, hygiene and household products are available through the Salvation Army Food Hamper Program on Tuesdays and Thursdays between 9:30 a.m. and 4:30 p.m. Appointments are preferred (220 Queen St. E., 519-284-2760).

The St. Marys Public Library Pantry and Friend's Fridge provide free food and personal care items during regular hours (15 Church St. N, 519-284-3346).


Two local businesses have also stepped up to help. Joe's Diner is encouraging customers to "pay it forward" by purchasing an extra meal for someone in need. Sunset Diner is asking customers to purchase gift cards that will be given to those facing food insecurity.


Please contact the organizations/businesses directly if you would like to donate or volunteer.

### Additional Information & Resources

If you have questions or concerns about any of the information listed above, or need support, contact Brittany Petrie, Community Outreach Worker at [bpetrie@town.stmarys.on.ca](mailto:bpetrie@town.stmarys.on.ca) or 226-261-0098.

For a list of social services available in St. Marys, visit the Stonetown Supports page on our website ([www.townofstmarys.com/stonetownsupports](http://www.townofstmarys.com/stonetownsupports)).






**Cascades**

**CASCADES AND I.P.C. LOCAL 1: A HOLIDAY TRADITION AND CHALLENGE TO OTHER LOCAL BUSINESSES**

It is the holiday season in St. Marys, and Santa Claus is not the only one in the giving spirit for another year. Cascades Containerboard Packaging and its union, I.P.C. Local 1, have had a tradition that goes back many years of collecting and donating to the local Salvation Army. Our tradition demonstrates the togetherness and exceptional kindness our Cascades and Local 1 Union have for each other and the community. Additionally, that everything the employees raise is doubled, as Cascades matches the donation drive. Both I.P.C. Local 1 and Cascades have each committed \$2,000 to the Foodbank and \$1,500 to the Toy Drive, resulting in a fantastic donation of \$7,000 this holiday season. In addition to this, we have set up a donation box for our employees to donate food/toys to.

Cascades and I.P.C. Local 1 are working together to challenge other local businesses in, and around, St. Marys to donate to a local charity and give a little bit more cheer to our community. If your business needs a donation box, Cascades is willing to provide one, free of charge. Please stop by the plant between 9am-3pm to coordinate. Cascades Containerboard Packaging and I.P.C. Local 1 wish everyone a happy holiday season and holly jolly donating!



**VISIT OUR WEBSITE AT  
[GRANTHAVEN.COM/ST-MARYS-INDEPENDENT](http://GRANTHAVEN.COM/ST-MARYS-INDEPENDENT)**



COMMUNITY —

# Santa arrives at the Hitching Post



Santa paid a visit to the Hitching Post on Saturday to pick up feed for his reindeer. Santa wants only the best for his herd. He also welcomed children who were able to put in their requests for Christmas. Pictured with Santa are Sheamus and McKenna Ross, his helpers for the day. (Contributed photo)

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## COMMUNITY —

# Business Profile - My Connected Motherhood

By Wendy Lamond

Being a parent is one of the most rewarding things you can be in this life, but it is not always easy. Sleeping for your little one can be one of the many challenges that new parents face. Some sleep train and let them cry it out, others will rock or feed them to sleep but what it really comes down to is you must do what is best for you and your family. However, there are times when you don't have the answers, are unsure and need some guidance to help you find the solution that is most aligned with what your family needs. That is where St. Marys resident Sarah Hemstock and her business partner Elli Pears come in. The duo are co-owners of the company My Connected Motherhood and are parents to five little boys between the two of them. Their mission is to help parents find sleep solutions through responsive parenting practices while building connected relationships.

They met when they were both in the same certification course called Baby Led Sleep, which focuses on holistic sleep support based on connection and attachment. Many will dread nighttime and feel trapped between letting their children cry or waking up every hour, early rises, bouncing for hours or bedtime battles leaving them exhausted the next day, but Sarah and Elli provide support to parents virtually all over the world who are looking for a solution between cry it out and wait it out.

Through the Isla-Grace program, they were in a group of just nine that were the first ones to get certified in 2019. Being that Elli is from the Toronto area, both had originally started their own businesses while supporting each other and sharing ideas in the early days of their own businesses. While also both being mothers of two busy little boys at the time, they quickly realized that they had a lot in common and shared similar experiences, so they decided to merge and grow together knowing that they could support more families as a collaborative effort.

My Connected Motherhood provides support to parents in a variety of ways. From 1-1 hourly support calls, personalized 1-1-month long packages, a membership platform and group coaching Sarah and Elli spend time connecting with families and getting to know what it is they want to hold on to as well as what they want to change while holding



Elli Pears

space for parents to follow their instincts and make choices that feel right for them. In addition to live individual and group support, they also have The Baby Sleep Course available that makes it possible for families to work through all the information they need to get more sleep without sleep training at their own pace.

For Sarah, the decision to get involved with this approach came as she was feeling overwhelmed and confused about how to manage different sleep needs with two little ones under two. Sleep training approaches she found online didn't feel like the right fit for their family. In a moment of perfect timing, she came across an ad titled Sleep Without Sleep Training on social media which led her to the program. After looking into it, she wanted to learn more about the other options out there that may help her and her family and decided to go for the certification.

When speaking with Sarah, she commented "We fully believe that every family should do what instinctually feels right for them but what is really important to us is that parents know there is another option available outside of the formal sleep training approach and that you can make changes while feeling confident and connected. We want to help parents feel empowered in the choices they are making while also getting the rest they need



Sarah Hemstock

and deserve. It is important to us that parents know how to make changes while also providing emotional security and fostering a secure attachment with their child."

After spending time supporting families with sleep, Sarah and Elli decided that they wanted to continue to learn more to provide support for parents outside of just sleep. They have also become certified parent coaches through the Jai Institute of Parenting. They were both drawn to learn more for their own families and also wanted to be able to share knowledge and guidance with the families they have already connected with by providing sleep support.

Sarah and Elli are passionate about connecting with families who are focused on parenting with both empathy and curiosity. They love supporting families to set realistic expectations, meeting their children where they are at, holding onto what they love while making changes rooted in connection.

If you wish to reach out to My Connected Motherhood for more information and are looking for other options to help your little ones, you can connect via the following information.

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## COMMUNITY —

# A Christmas Concert in support of the St. Marys Library Food Pantry

## Local Band giving back to the community in time for Christmas

By Amanda Modaragamage

Harmony of Friends, a local musical band, is hosting their annual concert with special guest Lanny Hoare at Holy Name of Mary Church in St. Marys on December 22, starting at 7:30 p.m. There is no cost for entry; however, Harmony of Friends will be accepting monetary donations which will go directly towards the Library Food Pantry in St. Marys.

Harmony of Friends will be playing music to coincide with the Christmas story, which will play as a multimedia presentation in the background during the musical performance. This heartfelt event will also have Hoare depicting the character of The Innkeeper, where he will tell the story from a new perspective. "The Innkeeper's story is unique," said Tom Donati, Bandmate and one of the event organizers, "The Innkeeper's side of the story of what actually happened that night, from his point of view, which really hasn't been seen before."

"Some songs are traditional, and some will be contemporary," said Donati, "You'll hear classics, like Silent Night, but it'll be our version of the song, so still a classic, but in a new way."

The Band has hosted this event for a number of years at several churches across Perth-Huron, and each year, it's a "packed house," says Donati. "We've gotten bigger and stronger because of the church community and the community as a whole."

This year, Harmony of Friends specifically chose to support the local Library Food Bank due to the great need within the community. Donati notes that he has personally witnessed more people in St. Marys who need support, and he, along with the rest of the band, wanted to do something about it.

Because the event will take place on December 22, the group wanted to donate before the holiday rush; therefore, decided to pre-emptively support by donating one thousand dollars right away. "We wanted to give the money now so they can use it in time for Christmas," said Donati, "Anything over and above the one thousand dollars will be collected that night and given to the Library Food Pantry in the new year to keep their shelves full."

Donati presented a cheque with the donation amount on December 11, 2023, confident the community will come together and be able to exceed this during the performance on the 22nd.



Tom Donati, Harmony of Friends band member, presented a one thousand dollar cheque to Rebecca Webb, Library Services Coordinator at the St. Marys Public Library, to help fill the shelves at the Library Food Pantry before the holidays.

Speaking with Rebecca Webb, Library Services Coordinator at the St. Marys Public Library, she notes the need is continuously increasing in town, and financial donations are always a blessing. "We love to get monetary donations from the community; although we love all types of donations, financial support allows us to purchase specific items that we know are needed."

What started in 2022 as a way to fill the gap, the Library Food Pantry has become a way for all community members, especially those who may not qualify for other means of support, to access weekly supplies of grocery staples that they need. "There's no income testing, so we don't ask any questions," said Webb, "There's no registration required. Anybody can come; they can take what they need."

Regarding the No Room at the End multimedia concert, "Everyone is welcome," said Donati, "If you can donate, great; if you can't, please still come and enjoy the night."

No Room at the Inn will be playing at Holy Name

of Mary Church, located at 149 King Street North in St. Marys; all are welcome to listen to the Christmas story and enjoy a fresh take on Christmas musical classics, all while supporting the community.

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COMMUNITY —

# Raising awareness for the need for blood

By Stewart Grant

Perth-Wellington M.P. John Nater, in partnership with Canadian Blood Services, hosted a blood donor clinic earlier this week at St. Marys' Pyramid Recreation Centre to help encourage eligible Canadians to begin donating in response to the national blood shortage.

"It's free to do and it just takes a little bit of time, but it can have such a big impact on people's lives," Nater said.

As Maureen Macfarlane, Community Development Manager of Canadian Blood Services, explained to the Independent that donating blood is not always top of mind, adding that less than 4% of eligible Canadians traditionally give. "Unless it affects you personally, you often don't think about it. We try our best to get out there and spread the word."

Nater commented on the personal connection that he was thinking of as he donated on Monday night. "Our friend Jim Aitcheson, Mayor of Perth South... his daughter Kelly is battling leukemia right now. One of the things that she's talked about and that their family has talked about is the importance of blood donations for cancer patients like her and so many people across the country."

According to national blood inventory levels tracked at Canadian Blood Services' website, blood.ca, current stores of blood type O-, O+, A+ are especially needed.

Macfarlane told the Independent, "O's and A's are always in demand." She explained that in the case of emergency situations for example where every sec-



**Maureen Macfarlane, Community Development Manager of Canadian Blood Services, visited with blood donor John Nater, Perth-Wellington M.P., on Monday night, December 11th. Nater was among approximately 100 citizens who donated at the blood donor clinic at the Pyramid Recreation Centre. (Stewart Grant photo)**

ond counts, O- blood is given because it can be provided to anyone. O+ is also quite versatile in that it can be given to anyone with a positive blood type.

When asked about how people would know what type of blood they have, Macfarlane replied, "When you donate, you get a blood donor card in the mail and it has your blood type on there. If you download the GiveBlood app, it tells you what your blood type is but it will also tell you what your bleed time is, your

hemoglobin, all these stats. It's an awesome app. You can get into your appointments, and you can book and change. And if you ever want to create a team, people can join your virtual team on the app or on blood.ca."

Uniondale native Keith Mitchell, who has served as Nater's Legislative Assistant for the past eight years, said that he uses the GiveBlood app regularly. On Monday, the 33-year-old was giving blood for the 37th time.

"I try to make it the full 6 times a year," said Mitchell.

According to Macfarlane, eligible males are able to give blood as often as every 56 days, while for women it is every 84 days. The difference in timing has to do with iron levels.

Nater asked Maureen how long blood could be preserved for.

"A whole blood unit is put back to the lab and separated into red blood cells, platelets and plasma," she began. "Plasma we can freeze up to a year, platelets can be kept only 7 days, and 42 days for red blood cells. Plasma is the only one that we can freeze, and that's why there is always a constant need, especially with platelets; cancer patients use a lot of platelets because they can't receive chemo treatment until their platelets are at a certain level."

The next blood donor clinic in St. Marys is on Monday, February 5 at the Pyramid Recreation Centre, between 2:00 p.m. and 7:00 p.m. To book your appointment, visit blood.ca, use the GiveBlood app, or call 1-888-236-6283.

**PROPERTY INFORMATION**


**VENDOR:** Joyce McLeod

**MUNICIPAL ADDRESS:** 3315 Line 20, Stratford, Ontario

**LEGAL DESCRIPTION:** Part of Lot 4, Concession 9, Downie Gore as in R383299; Subject to DOW14783, R82274, Municipality of Perth South (PIN: 53274-0013 LT), Stratford, Ontario

**ACREAGE:** 90 total acres, 87 workable acres, more or less

There is a 48'x96' driving shed in good condition also located on the property. This farm is systemically tiled and has two field entrances from the road.



**FURTHER INFORMATION:**

A tender package containing further information and instructions on how to make a bid can be obtained by contacting Andrew Phillips at [phillips@stratfordlawyers.com](mailto:phillips@stratfordlawyers.com) or 519-271-6770 ext. 2226.

**VIEWING OF PROPERTY**

Interested parties may contact Linda Kelly at 519-301-7494 to arrange a viewing of the Property. Please provide 48 hours' notice for all viewings.

**PROPERTY INFORMATION**

**VENDOR:** Joyce McLeod

**LOCATION OF PROPERTY:** Property is on Perth Line 20 immediately to the West of 911 #3628, across the road from 911 #3643

**MUNICIPAL ADDRESS:** No Municipal 911 number is assigned.

**LEGAL DESCRIPTION:** West 1/2 of Lot 11, Concession 8, Downie Gore, Municipality of Perth South (PIN: 53270-0016 LT), St. Pauls, Ontario

**ACREAGE:** 54.5 total acres, 52 workable acres more or less

Approximately 29 acres of this farm is systematically and randomly tiled and there is one field entrance from the road.



**FURTHER INFORMATION:**

A tender package containing further information and instructions on how to make a bid can be obtained by contacting Andrew Phillips at [phillips@stratfordlawyers.com](mailto:phillips@stratfordlawyers.com) or 519-271-6770 ext. 2226.

**VIEWING OF PROPERTY**

Interested parties may contact Linda Kelly at 519-301-7494 to arrange a viewing of the Property. Please provide 48 hours' notice for all viewings.





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**COMMUNITY —**

# Flowers and Christmas Cards to be delivered to Long-Term Care Facilities for Christmas

By Wendy Lamond

Debra and Christopher O'Connor from The Flower Shop and More are asking for help from the community. They are planning to donate bud vases with some lovely Christmas flowers and greenery to every resident in long term care facilities in St. Marys this year for the holidays.

With each flower delivery, they would like to include a Christmas card for the residents with notes of well-wishes and Merry Christmas greetings.

As they are looking to deliver approximately 200 vases, they are hoping that the community would be able to come together and help with the cards. If

you are interested in donating some Christmas cards and/or monetary donations for the cards, they can be dropped off at the Flower Shop and More on Queen Street.

Please feel free to fill them out with kind wishes that will spread some cheer.

Deadline for dropping the cards off is Thursday, December 21st at noon.

Debra and Chris are very excited about this initiative. "We don't want anyone to go without. Everyone deserves a Christmas wish and flowers always make people smile," Debra commented.



Christopher and Debra O'Connor display some of the flowers that will be delivered to residents of the long-term care facilities in time for Christmas. (Wendy Lamond photo)

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COMMUNITY —

# The King family welcomes Santa



On Saturday, December 2nd the King Family hosted Santa and the Kinsmen Club of St. Marys for a food and toy drive along with an opportunity to have a picture taken with Santa at their infamous Christmas House on Wilson Court. The Kinsmen were in attendance to hand out hot apple ci-


der and collect food and toy donations. "St. Marys is an amazing community filled with kind-hearted people, and they once again showed why we live in the town worth living in," Mark King said about the event. Kinsmen Ryan Leaman also com-

mented, "We filled two large barrels full of food and toys as well has \$95 in cash donations that has all been dropped off to the St. Marys Salvation Army".

King mentioned, "It was a lot of fun seeing all the kids smiling and some-

times uncertain faces. The response this year was nothing but positive and we're already speaking with the Kinsmen to make this an even larger community event next year and beyond".

Thanks to everyone who attended and donated.



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## SPORTS —

# Lincs climb to second in West with back-to-back shutouts

By Spencer Seymour

Sometimes, hockey teams don't need a grandiose, dramatic victory. Once in a while, it's perfectly fine to have a weekend like the one the St. Marys Lincolns had where they simply show up to the rink, handle business, and leave. On Friday in St. Thomas and on Saturday in Komoka, that's precisely what the Lincolns did, earning two consecutive shutout victories in games that never felt in any doubt.

Assistant Coach Mike Herman, who on Saturday filled in for Head Coach Jeff Bradley as the top brass on the bench with the latter on vacation, told the Independent that he saw two prime demonstrations of a work ethic that meets the bar they have set internally.

"We emphasized not setting the bar for our team based on who we're playing," said Herman. "No matter who we're playing, we want to play to the same standard that we set for ourselves. To me, these two games this weekend were great examples of the maturity we've achieved in terms of playing our game regardless of which opponent we're up against."

"Against St. Thomas, I thought at times that we weren't necessarily at the top of our game, but by adhering to the systems that we play and by playing more of a workman-type way, we were still able to have a very productive night. To me, we've matured into a team that can play any way at any time."

A somewhat sluggish first period in St. Thomas last Friday by both teams ended with a 1-0 lead in the favour of St. Marys thanks to a powerplay goal by Josh Cornfield assisted by Luca Spagnolo and Ryan Cornfield. The elder Cornfield currently has points in seven of his last eight games and goals in three straight. Coach Herman praised the veteran blueliner for his strong performances on both Friday and Saturday.

"Josh [Cornfield] had an excellent weekend for us. He was engaged, he was playing with poise which allowed him to make great decisions. He was managing the puck really well. He was really solid defensively with his gaps and closing plays down. He's a 20-year-old and a key guy so when he's at the top of the game, it's a big bonus for us."

The second period saw the Lincolns

tilt the ice much more heavily in their favour, outshooting the Stars 22-8 and getting rewarded for it with two goals just one minute and 18 seconds apart. First, it was Jimmy Schiedel tipping a point shot by Ryder Livermore past the six-foot-seven behemoth Trenten Bennett occupying the Stars' crease. Matt Prendergast also picked up an assist.

Then, not even 90 seconds later, another small-statured young forward for the Lincolns won a net-front battle, this time it was Blake Elzinga, who batted home his sixth of the season to make it 3-0 St. Marys heading into the third. Jacob Montesi and Luke Bogart had the helpers.

Herman said that a major reason for the Lincolns' surge in both scoring and victories has a lot to do with the "evolution" of players like Schiedel and Elzinga.

"The evolution of our younger guys has been remarkable. All of those first- and second-year players have really stepped up to create depth and threats from lower down the lineup and it has stabilized our play. Those guys are playing with much more confidence and when they started to get it and realize they could play and contribute at this level, it made a big difference. To see it in real-time during these two games was incredibly exciting to watch."

In the third, back on the man advantage, Chase MacQueen-Spence snapped a seven-game goal drought with his 12th goal of the campaign. Cohen Bidgood and Adam Barkley had the assists. Colby Booth-Housego made 29 saves to pick up his second shutout of the season as the Lincolns held on to a 4-0 final score.

Just 24 hours later, the Lincolns were back on the ice, this time in Komoka against the floundering Kings. There were some questions as, in addition to Ethan Weir, Marcus Dashevsky, and Ethan Sullivan who didn't suit up in St. Thomas, the Lincolns were also missing Prendergast and Barkley, both of whom suffered injuries late in the game against the Stars. Additionally, the game marked the Lincs debut for Baden, Ontario native Brandon Abbott, a 20-year-old goaltender acquired from the Summerside Western Capitals of the Maritimes Junior 'A' Hockey League.



General Manager Pat Powers was excited about bringing Abbott into the fold ahead of his Saturday debut, while Herman echoed the sentiments following his first game.

"We are looking for competition at the goaltending position," Powers noted. "We have been working to strengthen every position before the trade deadline and we believe we now have. Goalies are the backbone of every team and it's a very important position so we need to get it right from a staff perspective. Brandon has put up lofty numbers in the CCHL and he was on a top team in Canada the last two years."

"You can see that he is a really good goaltender," added Herman. "He did have a few tough stops that he had to make and he did it pretty casually. He looked really comfortable and confident in the net and it was a major positive for us."

For the second straight night, the Lincs held a 1-0 lead at the end of the first period. The only goal of the opening frame came off the stick of Owen Voortman who moved up into the top-six to play alongside Jaden Lee, who, along with Ryan Hodgkinson, assisted on Voortman's goal, and Luca Spagnolo. Voortman, along with Schiedel, who moved up to play with MacQueen-Spence and Billy VanSumeren, were cited by Herman as two examples of players who have elevated their game.

"Jimmy was great and a perfect example of that player who looks like he's playing with more confidence. I was also very impressed with Owen [Voortman] this weekend. With a few guys out, both of those guys got a chance to play higher in the lineup and they both stepped up and delivered for us."

St. Marys once again opened things up offensively in the middle frame, this time with two goals in 41 seconds,

firstly by Josh Cornfield and then followed up by Bidgood, his 10th of the year. Spagnolo and Lee had the helpers on Cornfield's goal, while Ryan Cornfield and Noah VandenBrink assisted on Bidgood's.

With 36 seconds left in the second, the younger Cornfield brother tallied his eighth of the season assisted by Montesi and Bidgood. In the third, yet another member of Herman's surging youth contingent found the back of the net, this time with Hodgkinson on a drive to the net and putting the Lincolns ahead 5-0, the eventual final. Abbott made 18 saves to secure the shutout in his first game as a Lincoln.

Herman reflected generally on the feeling surrounding the team as they went into this week just two points behind the LaSalle Vipers for first place in the Western Conference. The Lincolns, who have 35 points, as of press time, sat two points ahead of the London Nationals, three points ahead of the Chatham Maroons, and four points up on the Strathroy Rockets.

"In a word, it's refreshing from where we were even just three weeks ago. We would play games a bit back on our heels, feeling like something was going to go wrong. Whereas now, we're imposing our will and making things go right. Much more than the results, that is something we were much more focused on so seeing the group evolve to where it's at right now brings a sense of relief."

"The message now is to take no steps backwards," Herman continued. "Occasionally, we'll take steps sideways and it doesn't mean we won't have losses or off-nights along the way but we want to continue to evolve as a team. I think the players have taken a sense of ownership of the team and that has been a big part of them finding that confidence."

The Lincolns are back in action this Friday when they return to the PRC to play their third interconference game of the season against the Fort Erie Meteors. The team's Toy Drive also continues. Unwrapped toys, specifically for tweens and teens, and hygiene products are the Salvation Army's most-needed items. They will then be on the road visiting the Welland Jr. Canadians this Sunday night.

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## SPORTS —

# SKC students claim medals at NASKA World Tour

By Spencer Seymour

Sensei Jalyne Lorentz and Shannon Campbell, both of the Stonetown Karate Centre (SKC), brought home medals from the North American Sport Karate Association (NASKA) World Tour International Tournament of Martial Arts Champions held in Toronto from November 30th to December 2nd.

The tournament is a top-rated event by NASKA and the largest international tournament held in Canada. The competition was also heightened by the fact that it was the last NASKA tournament of 2023 for competitors to finish off their point ranking in this circuit, making it an especially competitive event.

St. Marys' dojo was represented by Lorentz and Campbell, both of whom returned home with medals. In the 40+ Women's Advanced Sparring Division, Campbell came away with the Gold Medal.

Meanwhile, in both the Traditions Forms and Creative Forms competitions, Lorentz came

away with a pair of Silver Medals.

Lorentz told the Independent about the positive experience she had at the tournament.

"It was amazing to compete against many new competitors and be in front of many new judges officials at the Toronto Tournament of Champions," Lorentz said. "The strong competition helps us and all competitors get better at every tournament. As we continue to train, we can't wait to see our students excel at future tournaments."

Sensei Jeremy Lorentz was also very happy with the performance of the local competitors on the international stage.

"This was a great tournament, being a different martial arts circuit than we normally attend, both these ladies did extremely well. Stonetown Karate continues to advance in the sport karate circuits and this is another step forward in offering our students amazing competitions and learning opportunities."



Pictured from left to right are Shannon Campbell and Jalyne Lorentz of the Stonetown Karate Centre who competed at the NASKA World Tour Toronto International Tournament of Martial Arts Champions. Campbell came away with a Gold Medal while Lorentz returned home with a pair of Silvers. (Contributed photo)

# Buck Martinez wins 2023 Jack Graney Award

Longtime Toronto Blue Jays broadcaster Buck Martinez has been named the winner of the Canadian Baseball Hall of Fame and Museum's 2023 Jack Graney Award.

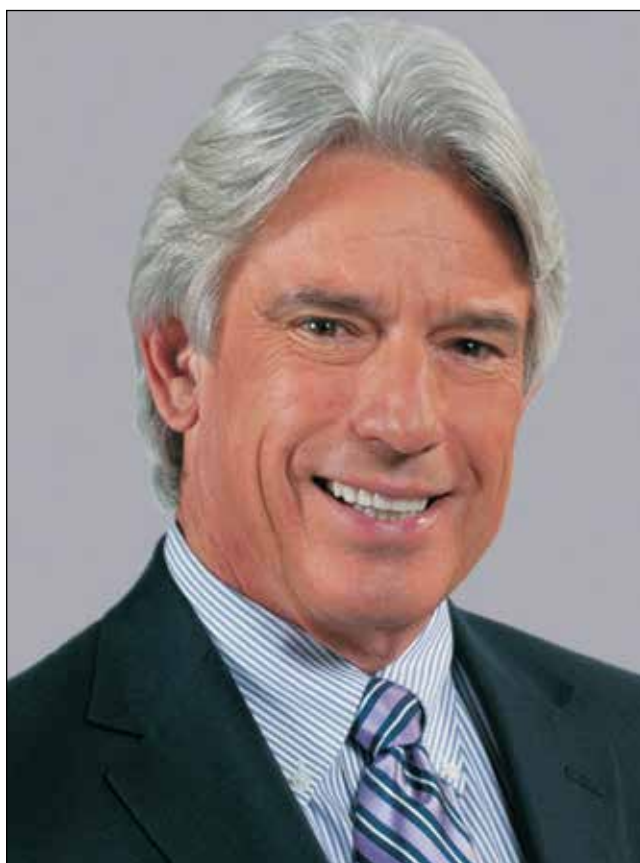
The St. Marys-based shrine presents this award annually to a member of the media who has made significant contributions to baseball in Canada through their life's work.

"When people talk about the Toronto Blue Jays, one of the first names they will mention is Buck Martinez," said Jeremy Diamond, chair of the Canadian Baseball Hall of Fame's board of directors. "He started as a catcher with the club in 1981 and later managed the team, but he's best known as an insightful, respected and beloved analyst on the team's TV broadcasts. Over the past three decades, Buck has taught so many of us so much about the game. We are proud to honour him with this award."

Born in 1948 in Redding, Calif., Martinez made his major league debut with the Kansas City Royals in 1969. He was a durable catcher who played 1,049 games in parts of 17 big league seasons with the Royals, Milwaukee Brewers and Blue Jays.

But even before his playing career was over, he began broadcasting when he covered the All-Star Game, the American League Championship Series and the World Series for the Telemedia Radio Network in 1982.

His full-time broadcast career began five years later when he was hired to be a colour commentator on TSN's Blue Jays broadcasts. In 1992, Mar-



tinized began working with ESPN Radio and TV and in 1995 he earned a Sports EMMY Award for his work on ESPN's coverage of Cal Ripken's 2,131st consecutive game.

After leaving the booth to serve as the Blue Jays

manager for parts of two seasons in 2001 and 2002, he worked as a TV analyst for the Baltimore Orioles from 2003 to 2009, and won another EMMY, before returning to the Blue Jays TV broadcast crew in 2010. He has now been part of the Sportsnet TV broadcast team for the past 14 seasons.

On top of his work on Blue Jays telecasts, Martinez has also contributed colour commentary for Sunday afternoon games on TBS and participated in the network's postseason coverage. He has also served as a broadcaster in the last four World Baseball Classics after managing the U.S. team in the first competition.

In recent years, he has also broadcast the All-Star Game and the World Series for MLB International.

In 2020, he became president of the Baseball Assistance Team (B.A.T.), an organization that confidentially assists members of the baseball family.

In all, Martinez's resume in professional baseball boasts 20 years as a player, 41 as a broadcaster, and two as a manager.

"I was very surprised and happy to hear from the Canadian Baseball Hall of Fame that I have been named the 2023 Jack Graney Award winner," Martinez said. "There are many great names on the list of past winners, many who I have worked with or alongside for many years. Two names on the list that mean the most to me, giving me a great deal of pleasure to join them are Tom Cheek and Len Bramson. Without their support and direction, I would not have had the wonderful career in broadcasting that I have enjoyed!"



**SPORTS —**

# U12 Snipers win ringette tourney on home ice

By Spencer Seymour

It was a ringette-heavy three days at the PRC this past weekend with the St. Marys Ringette Association hosting their 2023 Snipers Tournament and in the U12 division, it was the hometown squad who came away with the win in the championship game.

Head Coach Evan Habermehl was very happy with his team's effort, both in the final game and throughout the weekend.

"They played very well today," Habermehl raved. "They had a lot of games last year where they faced a lot of offence coming their way and I think it allowed them to always get back at it and stay strong whenever a goal goes in on them. They score more than they allow and they don't get phased when they get scored on."

It was a high-scoring contest the Snipers had to battle through in the final game when they took on the Waterloo Wildfire, with St. Marys earning the 12-10 victory. Waterloo took a 2-0 lead early in the game but St. Marys came back to tie it at two apiece on two quick goals by Madison McCutcheon. The two squads then traded several one-goal leads throughout the rest of the first period, with the Snipers taking a 7-6 lead into the second frame. Kyla Graham added two goals of her own with Brenna Bearss, Meredith Stokes, and Mary McCutcheon also each scoring once.

In the second, both teams continued trading goals back and forth, including two more from Graham on the Snipers' side. Stokes and Mary

McCutcheon each found their second of the contest as well in the second and the eventual game-winner came off the stick of Ava Bastien.

Habermehl said that the team, an almost-entirely returning squad from last season, learned how to have fun regardless of the result, and that experience has allowed them to find more success this season.

"Last year made them resilient. It allowed them to be happy as a group, to come together as a group, and learn to lose together which I think this year has allowed them to learn how to win together."

Both Habermehl and assistant coach Christen Graham further expressed just how happy they were with the team's cohesion and compete level, both in the final game and over the entire weekend.

"They tried their best. They always worked hard and they worked well as a team. They always supported each other. They did a great job at maintaining the effort level all weekend. Of course, there are some things to work on, but as long as you have the work ethic that our girls have, you're going to feel pretty good."



The U12 St. Marys Snipers won the Gold Medal during this past weekend's Snipers Tournament held at the PRC. Pictured in the front row, from left to right, are Olivia Hendricks and Maelle Hachler. In the middle row, from left, are Trainer Lori Bearss, Georgia Hunter, Olivia McCutcheon, Meredith Stokes, and Assistant Coach Kari Stokes. In the back row, from left, are Evan Habermehl, Assistant Coach Christen Graham, Coach-In-Training Kacey Graham, Amara Grant, Lyla Habermehl, Brenna Bearss, Ava Bastien, Lily Johnston, Lilly Garniss, Kyla Graham, Madison McCutcheon, Bria Henderson, Coach-In-Training Kirsten McKichan, and Mary McCutcheon. (Contributed photo)

### ST. MARYS CURLING CLUB Doubles League Standings

TEAM	W	L	T	PTS
Stewart & Jake Grant	7	1	0	22
Adam Hudson & Andrew Zwambag	5	2	1	19
Pat Murray & Jeff Jackson	4	2	2	18
George White & Neil Hemingway	4	3	1	17
Mark King & Chris Van Wieren	4	3	0	15
Tom & Marjie Westerveld	3	4	0	13
Luke & Rick DeBrabandere	2	5	1	13
Merlin Leis & Alan Johnston	2	6	0	12
Richard Murphy & Ryan Leaman	1	6	1	11

## Baby Faces of 2023

Baby's Name \_\_\_\_\_

Male or Female \_\_\_\_\_ Date of Birth \_\_\_\_\_

Place of Birth \_\_\_\_\_

Weight (birth) \_\_\_\_\_ Weight (now) \_\_\_\_\_

Parent(s) Name \_\_\_\_\_

Siblings (Name[s] & Age) \_\_\_\_\_

Grandparents \_\_\_\_\_

What I Liked best about 2023: (a reply your baby might make)

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# SPORTS —

## Minor Sports Scrapbook



Aryn Sheldon shoots the ring on goal during one of the U14 St. Marys Snipers' games during the Snipers' Tournament held at the PRC last weekend.



Payton Blight carries the ring and looks for a shot during one of the U19 St. Marys Snipers' games in last weekend's Snipers' Tournament held at the PRC.



Bentley O'Brien rounds the back of the net to get a scoring chance during the St. Marys Ford U9 LL Boys 2 St. Marys Rock game this past Sunday.



Nelleke Dewitt advances the puck through centre ice during this past Monday's Bickell Built Homes Ltd. U13 HL Girls St. Marys Rock game.



Abe Bender celebrates a goal to the camera during this past Sunday's Ashton Tire Service U15 LL Boys St. Marys Rock game.



Andre Mollet fires a shot during the A.N.A.F. U16 A Boys St. Marys Rock game last Wednesday night. (Spencer Seymour photos)



## SPORTS —

# Sr. Girls volleyball team wins first two games of season

By Spencer Seymour

The St. Marys DCVI Senior Girls volleyball team got their season started on the road last Friday and came away with a pair of victories.

In their first game of the day, the Senior Girls took on the host squad from South Huron. The first set, although somewhat organized, ended up going the Salukis' way with DCVI taking a narrow 25-23 win. In the second set, the Salukis were much more comfortable and cruised to a 25-11 win to take the game in two straight sets.

Head Coach Steve Chateauvert said the team settled in very well after adjusting to the game in the opening set. "They played more 'ready' and aware," Chateauvert told the Independent.

"The first set everyone was more concerned about learning the rotation and where they were supposed to be on the court instead of watching and being ready to play the ball. Court awareness and anticipation are huge in volleyball so when they instinctively know where to be and what to do, they'll have a better chance of executing a good pass, set, or hit. They were able to do this to a greater extent as the day went on."

Their second game of the day saw the Salukis take on Central Huron and once again, it took DCVI just two straight sets to emerge with the win. Strong ball management which limited unforced errors propelled the Salukis to 25-11 and 25-13 victories. Chateauvert noted that the team got

strong contributions from all corners of the lineup.

"Strong serving from Ellen Thorup, Brooklyn Newman, and Olive Aarts made it hard for Central Huron to mount much of an attack. We had some good swings from Harvest Elliot in the middle and Ellen Thorup on both the left side and right side, while Eden Sinnett got the ball out to our hitters."

Chateauvert, when asked about his outlook for the season ahead, called the Senior Girls' squad a "very well-rounded team."

"We have some strong players who can serve tough so that will be key in terms of getting the other team out of their system and trying to limit

their options on offence. We also have some good hitters who will be able to put the ball away. Our passing will be good and defensively, they seem to have shown a willingness to hit the floor and go after everything. Our big focus at the start of the season will be trying to solidify some of the basics in terms of serve receive and passing."

"I told them at the first practice that two areas I want to be really good at are serving and passing," Chateauvert continued. "I want them to be a tough serving team and they've shown that they can do that, and I want them to be a good passing team. If we can get a good first ball to our setters, then we'll be able to swing at a lot more balls."

# Jr. Girls volleyball team opens season with back-to-back wins

By Spencer Seymour

The St. Marys DCVI Junior Girls volleyball team began their season with two consecutive wins when they travelled to South Huron last Friday.

Head Coach Jessica Chateauvert called the team's season-opening double-header a "strong start" to their league play.

"They were able to control the play throughout both matches," Chateauvert

told the Independent. "Our goals going in were to serve tough and to get three touches on the ball every possession. They were successful with both of these goals. Our players are continuing to learn our serve receive and defensive positioning, and we will be in for a good test against the Stratford schools this Thursday."

In their first game of the day against South Huron, the Salukis defeated to home side in back-to-back sets

by scores of 25-15 and 25-19. DCVI only got more locked in when they returned to the court for the second game of the day against Central Huron, sweeping the match in two straight sets with scores of 25-8 and 25-13.

Coach Chateauvert praised her group, made up of six returning players and six new to the game, for the positive vibes surrounding the team.

"There are lots of coachable athletes so I'm hopeful that they will pull things together quickly. The team impressed me with their energy and enthusiasm and how the veterans are helping the new players learn their positions. Katie Namink and Marin Chateauvert are experienced players who see the court extremely well and from all of our players, there is lots of positive energy so it will be exciting to see them come together."



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## SPORTS —

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# COMMUNITY —

## Loading up the cruiser



On Saturday, December 9 The Salvation Army held their annual Christmas food drive at the Independent and Foodland grocery stores. Many generous people filled carts full of groceries and accessories, along with cash donations. Pictured, from left, Gracie Dafoe, Family Service Worker; Leeta Currah, Family Service Worker and Constable Darren Fisher of the Stratford Police were available to collect all these wonderful gifts. (Nancy Bickell photo)

## A night at the circus



On Friday, December 8th an electrifying performance by students of Studio Cirque, London was held at DCVI. This benefit performance was to enable Alina Shyshkivska to continue her training at Studio Cirque. Alina and her family arrived in St. Marys from war torn Ukraine in 2022 and it has always been Alina's dream to one day perform with the Cirque du Soleil. If you wish to help Alina in her quest, a GoFundMe titled "Alina's Cirque du Soleil Dream" can be found at <https://www.gofundme.com/f/alinas-cirque-du-soleil-dream>. Pictured is Alina doing the standing splits. (Ric Knutson photo)

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## HISTORY —

## HISTORIC ST. MARYS: The Music of Christmas

By Mary Smith

For many people, music is an essential part of the holiday season – real music, not the jangly tunes played endlessly in shopping malls. Even those who are not regular church-goers or who don't have any particular religious beliefs can be stirred by the beautiful instrumental and choral music that has been associated with Christmas for generations. In St. Marys, church choirs are practicing for upcoming performances, frequently with guest musicians to enhance their presentations. Community concerts, often fundraisers for causes like the food bank, are also being promoted.

A look at the St. Marys Journal Argus from December 1923, a century ago, suggests that there has long been a tradition of special music in St. Marys during the holiday season. All the local and area churches were offering Christmas entertainment of some kind. A number of other similarities between 1923 and 2023 are interesting to note. A hundred years ago, it had been a very mild December – although perhaps there were not the many days of clouds, rain or drizzle that we have experienced this year. There are references in the Journal Argus to apples still on the trees, not damaged by frost, and pansies blossoming in gardens.

Another similarity might be that even in 1923, people were still feeling glad to be able to get together after the brutal years of World War I that separated many families, only to be followed by the Spanish Influenza epidemic in 1919. Today many of us are still emerging from our own pandemic isolation. Last Christmas, when it had at last seemed possible to get together with caution, a brutal snowstorm closed highways and prevented travel even within town. Christmas events were cancelled or delayed. In 1923, the lack of snow meant that all events were well-attended. Perhaps that will be the case in 2023 as well.

The 1923 Journal Argus ran a regular weekly feature called With the Churches. In it, the various congregations probably paid some reasonable charge to promote their upcoming services. It is a good source of information about special concerts offered for Christmas and sometimes the newspaper followed up with reviews of the performances. At that time, Christmas cantatas were particularly popular, telling the story of the birth



The interior of St. James Anglican Church, St. Marys. A Festival of Lessons and Carols will be held there on Sunday, December 17, at 4 p.m. The centre aisle makes the opening procession for this service very effective.

of Christ in music. Cantatas were more modest than oratorios, such as Handel's Messiah, but were suitable for church choirs with talented soloists, accompanied by skilled organists. For example, for the final Sunday in Advent, December 23, the St. Marys Methodist Church presented Maunder's Christmas Cantata, "Bethlehem," at the evening service. John Henry Maunder (1858-1920) was an English musician who first composed for the theatre but later concentrated on sacred music. His Bethlehem cantata was intended for four solo voices and chorus, interspersed with hymns sung by the congregation. The Methodists promised: "It will be one of the best Christmas Cantatas given by our choir. The music is much above the ordinary. Come yourself and bring a friend. Doors open at 6:30."

On the west side of Church Street South, the organist of Knox Presbyterian Church, Professor T. Singleton, had been working with the choir on special music for two services on December 23. The evening service would feature "Adoration," a cantata by American composer, George B. Nev-in (1859-1933,) a member of a well-known musical family from Pennsylvania. The guest speaker, the Reverend Hugh Matheson of Knox College in Toronto, also would use "Adoration" as the theme of his sermon, introducing the musical portion of the service. There were solo numbers as well as men's and women's choruses. The full choir and the congregation would join

in singing "O Come All Ye Faithful" to begin the program. The church promised "A welcome to all."

There was a long-standing rivalry between Knox Church and First Presbyterian Church on Widder Street in the north ward. Although, for Christmas 2023, the First Presbyterians were not performing a cantata, their choir included some fine soloists and there would be plenty of special music for both services on December 23. In the evening, they were offering an early version of a multi-media presentation. "Following the minister's sermon, twelve beautiful coloured paintings, the work of William Hole, R.S.A., will give a modern artist's conception of the annunciation, birth and youth of Jesus. To miss these masterpieces is to miss a liberal education." William Hole (1846-1917) was a Scots artist who was known for his illustrations of Scottish history and literature. He had travelled to the Holy Land and his paintings of biblical subjects were also very popular. It is easy to find examples of his art in a search on the internet. In St. Marys in 1923, the pictures would have been presented as magic lantern slides projected onto a screen at the front of the church.

Further east on Widder Street at the Roman Catholic Church, Father Ronan would celebrate three services on Christmas Day at 7:00, 7:30 and 10:30 a.m. The children's choir, led by the music teacher among the Sisters of St. Joseph at the convent,

would sing at the two early services. The church choir would "render the music for High Mass." Across town, on Church Street South, the Baptist Church also planned to show slides depicting the life of Christ. This congregation had held a special concert a week earlier, on December 17, to mark the church's anniversary. The guest performers had been the Sunbeam Concert Trio, three women graduates of the Ontario School for the Blind: a soloist, a violinist and a pianist. Admission to this concert was 50 cents for adults, 25 cents for children.

At St. James Anglican Church, the rector, the Reverend A. B. Farney, followed the established order of service for Advent Season. Sunday morning, December 23, was to be a service of lessons and carols, a chance for the congregation not only to hear familiar readings but also to join in singing favourite music. More Christmas music was planned for the evening, including the carol, "We Three Kings from Orient Are, solo parts taken by little boys of the choir." The church orchestra would play at both services. St. James also would hold two services on Christmas Day.

There were many chances to hear beautiful seasonal music in St. Marys in 1923 and, this year, in 2023, there are some great local opportunities as well. London's Pro Musica choir will perform Handel's Messiah at the St. Marys United Church on Saturday, December 16, at 2 p.m. Tickets are \$25 for this church fundraiser. On Friday evening, December 22, at 7:30, at Holy Name of Mary Catholic Church, Harmony of Friends will present a Christmas Benefit Concert, "No Room at the Inn." Donations will support the community food pantry at the St. Marys Public Library.

On Sunday afternoon, December 17, at 4 p.m., the four churches that make up the Anglican parishes of Perth County – St. James, St. Paul's and St. Stephen's from Stratford along with St. James, St. Marys – are joining together to present a Festival of Lessons and Carols in the St. Marys location, 65 Church Street South. The lessons will be read by various members of the four congregations and everyone will join in singing the carols. All are very welcome to attend this traditional service and also welcome to attend the services at any of the other churches in St. Marys as they celebrate the Christmas season.

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# Christmas in Thorndale



Pictured from left to right, Danielle Sampson, Thorndale Farm Supplies, Raya Masse, daughter of Scott & Blair Masse, and Meghan Williamson, Thorndale Farm Supplies.

By Nancy Abra

The Thorndale Lions Santa Claus parade on Friday evening, Dec 8th, with its 24 creative, illuminated floats and music, was the perfect kick off to 'Christmas in Thorndale'. Crowds of people of all ages lined the parade route then returned to the Thorndale Lions Community Centre for hot refreshments, entertainment, and a visit with Santa.

Saturday, Dec 9th, the Thorndale's downtown area along King Street was



Don & Karen of Thorndale Hardware

a bustle of people attending various business' Christmas activities and open houses. Thorndale Farm Supplies hosted a special Christmas open house with family fun activities including children's crafts, face painting, a magic show as well as Christmas Carolers and food trucks. This event was well attended with a great response from the community, including many people checking out their retail store for unique products and gift ideas for Christmas.

At the Thorndale Hardware Store,



Cookie decorating at Sassy's

Don and Karen Bentum hosted their customer appreciation day with yummy treats, seasonal promotions, and special draws. It was also an opportunity for their customers to meet the new owners, Emily Woods, Carly Woods, and Conner Darville who will be taking over the hardware store in the new year.

Other businesses along King Street were also involved in the town's special 'Christmas' promotional activities. Sheena Ball, RMT at 160 King collected toys for the Dorchester

Food Bank, Thorndale Family Restaurant promoted their yummy treats, Jen Hewson's open house served hot apple cider, Sassy's had a fun cookie decorating activity and Bella Vita Aesthetic at 237 King Street promoted some great gifts ideas.

Thorndale and area have so much to offer in the way of special gifts and services for the holidays. Supporting local is very important to the success and economy of the community. Check out <https://www.ilovethorndale.ca/christmas-in-thorndale-2023/>

# Take Back Your Health

By Nancy Abra

There are circumstances that arise in our lives when we realize our health should be a concern. It could be a current health condition or a troubling health diagnosis. "That's it. I am taking back my health."

Jen Hewson found herself in that situation when she was diagnosed with an invasive form of breast cancer in 2017. She was teaching at the time, but realized that her health was more important and not to be ignored and began the quest to re-educate herself to be healthier in her body but also for her mind and spirit.

Hewson grew up in a rural farm community in southern Ontario. With these important rural roots, she believes in wholesome and basic food with one of her health focuses on digestion. But she also believes a sound internal balance of body and mind is required for good health and well-being. In her journey of

re-educating herself, Hewson is a doctor of natural medicine and has earned several certificates with a solid understanding of holistic health.

Recently Hewson has moved her holistic health business to Thorndale. "I have been working from home" stated Hewson. "But I want to branch out to reach more people to help but still wanted to be in a small rural community. When the space at 196 King Street in Thorndale became available, I knew it would be perfect. This is such a friendly community and more comfortable and relaxing than being in a big city."

"I have met many wonderful people since I have been here," Hewson remarked, "and I look forward to meeting more people and being part of this community."

For more information on Dr. Jen Hewson, go to <https://www.takebackyourhealth.ca/>



Dr. Jen Hewson



COLUMN —

# HOSTING UKRAINE: Celebrations

By VJ Knutson

It started on Wednesday, with a celebration at the library to honour the seven Ukrainian graduates who completed the Self-Employment course at Fanshawe College. Olya Loshkin, who is the coordinator and professor of OSLT programs for the college, suggested it would be nice to recognize the efforts of our local graduates by giving them the opportunity to present their business goals. Sarah Andrews agreed, offering space at the library and promising to provide goodies.

Ric and I arrived to see that many local supporters had shown up, including our two volunteer English teachers. I could see that our newcomers were pleased, and nervous. Presenting in English, and to a crowd, seemed daunting. They need not have worried. Their presentations were flawless and engaging. The enthusiasm was contagious. Some have already launched their business ideas, some are close to launching, and others recognize they still have work to do.

Sarah went a step further in the planning and invited representatives from the community who could address questions about getting started in business. Chris from Public Health addressed what is needed to start a home cooking business, Kelly from the town talked about bylaws, Holly from the Small Business centre (Stratford)



offered numerous supports, Sue from the BIA introduced their role, and Joanie from the Yoga Chapple came to encourage our fitness buff. I don't know for sure, but I suspect Brittany Petrie had a hand in coordinating this also. Unable to attend, she sent along words of wisdom.

Stan Malcolm also offered some good advice. Stan was the one who originally reached out to me about getting together with Olya, who is herself an immigrant, and speaks Russian. He felt Olya could be of help to our Ukrainian community. Stan, it turns

out, hosted Olya and husband when they first came to Canada many years back, so both have a unique perspective on what many are facing today.

It was such a moving moment for those of us who have been helping the Ukrainians in our midst. To see how far they have come, language wise, and also to witness the strength of their spirits, willing to dream despite their challenges. The support of local business professionals was also so encouraging. As Olya wrote after the event: "There is really something special and powerful about St Marys

community."

The power of community was again witnessed on Friday night, when so many came to watch Alina Shyshkivka's circus troupe perform. The event was a fundraiser, and I'm pleased to report that the family have now reached their goal. Alina's training will continue.

I was not able to attend the event, but Ric did, and as I've been working through the over 300 photos he took throughout the evening, I can tell it was a good performance. How do those young people contort themselves so? I see from the photographs that many were on hand to help the evening run smoothly, including John Stevens. Was that a video recorder I saw, John?

Alina's sister, Vasylysa raised \$315 by selling postcards of her artwork – this family has many talents!

Thank you to all who contributed to make this evening a success, from the ticket sellers at the door, to the planners behind the scenes, and to Alina's friend, Anastasia for translating. Thank you also to the Studio Cirque for donating their time and talents to help Alina succeed.

"If you need someone to help plan an event," Ric told me afterward, "Nataly is your girl!"

Till next time.

(Reach me at english.knutson)

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 P I T V A D L G M B N I G V V G Y B J S

## Word List

- Partridge
- Pear tree
- Turtle doves
- French hens
- Calling birds
- Golden rings
- Geese
- Laying
- Swans
- Swimming
- Maids
- Milking
- Ladies
- Dancing
- Lords
- Leaping
- Pipers
- Drummers

## THE WEEK AHEAD

**SPONSORED BY:** **McDonald's St. Marys**  
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PRC & Friendship Centre events - See the Stonetown Crier on Page 5

St. Marys Library events - Page 28

### Friday, December 15

- Royal Canadian Legion hot dog/sausage lunch at Noon
- Winterlights Night Market at Milt Dunnell Field - 5 to 8 pm
- A.N.A.F. meat draw - 6 pm
- St. Marys Lincolns vs Fort Erie Meteors at the PRC - 7:30 pm

### Saturday, December 16

- St. Marys Farmers Market at the PRC - 8 am to Noon
- Handel's Messiah at the St. Marys United Church - 2 pm
- Royal Canadian Legion meat draw - 5 pm
- Winterlights Night Market at Milt Dunnell Field - 5 to 8 pm

### Sunday, December 17

- "To St. Marys with Love" Community Dinner at the PRC - 5 pm
- St. Marys Lincolns vs Welland Jr. Canadians at the Welland Arena - 7 pm

### Thursday, December 21

- St. Marys Lincolns vs Sarnia Legionnaires at Pat Stapleton Arena - 7:10 pm



The **Riddle Kid**  
OF THE WEEK

Which dinosaur never gives up?



Try-ceratops

**Matthew Koot (4)**

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

## TONS OF FUN FOR KIDS EVERY WEEK!

## PET OF THE WEEK

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



Our pet of the week is Jasper Robichaud. Jasper is a 13 month old Cockapoo. Her favourite things are playing with her ball and cuddling. Her mom Karen says she is perfect in every way. Jasper also likes to support local businesses.



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

### Pet Cold Weather Fact

Many pet owners believe that because their pet has a fur coat, they can tolerate the cold better than we can. That's not always the case. Truth is, they're just as used to a nice warm house as we are. The cold weather can be just as much of a shock to them as it is to us.

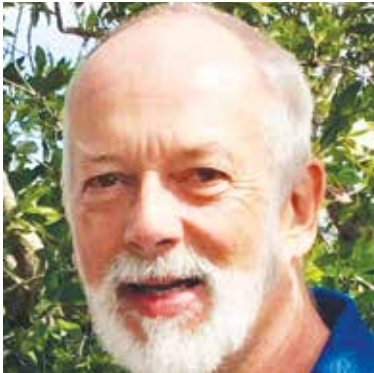
Please keep this in mind and keep them warm and cozy too!

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## COLUMN —

## OH, THE PLACES WE'LL GO: The challenge of saving coral reefs



By Paul Knowles

I'm just not a "lying on the beach" kind of guy. When I am in sunny climes, I like to be pretty active.

One of my favourite pastimes is snorkeling. Love it. Not that I am good at it. I snorkeled most recently with folks who have perfected the art of diving deep while wearing a snorkel and a mask. Not me. I'm the guy floating peacefully, face down, on the surface of the salt water, enjoying all of the underwater sites and hoping that some of those amazing fish will pay me an up-close visit. Which they usually do.

Until recently, I have taken snorkeling pretty much for granted – a wonderful pastime that I can enjoy every once in a while. But my affection for snorkeling has introduced me to some folks who have shared some pretty devastating news: the earth's coral reefs are dying. These beautiful oceanic features are in extreme danger. In fact, coral reefs are some of the world's most endangered eco-systems.

And while that may be sad news for snorkelers, that is the least of our problems because coral reefs are among

the most important parts of our global eco-system. A quarter of all sea creatures depend on coral reefs. And coral reefs also mitigate the impact of severe storms. In short, if they go we're all in trouble.

I have met coral reef restoration experts in Key Largo, Grenada and Dominica over the past few months. Their dire warnings are always the same although their proposed solutions are creatively different.

In the Florida Keys, we spent a highly informative hour with Madalen Howard of the Coral Restoration Foundation. We came away with feelings of horror and hope. Horror, because in the last few decades, some reefs in the Caribbean and Florida region have experienced 90 per cent loss. "Florida's coral reef has been the canary in the coal mine" according to Madalen. Hope, because the CRF is doing a lot in an attempt to reverse that terminal trend, creating "coral trees" essentially, nurseries for living coral (which are animals, not plants) that have already produced 45,000 reef coral specimens to be returned to the reef. Madalen is proud that the CRF's work with coral trees is "at the forefront of innovation."

But given the threat to our reefs, that is still a drop in the bucket. More must be done.

Some of the work relates to solving problems that have endangered the reefs. Madalen pointed to issues like coastline development and pollution, including the discharge of untreated sewage.

And – this hits snorkelers directly – the use of sunscreens that contain chemicals that kill coral. Now I know and I have changed sunblocks.

The biggest challenge will come as no surprise – climate change. The oceans are warming up; this causes coral bleaching, which leads to the death of the coral. Recent years have seen the "largest global coral bleaching ever in history."

And we know that global warming has not been curtailed. In fact, a few months ago, many of the CRF's coral trees had to be moved to deeper water to avoid damage because of over-warm waters.

Last month in Grenada, I met Phil Saye, founder of a different approach to saving coral – the "Pyramids of Grand Anse". Phil and his colleagues have begun building artificial reefs only a few dozen meters off the famous Grand Anse beach.

The pyramids are simple structures, built from cement blocks. The project now includes 80 pyramids; the site is overseen by Allie and Neal Mader of Dive Grenada.

Phil is frank in his assessment of the global challenge to coral reefs. He believes most or all will die, victims of the damage humans have done to the planet. Then he asks, "What will happen to all the marine life? Where will they go?" He believes that simply pyramids "could be a global solution."

The pyramid project has certainly proven itself in this initial experiment. I snorkeled there and discovered that an area that was once dead sea-



Madalen Howard, of the Coral Restoration Foundation in the Florida Keys. She is shown in front of a model "coral tree". (All photos by Paul Knowles)

bed is now home to 15 species of coral (growing on the pyramids), and 30 different species of fish (I didn't count, but was assured this was true. I know I saw a lot of diverse beauty). Perhaps most tellingly, the once-barren seabed beyond the perimeter of the pyramids has come back to life, now a garden of undulating turtle grass. That has all happened since the first four pyramids were lowered into the water in 2014.

Perhaps the biggest challenge facing these coral restoration pioneers is funding. I heard this in Florida, in Grenada and in Dominica where

another coral tree project is underway.

So the next time I casually slip on a mask and snorkel and spend an hour in the magic kingdom of the underwater world, I had better spend an equal amount of time thinking about how I can help in a practical sense. That's probably good advice for anyone who cares about our planet.

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



Neal and Allie Mader, guardians of the artificial reefs in Grenada.



On lands, the pyramids also attract wildlife visitors.

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COLUMN —

ANNOUNCEMENT

Cindy Lang turns 60!



Happy Birthday Mom!

December 14

Love from all your family, especially your favourite daughter!

Straight from the Shelves

By Laura McAsh, St. Marys Public Library

Enjoy trivia? Love Christmas? Then do we have an event for you! Join Rebecca at Gilly's Pubhouse on Monday, December 18th for a fun and festive night of Christmas-themed trivia. Come with a team or make some new friends as you battle for trivia supremacy. Prizes are up for grabs for the winning team. Maximum of four players per team. Gilly's Pubhouse is located at 17 Water St. South, St. Marys.

This Week's Recommendation

"While kids write notes to Santa Claus, Sharks line up for Santa Jaws." Join the carpet sharks, the elfin sharks, the horn sharks and more as they prepare for the merry arrival of Santa Jaws in his sleigh pulled by hammerheads. Celebrate Christmas under the sea with "Santa Jaws", a delightful picture book written by Bridget Heos and illustrated by Galia Bernstein. You can find this title in the Christmas book area of the children's section (above the board books).

Up This Week

- Friday, Dec. 15th: Open 10:30am-5:00pm
  - Saturday, Dec. 16th: Dungeons & Dragons (10:30am)
  - Monday, Dec. 18th: Trivia Night at Gilly's Pubhouse^ (7:00pm)
  - Tuesday, Dec. 19th: Book Club\* (11:00am), Writing Club\* - Ages 10-17 (6:00pm-7:00pm), Writing Club\* - 18+ (7:00pm-8:00pm)
  - Wednesday, Dec. 20th: EarlyON - Play and Read (9:30am-10:30am), Mahjong Intro (1:00pm-2:00pm, 6:00pm-6:30pm), Mahjong! (2:00pm-4:00pm, 6:30pm-8:00pm)
  - Thursday, Dec. 21st: Scrabble (6:00pm-8:00pm)
- \*Registration required  
^Held at Gilly's Pubhouse (17 Water St., St. Marys)

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*The St. Marys Farmers' Market*

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Solutions on page 31



# LETTER TO THE EDITOR —

## My retirement career as an Independent carrier

By John Stevens

I love my job. Well, I don't know if delivering the St. Marys Independent should be classified as a job. However, it gives me a bit of exercise once a week. With all of the filthy lucre I earn, I have the opportunity to enjoy a bit of a treat at the end of the month.

I usually meet a few neighbours and catch up on what's happening, like how Mike and Samantha are doing with their young one. Most weeks, I can give Fido a cuddle. I see how Lorne and Nancy's renovations are coming along. I check on Bruce and Laurie's garden. If I'm lucky, I get to pat Baxter and Mona. I even got some leftover Halloween candy from Toni this week. Yum! I am so much more connected with my neighbourhood now.

Part of the joys are the different kinds of contraptions for the newspaper. There are standard letter boxes, rural ones, one made from old licence plates, and others. If there is no place to put it, I try to tuck it under or in something.

I have some concerns, though, as winter approaches. Falling on slippery sidewalks is one of them. I figure I am the oldest person to deliver papers for the Independent. I don't need any more broken bones, thank you. If you can keep your paths clear, I will certainly appreciate it.

Another is keeping the paper from blowing away, potentially clogging up somebody's snow blower or

littering the community. If you don't have a mailbox, leave a rock or a brick that I can place on it. Even better, provide something that keeps the paper dry. Sometimes, I am proud of the innovative ways I have to invent to accomplish this, but if you can help me in this area, I would appreciate it.

Personally, I can't imagine anyone living in this community not wanting The Independent. It does such a great job keeping you informed about what's happening. However, there may be some who don't want it. If this is you, contact the newspaper and tell them. Alternately, you can leave a note on your door and I will stop delivering it. Simple, right?

If you are going away for a period of time, you can also leave me a note to discontinue the paper for this interval. Let me know if you want me to save the ones you will miss and I will do this. How's that for service?

Finally, if I have tempted you enough to consider delivering this important part of our culture in St. Marys, I have reached my goal. I know that my route is up for grabs for a couple of months this winter. As much as I enjoy it, I will even let you keep it, if you wish. The people you meet are great, it's good exercise, and you make enough money to have a wild time in Prospect Hill. Why not give them a call and as the song says, "Start spreading the news."

## LOOKING BACK



BY AMY CUBBERLEY

### Picks and Sticks

25 years ago (1998)

St. Marys' own Picks and Sticks have released their third album of children's music entitled, "Let's Go!". This independently produced CD features 14 original tracks written by Paul Droog and performed by Picks and Sticks.

St. Marys Memorial Hospital staff recently raised \$1,468 over a six-week period for the St. Marys United Way Campaign. Janice McIntosh, admitting reception, and Julie Jeffrey, chair of the hospital's United Way campaign, recently presented the money to Arlene Callender, chair of the United Way campaign for St. Marys.

St. Marys Horticultural Society held its annual meeting at the Royal Canadian Legion Hall last week with about 60 in attendance. Janice MacIver won Gardener of the Year, while Rebecca Parsons won the top award for children.

50 years ago (1973)

A purchase to be faced by the town next year is that of a "sewer rodder". It doesn't sound too glamorous but is a necessity for sewage drain cleanout. Basically, a gas engine drives a coil of rod with a "porcupine" brush on a root-cutter attachment through a clogged pipe.

The Christmas party time is now in full swing and old Mr. Winter is here again. Remember, Christmas is for the family at home so make the last drink for the road coffee and spend Christmas at home with the family, not in the cold ground.

The Stratford police department is apparently satisfied with the idea of substituting a truck for a cruiser. After two years of use, the department is trading in the original for a new model. Reasons for the truck patrol interest lies in the fact that the trucks cost less initially, have better trade-in value, and pile up less costly repair bills.

75 years ago (1948)

The Weir drinking fountain was turned off this week for the winter months.

The white frost and fog which blanketed the countryside on Friday morning made driving hazardous. A transport driver who brought his vehicle from London during the fog stated that over thirty vehicles were in the ditch between St. Marys and the Forest City.

For the first time in many years, St. Marys ratepayers flocked to the Town Hall on Monday night to listen to the reports of candidates and others in the forthcoming civic elections. There were over 160 persons in the auditorium, which was an indication of an awakening of public interest in municipal affairs.

100 years ago (1923)

Despite the heavy rains of a week ago, the roads generally were very good on Sunday and many motorists took advantage of the warm sunshine and summer-like temperature.

A suitable Christmas gift for the home is a Super-Fan Electric Washer and Wringer, made by Maxwells Limited, currently on exhibition at the St. Marys Hardware and the Hydro Shop.

The deaths of aged people this month have been higher than during the corresponding month last year. It is believed that this is owing to the unusual dampness of recent weeks.

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*Smith*

*Our hearts are full of love for all those who came out and those who waited in long lines to express their condolences on Gordon's passing. Big thank you to Andrew and all the nurses and doctors that gave Gordon great care during his stays in hospitals. Also big thanks to all our trucking customers that have kept GL Smith and Sons in business all these years. Thanks to all those who sent cards, texts, flowers and called to send their condolences. Your kind words and prayers mean a great deal at this time. God Bless*

*Darlene and Families*



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

## OBITUARY

### Gowan



Everett Lorne Gowan, of Kirkton, passed away on Dec. 8, 2023 at the age of 93.

Predeceased by his wife Evelyn Marie (nee Elliott). Father of Rick, Gary (Ria), Marie Stewardson, Stan (Donna) and predeceased by Stewart, Bruce and Terry. Everett is survived by 11 grandchildren and many great-grandchildren

and great great-grandchildren. Brother of Joe (Dorothy) Gowan of Oakville and Irene Gowan of St. Thomas. Predeceased by Pearl Tuttle (Jim), Laura Farrel (Bud), Lillian Nevard (Ron), and Victor. Also remembered by many nieces and nephews.

Visitation at the Andrew L. Hodges Funeral Home, 47 Wellington St. S. St. Marys, on Wednesday, Dec 13, from 2 -4 & 7 - 9 pm. The Funeral Service will be conducted at the ST. MARYS UNITED CHURCH, 85 Church St. S. St. Marys, on Thursday, Dec 14, at 11 am. Reception in the church hall following. Burial in Forest Lawn Cemetery, London. Memorial donations may be made to a charity of choice. Online condolences at [www.hodgesfuneralhome.ca](http://www.hodgesfuneralhome.ca).

## IN MEMORIAM

### Ward



In memory of John "Kevin" June 27, 1967 to December 14th, 2010

Of all the special gifts in life  
However great or small

To have you as one of our sons

Was the greatest gift of all!

Always in our hearts

Mom Sharon, Dad Paul and Brothers Dean and Colin

## QUIZ ANSWERS

- 1) James Cameron
- 2) Juniper Berries
- 3) 24 ribs
- 4) New Delhi
- 5) A murder
- 6) Norway
- 7) Winter solstice
- 8) Freddie Mercury
- 9) Yen
- 10) Green

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## OBITUARY

### Olbach



"But God will redeem my life from the grave; He will surely take me to Himself." Psalm 49:15

Jan "Henry" Hendrik Olbach, age 93, passed away peacefully on Tuesday, December 5, 2023 at St. Marys Memorial Hospital with his loved ones by his side.

Born in Winterswijk, Netherlands, son of the late Frederick J.A. and Johanna (Simmelink) Olbach. Henry is survived by his loving wife, Ietje (Snoeijer) Olbach, of 68 years. Father of Fred (Margaret) Olbach, John (Hilda) Olbach, Joanna (Paul) Steele, Karen (Cliff) Knip and Peter Olbach. Opa to David (Chantelle), Rebecca (Jeremy), James (Breanne), Rachel; Henry (Amanda), Eric (Rebecca), Luke (Heather), Simon, Christopher (Serena); Paul (Nicole), Lydia, Anna (Jeff), Nathan (Cassandra), Adele, Raven (Rich), Mercedes (Ryan), Dusty; Cameron, Joanna (Rueben), Maria (Calvin), Kelvin (Autumn); and great Opa to 40 great grandchildren. Henry was the last surviving member of his immediate family.

Henry immigrated to Canada in 1951. He farmed in Downie Township for over 61 years, where he made lifelong friends.

Dad was an active member of the Christian Reformed Church of Stratford.

Friends and family are invited to Henry's visitation and funeral on Tuesday, December 12, 2023 at the Stratford Christian Reformed Church, 190 Athlone Crescent, Stratford. The public visitation will be from 1:00 p.m. until 2:15 p.m. The funeral service will be held at 2:30 p.m. Reception to follow in the church hall.

Spring Interment will take place at Avonbank Community Cemetery.

Memorial donations may be made to the Stratford House of Blessing through the W. G. Young Funeral Home, 430 Huron St, Stratford. [www.wgyoungfuneral-home.com](http://www.wgyoungfuneral-home.com)

## THANK YOU

### McGregor

The family of Bob McGregor would like to extend their gratitude to so many family, friends and community organizations and individuals in helping us through this very difficult time. Thank you to Andrew Hodges Funeral Home for their support and assistance in coordinating a beautiful service for Bob.

Thank you to the 2nd floor and recreation staff at Kingsway Lodge for their care of Bob. We extend thanks for the Masonic Service, OPP honour guard and to Rev. Marc Fraser for making the service so special to us. We also are grateful to Caroline Mills and the Legion ladies for a lovely lunch in the afternoon. Bob has played an important role in so many people's lives and he will be forever remembered and missed but your love and support has meant a lot to all of us.



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