



Goderyich Sun

VOLUME 1 • ISSUE 6

JANUARY 5, 2024

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Development project at Maitland Golf Course

KATHLEEN SMITH

Editor

While the golf course at Maitland Country Club (MCC) is currently undergoing changes, the property will soon see further changes with a 68-unit resort park on a portion of the land near the golf course.

Following weeks of considering results from studies and requirements needed, at the December 18 Council meeting, in a 6-1 vote, the proposal to develop the Maitland Golf Course property was approved.

The MCC is under new ownership, but over the past 12 years the club has dealt with reduced membership.

The struggling club approached Council months ago, looking to the Town to take it over, but three proposals came in. One of those proposals was the Peever family.

“We had some discussions with them (the MCC board) as to how we could help out, and in the end, it looked like the best scenario for all was a purchase,” said Jim Peever, spokesperson for the Peever family, and new president of the MCC.

In the proposal, the existing facility would be maintained, with the addition of leased or rented trailers to make it financially viable.

Given the location of the proposed development, a key consideration was whether it would hold a negative impact on the surrounding natural and heritage features in the Maitland River valley.

This triggered an Environmental Impact Study (EIS). A

CONTINUED TO PAGE 5



(HASAR PHOTO)

TEETH CHATTERING SWIM

In its second year, the Polar Plunge in Goderich raised over \$24,000 for Alzheimer Society Huron-Perth. Over 110 people took part in the plunge this year.

Huron Polar Plunge raises over \$24,000 for Alzheimer and Dementia awareness

KATHLEEN SMITH

Editor

In partnership with the Huron and Area Search and Rescue (HASAR), the Alzheimer Society Huron-Perth held its second annual Huron Polar Plunge on January 1 to kick off the new year in Goderich.

Over \$24,000 was raised to support local Alzheimer and Dementia awareness as well as for HASAR. This was 200 per cent of the original goal of \$12,000. Organizers of the event were blown away with the support from the community and so many teams and individuals.

Building on the event from last year, this year’s Polar Plunge saw over 110 people take part, including Mayor Trevor Bazinet, Deputy Mayor Leah Noel and Councillor Allison Segeren.

“Why not kick off 2024 with a Polar Plunge? It was cold, but it was also so much fun,” admitted Mayor Bazinet.

“This is something that I never thought I would have the courage to do, but knowing I could help raise some money for the Alzheimer Society and challenge myself was worth it. My grandfather passed away from dementia, so this was important for me and my family.”

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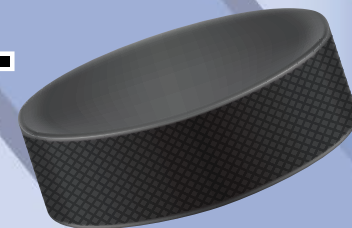
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United Way Perth-Huron campaign a bit behind



United Way Perth-Huron (UWPH) reminds everyone to remember the vulnerable people across Perth-Huron struggling to make ends meet and the organizations tasked with helping those in need that must work harder to make sure support is available.

“There’s no doubt we’re feeling the effects of the uncertainty in the world right now,” said Ryan Erb, UWPH executive director.

The campaign is behind 16 per cent compared to last year and the goal is bigger this year and the goal is bigger this year because the needs are greater.

“Just like everyone else, we are faced with needing more funds just to keep up with what our partners need to run their programs and for UWPH to continue working on our own initiatives addressing important local issues,” added Erb.

UWPH is 100 per cent local and positively impacts communities across Perth-Huron through Connection Centres across the community.

For example, through the Urgent Needs Fund, UWPH supports individuals and

families in time of immediate need with financial support for rent arrears, winter clothes, groceries and more.

Another connection is through the new United Housing initiative that is meant to help address the housing crisis locally.

Last year UWPH helped over 25,000 people through its partners and in-house programs.

“What I would say to our communities is, we appreciate you and the generosity you’ve shown,” explained Erb.

“But for us to continue supporting our partners and critical programs, we need everyone to rally around the work we do on behalf of vulnerable people and give more if you can.”

UWPH understands the holiday season is busy but asks the public to take an extra moment to put a donation in an envelope, drop a gift off or give online.

“That moment you spend, will ripple across the region and create positive impact in the lives of those who need it for months to come,” Erb concluded.

To donate to the UWPH call 519-271-7730, or mail to 32 Erie Street, Stratford.

Huron Polar Plunge

CONTINUED FROM FRONT

Bazinet’s total fundraising amount was \$2,122.50, while his team with Segeren and Noel surpassed their goal of \$1,000 by raising and donating \$3,000.

HASAR provided the logistics with a warming tent and three of its Special Operations Rescue Team (SORT) members in the water the entire length of the plunge, for safety.



TOOK THE PLUNGE
Deputy Mayor Leah Noel.

(CONTRIBUTED PHOTO)

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COVID vaccine program changing

KATHLEEN SMITH

Editor

As soon as January 2024, Huron Perth Public Health (HPPH) will focus on providing COVID vaccinations only for youth aged 11 and under. Anyone who has reached their 12th birthday will not be eligible to attend an HPPH COVID-19 vaccine clinic.

Individuals aged 12 and older can get a COVID-19 vaccine from a participating pharmacy or primary care provider.

Pharmacists and participating health-care providers will continue to provide COVID-19 vaccinations in the community.

According to Dr. Miriam Klassen, Medical Officer of Health for Huron Perth, HPPH has been proud to work with pharmacists and healthcare providers in the fall to ensure residents had access to vaccinations. Now, HPPH will only focus on ensuring access to youth.

While the changes start in January, HPPH still has some availability in their all-ages December clinics.

With the holiday season here and Christmas fast approaching, HPPH wishes residents to enjoy the holiday season safely. According to the HPPH Respiratory Activity 2023-24 dashboard, there were 51 cases of COVID-19 reported and

four cases of influenza in the last week of November.

In addition, there were 12 hospitalizations due to COVID-19 and one hospitalization due to influenza. Sadly, since the start of the respiratory season, seven residents of Huron and Perth have died due to COVID-19.

Dr. Klassen urges residents to protect themselves and their loved ones by getting vaccinated against influenza, COVID-19, and RSV.

"Note, that at this time in Ontario, only residents of long-term care homes and some retirement homes are eligible for RSV vaccine," said Klassen.

"It's not too late to get your vaccines to protect your families and communities and enjoy a safe and happy holiday season."

HPPH offers advice on how to reduce risk and their loved ones' risk this season. One piece of advice is to stay up to date on vaccines and using layers of protection.

Layers of protection can include wearing a tight-fitted mask indoors with anyone at highest risk, staying home when sick, washing hands often, covering your mouth when you cough or sneeze, and optimizing indoor air quality.

To see remaining opportunities for COVID-19 vaccines in December, visit www.hpph.ca/getvaccinated.



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Goderich Sun Established 2023

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

info@goderichsun.com
www.goderichsun.com

Publisher

Stewart Grant

Editor

Kathleen Smith

Graphic Design / Layout

Sarah Cairns

Administrative

Wendy Lamond, Cindy Boakes

Advertising Inquiries

Contact info@goderichsun.com or call/text
Stewart Grant at 519-868-1290

Contributors

Annette Gerdis, Tanya MacIntyre, David Yates, Paul Knowles, Nancy Abra (if interested in contributing to the Goderich Sun, please send us a note at info@goderichsun.com)



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

Upcoming Issues:

Friday, January 5, 2024

Friday, February 2, 2024

Friday, March 1, 2024

Thursday, March 21, 2024

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Editorial

New beginnings, and resolutions

KATHLEEN SMITH

Editor

The history of setting a New Year resolution dates back 4,000 years ago.

In Babylonia the first recorded people to make resolutions made them to the gods. They believed if they kept their resolutions, the gods would treat them favourably.

In Ancient Rome the modern-day Gregorian New Year began in 46 B.C. A new calendar was introduced by Emperor Julius Caesar, when January 1 was declared the start of the new year.

The new year was made to honour the god Janus who was a two-faced god who could look back into the past and forward into the new year.

On January 1 Romans would make a sacrifice to Janus and promise good be-

haviour.

New Year's resolutions continued into the Middle Ages when knights would make an annual vow at the end of the year.

By the 17th century resolutions were more common. In the 18th century, Christians began to hold mass on New Years Eve or New Years Day. At the mass, individuals would make resolutions to do better in the year ahead.

Over two centuries, resolutions are commonplace around the world. Some resolutions are rooted in religious belief, some in individual practices, and majority of resolutions today have to do with being healthier, or happier.

New Years offers a chance for a blank slate. It is an opportunity to get things in order or feel in control of something in our lives, when often life on the grand

stage can feel out of control. Resolutions give us a goal to achieve.

Whatever tradition or belief sits well with each of us, we need to remember that just like when we have a blank slate for a new year of attempting to be better in life, we should also not be so hard on ourselves in the day to day if we can't keep up to that promise.

There is always a new day, and a chance to make better choices leading to better habits, and finally, in turn leading to a healthier, happier year ahead.

If modern resolutions are not your cup of tea, try writing a few regrets or behaviours you aren't proud of over the last year, toss it in the fire as a sacrifice and hope Janus treats you well in the coming year.

20th Annual Alice Munro Festival Short Story Contest offers cash prizes

It's time to write!

Entries are now being accepted for the annual Alice Munro Festival of the Short Story writing competition which offers \$3,000 in cash prizes in the adult and student categories.

The 20th annual short story competition for emerging writers provides an opportunity for Canadian writers to explore the short story, a literary art form made popular by 2013 Nobel laureate Alice Munro.

First place in the adult competition will be awarded \$1,500 with two runners-up prizes of \$250 each.

Prizes in the youth competition are generously sponsored by Virtual High School and include \$500 for first place and \$250 each for two run-

ners-up.

Submissions for the competition are now being accepted until March 15, 2024 via Submittable. Find the link on the website at www.alicemunrofestival.ca/shortstorycontest.

Entry fee is \$25 for adults; \$10 per entry for youth.

Entries must be written by a Canadian author or an author living in Canada, who is not yet published (paid for their fiction writing).

The story must be an original work of fiction of up to 2,500 words in the English language.

No AI, machine learning, or large language model tools may be used in the story except for checking spelling and grammar. Winners will be

announced at an event in Wingham, Ontario on Friday, June 7, 2024.

The Alice Munro Festival of the Short Story is an annual festival that next takes place in venues throughout Huron County including Bayfield, Blyth and Wingham, ON, from June 5-9, 2024.

The festival features masterclasses, readings, an on-stage production, and panel discussions by internationally renowned Canadian authors.

For more information and full contest guidelines visit www.alicemunrofestival.ca or email the contest co-ordinator at contest@alicemunrofestival.ca



Goderich Sun

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Boston Pizza's new owners see future opportunities with the franchise

KATHLEEN SMITH

Editor

Swet Gandhi grew up helping his parents with their respective businesses, which grew into a passion of wanted to own his own business one day.

That dream is now a reality, as Gandhi and his wife Riya have taken over the ownership of Boston Pizza in Goderich.

"We did lots of research before making the decision to buy the Goderich location," admitted Gandhi, who had seen more than 10 other Boston Pizza locations around the country.

Yet the way that former owners Carolyn and Laura ran the place, impressed Gandhi.

"We were also looking for a town where we can say is our home," Gandhi said.

"We did not want to move again, anywhere. I see lots of opportunities in Goderich."

After graduating with a Bachelor of Pharmacy from the University of Pune in India, Gandhi moved to Canada in 2017 for further studies.

Gandhi completed a Pharmacy Technician course from Fleming College in Peterborough. After graduation, he was giv-

en an opportunity to work at Dairy Queen in Fernie, British Columbia in 2018. He worked as Owner/Operator until August 2023.

Gandhi's wife Riya Patel has a similar educational background. Patel worked with Walmart Pharmacy as well as Loblaw's Pharmacy. She is a Registered Pharmacy Technician in British Columbia and worked for Elk Valley Hospital for more than two years.

"It was my dream to own a full-service restaurant," added Gandhi.

"Boston Pizza is the number one casual dining restaurant in Canada, and I see lots more opportunities in the future with this franchise."

Moving forward, Gandhi and Patel plan to host live music on Saturday evenings, trivia nights on Mondays, as well as wine and paint nights, comedy nights and karaoke.

"We are excited to be a part of Goderich and look forward to work in all aspects where we can help the local community," remarked Gandhi.

The new owners have started a lunch menu all week open until 3 p.m., as well as an 'appy hours' menu from Sunday to Thursday, 3-6 p.m. and 9 p.m. until close.



NEW OWNERSHIP

Mayor Trevor Bazinet (centre) welcoming Swet Gandhi (left) and Riya Patel to Goderich as new business owners.

(CONTRIBUTED PHOTO)

Development project at Maitland Golf Course

CONTINUED FROM FRONT

major concern was the environmental risk to the Maitland River. The EIS concludes that there will be no negative impact on the river system.

According to the studies carried out, the land use changes would not create any compatibility issues, will not negatively impact archaeological resources, does not require intersection changes, and full services could proceed as normal.

In addition to the studies completed, several local groups and Indigenous communities were consulted.

Maitland Valley Conservation Authority (MVCA) reviewed the applicant's submission, including the reports and has also approved the works for the emergency alternative access route.

Based on submission documents, MVCA found the application in general conformance with Natural Hazard Policies.

The County of Huron Planning Department reached out to Indigenous communities that had interest in the area several years ago to ask what planning applications they wanted to be circulated on.

At a November Council meeting it was outlined in a report that developing the land currently owned by the Peever family is consistent with not only the Town of Goderich and Huron County official plans, but also the Provincial Policy Statement.

According to the Provincial Policy Statement direct settlement areas need to focus on growth and development, need to include diverse housing options and a range of commercial and recreational options.

According to the Peever family, that is what they aim to do with the property - create a development that is supportive of the community it is in.

Over recent years, the Peever family has been operating the golf course at a deficit, attempting to keep the course up to standard and completing maintenance projects.

"We made a promise that we would do everything we can to make sure this property continues to run as a recreational facility," said Peever at the November meeting.

"To do so, we have lost money every year at the tune of almost \$200,000 last year and \$100,000 this year, to try to keep this property operational. For us, this is an opportunity to make this property look after itself."

The proposal would allow for the continued operation of the existing recreational facility.

Despite being consistent with planning policies at all levels, concerns were raised by the public on environmental impacts and the issue of a local housing crisis.

In November, Council deferred the decision twice, to allow time to consider comments, concerns, and information received prior to and at the public meeting, before making their final decision.

"The deferral gave each of us the additional time we needed to give this most important decision further consideration and thought," said Councillor Randy Carroll.

"We weren't quite where we needed to be; we needed some extra time."

Victor Kloeze, Planner provided Council with further information, and while the scope has been redefined, further restrictions have been added to protect the natu-

ral environment.

Dated November 22, a letter to Council and Town Staff from several residents of Gloucester and Caledonia Terrace requested denial to develop the site-plan.

The residents requested the denial due to several reasons, some of which included the opinion that building a seasonal trailer park in the middle of a housing crisis is a waste, as well as building on a sensitive environment is not the best use of the property.

"This project will mar the vista of the Maitland Valley for any tourist, visitor, Maitland Valley fisherman, G2G trail user and anyone accessing the lookout point at the end of Gloucester Terrace," wrote the letter.

"This is not a legacy project to be proud of...Proceeding with this project shows that Goderich is not able to deliver on its Strategic Plan Goal with respect to Environmental Stewardship."

For the residents of Gloucester and Caledonia Terrace, they wished the lands to remain as a public access and do not agree that a trailer park is the highest and best use for these rare lands along the Maitland River.

Mike Murdoch is a part of a group of concerned residents, and he spoke at the December 18 meeting on the group's objection to the proposed development.

"There are too many uncertainties and questions left unanswered," said Murdoch.

"It is not the highest and best use of the land, and it comes with many negative consequences. Appropriate development is acceptable, but not this proposed change."

Despite issues being raised in Novem-

ber, the last few weeks Council has not heard any new issues raised.

Following the weeks of consideration from all sides of this proposal, Council voted to approve the development project.

The updated planning report for By-law 129 gives two new zones to that plan. The first is a 'floodway special zone' that restricts building or changes to the floodplain in areas that aren't currently actively used as the golf course. The second is a 'natural environment special zone' that will naturalize the 15-meter buffer between the new recreational commercial zone and the top of the bluff.

"These zones are in place for long-term and will be enforced under the Town's Zoning By-law," explained Deputy Mayor Leah Noel.

"In the short-term, we also need to look at development and construction on the property. Although by provincial mandate, Council no longer has any involvement in site-plan approval, but we still have the power to direct staff."

Noel suggested that Council direct staff to ensure any site-plan agreement for this project shall contain: All recommendations included in the EIS and the peer-review including naturalization of the 15-meter buffer and staking of environmentally sensitive areas; A provision that all development and construction debris shall be disposed of in a manner acceptable to or directed by Town of Goderich staff; A provision that year-long services be on site; Penalties or other measures, to ensure compliance with the site-plan agreement given the environmentally sensitive nature of the property.

Coats for the Kids campaign celebrates milestone

KATHLEEN SMITH

Editor

Coats for Kids distributes approximately 200,000 coats a year, across 10 provinces, and 49 states.

After purchasing and distributing coats for the past 10 to 12 years, this year the Goderich chapter celebrated the 500-coat mark in the Coats for Kids campaign.

"We don't give the coats out ourselves, because we don't know who would show up, so we do it through them, (Salvation Army) so they have a bit of control over it," said Steve Winter, Goderich Knight. The coats are donated to local organizations to distribute to those in need.

Usually, Knights of Columbus would donate the coats to the Christmas Bureau, but this year the coats were donated to the Salvation Army and St. Vincent de Paul.

"We only give brand-new coats," explained Winter.

"We are trying to look after families. That's the whole idea of it. Somebody saw a need and we like to concentrate on kids and a lot of people can't afford a coat or come to school in a spring coat in the middle of winter. That's how it started, and it's just grown."

Winter spoke with Salvation Army and was given a breakdown of what sizes to purchase in that particular year. Purchased with money raised at the hall throughout the year, the coats are donated

each fall season.

This year 72 coats were purchased, and 12 went to St. Vincent de Paul, while the rest were given to Salvation Army to distribute.

"We are just trying to help the community," added Winter.

Coats for Kids is a Knights of Columbus program that has gathered and helped distribute more than one million new coats for children through Canada and the U.S. since 2009. This also includes First Nation reserves throughout both countries.

In 1882, a young parish priest in New Haven, Connecticut, Blessed Michael McGivney, founded the Knights of Columbus to serve the needs of a largely immigrant Catholic community.

What began as a small fraternal benefit society, has grown since, into the world's premier lay Catholic men's organization, with more than two million members in over 16,600 local councils.

"The Coats for Kids program has become synonymous with the Knights of Columbus mission of charity, as first established by our Founder, Blessed Michael McGivney, more than 140 years ago," said Supreme Knight Kelly.

"The generosity of our donors and the work of our local councils to distribute one million coats to some kids in need is proof that where there's a need, there's a Knight."



(KNIGHTS OF COLUMBUS PHOTO)

KEEPING WARM

Since Coats for Kids launched in 2009, Knights have distributed coats in 49 U.S. states and all 10 Canadian provinces — including on U.S. military bases and Native American and First Nation reservations in the U.S. and Canada. Knights of Columbus councils have distributed over 100,000 coats to children in need each year since 2017 and are on pace to distribute 200,000 coats in 2023.

ONE CARE delivers first blanket in Gift of Care campaign



(CONTRIBUTED PHOTO)

GIFT OF A BLANKET

ONE CARE Home and Community Support Services delivers their first blanket to a client to kick off their Gift of Care campaign.

This time of the year marks the beginning of ONE CARE Home and Community Support Services' essential fundraising campaign that supports seniors and people with health challenges living right here in the community.

During a time when many celebrate the holidays by sharing a meal with loved ones and visiting friends, there are seniors struggling to care for their loved ones, people with health challenges being isolated and unable to interact with their community because they don't have access to an accessible vehicle, and individuals not able to enjoy a warm meal over the holidays because they are unable to cook.

These are reasons why ONE CARE's Gift of Care campaign is crucial in the community.

"Our focus is on providing the best quality of health and well being to our clients," said Kathy Scanlon, executive director at ONE CARE.

"During this season of giving, we are encouraging people to join us as a monthly donor and give a few cents a day to support not only our clients today, but future clients as well."

This year, ONE CARE hopes that the community will consider making a long-lasting impact by becoming a monthly donor, and giving the Gift of Care all year long.

"If we can encourage 30 new monthly donors this season at \$10 a month, think of the tremendous impact we can make in our community," added Scanlon.

These donations allow individuals to give in a sustainable way, with donations that are manageable for one's budget.

When a new monthly donor signs up, ONE CARE will send a warm blanket to a client, generously donated by the Crochet Club of London. The agency welcomes one-time donations as well for those looking to make a difference in the lives of people living in their community.

All donations go directly towards a client in need of financial subsidy, and the purchase and maintenance of essential program equipment and facilities.

"Beverly was so grateful for the blanket," added Jane Dumais, Care Planner for ONE CARE, who delivered the first blanket.

"She told me that our Meals on Wheels program is helping her tremendously as she can't prepare hot meals for herself right now."

ONE CARE's services help clients with basic needs that some might take for granted so these individuals can continue to live at home independently.

For more information or to donate to ONE CARE, visit www.onecaresupport.ca or call 1-877-502-8277.

IODE donates to Huron County Food Bank



(CONTRIBUTED PHOTO)

SUPPORTING REMOTE DESTINATIONS

Seen here are Penny Murray, Regent, Mary Ellen Zielman, Executive Director of the Distribution Centre, Helen Lapp, Services Convenor and Heather Ball, Communications Convenor.

Earlier in December the IODE Maple Leaf Chapter enjoyed a Christmas dinner with one another at Beach Street Station restaurant.

IODE's Christmas project was to contribute to the Huron County Food Bank and Distribution Centre.

This is the only food bank in Huron County that delivers food to those in need in more remote destinations of the county, mostly northern Huron County where

there are no easily accessible grocery stores within walking distance for those with transportation issues.

Regent Penny Murray reported that IODE's endeavours were indeed substantial. The total donated by cheque and cash was \$1,355. The total amount of food and personal hygiene products was guessed to be at a value of \$305.

The grand total for all donations amounted to \$1,660.

Physiotherapy Alliance in Goderich makes donation to Women's Shelter

Staff at Physiotherapy Alliance in Goderich started collecting hats, mittens, and scarves for the Huron County Women's Shelter.

"This time of year can be so hard for so many people, it feels good to help out in any way we can," admitted Dagny Haas, owner of Physiotherapy Alliance Goderich.

"As the weather starts to turn and the days are short, nights are long, and the temperature drops, it's good to know some little heads and hands will be warm."

In the past, one of the physio clients worked for the shelter, and through conversation, admitted that hats and mittens are always needed for the children stay-

ing at the shelter.

Since then, the staff at Physiotherapy Alliance have been collecting every Christmas, which has been nearly five years now.

Each year the staff have found that more people bring in donations that previous years. There have even been clients who no longer attend physiotherapy who bring in donations for this cause.

This year the campaign was able to donate 45 items to the shelter. The items are a variety of store bought and handmade hats, mittens, and scarves.

"It does feel nice bringing the community together," added Haas.

"Our clients do enjoy making and gifting the handmade items."



(CONTRIBUTED PHOTOS)

HELPING WOMEN

In its fifth year, a donation of 45 items were given to the women's shelter from the staff and clients at Physiotherapy Alliance.

Huron County Soil and Crop Improvement Association donates \$5,000 to food bank

The Huron County Soil and Crop Improvement Association (HSCIA) donated \$5,000 from the sale of its crops at Huronview Demonstration Farm, to the Huron County Food Bank Distribution Centre (HCFBDC).

The HSCIA was pleased to help others at this time of year, through their generous donation.

"I'm glad to know the work the volunteers do at Huronview Demonstration Farm improves soil health, crop production and also makes it possible to give back to the community," said Wim Feddes, HSCIA President.

The HCFBDC said the donation will make a difference in the lives of many who rely on the food bank and that this

donation is a wonderful example for other organizations looking to give back to their communities.

"I would like to thank all the members of the HSCIA who have been part of the work that resulted in this generous donation," added Mary Ellen Zielman, HCFBDC Executive Director.

"There are many local people relying on the food bank and this donation will make the season brighter for many local residents and their families."

The HSCIA plants crops and completes trials including cover crops at Huronview Demonstration Farm thanks to the lease with the County of Huron.

To learn more about the demonstration farm visit huronview.net.



(CONTRIBUTED PHOTO)

FOOD BANK DONATION

The Huron County Soil and Crop Improvement Association (HSCIA) has donated \$5,000 to the Huron County Food Bank Distribution Centre. Shown in photo, from left to right, are: Wim Feddes, President of HSCIA; Rick Kootstra, Manager of Huronview Demonstration Farm; and Peter Nonkes, director of North Huron Food Share, accepting the cheque on behalf of Huron County Food Bank Distribution Centre. Volunteers from the Huron County Soil and Crop Improvement Association harvested the crop at the Huron County Demonstration Farm at the Huronview complex near Clinton, Ontario in autumn of 2023. Huron Soil and Crop is donating \$5,000, from the sale of the crops to the Huron County Food Bank Distribution Centre.

Love pursuing your passion?

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McDonalds Restaurant, Goderich - Job Opportunities

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- Scholarships

How to Apply
We are currently accepting applications the Goderich location, or by email to teamgoderich7536@gmail.com

Bayfield and area show generosity with support for Bayfield River Flats walkway project

The Bayfield and area communities showed their continued generosity with support for nature, recreation, habitat and community improvements.

At the December 13 evening at Bayfield Town Hall nearly 100 people attended the 'Connecting the Village to Nature' fundraising and public information wine-and-cheese social event.

Donors generously contributed to the campaign to create a new pedestrian walkway at the Bayfield River Flats Natural Area.

A silent auction, made possible by donations from local individuals, groups and businesses, also moved the effort closer to

its goal.

A new pedestrian walkway will mean that people can walk from Bayfield to the nature area without having to drive and without having to walk across a busy highway.

The Bayfield River Valley Trail Association (BRVTA) is leading the community campaign to raise \$52,000 to make the walkway construction possible.

One generous, and anonymous donor, pledged \$5,200 in matching funds to support the project.

"This is an amazing contribution," said Roger Lewington, Past Chair of the Huron Tract Land Trust Conservancy (HTLTC).

The Land Trust owns and permanently protects this important local nature area. Lewington is also part of the fundraising team.

"It was heartwarming to see so many people attend the evening at Bayfield Town Hall and to experience their generosity and support of this project," he added.

"The whole community was part of this event, and it is moving us closer to reaching and even surpassing our fundraising goal. The finish line is truly in sight now, and I thank everyone who is part of making this happen. You are all part of this local success story."

Paul Klopp, Mayor of the Municipality of Bluewater, attended the evening and expressed his thanks to the trail association and volunteers for their leadership and work to preserve and improve the Bayfield River Flats.

The fundraising campaign continues, and the fundraising team plans on making an announcement on progress towards their goal in the New Year.

To learn about the Bayfield River Flats walkway project or to donate, visit <https://htlhc.ca/bayfield-river-flats>.



(CONTRIBUTED PHOTO)

Abbie Gutteridge and Tina Crown, representing Huron Tract Land Trust Conservancy, were busy at the silent auction and donation table on Wednesday, December 13 at Bayfield Town Hall, as about 100 people attended an evening in support of a new Pedestrian Walkway at Bayfield River Flats Natural Area. The evening raised thousands of dollars from a silent auction and thousands more in donation as the Bayfield and area community once again showed their generosity and support of nature, recreation and community improvements. The new walkway will mean people can walk directly from Bayfield, to the nature area, without having to drive and without having to cross a busy highway.



(JACK PAL PHOTO)

Peter Jeffers (at left in photo), of Bayfield River Valley Trail Association, looks on as Max Morden, Chair of the Huron Tract Land Trust Conservancy, thanks the BRVTA, and the Bayfield and area community, for their generous support of the project to build a pedestrian walkway to the Bayfield River Flats Natural Area. They were at the fundraising and public information evening at Bayfield Town Hall on December 13, 2023.



(JACK PAL PHOTO)

Paul Klopp, Mayor the Municipality of Bluewater, attended the December 13 community evening at Bayfield Town Hall and acknowledged and thanked the Bayfield and area community, and the Bayfield River Valley Trail Association, for their leadership and generosity in supporting the Bayfield River Flats Natural Area and the current campaign to raise \$52,000 for a pedestrian walkway to the nature area.

Visit **Steve and Mary's**, your hometown diner, for your favorite classic breakfast and lunch or try one of our kicked up daily features. We dare to be different in our food and service, if you like your family meal you will love our mealtime, because every meal is with family.

Breakfast and lunch six days a week, but don't forget about **All You Can Eat Fish and Chip Friday's** when we are open until 7pm. Pick up some freezer meals so our family can treat you even when you are at home. Gift certificates available year round.



Regular Hours:

Monday: 8:00 am – 3:00 pm
 Tuesday: 8:00 am – 2:00 pm
 Wednesday: Closed
 Thursday: 8:00 am – 3:00 pm
 Friday: 8:00 am – 7:00 pm
 Saturday: 8:00 am – 3:00 pm
 Sunday: 8:00 am – 3:00 pm

Ausable Bayfield Conservation looks to future

Ausable Bayfield Conservation Authority (ABCA) is preparing for the future of local conservation by creating a new watershed strategy.

The local conservation organization is looking to the public to provide input into this plan to guide local watershed management.

A new Watershed-Based Resource Management Strategy (WBRMS) will fulfill requirements of the Conservation Authorities Act (CA Act). It will also meet local needs to protect life and property from natural hazards and to manage and protect

resources on a watershed basis.

During the first phase of development, earlier in 2023, the public was invited to provide feedback on the ABCA vision and mission, guiding principles and objectives.

"The feedback was largely positive," explained Kate Monk, ABCA Projects Coordinator.

"We are building on the first phase to identify the best way to address the issues, fulfill our responsibilities and serve the community."

The draft strategy proposes six focus

areas for the ABCA: Protecting life and property from natural hazards of flooding and erosion; Conservation authority lands and passive recreation; Research and monitoring; Outreach and education; Stewardship, restoration and forestry; and Drinking water source protection.

These areas comply with the Conservation Authorities Act and enable the ABCA to deliver the programs identified in agreements with the municipalities.

"No single agency has the capacity to do everything," added Monk.

"We will continue to collaborate with

municipalities, citizens and agencies to work towards the goal of a health environment for future generations."

At its December 14 meeting the ABCA Board of Directors approved these program areas for public review. Interested people can review the phase of the Strategy and provide feedback through a survey, which includes spaces for written comments.

The feedback period for this phase of the document continues until January 31, 2024.

To learn more visit <https://www.abca.ca/>.

Tickets available for Conservation Dinner 2024

The Conservation Dinner community fundraiser and auction takes place on Thursday, April 11, 2024. Tickets are now available.

The Conservation Dinner is the 34th event since 1990. This community fundraiser has raised more than 1.335 million in funds for the community over the last 33 years.

The Exeter Lions Club has been co-partner with Ausable Bayfield Conservation Foundation and the watershed community on the dinner since 1991. Net profits are split 50-50 between community conservation projects.

The auction and dinner supports projects such as family-friendly fishing derby, accessible nature trails in Bayfield, Clinton, Parkhill, Lucan, Arkona, Exeter and Varna, opportunities for students to experience outdoor nature education, a \$1,000 student environmental grant for students, a summer job at Aus-

able Bayfield Conservation for a senior secondary school student, turtle monitoring and events in Port Franks and Ailsa Craig, aquatic habitat studies in old Ausable Channel, Grand Bend and nature day camps and park and conservation areas.

The annual event features live and silent auctions of art and distinctive items such as travel packages and sports and entertainment memorabilia.

The dinner has special raffles, general raffles, appetizers, wine tasting, fun and fellowship and a wonderful meal.

The Conservation Dinner takes place at South Huron Recreation Centre at 94 Victoria Street East in Exeter. Tickets are \$100 each and patrons receive a charitable gift receipt, for income tax purposes, for a portion of that amount.

To buy tickets to the Conservation Dinner, or to donate, phone 519-235-2610 or email info@abca.ca.



(CONTRIBUTED PHOTO)

GET YOUR TICKETS

First ticket sold for the Conservation Dinner 2024. Councillor Ted Oke, of the Municipality of South Huron (middle) purchased the first ticket to the dinner. Shown with Oke are Charles Miner (left), a director on the board of Ausable Bayfield Conservation Foundation, and Chris Keller (right), chair of the Conservation Dinner Committee.

Ausable Bayfield Conservation staff donate to two local charities

Ausable Bayfield Conservation staff, participating in the Dress Down Day Charity Fund for casual Fridays, donated more than \$600 to two local charities.

Staff members donated more than \$300 to Huron tract

Land Trust Conservancy towards the Bayfield River Flats Natural Area Pedestrian Walkway project. They also donated more than \$300 to Big Brothers Big Sisters of South Huron.



(CONTRIBUTED PHOTO)

(L-R): Brian Horner, General Manager and Secretary-Treasurer of Ausable Bayfield Conservation Authority (ABCA); Amy Wilhelm, Executive Director, Big Brothers Big Sisters of South Huron; Max Morden, Chair of the Huron Tract Land Trust Conservancy; and Tracey McPherson, GIS/IT Coordinator with Ausable Bayfield Conservation.

Weekend Quiz

- 1) When did the New Year's Eve ball first drop in Times Square?
- 2) Where is New Year's Eve known as Hogmanay?
- 3) Which Roman god is January named after?
- 4) What is the month January called in Spanish?
- 5) What is the birthstone in January?
- 6) Who invented the 12-month calendar?
- 7) Rio de Janeiro translates to what?
- 8) In January 2009, who was inaugurated as U.S. President?
- 9) How many times do the bells ring on the Japanese holiday 'Shōgatsu'?
- 10) On what day was the U.S. capitol stormed?

This week's answers are found on pg. 23

Alzheimer Society

HURON PERTH



John and Susan's Story: The Benefits of Getting Involved with the Alzheimer Society

In 2000, John and Susan noticed some changes after visiting John's Mom. Over the next year, John and Susan watched with growing concern as changes in her behaviour and memory became apparent. When "Alzheimer's disease" was suggested, they decided to take action.

John and Susan stopped by the Alzheimer Society in Stratford. "We were welcomed at the office and given all sorts of information, for us and our family. By the time we left, we knew what to watch for, what to expect and what to plan for. We could talk to the doctors about Mom and ask the right questions."

Twenty years later, John and Susan noticed some subtle changes for John. Several appointments later, John and

Susan were not getting a medical answer or help managing these changes. "We knew the Alzheimer Society was the place to go. So, we walked back in the doors in 2020. We were provided support and help to navigate the system. We were connected with geriatrician Dr. Peel who provided us with a diagnosis of Mild Cognitive Impairment."

John and Susan shared, "We took the client education program, Learning the ROPES for Living with Mild Cognitive Impairment right away. So many helpful things that helped us both - memory strategies, always a good exchange of opinions and questions, understanding what was happening and how to best manage. It made all the difference."

John and Susan went on to "take every public education session we could. We just registered ourselves for any topic that looked interesting. This was during the COVID lockdown, so it was all on Zoom. Every educational thing we have attended has been excellent."

The following year, Dr. Peel updated John's diagnosis: Mixed dementia. "We knew from all that we had learned that he was not fitting perfectly into one category. So, a diagnosis of Mixed dementia made sense to us. We felt like we were well-informed and able to engage in meaningful conversations with the Doctor."

Susan shared, "I am not typically 'a joiner'. But I had no one in my immediate circles who understood what I was going through. It took me a bit, but I finally joined a caregiver support group. It was so much more than I hoped for! Sharing was possible

because it was a safeplace, and the other attendees were respectful and willing to share their own experiences and things they have learned. When I recently missed a month, I missed it! I was reminded that attending the support group is something that I need to do for me. I am so glad I finally took her our First Link Counsellor up on the offer."

John joined the Alzheimer Society Ukulele Group. Despite having tendonitis and some pain, he has no plans to quit playing every Tuesday morning! "It's something different, the challenge of playing new music, the group is friendly, and the leadership is really good. It's a change for me. I used to play drums. I was missing music, Uke helped me reconnect with my musical side."

Together, John and Susan joined the Minds in Motion Group. "Getting out once a

week for physical exercise and brain exercise and fun and laughter, it's just so good for both of us. We look forward to it every week."

In terms of the Alzheimer Society services and support, Susan shared, "Everything we get from here has been so good for us. We learned so much. Information makes such a difference to people. You can cope better when you know you're on the right course. I definitely recommend to everyone to get involved."

John adds, "If you need any information about Mild Cognitive Impairment or Alzheimer's disease or any other diagnosis involving brain changes, please connect with the Alzheimer Society team. Everyone is helpful, from the receptionist to the educators to the counsellors and social recreation staff. All the staff here are excellent. So really, please connect. You will be so grateful you did."

10 warning signs

Sign 1 Memory loss that affects day-to-day abilities

It is normal to occasionally forget appointments, colleagues' names or a friend's phone number only to remember them a short while later. However, a person with Alzheimer's disease may forget things more often or may have difficulty recalling information that has recently been learned.

Sign 2 Difficulty performing familiar tasks

Busy people can be so distracted from time to time that they may forget to serve part of a meal, only to remember about it later. However, a person with Alzheimer's disease may have trouble completing tasks that have been familiar to them all their lives, such as preparing a meal or playing a game.

Sign 3 Problems with language

Anyone can have trouble finding the right word to express what they want to say. However, a person with Alzheimer's disease may forget simple words or may substitute words such that what they are saying is difficult to understand.

Sign 4 Disorientation in time and space

It is common to forget the day of the week or one's destination - for a moment. But people with Alzheimer's disease can become lost on their own street, not knowing how they got there or how to get home.

Sign 5 Impaired judgment

From time to time, people may make questionable decisions such as putting off seeing a doctor when they are not feeling well. However, a person with Alzheimer's disease may experience changes in judgment or decision-making, such as not recognizing a medical problem that needs attention or wearing heavy clothing on a hot day.

Sign 6 Problems with abstract thinking

From time to time, people may have difficulty with tasks that require abstract thinking, such as balancing a chequebook. However, someone with Alzheimer's disease may have significant difficulties with such tasks because of a loss of understanding what numbers are and how they are used.

Sign 7 Misplacing things

Anyone can temporarily misplace a wallet or keys. However, a person with Alzheimer's disease may put things in inappropriate places: for example, an iron in the freezer or a wristwatch in the sugar bowl.

Sign 8 Changes in mood and behaviour

Anyone can feel sad or moody from time to time. However, someone with Alzheimer's disease can show varied mood swings - from calmness to tears to anger - for no apparent reason.

Sign 9 Changes in personality

Personalities can change in subtle ways over time. However, a person with Alzheimer's disease may experience more striking personality changes and can become confused, suspicious or withdrawn. Changes may also include lack of interest, fearfulness or acting out of character.

Sign 10 Loss of initiative

It is normal to tire of housework, business activities or social obligations, but most people regain their initiative. However, a person with Alzheimer's disease may become passive and disinterested, and require cues and prompting to become involved.

Thank you John and Susan for sharing your story.
*Names changed for privacy

Alzheimer Society

HURON PERTH

Talk with the Doc!
Dr. Alexandra Peel, Geriatrician

Dementia Day-to-Day

- Weight Loss • Hydration
- Nutrition • Daily routine

JOIN US ONLINE

1:30 PM

**WEDNESDAY
JANUARY 24**



To register: <https://bit.ly/Doc-Talk24>

Call the office at 519-271-1910 or 519-482-1482

www.alzheimer.ca/huronperth

Forward any questions for the Doc to Christy christyb@alzhp.ca



Alzheimer Society
HURON PERTH

EDUCATION HOUR ONLINE

Join us for our FREE one hour virtual education sessions. Dementia Basics, Brain Health... we cover the topics you want to hear about most. Register and start learning online today!


See Calendar → Register here →

FREE ONE HOUR EDUCATION SESSIONS ON ZOOM

www.alzheimer.ca/huronperth

January is Alzheimer's Awareness Month

Education sessions are available to help answer your most pressing questions. If you or a family member are living with the impact of Alzheimer's or dementia, don't hesitate to reach out. When you have the information you need, you can cope better. Register for the following sessions on the Education Hour page at www.alzheimer.ca/huronperth.



Knowledge Changes Everything

Looking for a starting point? A **Dementia Overview**, offered at 10:00 am on January 17, presents an introduction to dementia, what to expect, and where to turn. If you only attend one dementia education sessions, make it this one.

The **Dementia Basics Series** is comprised of four free one-hour sessions designed to answer our most frequently asked questions. These sessions, scheduled for 1:30 and 7:00 pm on Thursdays in February, are equally valuable for families and healthcare professionals.

- February 8** 10 Warning Signs – Should I be Worried?
- February 15** Types of Dementia
- February 22** Brain Changes – 8 As of Dementia
- February 29** Communication Tips

Do you want to learn how to best support someone with Alzheimer's disease or other dementia and make the most of your time together? **Meaningful Visits** will teach you tips to engage, how to navigate memory changes and confusion, and how to foster connection.

March 5 Meaningful Visits

Wednesday January 3
10:00 A.M.
Your Journey of Support Starts Here

Wednesday January 17
10:00 A.M.
Dementia Overview

Thursday January 18
1:30 P.M.
Stage of Dementia

Wednesday January 24
10:00 A.M.
What is MCI?

Thursday January 25
1:30 P.M.
How is Dementia Diagnosed?

Thursday February 1
1:30 P.M.
Demystifying Memory Clinics

Memory & Aging Program™

What is her name? What did I come down here for? Where did I put...? The Alzheimer Society Huron Perth has your back! This winter, the Memory and Aging Program will be offered on ZOOM. The Memory and Aging Program is designed for anyone experiencing normal age-related changes in memory or anyone interested in learning more about this topic.

The Memory and Aging Program describes what memory is, how it changes with age, and when to be concerned. Brain healthy lifestyle choices and practical memory strategies are reviewed and practiced, improving your ability to remember those everyday things – *including those pesky names and things you intend to do!* Equally important, the Memory and Aging Program is enjoyable and seeks to build confidence in your own memory ability.

The Memory and Aging Program consists of four weekly ZOOM sessions, 1:30 – 3:30 pm on **Mondays: January 29, February 5, 12, and 26.** (No class on Family Day) There is a fee of \$25, which covers the cost of the program workbook and materials.

Register online at <https://bit.ly/MAP-Winter24>



Support Changes Everything

Individual support, support groups, education programs, the In-Home Recreation Program, Minds in Motion®, and other Social Recreation programs are all offered virtually, over the phone, and in person.

The Alzheimer Society Huron Perth accepts and welcomes new clients and volunteers. If you are in need of support or have questions about programs and services, please call one of the offices.

Huron 519-482-1482 | Perth 519-271-1910

Building Dementia Friendly Communities Across Huron and Perth Counties

"It felt great being able to better explain and support my patient and his wife. And a referral was sent in for ongoing support from the Alzheimer Society."
-paramedic first responder

"This was a real eye opener for me. Knowing more about dementia, I feel more confident to serve our members even better."
-Credit Union employee

"I really learned so much and I think our entire church group will benefit and be able to better understand and support folks here. Thanks so much for doing what you do."
-Member of local faith-based group.

These are responses after community members attended dementia education. There is a growing number of organizations who are helping the Alzheimer Society Huron Perth to create Dementia Friendly Communities by engaging in dementia education.

What is a Dementia Friendly Community?

A Dementia Friendly Community is a place where people living with dementia and their care partners are welcomed, included, and supported.

In Huron and Perth Counties there are over 3300 people living with dementia. By 2030, that number could be close to 5000. Dementia education is crucial.

If you are interested in becoming involved with Dementia Friendly Communities, please reach out about what regularly occurring and free public education sessions are available.

It is a community that pays attention to the social and physical needs of the person living with dementia and the people that support them.

Our communities need to feel confident in supporting family members and friends living with cognitive change.

For more information visit www.alzheimer.ca/huronperth Or call 519-482-1482 or 519-271-1910 to book an Educator to come speak to your group.



Alzheimer Society

HURON PERTH

2024 ALZHEIMER'S AWARENESS MONTH

FREE MOVIES

at the Huron County Museum, 110 North Street, Goderich



The Father (2021)

Thursday, January 25: 2:00 pm
Thursday, February 1: 7:00 pm

In this Academy Award winning movie, Antony (Anthony Hopkins) and his daughter Anne (Olivia Coleman) navigate difficult choices - safety & independence, good days & bad, boundaries & love.

Supernova (2020)

Thursday, January 25: 7:00 pm
Thursday, February 1: 2:00 pm

Sam (Colin Firth) and Tusker (Stanley Tucci) are on a road trip through England - connecting with old friends and family. Enroute, they reflect on life priorities, dealing with loss, and their ongoing commitment to each other.



DONATIONS TO THE ALZHEIMER SOCIETY GRATEFULLY ACCEPTED
FOR MORE INFORMATION, CONTACT THE ALZHEIMER SOCIETY HURON PERTH
519-482-1482 | INFO@ALZHP.CA

Goderich Sun SPORTS



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Email kate@goderichsun.com
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GODERICH JUNIOR FLYERS 2023 Player Statistics (through January 2, 2024)

PLAYER	POS	GP	G	A	PTS
Leland Weber	F	26	6	7	13
Jackson Andrews	F	27	2	8	10
Trent Carter	F	22	5	4	9
Carson Fletcher	F	27	1	8	9
Jared Houghton	F	11	5	3	8
Owen Shore	F	12	4	3	7
Cohen Lesouder	F	22	1	4	5
Jeremy Hamilton	D	27	1	4	5
James Bender	F	26	2	2	4
Kyle Smeltzer	F	19	3	0	3
Reid Williams	D	20	1	2	3
Brady Fraser	D	22	1	2	3
Cooper Gaul	D	24	1	2	3
Mitchell Hodges	D	25	1	2	3
Ryan McGee	F	4	1	1	2
Carson Stutzman	F	16	1	1	2
Austin Aldrich	F	24	1	1	2
Wyatt Connelly	D	11	0	2	2
Tyson Rintoul	F	8	1	0	1
Mitch Perry	F	12	1	0	1
Jayce MacArthur	F	16	1	0	1
Brett Reesor	F	6	0	1	1
Wilder Hoggarth	D	10	0	1	1
Payten Wheeler	F	19	0	1	1
Cameron McCarthy	F	20	0	1	1
Rowan Alexander	D	24	0	1	1
Jordon Curran	F	2	0	0	0
Keegan Greer	D	3	0	0	0
Jaden Meyer	D	3	0	0	0
PLAYER	RECORD	GAA	SV%		
Logan Bromley	1-12-0-2	4.14	.888		
Christian DeJong	1-10-1-0	6.30	.844		

Goderich Junior Flyers Report

RICHARD MADGE

Sun Contributor

When does a loss feel a bit like a win? For the Goderich Junior C Flyers, their recent 2-1 loss to the Hanover Barons in Provincial Junior Hockey League (PJHL) play must have had that feeling.

The Barons went into the Pollock Division's Christmas break having won 21 games and lost only four times.

The Flyers, on the other hand, had two wins and 22 losses.

Their game at the Maitland Recreation Centre (MRC) on December 16 didn't reflect that kind of difference in the two teams.

They battled through a scoreless first period and no goals were scored until there was just over two minutes remaining in the second period.

At the 17:55 mark of that period, Austin Farlow scored for the Barons and then Curtis Arnold got the second Hanover goal with four seconds left to play in the period.

Halfway through the third, Jared Houghton put the Flyers on the board with his fifth goal of the season on a play with Leland Weber.

That was it in the scoring department. Another loss for the Flyers, but a valiant effort for the young Flyer squad who were outshot by the Barons by a slim 34-29 margin.

Both goalies, Logan Bromley for the Flyers, and Lander Hartley in the Barons' net, played well in the fast-paced contest.

The next day the Flyers had another home game, a Sunday afternoon encounter against the Walkerton Capitals.

It was another good effort for the Flyers, but



(MARA CUTTING PHOTOGRAPHY)

GOING FOR THE NET

Owen Shore (16) has played 12 games with the Flyers, earning four goals, and three assists for seven points this season.

despite holding a 3-1 lead over the Caps halfway through the game, they lost 5-3.

The Flyers had a 2-1 lead after the first period on the strength of goals by Leland Weber and Kyle Smeltzer.

Goderich goalie Christian Dejong picked up an assist on Weber's goal while Carson Fletcher and Jackson Andrews had helpers on Smeltzer's power-play effort.

Those goals erased an early lead that Brayden Harrow's goal had given to the Barons.

Midway through the second period, the Flyers took a 3-1 lead on another power-play goal. This one was scored by defenceman Cooper Gaul, assisted by Weber and Trent Carter.

Before the period ended, the Capitals had taken a 4-3 lead on goals by Harrow, Austin Drew, and Graham Gateman.

Chase Lorenz scored the only goal of the tightly contested third period to make the final score 5-3 for the Capitals.

The other game the Flyers played before the Christmas break saw the Flyers grounded 11-1

by a strong Patriot team in Mount Forest.

The teams were tied 1-1 after one period. Mathew Weiler had given the Pats an early lead before Kyle Smeltzer scored the only Flyer goal of the game, a power-play counter assisted by Jackson Andrews and Reid Williams.

From there on it was all Patriots. They scored seven times in the second period and added three more in the third to complete the rout.

Leading the scoring parade was Brody Leblanc with three goals and three assists for a six-point night.

Leblanc is the leading scorer in the entire PJHL circuit, having racked up 34 goals and 39 assists for 73 points in 26 games so far this season.

The Flyers will be playing eight games in the month of January. They have home games scheduled for three Saturdays - January 6, January 20 and January 27.

Those games see Fergus, Mitchell and Kincardine invading the Maitland Recreation Centre to do battle with the re-building Flyers.

PROVINCIAL JUNIOR HOCKEY LEAGUE

NORTH POLLOCK DIVISION

(Standings through January 2, 2024)

	GP	W	L	T	GF	GA	DIFF	PTS
Mount Forest Patriots	27	22	4	0	126	57	69	45
Hanover Barons	27	21	4	2	120	64	56	45
Kincardine Bulldogs	29	14	9	5	91	83	8	34
Walkerton Capitals	26	13	10	2	82	72	10	29
Wingham Ironmen	27	11	13	1	70	79	-9	25
Fergus Whalers	27	10	12	2	81	86	-5	25
Mitchell Hawks	28	8	16	2	76	104	-28	20
Goderich Junior Flyers	27	2	22	2	40	141	-100	7

NOTICE – MEMORIAL ARENA TASK FORCE

The Council of the Corporation of the Town of Goderich will be seeking six (6) citizen members for a Memorial Arena Task Force. The mandate of the Task Force is to present a final report with recommendations and a comprehensive plan on the future use of the Memorial Arena.

Please visit:

<https://www.goderich.ca/en/town-hall-and-services/memorial-arena-task-force.aspx>

for the Application Form and detailed Terms of Reference for the Memorial Arena Task Force. Interested individuals can forward the required application form to the undersigned on or before January 12, 2024, by 4:00 p.m.

Andrea Fisher

Director of Legislative Services/Clerk

afisher@goderich.ca



Great first season for Goderich Minor Soccer

MONIQUE REDDINGTON

Sun Contributor

When the local league in and around Huron County started to fold Megan Frayne, who has been involved with Goderich Minor Soccer programming for many years, quickly sought out other options.

Frayne recruited an executive to help her and within a few months and with a lot of hard work, planning and determination, Goderich Minor Soccer became part of EMSA (Elgin Middlesex Soccer Association) for their first official season.

The 2023 season was an overwhelming

success. Of course, there were some hurdles along the way but it was all worth it to see local children and youth continue to play soccer.

Goderich Minor Soccer had a few Tier 2 competitive teams as well as many Tier 3 travel teams ranging from ages U9 to U18. A few of the teams did incredibly well including a first-place finish and district cup championship for our U15 boys, coached by Kieran O'Sullivan and Tara Williamson, and an undefeated season for our U9 Tier 3 boys coached by Brad Powell and Sandra Harp.

Although all teams did not have first place finishes, it was great to hear about the overall

improvement, team bonding and fun had by all.

Goderich Minor Soccer also had a strong local house league program organized by Tara Regier. Tykes, U7 and U9 co-ed teams played at our YMCA fields and followed a grassroots training program focussed on skills and development.

The club's executive organized a house league soccer fun day with games, food and other activities which allowed us to raise money for the club. The highlight was a dunk tank where some of the coaches took turns going for a little dip.

This past year, the club was able to pur-

chase new uniforms thanks to our many local sponsors. A special thanks to all the coaches, referees, families, and players for making the 2023 season a great one. And a thanks to the town of Goderich, for excellent support and maintenance of the soccer fields.

Goderich Minor Soccer executives look forward to seeing participants again next year. Registration for the 2024 season is coming from January 22 to February 4, 2024.

Registration is available at the club's website goderichminorsoccer.ca

Please email with any questions goderichminorsoccer1@gmail.com.



(CONTRIBUTED PHOTO)

U15 BOYS

(Back row, L-R): Kieren O'Sullivan, Jacob Corriveau, Cian O'Sullivan, Chase Kerr, Tadhg O'Reilly, Aiden Yule, Bart Brzezinski, Brody Moir, Logan Vance, Cohen Denomme, Coach Tara Williamson. (Front row, L-R): Cohen Williamson, Evan Denunzio, Dean Love, Hudson Gole, Corbin Philips. Missing from the pic- Archer Lobb, Denver Mason, Rowan Grandmaison.



(CONTRIBUTED PHOTO)

U9 BOYS

(Back row, L-R): Max Brown, Keaton Murphy, Forest Nuhn, Walter McCauley, Nixon Godfrey. (Front row, L-R): Isaac Armstrong, Matthew Evans, Walker Powell, Maitland Harp, Cruz Maddox.



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JANUARY EVENTS

- | | |
|------------------------|--|
| Saturday, January 6th | Meat Draw With Matt Gauthier 5-9 p.m. |
| Saturday, January 13th | Meat Draw With MacAdam Road 5-9 p.m. |
| Friday, January 19th | Meat Draw, Catch The Ace & Karaoke 5-10 p.m. |
| Saturday, January 20th | Meat Draw With Homers 5-9 p.m. |
| Saturday, January 27th | Meat Draw With Devon Drive Drifters 5-9 p.m. |

- Euchre Every Tuesday Night 7 p.m.
- Jammers Every Wednesday Night 6 p.m.
- Fun Darts Every Thursday Night Starts Jan 11 at 7 p.m.
- Cribbage Every Friday Afternoon 2 p.m.
- Catch The Ace Draw Every Friday Night at 7 p.m.

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Goderich and District Shuffleboard Club Results

On November 28 the club had 31 shuffleboard players attend the games which were held at the Memorial Arena every Tuesday throughout the year.

The club's Dominos Pizza winner was Roelie Leggatt. The three-game winners were Barb Howard, Jim Gilchrist, Lorraine Gilchrist, Bruce Haselgrove and Brian Pollock.

On December 5 the club's attendance increased to 33 players. The lucky Dominos Pizza winner was Sharon Cousins.

The three-game winners on the day were Gerry Ropp, Bill Godfrey, John White, Judy McLean, and Eric Wheeler.

On December 12 the club had another day of 33 participants.

Judy McLean won the Dominos Pizza this day.

The following people won all three of their games: Roelie Leggatt, Bob Smith, Brian Pollock, Jim Gilchrist, and Maura Clarke.

On December 19 the club saw another 33 players, the same amount for three weeks in a row.

Jim Gilchrist was the lucky winner of the three-topping Dominos Pizza.

Randy Bender, Lorraine Gilchrist, and Norman Jewell were the club's three-game winners.

Club shuffleboard has been on pause over Christmas and New Years holidays from December 20 until January 8. Play begins again on January 9, 2024.

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Livery Film Fest January: Anatomy of a Fall

ROB MCAULEY
Sun Contributor

This month the Livery Film Fest features an amazing film looking at a family going through turmoil.

A husband and wife, both writers, are spending time at their chalet in the alps with their partially blind son and their dog.

The boy returns from a walk with the dog to find his father outside the chalet, on the ground dead, having fallen from the window of his third floor office.

The police are called, and everyone is a suspect - or was it suicide?

Filming was done in the French Alps, and the husband is French, his wife German.

They have English as a common language, and the use of dialogue allows the characters to express their frustration with the police, the courts, and each other.

Sandra Hüller plays the wife. She has previously starred in the hilarious Toni Erdmann, and the deadly serious Zone of Interest.

She has incredible range, and her part in Anatomy was written specifically for her. She has won numerous awards for this film, and is up for a Golden Globe for Best Actress in a Drama.

The boy is played by Milo



Machado Graner, a French actor who was 14 years old when this film was made.

As the person who discovered the body of his father, his role is key. His acting is on par with Hüller's, and is also up for numerous awards. He is a joy to watch.

The film is directed by Justine Triet. This is her fourth feature film, with all of her previous films receiving nominations for best film at various festivals.

Triet was nominated for the Cannes Palme d'Or for her 2019 film, Sibyl, and finally won the Palme d'Or at this year's Cannes Film Festival. She also won the

2023 European Film Award for Best Director and Screenwriter.

Much of the film takes place in the courtroom, but we see the scenes that are described there as they happened at the chalet. This is not your usual courtroom drama.

While we wait for the trial outcome, we speculate on the cause of the father's death. Did he jump? Was he pushed? Who pushed him? Was the dog involved?

Come to the Park Theatre on the Square in Goderich to see. The film shows on January 25 at 7 p.m. The box office opens at 6:30 p.m.

Alice Munro Festival invites Huron County students to design a book cover

Students attending any school in Huron County are invited to showcase their creativity through a new contest launched this week by the Alice Munro Festival of the Short Story.

Contestants are invited to design a book cover using the 2024 Festival's theme "Lives of Girls and Women", which is based on the title of one of Al-

ice Munro's most popular novels.

A local judging panel will blindly select the top three pieces of art based on interpretation of the theme, creativity and originality, quality of the design and overall impression of the art.

Winners will receive cash prizes during a Festival event in Wingham on June 7, 2024.

First prize is \$300, with a second and third prize of \$200 and \$100 respectively. Contest prizes are generously sponsored by Virtual High School.

All art must be the student's original work and be submitted by 11:59 p.m. on March 15, 2024 to AMFSS.DigitalArt@gmail.com.

Artwork will be displayed in a digi-

tal exhibition on the Alice Munro Festival of the Short Story's website and be shown at each venue utilized for the 2024 Festival activities from June 5-9.

For more information visit alicemunrofestival.ca/digitalartcontest.

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GPS celebrates 20 years of its holiday dinner



Emmett filling his plate with help from the volunteers.

(KATHLEEN SMITH PHOTO)



Logan, Michael, Mollie, Jaxon, Ella, Brynlee and Charlotte.

(KATHLEEN SMITH PHOTO)



Harland and Jace.

(KATHLEEN SMITH PHOTO)



Jaxon eager to eat his holiday meal.

(KATHLEEN SMITH PHOTO)



Deputy Mayor Leah Noel and Councillor Randy Carroll showing their holiday spirit at the holiday dinner.



Brooke and Everly.

(KATHLEEN SMITH PHOTO)



Volunteers Melanie Giesbrecht, Irene Schuettel, Laurie and Jeff Hakkers

(CONTRIBUTED PHOTO)



(CONTRIBUTED PHOTO)

All the volunteers ready to provide a holiday dinner to the students, staff and volunteers at GPS.

The spirit of enthusiasm: The Goderich Girls Trumpet Band

DAVID YATES

Sun Contributor

In 1947 Goderich wanted to shake off the post-war blues by forming a Girls' Trumpet Band. The town had already sponsored the creation of the boys' Blue Water Band the year before.

Pre-dating the Seaforth Girls' Marching Band, an all-girls marching band would be something unique that would bring fame to Goderich and so the town sponsored novel endeavour as well. All that was needed were teenage girls to show 'the spirit of enthusiasm' to join the band.

The formation years of the Girls' Band under the direction of band-leader Thomas O'Heir were entered in strictly local events.

Their first outing recorded in the Goderich Signal Star was the 1947 Goderich Santa Claus parade.

In 1948, the Girls' Trumpet Band performed at such varied venues as the Goderich Hole Proof Hosiery Company Open House; the July pet parade around the Square; and the Labour Day parade. The girls' enthusiasm awoke Goderich to the novelty of an all-girl trumpet band.

In December 1948 a parents' association was formed, which raised an impressive \$150 in its first annual Tag Day where the girls dressed in their band uniforms went door-to-door canvassing the town.

By August 1950 praise for the girls' band appeared in the local papers as, according to the Goderich Signal Star, their "precision drill and marching" thrilled the 1,600-member audience "during lulls in the program."

At the opening of the Memorial Arena in October, the Goderich Girls' Trumpet Band earned "rounds of applause" from an enthusiastic audience.



Goderich Girls' Trumpet Band in front of North Street United Church c. 1953. Bandmaster Don Jolly standing on right.

(ANN FEAGAN PHOTOS)

Yet the band's appearances were relegated only to the Goderich area. It was not until early 1952 when Don Jolly took over as band leader of the Girls' Trumpet Band that it rocketed to Provincial renown. Jolly had been a former drummer in the London Police Band. He brought an infectious zeal to the band that inspired his musicians.

One of those young musicians that he inspired was 14-year-old Ann Feagan who said that "he was great." He "taught by example, he showed us he could play every instrument in the band" and "turned us into a drill team."

Jolly held band practices for three nights in the old Goderich Collegiate Institute's gymnasium. Girls between the ages of 12 and 16 (later 21) and were at least five feet high were recruited into the band's ranks.

The Town Council's generous financial support for the girls' band allowed Jolly to equip them with new trumpets, snare drums, four lyre bells and a bass drum. A smart looking uniform consisting of a white tunic, majorette boots, grey skirt, purple cape edged in gold capped off with a black pill-box hat was also purchased with funds raised from the town. The

Parents' Association arranged for rides for the girls to events.

Within a year, Jolly transformed the Girls' Trumpet Band into a competitive powerhouse. The band played farther afield than Goderich as well as they played in the Coronation Day ceremonies at Seaforth in June 1953.

The opening of the Goderich horse races that same week drew a crowd of 18-20,000 spectators which "thrilled to the sound of martial music" as the Girls' Trumpet Band outpaced the RCAF Training Command Band from Clinton.

At the weekly band concert at Court House Park, the president of the Blue Water Band presented bandleader Jolly with a wristwatch "for the excellent work he had done."

At the Brussels Band Tattoo, the Girls' Band topped the competition of seven bands in July 1953. It was their second competition success in a week as the girls placed first in the Durham tattoo the weekend before.

In a letter to the Signal Star, one resident wrote that the girls' "performance was outstanding in appearance, music and marching" and said the band was "one of the greatest advertising agencies God-

erich could have." The trumpet band girls exemplified the 'spirit of enthusiasm.'"

The Girls' Trumpet Band earned high praise at other area tattoos in Milverton, Ailsa Craig, and their hometown of Goderich in the summer of 1953 as audiences. At a concert in Port Elgin, the band performed for Edsel Ford, vice-president of the Ford Motor Company, who was celebrating his 34th birthday on his yacht. Edsel was so impressed that he presented Jolly with a cigarette case emblazoned with the Ford crest.

Greater glory was ahead that summer as they placed second in the prestigious Waterloo Band Festival competition and at Toronto's CNE, the band won first place in their class. It was a remarkable achievement recognized by the town council. Council passed a band bylaw that levied a .5 percent band tax on the mill rate to support the town's bands.

Over the winter, Bandleader Jolly expanded the band to 65 girls. He added saxophone and clarinet sections and a second bass drum to the band's ranks.

In November 1953 Fred Mook, director of the Waterloo Music Festival, commented on Jolly's 'sacrificial devotion' to the band and said that he "made more progress with the Goderich Girls' Band than any man in the province who has done similar work."

In the 1954 marching band season, the now famously popular Goderich Girls' Trumpet Band was much in demand as it reached new heights as they captured the first-place trophy at the Waterloo Music Festival and placed high in the CNE competition. They were renowned all over the province.

Ann Feagan relates one anecdote from a Niagara Falls parade when the band played the national anthem, a 'patriotic' Boy Scout troop which preceded them on parade refused to budge until the anthem was over thus leaving a gap in the parade.

A dispute over the compensation for Jolly's time off work led to his resignation in September 1954.

In a "protest parade," the girls

picketed town hall with signs demanding that Jolly remain. Jolly's loss was a bitter blow to the band. Several girls quit and an interim bandleader resigned.

If the band were to reorganize, it had to find a leader to salvage some part of the 1955 marching season after its now show in the 1955 Dominion Day parade.

None other than Goderich Mayor J E Huckins, added the role of Girls' Trumpet Bandleader to his civic duties. The 69-year-old Huckins, World War One former bandsman, proved a competent leader.

In two months, Huckins "plunged" the girls "into a three and four night a week practice schedule with a zest that belied his years," according to the Toronto Telegram...The girls' hard work paid off as they won the CNE competition for the second time.

The pressure of Huckins' civic duties forced him to resign effective in September 1956. Councillor and Goderich businessman, Ken Pennington, became the new bandleader.

Unfortunately, Pennington was unable to motivate the girls and he resigned in November 1956. In frustration, Pennington wrote a blistering letter published in the Signal Star, complaining that several girls had quit the band, and others were not showing up to practices, so he resigned as bandleader. All attempts to find a replacement bandleader failed and so the band disbanded.

In 1957, the remaining girls were absorbed by the All-Boys Blue Water Band, but they hoped to re-organize.

In September 1957, 35 girls attended an organizational meeting but lacking leadership, the Goderich Girls' Trumpet Band never performed again.

The baton of an all-girls' marching band passed to the newer Seaforth District School Marching Band, which is still in operation.

Attempts to reorganize the girls' band continued as late as 1960, but no longer would Goderich streets echo to the thunderous sounds of its own drum and trumpet band.



Goderich Girls' Trumpet Band. Photo thought to have been taken on June 2, 1953, at the Seaforth Coronation Day Parade.

Christmas concert at Clinton United to benefit foodgrains bank

Hundreds of appreciative concert goers enjoyed the angelic voices of children singing at Clinton United Church on the afternoon of December 17.

"Let it be Christmas!" was the perfect kick-off to the holiday season – an opportunity to enjoy beautiful music and to do some good at this important time of year.

The Fields of Faith Growing Project of Brucefield collaborated with the Clinton Growing Project to raise funds for the Canadian Foodgrains Bank by organizing a concert featuring the talented and award-winning Junior Amabile Singers and the Amabile da Capo Choir from London.

Seventy-two young singers in festive

formal gowns provided a wide array of Christmas offerings, including several songs in other languages.

The Amabile Choirs organization is a non-profit organization with the purpose of bringing together young singers from London and area.

The Junior Amabile Singers, which began in 1989, is an all-female choir for singers aged 9 to 14 and is regarded as among the premiere choral ensembles for children and youth in Canada.

The Amabile Da Capo Choir welcomes singers ages 8 to 11 and serves as a training choir for the next level.

Together with sponsor donations that supported printing and busing costs, the concert earned a total of almost

\$4,600.

These proceeds will go to the Canadian Foodgrains Bank to help feed the hungry. And monies earned will also be matched by government funding, to go even farther.

Last year the Canadian Foodgrains Bank was named, for the fifth year in a row, one of Canada's Top 10 Impact charities. Not only does the Foodgrains Bank deliver emergency food assistance for people in times of crisis, but the organization also uses conservation and agricultural projects as an approach to train people in third world countries through a food-for-work program.

Most CFG workers are volunteers, so the lion's share of donations is deployed

to feed the hungry.

The year of 2023 marks the 40th anniversary of the Canadian Foodgrains Bank. Donations can be made at their website <https://foodgrainsbank.ca/>

Locally, the Fields of Faith Growing Project has been growing crops to raise funds for the CFG for over 30 years.

Originally begun as a growing project of the Varna-Goshen United Church congregation, now Brucefield, Brussels, and Seaforth-Cavan churches work together to increase our efforts to feed the hungry.

Clinton also has a growing project and was pleased to collaborate to provide the larger venue needed for this year's concert.



(CONTRIBUTED PHOTOS)

The Junior Amabile Singers took to the stage at Clinton United Church to perform "Angels did Sing" as part of a Canadian Foodgrains Bank concert fundraiser on December 17.



Jacquelyn Norman directs the Junior Amabile Singers in the traditional Québécois Christmas song, "D'Où Viens-tu, Bergère?" Soloists on the left are Maya Prakash, Nina Kumar, Siyona Sanjyu and Alex Pierce. Norman is a Huron County native, and her father has participated in food distribution projects with the Foodgrains Bank.



The Amabile Da Capo Choir was a stunning sight as they performed "Light a Candle on this Silent Night." They were directed by Tammy Rees.



The Amabile Da Capo Choir is excited as they embrace the winter weather, singing "Seven Feet of Snow."



Somebody snitched on me! The Amabile Da Capo Choir perform "Nuttin' for Christmas."



The Junior Amabile Singers and The Amabile Da Capo Choir joined forces to sing several numbers for the concert finale. 72 treble singers performed at the fundraising concert at Clinton United Church.

OH, THE PLACES WE'LL GO: A tale of two Abbeys



PAUL KNOWLES

Times Contributor

Living in south-western Ontario, it is not a frequent occurrence to run into a monk or abbot. In fact – no, it has never happened to me. So during our road trip through parts of Québec in August, I was offered the chance to visit not one, but two abbeys. I jumped at the chance.

In fact, while we visited and toured both Abbaye Saint-Benoit-du-lac, on the shores of Lake Memphremagog, and Abbaye d'Oka, in the community of Oka in the Laurentians, we actually also got to stay at the latter for a couple of nights.

The Abbaye Saint-Benoit-du-lac is the real deal – a functioning monastery inhabited by monks, lead by an Abbot, who we encountered during our tour. Oka Abbey is no longer home to a religious community – it has been converted into an event space, open for weddings and other celebrations, with plenty of rooms for overnight guests and a very fine restaurant.

But both were fascinating destinations. And both, coincidentally, have been known for their production of local cheese. That



(PAUL KNOWLES PHOTOS)

The Abbaye Saint-Benoit-du-lac, on the shores of Lake Memphremagog in the Eastern Townships of Quebec.

continues at Saint-Benoit-du-lac – where we completed our tour with a cheese tasting – but at Oka, the brand that still bears the iconic name is actually produced nearby, at a huge Agropur plant.

Both abbeys are well worth a visit, for very different reasons. I have studied church history, but still managed to learn a great deal more from our in-depth tour of Abbaye Saint-Benoit-du-lac. We thought we had come to taste cheese, but that was almost an after-thought to the lengthy, informative tour of the place. It was essentially an “everything you ever wanted to know about monastic life, but were too uniformed to even ask,” tour.

Saint-Benoit-du-lac was founded in 1912 by two Benedictine monks from France (along with two brothers). Today, 30 monks continue to live at the Abbey, following the monastic rule of St. Benedict.

The tour introduces visitors to

St. Benedict, and the 73-chapter “Rule” that guides the daily lives of the monks.

The building itself is an architectural gem, and visitors get to see much of it, including the very modern church. Prior to the cheese tasting (and inevitable stop at the gift shop), you will watch a video in which a number of frankly charming monks explain their reasons for choosing their celibate, monastic life.

And finally, the cheese – excellent stuff. In 1943, the monks at this abbey made the first blue cheese produced in Canada, and continue today to make five varieties of blue cheese, as well as Gouda style, a goat milk cheese, and more... 350,000 kilos of cheese, annually. All overseen by one of the monks who also must find time to attend the eight or so religious services every day.

On the other side of the St. Lawrence – and a 177-km, two-and-a-half hour trip including a

stretch through the heart of Montréal – is the Abbaye d'Oka, now, more properly called the Auberge de l'Abbaye d'Oka, because it is a hotel and event space, no longer an abbey.

But the presence of the monks and brothers is never far removed, as you walk through the place, and especially as you stay in one of the not-very-renovated rooms. Most have no bathroom – you share one, including private showers, just down the hall – although there is a sink. However – and this is important – there are robes in the rooms, to render your hallway trek to the bathrooms more modest.

There's no TV, and hovering over the king size bed (undoubtedly a luxury the monks would not have enjoyed) is a giant photograph of a priest and a monk, peering down at you. A tad disconcerting, but it quickly morphs into part of the charm of the place.

And I cannot mention this soon

enough – the abbey's “Sacre' Bistrot” is a superb restaurant, highlighting the local products of this “foodie” paradise in the southern Laurentians. My mouth-watering dessert came from Fays Terroir Chocolaté, just down the road.

One morning at the Oka Abbey, abbey team member Julie Provost Beaugard guided us through the enormous facility. Founded in 1891, Oka at one point was home to 180 monks. That era ended in 2008, when the eight remaining monks moved to the Abbaye Val Notre-Dame in St.-Jean-de-Matha, 121 km. north-east of Oka.

The abbey is decorated with huge photographs illustrating the history of the monastery.

Ten years after the months moved out, the current owner purchased the sprawling property, and opened it as a wedding and event venue and inn. Last year, Beaugard told us, there were 42 weddings in the beautiful, but now deconsecrated, chapel.

And about that chapel – when this version of the monastery was built (after fire destroyed the original), the Vatican had mandated that a chapel in an abbey had to have walls of black marble. So it does. But the monks didn't like the look, and covered the marble with oak – as it is still seen, today.

So maybe the monks' well-known vow of “obedience” had a little wiggle-room, after all.

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.



One example of the amazing architecture at Abbaye Saint-Benoit-du-lac.



A view of the Abbaye Saint-Benoit-du-lac from Lake Memphremagog.

Grey Matters



ANNETTE GERDES,

Sun Contributor

Happy New Year to All!

As we enter Alzheimer's Awareness Month, we find ourselves reflecting on the profound impact of this condition on the lives of seniors. This month serves as a reminder of the importance of understanding, empathizing, and raising

awareness about Alzheimer's and related Dementias.

Understanding the Journey: Caring for Seniors with Alzheimer's is a unique and challenging journey. Each person afflicted carries a lifetime of experiences and memories, as caregivers, family and friends witness the gradual fading of these cherished moments. Alzheimer's month provides an opportunity for us to delve deeper into understanding the intricacies of this disease, and fostering a community that values the dignity and humanity of every person.

Creating a supportive environment: In a specialized care environment the priority must be to create an environment that caters to the specific strengths and needs of individuals. From tailored activities that stimulate

cognitive functions, to nurturing spaces designed for comfort and safety, these settings strive to enhance quality of life. During Alzheimer's awareness month I encourage families and the community to participate in activities that promote connection, understanding and support for those effected by Alzheimer's and Dementia.

Empowering Care Givers: Behind the scenes, dedicated care givers and family members play a pivotal role in ensuring that individuals receive the care and attention they need and deserve. Alzheimer's awareness month is an opportunity to acknowledge the tireless efforts of those caring and supporting an individual's journey. Through ongoing education and training, caregivers are empowered to provide compassionate care,

fostering an environment where people feel safe, seen, heard, and valued.

Fostering community engagement: Community involvement is crucial in dispelling misconceptions and fostering a more inclusive society. This month, administrators and staff of specialized facilities are actively engaging with the local community to raise awareness about Alzheimer's disease; promoting attendance at workshops and informal sessions to understand and reduce stigma associated with this disease.

Looking to the future: As the General Manager at Goderich Place Retirement Residence, with a specialized wing dealing with Alzheimer's, I understand the urgency for the ongoing research and advocacy in the fight against Alzheimer's.

This month serves as a call to action urging us to contribute to the broader conversation on Alzheimer's awareness. By supporting research initiatives and collaborating with organizations dedicated to finding a cure, we aspire to be a part of the solution that will bring hope to individuals and families impacted by this challenging disease.

Conclusion: Alzheimer's Awareness Month is not just a time for reflection, but a call to action.

Annette Gerdes is the General Manager at the Goderich Place Retirement Residence

Wishing you all a healthy, happy, peaceful, and heart-warming holiday season. Looking forward to connecting with you again in the new year.

Overcoming digital addictions for better mental health

TANYA MACINTYRE,
RED ROOF RECOVERY

Sun Contributor

Have you seen Screenagers? The two-part, award-winning documentary series by Dr. Delaney Ruston is helping families create healthy boundaries around the time spent on digital devices.

There are different challenges with kids around screen-time, many of them dependant on gender.

A recent survey found that boys and girls differ in their use of video games and social media.

For instance, boys spend about 90 minutes a day playing video games, while girls spend an average of about 40 minutes a day playing video games.

While, on the flip side, girls spend an average of 90 minutes a day on social media while boys spend about 50 minutes per day on social media.

Kids aged 8-18 are now spending an average of seven hours a day looking at screens. These are daunting statistics, especially when you consider that the brain is not fully developed until a person reaches their mid-20s.

It's not a coincidence that parents who work in technology industries don't allow any screen time for their kids.

Dr. Michelle Ponti from The Canadian Paediatric Society says we should treat screens like a car.

"We expect our kids to take

driver's ed before driving our car, so we need to teach them how to use technology," Ponti stated.

She suggests that we make screen time meaningful by moving the focus off the amount of time spent on a device to a more balanced overall daily routine.

"Determining when and how they're going to use their screens will have more of an impact than saying 'ok, you can be on for 2 hours'," Ponti added.

Some suggestions to help navigate this new world:

(1) Vote with your wallet and start pressuring the game-manufacturers to make less violent and more PRO-SOCIAL games.

(2) Make a contract with your family that outlines the same rules for EVERYONE, i.e., no phones/devices in the bedroom, no devices at the table, etc.

(3) Resist the urge to make screen time a reward vs punishment battle with your kids, because nobody will win that battle.

(4) Watch more films together as a family that will help educate everyone about how society is being manipulated and programmed by corporate agendas. A good start is The Social Dilemma documentary available on Netflix. BTW, the CEO of Netflix was recently quoted as saying, "Our competition is sleep!"

Many adults are spending at least one third of their lives in front of some sort of screen... a computer, a tablet, a phone, or a television.

Remember, YOU are the model for your kids so strive to practice what you preach.

Here are some other helpful resources:

caringforkids.cps.ca
<https://www.getcybersafe.gc.ca/en/home> Government of Canada's public awareness campaign created to provide simple steps you can take to protect yourself online.
 mediasmarts.ca

You'll also find lots of great parent resources on the SCREENAGERS website: <https://www.screenagersmovie.com>

May the force be with you, and - remember -

YOU are the force!

About the Author:

After 20+ years in broadcasting, I decided to pack up negative news and progressive addictions. My recovery kicked into high gear when I decided to

write & speak openly about my challenges and my success to overcome addictions. I now help others who want to build their own path to recovery and better health.

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

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 Walmart
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 Zehrs
 Goderich Honda
 Goderich Toyota
 Goderich Convenience
 McGee Motors
 McDonalds
 Speed Glass Goderich
 Peavy Mart

Treasure Hunt
 Food Basics
 Fincher's
 Blake Street Bakery
 Shear Talent
 Culbert's
 Goderich Town Hall
 YMCA/Rec Centre
 Square Brew
 Rexall Pharmacy
 The Legion
 Coldwell Banker Realty
 Second Streetlight Winery

Zehrs Shell Full Service
 Huron County Library
 Huron County Museum
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 St. Vincent de Paul Store
 Parson's Store
 Ideal Supply
 Maple Leaf Motel

East Street Cider Co.
 Goderich Chiropractic
 Lighthouse Money Management
 Cait's Cafe
 MacKay Centre for Seniors
 West Sushi
 West Street Willy's Restaurant
 Creative Cuts
 HO Jerry
 The Livery Theatre
 Lions Club

CLINTON:
 Tim Hortons
 Esso
 Shell
 Clinton Convenience
 Cafe Loco
 Bartliff's Bakery and Restaurant
 Foodland
 Home Building Centre
 Willy's Burgers

Pick Up Locations

Riddles

What's really easy to get into, and hard to get out of?

Trouble

Where would you take a sick boat?

To the dock

What gets wet while drying?

A towel

I'm tall when I'm young, and I'm short when I'm old. What am I?

A candle

What room do ghosts avoid?

The living room

I can be cracked or played; told or made.

What am I?

A joke

What has a head and a tail but no body?

A coin

I sometimes run, but I cannot walk. What am I?

Your nose

What has four fingers and a thumb but isn't alive?

A glove

Sudoku

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

Solutions on page 23

Pet of the Month



PICKLES

She is 25 weeks old 12 lbs of HIGH energy and love. Loves her Mom and Dad Steve and Mary

She's a sweetheart



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

Word Search

WESTERN NHL

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

- Avalanche
- Jets
- Stars
- Predators
- Coyotes
- Blues
- Wild
- Blackhawks
- Knights
- Canucks
- Kings
- Flames
- Kraken
- Oilers
- Ducks
- Sharks

Sunset of the Month



Taken on December 20 by Donald R. Jeffrey who is the administrator of the Goderich SunSet Site on Facebook. The group has over 6,300 members now. (CREDIT: Donald R. Jeffrey)

Goderich duplicate bridge club results

Rob McFarlane directed our game on November 28. We had 7 tables.

- 1st - Joyce Zimmerman & Margaret Blackie - 61.31%
- 2/3 - Doug Elliott & John Archbold with Garth Sheldon & John Davies - 59.82%
- 4th - Greg Bowman & Michele Hansen - 53.27%
- 5th - Keith Allen & Bob Dick - 52.68
- 6th - Mary Lynne Telford & Paul Spittal - 51.49%

Bob Dick directed our game on December 5. We had 6 and 1/2 tables.

- 1st - John Archbold & Doug Elliott - 60.71%
- 2nd - Graham Yeats & Susan White - 60.00%
- 3rd - Pat Lewington & Joyce Zimmerman - 54.59%
- 4th - Bob Dick & Keith Allen - 53.93%
- 5th - Cal Scotchmer & Janet Bloch - 52.50%
- 6th - Anne Odonnell & Nancy McAuley - 47.86%

Bob Dick directed our game on December 12th. We had 8 tables.

- 1st - Janet Bloch & Cal Scotchmer - 69.35%
- 2nd - Doug Elliott & John Archbold - 57.14%
- 3rd - Keith Allen & Bob Dick - 55.36%
- 4th - Susan White & Graham Yeats - 54.76%
- 5th - Joan Lounsbury & Mary Lapaine - 54.17%
- 6th - Joyce McIlwain & Kay King - 52.08%

Bob Dick directed our game on December 19. We had 7 tables.

- 1st - Margaret & Murray Blackie - 57.14%
- 2nd - Bob Dick & Keith Allen - 55.06%
- 3rd - Cal Scotchmer & Graham Yeats - 54.46%
- 4/5 - Michele Hansen & Greg Bowman with John Davies & Garth Sheldon - 54.17%
- 6th - John Archbold & Doug Elliott - 53.87%



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Thank You!

As our 50th wedding anniversary year has come to a close we wanted to thank...

Our daughter Crystal, (Jay, Landon, Alexa) for help with planning, and the lovely print announcement. Our sons John (Elisa), and Wes, (Whitney, Ava) for traveling so far to celebrate with us! Heather Robinson for kindly stepping in to do family photos. With appreciation to everyone for the calls, messages and cards. We are forever grateful!

Sincerely, Steve and Cindy Brennan

SERVICES

Have you been affected by someone else's drinking? Al-Anon Family Groups could help YOU! Call for time and place. 1-800-706-9833 or App Available

OBITUARY



GERALD BENSON FISHER

June 27, 1930-December 18, 2023

It is with deep sadness that the family of Gerald Benson Fisher (Jerry) of Goderich, announce that he passed away peacefully on December 18, 2023 at Maitland Manor, in his 94th year.

Survived by loving wife of 73 years, Muriel (Schram). Survived by children, Mark Fisher(Karen) of Lethbridge, Karen Vanstone(Bruce) of Saltford. Grandfather to Lisa Fisher, Mathew Fisher (Chiho), Ben Vanstone (Jordan). Great Grandfather to Nick, Jamie, Joe, Kenshin and Koharu. Great-great Grandfather to Daxton and Kingsley. Pre-deceased by son, Wane Fisher (Carp) and granddaughter, Del Daley Fisher.

Jerry will be missed by family, friends and neighbors. Jerry loved motorcycles, Volkswagens, hockey, pool, cards, dominoes and was known for his sense of humour. Jerry and Muriel were married in 1950. They lived in Benmiller and moved to Goderich early in their marriage, most recently lived in South Cove. Jerry was employed at The Goderich Elevators for most of his working life until retirement.

At Jerry's request there will not be funeral home visitation or service. Cremation has taken place.

Donations to Huron Hospice.

COMING EVENTS

Coffee and Spanish Conversation

Join Alina at the Goderich Branch Library on Saturday, January 6 from 11 a.m. until 12 p.m.

This program gives those learning Spanish, and those who speak it fluently, an opportunity to come together and chat each month. Register by contacting Goderich Branch by email or phone.

Make a Mess!

Make a Mess at the Museum returns this winter.

Drop in each Saturday afternoon for unstructured play for primary-aged children and their families.

Included with regular admission or FREE when you show your Huron County Library card.

Children five and under are always free.

Begins on Saturday, January 6 at 1:30 p.m. until 3:30 p.m.

Continues every Saturday throughout January.

Coffee and English Conversation Circle

Join at the Goderich Branch Library on Monday, January 8 from 6:30 p.m. until 7:45 p.m.

This program gives those learning English, and those who speak it fluently, an opportunity to come together and chat each month.

Register by contacting Goderich Branch by email or phone.

Write On! Writer's Club

Wednesday, January 10 from 8 a.m. until

5 p.m.

Join fellow local authors and aspiring writers at the Goderich Branch to collaborate and create.

Register by contacting the library by email or phone.

Multilingual Movie Nights at the Museum

Celebrate the many languages spoken in Huron County by watching films with English subtitles.

Thursday, January 11 at 6:45 p.m. until 9 p.m.

SUDOKU

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

QUIZ ANSWERS

- 1) 1907
- 2) Scotland
- 3) Janus
- 4) Enero
- 5) Garnet
- 6) Julius Caesar
- 7) January River
- 8) Barack Obama
- 9) 108 times
- 10) January 6, 2021

Auburn & District Lions Club Breakfast
Auburn Memorial Community Hall
Sunday, January 14, 2024
8 a.m. - 11 a.m.
\$12/Adults, \$6/Child, Free/Preschool
Pancakes, eggs, toast, sausage & hasbrowns
Maple syrup supplied by: Robinson's Maple Products
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