ALLROADS

St. Marys Independent

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Issue #1210

Thursday, May 9, 2024

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Social Thirty-One Restaurant in St. Marys won the Hospitality Award at last week's Stratford and District Chamber of Commerce Business Excellence Awards. Pictured above, from left to right, are Mark McMurray (Director of Finance and Administration), Julian Bansie (Executive Chef), Brandon De Groote (Director of Operations), Matt Staffen (President and General Manager), Ashton Staffen (Director of Sales and Marketing), and Jennifer Dong (Restaurant and Beverage Manager). Turn to page 10 for more on the chamber's Business Excellence Awards gala. Photo courtesy of Social Thirty-One

St. Marys hosts official lamplighting for renovated Grand Trunk Trail

By Wendy Lamond

It was a beautiful night and a great turnout on the Grand Trunk Trail for lighting of the lights on May 1.

Mayor Al Strathdee welcomed the crowd and thanked the donors and volunteers that helped with the trail-renovation project, which in-

cluded paving and lighting the trail from Wellington Street North east past James Street North.

St. Marys corporate communications manager Brett O'Reilly led a count down and Strathdee flipped the switch, lighting the way for a safer and more accessible trail.

Continued on page 8

St. Marys and **Stratford YMCAs** receive nearly \$60,000 in Trillium funding

By Galen Simmons

The YMCA of Three Rivers in both Stratford and St. Marys recently used an Ontario Trillium Foundation grant totalling \$59,700 to purchase adaptive and accessible fitness equipment for seniors and those living with disabilities in both communities.

After receiving the grant last year, YMCA of Three Rivers purchased and installed 12 new pieces of accessible equipment to help meet growing demand for physical-activity supports that promote inclusivity and participation in community spaces. This equipment includes recumbent steppers, recumbent bikes, an upper-body exerciser and raised platforms for body weight exercises and stretching. In addition to the new equipment, onsite fitness professionals are available each week to help members learn how to use the new equipment safely so they can add new activities to their exercise repertoire with confidence.

"These changes have helped us foster a community hub where individuals can come together to exercise, connect and form friendships," said YMCA of Three Rivers director of health management programs Crystal Hughes. "By promoting accessibility and inclusion, we aim to combat social isolation, cultivate a sense of belonging and improve health outcomes for individuals with disabilities."

In a needs assessment 14 years ago, the St. Marys and Stratford YMCAs - now part of the YMCA of Three Rivers – identified a lack of support in the community for people living with chronic disease

Continued on page 2



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Town hosting opening ceremony for Rotary All Wheels Park May 13

Celebrate the new and improved park on May 13 at 4:00 p.m.

By St. Marys Independent staff

The Town of St. Marys is hosting a celebration to recognize the contributions of the donors and committee members who supported the repair and expansion of the Rotary All Wheels Park on James Street.

On Monday, May 13 at 4 p.m., members of council will join representatives from the fundraising committee, Rotary Club of St. Marys, and Saputo Inc. at Rotary All Wheels Park at 180 James St. S.

In 2022, former Royal Family nanny

Jean Rowcliffe partnered with teens Quinn and Sully Bolton to launch a fundraising campaign to revamp the St. Marys Skate Park. Throughout the project, the group secured \$100,000 from the Rotary Club of St. Marys, \$25,000 from Saputo Inc. and donations from supporters across the globe, totalling \$208,443 in funds

"It is great to see the park being used by riders of all ages, levels of expertise and talents," said Stephanie Ische, director of community services, in a press release issued by the town.

"We want to thank all the donors, including those that chose to remain anonymous, and the skate park steering committee. Your hard work and generosity have made the Rotary All Wheels Park on James Street inclusive and safe for all."

Everyone is welcome to attend this rain-or-shine event that will include a ribbon-cutting ceremony with free refreshments provided by the town.

The skate park steering committee is still actively seeking donations to support the cost of ongoing enhancements to the park including signage, fencing, lighting, turf restoration and a bench. Members of the public can donate online with a credit card at www.townofstmarys.com/allwheelspark, through online banking, in person at the municipal operations centre (408 James St. S) or by mailing a cheque to the town.

Additional information about the Rotary All Wheels Park on James Street and a full list of donors can be found at www.townofstmarys.com/allwheelspark.

St. Marys and Stratford YMCAs receive nearly \$60,000 in Trillium funding

Continued from page 1

and disabilities. Since then, the local YMCA has intentionally strived to improve to increase inclusion.

"The generous gift from the Ontario Trillium Foundation has made it possible for our Stratford and St. Marys locations to serve more people in our community in their pursuit of wellness," YMCA of Three Rivers vice president of philanthropy and marketing Lisa Hood said in an email.

The funding was made available to the YMCA of Three Rivers through the Ontario Trillium Foundation's Capital grant program, which is intended to improve access to programs and technology in community spaces and make it easier for Ontarians to participate in community programs. Funded projects are meant to:

- Improve access to facilities, programs, activities and services;
- Improve existing spaces and support new build projects;
- Make programs and services better and more efficient; and
- Make better use of technology.

"It is important that our seniors have the opportunity to remain active during their golden years, and those living with a disability can also

maintain a healthy lifestyle," said Perth-Wellington MPP Matthew Rae in a press release announcing this funding on April 29. "This investment by the Ontario Government and the Ontario Trillium Foundation will do just this. This adaptive and accessible fitness equipment at both the Stratford and St. Marvs YMCA locations will ensure everyone in our rural communities can remain active."











BRE, CFP

Jeff Swan Julie Swan



Cheryl Campbell, CFP Life Insurance Specialist

effswan@stonetownfinancial.com

Over 1000 meals were served at the 26th annual Firefighter's Breakfast



Past and present firefighters and many volunteers serve a hungry crowd on Sunday at the annual Firefighter's Breakfast.

By Wendy Lamond

The St. Marys Fire Department once again held its annual Firefighter's Breakfast May 5.

This event is one of the department's most popular as the food is always delicious, attendees can meet local volunteer firefighters, view the hall and the little ones can sit in the firetrucks.

The breakfast, which has been hosted annually for 26 years, started at 8 a.m. and went until noon and, according to deputy fire chief Phil West, fed over 1,000 people.

The money raised from the event goes towards Muscular Dystrophy



The fire hall is a busy spot on the morning of the breakfast and there is a constant flow of people from start to finish. Photos by Wendy Lamond

and also goes back into the community to sponsor local sports teams.

The St. Marys Fire Department would like to thank the many retirees and students that help make the breakfast possible. It is an early start at 5:30 a.m. to get ready for it, so all the help is greatly appreciated.

The St. Marys firefighters also thanked the community for its support, as well as Craig and Jess's No Frills Stratford, St. Marys Foodland, Diamond Disposal, Perth Country Ingredients, St. Marys Tim Hortons, Stonetown Supply, Joes Diner and Delmar foods.



EDITORIAL

Finding nutrition in my own backyard

By Galen Simmons

Did you know dandelions, that weed most of us try to eradicate from our yards by any means possible each spring, are edible?

Not only is each part of the dandelion – the flower, the leaves and the root – edible, apparently, they have an unbelievable amount of nutritional value and even have potentially cancer-fighting qualities.

While I knew dandelions are edible, I had no idea scientists have been studying the medicinal qualities of dandelions for more than a decade (and possibly longer). Recently, the topic of dandelions came up in conversation with my girlfriend (I can't remember how), and she mentioned she'd seen a news article about their use in fighting can-

According to a post on the Memorial Sloan Kettering Cancer Center website, the flower, leaf and root of dandelions are used in traditional medicine for their diuretic, cholagogic (encourages the discharge of bile), antirheumatic (assists with inflammatory arthritis) and appetite-stimulating properties.

Studies suggest that dandelion has bad-cholesterol-lowering, liver-protecting, antiviral, anticoagulant, diuretic, anti-inflammatory and antioxidant activities. Even more amazing, dandelion-root extract has demonstrated anticancer effects against melanoma and leukemia, as well as pancreatic- and colorectal-cancer cell lines.

Now don't get me wrong. I am not a doctor and I cannot recommend that anyone begin eating dandelions for

their purported medicinal benefits, especially since dandelion-root extract can cause allergic reactions and may interact with some prescription drugs. Science has more work to do in that respect.

However, I also learned that dandelion greens, which can be eaten raw or cooked, are an excellent source of vitamins A, C and K, and they also contain vitamin E, folate and small amounts of B vitamins, as well as minerals including iron, calcium, magnesium and potassium.

Dandelion roots, meanwhile, are rich in the carbohydrate, inulin, a type of soluble fiber found in plants that supports the growth and maintenance of healthy gut bacteria in your digestive tract. The root is often dried and made into tea or a caffeine-free coffee substitute.

After reading all of that, I looked out my back door and realized all that nutritional goodness is available in abundance every spring in my own backyard.

So, what did I do? I spent three hours frantically and gleefully pulling up dandelions from their roots, washing them in our kitchen sink and separating the greens, roots and flowers for future use.

While I'm a little nervous about how they might taste, I'm excited to incorporate all three components into our diets in whatever way I can.

If you're still reading this and I haven't lost you in my dandelion obsession, I may write a second part to this column with the culinary and nutritional results of my foray in dandelion foraging.

Stay tuned.

Overheard at the Coffee Shop

201 Queen St E, St. Marys, ON • (519) 284-4555

Proudly sponsored by: Tim Hortons

Bravo

We have 3 Bravos this week

- 1) Bravo to Rob Nixon for helping a local senior at the Independent Grocery store last week. Your willingness to help pack groceries and carry them out to the bus was greatly appreciated. It truly is a town worth living in with such kind people like you Rob. Thank you.
- 2) Bravo to Spencer Seymour, the voice of the St. Marys Lincolns. He is absolutely great when you are unable to attend the game. It's like I was at the game. So talented at what he does.
- 3) Bravo to Tim Hortons and all of the volunteers who helped make the Smile cookie Campaign a huge success again.

Boo

We have 1 Boo this week.

1) Boo to the person or persons leaving cigarette butts on the pathways of Sparling Bush. In the past week, I've picked up a number of butts daily, only to find another eight on Sunday. Please! Think of the kids; think of the dogs and the birds; think of other walkers and the volunteers who work hard to maintain this jewel of St. Marys. Stop tossing and dispose of your butts properly. Thank you.



*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

"The longest few minutes of my life, To see your number flash up to win the Derby, I don't think it will sink in for a while."

Jockey Brian Hernandez Jr. on winning the Kentucky Derby with horse Mystik Dan owned by cousins Lance and Brent Gasaway and Daniel Hamby III.

GRANT HAVEN MEDIA

Restoring small-town journalism, one community at a time!

St. Marys Independent

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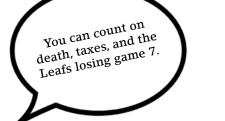
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One man practicing good sportsmanship is far better than 50 preaching it

The only one to tell you that you can't win is you and you don't have to listen.

Age is no barrier. It's a limitation you put on your mind.

If you win through bad sportsmanship, then that is no real victory.



Things are getting wacky in Canadian Parliament.

Have you heard something humorous around town that you think might be of interest to others?

Either email them to us at info@stmarysindependent.com with the title

"Overheard at The Coffee Shop", call 519-284-0041 or drop by the office to let us know!

Sensations Salon and Day Spa celebrates 30 years



Cheers to thirty years! The current staff of Sensations from left to right are Carly Dundas, owner Leanne Hensel and Nicole Larder. Photo by Wendy Lamond

By Wendy Lamond

Sensations Salon and Day Spa hit a milestone anniversary this past week after being in business for 30 years.

Sole proprietor Leanne Hensel told the Independent that when she first started out, she attended Marvel Beauty School in London for hairstylist training and then did a second year for esthetics. Since she enjoyed the quiet nurturing aspects of the esthetic services, at the time she believed that was the direction her career was heading.

She started out working for Olivia at Olivia's and in the four years of working there, Hensel learned a lot about professionalism and how to provide the highest level of service in the hairstyling industry.

Wanting to do a bit of travelling, Hensal decided it was the right time to take a year and see the sights of Australia and New Zealand.

After returning home, she decided the time was right to start her own salon. In the span of 30 years, the salon has been in five different locations and has had 32 stylists, estheticians and assistants. Current employees Carly Dundas and Nicole Larder are celebrating 15 years and 12 years respectively at the salon.

In 30 years, Hensel has seen some big changes in the industry. Hairstyles

come and go and then, like a lot of things, come back around. One example she shared was perms. About 15 years ago, perms were out of style and no one was sure they needed a comeback. However, perms are back and Hensel commented that the curls are not tight like grandma's perm in the '80s. They are now soft and delicate.

Another big change had to do with technology. When she started, all bookings were done with paper and pencil. Now it is all done on phone apps with the accessibility to book from anywhere, and texting has taken over. A computer system can keep track of services that each client will book and products they buy. Social media made a big difference in the industry as well. As a result of competition, self-promotion is a must for clients and for stylists to share their

When COVID hit, it changed so much. People realized that they could go a long time without cuts, and many used it as an opportunity to grow out their natural colour. It was at that time the stylist became a delivery service for porch drop-offs before being able to open up again.

Something Hensel says has never changed over the years is the relationships that are built between guests and co-workers. The key to it all is mutual respect and kindness.

STONETOWN

CRIER The latest municipal news from the Town of St. Marys





St. Marys Independent

CAR SEAT SAFETY CLINIC May 16, 10:30 AM - 1:15 PM | Fire Hall

Stop by to have your car seat checked and receive safety advice from certified car seat technicians at the St. Marys Fire Hall (172 James St. S).

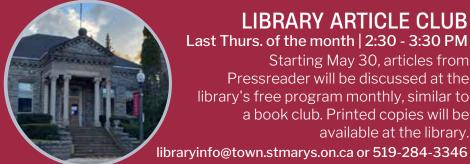
townofstmarys.com/earlyon or 226-374-6544

POOL RENTALS Pyramid Recreation Centre

Have an upcoming birthday? Make a splash and rent the Aquatic Centre pool for your next event!

townofstmarys.com/activenet or call 519-284-2160





LIBRARY ARTICLE CLUB

Last Thurs. of the month | 2:30 - 3:30 PM Starting May 30, articles from Pressreader will be discussed at the library's free program monthly, similar to a book club. Printed copies will be available at the library.

CAMP PRC

Registration is now open for the following

- PA Day Camps
- Summer Camp (starting July 2)
- Specialty Summer Camps at the Quarry

townofstmarys.com/campprc or 519-284-2160





SHOWER PROGRAM

Thursdays, 9 AM - 1 PM | Pyramid Centre

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

Visit Guest Services or call 519-284-2160

Contact us 519-284-2340 communications@town.stmarys.on.ca









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Senior of the Week



Our Senior of the Week is Jack Coddington who recently celebrated his 86th birthday on May 6. Jack is the eldest of 12 of Jack and Audrey Coddington and has five brothers and six sisters. He has lived in the St. Marys area his entire life – worked at the Maxwell factory, delivered bread to homes and later drove and retired from Hutton Transport. Jack has two sons and one daughter. Happy belated Birthday, Jack. Wishing you many more.

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

Weekend Quiz

- 1. What is the U.S federal minimum wage?
- 2. What percentage of Earth is land?
- 3. Anthropology is the study of what?



519-284-3288

SPONSORED BY

- 4. May the 4th celebrates which movie franchise?
- 5. How long is a marathon?
- 6. How long did the Han Dynasty rule China?
- 7. When was the American Revolutionary War?
- 8. How many points does it take to bowl a perfect game?
- 9. What color is Garfield the cat?
- 10. Are cocoa beans a fruit or a vegetable?

COMMUNITY

Town hosting first-ever St. Marys Recreation Fair on June 7

Kick-off Recreation & Parks month at the Pyramid Recreation Centre

By St. Marys Independent staff

On Friday, June 7, the Town of St. Marys will host its first ever Recreation Fair from 4-8 p.m. at the Pyramid Recreation Centre (317 James St. S).

The event, falling within Recreation and Parks month, aims to highlight the diverse range of recreation and leisure opportunities within the town.

"Staying active and connected within the community promotes physical and mental wellbeing," said Joannah Campbell, town recreation manager, in a press release. "The Recreation Fair is an opportunity to showcase recreational activities that are available in St. Marys for individuals of all ages, interests and abilities."

Attendees can look forward to a variety of engaging booths and interactive demonstrations from minor-sports organizations, service clubs, private recreation service providers, exercise and wellness centres, as well as adult and senior recreation opportunities.

Everyone is welcome to attend this free, drop-in event and advance registration is not required.

Those interested in signing up as a vendor can fill out an application form at townofstmarys.com/recreationfair by May 21 at 12 p.m.

Questions about the event can be directed to Campbell at 519-284-2340 ext. 626 or jocampbell@town. stmarys.on.ca.

St. Marys Museum to be temporarily closed May 3-13

By St. Marys Independent staff

The exhibit spaces of the St. Marys Museum are closed to the public until May 13 to address deficiencies following the completion of recent renovations

Staff will remain onsite during the closure to accommodate research appointments in the archives and answer telephone inquiries during business

hours Monday to Friday 9 a.m. to 4 p.m. Researchers can pre-book an appointment by contacting the museum at 519-284-3556 or museum@town. stmarys.on.ca.

Updates about the reopening will be provided through the Town of St. Marys website at www.townofstmarys.com/museum, the Museum's Facebook at www.facebook.com/stmarysmuseum and the Museum's voicemail at 519-284-3556.



This week's answers are found on pg. 31

Spouses and partners of local firefighters receive PTSD training

By St. Marys Fire Department

Last month, the spouses and partners of St. Marys' firefighters attended a workshop designed to help them understand post-traumatic stress disorder (PTSD).

They were also taught signs and symptoms of PTSD, strategies to control stressors and the effects of PTSD on a firefighter's work-life balance.

Being part of the fire service is a unique experience. Firefighters train together, rise through the ranks and entrust their lives to each other. Seldom discussed but with an equally vested interest are firefighters' significant others.

When one marries a firefighter, they get everything that comes along with the job. They ride the roller coaster of emotions and feelings brought home by their firefighter spouse. This also puts them in a unique position to support firefighters as they deal with the daily stressors of the job.

During the training session, Fire Department Chaplain Jeff Sager and phycologist Dr. Chatherine Bart recognized the difficulties faced by spouses and families of firefighters. Sager and Bart stressed the need for spouses and family members to practice self-care, seek social support and have a consistent routine.

Those attending the training were encouraged to speak with a mental-health professional, their doctor, or the chaplain if they become overwhelmed. Attendees were advised to educate themselves and explore available resources to better understand their loved one's needs. This may not only aid in the firefighters' recovery but could help spouses cope

Lastly, those at the training session were reminded they are not alone. If their firefighter spouse develops PTSD or other issues, they can be reassured that there are many things they can do to cope and assist their partner in their recovery.



PUBLIC NOTICE - PESTICIDE USE

Township of Perth South

The Township of Perth South intends to control noxious weeds along all rural roadsides.

Commencing May 13th, weather permitting to June 14th, 2024

The following pesticides registered under the Pest Control Products Act (Canada) will be used:

ClearView Herbicide (Registration No. 29752), which contains the active ingredients Aminopyralid (present as potassium salt), and Metsulfuron - methyl, in combination with Gateway Adjuvant (Registration No. 31470), which contains the active ingredients Paraffinic Oil, and Alkoxylated alcohol non-ionic surfactants.

Navius FLEX (Registration No. 30922), which contains the active ingredients Metsulfuron methyl and Aminocyclopyrachlor, in combination with Hasten NT Ultra Spray Adjuvant (Registration No. 31760), which contains the active ingredients Methyl and ethyl oleate (esterified vegetable oil).

We are controlling noxious weeds under Public Works Exception of the Cosmetic Pesticides Ban for the promotion of public health or safety.

For more information call: (Collect Calls Accepted)

Green Stream Lawn and Vegetation Management Inc: 1-905-510-1229

Township of Perth South: 1-866-771-0619, www.perthsouth.ca

Thursday, May 9, 2024 7 IN STOCK IN STOCK





















St. Marys hosts official lamp-lighting for renovated Grand Trunk Trail



Mayor Al Strathdee flips the switch, lighting the newly updated section of the trail following the countdown led by town corporate communications manager Brett O'Reilly.



Volunteers, donors and town employees stand together by the switch after the lighting. Photos by Wendy Lamond

Continued from page 1

The improvements to the trail included 23 new light standards and 700 metres of paving.

Town employees and members of council were on hand to thank the Lind Family Foundation, the Kinsmen Club of St. Marys, Texo Terra Contracting, Forman Electric and Bill Richardson. The town also thanked the anonymous donors that helped to complete the project.

After the switch was thrown, the

spectators were able to stay and enjoy some refreshments on the trail courtesy of the town and to enjoy the beautiful sunset from the bridge.



ROYAL CANADIAN LEGION PERTH REGIMENT VETERANS BRANCH 236 ST MARYS

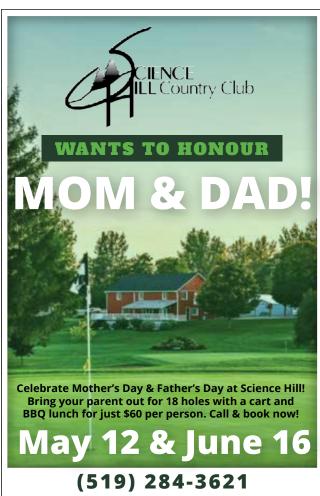
HOURS

TUE – THU 3PM - ??? FRI NOON TILL ??? SAT – NOON TILL CLOSING

HOT DOG / SAUSAGE FRIDAY AT NOON MEAT DRAW SAT AT 5 PM PLUS A 50/50 DRAW

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Savour and Sip Trail features Six St. Marys stops

By Emily Stewart

A tourism trail encouraging outdoor dining returns with even more stops in St. Marys.

Destination Stratford announced its Savour and Sip Trail launched for 2024 on May 1. The trail features 28 businesses in Stratford, St. Marys, Shakespeare and other nearby municipalities. Participating businesses will trade a voucher for an exclusive product.

"We are so pleased to bring it back again this year, both from an industry standpoint and from a visitors' standpoint," said April Murray, destination brand manager for Destination Strat-

The Savour and Sip Trail features six St. Marys businesses, including Stonetown Artisan Cheese, returning. The Wine Lab, TuttCo., Stone Home Creatives, Towne and Country Cheese Shoppe and The Flour Mill are new to the trail.

Sue Hyatt-Griffiths, founder of Stone Home Creatives, is participating in the Savour and Sip Trail because she's had success with other Destination Stratford tourism trails such as the Bacon and Ale Trail and the Chocolate Trail.

"I've had such great success, even more so now that other people are getting on board," she said. "I expanded my product line so that I would actually have an eligible product for their Savour and Sip Trail. I'm hoping I can just keep that momentum going with Destination Stratford to kind of capitalize on their traffic because I find it a really effective way to do it."

Hyatt-Griffiths said more St. Marys businesses should participate in the tourism trails because it's a great way



The Destination Stratford Savour and Sip Trail is back featuring 28 participants total, including six St. Marys businesses. Photo courtesy of Destination Stratford

to generate foot traffic and they will be reimbursed by Destination Stratford for each voucher received.

"To me, it's like all you have to do is have a product that kind of fits with what they're doing and the traffic just comes," she said. "It's a no-brainer."

Murray said having participating businesses in Stratford's neighbouring communities like St. Marys encourages tourists to check out nearby regions and expand the length of their trip.

"It gives them more reasons to stay longer and Stratford has always been positioned perfectly to be that hub and spoke destination," Murray said. "Encouraging visitors to go beyond Stratford and into these other communities benefits everyone and keeps them in the destination longer."

Andrew Tutt, executive chef and owner of TuttCo., is a Stratford resident and worked in the city for several years. He encourages visitors to check out St. Marys while visiting

Stratford as part of the Savour and Sip Trail.

"It's a beautiful little town with some great little shops and great little restaurants," Tutt said. "Obviously, we want to promote that so people come out here and experience what we have, and Stratford is a good stepping stone to get here."

Alex O'Shea, co-owner of the Flour Mill, told the St. Marys Independent that shopping local is more important that ever.

"Small businesses not only provide a retail transaction but add life to their community," O'Shea said. "Without shops, eateries and services, the charm of small towns disappears and they become industrial centres."

The vouchers are \$35 for five and can be bought at either the Destination Stratford office at 47 Downie St. or Bradshaws at 129 Ontario St. in Stratford. The vouchers don't expire and can be used over multiple days until the Savour and Sip Trail ends

For a full list of Savour and Sip Trail participating businesses, visit visitstratford.ca/savourtrail.





Breen Bentley leaves audience in stitches at Stratford and District Chamber of Commerce Business **Excellence Awards gala**



Flanked by his children and co-award winners, Breen Bentley delivers his show-stopping acceptance speech after being presented with business leader of the year at the Stratford and District Chamber of Commerce's Business Excellence Awards gala May 2. Pictured from left are Tanner, Breen, Brooklyn and Breen Jr. Bentley. Photo by Galen Simmons

By Galen Simmons

Breen Bentley, winner of this year's business leader of the year award, delivered perhaps the funniest and most memorable keynote address in the Stratford and District Chamber of Commerce's history at the 2024 Business Excellence Awards gala May 2.

Bentley, who was helped on stage at the Best Western Arden Park Hotel by his three children and co-award winners - Breen Jr. Bentley, Tanner Bentley and Brooklyn Bentley - spoke candidly about his and his family's 40 years running the popular Stratford eatery, Bentley's Bar Inn and Restau-

"It's been a hell of a tough journey. I should have opened a shoe store," said Breen Bentley. "I get pissed off all the time and I tell myself, 'You were nuts.' I can't even believe it myself. It's been 40 years. You've got to be nuts to do it for 40 years. It's 50 staff seven days a week 17 hours a day for 40 years except Merry Christmas - and COVID. COVID gave us a break and it slaughtered us.

" ... Bentley's, that joint in Woodstock, St. Thomas, Brantford, and Chatham and downtown Kitchener; it would not have worked. It wouldn't have. Like the mayor said, we are shit lucky to be in Stratford. You go downtown, the streets are busy, the lights are on. We have one of the best city halls, I think, maybe in the world, the best theatre in the world, the best river in the world, the best bloody chocolates

in the world. In downtown Stratford, there's not even a bloody Starbucks. I think that's beautiful ... because you've got individual, hardworking, private citizens working their asses

Breen Bentley told those in the banquet hall for the awards gala that his success in the food-and-drink business comes down to a few key things. He has the unwavering support of his kids despite never pressuring them to follow him into the family business; he has the support of his friends and the people he trusts to give him the right advice when he was starting out and when he was dealing with life's hardships; and, as an unabashed capitalist, he can recognize a good idea when he sees it, and he's not afraid to steal it if he thinks it will be good for business and good for his customers at Bentley's.

"I wouldn't be here without Stratford," Breen Bentley concluded. "And I'm not talking about a few people. I'm talking about a trainload of people. A big, damn train."

In addition to Breen Bentley accepting his business leader of the year award, awards were presented to businesses across 10 other categories. All in, representatives from 73 businesses across Stratford, St. Marys, Mitchell and the surrounding area were nominated for awards at this year's 28th Business Excellence Awards gala, which was emceed by former Stratford-Perth Museum general manager



Amber Schalk presented Lisa Stacey, manager of Wellspring Stratford Cancer Support Centre, with the non-profit/charitable award at the 28th annual Business Excellence Awards gala in Stratford May 2. Photo by Galen Simmons

John Kastner and Windsor Hospitality Inc. owner Shelley Windsor.

The winners were selected by a panel of judges chaired by Stratford Public Library CEO Krista Robinson comprising previous award winners based on each business' history of growth, commitment to professional excellence, innovation and community engagement.

The following is a list of the winners in each category. Congratulations to all winners and nominees!

2024 Business Excellence Award winners:

 Non-profit/charitable award: Wellspring Stratford Cancer Support Cen-

The non-profit/charitable award is given annually to a not-for-profit that has significantly contributed to the overall quality of life within the community and its citizens through programming and activities.

Service award: Modo Yoga Stratford

The service award is presented to a service business that demonstrates a consistent adherence to the excellent business practices necessary to deliver the highest quality service and support to their clients or customers.

• Enterprise award: Vicwest

The enterprise award is presented to a manufacturing, agricultural, or distribution business or organization that has created, invented, or developed an innovative product or process that has resulted in a significant and measurable increase in any of the following areas: product or process development, employee culture, job creation, increase in sales growth, community involvement. The recipient business executes best practices in all areas of their operation to ensure maximization of its capabilities and capacity.

 Emerging business award: Chok. Fine Chocolates

The emerging business award is presented to an entrepreneur who has been in business for one to five years. They have investigated the opportunities, weighed the risks and developed a strong and successful business through effective business practices, community engagement and entrepreneurial spirit. This business has demonstrated significant business achievement, sustainable financial performance, exhibited resilience to economic challenges and has gone above and beyond in their business and in the community.

• Hospitality award: Social Thirty-One

The hospitality award is presented to an accommodation, food service, or tourism operation that has enhanced the allure of the community. This recognition is for those demonstrating a commitment to excellence in hospitality or customer service, staff knowledge, quality and consistency of product, and community involvement. The recipient business not only

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Breen Bentley leaves audience in stitches

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excels in their service but also plays a pivotal role in enriching the overall hospitality experience in the commu-

• Retail award: Rhéo Thompson Candies

The Retail Award is awarded to an independent brick-and-mortar or online retailer whose business is located within the Stratford-and-district area. The recipient business excels in selling merchandise, demonstrating commitment, innovation and excellence in their field while providing exceptional customer service.

• Skilled trades award: D & S Downham Equipment Ltd.

The skilled trades award is awarded to a business that excels in providing skilled-trade services to individuals or businesses. The recipient demonstrates a consistent adherence to excellent business practices and the high standards necessary to deliver quality service and support to their clients or customers.

• Trailblazing award: Lynn River Farm and Graze Farm Dinners



Travis Blum presents the service award to Modo Yoga Stratford studio owner and teacher Christa Mabee at the Business Excellence Awards gala at the Arden Park Hotel May 2. Photo by Galen Simmons

The trailblazing award is presented to a business that is characterized by its innovative spirit and pioneering approach. This business has introduced a novel idea or technology, which may even have revolutionized

its industry. It exhibits adaptability, responding agilely to market changes and customer needs. This business type often leads in sustainability and ethical practices, showing a commitment to social and environmental

responsibility. Moreover, it's marked by strong leadership and a visionary mindset, inspiring others and driving progress in its field.

• Professional award: Peter Maranger & Associates Inc. (Co-operators)

The professional award is presented to a business that provides professional services to individuals or businesses. The recipient business executes best practices in all areas of their operation to ensure maximization of their capabilities, capacity and excellence in the outstanding service they provide. The recipient business demonstrates a commitment to the ongoing education, skills development or professional accreditation of its employees.

• Business of the year: D & S Downham Equipment Ltd.

The business of the year award is awarded to a business which has demonstrated a commitment to professional ethics, excellence in customer service, a willingness to engage in innovation, an ongoing responsibility to its staff and an involvement in its community over the years.





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St. Marys' Shirley Paul to turn 101



At almost 101, Shirley Paul looks nowhere near her age and shares some life experiences with the Independent newspaper. Photo by Wendy Lamond

By Wendy Lamond

When I first started working for the newspaper, I knew I had the opportunity to meet a lot of amazing people in this town. Recently, I was lucky enough to meet and learn the life story of entertainer Shirley Paul who will be celebrating her 101st birthday on May 10.

I knew right away that she is a kind, beautiful soul living a full life and loved by many as she showed me all her birthday cards and certificates she received for her 100th birthday.

Paul was born in Stratford to Albert and Alice Holmes and was the middle child of five with three brothers and one sister. Her brother learned to play the trumpet and Paul learned to play the piano.

As she grew, she attended the Stratford Normal School and then became an elementary school teacher. The first school at which she taught was in Kirkton where she had eight grades with 47 pupils to teach. At the time, this was the biggest school in Perth County. It was during this year of teaching she met Leon Paul, who she affectionately called Lee. Leon Paul was the youngest Paul son and was an entertainer on and off the stage.

Shirley Paul moved to London and spent the next three years teaching Grade 1 at Victoria School. It was during her time in London that she earned her Associate of the Toronto Conservatory of Music degree. She was also dating Leon Paul while living in London and in 1946 the pair were married. Shirley Paul continued her teaching career and spent two years at Rannoch School and then Central School in St. Marys. She was also busy continuing her education and received her Bachelor of Arts Degree from Western University. For the remainder of her teaching career, she alternated between Upper Thames Elementary School in Mitchell and Downie Central in St. Pauls before retiring from teaching in 1978. As a change of pace, she became a clerk and later the manager of a dress shop called The Coach House in St. Marys.

Throughout her time in school as both a teacher and a student, Shirley Paul spent her evenings entertaining with the Paul Brothers. The Paul family farm was located on the northeast corner of Kirkton and the family, including parents Charlie and Nellie, were established entertainers. Soon after Shirley and Leon Paul were married, they became the third generation to take over the family farm changing



Leon, Shirley and Gerald Paul were popular entertainers from Kirkton. Photo courtesy of Shirley Paul

it over to a cattle ranch. During that time, the couple, who also loved horses, partnered with Bill Ellerington of Exeter in the horse-racing business.

Leon Paul and his brother, Gerald (Duckie), continued with the entertainment group after their father, Charlie, retired. When their mom, Nellie, retired, Shirley Paul was asked to accompany Nellie's sons on the piano. For six years they were known as the Paul Trio.

"There was no television at that time and people were required to use their given talents to entertain," Shirley Paul told the Independent.

Their very first professional show was at the old London Arena, and they were accompanied by the Ranch Boys from Wingham. They repeated this show every Friday night for six years. Once their contract was up, the Paul brothers decided to return to their comedy routine and wanted Shirley to join them.

Beginning in the late '40s, many people in the area may remember the Kirkton Garden Party every July at the Kirkton Fairgrounds. The event included a softball game, a children's talent show and an adult program. The event was very popular and brought in 3,000-4,000 people.

The Paul Brothers were responsible for booking the professional acts who were usually talents they met while performing at other venues. The Zenda Garden Party was famous throughout southern Ontario as well and would draw up to 10,000 people. The Pauls participated in this show thirteen times and Leon Paul was the emcee for many years.

Their own act was vaudeville style and featured a combination of comedy, song and dance. Shirley Paul was responsible for making the costumes, transposing the music and singing a few songs with the Paul brothers. While Shirley Paul was teaching, they sang mostly in southern Ontario but, after she retired, they were able to travel across Canada and to the border cities in the United States. The furthest and most interesting place they performed in was a mining community in northern Manitoba. It took them three planes to get there. There was a lot of travel in those days for the trio as they went to Toronto about three times a week and to the Muskoka area several times a week.

Travel could sometimes be rough as many of the roads were still gravel and it took some work managing the

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St. Marys' Shirley Paul to turn 101

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large trunk of costumes they carried with them.

Throughout their careers, they met many professional artists like Myron Florin of the Lawrence Welk show. They also met Gloria Peebles from Busy B's dog and monkey act, Billy Meek, Al Cherny, The Mercy Brothers, The Williams Twins, Bill Brady and many magicians, balancing acts, dancers and singers. They also met Lloyd Wright and Walter Ostenak.

Once television became popular, the Paul Brothers and Shirley Paul took part in a few shows with Tommy Hunter, Gordie Tapp, Wayne Rostad and the Wingham Ranch Boys.

For their last 12 years performing, the group was the opening act for the Walters Family Shows. Their act contained silly jokes and funny costumes. The Paul brothers would wear six costumes on top of each other and each costume had a song to go along with it.

"The crowd got to know the routine and began yelling, 'Take it Off,' so they could see what the next costume and song was going to be," Shirley



Shirley Paul admires an old picture of herself, Leon and Gerald in the early days. Photo by Wendy Lamond

Paul said.

Laughter was truly the link that helped the trio travel and work together for over fifty years.

Timothy Eaton's Park on the northeast central corner of Kirkton had a tree planted and a stone added by Blanshard Township to honour the Paul Brothers and Shirley Paul for keeping Kirkton on the map. Throughout their years entertaining, they performed in over 8,000 shows.

At the age of 80, Gerald Paul decided to retire, however, Lee and Shirley Paul carried on as One Paul Brother and Shirley until they were 85.

Sadly, Leon Paul passed away at the age of 90 and Gerald Paul died when he was 98. Shirley has many friends who helped support her since her husband's passing.

Friends for over 66 years, Dr. Bill and Rosemary Schaefer have kept a close watch on Shirley Paul and have become more like family.

When I asked Shirley Paul what the secret to making it to 101 is, she said "You can't say no when it's time to get up. Keep active whether you feel like it or not. You have got to keep moving."

Shirley Paul says she is happy and lucky to have such great friends to keep her active and she is so thankful for her experiences and the many people she has met over the years.

Happy Birthday Shirley!





Lincs split first two games of Sutherland Cup Final

By Spencer Seymour

Going into the third game of the Sutherland Cup Final, played Tuesday night after the Independent's press time, both the St. Marys Lincolns and Listowel Cyclones had one win through the first two games of the series

The series began May 3 when the Lincolns, led by Jaden Lee, Luca Spagnolo and Owen Voortman, defeated the Cyclones by a score of 3-2. Head coach Jeff Bradley was pleased with how his team performed right from the opening faceoff.

"A big part of our playoffs this year has been slow starts," Bradley told the Independent. "So, to see us come out flying like we did was important and we got rewarded for it. We kept that effort throughout the entire game, which was great to see."

Bradley said key factors the team was focused on included how efficiently they moved the puck from zone to zone.

"We play on our toes. Listowel is very good on the forecheck. They sent a pretty aggressive two-man forecheck, so we had a plan to negate that a little bit and I thought it worked well. We knew our target was to try to get some offence and our breakouts were part of that. Our forecheck was the other part of that and I thought we executed both those things really well"

The Lincolns took a 2-0 lead into the first intermission with both goals coming off the stick of Lee, and Spagnolo earning assists on both. Noah Vanden-Brink also picked up an assist on the game's first goal. Coach Bradley praised the Spagnolo, Lee and Voortman line for their strong chemistry.

"That whole line is so effective for us. Owen may not have the same speed as Jaden and Luca, and doesn't typically get the points, but what he does for that line is massive. Owen takes a lot of stress and work away from Jaden and Luca, which allows them to play the way they do. It is a perfect complement for all three of them.

"They love a challenge and their challenge is always to play against the top players in the league," Bradley continued. "There is pressure that comes along with that and they understand that pressure is a privilege and that's why they rise to those occasions. They're gamers. They're very cool-headed in the moment. They don't get too high and they don't get too low."

Just 57 seconds into the second period, Luke Eurig banked the puck off the back of Lincs' netminder Brandon Abbott to cut the lead in half. However, at the 8:46 mark of the frame, Spagnolo restored the two-goal deficit for St. Marys. Harrison Meulensteen scored for Listowel in the third but Abbott, who finished the game with 33 saves, stayed strong and the Lincolns held on for the 3-2 win.

The Lincs failed to score on four powerplay oppor-



Blake Elzinga advances the puck out of the defensive end during game two of the Sutherland Cup Final between the St. Marys Lincolns and Listowel Cyclones. Photo by McGinny Photography

tunities, which Bradley felt was largely due to the Lincs' ability to get into the offensive end.

"It's a matter of getting in the zone. Listowel has done a really good job of adjusting to our powerplay breakouts. We've got four of them that we can flip on and off whenever we want. Listowel seems to be doing a good job adjusting to those which is giving us a little bit of trouble, but that's when we look at video and see where we can find a weakness or take advantage of an odd-man situation and get in the zone that way."

In the third period, while the Lincolns played some excellent defence, the Cyclones had a significant advantage when it came to offensive zone time, which Bradley felt was a natural outcome in a clash of two high-end teams.

"We're a really good hockey team but it's not like we just roll over teams, especially when you get to this stage in the season. As good as we are, Listowel is also an elite team in our league. For the amount of times we push on Listowel, they're going to push back and they're going to put us on our heels as well. And when there's desperation in your game, you can't keep pinching and pushing for goals. In a situation like the third, we had to protect the net, protect the house and keep pressure away from Brandon Abbott as much as possible."

The calibre of both teams, according to Bradley, enhances the chess match for the coaching staff.

"It's more work for the coaches and it's more thinking for our players, but that's what makes it fun. It's a lot of fun playing against a team that takes pride in its systems and executes what the coach asks. We have always said we have a plan for every zone and any situation, and it's fun to test that against a team as structured as Listowel."

Listowel roars back to form in game two with a 4-1 win

The series shifted to St. Marys for game two and, despite another positive start by the Lincs, the Cyclones turned in a much better and more physical effort en route to a 4-1 victory which tied the series at one game apiece.

According to assistant coach Mike Herman, Listowel's pushback sapped the Lincolns of their momentum

"I thought we had a good start and we had some chances. We were pushing the pace a bit. I think when Listowel turned it up physically and began to take the approach of dumping it in, going after it and pounding guys, it seemed to change the momentum. We didn't back off and we didn't quit working hard. We were engaged in the game from beginning to end but had a hard time with that physicality.

"I think the bigger ice in Listowel may help us when it comes to dealing with their physicality," continued Herman. "I thought they had a hard time in our rink at first, but they made some adjustments and they played a really good game on the smaller ice surface. It's similar to the London series when the bigger road rink worked better for us."

The first period was scoreless until the final minute when Luke Eurig potted the game's first goal with 37 seconds left in the first.

In the second, the Cyclones sent a shockwave through the building when they scored two goals just 21 seconds apart, both off of quick, long-range shots. Mason Eurig and Jordan Alexander scored the goals for Listowel.

Coach Herman felt the team didn't provide their fans enough reason to get into the game.

"We are very conscious of our fan support and when you have a barn bursting at the seams with excitement and you don't provide an opportunity for them to get excited, that adds to the down feeling of a loss. But you have to absorb it, process it and be ready for the next game. Going into game three, we have to be who we are, but be one step better than what we were in game two."

After Carter Coombs made it 4-0 for Listowel, the Lincolns finally got on the scoresheet in the third Continued on page 18

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DCVI Jr. Girls earn first win of season

By Spencer Seymour

The St. Marys DCVI Junior Girls soccer team picked up their first win of the season May 2 when they hosted a pair of games, including one against Listowel which the Salukis won 4-0.

Head coach Shana Pereira raved about the team's performance in their four-goal shutout over Listowel.

"They played awesome today," Pereira said following the victory. "I was really impressed with how they played. Their teamwork was excellent. They were passing the ball really well and they were working together as one cohesive unit. The defence was really solid until we had an injury but the rest of the girls did a pretty solid job holding down the fort."

Charlotte Richardson led the high-flying offensive charge for the Salukis, putting up three goals in the victory. Alanna Saville also found the back of the net for St. Marys.

The team displayed very strong poise in the contest, oftentimes making one forget they were watching a junior team. Pereira credited her players' collective ability to play beyond their years to the group's overall spirit.

"They're a really positive group. This is a bunch of girls who share a great deal of positivity and they work really well together. They also are great self-starters. They run things amongst themselves in many ways. They just do what they have to do on the field without me having to do much, which is really nice as a coach.

"The overall maturity is really impressive and many of them are grade nine students, which makes the way they play even more impressive. Some of these girls have played together a lot over the year and that helps them be really in sync with one another. It's also great seeing the belief they have as a team growing rapidly."



Alanna Saville scores a goal during last Thursday's St. Marys DCVI Junior Girls soccer team's 4-0 win over Listowel. Photo by Spencer Seymour

DCVI Sr. Boys down Clinton, tie Stratford on the road

St. Marys Independent

By Spencer Seymour

The St. Marys DCVI Senior Boys soccer team left Clinton with one victory and one tie April 30 when they played games against Central Huron Secondary (CHSS) and Stratford District Secondary (SDSS).

The day began with the Salukis taking on CHSS and, in a dominant performance, overcame soggy and slippery field conditions to beat the host side 3-0. Head coach Richard Farmer told the Independent his team never gave CHSS any notable opportuni-

"Against Clinton, the boys were in full control," said Farmer. "I don't think our keeper, Charles Black, had to make a single save in the game and he commented after the game that it was boring. I do like a bored goalie. The team was just too fast for Clinton to handle and the defensive line, under the control of Dan Zulu, was in full control of the CHSS forwards.

Carson Brock, Roger Sebben and Satoki Kudo scored for DCVI in the 3-0 win. Sebben's goal came from a cross-field feed by Brock, while Kudo scored from just inside the half. Farmer said Kudo, an international student from Japan, was fantastic in both games and he has fit in really well with the Salukis

Farmer added the team's play along the outside of the pitch continued to allow them to maintain a firm grip on the game.

"The boys had excellent passing with players off the ball getting into space. Our wingers were also much faster than their defence and were able to

blow by them to cross the ball in. Two Linares sustained an ankle injury of the goals started from our wing-

The second game for St. Marys was a much tighter affair according to the St. Marys head coach.

"The game against Stratford was a much tougher game," Farmer admitted. "Stratford came ready to play and it wasn't until late in the game that the first goal was scored. We were not able to hold onto the lead as Stratford was able to hit us on the counterattack, which caught our defence scrambling and an excellent shot was able to just beat Charles in net."

The game's first goal saw Sebastian Linares send home a cross by Sebben. However, in the process, Linares collided with the goalkeeper and, coupled with the field conditions,

that could potentially end his season which, if that ends up being the case, would be a "big blow" according to Farmer, who noted Linares is a key leader of the team's front line.

Farmer also said the 1-1 final score was a decent result give the fact his squad didn't have their best showing against SDSS.

"Truth be told, a 1-1 draw is a fair result based on how we played, but I know that we can play better than what we showed in the second game. I think we were expecting a weaker Stratford team as they were a bit weaker last year, but it turns out they are a pretty solid team this year, so it reinforces that we have to be ready to play every game."

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Canadian Baseball Hall of Fame displaying new artifacts this season

By St. Marys Independent staff

The Canadian Baseball Hall of Fame and Museum opened for the season May 1 with a slate of new displays for visitors.

"On behalf of our board of directors and our staff, I'm excited to open our doors for our 27th season in St. Marys," said Scott Crawford, the hall's director of operations. "We are committed to celebrating the rich history of baseball in Canada and I'm looking forward to sharing our new artifacts with our visitors."

Some of the new artifacts on display will include:

- The uniform worn by Davis Schneider during his record-breaking Major League Basbeall (MLB) debut weekend that saw him collect nine hits in three games with the Toronto Blue Jays from Aug. 4-6, 2023;
- The lineup card from the game between the Cleveland Guardians and Texas Rangers July 14, 2023, in which Bo and Josh Naylor (Mississauga, Ont.) homered in the same inning for the Naylors to become the first Canadian brothers to hit home runs in the same inning for the same major-league team;
- A glove used by Blue Jays closer Jordan Romano (Markham, Ont.) during the 2023 season in which he tied a career high with 36 saves;



- The cleats worn by left-hander James Paxton (Ladner, B.C.) on July 29, 2023, when he made his 150th major-league start to become the 11th Canadian pitcher to reach that milestone;
- The hat worn by Boston Red Sox right-hander Nick Pivetta (Victoria, B.C.) on July 17, 2023, when

he struck out 13 Oakland A's batters to set a Canadian and Red Sox record for most strikeouts in a game by a relief pitcher;

- A jersey worn by Blue Jays slugger Vladimir Guerrero Jr. (Montreal, Que.) during the 2023 season in which he led all Canadian big leaguers with 26 home runs:
- The ball Seattle Mariners right-hander Matt Brash (Kingston, Ont.) threw to record his first major league postseason strikeout on Oct. 8, 2022, in the Mariners' 10-9 Wild Card Series-clinching win over the Blue Jays;
- The jersey Philadelphia Phillies skipper and 2019 inductee Rob Thomson (Corunna, Ont.) wore when he managed the National League All-Star team to a 3-2 victory over the American League in the 2023 Midsummer Classic at T-Mobile Park in Seattle. It was the first time a Canadian has managed a team in the All-Star Game:
- A selection of artifacts from our 2024 induction class, which includes former Blue Jays all-stars Russell Martin (East York, Ont.) and Jimmy Key, national team infielder and trailblazing coach Ashley Stephenson (Mississauga, Ont.), national team pitching legend Rod Heisler (Moose Jaw, Sask.), exBlue Jays president Paul Godfrey and longtime Toronto baseball executive Howard Birnie.

U16 Stingers Jolt rock the competition in Detroit

By Amanda Modaragamage

The U16 Stratford Stingers Jolt volleyball team, with their exceptional performance, secured third place at the 2024 CAN AM Classic tournament in Detroit May 4-5.

The team, comprising players from Stratford, St. Marys and the surrounding area, outshone over 30 other Canadian and American teams to earn their place in the competition.

The Stingers had a tough but competitive start May 4 after losing the first game against Team L2261. Later, they turned it around in the rest of their games that afternoon, winning against Force 16 Adidas Select BL 25-19 in the second set and 15-7 in the third. In their final match, the girls won against the WAVE 16 Orcas 25-12 in the first and 25-21 in the second.

Megan Todd had some amazing blocks in the centre while Julia Daly blew the competition away with her stellar sets. Janelle Boyse and Julie Havenga offered up serves that the competition had difficulty keeping up with, while Lucy Thompson shone with her amazing digs as lib.

On May 5, the girls took on Leaside 16U Dynamite, a game in which they

lost the first set by two points in a tough rally, 26-28, but came back with 25-21 win in the second and a 15-10 win in the third.

Selena Will wowed the spectators with amazing hits over the net while Katie Namink's blocks were outstanding. Marin Chateauvert pushed for a lead with her serves, Hannah Mogk rocked left side to score points for her team and Hailey Modaragamage shone as lib with some deep digs.

Moving onto the quarter finals, the Stingers Jolt took another win against Spirit VBC, winning 25-13 in the first but losing the second 23-25. The girls pulled it together in the third and won the set 15-11, moving them into the semi-final game against Athlete HO 16-Stalker.

While facing the Stalkers, the Stingers Jolts were pushed to their limits. They took on a highly competitive team and lost their first and second sets, leading them to third place overall

The final competition in Detroit for the U16 Stingers Jolt team was a great and positive end to the 2023-2024 season, and the team and coaches are looking forward to more competition next year.



The U16 Stratford Stingers Jolt volleyball team took third place at the 2024 CAN AM Classic in Detroit May 4-5. Pictured in back road from left are coach Shawn Edwards, Marin Chateauvert, Megan Todd, Hannah Mogk, Julia Havenga, Selena Will and Katie Namink. In the front row from left are Janelle Boyse, Lucy Thompson, Hailey Modaragamage and Julia Daly. Photo by Amanda Modaragamage

DCVI Sr. Girls win pair of games in Clinton

By Spencer Seymour

The St. Marys DCVI Senior Girls soccer team won both of their games on the road April 30 when they defeated Central Huron Secondary (CHSS) and Stratford District Secondary (SDSS)

In their first game of the day, the Salukis took on the host CHSS and after withstanding a strong first half by the home side, DCVI stormed back to life and took control in the second en route to securing a 3-2 win. Head coach KayLee Sykes acknowledged the team's beginning wasn't perfect but credited the group for having a strong bounce-back in the second half.

"We had a bit of a slow start," Sykes told the Independent. "We were trying to get the perfect shot rather than taking any opportunity, but that changed by the second half. The

girls started taking shots from farther away. Eve Greig demonstrated this by getting a goal from outside the 18-yard box. "We also started to be a bit more aggressive. We started beating Central Huron to the ball and following through on rebounds. Both Sydney Grant and Charlotte Richardson scored goals by hustling for the rebounds."

After a break, the Salukis returned to the field and picked up right where they left off when they took on SDSS and cruised to a 4-0 victory. Sykes noted the team fixed the issue of starting on time.

"The girls hustled for the ball right off the bat and held possession for the majority of the game. They took time to think before they made moves and communicated with each other, something we've been working on, so it was great to see them doing a better job of that during the game. They didn't give up when they missed a shot or slid in the mud and they gave it their all the entire time.

DCVI got goals from Jada Namink, who hustled after the ball when the goalie missed it. Two were scored by Greig, one off a stellar shot from far out and then on a follow-through to the net. Another goal was scored by Grant, who hustled to beat the goalie to the ball that was kicked ahead by a teammate. Isla Unich had an amazing day in net capped off by the shutout

Sykes gave credit to players at both ends of the pitch who helped turn in a pair of strong two-way performances by the Salukis.

"Our defenders blocked numerous breakaways during both games. Guin Jester skillfully blocked opposing players from receiving passes. Kiara

McGregor used her speed to chase and catch every breakaway that the opposing teams had. Rachel Hoyles, Abby Martin, Ella Boersma and Paige Barr all worked together to keep the ball out of our defensive zone and keep the majority of play in Stratford's end. Becky Walsh helped the team out by being willing to take a dive or three in the mud to stop advances from opposing teams.

"Our forward and middle fielders, Alex Binning, Kendra Robertson, Skylar Fadelle, Avery Jones and Lila Corby, all worked as a unified front. Some players were in positions they don't usually play but they played them successfully. I can see these players becoming more accustomed to their teammates on their line and having quick and skillful plays ready

St. Marys bowlers bring home Gold and Silver medals



On May 5, eight St. Marys YBC bowlers travelled to Victoria Lanes in Kitchener to compete in the Grand River Bowler of the Year tournament. Pictured from left to right are Jase Robertson, coach Gerry Brockman, Garrett Steffler, and Nathan McKeen. McKeen brought home the Junior Boys Gold Medal. Robertson took the Silver in the Bantam Boys' competition. Steffler rolled his way to a Silver in the Senior Boys' round. Kinsley Kosluk earned the Peewee Girls' Silver Medal and Brendon King also took silver on the Peewee Boys side. Helen Brockman coached the peewee team. Aisla Fisher finished fourth in the Bantam Girls category. Natalie McKeen placed third in the Junior Girls division while Rory Brockman placed fourth. The girls were coached by Aaron Fisher and Michelle McKeen. Contributed photo

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Lincs split first two games of Sutherland Cup Final

Continued from page 14

period with a goal by Voortman to cut the lead to three. That's as close as the Lincolns would come, however, as the Cyclones held on for the 4-1 victory.

Herman acknowledged the team's need to avoid lapses in intensity.

"We have to be dialed into that mode of who we are and play it for 60 minutes because we have a tendency to push the pace, put pressure on people, create opportunities and then we go into a lull. And this is a team that will jump on those lulls."

Sticking to the systems and structures the Lincolns have ridden to this point of the season is essential for the team to get back in the win column, Herman added.

"We have to continue to be who we are and combat what Listowel does with our skill and speed. They're big but they have skill and speed too. They're a good team. I don't want to read too much into one game because during the regular season, London did this to us and I remember thinking after that game that we wouldn't be able to beat London, but then we ended up beating them. Listowel obviously didn't like losing on home ice in game one and they responded accordingly.

"A seven-game series is a whole sequence of ups and downs and you have to live through them," Herman continued. "You have to not be too enamoured with yourself when you

have a good game, and you can't be too disgusted with yourself when you don't. It's too late in the season to change your identity. You have to stay the course with what got you to this point."

Herman also noted that the team's puck management is also an area in which the team has room for improve-

"One of the things that we've been addressing for a long time, and it's gotten better but it still has some room to grow, is managing the puck. We consider ourselves a system-driven skill team and at times we try and force pucks to where they shouldn't go because we're trying to make the fancy play as opposed to the gritty, hard play."

Once again, the Lincolns' powerplay was an issue, with the team failing to score a goal on any of their six powerplays. Assistant coach Mike Siddall felt several issues have resulted in the Lincolns' powerplay going dry.

"Over the past few games, our powerplay hasn't had the success we want. We have done a lot of positive things that haven't resulted in goals. (Dixon) Grimes has made a few 10-bell saves. With that -said, there are a few things that need to be cleaned up. At times, our powerplay breakout looks unorganized. The guys need to work as a cohesive five-man unit on the way into Listowel's zone.

"Another aspect is, once we gain possession in the offensive zone, we need to find soft ice away from the puck to create our plays," added Siddall. "We need to pull their penalty killers out of their structure and then, once we drag their penalty killers out of their

structure, attacking low and finding seams is crucial. It can't happen in slow motion. Lanes and soft ice close up so fast at this stage in the season so making those reads and reacting right away needs to happen fast."



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St. Marys Farmers Market returns to Milt Dunnell Field for the summer season



Melody and Rod Arnhold of Forest Hill Orchard display their home grown apples of many different varieties at their booth at the St. Marys Farmers Market. As the season progresses, they will have all kinds of fruit and vegetables for sale. The market is held every Saturday from 8 a.m. to noon at Milt Dunnell Field. Photo by Nancy Bickell

Newest member of the Eastern Star donates stuffed animals to the Fire Department

St. Marys Independent



The latest member of the St. Marys Chapter #121 Order of the Eastern Star is Leeanne Garvey. Garvey was eager to participate in her first act of community service as a Star, so she collected over 30 stuffed animals to donate to the Fire Department to give to children in times of crisis. She is the fifth generation of an Eastern Star family legacy. From left to right are Garvey's grandparents - Lois Bragg, Past District Deputy Grand Matron and Doug Bragg, Past Patron; Leeanne Garvey, and her Mom, Sharon Bragg-Garvey, Worthy Matron of the Chapter and Grand Representative of Alberta in Ontario. Contributed photo



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Community accounting practice finds new faces

By Jake Grant

The oldest continuous operating accounting practice in St. Marys, Daryl McClure & CO CPA, has undergone a change in ownership, marking a significant transition while preserving its long-lasting legacy.

Former owner, Daryl McClure sold his accounting practice on March 1, 2024, due to health issues stemming from long-haul COVID, which he's been battling for 3.5 years. "The kicker was when my neurologist suspended my driver's license," said McClure.

McClure's journey with the accounting practice traces back to its earlier days when Eldon Richardson founded it in 1956. Richardson's dedication laid the groundwork for a thriving business, which he operated until he sold to Randy Nightingale 27 years later. Nightingale continued the legacy for 28 years until he decided to sell the practice to McClure in March of 2011.

With health issues forcing McClure into an early retirement, McClure found suitability in partners "Gem" Padin and Jack Eigenmacht whom he sold the business to and will carry on his gold standard service.

"I was dedicated to finding someone to take over the practice who will continue to run it as I have and who would respect the relationships I have built with all my valued clients, some of whom are like family to me. After a long search, I believe Jack and Gem are a perfect fit."



Pictured, from left, Angela Cole, Jack Eigenmacht, Gem Padin, Daryl McClure, and Penny Horneman. Photo by Stewart Grant

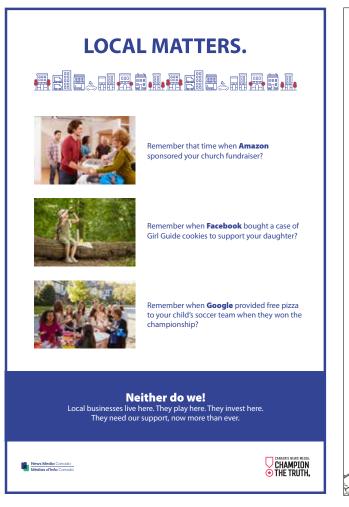
Gemmar "Gem" Padin, a partner in the accounting practice, embodies the immigrant success story. Raised in poverty in the Philippines, she earned her CPA designation, moved to Canada in 2011, and established her own practice in 2018. Her recent acquisition in London, Ontario, reflects her determination to succeed and contribute to her community.

Tack Eigenmacht has been running his own public accounting practice in the York Region since 2001 with his wife (Eigenmacht Crackower CPA PC) and employs several staff. In a brief statement Eigenmacht stated, "although I will not be involved in the day-to-day operations, we give accounting and tax support to the St. Marys office."

The name of the practice will change to Padin Eigenmacht CPA Professional Corporation, and they are very thrilled and honored to establish a presence in the community of St. Marys. "It is our goal to continue that level of service, maintain the same culture and make him proud he sold the practice to us," said the partners.

Penny and Angela (our new admin/ receptionist) have also been hired by the new firm, which will add greatly to the continuity of the practice. "This purchase would likely not be possible without Penny Horneman," stated Eigenmacht Penny has been working in the office for 26 years and presided over the previous transition when Daryl acquired the practice 12 years ago. She has been effectively running the business since Daryl's illness and knows every client. "I want to personally thank Penny for holding the practice together, while I was ill. I could not have done it without her!" McClure proclaimed.

Padin Eigenmacht CPA Professional Corporation assures clients of continued excellence, trusted services, and remains committed to delivering top-notch tax work, bookkeeping, and corporate financial statements. With the addition of Jack as a Certified Financial Planner, this transition instills a renewed sense of confidence in the practice's future, solidifying its position as a cornerstone of excellence within our community.





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St. Marys resident returning to Wellesley's Pet Valu Walk for Dog Guides

St. Marys Independent

By Emily Stewart

A St. Marys Lions Club member who used to be with the Wellesley and District Lions Club will head back to Wellesley for the Pet Valu Walk for Dog Guides.

Bruce Shantz will be participating in the fundraising walk May 26, which starts at 1 Catharine St. in the picnic shelter at 2 p.m. The Pet Valu Walk for Dog Guides is the largest fundraiser across the country for the Lions Foundation of Canada Dog Guides to provide dog guides to those in need at no cost.

Shantz has been involved with the Pet Valu Walk for Dog Guides since 1999 as a walker and as the chair of the Wellesley Lions Walk for Dog Guides. He's raised about \$15,000 in total.

Shantz became a member of the St. Marys Lions Club after moving to St. Marys from Wellesley.

"I think it's a great cause," he said.

The Lions Foundation of Canada began their work with dog guides in 1985 with founding partner Canine Vision Canada to ensure people with visual impairments have a dog guide. Since then, the foundation expanded to seven specialized-training programs to help people with disabilities thrive with the help of dog guides. The other programs include diabetes alert, service, seizure response, autism assistance and facility support.

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Since 1985, more than 3,000 dog guides graduated from training in Oakville. There are about 1,000 dog guides across Canada who are supported by the Lions Foundation of Canada.

"Our government does nothing to fund this kind of thing, where the Lions Foundation of Canada (supports dog guides) through donations and fundraising," Shantz said. "They provide these dogs free of charge to people when it costs about \$35,000 per dog from the time the dog is born until the dog gets out."

The dogs are born at the breeding and training facility in a farm in Breslau that was donated to the Lions

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Foundation of Canada by a former member and his wife after their passings. The puppies go to foster parents at eight weeks old and wear a bib to show they will go into training.

At one year old, the dogs head off to Oakville to do their training. After graduating, they work as a dog guide until they retire at around 10 years

"If a person needs a dog, they give them a new one," Shantz said.

So far, Shantz raised \$600 with \$500 from the Lions Club. He's currently looking for sponsors for the upcoming walk. Anyone looking to sponsor Shantz can send an email to b.h.shantz37@gmail.com.



HISTORIC ST. MARYS: Bricks and Stones

By Mary Smith

Last week's column featured a photograph of a beautiful white brick building - Knox Presbyterian Church, constructed in 1879-1880 on Church Street South where the Knox Apartments stand today. Coincidentally this week, the St. Marys Museum is receiving a donation relevant to the history of that church. In 1879, Catherine Harrison had the honour of laying the cornerstone for the new building. She and her husband, Milner Harrison, had been major donors when this new congregation raised funds to build the church. Susan Titterton, their great-great-granddaughter, is a resident of Bermuda. She and her husband, Glenn, are making time during a visit to Canada to bring the ceremonial trowel back to St. Marys. It had been presented to Mrs. Harrison 145 years ago.

The Tittertons sent the Museum a photograph in advance, showing a beautiful object of polished silver with an ornate handle. The trowel is inscribed: "Presented to Mrs. Milner Harrison on the occasion of laying the Corner Stone of Knox Church, St. Marys, Ont. July 22nd 1879." It has been treasured by the family for five generations, passed to Susan by her father, George Milner Mathieson, great-grandson of Milner and Catherine Harrison. Our local Museum is a fitting place for the trowel, tied as it is to an interesting time in St. Marys history - a time of prosperity and growth.

The Knox congregation chose to build their new church in brick rather than local and, perhaps, more traditional limestone. St. James Anglican Church, just across the street on the northeast corner of Church and Elgin Streets, was built of limestone. When that congregation undertook major renovations a few years later, limestone would again be their material of choice. Across town on the north ward hill, Knox Church's rival congregation, First Presbyterian Church, was about to build a beautiful new church, complete with steeple, using St. Marys limestone. In 1879, brick in many varieties of colour and finish had become widely available across the province. Did the Knox congregation choose brick in order to move with the times? It is perhaps worth noting that Milner and Catherine Harrison had at one time been members of St. James Anglican Church. But something went awry in their relationship with that congregation. The Harrisons left the Anglicans to become part of a group



In the late 1890s, J. W. Eedy, publisher of the St. Marys Journal, lived in the brick house at 146 Water Street South. The people in front of the house are members of the Eedy family.

that broke away from the Presbyterian Church on Widder Street. Was there a desire to show that the church they now supported would, in as many ways possible, be different from - and superior to - the churches they left behind?

The Knox Presbyterians were not the only ones building in brick. Very nearby, on the southeast corner of Church and Elgin Streets, the St. Marys Methodist congregation had just built an impressive new church of brick. It replaced - or rather, incorporated – a much smaller limestone church built in 1856. No records have survived to indicate where the Methodists purchased the brick for their new church. The minister during the building period was the Reverend Samuel Dwight Rice who had a reputation as a skilled administrator. Some members of his congregation had become wealthy in the grain trade and were canny when it came to money. They were also confident of their position in the community. With their minister, they must have decided that in order to build the largest church in the town, with tower and steeple, it would be most efficient to use brick. After the union of several protestant denominations in 1925, the Methodist Church became part of the United Church of Canada. Its grand interior space is for many a special place of worship and is sought after as the venue for many community concerts.

But local limestone was not forgotten. It was still the choice for other important projects. In 1880, when the Odd Fellows Lodge built the St.

Marys Opera House, the most spectacular building in downtown St. Marys, they chose limestone. Brick, however, had been the choice for another important public building, the St. Marys Collegiate Institute, built in 1874 on the north ward hill on spacious grounds between Water and Wellington Streets. The general contractor for that project had been Robert Barbour who, in the three decades between 1855 and 1885, was responsible for many local buildings, both in brick and in stone. In 1871, Barbour was the contractor for the Garnett House, originally a hotel, today an apartment building at 18 Church Street North. It was built from St. Marys limestone. However, just two years later, Barbour had the contract for an impressive large house for Dr. J. H. and Mary Mathieson at 109 Wellington Street North. It was built of a buff-coloured brick. (The Mathiesons were Susan Titterton's great-grandparents.)

The grand houses along Jones, Peel, Elgin and King Streets were built of brick for merchants such as A. H. Lofft (253 Elgin Street East) and James Carter (67 Peel Street South) but limestone was still the choice for several important building projects. When the frame town hall was destroyed by fire in 1890, Dr. Mathieson persuaded his fellow members of council that the replacement building should be a grand edifice that would symbolize a strong and prosperous community. Although brick had been the choice for his own home 20 years earlier, in 1891, the new town hall was built of St.

Marys limestone.

In 1893, the Roman Catholic congregation chose limestone for their magnificent new church on Widder Street. However, the members of First Baptist decided to use brick when, in 1902, they left behind a limestone building on Queen Street West and built a new church on the northwest corner of Church and Jones Streets. In 1906, the new federal building and post office at 17 Water Street, now Gilly's Pubhouse, was built of limestone, harmonizing with the other limestone commercial buildings along the street. Finally, in 1914, the public school trustees debated whether to use brick or limestone for the new Central School, at last deciding to call tenders for a limestone building.

In his book, Early St. Marys, Larry Pfaff points out that Central School was the last public building in St. Marys constructed using limestone. Certainly, by then, the attractive limestone cottages from the mid-1800s were no longer being built. Highly valued now, at the start of the 20th century, they were decidedly out of fashion. Contractors of that time, like William Pulleyblank and William Stafford, offered their clients either wood or brick siding, brick being somewhat more prestigious. John Elliott, stepson of master stonemason, James Elliott, symbolized this transition. He grew up in his parents' stone house at 345 Wellington Street South, overlooking a stone quarry. But, for his own home, he built a grand yellow brick villa at 47 Wellington Street South, today Andrew L. Hodges Funeral Home.

One of the attractions of older neighbourhoods in St. Marys is that they offer a variety of building styles to admire. The mixture of stone. brick, and frame houses - usually all within sight from any intersection in these older parts of town - adds great interest to the streetscape. The house shown with this week's column can still be found at 146 Water Street South. It is one of a number of stately, two-storey, buff brick houses along Water Street on either side of the intersection with Park Street. There are also several examples a block to the east along Wellington Street South. Their height conveys a sense of dignity but almost all of these homes include open verandas. Some of them already have chairs and pots of flowers, preparing for summer and "veranda season." These brick homes are dignified but also welcoming.

Thorndale News

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Thorndale Lions Club donates to St. Marys **Healthcare Foundation**



Cindy Bilyea, chair of the St. Marys Healthcare Foundation, receives the Thorndale Lions' donation of \$20,000 from club president Tyler Wilson. Photos courtesy of the Thorndale Lions Club

By Nancy Abra

Since its inception, the Thorndale Lions Club has been a pillar in the community of Thorndale, supporting various projects and programs of all sizes in the area.

Their projects include everything from physically helping to build the original Thorndale Community Centre in the early '50s and building the Thorndale Medical Centre in the late '80s to contributing a substan-

tial donation to the building of the new Thorndale community centre in 2020 and, most recently, a pledge of \$50,000 to the St. Marys Healthcare Foundation for the St. Marys Memorial Hospital in 2022.

The Thorndale Lions Club's monetary pledge to the foundation is important for the community as approximately 1,000 residents of Thames Centre visit the St. Marys Memorial Hospital each year. With the overwhelming success of the Lions Social Gaming



Pictured are members of the Thorndale Lions Club as Bernice DeDecker (left) and St. Marys Healthcare Foundation chair Cindy Bilyea (right) hold a \$50,000 cheque donated by the Lions club to the foundation. Tyler Wilson, president of the Thorndale Lions Club, stands between the ladies.

Night held in March and the community support and success of the Lions' bingos and community breakfasts, they were able to donate \$20,000 to the foundation for 2024.

"The St. Marys Healthcare Foundation is grateful for the pledge of \$50,000 that the Thorndale Lions has donated," said Cindy Bilyea, chair of the foundation. "These funds will have a huge impact on the renovations being done to the east and west wings of St. Marys Memorial Hospital. The hospital provides healthcare to the town of St. Marvs and the surrounding rural area. Many thanks to the Thorndale Lions for their support.

"And thanks to Ken McCutcheon who was the chair of the fundraiser campaign. He spent countless hours and devoted tons of energy in advocating for this campaign in order for us to raise \$3 million of our total commitment of \$5 million."

Mini town hall meeting held in Thorndale

By Nancy Abra

The Municipality of Thames Centre held a mini town hall meeting April 30 hosted by Ward 1 Coun. Tom Heeman at the Thorndale Lions Community Centre.

Along with a small gathering of area residents, deputy mayor, Michelle Smibert and Thames Centre CAO David Barrick were in attendance.

This mini town hall meeting was an informal public gathering to foster community engagement. Area residents voiced their concerns on certain issues, asked questions and shared some ideas. By identifying and discussing some of the issues raised, the administration is more aware of these matters and what needs to be done going forward.

Heeman stated he appreciated people taking the time to come and share some of their concerns and raise issues, and that this informal meeting gives the Thames Centre administration the opportunity to meet more residents and get their input.

"Your insights and questions were valuable and helped shed light on the matters that you are passionate about," the Municipality of Thames Centre stated. "From discussions, it's clear to us for Thorndale local infrastructure, trails, parks and our local community centre are hot topics. Together, we're building a positive future for our municipality. If you couldn't make it, there will be more town hall meetings in the future."

COLUMN

HOSTING UKRAINE: Ukrainian newcomer hopes to start baking business

By Barb Reinwald

As we continue to pray for Ukraine, for the end of the war, and for all Ukrainians, both those who remain and for those who ventured abroad, we take a moment and think of the progress of those who chose St. Marys to be their new home.

My name is Barb and I am one of the teachers offering English classes. I have had the privilege to meet many of those who settled here and root and cheer for each and everyone as they grow, not only in their new language skills, but also in their personal and business adventures.

One person I would like to highlight at this time is Vira. She came to Canada two years ago with no English and now I marvel at how freely she approaches people confident that she can represent herself. She has been working hard at different jobs, but would very much like to open her own bakery, a gluten-free bakery. She has never owned or operated a business, so was excited when, through contacts via Foodpreneur Start-up Seminars, was invited to attend the Passion to Profit Summit last week at St. Marys Golf and Country Club.

The Summit was organized by Kerry Ramsay, the founder of Fresh Idea Collective which focuses and promotes women entrepreneurship. Vira made many notes and was inspired by the very practical steps offered to navigate such an endeavour and to achieve success. She has worked hard to get organized, developed recipes and acquired adequate equipment. She has a distribution plan in place. The one thing Vira really needs at this point, is a kitchen. It doesn't have to be large, just a place where she can set up camp and do her baking. Maybe some place with a basement apartment with the owner not wishing to have tenants at present, but would be open to rent the kitchen for two days a week? Maybe someone has a suggestion?

As for myself, I continue to offer English classes to those who wish to attend. The standard times are still Monday, Wednesday, and Friday nights at 6:30 at the Presbyterian Church. (However, because only a few are still coming, I don't go unless someone says they'll be there and if so, I ask them to let me know before 4:00 so I can plan ahead.) I also have been open to meet at different times to accommodate everyone's busy schedules and needs. Maybe a pronunciation someone would like clarified like three vs free, fool vs full or fuel and the way to say the th sound? Maybe the difference between to home, at home, and in home. Maybe a question about the difference between present, past, future simple tense vs present, past, future continuous tense? If you have any other questions or if a few have the same question, let me know and we can meet. I support all the other English classes offered, on-line and in person, but if I can help in any way I am willing.

Also, for others who are becoming entrepreneurs, Kerry Ramsay holds monthly events with all the information on-line. Vira not only benefited from all the information, but also from networking with other local business women. A very positive experience.

Lastly, I would like to add a thank you for all the support my husband Gary gives to this program, both at home while preparing the lessons and while away teaching. Behindthe-scenes people are so important to every project!

(Thanks to Barb for submitting this article. If you have a story to tell, or questions or comments, please contact VJ at english.knutson@gmail.



Pictured above are Barb with Vira and Barb with Tanya.

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COLUMN

FROM THE GARDEN: Those Happy Little Faces



By Nancy Abra

Everyone likes to be greeted with a smile and happy face. And if that cheerful welcome comes from a little flower, that's even better in my books. I love growing violas. They remind me of my grandmother. She would always say, 'look at those smiles on those sweet little faces.'

There are over 600 species in the Violaceae plant family, with pansies, violets and violas being the most familiar. Most of these species are found in the temperate climates of the Northern Hemisphere but some species of this family can also be found in diverse areas of Australasia and the Andes. The term 'pansy' is normally used for those multi-colored, large-flowered cultivars which are raised annually or biennially from seed, while the terms viola and violet normally reserved for small-flowered annuals or perennials, including the wild species.

Violas have been cultivated for thousands of years. The delicate flowers were widely used for medicinal applications in Ancient Greece, and in the Roman empire, the flowers were frequently made into wine. In the 19th century, horticulturists started to cultivate and breed them and they became popular in the gardens of France and England. Throughout the Victorian Era they continued to rise in popularity as violas were incorporated as edible garnishes, infused into perfumes, and used as a secret symbol to communicate feelings between lovers.

As for our gardens, pansies and violas are perfect for an early season planting with their diverse range of bright, cheery flower colours and their tolerance for cooler temperatures, as low as -4C. They typically grow between 10cm to 20cm, depending on the cultivar and produce single blooms on individual stems with each flower having five petals. Due to the extensive breeding over the last few decades, pansies and violas are available in an array of colours from purples,

yellow, white, orange, blues, pinks, red and even black. Removing the spent blooms will ensure they will continue to bloom for many weeks but during the hot, summer days they should be protected from the harsh afternoon

St. Marys Independent

When growing pansies and violas, it is essential to be aware of potential pests and diseases that can affect your plants. Some common issues to watch out for are powdery mildew, leaf spot and aphids. Violas are also susceptible to various viral diseases, including mosaic virus and aster yellows. These diseases are often spread by aphids or other insects. Symptoms of this include stunted growth, yellowing leaves, and distorted flowers. Checking your plants on a regular basis is always a good idea to monitor for pests and any diseases in order to take appropriate measures to control them.

With every plant there is usually some interesting folklore. I love the stories that plants hold in their past. Violas are considered a symbol of faithfulness, modesty, and innocence. In medieval times, people believed that wearing a garland of violets would protect against evil spirits.



Sometimes they are referred to as 'Heartease', a charming nickname frequently used by older English gardeners. Usually this name signifies the 'Viola tricolor' variety but we may know them better as 'Johnny Jump-ups', a purple, lavender, and yellow viola. The name 'Heartease' came about due to its historical association of ancient times with its potent properties related to love charms.

Violas and pansies are also edible. In refine dining, chefs use these brightly coloured blooms to dress up their culinary creations. But these little flowers are not limited to expensive sophisticated plates as we can use them as garnishes, with salad greens, fruit salads or even candy them to decorate cakes and confections.

Once you learn more about violas and grow them, it is easy to see how their blooms can brighter up our day when we are greeted by their happy smiling faces.





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Solutions on page 31



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Riddles

Why was the music teacher not able to open his class room?

Because his keys were on the piano.

Why couldn't the shipmates play cards?

The captain was sitting on the deck

If a rooster laid a white egg and a brown egg, what kind of chicks would hatch?

None. Roosters don't lay eggs.

What did the vampire bring to the baseball field?

His bats

What kind of dog can jump higher than a skyscraper?

Any dog,

skyscrapers can't jump.

What is black and white and read all over?

A newspaper.

What's the difference between a teacher and a train?

The teacher says throw out that gum and a train says chew, chew

What kind of witch lives at the beach?

A sandwich.

Why did the rooster cross the road?

Because he wasn't a chicken.

Why was the dog sitting next to the fire?

He was a hotdog

- Word Search -

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MOTHER'S DAY

SUUTAEENNTD R G L L Ε M L W U Н S E 0 V D D D G G D 0 0 С В Α M R

Word List

Appreciation

Comfort

Devoted

Forgiving

Gifts

Guidance

Kisses

Laughter

Love

Nurturing

Protective

The Best

Flowers

Jewellery

Perfume



Harvey Terpstra (8)

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 Roxy, a 3 year old pug. Roxy is the most loved pet of Donna and Murray Barber. Roxy's favorite activity is going for rides with Murray, whether it's on the ebike, the tractor or the truck.



St. Marys Veterinary Clinic is pleased to be the sponsor of the

PET OF THE WEEK

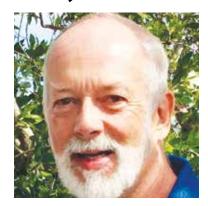
National pet week is here!

National pet week is a special week to show your pet extra love and attention. It was founded in 1981 to celebrate humananimal bond, promote responsible pet ownership and increase public awareness of veterinary medicine.

500 Water Street South St. Marys www.stmarysvetclinic.com

COLUMN

OH, THE PLACES WE'LL GO: Florida's historical coast



By Paul Knowles

The tagline for every promotional piece about St. Augustine declares it to be "Florida's Historic Coast." Unlike many hyperbolic mottos, this one happens to be spot on. Nowhere else in the United States can you explore such a depth of history.

By the way, there is a lot to discover in St. Augustine that does not fit under the category of heritage, and we'll visit those features in a subsequent feature. Today, we're going way back in time.

St. Augustine proudly claims the title of "the Oldest City in the United States" with European settlement beginning there 459 years ago.

Let's acknowledge there were people living in the area now known as St. Augustine long before that and there is an effort made at historic sites to acknowledge this.

For example, this phrase from a printed guide: "Before European settlement, Timucua people occupy most of northern Florida for several hundred years. They grow crops, hunt for food, and trade with

from Spain until relations deteriorate."

However, there is not much physical evidence left behind by these first peoples. The concrete residue of habitation still in existence in this small city dates from the eras since the first Europeans arrived.

There are two historic forts – the Castillo de San Marcos, which sits at one end of the historic downtown, and Fort Matanzas, several miles south of the city.

The Castillo de San Marcos is an enormous structure that, today, welcomes visitors who can marvel at the architecture, enjoy the harbour view, interact with costumed interpreters and explore a gallery of rooms which reveal bits and pieces of the history of the place.

It was built by the Spanish who initially arrived in around 1513 led by Ponce de Leon. The Spanish began construction of the Castillo in 1672 as a defense against other Europeans - the English and the French.

Visitors to the Castillo and other historic sites in town can learn all about this history, well presented with a genuine attempt at accuracy.

Today, the Castillo is generally well populated with visitors. Fort Matanzas, on the other hand, is sparsely occupied because it sits on an island in the mouth of the Matanzas River where the river meets the Atlantic Ocean. To reach the fort, visitors have to book

other tribes and newcomers a ferry ride and join a ranger-led tour. The boat runs every half hour from the mainland, but reservations fill up quickly on busy days. The site also includes a nature trail on the mainland.

> Both forts are constructed using a unique form of building block called coquina or shellstone made up of millions of seashells, a material no longer allowed to be used in building today for environmental reasons.

> These forts are the anchors to the historic attractions in St. Augustine, but there are many other sites, some dating back to the Spanish and others where visitors can catch glimpses of St. Augustine's history through the subsequent centuries.

> In the heart of the historic quarter, you will find the Oldest Wooden School House, built prior to 1763. A short walk from downtown takes you to the Authentic Old Jail which, after the forts and the school house, seems almost modern. It was, after all, built as recently as 1891. However, after spending a few minutes in a primitive cell, you'll realize we have come a long way since then.

> Two must-sees are Flagler College and the Lightner Museum. Flagler College was built in 1887 by Henry Flagler, the father of modern Florida. Flagler was the visionary entrepreneur who built the first railway through Florida, all the way to Key West, and then built luxury hotels at the main stops along the way.



The Castillo de San Marcos is well supplied with friendly, costumed interpreters. Photos by Paul Knowles

The railway is partially gone a hurricane destroyed the tracks through the Keys in the early 20th century - but the ahead-of-their-times hotels remain. In this case, Flagler's hotel has been transformed into Flagler College, an active post-secondary school. But visitors can still take tours and marvel at the luxury from this golden age, including Tiffany windows illuminating what is now a student dining hall.

Directly across the street is the quirky Lightner Museum, which displays the eclectic collections of Otto C. Lightner, a man who apparently was interested in just about everything and amassed a vast collection that mirrored his passion. The exhibits range from complex music boxes to rooms filled with cut glass and crystal, though there is also a

stuffed lion and other eccentric finds to be discovered.

Perhaps the best way to launch your exploration of this town replete with centuries of history is to hop on the Old Town Trolley for a tour through the entire town. You can enjoy the entire circuit or take advantage of the hop-on, hop-off feature. I always take these kinds of tours - you learn a lot. But you won't be wrong if you simply choose to stroll through historic St. Augustine discovering the deep-rooted historic building by building, story by story. You can learn more at FloridasHistoricCoast.com.

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 historic district of St. Augustine now has lots of shops, restaurants and bars. Flagler College, built by the legendary Henry Flager as a high-end hotel.



OBITUARY

Bogdanovic



Danijel Bogdanovic passed away peacefully at Hillside Manor on April 28th, 2024 at the age of 83.

Husband of 40 years to the late Ann Bogdanovich (nee Kielv). Beloved Father of Mark (Cathy) Bogdanovich. He is survived by his sister Drajica Peran and many family members in Croatia.

He loved the Lord Jesus and loved to tell people about Him. The Funeral Service was conducted at the Andrew L. Hodges Funeral Home, St. Marvs. on May 6, 2024 with internment in St. Marys Cemetery. Memorial donations may be made to World Vision Canada or Gospel Trust Canada. Online condolences at www.hodgesfuneralhome.ca.

OBITUARY

7 Vilson



Rena Wilson passed away at St. Marvs Memorial Hospital on May 4, 2024 in her 98th

Beloved wife of the late John A. "Jack" Wilson (1993) and the late Archie J. Petrie (1980). Loving mother of Catherine Paul (David) of Kirkton, Rod Petrie (Kim) of Strathroy, and Gord Petrie (Linda) of St. Marys. Also re-

membered by seven grandchildren, nine great-grandchildren and extended family members. Sister of Sheila Simpson (Jim) of Glasgow, Scotland. Predeceased by her parents Roderick and Kate McIntosh, her sister May MacKay (Ewing) and her brother Roderick.

Rena was a life-time member of the McConnell Club. As per Rena's wishes, cremation has taken place with no funeral service. Memorial donations may be made to a charity of choice. Online condolences at www. hodgesfuneralhome.ca.

The St. Marys Farmers' Market

Local rhubarb and asparagus are in season!

Saturday, May 11 8 a.m. to noon Milt Dunnell Field "The Flats"



(7) (6) Connect with us for updates!

Thank you to sponsor National Farmers Union, Perth/Oxford Local

OBITUARY

Kestle



Edith Fern (Mills/Youngson)

God sent out a message he needed a new PR Manager for his choir who could really sing with true gusto...and our Mother answered the call. In the early morning hours of May 2, 2024 our Mom headed off for her first heavenly choir practice.

The singers she left behind are her children; Beverley Haynes (Bill), Leslie (Bev), Marianne Kennedy (Marvin), Doris Youngson-Ross (Bruce), Jim (Tanja), and Sara Youngson-Wood. She was a loving Grandmother to thirty grandchildren, twenty-five great-grandchildren, and eight great-great grandchildren. She is also survived by her sisters Mary Kittmer (Ken) and Linda Mott- Kronenberg (Bernie); sisters-in-law Gwen Mills, Audrey Mills, Sheila Youngson and Mary Conley. Edith was predeceased by her first (ex) husband Jack Youngson (2019), after they came back together in friendship later in life, and her second husband, Mel Kestle (1999). Edith was predeceased by her parents Charles and Ethel (Chittick) Mills; family members Kenneth (Marion), Roy (Winnie), Eugene, Ross, Rosetta; Robert Mott, Gerald and Dorothy Youngson, Bill and Leone Holst, Bill Youngson, Robert Conley and Karmen Bedard.

Celebration of Life to be held June 3, 2024 from 2-4 p.m. at the St. Marys Royal Canadian Legion. Those who wish; donations may be made to the Canadian Cancer Society, The Heart and Stroke Foundation, the St. Marys Presbyterian Church or a charity of one's choice. Online condolences at www.hodgesfuneralhome.ca.

ANNOUNCEMENT

Happy 25th Wedding Anniversary!



Married May 8, 1999

With love from Stewart to Laurie

OBITUARY

Sewell



Marjorie May Sewell, Dancing

Marj Passed away on Friday, April 12, 2024 in her 96th year, having barely slowed down until her very last days. Born August 21, 1928, in Waterford, ON., she often reflected on her younger years tying tobacco leaves and picking

strawberries for 10 cents a quart before meeting her husband George in business college.

From her career as a legal secretary at a bustling law firm in Kitchener to her country house in the Wildwood Conservation Area, she ultimately retired in Stratford where she continued to thrive.

In recent years, you could still spot her on the Razzamajazz river boat dancing and waving to Stratford Festival tourists, or on the dance floor at Lakeside Every Saturday night with friends Randy, Liz and Mac. Year-round she stayed ferociously committed to daily YMCA swims with an infamous swim crew and mingling with fellow neighbours at the Church St. apart-

If you knew Marj, you would have seen the ever-growing maze of antique treasures she collected over a lifetime of hunting and (seemingly less) selling. You may have grabbed a rosebud chocolate on your way out her backdoor, tasted her butterscotch sauce or been gifted a container of homemade fudge.

But above all, to know Marj was to know her vast community made up of all ages and walks of life. Her spirit never wavered, forever socializing with warmth, a sparkle in her eye, and a spicy sense of humour. Marj in her purest form exemplified what it means to stay young at heart. If ever a choice, she always chose happiness.

We'll remember her as she was in her element, on a sunny summer day sitting on her porch in a cheerful plaid button-up, sharing chocolate covered caramels with friends and family.

Join us for a celebration of life on Tuesday, May 14, 2024 from 2-4 pm., at the Flour Mill, 6 Water Street, South. St. Marys. ON

Predeceased by her husband George Gilbert Sewell (1998), brother Keith and sister Ola Van Wagner (Melvin 1989) and her nephew Wayne Van Wagner (2020) (Leslie). Survived by her daughter Carol Ann Miller (Tom predeceased 2017), son John David Sewell, brother Jim Maddeford (Judy), granddaughters Brooke Barber (Blake), Amy Brennan (Pat), Alex and Anne Sewell (Isaac), and great -grandchildren Emma, Reid, Niamh, Enya and Quinn, nieces and nephews Nicole Auld (Brian), Mike Maddeford, Glenn Maddeford, Anita (Van Wagner) Miller (Matt), Randy Van Wagner (Ann), and niece-in-law Leslie Van Wagner.

As expressions of sympathy, memorial donations may be made to The Razzamajazz (Cheques payable to The Razzamajazz or by email money transfer, made direct to this charity be email: Razzamajazz1992@ gmail.com), or donations to YMCA of Three Rivers (Stratford) or Rotary Hospice Stratford Perth thorough the W. G. Young Funeral Home, 430 Huron Street, Stratford. www.wgyoungfunealhome.com

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Perth County to replace deteriorating St. Marys paramedic-services-base roof

By Galen Simmons

Perth County's CAO recently awarded a \$32,500 contract to Petersburg's Apply Contracting Ltd. for the replacement of the St. Marys paramedic-services base roof after it was deemed not to have performed to its expected lifespan.

Included in the county's 2024 facilities capital budget, the replacement of the shingle roof at the St. Marys paramedic-services base, adjacent to the St. Marys Memorial Hospital, is necessary as the base's original roof, built in 2007, is showing signs of deterioration likely because of the low slope of the shingle combined with insufficient attic ventilation.

While presenting the tender results and the successful bidder to Perth County council at its May 2 meeting, county public works director John McClelland told councillors staff awarded the project to Apply Contracting, which submitted the lowest of nine bids ranging in price up to \$90,500. While staff considered the installation of either commer-

THANK YOU

Holden

The family of Bob Holden would like to thank friends, relatives & neighbours for their cards, condolences, messages, flowers, food, visits & memorial donations. We are grateful for everyone's kindness during this difficult time.

Helen, Marie & Bob, Sandra & Paul, Brenda & Lorne, Peggy & Tim

THANK YOU

Quinn

My sincere thanks to everyone who took the time to come and celebrate my 90th birthday on April 27th here in St. Marys. To my wife, kids, grandkids and great grandkids, a special thank you for everything you did to make it such a special day.

Old George Quinn

IN MEMORIAM

Harris

In loving memory of Garnet Harris

Close to our hearts You will always stay

Loved and remembered everyday.

Love Deb, Helen, Dan, Mary, Phil and Families

cial-grade laminated fiberglass shingles or a standing-seam metal roof, McClelland said staff opted to go with the significantly cheaper option – the fiberglass shingles – while ensuring the contractor would install adequate ventilation.

St. Marys Independent

"That is such a low-pitch roof, you've seen how little lifespan you got out of your first shingles," Coun. Jim Aitcheson said. "I'm not a huge fan of these fiberglass (shingles). Yes, that steel roof would have cost you considerably more, but it would have counted as twice – the first and last time that you fix it. You're going to be replacing this roof a bunch of times, spending that much more money.

While the county has not previously worked with Apply Contracting, McClelland wrote in his report to council that staff checked the contractor's references and found the company has completed similar projects in the past including a roof-replacement in St. Marys. The contractor also confirmed they will be able to complete this project on budget and to the specifications provided by the county.

McClelland also told councillors the potential costs of removing and replacing portions of the plywood roof structure were included in the project budget should any of the existing roof sheeting be in poor condition.

According to the county's 2024 capital budget, a total of \$200,000 was budgeted for the St. Marys paramedic-service-base roof replacement.



LOOKING BACK



BY AMY CUBBERLEY

No more noon bussing

25 years ago (1999)

The Arena Improvement Committee wants to purchase new gas heaters for the St. Marys Area Arena prior to the start of next fall's winter sports program. The price tag for the six gas-fired radiant heaters is \$16,000. "Right now, what is there are the existing electric heaters from the old arena on Water Street, which are probably not cost-efficient," said Cindy Bilyea, one of the five people who sit on the Arena Improvement Committee.

Taking responsibility for social housing from the province could lead to some large and unexpected repair bills, said members of St. Marys Council at last week's regular meeting. Representatives from the Ministry of Municipal Affairs and Housing attended the meeting to explain how the transition will take place over the next two years. It is part of the trade-off of public services engineered by the Conservative government.

There will be no more noon hour bussing for kindergarten within the Avon Maitland District School Board. All everyday/half-day kindergarten programs will be converted to full day/alternate day programs. AMDSB spent \$38,000 last year bussing 58 kindergarten students from four public schools at noon last year.

50 years ago (1974)

Last Friday, the Stratford Livestock Exchange sale was one of the biggest days, with some 1,600 cattle going through the sale, which was handled as usual by auctioneer Barry Nairn.

Terry Crisp of the Philadelphia Flyers had an excellent showing on the ice during the current NHL series. Fatherin-law R.G. "Kelly" Hearn is determined that he will see some of the coming final contests.

The closing of the St. Marys Grill this Monday makes everyone wonder what the future holds for this venerable building premise. A restaurant for the past nearly 60 years, talk has it that the building may be acquired by the Bank of Montreal. Local manager Carl Schaefer says he is not aware of any move by the bank in this direction.

75 years ago (1949)

Frank Willard's men repainted the Weir drinking fountain on Thursday and the following day, the PUC turned on the water for the first time this year.

"The Town Worth Living in" seems to be a very worthwhile slogan. Recently the Detroit City Council approved the erection of a large boundary sign: "You are now leaving Detroit, where life is worth living."

A number of young lads have been having a whale of a time fishing for large carp and other types of fish in the shallow waters below the dam the past ten days. Many of the carp weighed several pounds apiece.

100 years ago (1924)

Town Council has passed a Wednesday afternoon by-law, making it compulsory for merchants to close their doors on Wednesday afternoon for five months of the year.

Mr. Samuel Sandercock, Jones Street West Ward, has been appointed caretaker of the St. Marys Post Office by the Federal Government. His application was considered the most favourable out of a list of over a dozen filed. Mr. Sandercock is a returned soldier and the father of a large family, two of whom gave their lives in the Great War.

Bush fires have already occurred in Northern Ontario, and the Laurentide Aid Service has been called on to operate patrols over numerous sections of the country.

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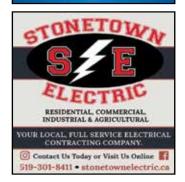
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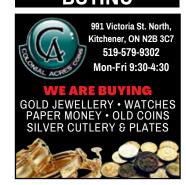




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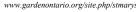
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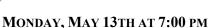
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Plant Auction and **Spring Flower Show**



St. Marys Legion Hall

Bring Any Perennials You Wish To Donate to Support the St. Marys Horticultural Society

If possible, please indicate the name of the plant and if it likes sun or shade Items may be dropped off after 6:30 p.m.

Membership not Required to Attend Refreshments provided by St. Marys Tim Hortons

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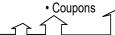
10. Fruit

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THE WEEK AH

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

Friday, May 10

- Royal Canadian Legion hot dog/sausage lunch at Noon A.N.A.F. meat draw - 6 p.m.

- Game 4 St. Marys Lincolns vs Listowel Cyclones at the PRC - 7:30

Saturday, May 11

- St. Marys Farmers Market at Milt Dunnell Field 8 a.m. to Noon
- Parks Lawn Bowling Club open house 9 a.m. to Noon
- A.N.A.F. Pickerel Fish Fry 4:30 p.m. to 6:30 p.m.
- Royal Canadian Legion meat draw 5 p.m.

Sunday, May 12

- Mother's Day
- Game 5 St. Marys Lincolns vs Listowel Cyclones at Steve Kerr Memorial Complex - 7:30 p.m.

Monday, May 13

- Rotary All Wheels Park opening ceremony at 180 James St S 4
- St. Marys Horticultural Society plant auction and spring flower show at the Legion - 7 p.m.
- Game 6 St. Marys Lincolns vs Listowel Cyclones at the PRC 7:30

Tuesday, May 14

Game 7 St. Marys Lincolns vs Listowel Cyclones at Steve Kerr Memorial Complex - 7:30 p.m.

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