

St. Marys Independent

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Issue #1195

Thursday, January 25, 2024

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Friendship Force Stratford and St. Marys open to new members



Pictured are Friendship Force Stratford and St. Marys members Alyce Pink, Jean Smelski, Diane Weiler, Jan McClelland, Rose Creamer, Peg Dodds, Richard Smelski, Beverly Haggerty, Dennis Haggerty, Ken Long, Christa Ward, Murray Pink, Linda Weitzel and Glen Weitzel. (Contributed photo)

By *Amanada Modaragamage, Local Journalism Initiative Reporter*

With over 300 clubs and thousands of members worldwide, Friendship Force International connects people with its mission to promote global understanding across barriers that separate people.

Now, the organization is looking for local members.

In 1970, when Friendship Force was founded, it involved groups of 150-400 people known as ambassadors

who would travel together to other cities around the world. A group of a similar size would then visit the partner city, where hosts would show them around and give them a true taste of what that city has to offer.

Through home-hosting and meaningful travel experiences, participants learn about other cultures, better understand the world and its people, and discover our shared humanity.

Rose Creamer and Murray Pink are

Continued on page 2

Options available for people experiencing homelessness in St. Marys

By *St. Marys Independent Staff*

As the region continues to experience extreme cold weather, the Town of St. Marys is providing updated information on the services available for people experiencing homelessness this winter.

Community Outreach Worker

The town's full-time community outreach worker, Brittany Petrie, is in regular contact with those experiencing homelessness in St. Marys. A registered social worker, Petrie offers facilitation, education and referrals for those who require socio-economic support.

Anyone who is experiencing homelessness and has not yet spoken with Petrie, or is concerned about a person in need, can contact her at 226-261-0098 or bpetrie@town.stmarys.on.ca.

Warming Stations

Several Town buildings are open for those looking for a safe, warm space during daytime hours. Options include:

- The Pyramid Recreation Centre (317 James St. S)
- The St. Marys Public Library (15 Church St. N)
- The St. Marys Museum (177 Church St. S)


Emergency Accommodation

Stratford Social Services is the provincially designated provider of short-term emergency accommodation for individuals and families experiencing homelessness in Perth County.

The town can connect individuals and families experiencing homelessness in St. Marys with the City of Stratford to arrange emergency accommodation.

Continued on page 3

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COMMUNITY

Friendship Force Stratford and St. Marys open to new members

Continued from page 1

two local members of Friendship Force International's Stratford and St. Marys chapter and say the program has not only allowed them to learn more about the world through cultural, food and human connections, but it also led them to meet and become friends with other locals who share the same values and understanding of the world.

"We get to do some pretty cool things," said Pink, "We learn about local music and food, and we learn how to be sensitive to other cultural experiences by learning from each other."

Recently, 14 local ambassadors travelled to Murray Bridge, Australia. On the journey, they visited the local municipal building and met the mayor, Wayne Thorley.

"Murray and I raised the Canadian Flag," said Creamer. "During this time, the group from Murray Bridge and the Stratford-St. Marys group sang O' Canada together. It was quite a moving experience. We then went to a local park where they planted a tree with a plaque dedicated to our club.

"We also experienced life in rural

Australia, visiting a farm to watch sheep shearing, having the opportunity to hold a Koala, visiting the Aussie Apricot factory (and) the Barossa wine region, and making many new friends."

When visiting other areas, ambassadors visit local farms, city halls, restaurants and other hot spots. Creamer notes that this type of travelling allows for a more cultural experience and even said she could try foods and learn about cultures she never would have experienced otherwise.

Another aspect of Friendship Force is community service. During one exchange, visitors were interested in manufacturing in Canada, and they were able to visit and participate in packaging foods for export at a local factory.

"We just get to experience things you wouldn't get to participate in if you weren't part of Friendship Force," said Pink.

Friendship Force understands that some people may not be able to travel as much as others, so there are no restrictions or rules about having to travel. Pink even notes that they have

local members who do not travel at all, in fact, and are there to host others when visiting and enjoy the local community rather than devote their time to travelling.

"We have regular lunch meetings where we socialize with other local members," said Creamer. "We have 'Five and Dine' dinners. We have social events and a golf game every summer. We've even gone to horse races. And sometimes, we visit in someone's backyard, so it's not just about travel-

ling, but also friendships."

If you're interested in learning more or becoming a Friendship Force ambassador, please reach out to the Friendship Force Stratford and St. Marys club email address: ffstratfordstmarys@gmail.com or visit the Friendship Force International website at <https://friendshipforce.org>. You can also visit them on their Facebook Page at Friendship Force Stratford and St. Marys.



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| Feels Like 1 | Feels Like 2 | Feels Like 1 | Feels Like 0 | Feels Like -4 | Feels Like -5 | Feels Like -3 |

COMMUNITY

Options available for people experiencing homelessness in St. Marys

Continued from page 1

Emergency accommodation services are completely voluntary. People experiencing homelessness have the right to refuse them and may choose to do so despite the cold temperatures.

If you need emergency accommodation, or know someone that does, contact the outreach worker at 226-261-0098 or bpetrie@town.stmarys.on.ca or the City of Stratford at 519-271-3773, ext. 200 or 1-800-669-2948 (Monday to Friday, 8:30 a.m. to 4:30 p.m.); 519-272-2294 or 1-888-829-7484 (after hours, weekends, and holidays).

Community Housing Consultation

The Town is partnering with Stratford Social Services to offer a Community Housing Consultation on Feb. 15 at the Pyramid Recreation Centre.

This free, open-door event will give residents the opportunity to:

- Listen to a presentation from the City of Stratford's housing and homelessness division about what is being done locally
- Provide input on housing and homelessness in St. Marys
- Participate in an interactive housing activity
- Learn about the types of support services available in St. Marys

Further details about the event will be provided soon.

Additional information about local support services available for people experiencing homelessness at www.townofstmarys.com/stonetownsupports.



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COMMUNITY

St. Marys encourages residents to stay safe on snowmobile trails this winter

By St. Marys Independent Staff

As heavy snowfall and cold weather create ideal conditions, the Town of St. Marys and the Stratford Police Service are reminding snowmobilers to keep the community snowmobile safe by adhering to local by-laws.

Police have been working closely with snowmobile clubs to ensure members are aware of the bylaws and the importance of being respectful to residents and property owners.

"Bylaws are put in place to promote snowmobiling habits that are safe and enjoyable for the operator and residents around them," said Stratford police community resource officer Const. Aaron Mounfield in a press release issued by the town. "Failure to comply with these by-laws can result in damage to property, fines, injury or even death."

Operators are reminded to:

- have valid insurance;
- not exceed 20 km/hr on a road with a speed limit of 50 km/hr or less;
- not exceed 50 km/hr where the posted speed limit exceeds 50 km/

hr;

- always obey all signage; and
- wear a helmet.

Motorized snow vehicles must not be operated:

- along sidewalks or boulevards (grass between the sidewalk and street);
- on trails (Grand Trunk Trail, The Loop, Riverview Walkway, Taylor Trail and Avon Trail);
- within the boundaries of the St. Marys Cemetery or in town parks; and
- after 10 p.m. and before 7 a.m.

More information regarding Section 2.8 of town bylaw 51-2023, Parking, Traffic and Boulevard Maintenance, can be found at townofstmarys.com/bylaws. Residents are also reminded to adhere to all laws of the Motorized Snow Vehicles Act.

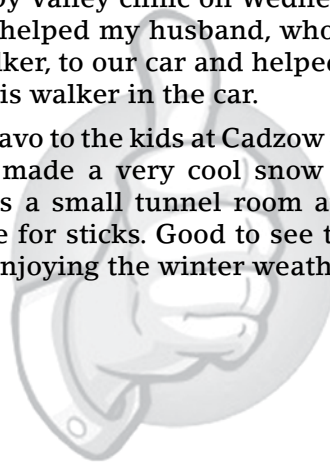
In addition, off-road vehicles are not permitted on public roads and road allowances. They are permitted only on private property at the consent of the property owner.

Residents are encouraged to contact Stratford police at 519-271-4141 to report any concerns.

Bravo

We have 3 Bravos this week.

- 1) Bravo to the kind gentleman who knocked on my door Monday night to inform me I left my lights on inside my truck. You saved me from a ton of hassle the next morning that goes with an unexpected dead battery especially in bitter cold weather! Thanks so much!
- 2) Bravo to the gentleman at the Happy Valley clinic on Wednesday who helped my husband, who has a walker, to our car and helped me get his walker in the car.
- 3) Bravo to the kids at Cadzow park who made a very cool snow fort. It has a small tunnel room and a cache for sticks. Good to see them out enjoying the winter weather.



Boo

We have no Boos again this week.



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

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

Quote of the Week

"Wide. Right. The two most dreaded words in Buffalo have surfaced again."

- Play-by-play announcer Jim Nantz described the late-game missed field goal attempt of Buffalo Bills kicker Tyler Bass on Sunday, evoking memories of Scott Norwood's missed field goal in the 1991 Super Bowl.

St. Marys Independent

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The St. Marys Independent

THOUGHTS
OF THE WEEK

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Extraordinary things are always hiding in places where people never think to look.

A goal is not always meant to be reached, it often serves simply as something to aim at.

Sometimes you will never know the value of a moment until it becomes a memory.

The most wasted days is one without laughter.

Overheard at the Coffee Shop

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"The Detroit Lions are one win from the Super Bowl, is hell freezing over?"

"Now that it's a two-person race, we'll see if Republicans prefer a criminal, or a woman."


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

COMMUNITY

Money raised for Healthcare Foundation



Lyric Flowers and Nina Polidoro Photography raised \$1,500 from their Santa photos with all proceeds being donated to the St. Marys Healthcare Foundation. A huge thanks to all those who came out for a photo with Santa and made this fundraiser such a success! Pictured, from left, Cindy Bilyea, SMHF Chair; Lanny, owner of Lyric Flowers; Santa; Nina Polidoro, photographer; Jay, owner of Lyric Flowers; Lori Currah, employee of Lyric Flowers and Bernice DeDecker, St. Marys Healthcare Foundation. (Nancy Bickell photo)

HELP DEFINE THE FUTURE OF PERTH SOUTH!

Perth South is updating its Strategic Plan and wants to hear from you! Complete the online survey to help define the future of your community.

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 Register and complete surveys.

STONETOWN CRIER

The latest municipal news from the Town of St. Marys



EARLYON MESSY PLAY

Jan. 29, 6 - 7 PM | Friendship Centre

Join Town of St. Marys EarlyON Centre for an hour of sensory exploration. Sensory play is valuable for children's development. Pre-register for this exciting evening!

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SHOWER PROGRAM

Thursdays, 9 AM - 1 PM | Pyramid Centre

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Mar. 11 - 15, 8 AM - 5 PM | Pyramid Centre

Geared towards children in grades 3 to 7, activities include:

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- Swimming
- Escape room

townofstmarys.com/activenet or 519-284-2160



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Feb. 2, 8 AM - 5 PM | Pyramid Centre

Geared towards children in grades 3 to 7, activities include outdoor play, crafts, games and swimming!

townofstmarys.com/activenet or 519-284-2160



Contact us
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communications@town.stmarys.on.ca





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Senior of the Week



Our senior of the week is Willy Drost. Willy is 89 years young and was born in Borden, Holland. She has four children, thirteen grandchildren and twenty great-grandchildren. She lived on a farm for 35 years on the outskirts of St. Marys and then for 22 years in town. In her spare time Willy loves knitting socks and playing games on the computer.

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

COMMUNITY

The Hungry Fat Guy: Stratford and St. Marys' favourite new food critic

By Amanda Modaragamage, Local Journalism Initiative reporter

What started as a way to share his love of food has quickly turned into an online Facebook page where community members and visitors check out reviews and pictures before stopping at a local restaurant.

The Hungry Fat Guy, as he's locally known, has not revealed his identity and goes by this name because he wants to be treated like everyone else who enters the restaurant.

"If people knew who I was, they would try and act differently. I like just walking in, eating with everyone else and seeing how the staff and everyone else operates," he said.

Noting that small businesses, specifically restaurants in Stratford and St. Marys, seem to struggle due to the financial hardships of the post-pandemic economy, The Hungry Fat Guy said he wants to do his part to support local businesses by highlighting all there is to offer in his town.

"I love to eat, so I figured I could highlight this for others. I like to try restaurants that offer good value for what you get, and people seem to like this.

"I love putting a smile on people's faces, posting about food that makes people happy and helping local businesses. It's a win-win."

Not only does the Hungry Fat Guy post about local businesses on his Facebook page, but he also retains followers by offering fun and witty surveys, such as the "Great Pizza Debate," where followers can vote on their favourite pizza in town and banter over the topic in the chat section.

Another aspect of the Hungry Fat Guy's Facebook page is the simple yet delicious recipes he posts for

all to try.

"I like to put a few videos of me cooking too, simple things that are easy."

Recently posting about his deep-dish pizza, followers loved watching the process and made the recipes themselves.

Some videos are going viral. The Hungry Fat Guy says a few of his more popular videos have over 3,000 views, which he says is amazing because it's helping those local restaurants gain traction and possibly get more visitors.

Although this pseudonym is new, the Hungry Fat Guy says he has been known to play little tricks in town for years and gets a kick out of making people smile.

When asked where he gets his charm, he notes his parents are great people who taught him to be kind and always help others.

"My parents are awesome. They're always out helping others and volunteering in the community. They're never home."

He also notes that he grew up helping others and it's been part of his character his whole life.

"When I was a teenager, I started mowing my neighbour's lawn because it was just getting too much for him. He was 105 years old. I did it every other week because he still wanted to do it, but when he turned 107, he let me take care of it every week, and I loved helping him."

To follow along and check out what restaurants The Hungry Fat Guy has been trying, search for him on Facebook at "The Hungry Fat Guy" where he posts all his local restaurant reviews

Weekend Quiz

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1. Which house was Harry Potter in?
2. Where is the great barrier reef located?
3. What music artist has the most diamond certified albums?
4. At what temperature are Celsius and Fahrenheit equal?
5. What is the only type of rock that floats?
6. What does a red card mean in Soccer?
7. When was Earth Day first celebrated?
8. A shape with 5 sides is known as what?
9. The quinoa plant is native to what continent?
10. What is the deadliest disease in history?

This week's answers are found on pg. 27

Legion

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COMMUNITY

An introduction to the St. Marys Memorial Hospital Auxiliary

By Janis Fread

The St. Marys Memorial Hospital Auxiliary, which has been active since its inception in 1950, continues to support the town's hospital through sales in the Boutique, located in the hospital's lobby, and external fundraising events.

The Auxiliary's primary purpose is to generate revenue directed towards the purchase of new equipment for St. Marys Memorial Hospital and to support the hospital in any way possible.

When pandemic restrictions were lifted and the hospital Boutique was able to reopen in June 2022, fundraising was up and running again enabling the Auxiliary to purchase three pieces of equipment for the hospital in 2023 – a bariatric commode, a dynamic tilt wheelchair and a Sara Steady Lift. With financial assistance

from a donor, the group put together over three-dozen patient kits for new patients being admitted.

This year promises to be busy for the Auxiliary as the group is planning numerous fundraising events, the Boutique will soon be stocked with spring arrivals, and we're currently working on a project to brighten the new patient rooms when renovations are complete.

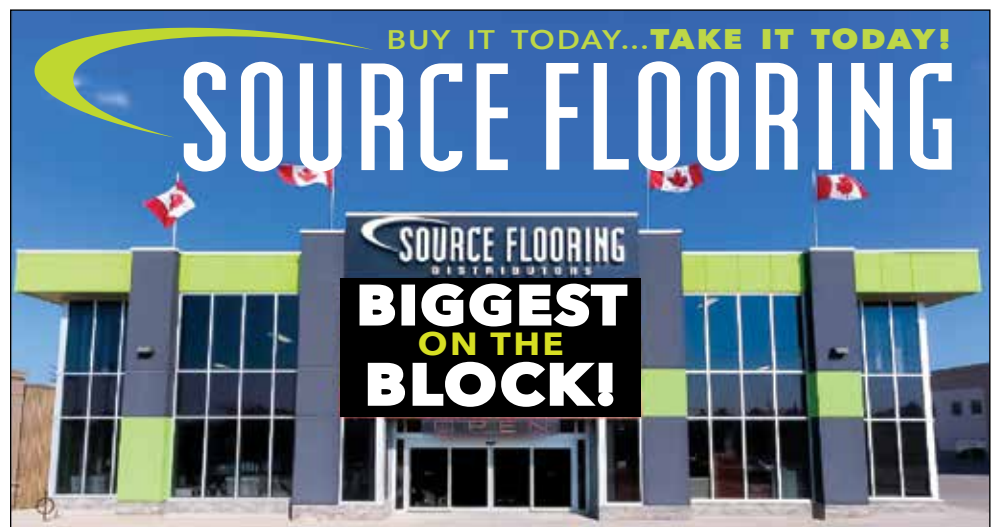
Currently, the Auxiliary works autonomously and is overseen by Mark Gibson, corporate lead volunteer services and student engagement with the Huron Perth Healthcare Alliance.

Follow the Auxiliary on Facebook by searching The Boutique at St. Marys Memorial Hospital or email smmhauxiliary@gmail.com for more information and to stay up to date on fundraising activities.

St. Marys Buick GMC gives back to the Healthcare Foundation



In September, St. Marys Buick GMC held a customer appreciation BBQ. Last week a cheque for \$475.00 was presented to the St. Marys Healthcare Foundation from what was raised. A huge thank you goes out to clients of the GMC dealership that helped to support the event. Pictured from left to right front row: Katie McNaughton, Joe Van Dinther, Sylvie Schryer. Second row: Cory Castillo, Keisha Stacey, Karen McCulloh, Carrie Wister, Ali Syed, Bennett Brown. Third row: Norm Penny, Kevin Price and Matt Young. (Contributed photo)



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COMMUNITY

Local history buffs gearing up for 28th annual St. Marys Heritage Fair

By Galen Simmons

Lovers of local and regional history will gather at the Pyramid Recreation Centre Feb. 23 for an annual celebration of the people and events that made St. Marys and area what it is today.

In its 28th year, the St. Marys Heritage Fair is a true celebration of local history with heritage-based organizations, local history buffs and collectors gathering under one roof to share their expertise, knowledge and historical artifacts with the community.

"This event is an opportunity to learn about developments in local history and the people and organizations who work to preserve and promote it," said St. Marys Museum curator assistant and fair organizer Emily Taylor.

"... We've had members of local organizations who have a longstanding history and individuals with unique collections of historic items (as exhibitors). Last year, we had 18 different exhibitors from personal collectors to a number of different organizations



The St. Marys Museum is asking local organizations with a longstanding history in the town or surrounding area, as well as local history buffs and collectors of unique local historical items to consider applying to be an exhibitor at the 28th annual St. Marys Heritage Fair Feb. 23 from 7-9 p.m. Pictured, local residents check out the historical displays at last year's heritage fair. (Contributed photo)

from the wider area including Oxford County, London and North Middlesex to name a few."

While exhibitors are not limited to any specific theme, for this year's event, the museum is adapting one of

its recent exhibits to highlight "nature in our neighbourhood: St. Marys waterways" and how the Thames River has shaped the landscape of St. Marys and the surrounding area.

"(It will highlight) the importance

of the river to Indigenous people, the environment and industries like mills and quarries and how that has shaped St. Marys over time," Taylor said. "We'll bring information related to that, but exhibitors are not restricted to that theme and everyone is encouraged to apply regardless."

While Taylor said there are a number of exhibitors from last year who have signed up for the event again this year, she is still looking for more people and organizations to display their historical interests and collections. To apply to be an exhibitor at this year's heritage fair, call the museum at 519-284-3556.

"There's plenty of space and we're always excited to welcome new exhibitors," she said. "... This is an opportunity to share their interests with the community. It's also a networking opportunity with other people who are exhibiting, so there's an opportunity for collaboration as well."

The event, which is free and will include a silent auction and door prizes, runs from 7-9 p.m.

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COMMUNITY

Food insecurity is still on the rise in Huron-Perth, new public-health report shows

By Amanda Modaragamage, Local Journalism Initiative Reporter

A new report by Huron Perth Public Health shows an alarming and increasing number of people living with food insecurity in the area.

Huron Perth Public Health (HPPH) recently released "The Real Cost of Eating in Huron and Perth." The report indicates that low-income families in Huron Perth often face the dilemma of choosing between paying for essentials like rent and utilities or buying enough food.

Amy MacDonald, Huron Perth Public Health Registered Dietitian, says the report shows a steady increase in households experiencing food insecurities across Huron-Perth. These numbers keep rising year after year.

"We know the Canadian food price report and consumer price index have shown increasing food costs year over year, which aligns with our report," she said.

The report states that, in 2023, the cost of groceries for a family of four in the region was \$267 per week or \$1,155 per month, excluding non-food items. Compare that to the cost of groceries in Huron-Perth in 2022 when it took just \$249 per week or \$1,076 per month to feed a family of four -- an increase of \$18 per week or \$79 per month.

Kelsey Lauersen, resource coordinator at Stratford House of Blessing, said they have seen a rise by 124 per cent in food bank usage since 2022, and rising food costs seem to affect all types of families.

"There are many types of food insecure families in the area: households with two working parents, households with single parents and individuals," she said. "We also see individuals who have not needed our services for several years return. In addition, the number of unhoused individuals we serve continues to rise.

"We have seen a 152 per-cent increase in the number of unhoused food visits from 2021 to 2023 alone."

Cost of living plays a crucial role in health care as well, and MacDonald says those with food insecurities are also more susceptible to health conditions due to poor living conditions.

"We know that people who experience household food insecurity are more likely to get sick in terms of infectious disease," she said. "They are more prone to chronic conditions like heart disease, hypertension, arthritis, back problems, chronic pain and type-two diabetes. Those who are food insecure are also more prone to adverse mental health impacts."

"What we know is that these conditions may result from a low income and that financial circumstances really have a huge impact on those sorts of conditions."

The report identifies income-based solutions, including adequate old-age pensions, fully funded Canada Working-Age Supplement (CWAS), fully funded Canada Disability Benefit (CDB), lower income taxes for the lowest income households, income protection for precarious employment, implementation



Grocery costs are on the rise again in 2024 and many residents in Huron-Perth are struggling to keep up. (Photo by Amanda Modaragamage)

of a Basic Income Guarantee, increased minimum wage, increased social assistance rates, investments in subsidized, affordable and stable housing, and strategies to enhance affordable housing, childcare and public transit.

"There have been years and years of research that show that household food insecurity is a marker of material deprivation and poverty and that the most effective way to address it is income-based policy," said MacDonald.

"The board of health will send advocacy letters to federal and provincial representatives. These letters discuss the importance of adequate housing, affordable housing policies and adequate social-assistance rates that keep up with the cost of living."

The full report is available on the HPPH website. Additionally, residents are encouraged to explore available resources through 211 Ontario to support families living with low income.

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SPORTS

Top scorers break slumps as Lincs win two straight

By Spencer Seymour

Several of the marquee names for the St. Marys Lincolns ended offensive droughts last week, guiding the Lincs to wins over the Strathroy Rockets and Sarnia Legionnaires.

The Lincolns started with a rare Tuesday night matchup against the Strathroy Rockets. The second half of the home-and-home series between the two teams followed a calamitous 8-3 loss for St. Marys on Jan. 12. Head coach Jeff Bradley explained that the coaching staff trusted the team to be able to respond to the embarrassing defeat, trust that was rewarded with the Lincolns winning 2-1 in overtime.

"We didn't say much at all, to be honest," said Bradley. "We expected that our team would be ready to right a wrong and ready to play. We did look a bit tentative at times but when we saw that Brandon (Abbott) was dialed in and had our backs, that went away a bit. Obviously, scoring more goals would have been nice, but it's nice to see that Brandon can withstand a bit more pressure. We needed a big game from him and I'm sure he wanted it."

The only blemish on an otherwise excellent night in net for goaltender Brandon Abbott was the first goal of the game scored by Ethan Fachina at the 11:20 mark of the first period. A mere 41 seconds later, however, the Lincolns got a response from one of the team's strongest lines as of late, a trio consisting of Luca Spagnolo, Owen Voortman and Jaden Lee. Voortman fed Lee on a two-on-one who directed the puck by Strathroy netminder Hayden Duncan. Along with Voortman, James Sigmon earned an assist. Bradley doled out high praise for the line responsible for the goal as well as the team's goalie, who made 36 stops.

"We got down early off a bad turnover, but we threw out the Spagnolo, Voortman and Lee line which has been a really good, no-quit, leading line for us. They just keep playing their style no matter what the score is, and we bounced back right away. We didn't give up, we were good on the penalty kill, and Brandon was awesome. As the game goes on, you feel more like you belong and, after a game like last Friday, it's easy to get in your head, but I'm glad our players realized it was just one game and we were able to shake that off."

Bradley elaborated on what has made the Spagnolo, Voortman and Lee line so successful recently.

"They play to their character. They are three hard-working guys who care. They care about the team and the success of the team and they understand that, to be successful as a team, you've got to do the little things right. All three do the little things. They work incredibly hard and you can trust them to do the right things both offensively and defensively."



Maddox Callens passes the puck out from behind the net during a recent St. Marys Lincolns' game. The native of Langton, Ont. had a two-goal game last Friday against Sarnia. (Photo by McGinny Photography)

In the final 40 minutes of regulation, Strathroy outshot St. Marys 24-15 with neither finding the back of the net, sending the game into overtime in which Ethan Weir ended a six-game goal drought to pot the game-winner. The lone assist on Weir's goal was the second of the night for

Sigmon. Despite the Rockets controlling the puck more than the Lincolns did, Bradley told the Independent that they were focused on clamping down in their own end.

"Our plan was to sit back a bit defensively. We got burned a bit last Friday when we tried being a bit more aggressive, so we wanted to tame that a bit. There are flaws in that, it leads to easier zone exits for the other team and they get the puck a little bit more, but we were willing to take that to limit the odd-man rushes we gave up and I think we did a good job in that regard. We were soft in the defensive zone at times which gave Strathroy a bit more zone time than we would have liked, but overall we executed on our plan pretty well."

Lincs trounce Legionnaires 7-1

Back on home ice on Friday night, the Lincs helped get the taste of the previous week's blowout loss out of their fans' mouths with a 7-1 rout of the Sar-

nia Legionnaires in arguably the team's best game since the holiday break.

"The goal was to be hard to play against and really try to give it to the other team and I thought we achieved that. We're battling right now with injuries, especially on the back end, but I thought our defence did a really solid job and Brandon [Abbott] was outstanding once again. There were times when we may not have liked certain details, specifically in the first period, but overall, it was a really good performance and I don't think anyone had an off-night."

The only goal of the first period came seven seconds after a St. Marys powerplay had ended. With the Legionnaires still out of sorts, Lee fed Maddox Callens who ripped a one-timer for his second since joining the Lincolns at the Jan. 10 GOJHL trade deadline. Ryder Livermore also had an assist.

The second frame was where the Lincolns really opened things up, first with Lee finishing off a swarming shift with his linemates Spagnolo and Voortman. Spagnolo and Sigmon assisted on Lee's 12th of the year, a goal that also gave Lee a goal in four of his last five games.

Later in the period, Chase MacQueen-Spence snapped a three-game goal drought with his 16th of the season, followed by a pair of powerplay tallies by Weir. Cohen Bidgood earned an assist to end a three-game stretch without a point while Adam Barkley assisted on both of Weir's goals to snap a six-game points drought for the Lincs' Captain.

In the case of Weir, who spent the game on the wing of Callens and MacQueen-Spence, who moved into a centreman role, both were examples of skaters praised by Bradley for adapting well to new positions in the lineup.

"We've got five healthy defencemen plus Marcus (Dashevsky) and Noah (VandenBrink) are both out. Without all those guys, we're missing pieces from the lineup, so we tried out guys in different spots and it was all successful. It was a really positive night for us not just because of the win, but also because all of what we tried worked out."

"We tried Ethan (Weir) on the wing and I thought he was outstanding not just because he scored, but because he put in a lot of focus on all the details of his game. We tried Chase (MacQueen-Spence) at centre because Marcus is out and we had been putting Noah in that spot, but now with both of them out, we tried Chase there and he looked like he could do it. Maddox (Callens) is also not a natural centreman, so putting him in the middle and seeing him play so well was big for us as well."

Bradley also credited Ryan Cornfield for his ability to move around, up and down the lineup during the game. Perhaps no one made a more sizable

Continued on page 11

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SPORTS

Jr. Girls claim straight-set wins in home back-to-back

By Spencer Seymour

The St. Marys DCVI junior girls volleyball team won both of their games last Thursday in quick and decisive fashion with back-to-back victories in three straight sets.

In the Salukis' first game of the day, they defeated Goderich 25-8 and 25-15 in the first two deciding sets before also taking the third set. Following the match, head coach Jessica Chateauvert told the Independent that the two main focuses for the group entering the day were executed to a tee.

"They played very well," said Chateauvert. "Our game plan was to come out with energy and serve tough and they did both of those things very well in all three sets. It was great to see because we knew coming in that this was a big single 'A' matchup against a team we were really close to in the standings."

According to Chateauvert, the team's energy and serving ferocity really began coming together earlier this month at a tournament in which they came away with the win in the consolation finals.



Katie Namink bumps the ball during one of the St. Marys DCVI Junior Girls volleyball team's games last Thursday. The Salukis won both games in straight sets. (Photo by Spencer Seymour)

"We had a really great tournament on Friday (Jan. 12) in Aylmer. We looked like we were playing the kind of volleyball we've been trying to play and it seems like that tournament was a

bit of a turning point in our season and we're getting ready to battle those top teams (in Huron-Perth) again now that we think we can beat them.

"They started having that energy and communication that helps them work more cohesively as a unit on the court," Chateauvert continued. "They also started passing the ball much better which allows us to run a strong offence. We've got lots of girls who can hit but we weren't attacking the way we needed to because we weren't getting the passing that we needed. That started changing (in Aylmer) and it continued today."

Back on the court later in the day last Thursday, the St. Marys junior girls took on Listowel and once again won in straight sets, the first and deciding two sets recording scores of 25-13 and 25-16. Chateauvert said that she was happy with the team's resolve in the face of adversity with the Salukis climbing back from multiple deficits.

"I really liked seeing that we have some mental toughness. We got down a couple of times but we battled back each time. We served really tough again which I think was the difference maker. Those were some of the best and longest rallies we've had against any Huron-Perth school this year."

Top scorers break slumps as Lincs win two straight

Continued from page 10

shift and conversely became as big a bright spot for the Lincolns as Blake Elzinga, who began being deployed as a defenceman rather than in his traditional forward position. The native of Walkerton, Ont. was great in the role, Bradley said.

"Mike (Herman) is big on having a guy who can swing back and forth from forward to defence. We looked

at Blake with his skating ability. He plays with his head up and he's a smart player, so we tried him out at practice, and he looked pretty good, but we weren't quite ready to commit to it at the start of the game. But as we built up the lead, it was a good opportunity to try it out and Blake got better and better as the game went on.

"It's a credit to Blake because sometimes if you go to a kid and say, 'We'd

like to try this out', they may think it's a demotion," Bradley continued. "But Blake looked at it as a chance to add some versatility to his game. I think it was great for him because it adds another tool to his bag and he did an awesome job."

In the third, MacQueen-Spence and Callens each scored their second of the game, with Callens once again blasting a one-timer from the same spot as his first one, this one with

time left on a St. Marys powerplay. Nathan Holland scored Sarnia's only goal of the game with Brandon Abbott turning away the 27 other shots sent his way.

The Lincolns next play on Friday when they host the Chatham Maroons. On Saturday, the Lincs are back at the PRC battling the St. Thomas Stars.

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SPORTS

U15 LL Boys win Gold in Stonetown Classic tourney

By Spencer Seymour

The high-flying Ashton Tire Service U15 LL Boys St. Marys Rock came away with the Gold Medal at the Stonetown Classic tournament hosted at the PRC last weekend.

After going undefeated in the round-robin, the Rock met Belmont in the semi-final on Sunday afternoon in a feisty, spirited affair. Ultimately, Gavin Lang backstopped the team to a 4-1 victory. Abe Bender, Cainan O'Doherty, Mac Hern and Logan Oke all scored for St. Marys. Hern and Oke also had an assist in the game, as did Sidney Clark, Chase Jeffrey and Tys Dewitt, the latter of whom had a pair of helpers.

A few hours later, the U15 LL Boys were off to the Gold Medal game against Mid-Huron. Hern got the Rock's first goal assisted by Brody Cox, followed by an unassisted tally by Dylan Chateauvert. Dewitt added a goal with assists going to Hern and Cox before Jaxon Brown found the back of the net with an assist going to Ben Robson. Landon Lichti earned the win in between the pipes as the Rock once again won by a score of 4-1.

According to assistant coach Chris Brown, their performance in the final game was close to flawless and summed up what was a consistently excellent weekend for the group.

"We come into every game discussing a very similar defensive plan and aside from maybe five or 10 minutes earlier in the tournament, we stuck to that plan from start to finish," Brown told the Independent. "We don't give other teams a chance to gather themselves and organize. We play with constant pressure and we executed that to a tee."

In Brown's eyes, one of the most impressive aspects of the team's performance, specifically in the more pressure-packed stages of the tournament, was the team's ability to withstand and thrive on the pressure of the moment.

"They handled the added pressure really well and, going in, that was actually a discussion point amongst the coaches. We really want to have a group that feels confident coming in and can play free and easily. I was really impressed with the way we played our game with confidence. Sometimes, when you get your back up against the wall, it can be a struggle to keep your composure, push forward and stick to the plan, but we did that really



The Ashton Tire Service U15 LL Boys St. Marys Rock claimed the Gold Medal during this past weekend's Stonetown Classic tournament. Pictured in the front row, from left to right, are Gavin Lang and Landon Lichti. In the second row, from left, are Rowan Pickel, Jaxon Brown, and Aiden Devries. In the third row, from left, are Colin Lichti, Chris Brown, Maguire Smale, Dylan Chateauvert, Abe Bender, Sydney Clarke, Mac Hern, Chase Jeffrey, Ben Robson, Cainin O'Doherty, Brody Cox, Logan Oake, Tys Dewitt, Connor McKichan, Daryl Hern, and Burton Pickel. (Photo by Spencer Seymour)

well, especially in this final game."


Brown added that one major highlight from the tournament was how it encapsulated a season-long growth by the entire team, both on and off the ice.

"We work on our formations and tactics in practice to a point where our captains or the coaches can yell out a brief instruction and they know exactly what to do, whether it's regrouping or putting a puck in deep and applying pressure down below the goal line. They just know what to

do and there's no question when they hear those things. More and more, it's coming from their teammates and we as coaches don't have to do much of that.

"There has been a collective growth with this team.

The older kids who started at a more mature point have passed along that ability and that confidence to their younger teammates, which not only helps the younger guys grow but also allows those older kids to see what their guidance can do for a younger player."



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SPORTS

Minor Sports Scrapbook



Zac Bes lets a shot fly during U9 LL Boys 1 St. Marys Rock games as part of last weekend's Stonetown Classic tournament.



Jack Becker takes the puck in on a breakaway during of the St. Marys Ford U9 LL Boys 2 St. Marys Rock games as part of the Stonetown Classic tournament last weekend.



Dalton McKenzie makes a save during one of the U11 LL Boys St. Marys Rock games as part of the Stonetown Classic tournament last weekend.



Cole McIntosh cues up a wrist shot during one of the U13 LL Boys St. Marys Rock games as part of last weekend's Stonetown Classic tournament.



Pete Anderson dekes around a defender during one of the U9 LL Boys 3 St. Marys Rock games as part of last weekend's Stonetown Classic tournament.



Logan Thompson whips a snapshot on goal during last Wednesday's U11 C Boys St. Marys Rock game. (Photos by Spencer Seymour)

SPORTS

U11 B Girls shutout unbeaten Mooretown in playoff opener

By Spencer Seymour

Going into Sunday's playoff debut between the St. Marys Landscaping U11 B Girls St. Marys Rock and the visiting Mooretown Lady Flags, the Rock were in tough given Mooretown's undefeated record during the season.

However, thanks to the group's incredible attention to detail defensively coupled with a great deal of tenacity in the offensive zone, the Rock became the first team to beat the U11 Lady Flags with a 1-0 win.

Head coach Adam Haight told the Independent that it was a night where every piece of the puzzle clicked into place.

"We've been talking to the girls all

year about playing as a team because they are an excellent team when they play together as one cohesive group," Haight said following the 1-0 victory. "Everything that we've been working on throughout the year seemed to have come together tonight."

According to Haight, there were two central elements that have been big focal points for the team this season that the Rock executed particularly well on.

"Back-checking has been one of the biggest things that we've worked on this year. We've been trying to get the forwards back to help on the defensive side and they did a really good job of that. We have also spent a lot of time this year working on trying to get rebounds, being in the right position and

getting chances in front of the net. They did that and it resulted in our goal.

"Our core group of four defenders caught on really quickly right from the beginning of the year when we began working on breakouts and what to do in our end," continued Haight. "They've done a really good job all year and then to have our forwards getting back, being aggressive and helping to get the puck out of danger made us even better defensively."

As Haight noted, one such occasion where the Rock created chaos in front of the Lady Flags' net came in the third period and saw Jessica Zwambag jam home the only goal of the contest. Molly Aarts picked up the lone assist while Evelyn McAllister earned the shutout

in between the pipes.

With the U11 B Girls now laying claim to being the only team to beat Mooretown this season, Haight believes it could propel the them forward for the rest of the year.

"It's nice to have everything come together like it did. We're in the first division against the four other top teams which we're super excited about because our girls have worked incredibly hard to get here. It was a bit nerve-racking going in and playing against the other teams, but this win is going to give us a pile of confidence moving forward. We've beat an undefeated team and now we have to keep it up."

St. Marys girls bowling team takes fourth at Provincials



Pictured in front from left to right are Alexis Fares, Leia Slaney, and Natalie McKeen, with coach Helen Brockman in behind. The St. Marys Bowling Lanes' Triples team travelled to Hopedale Lanes in Oakville on Jan. 21. After four very close games, the girls posted 284 points over their average to secure a fourth-place finish. (Contributed photo)

U9 MD Boys impress in New Hamburg tourney



The Finnbilt Construction U9 MD Boys St. Marys Rock celebrate one of their victories in New Hamburg at last weekend's Huskies' Winter Classic tournament. While not the final result the team had hoped for, Head Coach Jaden Ropp told the Independent that it was a successful weekend overall. "I was very impressed with how the team played, especially considering we only started playing full-ice games last weekend," Ropp said. Ropp also praised the group for their "resilience," evidenced by battling back to win a game against Woolwich and later outplaying the best team in the tournament and eventual winners, Centre Wellington, in the third period of a round-robin game despite the Rock being down by five goals. Their excellent effort in the third brought the game within three, which was the narrowest margin for any of the undefeated Centre Wellington's wins during the weekend. Ropp also stated that he is "excited to see what we can accomplish over the remainder of the season." (Contributed photo)

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SPORTS

Van De Walle team wins inaugural Synterra Skins Spiel



A full draw of eight teams competed in the inaugural Synterra Skins Bonspiel on Jan. 20 at St. Marys Curling Club. The winning team on the day was the Van De Walle rink who went undefeated in three games and earned \$610 in skins. Pictured above, from left to right, are Morris Van De Walle, Jeff Visser, Betty Visser, and Kevin Rops.

Skip George White delivers a stone during Skins Spiel action on Jan. 20 as Russ Mitchell and Richard White prepare to sweep. The weekend's successful event was sponsored by Synterra Security Solutions. Prizes were also donated by Broken Rail Brewing and Cowbell Brewing Company. St. Marys Curling Club manager Jason Clarke had the ice in outstanding condition which made for some exciting shot-making for the skins event.

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HISTORY

HISTORIC ST. MARYS: The Canada Farmer

By Mary Smith

The year 1864 was a significant one for George Brown, the leading Reform (Liberal) politician in Canada West and publisher/proprietor of the Toronto Globe newspaper. His great political aim was the uniting of the British North American colonies into one strong country.

In June 1864, as the Reform leader of Canada West in the Legislative Assembly, he took a major step towards that goal by agreeing to form a coalition government with his great adversary, John A. Macdonald. Brown's personal life had also taken a positive turn. In 1862, at the age of 44, he had married Anne Nelson, from Edinburgh, Scotland. In January 1864, they became parents of a baby daughter, Margaret, the first of their three children.

George Brown's business interests had grown and his publishing enterprises had expanded well beyond his daily newspaper. He constantly upgraded his presses and was able to print books and periodicals as well. As if the year ahead would not be busy enough on the political and home fronts, on Jan. 15, 1864, the first issue of his new venture, The Canada Farmer, was ready for distribution. Brown promoted it as a journal of "Agriculture, Horticulture and Rural Affairs" and intended to publish it twice a month. A year's subscription cost \$1 with special rates to agricultural societies for bulk orders.

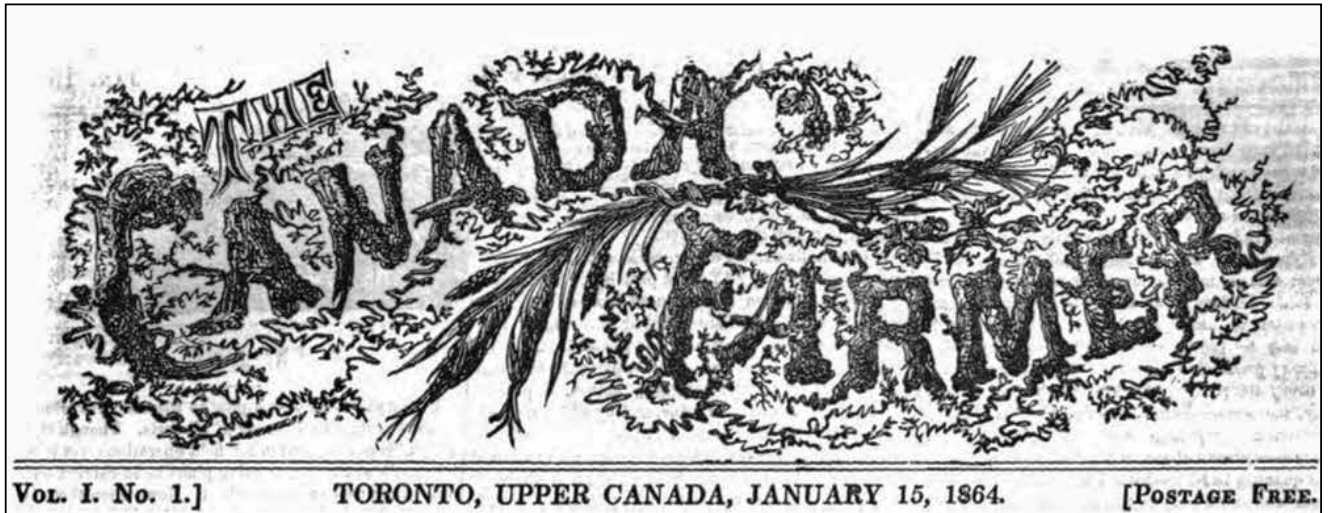
Unlike many of his readers, Brown had not grown up on a farm. His father had been a businessman in Scotland and, after immigrating to New York in 1837, was the publisher of a small weekly. George worked with his father and by 1843 they had relocated to Toronto. The first issue of the Globe appeared on March 5, 1844. Within a few years, it was the most influential newspaper in British North America and Brown had the means to invest in property, including farmland. He had grasped the economic importance of agriculture in his new country. The Canada Farmer was intended to support the business of farming, to offer scientific and practical ideas to improve not only farming practices but also life on the farm in general.

Although Brown hired an editor to oversee the journal, he couldn't resist writing his own introduction in the first issue.

"To the Farmers of Canada," he wrote. "The publication of this journal has been commenced under the earnest conviction that the future prosperity of Canada must rest on the condition of her agriculture, and that every Canadian, whatever his occupation, is personally and deeply interested in having the agricultural capabilities of our country fully understood, and the system of husbandry brought to the highest possible point of excellence. The publisher is fully convinced that the circulation of a first-class agricultural journal in Canada would tend greatly to promote these ends, and he is resolved that The Canada Farmer shall be such a Journal."

Brown was famous as the publisher of the highly partisan Toronto Globe, but he promised his readers that in The Canada Farmer "all political questions will be studiously avoided." It would be a journal that "farmers and horticulturalists of all parties and creeds can support with confidence."

Brown chose as his editor William Fletcher Clarke, a congregationalist minister who lived in Guelph. He was also a journalist and a farmer who had writ-



The masthead (or nameplate) of the first issue of The Canada Farmer, January 15, 1864

ten extensively about agriculture for Canadian and English publications. University professors and experienced practitioners would head the crops, livestock, horticulture and veterinary departments. There was a special section on rural architecture, advising on best practices for building houses and barns. Reporters and correspondents had promised to contribute. Also, in the time well before press photography, artists and engravers had been hired to prepare illustrations. Pictures of very impressive breeding stock – bulls, stallions, boars, rams, roosters – were regular features.

Clarke got the first issue off to a good start. The paper was 16 pages with three columns per page. The front page had a long article on Forest Management, demanding a check on the cutting and clearing of the "grand old oaks, graceful elms, beautiful pines, hemlocks and balsams" that once grew in abundance.

"Why cannot standing wood be gradually thinned out and managed (and) forest culture be made a department of farm economy and management? Unfavourable climate changes are taking place that can be traced to the wholesale and indiscriminate destruction of timber."

Other topics in this first issue included the cost of fencing, cultivation of flax, wintering bees, sheep husbandry, dairy farming, cheese making and the profits of apple growing in Canada. A section titled, The Household, included seasonal recipes such as root-vegetable soup, housekeeping tips (how to sweep dust out of a carpet with a wet broom) and some rather sanctimonious advice on child-rearing.

"The best legacy parents can leave their children is the knowledge and ability to help and take care of themselves. This is far better than a large fortune," the latter piece read.

As the year progressed, the articles were in keeping with the season. The March 1 issue, for example, had two full pages on maple sugar making including engravings of a sugar shanty with instructions on how to produce the clearest syrup and the most refined sugar. The spring issues contained advice on selecting and planting field crops. In the June 1 issue, there was a long column on flower gardens.

"The growing taste for flowers – the desire to make home cheerful and attractive by surrounding it with ornamental trees and flowers – is one of the most cheering indications of our rural progress."

The front page story on July 1 was "Hints for Hay-making." The summer issues reported the weather in various locations and its effect on crops. A reader wrote from Hay Township in Huron County: "We have been fated this season to experience in rather a remarkable manner the extremes to which this Canadian climate is liable. In the early part of June we were congratulating ourselves on two weeks of fine growing weather that would more than compensate for the wet and backward spring. But we were then to suffer the other extreme of drought with the exception of a slight shower, scarcely enough to lay the dust."

In the fall, notice was given of various upcoming agricultural fairs and exhibits – county and provincial. Prizes would be awarded for the best livestock and crop samples. The Canada Farmer also ran reviews on the quality of the entries. An item in the November 1 issue described the Perth County Plowing Match held on the farm of John Anderson in North Easthope Township.

"The day was fine and the number of spectators could not be less than 500," the author wrote.

William Todd and Thomas Steele of Downie Township took home the top prizes. There was advice on harvesting and preserving various crops and fruits.

"Apples ought to be handled as carefully as eggs, for what would break an egg would bruise them, and when they are bruised, they are spoiled for long-keeping."

The two December issues dealt with winter work on the farm, emphasizing ways to care for all types of livestock through the winter, but the December 15 issue also had an article on skating as a form of recreation to combat the monotony of winter.

"The introduction of artificial skating places, usually called 'rinks,' has done a great deal to foster a taste for this winter amusement. Many of our farmers have a nice creek or spring flowing past their dwellings, and the young people, with a little direction from an older head, might easily form a family rink."

The article does warn about the dangers of thin ice. "Two maxims deserve universal regard: 1. Keep off doubtful ice. 2. Lie down and crawl when there is danger of breaking through."

Did St. Marys residents read The Canada Farmer? Next week's column offers proof that some, at least, apparently did.

Thorndale News

A section within the St. Marys Independent



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Prepping for Home Ownership

By Nancy Abra

As it turns out, home ownership for younger generations isn't as out of reach as one might think.

"Getting ready to own your first home starts when people are in their teens," said Amy Morley, a mortgage broker from The Mortgage Coach. "People, especially young people, may see on social media or hear their parents and other older people talk about a lack of affordable houses for the next generation, and may feel discouraged. But it doesn't have to be all doom and gloom. Prepping for home ownership might just take some pre-planning."

The school system teaches children a wide scope of subjects, but the education of basic money-management skills is lacking. It is up to parents and guardians to teach their children

about handling money, including subjects like budgeting, spending and saving. The earlier these financial skills can be taught and understood the better it is for young people. It can start when they are very young with birthday money given to them or when they get their first paying job. The early lessons of managing their spending and setting savings goals will set them up for future success.

Morley explained that there is a "2-2-2 guideline" when it comes to credit and ensuring the best mortgage options. The "2-2-2 guideline" includes having two active forms of credit with no less than a \$2,000 limit for a minimum of two years. Active credit may include responsibly using credit cards, lines of credit, student loans and car loans. A good credit history is more than just a score. Not having a history of financial

responsibility is a common obstacle for new homebuyers. Building credit and documenting financial responsibility should start at the age of 18.

"Understanding their own personal finances is important for a young person to help prepare them for home ownership," said Morley. "Another option a first-time homebuyer might consider (toward building) a downpayment are programs such as a First Home Savings Account, which is an excellent savings tool that just started in 2023."

A First Home Savings Account (FHSA) can be opened by a person 18 years or older who is a resident of Canada and a first-time homebuyer. This account can be opened with as little as \$10 with an annual contribution limit of up to \$8,000. The FHSA is designed to be the best of both worlds, combining the tax-deductible contributions central

to RRSPs with the tax-free withdrawal, contribution, income and growth features of a Tax-Free Savings Account (TFSA). Each eligible borrower can contribute a lifetime maximum of \$40,000 to an FHSA.

The homebuying landscape is ever changing.

"Keeping up with government programs, strategies and qualifications can be a full-time job," Morley said. "I encourage parents to have a conversation with their teens and take advantage of the free expert consultations provided by a mortgage broker to set them up for home-ownership success in the coming years."

Amy and Emma Morley of The Mortgage Coach are premiere supporters and active volunteers of I Love Thorndale - <https://www.ilovethorndale.ca/>

Bottle Drive for Grade 8 trip to Camp Celtic

By Nancy Abra

Besides graduating, another June highlight for the Grade 8 students of the West Nissouri Public School is their weekend trip to Camp Celtic in Lion's Head, on the Bruce Peninsula.

For more than a decade, the Grade 8 students have been attending Camp Celtic, a special weekend that focuses on leadership, outdoor adventure and education.

To help with the funding of this special weekend for the graduating class, Michelle Coghlin and her daughter, Talia, who is excited about going to Camp Celtic, decided to host a bottle drive.



Michelle Coghlin and her daughter, Talia, recently hosted a bottle drive and raised more than \$200 for Talia's Grade 8 Nissouri Public School trip to Camp Celtic in Lion's Head. (Contributed photo)

It didn't take them long to gather a pickup truck full of empties from the neighbourhood. Their little bottle drive totalled \$206.25 toward this Grade 8 trip.

Did you know....

By Nancy Abra

For every community, there are documented events, achievements and stories that have been recorded, some forgotten, but in some cases they have been the basis of that village or town's success.

Since its inception in 1857, the small railroad hamlet of has steadily grown into a town of more than 2,000 with a projected population to reach 2,500 by 2030 according to the Municipality of Thames Centre's 2022 Official Plan.

The community of Thorndale and area has a reputation as a welcoming, friendly town, but it's the people who make this community what

it is today. It is also those stories, events and achievements that add to the uniqueness of our community. Sometimes those stories and achievements connect people in ways that are distinctive - a bond that unites us in so many ways.

For the next few months, and if space allows, I will be retelling some of those stories, events and achievements on this Thorndale New page. If you have something that you would like to share, please contact me at nancy.ellen.abra@gmail.com or message me on Facebook.


I know there are some great stories out there.

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COLUMN

HOSTING UKRAINE: Conversations, quilts and stats

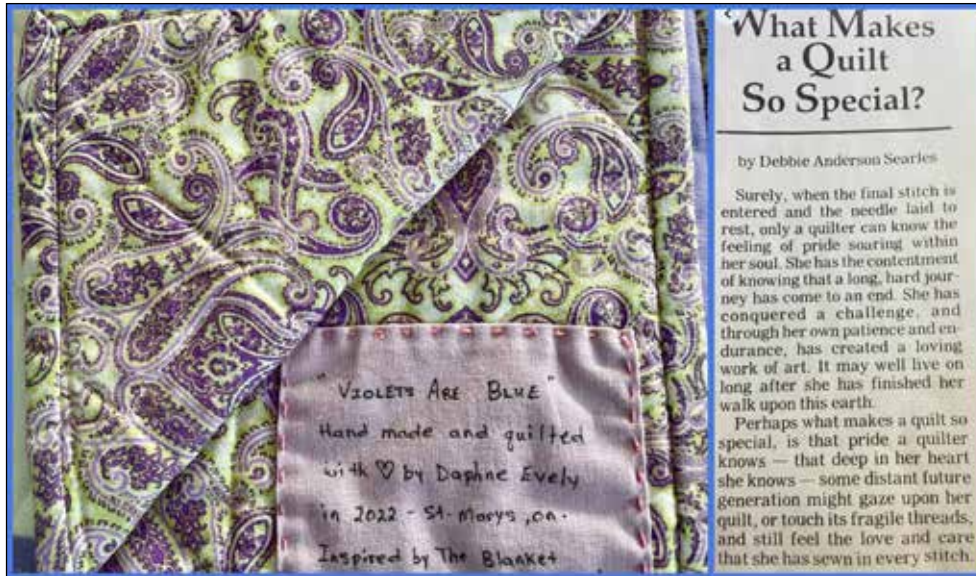
By VJ Knutson

Chasing after paperwork has been Ric's job this past week. There are always new documents to obtain when newcomers arrive. Unlike me, Ric is not deterred by the snow. Thank goodness for him.

For my part, I picked up Olena and the new baby and we attended the Women's circle at the library with Sonia on Tuesday. There were eight of us in attendance plus two babies. Sonia has been conducting conversation circles and beginner English classes for some time, and her slow, clear enunciation is very effective. The topic of the week was looking ahead ten years. We talked about places we'd like to visit and where we'd like to live. As you can imagine, the conversation was lively and enlightening (at least for this forever Canadian).

What I noticed more than anything was that everyone was able to participate in the discussions, with only two or three pauses for translation. Remarkable. Of course, this is also thanks to the efforts of Barb Reinwald - our first volunteer teacher - her sidekick, Lorna Patterson, our Ukrainian teacher, Tetiana, and the hard work of the Ukrainians themselves.

I'm only on Section 1, Unit 4 of Duolin-go in my Ukrainian lessons. I can say,



A special quilt by Stonetown Quilters' Guild member Daphne Evely was donated to Charlotte, a Ukrainian refugee who recently arrived in St. Marys. (Contributed photo)

"Mom, dad, hello and cat." Probably, I recognize more words than I know, just from exposure to the language.

CBC announced this week that a predicted 90,000 more Ukrainians will arrive before the Canada Ukrainian Authority for Emergency Travel (CUAET) program ends March 31. If this number is correct, the number of displaced Ukrainians in Canada will be close to 300,000. To put this in perspective, 18.1 million people crossed into Poland since the onset of the war. This

number does not include Ukrainians who crossed into other countries, or are displaced within their own country. According to the UN Refugee Agency, 14.6 million Ukrainians will need humanitarian assistance in 2024.

I know it's overwhelming. That's why we focus on what we can do. We focus on helping those we can to build a future based on democratic values. We are ambassadors for peace.

Although I haven't mentioned them for

a while, I want to send a special thank you this week to the ladies of the Stonetown Quilters' Guild in St Marys. Without fail, Daphne Evely keeps track of every new family and makes sure they all receive a quilt, made with love, by her club. A very special quilt made by Daphne herself has been gifted to our newest Canadian/Ukrainian, Charlotte. The quilt (pictured) was inspired by the Blanket Statement (also pictured). Literally a gift of warmth, the Ukrainians acknowledge and are grateful for the effort taken to welcome them to Canada. Bless you ladies.

What we've created here in St Marys is actually quite unique. Like circles within circles, our community has joined hands to encircle and embrace the smaller community of newcomers. Stratford has asked me to help them do the same. If you know anyone in Stratford or are reading this from Stratford, please join me in creating an equally as warm embrace for the newcomers in your midst. We will need volunteers and outreach. I'm doing my part by writing for the Stratford Times and meeting with leaders to brainstorm ways to help, but it takes a community.

As always, I look forward to hearing from you. Reach me at english.knutson@gmail.com.

Until next time.

PROPERTY INFORMATION

VENDOR: Joyce McLeod

MUNICIPAL ADDRESS: 3315 Line 20, Stratford, Ontario

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

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

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



FURTHER INFORMATION:

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

VIEWING OF PROPERTY

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

PROPERTY INFORMATION

VENDOR: Joyce McLeod

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

MUNICIPAL ADDRESS: No Municipal 911 number is assigned.

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

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

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



FURTHER INFORMATION:

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

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COLUMN

WHAT'S FOR DINNER: At Home Healthy Chinese-inspired Meals



By Lauren Eedy

We all love a Chinese take away but often prefer a less-heavy alternative that doesn't involve frying unnecessary carbs. The following are a few of my favourites to serve at home.

The first recipe is a repeat hit. Lunar New Year is just around the corner, so give these a try in preparation for the holiday.

One-skillet egg roll in a bowl

All the delicious tastes of a favourite appetizer come together in a healthier, faster, one-skillet meal that's ready in less than 30 minutes. This Asian-inspired dish doesn't require any deep frying and is full of fresh vegetables and lean protein accompanied by a savoury sauce.

Prep: 5 minutes

Cook: 15 minutes

Serves: 4 (Recipe can be easily doubled or halved)

1 lb ground turkey breast (can substitute with ground chicken, beef, or pork)

1 sweet onion, diced

1 tbsp sesame oil*

1 tbsp rice vinegar

2 tsp fresh garlic, minced

1 tsp ground or 1 3/4 tsp fresh ginger

1/4 cup less sodium soy sauce

1 (16 oz) bag of coleslaw mix or finely chopped cabbage

1/2 cup grated or matchstick carrots

2 green onions, thinly sliced

Salt & pepper to taste

1 tbsp hoisin sauce

*Do not omit or substitute sesame oil, it is key to an authentic egg roll flavour.

Method:

- Heat a large skillet over medium-high heat. Add ground meat and cook, stirring, until no longer pink. Drain; return meat to skillet.

- Add diced onion, sesame oil and rice vinegar to the skillet. Cook for a few minutes until onion is tender.

- Add garlic, ginger, soy sauce, hoisin sauce, coleslaw mix and carrots to the skillet. Cook, stirring for about 5-7 minutes

more, or until cabbage is wilted.

- Remove skillet from heat. Stir in the green onions and season with salt and pepper to taste.

Baked General Tso chicken recipe

Another lighter version of a popular Canadian Chinese dish, this takes about 10 minutes of prep. All you need to do is bake and serve with steamed broccoli and rice for a well-rounded weeknight meal.

Prep: 10 minutes

Cook: 30 minutes

Serves: 4

2 lbs boneless, skinless chicken breasts cut into 1 1/2" pieces. If you prefer dark meat, use boneless, skinless thighs.

1 tbsp cornstarch

1/2 cup chicken broth

1/2 cup brown sugar

1 tsp sesame oil

1/2 tsp salt plus more to taste

2 tsp fresh minced garlic

1/4 tsp ground ginger or 1tsp grated fresh ginger

1/2 tsp crushed red pepper flakes (add more for spicier or omit for less)

1/4 cup dry, roasted, salted peanuts

Optional garnish: sliced green onions, toasted sesame seeds, extra peanuts.

Method:

- Preheat oven to 425°F. Spray a medium baking dish with cooking spray. Can use 9x6", deep 8" square, or 11x7" dish.

- Place chicken in prepared dish, sprinkle with cornstarch and toss to coat.

- In a separate bowl, whisk together chicken broth, brown sugar, hoisin sauce, sesame oil, salt, garlic, ginger and red pepper flakes. Pour sauce over chicken and stir to combine.

- Bake uncovered for 20 minutes. Sitr and return to oven for 5-10 minutes more, or until chicken is cooked through and sauce has thickened.

- Remove from oven, stir in peanuts. Season with additional salt and red pepper flakes to taste. Garnish with sliced green onions, sesame seeds or extra peanuts just before serving.

- Serve over rice or cauliflower rice with steamed broccoli.

- Store in fridge for 3-4 days or freeze in airtight container for up to 3 months.

Tofu and mushroom stir fry

Serves 3-4

A simple vegan tofu and mushroom stir fry that is ready in under 15 minutes. Serve over rice or as a side on its own.

2 tbsp olive oil

1 tbsp garlic, minced

2 cup shiitake mushrooms or brown mushrooms, thinly sliced

1 cup extra firm tofu, cut into 1" wide strips

4 baby bok choy or choy sum, sliced in half

1/2 tsp balsamic vinegar or black rice vinegar

1/2 tsp ground black pepper

1 tsp sesame oil

1 tsp sesame seeds

Method:

- Using a large wok or skillet, heat oil over medium-high for 2 minutes until sizzling. Add garlic and sauté until fragrant, about 1 minute. Add mushrooms and tofu and stir until nicely browned, 3-4 minutes.

- Add bok choy allowing it to soften for 2 minutes.

- Stir in soy sauce, vinegar and pepper. Mix well until evenly distributed then drizzle with sesame oil and sprinkle with sesame seeds. Serve.

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Solutions on page 27

Ask the Arborist

By Joel Hackett | 519 272 5742 | jtsquote@gmail.com



Dear Arborist,

I dearly love my trees, I have such a lovely White Ash tree, which I have been very careful to preserve.

The energy of this tree is just so endearing. However, lately it's appearing a little deprived, and I am concerned that it might not be thriving the way it should be. I have heard of other Ash trees also having difficulties, but am not exactly sure the cause. What can I do to improve the vitality?

With appreciation,

Thelma

Dear Thelma,

Unfortunately, most of the Ash trees in North America are becoming infected with an invasive insect from Asia. The insect is called the Emerald Ash Bore. On its own, a White Ash tree has around a two percent survival

rating if it becomes infected with the Emerald Ash Bore. This might sound rather depressing, however, don't give up hope, there is a treatment which is fairly effective. You can have the tree injected with TreeAzin, if done every two years, this treatment is normally quite successful.

TreeAzin is used very often for treating White and Green Ash trees. Blue Ash trees, however, normally do not require treatment and have a survival rate of around 40%. I personally have not seen a Blue Ash tree ever succumb to the Emerald Ash Bore.

Sincerely

The Arborist

Joel Hackett is a certified Arborist residing in the St. Marys area. Currently, he spends most of the year running Joel's Tree Service. For contact call 519 272 5742 or email jtsquote@gmail.com



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Riddles

- Why did the duck cross the road?
hot or cold?
- Because it thought it was a chicken.**
Hot. You can catch cold
- What did the hat say to the scarf?
What has a neck but can't swallow?
A bottle.
- "You can hang around. I'll just go on a head"**
What's it called when a snowman has a temper tantrum?
A meltdown
- Why did the bird go to the restaurant?
Because he wanted a tweet
What do you get if you cross a cow and a camel?
A lumpy milkshake
- Where did the pencil go for vacation?
To Pennsylvania.
What's the difference between a dog and a flea?
A dog can have fleas, but a flea can't have dogs.
- If there was a spelling test, which animal would win?
The bee
- Which one is faster,

- Word Search -

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Word List

- Annual event
- February
- Shadow
- Prediction
- Wiaron Willie
- Punxsutawney Phil
- Marmot
- Burrow
- Weather
- Tradition
- Superstition
- Forecast
- Bill Murray



The Riddle Kid OF THE WEEK

What did the Pacific Ocean say to the Atlantic Ocean?



Nothing, it just waved!

Marcus Rader-Martin (12)

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

TONS OF FUN FOR KIDS EVERY WEEK!

PET OF THE WEEK

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



Our Pet of the Week is Yeager, a two-year-old German Shepard owned by the Will family. When unleashed outside, he loves going for walks, eating sticks, and playing frisbee. When confined inside, Yeager enjoys eating steak and listening to his owners read the paper aloud to him.



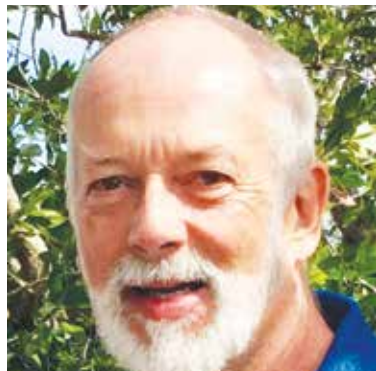
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COLUMN

OH, THE PLACES WE'LL GO: Two must-visit beverage havens in New Brunswick



By Paul Knowles

One of my favourite things about travel is the people I meet. Quirky characters, passionate activists, folks who have found their niche and are thriving in it.

And I have come to believe that some parts of the world are home to more interesting, unique individuals than others, which is a key reason why I love spending time in Canada's Atlantic provinces.

My latest sojourn in New Brunswick found me in several bars. That may sound like I am a bit of a degenerate – and there are those who might concur – but I was working. Honestly, I was looking for interesting travel stories and, at the Lunar Rogue in Fredericton and at a bar with the virtually unpronounceable name of Ka.ku.te.ru in St. John, I found them.

What I discovered were two guys – Frank Scott and Eric Scouten – who have found their happy places and have decided to share them with all who drop into these two beverage utopias.

The Lunar Rogue is named in honour of a 19th-century New Brunswick scoundrel who went by the pseudonym Henry

Moon. It was founded by Scott in 1989.

Scott's passion is single malt whisky and, in fact, all things Scottish. He's worked in the whisky industry for 44 years, he has visited over 100 distilleries, he's married to a woman from Glasgow, he lives in Scotland for three months of the year, and he played in a pipe band for 27 years.

So, it's not too surprising that he decided to import his favourite parts of all things Scottish to his home city of Fredericton. That's instantly evident in his bar and in his work as the organizer of the New Brunswick Spirits Festival in mid-November each year. That festival is attended by whisky devotees from around the world.

The bar itself is a whisky-lover's paradise. Scott told me that he carries about 970 different brands of whisky, including three bottles that sell for \$900 per ounce.

I was not offered a taste.

Scott is clearly a visionary. His bar, he says, attracts "a lot of whisky tourists. In fact, I own the category."

But what about the bottom line? Scott chuckles and admits to "a little" profit. But the Lunar Rogue is not about the dollar. It's all about the drams.

Further south, in Saint John, Scouten's bar is tucked away in an alley a couple of short blocks from the harbour. The name – ka.ku.er.tu – is an English representation of the Japanese word for cocktail which, by the way, derives from Japanese efforts to translate cocktail into their language since they had no word

for it. To further complicate the issue, As Scouten explains, "the bar doesn't have a name. ... The motto is a reminder that Japanese bartenders are way better."

He has spent time exploring mixology in Japan, and says, "Japanese culture has been a big part of my life."

The Japanese connection is not surprising. Those expert in the creation of cocktails consistently credit Japanese mixologists as giants in the field, though Scouten is quick to say, "I hate the term mixologist. I'm a bartender."

Well, sure, but he's a unique and highly creative bartender without doubt. Kakuertu (if you're looking for the bar, leave out the periods, or GPS will not understand you) is also unique in many ways. It seats 12. That's it; 12 customers at a time and each one will get the personal attention of the bartender. It takes a while to get a finished drink from Scouten, but it's entirely worth it.

"I'm a giant nerd," he told me. "This is my kind of outlet. I'm obsessed with the micro-details." That includes a never-ending search for local, in-season ingredients for his creations. He told me he personally harvests sumac berries to create a sumac extract. He has also developed a system by which he makes utterly clear, clean blocks of ice with all impurities removed.

Case in point; Scouten asked my drink of choice. I told him that when it comes to cocktails, I like whisky. So, he decided to serve me his take on an original old fashioned. This



Eric Scouten at work at Ka.ku.te.ru in Saint John. (All photos by Paul Knowles)

quaffable work of art started with a block of his completely pure ice. Scouten wielded an extremely sharp knife and fashioned a jewel of ice that fit beautifully into a crystal lowball glass. He then poured the whisky and other ingredients. My notes, scribbled on the bar, include the phrase, "This is the first time in my life I've been impressed by an ice cube."

The bar is an inherently warm and friendly place. Scouten furnished it with cast-offs from a deconsecrated church, so the bar began its life as a church pew, and the backdrop came from the woodwork around the organ. With a maximum of

only 12 patrons at a time and a chatty bartender, conversation blooms. All the while, Scouten is bringing smiles to the faces of his customers.

"Cocktails are what people know me for. I choose to explore my customers' palates," he said.

And his customers are happy to explore Scouten's creative expertise.

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.



The English word "cocktail" rendered in Japanese.



Frank Scott, owner, founder and visionary behind The Lunar Rogue in Fredericton.



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OBITUARY

Nairn-Buuck



It is with sadness the family announce the passing of Mary Nairn-Buuck (nee McCarthy) on January 21, 2024.

Loving mother of Jennifer Graper (Steve) and Leigh Ann Febrey (John). Predeceased by husband Barry Nairn. Proud grandmother of Marshall, Sydney, Payton and

Kendall. Survived by siblings John (Mary Lou) and Frances (Steve) and many nieces and nephews. Predeceased by parents Frank and Julia, siblings Dan, Bill, Sam, Jim, Jane and granddaughter Brooke.

The Funeral Mass will be held at 11 a.m. on Thursday January 25, 2024 at Holy Name of Mary Parish 149 King St. S, St. Marys. Internment to follow Funeral Mass at St. Marys Cemetery. Reception to follow at St. Marys Royal Canadian Legion, Branch 236, 66 Church St. N., St. Marys.

In lieu of flowers, memorial donations may be made to St. Marys Royal Canadian Legion, Branch 236 or to the charity of your choice. Mourn a little, but rejoice. I have gone to a better place. I will miss you all, but will meet you again, this I truly believe. Online condolences at www.hodgesfuneralhome.com.

IN MEMORIAM

Smale

In memory of Dianne Smale on January 26, 2021

My mind still talks to you,
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Love from Ken and family

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I am the first ray of light when the sun starts to shine and you'll see that the face of the moon is mine.
I am the salty tears that flow when you weep and the beautiful dreams that come while you sleep.

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NEW HAMBURG EVENT

February 14, 2024

Wilmot Recreation Centre
Room A (upstairs)

1:30 p.m. presentation (doors open at 1:15 p.m.)

ST. MARYS EVENT

February 15, 2024

Pyramid Recreation Centre
End Zone (upstairs)

1:30 p.m. presentation (doors open at 1:15 p.m.)

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Please RSVP for either the St. Marys or New Hamburg events by emailing stew@stonetowntravel.com or by calling our office.

COLUMN

Straight from the Shelves

By Laura McAsh, St. Marys Public Library

Writing is a creative and cathartic process that many people engage in on both personal and professional levels. Unfortunately, writing can sometimes feel like a lonely endeavour. That's where the Writing Club comes in. Join us on Zoom to discuss all things writing with fellow writers of varying skill levels and passions. Our meetings of the minds cover idea sharing, project feedback, writing exercises, and more. The next meeting dates are as follows:

- The Write Stuff - All Ages: Feb. 6 (6 p.m.-7 p.m.)
- Write On - Youth (Ages 10-17): Feb. 20 (6 p.m.-7 p.m.)
- Write of Way - Adults (Ages 18+): Feb. 20 (7 p.m.-8 p.m.)

To attend the Writing Club, please email lmcash@town.stmarys.on.ca to receive the Zoom link.

This Week's Recommendation

Next week, prognosticating groundhogs across North America will wake and determine the near-

ness of spring based on the presence or absence of their shadows. Another groundhog waking up early is Brownie, but instead of seeing her shadow, she sees Fox. Fortunately, Brownie is a clever groundhog and staves off Fox's hungry jaws as they both wait for spring. Place a hold on "Brownie Groundhog and the February Fox", written by Susan Blackaby and illustrated by Carmen Segovia, today!

Up This Week

- Jan. 26: Open 10:30 a.m. - 5 p.m.
- Jan. 27: Dungeons and Dragons (10:30 a.m.)
- Jan. 29: Open 10:30 a.m. - 8 p.m.
- Jan. 30: Tuesday Book Club* (11 a.m.)
- Jan. 31: EarlyON Play and Read (9:30 a.m. - 10:30 a.m.), Mahjong Intro (1 p.m. - 2 p.m., 6 p.m. - 6:30 p.m.), Mahjong! (2 p.m.- 4 p.m., 6:30 p.m. - 8:00 p.m.)
- Feb. 1: Scrabble (6:00 p.m. - 8 p.m.)

*Registration required

LOOKING BACK



BY AMY CUBBERLEY

Lunch thief earns jail time

25 years ago (1999)

Scott Lemon, a former member of the St. Marys DCVI ski team, Wildwood Polecats and Laurentian University ski team, was recently elected Ontario President of the Canadian Association of Nordic Ski Instructors and will also serve as a board member for C.A.N.S.I. Canada.

A local woman had not been feeling well recently and attributed much of it to either the flu or the recent loss of her husband. That is until Wednesday morning when her carbon monoxide detector went off. St. Marys Fire Chief Dennis Brownlee strongly urges homeowners to buy a CO detector and ensure vents aren't clogged with snow.

Lorne and Adeline Chappel, who live near Wildwood Lake, saw two robins in a maple tree outside their house last week. Experts say feeding and providing water for the birds is paramount during these harsh weather conditions.

50 years ago (1974)

The footbridge over Trout Creek at St. George Street has been placed on its permanent footings by the Board of Works.

Miss Cheryl Pratt, Jones Street East, is the new secretary in the office of Town Clerk-Treasurer Ken Storey at Town Hall.

The Board of Works sanding crew spent a total of 14 hours on local roads during the ice storm Sunday. Until noon, the battle was a losing one on some streets.

High individual ticket sellers for the annual Booster Weekend recently were Jim Watt, Alin Mitchell and Brad Gardiner.

75 years ago (1949)

A set of household keys, which were found on Queen Street on Monday afternoon, were turned into the Journal Argus office by Ken Pickell of Belton. Five minutes later, the loser, Mrs. Mahaffy, claimed them.

The decidedly mild weather plus copious weekend rains brought the waters of the Thames almost to flood stage. In fact, the waters were raised to such an extent that the ice above the mill dam broke up and was swept down the river as if it were April. Weather predictors in the meantime had been warning that cold weather was on the way, but all their forebodings were wrong.

Two 21-year-old men pleaded guilty to a theft charge and were sentenced to two months each in Stratford Jail. The two men were charged with stealing four thermos bottles and four lunches near St. Marys.

100 years ago (1924)

A dog tax bylaw has been passed by town council. The fee is \$4 for a male and \$5 for a female animal. The chief of police has been authorized to notify dog owners of their liability.

The Hydro Shop has arranged with the Westinghouse Co. to have a lady demonstrator here in February for one week to give instructions in cooking on an electric range.

Miss S. Inson of Water Street South had the misfortune to fall on the slippery sidewalk near Coupland's music store on Saturday, which resulted in a fracture of her ankle.

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| 2. Australia | 7. 1970 |
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| 4. - 40 ° C and - 40 ° F | 9. South America |
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|---|---|---|---|---|---|---|---|---|
| 1 | 3 | 5 | 7 | 8 | 2 | 6 | 9 | 4 |
| 6 | 8 | 2 | 9 | 4 | 3 | 1 | 5 | 7 |
| 7 | 4 | 9 | 6 | 1 | 5 | 8 | 2 | 3 |
| 3 | 7 | 8 | 5 | 9 | 6 | 4 | 1 | 2 |
| 2 | 1 | 4 | 8 | 3 | 7 | 9 | 6 | 5 |
| 5 | 9 | 6 | 1 | 2 | 4 | 3 | 7 | 8 |
| 9 | 2 | 1 | 3 | 5 | 8 | 7 | 4 | 6 |
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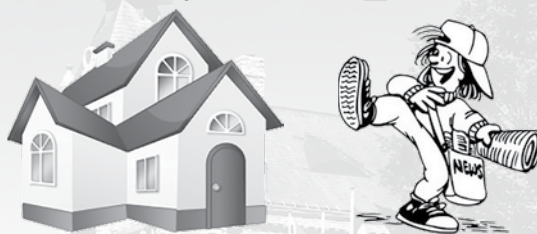
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THE WEEK AHEAD

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

St. Marys Public Library events - See Page 25

2024 Ontario Tankard/Scotties at Flight Exec Centre, Dorchester - January 21 to 28 Schedules and event updates at ingersollcurlingclub.com

Friday, January 26

- Royal Canadian Legion hot dog/sausage lunch at Noon
- A.N.A.F. meat draw - 6 pm
- St. Marys Lincolns vs Chatham Maroons at the PRC - 7:30 pm

Saturday, January 27

- A.N.A.F. Pool Tournament - Registration 10:30 am, Starts 11 am
- Royal Canadian Legion meat draw - 5 pm
- St. Marys Lincolns vs St. Thomas Stars at the PRC - 7:30 pm

Monday, January 29

- Community Dinner at the St. Marys United Church - 5 pm, Sponsored by St. Marys Rotary Club - Admission is free but donations are greatly appreciated

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Why Choose Us?

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- Reliability:** Trusted by countless households and businesses.
- Innovation:** Cutting-edge technology for efficient solutions.
- Flexible Options:** Financing and rental plans available.



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