



# Goderich Sun

VOLUME 3 • ISSUE 1

SEPTEMBER 4, 2025

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## United Way is seeking new members

GODERICH SUN STAFF

info@goderichsun.com

United Way Perth-Huron (UWPH) thrives because of its dedicated volunteers who ensure the organization continues to serve Perth-Huron communities.

UWPH is seeking new members for its Social Research and Planning Council (SRPC) to help address urgent needs across the region.

"We are excited to work with volunteers with diverse perspectives and expertise to guide our research and advocacy," said Kristin Crane, UWPH Director of Community Impact and Research.

According to UWPH, the SRPC plays a crucial role in guiding the research process, approving research reports and supporting advocacy campaigns.

Committee terms are three years, and UWPH is particularly interested in members who have lived experience of exclusion and discrimination. This could be due to poverty, ability, citizenship, religion or personal identity and expression.

"If you want to help us understand the biggest local issues, we encourage you to apply and join our efforts," added Crane.

Personal or professional experience with social systems – social services, courts, child welfare, or immigration – is also valued by the SRPC.

To learn more and access the application form visit perthhuron.unitedway.ca



Goderich Tempest recently won the First Division Cup. (Back row, L-R): Anna Keller, Brittany Norman, Christine Lapp, Marianne Van Den Heuvel, Rachel Galbraith, Bryn Lewis, Head Coach Ray Lewis. (Front row, L-R): Mascot Percy, Kiley Stewart, Lainey Cox, Karly Howard, Danielle Bean, Shea Frayne, Nicole Evans, Jileesa Mali.

## Goderich Tempest capture First Division Cup

KATHLEEN SMITH

Editor

In the London and Area Women's Soccer League (LAWSL) action, Goderich Tempest captured the First Division Cup with a 4-3 victory over St. Thomas at the North London Soccer Complex.

Over the course of the season, the team had gone through a bit of adversity, yet everyone continued to rise to the challenge.

Mostly due to injury, the Tempest squad went nine out of 15 games this season without its regular goalie.

Karly Howard, captain of the Tempest explains that without players willing to step into new positions or filling gaps for the team, they wouldn't have seen success this season.

During the season, the Tempest had to play almost two full games at a one player disadvantage on the field, but according to Howard, the team found its

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# Postal workers in strike position while negotiations with Canada Post continue

KATHLEEN SMITH

Editor

Significant disruptions in mail delivery services have been caused by the ongoing dispute between Canada Post and Canadian Union of Postal Workers (CUPW) while the two parties attempt negotiations for a new contract.

A final offer was presented to CUPW in May, but postal workers rejected this offer and continue to be in strike position.

"We know this ongoing uncertainty is having a significant impact on your business," the Corporation stated on August 20 in a press release.

"We also know it's a critical time for your business as the holiday season approaches. To ensure you can make informed business decisions, we will share updates as soon as possible...We are committed to reaching new collective agreements through the bargaining process."

While negotiations continue, small town delivery services have been affected and local post office workers in Goderich and throughout Huron County remain in strike position.

This long-standing dispute began with a strike on November 15, 2024, when over 55,000 postal workers walked off the job.

According to Matteo Giordano, Vice-President Wingham Local 632, Canada Post had engaged in bad-faith bargaining, changing of work conditions, suspending health benefits, exposing workers to layoffs and refusing to negotiate fair agreements.

On December 17, 2024, after 32 days on the picket lines, the Canadian Industrial Relations Board (CIRB) ordered postal workers back to work and put a pause on the union's legal strike until May 25, 2025.

Despite 12 months of discussions and negotiating, little progress has been made.

"We did return to the bargaining table before the May 25 deadline and even with the help of federal mediators, we could not come to terms," explained Giordano.

"When those talks broke down, Canada Post gave us their 'final' offer."

At the May 28 meeting, Canada Post presented final offers to the union.

After nearly two years of negotiations, a lengthy strike, an intense review by the Industrial Inquiry Commission (IIC), and now the resumption of strike activity, the Corporation stated it is hopeful the final offers move negotiations forward and return certainty and stability to customers and Canada Post employees.

According to Canada Post, the final offer includes:

- Employees will receive a signing bonus of \$1,000 or \$500, depending on their role
- Cost of living allowance payments would be triggered at a lower inflation threshold
- Letter carriers using the Dynamic Routing delivery model will continue to receive a per-piece payment for Neighbourhood Mail deliveries until January 1, 2030. The per piece payments are on top of actual time values
- Compulsory overtime will be removed, meaning the Corporation can no longer require employees to work mandatory overtime

According to a statement by the Corporation, Canada Post has maintained its wage offer.

While making enhancements, according to Canada Post, its final offer continues to protect defined benefit pension, industry leading job security provisions, health benefits, and post-retirement benefits, vacation and other leave.

Despite those protections presented by Canada Post, the company is no longer proposing a new health benefit plan.

Union members believe this as an unfair offer, and in response, Giordano explains that as of May 25, postal workers have been in a legal strike position. On May 26, 2025, CUPW national announced an overtime ban for all postal workers instead of a strike.

Shortly following this, after no movements at the bargaining table, the CIRB stepped in again by granting a one-time direct vote to postal workers on Canada Post's final offer.

The members rejected this offer with a 70 per cent no vote. Results were announced on August 15.

At this point, CUPW immediately returned to the bargaining table, awaiting Canada Post to return.

Giordano explains that Canada Post's offer is considered as rollbacks and concessions, including more part-time, low-wage, precarious jobs instead of stable, full-time work.

The offer also included a flexibility plan that undermines job security, pensions, and working conditions, while not addressing health and safety issues, excessive workloads and injuries.

"The union rejected the best and final offer because members overwhelmingly said it did not meet their needs," explained Giordano.

"Postal workers need living wages, job security, and safe working conditions. Canada Post's proposal instead pushes a second-class workforce."

Giordano explains what the union wants – fair wages to keep up with inflation, secure pensions and benefits, health and safety protections, job security and service expansion like postal banking and Internet connection sites in rural post offices.

"Ending this job action is simple," added Giordano.

"Canada Post must bring forward serious, fair proposals so members can vote on a ratifiable collective agreement at a table without government interference."

Unfortunately, customers and businesses across Huron County are facing mounting anxiety over further potential disruptions to Canada Post services.

With the CUPW rejecting what has been termed the final offer from Canada Post, local business owners are left uncertain about the reliability of delivery services in the coming weeks and months.

Small businesses in Goderich, Clinton, Wingham, Seaford and surrounding communities have been dependent on Canada Post for critical operations for a long time.

From shipping goods to receiving invoices and communications, even small-scale interruptions can ripple through planning, cash flow, and customer service.

According to the Huron Chamber of Commerce, the closure of the Goderich Post Office last month, although unrelated to the labour dispute, compounds the anxiety, serving as a reminder of the region's dependence on the local post office.

For now, businesses face short-term risk, but longer-term, the concern is structural. Will Canada Post emerge from this dispute with the capacity and coverage local businesses can continue to rely on?

Whatever the result when a deal is agreed upon, Giordano and union members remind residents in this area that the union did not create this disruption in services. From the union's position, it was Canada Post that created this situation.

CONTINUE TO PAGE 4

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## Goderich Tempest capture First Division Cup

CONTINUED FROM FRONT

second effort and they were able to come out with a victory in both games.

With second efforts and flexibility, having a great coach in Ray Lewis guiding the team since its inception in 1997 has led the Tempest to its recent successes.

"Having such a great coach in Ray Lewis has fos-

tered a dedicated, close-knit team that works hard on the field together and we're extremely proud of our small-town team being able to hoist the cup," added Howard.

Currently the team is sitting first in the standings and could likely be promoted to the Elite Division next season, which is the highest level of soccer in the region.

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# Postal workers in strike position while negotiations with Canada Post continue

CONTINUED FROM PAGE 2

By informing the public on this issue in a way that promotes uncertainty with its customers, Canada Post has incurred financial losses.

The Canadian Press has revealed the Corporation has reported a loss of \$407 million in its second quarter, as parcel volume suffers.

While the strike continues, the company is bleeding millions of dollars in business daily tied to uncertainty around its collective bargaining.

While delivery services remain impacted by the strike, customers are looking elsewhere. Purolator, which is owned in part by the Canada Post Group of Companies, earned a profit before tax of \$82

million in the second quarter because of customers seeking delivery services elsewhere.

Despite these reports that Canada Post is struggling financially, yet Giordano says the real squeeze is on the work floor, where employees face constant rollbacks and job insecurity.

"While workers are certainly struggling, especially under an overtime ban, this form of job action is carefully chosen to protect our members while keeping service to the public intact," added Giordano, adding that the best agreements are reached at the bargaining table.

"Postal workers want to get back to normal as soon as possible, but only with a contract that ensures fairness, safety and

stability."

Reliable shipping is essential for business success, and with labour negotiations resuming, businesses across Huron County are keeping a keen eye on the matter in case of potential disruptions.

Meanwhile, the union vows to continue to make constructive suggestions.

"Our overtime ban is about protecting workers' health and pushing Canada Post to bargain fairly, not punishing the public," added Giordano.

"That's why I am doing informational pickets on my own time, in front of post offices on public property. Canadians deserve to know what's really happening with their postal service."

Postal workers have been without a new

contract since January 2022, yet services have continued – even through the pandemic – and sometimes at a personal cost to the employees.

Members are dealing with forced overtime, short staffing, and rising injuries.

"That's why we so deeply value the patience and solidarity of customers and businesses, who understand this fight is about fairness and the long-term health of the public postal service," Giordano stressed.

While negotiations continue, Canada Post has stated it is currently reviewing the union's response to its final offer and is committed to reaching new collective agreements through the bargaining process.

## Letters to the Editor

### Please help keep our Township safe and beautiful

Dear Editor,

As an ACW taxpayer who cares deeply about the environment and quality of life we enjoy in the Township, I strongly support the Council Report of August 12 that recommends the removal of the blanket property standards exemption for lands zoned agricultural.

According to the report, this broad exemption potentially allows properties 'not engaged in legitimate farming activity' to pose environmental or health and safety hazards to the community.

The report recommends that where agricultural use is not occurring or where issues arise that are unre-

lated to farming, there should be enforcement of the same property standards that apply to residential properties.

I fully support continued protection for farm operations engaged in normal practices, such as those provided for under the Farming and Food Production Protection Act (TFPPA).

That Act protects farmers from liability due to complaints about noise, odour, light, vibration, smoke, flies and dust.

Removing the exemption for lands zoned agricultural, ACW is not only protecting good farm practices, but also ensuring the health, safety, and the environ-

ment quality of our community.

Removing the exemption would also bring ACW into line with all the surrounding Townships. None of ACW's neighbours allow such broad exclusions.

As an ACW taxpayer, I urge councillors to vote YES to approve the recommendations of the Council Report and remove the exemption of property standards to lands zoned agricultural.

We need to keep our Township safe and beautiful for all to enjoy.

*Sincerely,  
Nick Jennings  
Hunter's Beach*

### Goderich boat cruises

Dear Editor,

A new recreational activity has been added to Goderich beachfront this summer.

Sunset cruises, shoreline and harbour cruises are available. You may choose either a public cruise or a private

charter.

I chose a sunset cruise for the first time and it was fabulous.

Captain Mike and first mate Mary are a good team, making sure everyone is comfortable and having fun. The music was also a nice feature.

The yacht is 45-feet long and 15-feet wide, and there is outside seating and covered seating. To my understand-

ing, it meets all the safety standards, life jackets, a life raft secured to the back of the boat and a passenger safety briefing is done before boarding.

The sunset cruise leaves 30 minutes before sunset time, and you are out on the lake for an hour or longer.

I am looking forward to my next cruise.

*Bonita Eitel  
Goderich*

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 **Goderich Sun**

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Funded by the Government of Canada  
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**SUBMIT YOUR LETTER TO THE EDITOR TO US!**  
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**Goderich Sun**

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## LEGION WEEK – SEPT 21-27, 2025

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- Decoration Day, Maitland Cemetery – 2:00 p.m.
- Band Jam & Silent Auction – Live music all afternoon (1–5 p.m.)

### WEDNESDAY, SEPTEMBER 24

- Wake Up Wednesday – 9:00 AM with David Yates, local author/historian
- Ladies Auxiliary Lunch – 11:30 AM, Soup & Sandwiches

### THURSDAY, SEPTEMBER 25

- Fun Darts Drop-In – Everyone welcome, no experience needed!

### ALL WEEK

- Student Tours & Veteran Education Activities

### FRIDAY, SEPTEMBER 26

- Wits & Giggles Trivia – Legion Week Edition!

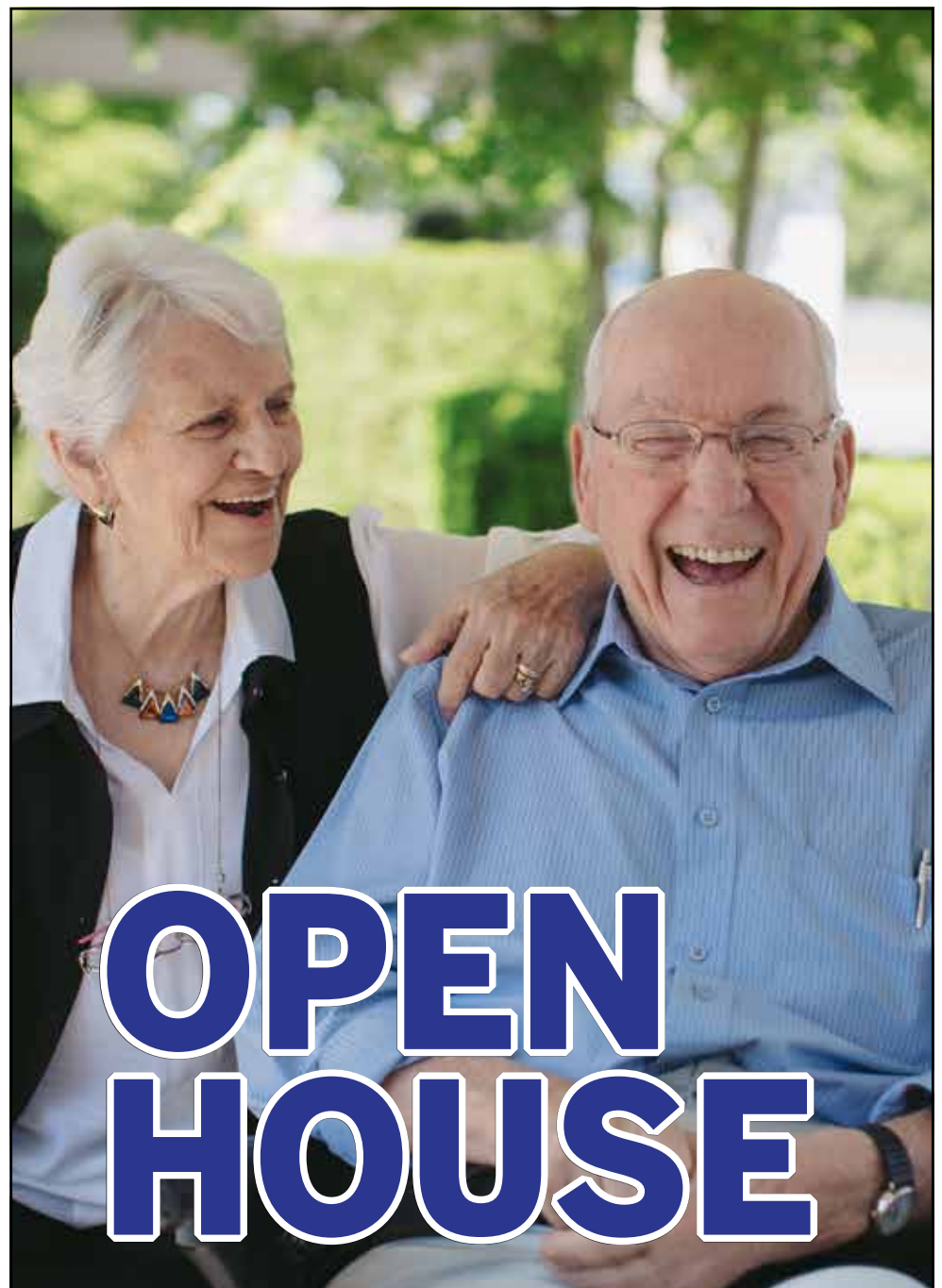
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# As students return to school, drivers are reminded by Huron OPP to be alert, to help keep children safe

KATHLEEN SMITH

Editor

This week, children and teens across Huron County are heading back to school.

Apart from preparing for school with a new outfit, new supplies, and an understanding of a zero-tolerance when it comes to bullying, students should also be prepared when it comes to getting to and from their schools.

According to the Huron County Ontario Provincial Police (OPP), the return of school buses and student pedestrians means the roads will be busier.

Some students will be walking, some riding bikes, and many others riding on school buses to travel back and forth from school.

Huron County OPP encourages everyone to give take their time to get where

they are going and help keep students safe.

The Huron County OPP is asking all drivers to be extra careful and observant for children on or near roadways, particularly near school zones.

Police urge drivers to keep their speed down and watch for students who try to cross the road in unexpected locations.

According to Section 176 of the Highway Traffic Act (HTA), it's against the law to ignore a school crossing guard. Your vehicle must be stopped until the crosswalk is clear.

Motorists who fail to stop for a school crossing guard stop sign face a fine of \$365 and four demerit points upon conviction.

Drivers should also be alert for school buses stopping on the roadway with alternating red lights flashing.

Under Section 175 of the HTA, drivers meeting a stopped school bus and drivers

approaching a stopped school bus must stop and not proceed until the bus moves or the overhead lights have stopped flashing.

Motorists who fail to stop for a stopped school bus face stiff penalties upon conviction.

First offence, the maximum fine is \$2,000 and six demerit points. For each subsequent offence, the maximum fine is \$4,000, or imprisonment, or both and six demerit points.

According to the Huron OPP, if the driver can't be identified, the registered owner of the vehicle may be charged with failing to stop for a stopped school bus.

"The Huron County OPP encourages all parents and caregivers to take some time to talk to their children on the importance of being safe when travelling to and from school," said Provincial Constable Craig

Soldan, Media Relations and Community Engagement Officer with the Huron County OPP.

Huron County OPP will have enhanced high visibility patrols around school zones throughout the coming weeks to ensure drivers and students are following the rules of the road and are exercising the appropriate level of caution and care.

"Our children's safety is everyone's responsibility," reiterated Provincial Constable Soldan.

"Everyone using the roads needs to exercise vigilance, patience and understanding as our students' head back to school. We ask you to please do your part to keep our children safe."

For more information on school buses and school crossings, please visit <https://www.ontario.ca/document/official-mto-drivers-handbook/stopping>

## Bayfield Area Food Bank reaches fundraising goal

GODERICH SUN STAFF

[info@goderichsun.com](mailto:info@goderichsun.com)

The Bayfield Area Food Bank (BAFB) has successfully reached its fundraising target, making it possible to complete renovations on its new facility.

This milestone reflects the extraordinary generosity and unwavering support of the Bayfield and Area community.

"Our community has come together in an extraordinary way," said Claire Trepanier, BOD President.

"We are incredibly grateful for every individual and organization that supported us. This new facility will allow us to better serve our neighbours and provide essential services in a permanent home."

Generous contributions come from individuals, families, volunteers, and local businesses.

Notably, the Bayfield Lions Club made a significant impact with a \$30,000 donation, helping to bring the campaign across the finish line.

The Food Bank extends sincere gratitude to the Bayfield Community Centre for providing temporary space during this transition.

In addition, the Municipality of Bluewater generously provided the building that will serve as the Food Bank's permanent home. Thanks to the fundraising efforts held over the spring and summer of 2025, BAFB has been able to retrofit and renovate the space to meet the needs of the community.

Construction is expected to be completed in September 2025, ensuring that the Bayfield Area Food Bank can continue its mission of supporting those in need with a safe, accessible, and welcoming space.

## ONE CARE launches 'Shop for Seniors' campaign this September

GODERICH SUN STAFF

[info@goderichsun.com](mailto:info@goderichsun.com)

ONE CARE's annual Shop for Seniors campaign aims to raise funds that directly support seniors and individuals with health challenges in the community.

Through this initiative, ONE CARE partners with local businesses across Huron and Perth counties.

This year's campaign has a critical focus – purchasing much-needed new accessible vehicles for ONE CARE's transportation program.

According to ONE CARE, these vehicles are a lifeline for many clients, ensuring they can get to essential medical appointments, community programs, and social outings safely and reliably.

"We know that being able to get where you need to go is essential for independence and quality of life," said Stephanie Ellens-Clark, Executive Director of ONE CARE.

"Our transportation program is one of the most relied upon services we offer. The demand continues to grow, but our vehicles are aging, and we urgently need to replace them to continue meeting the needs of our clients."

Throughout the month of September, community members can support the campaign simply by shopping local.

Participating businesses will donate a portion of sales or proceeds from specific products and services to ONE CARE.

Every purchase made through partners brings ONE CARE one step closer to putting new accessible vehicles on the road.

"Shop for Seniors is a win-win," added Lindsey Martchenko, Fundraising Specialist.

"By supporting local businesses, you're also helping ONE CARE provide essential care and transportation for seniors and people with health challenges."

For more information, visit [www.onecaresupport.ca/shopforseniors](http://www.onecaresupport.ca/shopforseniors)

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# Join Huron Hospice for No Place Like Home Farm to Fork Dinner

GODERICH SUN STAFF

info@goderichsun.com

Huron Hospice's signature fundraiser No Place Like Home helps pay for the care at the hospice each year. This year the event is taking place on Saturday, September 20 at the Holmesville Community Centre.

"At first, No Place Like Home was a one night only telethon concert," said Christopher Walker, Huron Hospice Manager of Fund Development.

"Five years later, the event continues to be an important fundraiser for the Hospice. We are celebrating home and Huron County."

According to Walker, the event invites conversations, memories, and stories about hospice and end-of-life care in a home-like environment.

The dinner provided by Part II Bistro in Goderich, will evoke visions of a Huron County 100-mile diet. If the ingredient is unavailable in Huron County, it will come from as close to home as possible.

"The dinner will feature local wine and beer, a tasting of wines available only directly from the producers, and our famous

wine raffle," added Walker.

"This year we will have a silent auction and an auction of pies. Each pie will have a unique story about Huron Hospice."

Organizers announced that Floyd and Laura Herman will act as emcees.

Walker explained that Huron Hospice is glad to have Floyd and Laura join in the event, as the dinner is all about stories and moments, and Floyd is the Huron County storyteller.

"Each of them knows Huron County and the food scene better than most," added Walker.

"The fact that Floyd and Laura are making time for Huron Hospice shows how important the hospice is for everyone across the county."

Tickets for the September 20 dinner are \$150 each or \$1,200 for a table of eight.

Last year, nurses and volunteers provided care for more than 50 people at Bender House, which had an 80 per cent occupancy.

Home hospice and respite volunteers made 567 visits to families in their homes, and 89 people attended 345 grief group sessions.

# September is Childhood Cancer Awareness Month

GODERICH SUN STAFF

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Childhood cancer is the number one cause of death by disease of Canadian children. The incidence rate of childhood cancer in Ontario is increasing by approximately one per cent each year.

The month of September is a time to acknowledge the thousands of children and their families who are dealing with a cancer diagnosis.

Several municipalities in Southwestern Ontario are officially recognizing September at Childhood Cancer Awareness Month, including Huron County, which will fly a flag throughout the month.

"These actions speak volumes about the importance of standing with our children and their families," said Suzanne Fratschko Elliott, Executive Director at Childcan.

"We invite everyone to join this meaningful movement, whether it's attending a flag raising, displaying an awareness lawn sign, or stepping out for the Childcan Pyjama Walk. Together, we can honour the bravery of our young heroes and help

drive real change this September."

A Childcan Pyjama Walk will take place on Saturday, September 13 from 4 p.m. until 7 p.m. at Lion's Park in Mitchell, and on Saturday, September 20 from 4 p.m. until 7 p.m. at Springbank Gardens in London, which are the closest walks for those in Goderich or Huron County.

September is a time to take notice and raise awareness about the reality of childhood cancer, and to emphasize the importance of research. September is a time when everyone can show their support by glowing gold.

A gold ribbon is the internationally recognized awareness symbol for all forms of childhood cancer. Gold is a precious metal, just as children are precious.

To learn more about all the ways you can raise awareness this September, visit [www.childcan.com/gold](http://www.childcan.com/gold)



# Huron County Police Reports

## Police investigating fatal collision in Seaforth

A vehicle versus pedestrian collision in Seaforth has claimed the life of a 77-year-old Huron East resident.

Just before 7 a.m. on Friday, August 22, members of the Huron County OPP, Huron County Paramedic Services and Huron East Fire Department responded to a collision on Main Street in Seaforth.

Upon arrival, emergency services located a pedestrian that had sustained life threatening injuries.

They were transported to a local hospital where they succumbed to their injuries. The driver of the involved pickup truck remained at the scene.

The cause of the collision is being investigated.

Any person with information regarding this collision should contact Huron County OPP at 1-888-310-1122.

## Impaired driver caught following traffic stop

Huron County OPP has charged ACW resident with several offences following a traffic stop on July 12.

Just before 11 p.m. on Saturday, July 12, police officers spoke to a vehicle driver after they were stopped for a traffic violation on Amberley Road in North Huron.

The driver was subsequently arrested for

impaired operation and transported to the North Perth OPP detachment in Listowel where they underwent testing.

A 28-year-old was charged with Impaired Operation – Alcohol and Drugs.

The accused was additionally charged with offences found in the Cannabis Control Act and Highway Traffic Act.

The accused was processed and later released from custody with a court appearance scheduled at the Ontario Court of Justice – Goderich.

## Impaired driver arrested after traffic complaint

Huron County OPP charged a Barrie resident with impaired driving offences following an incident on July 14 in Central Huron.

Just after 3:30 a.m. on Monday, July 14, police received a report of a vehicle stopped in a live lane of traffic on Ontario Street in Clinton.

Officers observed the driver being unresponsive behind the wheel of the vehicle running and in gear.

Officers needed to break the window to place the vehicle in park and subsequently arrested the driver for impaired operation.

The accused provided breath samples, resulting in readings over the legal limit.

A 33-year-old resident of Barrie was charged with Impaired Operation – Alcohol and Drug, and Impaired Operation –

Over 80.

The accused was processed and later released from custody with a court appearance scheduled at the Ontario Court of Justice – Goderich.

## Collision results in several criminal driving charges

Huron County OPP has charged a Kitchener resident with several criminal driving offences following a series of collisions with parked cars in Goderich on July 13.

Just before 8 p.m. on Sunday, July 13, police responded to a report of a vehicle that had collided with three vehicles on Cove Road in Goderich.

The driver was located shortly after by police and arrested for impaired operation and dangerous driving.

The driver was transported to the Huron OPP detachment in Clinton where they provided breath samples, which resulted in readings over the legal limit.

The 32-year-old accused was charged with Dangerous Operation, Impaired Operation – Alcohol and Drug, Impaired Operation – Over 80.

The accused was processed and later released from custody with a court appearance scheduled at the Ontario Court of Justice – Goderich.



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# Cakes, cookies, and community are the quality ingredients for a Goderich baker's recipe for success

ALEX HUNT

*Sun Correspondent*

Since opening Cakes Cookies & Coffee Bar on July 5, Mardelle Hunt has turned a family baking tradition into a bustling Goderich business, balancing newborns, custom cakes, and big plans for expansion.

After operating in a trailer for three years and selling her baked goods at the market, Hunt's business has sparked some challenges and rewards.

Running just over a month, Cakes Cookies & Coffee Bar offers its guests an abundance of treats, decorated sugar cookies, French Macarons, rich brownies, custom cakes, mocktails and a variety of coffee styles.

A mother of four children, Hunt has discovered the balance of operating a business while attending to the needs of her children shared with her husband.

She said it's extremely rewarding to do what she loves for a living, along with raising a family who she hopes will take over the business for generations to come and franchise the brand.

"Since opening, the business has been going great, I love my customers, and they are all so excited. I'm learning something new every day and it's never boring," Hunt commented.

"What I've learned specifically is that paperwork is hard and so is the financial aspect. Trying to pass the paperwork task to somebody else is the best thing ever.

"You make goals about what three things



**Mardelle Hunt at her Cakes Cookies & Coffee Bar business ready to greet and serve her customers with a local smile.**

(CONTRIBUTED PHOTO)

need to get done that day and you make sure you get them done and if you finish them soon enough then you can accomplish more tasks afterwards which is a bonus."

Designing custom cakes is one of Hunt's favorite things for her customers. She asks customers what they would like and encourages them to send photos for inspiration, so she can better understand their vision.

Most of the time, people love her creations and her edible artwork, often trusting her to make decisions from there. She described the process as fun, open, and something she truly enjoys.

Hunt is currently looking for employees, promising plenty of treats along for the new hires. New staff will learn to make a variety of mocktail drinks and baking recipes.

Hunt plans to eventually expand the menu from mocktails to cocktails once it becomes liquor-licensed, a development Hunt believes will be a lot of fun.

"We don't know when we will be licensed and we will eventually have food and I'm hoping it will be something tropical that we don't have around here that we can expand from," said Hunt.

"Before we're licensed, we want to make sure the staff are comfortable with making the mocktails first. Once they are and we have proper staffing then we will move in the direction of acquiring a license to serve alcohol."

Many of Hunt's ingredients come from BYOB Bulk Food & Eatery in Goderich, as she strives to source as much as locally possible.

All the retail products within her store are also from women-owned businesses, with the back of the shop housing three rented offices, with two belonging to massage therapists, and the third to a photographer.

Hunt added that she loves Goderich and is committed to supporting the community as much as possible.

Hunt said she's been baking all her life with her mother and has gained a vast amount of knowledge from trial-and-error techniques to drop cakes on the kitchen floor.

Hunt also operates an online store for her business at [cakescookiesandcoffeebar.ca](http://cakescookiesandcoffeebar.ca). People can also visit her store in-person on 91 Hamilton Street.

## Mental Health Unit under renovation at AMGH

GODERICH SUN STAFF

[info@goderichsun.com](mailto:info@goderichsun.com)

A significant renovation project of the mental health unit is underway at Alexandra Marine and General Hospital (AMGH).

According to the Huron Health System (HHS), the renovation plans include three phases, made possible by generous donations facilitated by the AMGH Foundation.

"Health care touches all of us at some point in our lives, which is why every donation holds meaning and creates a lasting impact," said Kimberley Payne, Executive Director of the AMGH Foundation.

The renovations are more than physical upgrades. This project reflects a strong commitment to enhancing the quality of patient care and the overall experience for those seeking mental health support at AMGH.

Thanks to support of donors to the All In Campaign, renovations are possible.

"Key improvements such as safe rooms in both the Emergency Department and the Mental Health Unit, along with an upgraded patient washroom, have already been completed," added Payne.

"These renovations are about more than just improving spaces. They are about building a stronger community for all."

Currently, the hospital is in the first phase of the renovations, which includes expanding and renovating the nurses' station, along with constructing a new medication room.

Jimmy Trieu, President and CEO of HHS explains that by upgrading the facility to create a more welcom-



**Darlene Patterson, Dr. Mark Reddington, and Haylee Caldwell.**

(CONTRIBUTED PHOTO)

ing and functional environment, the hospital can better support patients and their families through every step of their recovery.

The second phase will feature a new staff washroom, a patient laundry room, and a kitchenette for patients.

According to HHS, the final phase will complete the patient dining room, replace the solarium window, and refresh the patient lounge and group room. The aim is to transform these rooms into brighter, more welcoming spaces.

"Investing in mental health is vital to building a

community where stigma is diminished and everyone feels empowered to seek the care they need," said Trieu.

"We are grateful to our donors whose generosity has made this possible, and to our dedicated psychiatrists and staff who bring compassion and expertise to every patient interaction."

While construction continues, mental health services at AMGH remain fully operational.

Huron Community Mental Health Services, the hospital's community-based program, provides high-quality, patient-centred care to individuals experiencing moderate to severe mental health challenges.

The program offers individual, goal-focused counselling, skills training, and group therapy across five sites throughout Huron County.

Group sessions include Cognitive Behavioural Therapy (CBT), Dialectical Behaviour Therapy (DBT), assertiveness training, a newly introduced self-compassion group, as well as psycho-social rehabilitation programs.

Additionally, AMGH serves as a satellite site for specialized eating disorder support.

With the support of dedicated professionals, growing programs, and continued investment in its facilities, AMGH remains committed to supporting mental health in the community.

This autumn, the team will welcome two new psychiatrists – Dr. Anne Rose and Dr. Michele Doering – both bringing significant experience, with Dr. Doering offering specialized expertise in geriatric psychiatry.



# Forest Tails Doggy Day Camp offers our best friends a forest adventure in play, learning, and healing

ALEX HUNT

*Sun Correspondent*

Dogs trade backyards for a forest sanctuary at Forest Tails Doggy Day Camp. With games, treats, and gentle guidance, they leave more confident, happy, and connected.

Tiffany Jones runs an adventure dog camp at her partner's 12-acre property located just outside of Goderich at 79176 Bluewater Highway.

Running between 10:30 a.m. and 12:30 a.m. the year-round program offers dogs an opportunity to explore, connect and rediscover their joy in a natural environment.

"It's a retreat, there's no hydro, there's no power, it's very much a sanctuary. It was inspired by providing dogs with mind, body, spirit and wellness therapy," said Jones.

"Being in a natural environment is therapy for humans and it's no different in dogs. Smell and all the sensory stimuli of nature is their first language.

"The mind is engaged as they jump through mossy logs and smelling resin from trees. They're getting this huge download which reduces their stress and anxiety, it's really engaging, and it tires them out. The dogs are the actors, there is a theme to the play, but they write their own script."

The 12-acre dog sanctuary features a network of forest trails and ponds within a lush forest environment for the dogs to



**Tiffany Jones, founder and owner of Forest Tails Doggy Day Camp provides high end treat for all her campers to enjoy at The Camp Cafe.** (CONTRIBUTED PHOTO)

explore and play and thrive within a pack just as wolves do.

Led by Jones herself, she allows the dogs to operate in a pack as they follow her direction. She provides positive reinforcement and personally affirms all her campers.

"We do operate in a pack, they follow me, this goes back into the spirit of dogs being pack animals," said Jones.

"Being the pack in the past was how they stayed safe and got resources. Dog owners are saying that their canine is a different dog, the forest has a frequency, and it does play a role in helping dogs co-regulate with nature."

Owners can drop off their dog in the morning, while Jones also offers a pick-up service at the home. Once all canines are present, the day begins, and dogs live

through a morning of socialization, cooperation, playtime and nurture rejuvenation resulting in stronger bonds with each other and their human companions.

Shy and anxious dogs will become more confident and grounded, while also building improved communication and promoting self-regulation.

"It's a healing place to come for adventure, it's much more than a walk where everything is equalized," said Jones.

"There's swimming, hiking and group play, we are never in one spot for more than 10-minutes because there is so much for us to do and see, they go home with their, bodies and spirits completely full."

A Camp Cafe is also featured on property where dogs can gorge themselves with delicious luxury treats.

Additionally, Jones hosts dog birthday and holiday events with the focus on celebrating dogs. Celebrations will center with joyful interaction between dogs and humans; dogs can also wear fun costumes and hats.

On October 5, a fall event called "The Great Pup-Giving" will take place on the property with treats provided by Spoil the Dog Bakery.

"Forest Tails is seeking another nature-rich location where paws can roam and joy can run free," added Jones.

"If anyone knows a spot, we would love to hear from them."

For more information or to register a dog, visit the Forest Tails Doggy Day Camp website at [foresttails.ca](http://foresttails.ca).

## Ausable Bayfield Conservation launches tree sale to improve local forest conditions

GODERICH SUN STAFF

[info@goderichsun.com](mailto:info@goderichsun.com)

As part of Watershed Awareness Day on September 6, Ausable Bayfield Conservation launches a new tree sale, promoting planting with purpose.

With this new online purchasing portal, it is easier for property owners in Bayfield and area to buy native species of trees for planting.

This tree sale initiative – Planting with Purpose – encourages smaller-scale tree planting and naturalization projects.

According to Ausable Bayfield Conservation, each landowner may order up to five trees through the new online portal. All trees must be pre-purchased.

Trees can be picked up on Saturday, September 5 in Varna at the Stanley Community Centre from 9 a.m. until 11 a.m. on Watershed Awareness Day.

Planting with Purpose is in addition to ABCA's successful and long-standing Fall Tree Program. Through the regular fall program, a minimum order of 20 trees is required.

This smaller-scale tree sale initiative promotes biodiversity and pollinator habitat by encouraging landowners to plant native species of trees in their yards.

Planting native trees in a more convenient way for local landowners to improve local forest conditions.

"We encourage local landowners to buy and plant native species of trees," said Brooklyn Rau, ABCA Stewardship Technician.

"The new Planting with Purpose native tree sale provides an opportunity for landowners to purchase a native species of tree to plant in their yard. Native trees attract pollinators and increase biodiversity, benefitting their property and their community."

For those who wish to purchase 20 or more trees, ABCA encourages you to download the fall tree order form, available now, for the long-standing restoration-focused tree program.

For those who wish to order native species in the Planting with Purpose program, visit <https://abcashop.ca/order-trees/>

The program includes potted deciduous trees and ball-and-burlap coniferous trees. Species of large-stock trees include Silver Maple, Sugar Maple, Tulip Tree, Bur Oak, Red Oak, Serviceberry, White Pine, White Cedar, Hemlock and White Birch.

To learn more about native tree sales or fall tree orders, please visit <https://www.abca.ca/forestry/treeorders/>

## Weekend Quiz

By Jake Grant

1. Moose Jaw is a city in what province of Canada?
2. The U.S. Marine Corps' motto is "Semper Paratus" which means what?
3. In Curious George, who is George's right hand man?
4. Apart from eggs what is in an Arnold Bennett omelette?
5. A gemshorn is made from what animal?
6. Who wrote the famous book: Lord of the Flies?
7. Which playing card is known as The Devil's Bedpost?
8. Name Batman's crime-fighting partner?
9. Which singing voice is the highest pitch? Soprano, tenor or baritone?
10. What kind of tree do prunes come from?

This week's answers are found on pg. 26





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## Family legacy channels success at Groves TV

KATHLEEN SMITH

Editor

Groves TV and Appliance Centre in Clinton has provided the community with friendly, knowledgeable sales and services since 1935.

The family business began with Art Groves, and his son Clayton took over in 1970. The business is now run by Dan Groves, who took over in 2009.

Art Groves started selling radios in 1935 from his home, and two years later bought a storefront on Huron Street in Clinton. As hydro progressed Art added televisions and appliances.

Groves now offers kitchen and laundry appliances, furniture and décor, mattresses and sleep products, and ventilation.

In 2010, a new division was opened under the name SleepMatters, which offers a wide selection of brand name mattresses and plenty of bedding products.

The buying group Dan belongs to is involved in mattress sales. When it came to expanding to bedding, it was the right fit and timing. The owner of SleepMatters wanted to move on to other interests.

"I took the chance and bought him out," explained Dan.

"Given the appliance traffic we have in store, we have tripled bedding sales."

Groves also offers a newly expanded showroom in Clinton, providing customers with the latest in bedding, electronics and appliances.

Groves TV and Appliance Centre also offers professional delivery and installation services for appliances, furniture and mattresses.

With 90 days comfort guarantee, Groves TV also offers best price guaranteed, to ensure customers are sat-

isfied with your mattress or furniture.

After closing their Goderich location during the pandemic, Groves expanded their Clinton location, one that is much more efficient to run and proven to be more successful.

Groves TV just finished adding more showroom space into the old warehouse area at the store due to the recent build of a 5,000 square foot offsite warehouse, allowing Groves TV to double their backup inventory.

"Sales and Service since 1935" is Groves TV tagline. Dan feels his company's service and customer focus is what sets them apart from the rest.

Something that remains the same since 1935 is the quality customer service that Groves TV provides.

"Having great staff that has the same focus is a winning combination," he explained.

"The new larger warehouse allows us to have lots of stock where most have to order giving a longer wait time to receive product."

In addition to a service customers can trust, most of the purchasers at Groves TV are repeat and loyal customers, due to Groves TV's long-standing family tradition and excellent customer care.

Looking back on the legacy of the Groves family, Dan feels a sense of pride.

"It is an amazing feeling when you look back at the years, and how the business has grown," added Dan.

Currently, Dan is the only remaining family member involved, but he considers his staff as family.

"Future plans will be for one of them to continue the legacy past 100 years of operation," Dan said.

"This is our 90th year being family owned, so we are very proud of that accomplishment."

Visit Groves' website [www.grovestv.com](http://www.grovestv.com) for online shopping.



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# United Way encourages residents to sign Speak Up for Community Housing petition

GODERICH SUN STAFF

info@goderichsun.com

Residents of Huron and Perth counties have a new opportunity to speak up for community housing.

United Way Perth-Huron (UWPH) has a petition on its website encouraging the Government of Canada and Government of Ontario to invest in new community housing within this region.

"The reality is, there are many people in our region who can't afford the rents and prices on the market today," explained Ryan Erb, UWPH Executive Director.

"That's why we need serious new investments in community housing owned by non-profits, co-ops, and the public sector – housing that's truly affordable for struggling families."

According to UWPH, most community housing in Huron and Perth counties is owned and operated by the County of Huron, or the City of Stratford.

Units were primarily built through federal and provincial programs in the 1960s and 1970s. Wait times to access one of those units are long, often stretching into years.

As the need for affordable housing has increased in recent years, new community housing development has not kept up in pace.

United Way encourages new investment from both federal and provincial governments to help change that.

"It's time for the governments to get serious about community housing again," said Kathy Vassilakos, Director of UWPH's United Housing.

"We need hundreds or even thousands of new units in Perth-Huron to end this housing crisis, and funding is crucial to achieving that. United Housing will be part of that solution, aiming to build and operate hundreds of units over time. But we can't do it alone."

UWPH's Speak Up for Community Housing petition is addressed to Canadian Minister of Housing and Infrastructure, Gregor Robertson and Ontario Minister of Municipal Affairs and Housing, Rob Flack.

This petition encourages both governments to make investments needed to build new community housing at scale and ensure those investments reach rural regions like Perth-Huron.

According to United Way, signatures will be collected throughout the summer and early fall before delivery to Ministers Robertson and Flack, as well as local representatives.

Anyone interested can find more information at [perthhuron.unitedway.ca/speakupforhousing](http://perthhuron.unitedway.ca/speakupforhousing)



## Trail Talk: A beautiful time of year to hike

PATRICK CAPPER

Sun Contributor

The summer heat wave seems to have ended, so if it is not raining, the hiking is usually excellent with fewer biting insects, and not ending you hike soaked in sweat.

Regardless of the weather, I seem to be one of the few hikers that are out on the trails when it is raining.

On Thursday, August 28 I discovered that my rain jacket was no longer waterproof, but I soon recovered when I got home and changed into dry clothes.

One disadvantage for dog walkers at this time of year is that many plants have seeds that can attach to a dog's hair. Burdock is the worst with the seed heads very difficult to remove.

Koda also is excellent at collecting agrimony seeds, so I try to remove burdock and agrimony from the trails I use.

Hiking when the sun is out is ideal, especially after 10 a.m. when the chances of seeing butterflies, dragonflies and damselflies is greater in the open areas.

I have now seen over 50 species of butterflies, and I never know when I might see something unusual.



A Harvester found along the trail.

(CONTRIBUTED PHOTO)

Recently there was a harvester butterfly, which I thought was just another crescent until I entered the photo on iNaturalist.

Harvesters don't feed on flower nectar but on the honeydew of woolly aphids. Usually, I see a monarch butterfly on most days but have yet to see a monarch caterpillar. Our milkweed had some milkweed tussock moth caterpillars and our dill plant had a black swallowtail caterpillar.

This is the time of year when the Jerusalem artichokes are in bloom, they are tall plants with multiple blooms.

On the section of trail near Bishop's Road, where the blazes are now blue you may see some closed gentian in bloom. There are also fringe gentians near the Bayfield Zavitz Trail and near the Maitland Trail between 9 and 10 km.

At Naftel's Creek the American

spikenard (aka Indian root) had berries, this is only one of two places I have seen it.

Apart from butterflies and plant changes this autumn, for some reason the foxes in our neighbourhood have often been spotted during the day. Sadly, even after one was killed crossing the road our neighbour saw four of them. I have at the most only seen two together.

NOTES:

**The Menesetung Bridge across the Maitland River at Goderich is now closed to pedestrians and cyclists until an expected completion date in November.**

**The trail entrance at 80918 Sharpes Creek Line is now closed due to work on the planned southwards expansion of a gravel pit. The new trail entrance is about 1 km further South.**

**Saturday, September 6 at 9 a.m. - 12:30 p.m.** - Cycle MacNaughton Morrison Dam (Exeter)

For more information and to confirm your attendance, please contact Donald Andrew at 519-530-9019 by calling or text. This is a level 2, easy paced bike ride.

**Saturday, September 6 at 10 a.m. - 11 a.m.** - BRVTA hike on

the Bayfield Woodland Trail

**Sunday, September 14 at 9 a.m. - 11 a.m.** - Dublin Farm Hike (Private Property) This is a private property near Dublin - 7277 Highway 8 Walk through this delightful property of farm fields, across the railway tracks and back to the bush and a cabin.

The walk takes you along the Bayfield River and up through the bush of old growth and recently planted bush. There will be a trip to the Dublin Restaurant after the hike. For more information and to confirm your attendance, please contact Anne Melady at [jamelady@icloud.com](mailto:jamelady@icloud.com). This is a level 1, easy paced, 1.5-to-2-hour hike.

**September 26-28** - Hike Ontario is having its annual Summit. This year sponsored by the Elgin Trail Hiking club which like the Maitland and Avon Trail is celebrating its 50th Anniversary. For details contact [pcapper99@gmail.com](mailto:pcapper99@gmail.com)

Tuesday Trompers meet at 9 a.m. on Tuesday to hike for about an hour. If you wish to be on this email list, send an email to [mta@maitlandtrail.ca](mailto:mta@maitlandtrail.ca)

Midweek hikers meet at 9 a.m. and hike for 1.5 to 2 hours on Wednesdays and Thursdays. Contact Patrick Capper at [pcapper99@gmail.com](mailto:pcapper99@gmail.com)



# Chamber members can save with Purolator partnership

KATHLEEN SMITH

Editor

Recently the Huron Chamber of Commerce announced its members now have access to exclusive savings on Purolator shipping services.

This news comes considering the ongoing labour negotiations between Canada Post and the union, which has caused delivery disruptions and uncertainty for local businesses who rely on such services.

According to the Chamber, this program is available through the affiliated Ontario Chamber of Commerce, which is offering members discounts of up to 55 per cent.

This is a timely benefit as businesses across Huron County face uncertainty over the stability of Canada Post services.

"For many of our members, stability in shipping is critical," said Colin Carmichael, Executive Director of the Huron Chamber of Commerce.

"That's why access to discounted rates with Purolator matters right now. It gives our members an alternative they can rely on, while helping them manage costs."

Even small interruptions in mail and parcel delivery can ripple through planning, cash flow, and customer service.

Beyond the short-term implications of a labour dispute, the long-term viability of Canada Post itself appears in jeopardy.

Local businesses that depend on reliable shipping can't afford to wait and see what happens.

Through this exclusive member program with Purolator, Chamber members can access shipping services such as time-sensitive overnight deliveries to cost-effective ground shipping across Canada.

Members can also rely on Purolator to deliver to every Canadian postal code, next-business-day service for urgent shipments, shipping to more than 210 countries and award-winning customer service.

According to the Chamber, one of the unique strengths of membership is access to benefits that extend beyond the local community.

This shipping program with Purolator is a clear example of how local membership connects businesses to national opportunities.

"Our Chamber is committed to supporting members with both local advocacy and access to national opportunities," added Carmichael.

"Now more than ever, a Chamber membership matters. Having discounted access to a trusted shipping partner like Purolator helps our members reduce costs and maintain reliable service to their customers."

For more information visit <https://huronchamber.ca/>

# Huron-Perth Catholic District School Board welcomes Deacon Dan McPhee as Board Chaplain

GODERICH SUN STAFF

[info@goderichsun.com](mailto:info@goderichsun.com)

Effective September 2, Deacon Dan McPhee begins as Huron-Perth Catholic District School Board (HPCDSB) Chaplain.

Deacon Dan has a rich, multi-decade background of study and experience in the area of youth, young and middle-aged adults and families.

He has a strong history of devoted service and support to individuals, families and community.

"Deacon McPhee has had a powerful impact on our local family of parishes, our schools and our community over the past few years," said Mary Helen Van Loon, Chair of the Board.

"He is a dedicated and faith-filled leader with a heart for God, for our youth and for service. We look forward to his guidance and input as we welcome him to our Board table as Chaplain."

McPhee is known for his compassionate and caring approach, consistently

centring Christ and the dignity of each person in his actions and words.

According to the Board, in 2016, McPhee entered formal discernment and formation to become a Deacon and was ordained in November 2021.

Many members of the community know McPhee from his involvement in the community and parishes. His children attended and graduated from the Board's schools, and in recent years, he has provided ministry to some of the youth at St. Anne's Catholic Secondary School in Clinton. McPhee is deeply invested in the well-being of the school board and the people it serves.

"I am incredibly honoured and delighted to be called to serve as Chaplain for the Board," admitted Deacon McPhee.

"It means a great deal to me, and I am eager to serve the Bishop and our Board in this role."

To keep up to date with HPCDSB's events and initiatives, follow the board on Facebook and Twitter.

# Gateway hosts White Paper Day and Donor Appreciation event

GODERICH SUN STAFF

[info@goderichsun.com](mailto:info@goderichsun.com)

Gateway CERH hosted its annual White Paper Day and Donor Appreciation event on Thursday, August 14 to celebrate the accomplishments of Gateway CERH's Research Assistants.

The event was held at Comfort Inn Hotel in Goderich, and the Gateway's research assistants shared their summer projects and contributions to rural health research.

Projects that were presented included Farmers' Safety and Well-being, Cultivating Memories and Pollinator Pathways, the Skilled Healthcare Attraction and Retention Program (SHARP), nourish, Benefiting Rural Area Volunteer Emergency Firefighters (BRAVE-F), Discovery Healthcare Camp, the Virtual Lecture Series, Seniors' Well-being and Business Development.

The variety of projects over the course of the summer reflects the diversity and real-world impact of the students' efforts.

Following presentations, students participated in an interactive panel discussion, giving audience members the chance to ask questions and learn more about their research experiences.

During the event, the celebration concluded with a catered lunch and pastries by The Wharf Coffee Company of Bayfield.

Gateway's White Paper Day and Donor Appreciation event highlights the organization's commitment to fostering meaningful student research experiences, advancing rural health initiatives, and building connections across the community.

For more information on the projects and studies completed by Gateway visit [www.gatewayruralhealth.ca](http://www.gatewayruralhealth.ca)



Gateway's summer research assistants (L-R): Madi Cardno, Erica Maloney, Amy Sturgeon, Nyden Greenfield, Julie Wein, Sage Milne, and Kate Maloney, Business Development Officer. (CONTRIBUTED PHOTO)

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# Goderich local empowers people to take control of their mental health and wellness

ALEX HUNT

Sun Correspondent

After struggling with addiction for nearly a decade, Goderich resident, Tanya MacIntyre now helps others find hope and tools for lasting recovery through SMART Recovery and her Mind Mojo program.

SMART Recovery (Self-Management and Recovery Training), is a science-based program that helps people manage addictive behaviors, including alcohol, drugs, gambling and other compulsive habits, as well as educating on mental health recovery.

Tanya MacIntyre certified SMART facilitator and founder of Red Roof Recovery, a program which offers participants a personalized plan to manage mental health challenges, substance use issues, and harmful behaviors.

The program also supports the use of MacIntyre's Mind Mojo, which blends mindfulness and cognitive-behavioral techniques to help people manage their thoughts, moods, emotions and behaviors.

A SMART meeting takes place every Sunday in Goderich on 125 Wolfe Street that MacIntyre facilitates. People can drop in without registration for a free hour-long meeting that focuses on addressing challenges, discussing wins and setting intentions.

"People can download the SMART Recovery app and find a meeting anyway, people can drop in to the meetings and donate if they want but I will talk with them for free," said MacIntyre.

"I'm so passionate about it because I know people are struggling, there are hundreds of tools for people to use,

they just have to find what works for them."

MacIntyre gave up all pharmaceuticals and only practices cognitive therapy and mindfulness and encourages that if she can do it, so can everyone else.

MacIntyre says there's a stigma that revolves around mediation and mental health believe that there need to be more educational programs on the subject.

"As humans we are now considered to be the most stressed, depressed, overweight, overmedicated population in history, and we have become too dependent on pharmaceuticals," MacIntyre added.

"We want a pill to solve everything, so we don't have to diet or exercise, making these healthier choices is a habit that people need to develop.

"We need to feed our inner dialogue with something positive and when we do that, we can turn down the volume of the negative narrative that's running on default. That's our default, that's not our fault."

MacIntyre hopes that people who attend the SMART meetings take away hope, never give up and to keep showing up for themselves. She explains that people just need to be heard, and they need someone to listen to them.

"Sometimes people come to meetings pretending that they're fine and I look at them and I can tell that they're using something," MacIntyre added.

"Being able to talk to somebody and not be confronted, listening to someone who needs to talk should be the foundational training for anyone in mental health."



A weekly SMART Recovery session provides a safe, non-judgmental space where people can discuss struggles, celebrate wins and learn practical tools for lasting change. (CONTRIBUTED PHOTO)

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# Goderich Sun SPORTS

## Huron Perth Flag Football league celebrates its one-year anniversary

KATHLEEN SMITH

Editor

Following a successful first year, Huron Perth Flag Football is celebrating its one-year anniversary as the league heads into its autumn season on September 6.

With numbers rapidly growing, the league continues to build through teamwork, sportsmanship, positivity, leadership and fun on the field.

Dave and Melanie Levinson realized there was a need in the area for this sport and decided to begin a flag football league as a local option.

As a busy family of six and huge football fans, they realized there was an opportunity to bring football to the area. After years of kicking around the idea, they launched Huron Perth Flag Football in 2024.

According to the Levinsons, the league gives the opportunity for kids in the community to be active and have a sport with healthy competition, while stressing the importance of learning, community, and most importantly, sportsmanship.

"It's been super rewarding to have such a successful first year," said Melanie Levinson, League Operator.

"Football is a sport that hasn't had much attention in this area and has been very much growing in popularity, so as a family that loves the sport, it's awesome to see the excitement from all the kids and the growth of their skill sets throughout the course of the season."

The league's spring and autumn seasons offer 1.5-hours back-to-back practice and game sessions each week in Exeter, complete with licensed NFL Flag team jerseys and flag belts.

Players have the chance to win MVP prizes, leading up to the exciting playoff and championship games.

MVP awards are given out each week to players in every team to recognize their outstanding contributions. Medals and motivational quote dog tags are given out each week for the MVPs.

Co-ed teams for ages 6 years old to 17 years old, play Saturday mornings from September 6 until November 8 at 8:30 a.m. until 12:45 p.m.

Adult league for ages 18 years old and up, play on Saturdays at 1 p.m.

The fees are reasonable and give the opportunity for anyone to play, one day a week for one and a half hours per day.

Whether you're a seasoned player or



new to the game, there's no better time to join in on the action.

For the Levinsons, the league is a positive outlet and teaches kids not only the game of flag football, but also about leadership, teamwork and community.

For more information visit [huronperth-flagfootball.com](http://huronperth-flagfootball.com) and visit the league's Facebook page.

Registration is now closed for the au-

turn season, but anyone can still reach out to the league to see if there is additional availability for their age group or details on winter event and the spring 2026 season, which begins at the end of April.

"We are always looking for coaches and referees," added Levinson.

Anyone interested in joining the league, or coaching, connect with [huronperthflagfootball@gmail.com](mailto:huronperthflagfootball@gmail.com)



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## U13 Girls add hardware to their season

MEGHAN FRAYNE

Sun Contributor

The U13 Girls Tier 2 soccer team added hardware to their season with a thrilling 2-1 District Cup victory over Taxandria's U14 squad.

Despite facing a team of older and taller players, the girls battled with grit and determination.

"They towered over us," said Coach Jason Gerrard.

"But we poured it on in the second

half and they didn't know what hit them."

The win was a testament to the team's hard work throughout the season. From tough practices to close games, the girls have consistently shown resilience and teamwork, qualities that carried them through the Cup Final.

Parents and fans cheered them on from the sidelines, creating an atmosphere that matched the intensity on the field.

With just a couple of games left in league play, the U13s remain strong contenders for the season title.

A league championship would mean a double crown for this group – a rare and memorable achievement for such a young team.

No matter what happens in the remaining matches, this season has already proven to be a special one.

The District Cup win is a milestone the players, coaches and families will not soon forget.



(CONTRIBUTED PHOTO)

### THE 2025 LADY SEAHAWKS

(Front, L-R): Jaimy Langille, Sadie Squires, Katie Ridsdale, Jamie Archambault. (Back, L-R): Dan Ridsdale, Grace Taylor, Jaclyn Nutma, Paige Wilkie, Hailey Johnston, Sierra Downey-Lamb, Janelle Dittner, Jack Archambault. (Absent): Glen Dittner, Miranda Millian, Kate Johnston.



# Culbert Surveying Lady Seahawks successful in Tri-County Ladies Fastball League

DAN RIDSDALE

*Sun Contributor*

In mid-April, plans began to take shape for an adult Ladies Seahawks Fastball team to be constructed as there were players from the 2024 U21 Championship club who were not ready to quit playing.

Several other potential players who had played fastpitch previously wanted to return to the game as well, with a local option now available.

An application was made to be accepted as a new team in the competitive Tri-County Ladies Fastball League and in early May, the Seahawks became the eleventh team in the league.

On May 25 the Seahawks took to the field at Bannister Park hosting the Sebringville Sting as they embarked on a 15-game schedule.

May and June saw the crew go 4-3 as the locals quickly discovered firsthand the strength of a few teams in this league.

July saw the team go 4-1 with their only blemish being a tough 4-3 loss to the powerhouse Milverton AW Millwrights in a seven-inning thriller.

The first week of August had the Seahawks win a pair of road games handily in Cromarty and Sebringville before suffering a 10-7 setback to the second place Tavistock A's.

The Seahawks finished the regular season posting a 10-5 record earning them the number four seed and setting up a quarter final single elimination 'A' division play-off game in Stratford versus the number five seed, Mitchell Manglers on August 14.

Seahawks 8 vs. Manglers 6:

The Manglers jumped out to an early 2-0 lead, which Goderich cut in half in the bottom half of the first inning, with Grace Taylor singling home Sadie Squires.

In the bottom half of the second inning, Paige Willie led off with a double, setting the stage for a two-run homer from Miranda Millian.

With two outs, Katie Ridsdale smacked a triple off the centre field fence. Ridsdale was then plated by a double by Squires, who then proceeded to score with some excellent baserunning on a passed ball giving the home side a 5-2 lead.

In the bottom of the third inning, Jaclyn Nutma led off with a walk and then moved around the diamond on a couple of passed balls.

The veteran Seahawk then showed her high ball IQ by scoring on a difficult Paige Willie pop-up beyond second base giving the Seahawks another run.

Mitchell was not going away too easily in this match. The Manglers took advantage of Seahawk miscues to score three runs, making things quite tense for the Seahawks bench.

Things became more tense when Goderich stranded runners at second and third base in the bottom of the fourth inning.

However, after giving up a leadoff single in the fifth, Paige Willie struck out the side preserve the tenuous 6-5 lead.

Following a Taylor single and a Nutma Walk, Blyth's own Janelle Ditner laid down an absolute gem of a bunt single to load the bases with no outs.

Willie again proceeded to help, delivering a two-run double, scoring both lead

runners, giving the Seahawks an 8-5 lead, heading into the Mangler's final at bat.

The Manglers managed to plate one more to make it 8-6, but that was as close as they could get, as the Seahawks advanced to play the top seeded Milverton club the following week in the semi-finals.

Seahawks 5 vs. AW Millwrights 15:

On Thursday, August 21 the Seahawks travelled again to Stratford for an 8:30 p.m. semi-final against the top-seeded AW Millwrights from Milverton.

This game featured two flame throwers with Nicole Erb versus Paige Willie on the mound.

Erb fanned all three Goderich batters in the top half of the first inning. In the bottom half, the Millwrights followed up an error with three consecutive singles, setting the table for a three-run home run over the left field fence, leaving Goderich down five with nobody out.

Following another base hit, the Seahawks made a pair of outs before a walk set the table for another three-run homer to deep right centre.

When the dust had settled on the opening inning, Goderich was trailing 8-0.

In the third inning, Hailey Johnston extended the Seahawks first hit of the game into a double. Sierra Downey-Lamb then drew a walk.

After a great at bat, Paige Willie delivered a two-run RBI single to right field to give the Seahawks a bit of life.

In the bottom half, the Seahawks were again lifted when they escaped a bases loaded jam.

Goderich came to life in the fourth inning, as Janelle

Ditner led off with a single followed with a walk by a Jaclyn Nutma.

With one out, Jamie Archambault crushed a two RBI-double to deep centre field. Archambault then swiped third and was looking to tag and score on a medium depth fly ball to centre from Hailey Johnston.

However, the Milverton centre fielder made a perfect throw to home, to double up Archambault and to deny the Seahawks their fifth run.

Milverton scored one while at bat to make it 9-4. However, with Paige Willie drawing an extended pitch walk, Jaimy Langille clobbered a slap bunt triple to deep right centre, easily scoring Willie.

Yet, Langille was left stranded when Grace Taylor belted a hard-line drive directly at the centre fielder to end the inning.

In the bottom half of the fifth, the Millwrights brought their bats out again using five base hits and three walks from an exhausted Willie to secure the 15-5 mercy rule victory.

In the other semi, Stratford Sommers easily routed the Tavistock A's in a three-inning mercy rule victory setting up a very competitive championship game slated for August 26.

The Seahawks, while being frustrated with their start to their semi-final, were thrilled with an overall 11-6 season record in their rookie season in the Tri-County Ladies Fastball League.

## Huron Tsunami Volley Club will soon start third year of girls' volleyball

CHRIS CONNOR

*Sun Contributor*

The Huron Tsunami Volleyball Club will be starting its third year of operation for girls' volleyball in the Goderich area this autumn.

The club offers volleyball for girls in Grades 7 to 11 in a competitive setting.

For the 2025 season the Tsunami hope to have teams competing at four levels – U13 (Grade 7), U14 (Grade 8), U15 (Grade 9) and U16/U17 (Grades 10 and 11).

The teams will practice twice a week and play one to two tournaments a month from November until April.

All age groups play in the Southwest Indoor Volleyball League (SWIVL) with tournaments in Goderich, Listowel and Cambridge while the older teams also play in the Snowbelt League with tournaments in Walkerton and Goderich.

In their first two years of operation the Tsunami have already claimed two championships, winning the U16/U17 SWIVL league title in 2024, and winning the Snow Belt championship with the U15 team in 2025.

All practices for these teams are held at GDCI with the

U13 and U14 girls starting on Monday, September 15 from 3:30 p.m. until 5 p.m.

The U15, U16/U17 group will hold their first practice on Wednesday, September 17 from 6:30 p.m. until 8 p.m.

Practice times may vary throughout the season depending on gym availability but for the months of September and October, the U13s and U14s will practice Mondays and Wednesday from 3:30 p.m. until 5 p.m. and the U15s and U16s/U17s will practice Tuesdays from 3:30 p.m. until 5 p.m. and Wednesdays from 6:30 p.m. until 8 p.m.

For more information on the Tsunami Volleyball Club or to pre-register for tryouts, please contact Chris Connor at 519-441-2920 or chriconn@gmail.com

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**See pictures on page 16.**



# Huron Tsunami Volley Club will soon start third year of girls' volleyball in Goderich



U16/U17 squad in 2024 after winning the SWIVL championship.



The U15 team after winning the Snow Belt championship in 2025.

(CONTRIBUTED PHOTOS)

**Read the story on page 15.**

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# Pause, reflect, grow and learn how Newfoundland Ponies teach self-awareness and emotional regulation

ALEX HUNT

*Sun Correspondent*

At Poppy's Haven, Newfoundland Ponies teach lessons about confidence, communication, and the art of leadership that no classroom ever could.

Located just outside of Goderich on 39148 Mill Rd in Varna, Vanessa Strike lives on a 46-acre farmland with her family and operates equine-assisted learning and wellness alongside her Newfoundland Ponies.

Equine-assisted learning is a non-clinical, hands-on program where horses serve as facilitators. They help participants develop skills such as leadership, communication, teamwork, self-awareness and emotional regulation.

Participants work with the herd through guided activities, obstacle courses and reflection exercises.

"It's therapeutic, it's not therapy per se because I'm not a clinician so I can't do the therapy," said Vanessa Strike, equine assistant learning and wellness facilitator.

"Each horse here is used for different things, there is the lead mare which teaches leadership. She's a strong leader, if the participant lacks leadership, they will not be able to lead her around or run the obstacles that are available on the property."

Strike sanctions and breeds Newfoundland Ponies on her farm where are categorized as a critically endangered species which have a population of around 250 ponies capable of carrying on the breed.

At Poppy's Haven, Strike is working towards preserving and protecting the



**Vanessa Strike- Equine assistant learning and wellness facilitator and Tanya Macintyre, Certified SMART Facilitator at Poppy's Haven.**

(CONTRIBUTED PHOTO)

animals entrusted to her care. The haven operates a breeding program and rescues, fosters and rehomes Newfoundland Ponies in need of permanent homes.

"Horses are prey animals as opposed to a predator so they are very cognizant from a survival perspective, which means they are very good at reading body language and it means they can also identify what's going on inside a person," said Strike.

"A horse will tell me if there's something going inside me before I even recognize it."

Strike is certified facilitator with a program called Dreamwinds Assisted Learning Programs. A 12-week program where people will be taught leadership, communication and are put through different obstacles, that prioritize teamwork programming alongside horses as well.

"Growing up talking about our feelings was not a part of our narrative. Now they teach about mindfulness at school," explained Strike.

"We had nothing like when we were growing up, we were supposed to suck it up, and nobody talked about emotions."

Tanya Macintyre, Certified SMART (Self-Management and Recovery Training) facilitator paid a visit to Poppy's Haven to discuss Strike's unique mental health techniques that she works with her clients through equine-assisted learning.

"I have been following Vanessa's posts on Facebook for six years because I wanted to make local connections and I just loved everything I was seeing on social media," said Macintyre.

"It's magical work that she does and I had no idea that Newfoundland Ponies were on the critically endangered list, which makes this so much more important work, she's Saving the world."

Through equine assisted learning, Strike hosts an abundance of programs on her property such as family workshops, individuals and teambuilding exercises with groups and couples, as well as interactive Newfoundland Pony visits.

"People learn something in a nonjudgmental environment; you learn about the horses. A lot of it is about reflection as well so we reflect upon it afterwards and how can this person apply this to everyday life," said Strike.

"For me when I have a client and they come in and I see them after a session, and they tell me that they feel so present. The horses do the work, they're the ones that teach people about regulation, confidence and what it means to be a leader, I just help to facilitate it."

## Choosing Grace: Faith by the Lake

PAMELA CLAYFIELD

*Sun Contributor*

As summer gently trickles to a close and the kids are busy preparing for another school year, I'm grateful those days are in the past for me, but I'm also drawn more often to the lake because of the stillness I feel there.

So often I'm asked what those feelings are, but I can't describe them. There's also something about the end of August and the beginning of September that whispers

a reminder that change is coming.

The shoreline has [always] been a place [for the last 18 years] of quiet faith for me, the kind that settles into your bones as you watch and listen to the rhythm of the waves as they repeat it no matter what the day holds. It's where I go to listen — not just to the water, but to the part of me that somehow knows what's next.

This time of year, brings transitions. New routines for so many. Fresh notebooks and pencils. Unspoken hopes and sometimes, a little anxiety. It might come

with sending a child off to school—maybe for the first time or maybe to a new school, starting a new job, or simply adjusting to the shift in seasons.

No matter what, change can make us feel unsteady, but faith doesn't ask us to have all the answers. It asks us to show up anyway.

I've learned that faith isn't always about certainty. Sometimes it's about walking forward even when the path isn't fully lit. It's about believing that the same grace that carried us through the last season will

meet us in the next.

At the lake, I'm reminded of how many times I've stood at the edge of something unknown and found peace in the waiting. I remember that the water doesn't worry about what's ahead — it simply flows.

As autumn approaches, I'm reminding myself to lean into the rhythm and trust the process.

I choose to believe that what's meant for me will arrive in its own time and, most of all, carry the quiet strength of the lake with me, wherever I go.

## Gigantic used book sale returns to Knox

For readers who can't get enough of used book sales, Knox Presbyterian Church in Goderich is offering the ultimate used book sale Saturday, September 20 from 9 a.m. until noon.

Book lovers will find a gymnasium full of books along with CDs, DVDs and other miscellaneous book-related items. The books include all genres and

offer great bargains for all ages.

In 2019, Knox had a very successful book sale but had to cancel the following year due to the Covid outbreak.

After a six-year hiatus, it was decided to resurrect the sale since quite a few books had already been collected for the cancelled 2020 sale and the collection just kept growing and growing.

The book sale committee was overwhelmed by the number of donated books and other related items that came from the congregation and community in 2019 and hope for the same generous response this time around.

Books can be dropped off at the church's East Street entrance Tuesday to Thursday from 9:30 a.m. until

1 p.m. before September 19. To make arrangements for different times or for extra-large loads, call the Knox office at 519-524-7512.

All proceeds from the sale will go toward the work of Knox Presbyterian Church. Left-over books will be donated to various charities.



# Over 500 attend Goderich Art Club Show and Sale

GODERICH SUN STAFF

info@goderichsun.com

The Goderich Art Club, which has been going since 1952, held its annual Art Club Show and Sale in August. Over half of its 49 members participated with over 300 original works of art in the show.

Over 500 people attended the free three-day event at MacKay Centre. According to attendees, the show and sale included a lot of talented artists, beautiful works of art and an inspiration.

According to organizers of the event, 113 original art works were sold, in addition to almost 100 original art cards.

This show's feature artist was member and Goderich artist, Kim Dumont. Her acrylic, water colour and oil paintings feature Goderich scenes, portraits and trees and nature.

Dumont generously donates her time to the club as she is also the treasurer for the Art Club and the Co-Ordinator of the show and sale.

If you are interested in joining or just checking out the Goderich Art Club, you are welcome in this great community of artists.

They gather to create and share their talents on Wednesday afternoons (from 1 p.m. – 3 p.m.) and Saturday mornings (10 a.m. – 12 p.m.) at the MacKay Centre in Goderich.

In partnership with MacKay Centre, they often host workshop events led by local and area artists. Most of the members are from Goderich with a few from Bayfield and Kincardine. Annual fee is \$35.00 (\$20.00 MacKay membership and \$15 Art club)

Mark your calendars for next year's show and sale on August 7- 9, 2026.



The 2025 downstairs display of art, with visitors.

(CONTRIBUTED PHOTOS)



Feature artist Kim Dumont and her paintings on display.



The 2025 upstairs display of art, with visitors.

## Lalor and Stryker join forces at the Co-op Gallery

CAROL MCDONNELL

Sun Contributor

The Goderich Co-op Gallery is featuring a special collaboration this month as two well-known members, Doreen Lalor and Jane Stryker, share the Visiting Artist space for September.

Both are active members of the gallery's hanging committee and decided to combine their talents for this unique show.

Lalor, whose artistic practice spans-stained glass, printmaking, watercolour, acrylic, oil, and even standing wool rugs, brings a thoughtful, often philosophical and political approach to her work.

After first earning a degree in philosophy and zoology, she went on to complete an Honours Associate Diploma at OCAD. Her section of the exhibition, titled Public Transport, uses different media to explore public transit as a metaphor for life.

Stryker, meanwhile, works primarily in oils and watercolours but has also created wood carvings with hand tools. Self-taught and inspired by her rural upbringing, she paints scenes that celebrate the everyday, such as sheep shearing, napping



Milkweed by Jane Stryker. cats, and houseplants.

Stryker's contribution to the exhibition, titled Close to Home, offers a sense of calm and simplicity, intentionally free from political commentary.

The gallery is also preparing to host a Pollinator Party on Saturday, September

13 from 2–4 p.m., a lively, family-friendly event for all ages celebrating the feature wall of pollinator artwork and the importance of pollinators in our environment.

Visitors can enjoy a special pollinator art exhibit by gallery members, hands-on crafts, and refreshments, while also learn-

ing about native plants with the Goderich Butterflyway Rangers —members of a citizen-led movement growing habitat for pollinators across Canada.

The afternoon will also feature Elizabeth's Art Gallery's Native Plant Challenge draw and a colouring contest. Children are welcome to join in with their adults—and yes, the crafts are fun for grown-ups too!

Despite the ongoing roadwork on the Square, both galleries remain open and welcoming. Upstairs, visitors will find Elizabeth's Art Gallery, open Monday through Saturday, while downstairs is home to the Goderich Co-op Gallery, open Tuesday through Saturday from 10 a.m. to 5 p.m.

A new addition to the space is Elizabeth's newly renovated Gallery Studio, located at the back of the Co-op Gallery on the lower level.

While the front door is the preferred entrance, the back door is also open and provides an easy way to circulate through both galleries, upstairs and down.

CONTINUE TO PAGE 19



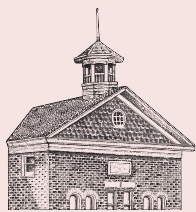
# Lalor and Stryker join forces at the Co-op Gallery



(CONTRIBUTED PHOTOS)

Left: Standing Wool Rug 'Girl on a Bus' by Doreen Lalor.  
Above: Wonder by Roslyn Cook.  
Right: Bumblebee by Susan Peck O'Brien.

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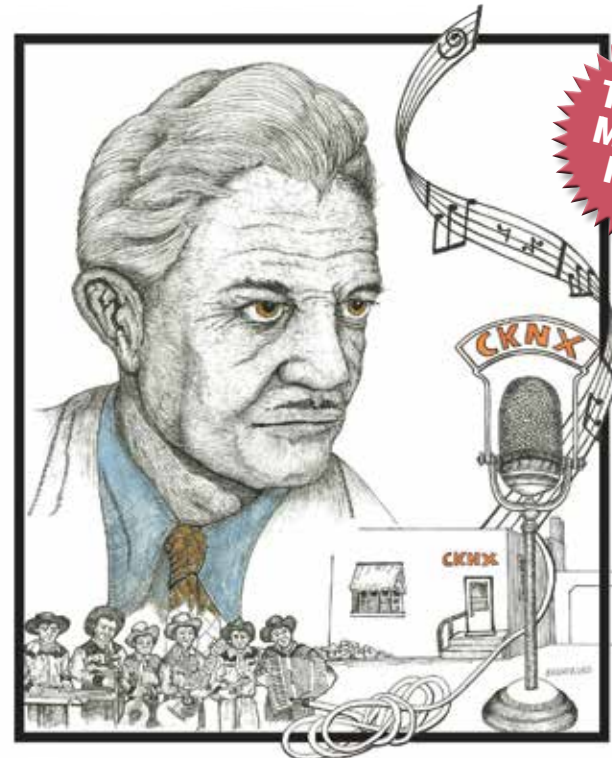
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KATHLEEN SMITH

Editor

Huron County Authors is a collective of local published writers dedicated to sharing stories that entertain, inspire, and connect readers.

From mystery to memoir, science fiction to poetry, fantasy to children's books, and everything in between, Huron County Authors represent a diverse range of voices and genres.

Based in Huron County, the group is passionate about fostering a love of reading, supporting one another, and bringing locally craft stories to the community and beyond.

Earlier this year, the author's group received a SLED (Supporting Local Economic Development) grant from Ec Dev, supported by Community Futures Huron. This grant makes the Huron County Authors initiative possible.

The SLED program empowers local

groups and businesses to drive forward community-based projects that strengthen the local economy – supporting innovation, entrepreneurship, and creative collaboration in Huron County.

Community Futures Huron is dedicated to fostering economic growth across the region by supporting small businesses, entrepreneurs, and grassroots initiatives through funding, mentorship, and strategic planning.

Due to the backing of these two organizations, Huron County Authors can create meaningful opportunities for local writers to connect with readers, build their platforms, and contribute to Huron County's vibrant creative economy.

Currently, the authors work together in attending craft shows, farmers markets and selling one another's books.

In 2023, Hamilton and Avery Baker-Greaves attended the Country Christmas Craft Show to sell their books.

Last spring, a few more events popped

up and this group of authors ended up selling over 150 books between the 12 authors.

The group also hosts Authors Hours, at various libraries across the county.

"We thought it was especially important to create a group such as this with the anticipated upcoming closure of Fincher's," said Avery Baker-Greaves, a member of Huron County Authors.

"Fincher's has been so supportive of our authors over the years. With its closure, local authors need other avenues to sell their books."

Upcoming events are planned for October, November, and December. These include Author Hours with Don Hayward, Carol Casey and Pamela Southwell.

The group encourages community groups, schools, and libraries to reach out to Huron County Authors if interested in having a local author come to speak.

This community of self-published and traditionally published writers, gather monthly in Goderich to share their latest

projects, discuss challenges in publishing, and exchange marketing strategies.

Members must actively participate in one of the following areas each year in at least one of the following: attend meetings, engage on social media, support community events, event coordination, website maintenance, or contribute to the blog.

By staying engaged, members help strengthen and grow Huron County's vibrant writing community.

Currently the group has 16 members and welcome new ones.

Current members include Kevin F. Anderson, Hamilton Baker, Katrina Bos, Carol Casey, Susan Doornbos, Avery Greaves, Don Hayward, Rick Hundey, Jane Anne Ireland, Judy Keightley, Hayley Linfield, Tanya MacIntyre, Sandi Plewis, Brad and Elisabeth Seltzer, Pamela Southwell, Sally Walker, and David Yates.

For more information on Huron County Authors visit <https://www.huroncountyauthors.com>

## The Menesetung Canoe Club

DAVID YATES

Sun Contributor

When the Menesetung Canoe Club was formed in 1906, it was the height of the age of Masculine Christianity when it was believed sports helped build character.

Before organized sports leagues, fit, active and health young men 'clubbed' together to enjoy sports in the great outdoors and indulge in a variety of social and recreational activities.

Belonging to a good club defined one's character and social status.

Goderich's Menesetung Canoe Club (MCC) is one of the last of the Edwardian athletic clubs in Ontario.

According to Ralph Smith's Menesetung Canoe Club, the MCC's first official meeting was held on July 5, 1906, at the Bedford Hotel.

Dr. W. L. Turnbull was the club's first president. At 44-years-old, Dr. Turnbull was perhaps the oldest member.

The founding executive was composed of Goderich's professional class.

Its impressive membership included Judge Philip Holt, Dr. Charles Sale, lawyers William Proudfoot and Loftus Dancey, grain elevator superintendent G. L. Parsons, future mayors Thomas Nairn, and E. N. Lewis, as well as several other of the town's prominent shopkeepers.

Indeed, the MCC could be accused of being an elitist club. Like other fraternities, the MCC voted on each prospect.

Each club member was given a white and black ball to be placed in a ballot box. If an applicant received



**The Menesetung Canoe Club (MCC) circa 1907. Note the unfinished CPR Bridge in the background.** (MENESETUNG CANOE CLUB PHOTO)

two black balls, his membership bid was rejected.

At the MCC's October 29 meeting, five applicants were blackballed.

The Canoe Club still notes on new members, but according to Smith, no one has been blackballed within memory.

Strangely, for a gentleman's club, it had two female members in 1907. Smith notes that they were listed as honorary members because females could never be full members.

In the fall of 1907, Smith says the Canoe Club shared club rooms with the Masonic Lodge located on the north side of West Street.

When the current Masonic Halls was built in 1913, the Canoe Club moved with them across the street into the new building.

Although few Canoe Club members are Masons today, the close affiliation continues.

Until the F-3 tornado hit the Masonic Temple on August 21, 2011, the Canoe Club met for 98 years on the lodge's second floor.

In 2012, the Canoe Club relocated to the third floor of the Masonic

Temple.

Not surprisingly, in the early years, the Canoe Club held regular summer regattas in the Maitland River by Attrill's Point.

Regattas were accompanied by an evening program of music, refreshments, dancing and fireworks at the Hotel Sunset.

A club 'Commodore' oversaw deciding on the club's water activities. Although the last known regatta was held in 1927, the Commodore titled remained until 1980. Dr. Reg Bell was the last man to have held that rank.

Yet, the MCC was more than a men's rowing team. In the early decades, the club fielded hockey, baseball, and bowling teams.

In addition to athletics, the MCC held golf, bridge and euchre tournaments.

Current Canoe Club President, Burt Robinson, says that card games like cribbage and 500 are still popular with members.

The Canoe Club held festive banquets and dances where wives and girlfriends were invited. Although politically incorrect today, the Ca-

noe Club staged popular Minstrel Shows in the Victoria Opera House.

The Smoker was another feature of club life. Smith says the club house smoker was gentleman's events including required jackets and ties.

Although gambling was forbidden, billiards and card playing mixed freely with whiskey and cigar smoke.

Cigar burns scarred the old wood floors of the old Canoe Club meeting rooms. Until 1955, the meeting rooms kept spittoons for members who preferred chewing tobacco.

The Canoe Club's crossed Snider-Enfield Rifles mounted on the club room's wall indicate the MCC members may also have had shooting parties.

Military historian and Canoe Club member Neal Nickles says the rifles are of Fenian Raid vintage.

They are evidence of the close connection between the Canoe Club and the local militia according to Nickles.

During the Great War, several Canoe Club members enlisted for overseas service. In November 1914, the Canoe Club gave Major Charles Sale a gala banquet.

According to the Huron Signal, the banquet hall was covered with flags and a banner emblazoned with the motto 'Let'em Have It' above the head table. The banner would become darkly ironic.

The Canoe Club presented Captain Sale with a .45 Colt Revolver complete with holster as a going away gift. Dr. Sale was amongst the first local men to go overseas.

Unfortunately, Dr. Sale was killed in January 1916. At least three other

Canoe Club members made the supreme sacrifice.

After the war, the Canoe Club spearheaded the campaign to erect a soldier's memorial. In November 1918, they approached the Goderich Town Council about raising funds for a soldiers' memorial.

The Canoe Club made the first \$100 contribution to the Goderich Cenotaph.

During the Second World War, the Canoe Club allowed guest airmen to use its pool tables in their off-duty hours.

The origins of the Canoe Club's heavy slate billiard table is a mystery. Local legend says it came from the officer's mess at one of the airbases, but neither Smith nor Nickles can verify that claim.

If it did come from one of the airbases, it originated somewhere else before that. Its ornate design belongs to the late 19th century.

In the past half century, membership has fluctuated. Membership is capped at 74, but currently, hovers in the mid-40s.

It may have been a long time since the Canoe Club has dipped its paddles in the waters of the Menesetung River, but the MCC remains one of the unique and ancient Goderich institutions that define the town's character.

Today, the Canoe Club members focus on playing pool and bridge. They are welcoming new members, so if you're interested contact President Greg Bowman (226-939-0260) or Vice President Michele Hansen (519-441-3275).

Be sure to bring your cards and pool cues, just leave your canoes behind.



# A pillar of community support in Goderich

PAMELA CLAYFIELD

*Sun Contributor*

When disaster strikes, it's often the quiet pillars of a community that rise to meet the moment.

When fire tore through a Goderich apartment building on the night of August 1, displacing 26 residents, the town's emergency coordinator made a call.

The Knights of Columbus Hall, or Columbus Centre, at 390 Parsons Court was opened as a warming centre offering shelter, comfort, snacks thanks to Zehrs and a place to regroup for those impacted.

Tim Martin, longtime member, voiced his pride.

"This part of the Hall participation we are quite proud of," he stated.

And rightly so the Columbus Centre has long stood as a secondary emergency centre in Goderich that was also used during the 2011 tornado.

Despite pride in their own community contributions, Tim was equally eager to shine a light on the good work being done by other groups in the community.

"The Lions have their Taste of Goderich event and Rotary has hosted an Oktoberfest Dance in the past, both great ways for them to connect with the community," he



added.

Plus, the Town is discussing the option of reopening the Goderich Memorial Arena, which closed abruptly in January. It too would have its own place in the community with much needed amenities.

The story of the Knights of Columbus in Goderich goes back much further.

Council 5420 was founded on April 28,

1963, with a mission rooted in Catholic brotherhood and community service and engagement.

In the late 1980s, a group of dedicated members that Tim affectionately dubbed "the 12 Disciples" began the process of building a hall when they came across the former Beeline trucking facility and converted it instead.

The building has grown over the years to include a full kitchen, expanded hall space, and a cold kitchen.

The Centre hosts everything from weddings, Christmas parties and special events for businesses like Home Hardware to monthly blood drives, concerts, and bingo nights.

They have welcomed A Royal Tribute Productions, the company behind tribute concerts that bring the likes of Elvis, Tom Petty and Fleetwood Mac to life to bring music lovers together in Goderich. Their next event will be Janis Joplin on October 25.

Like many other community organizations, the centre has weathered its share of challenges. The closure of some major local businesses led to a noticeable dip in bookings and attendance at Bingo.

COVID-19 led to further setbacks with closures, followed by a significant drop in bookings and volunteers that has never fully recovered.

"We've lost most of the '12 Disciples,'" Tim noted.

Even though the demographics have shifted and the pandemic hit them hard, the Knights of Columbus Hall still endures, powered by volunteers, guided by purpose and always ready to serve.

## ACTIVE LIVING & WELLNESS FAIR

Friday, September 12th, 2025 10:00 am - 3:00 pm  
Presentations & Exhibitor's Expo

Lakeshore United Church Hall

56 North St. Goderich

Break for lunch from 12:00pm-1:00pm

Join us for a celebratory barbeque  
at the MacKay Centre marking  
45 years as a seniors active living centre!

Registration  
Required to  
Receive your  
B-bq Ticket

10 Nelson St. Goderich

Remarks start at 11:50

Are you wondering about:  
\*Aging Safely at Home?  
\*Driving safely?  
\*Fraud/Scams?  
\*Brain Health

45<sup>th</sup>  
ANNIVERSARY



FREE EVENT

To Register, Contact  
MacKay Centre for Seniors  
519-524-6660/  
mackaycentre@hurontel.on.ca  
Alzheimer Society Huron Perth  
1-800-561-5012/info@alzhp.ca



PRESENTATIONS BY:

Ministry of Transportation,  
The Alzheimer Society, Ontario  
Osteoporosis Strategy,  
AND MORE!



Funding provided by:  
Ontario



## SEPTEMBER EVENTS

- |              |   |
|--------------|---|
| September 5  | Live Band - Jim Otterbein 5 p.m.  |
| September 6  | Live Band - Country Junction 5 p.m.   |
| September 7  | Legion Golf Tournament - Sunset Golf Club - Sign Up At The Bar  |
| September 9  | Ladies Aux - General Meeting - 7 p.m.   |
| September 10 | Wake Up Wednesday - Hurontel - Learn About Cell Phones And Internet,<br>Senior Technology "Back To School" Camp - 10 a.m.   |
| September 12 | Live Band - Maitland Hollar 5 p.m.  |
| September 13 | Live Band - Macadam Road 5 p.m.   |
| September 17 | Wake Up Wednesday - Michelle Millar - Community Development,<br>United Way (Free Breakfast), Senior Technology "Back To School" Camp - 10 a.m.,<br>Legion Executive Meeting - 7 p.m.                          |
| September 18 | Pour Painting With "Colours In Motion" - Sandy Thomas -<br>Tickets at info@coloursinmotion.ca   |
| September 20 | Live Band - Mat Gauthier 5 p.m.   |
| September 21 | Decoration Day - Maitland Cemetery - 2 p.m.   |
| September 24 | Legion Week Concert And Silent Auction - No Bingo<br>Wake Up Wednesday - David Yates, Local Author - Challenge & Change,<br>People And Events That Made Us, Senior Technology "Back To School" Camp - 10 a.m. |
| September 24 | Ladies Aux Legion Week Soup & Sandwich Luncheon - Main Floor - 11:30 a.m.   |
| September 27 | Live Band - Irish Cowboys 5 p.m.  |
| September 30 | Ladies Aux Executive Meeting - 5 p.m.   |

- Bingo Every Sunday Afternoon Doors Open @ 11:30 a.m.
- Euchre Every Tuesday Night 7 p.m. Please bring a partner.
- Jammers Every Wednesday Night 7 p.m.
- Fun Darts Every Thursday 7 p.m.
- Line Dance Lounge Every Thursday 7 p.m.
- Cribbage Every Friday Afternoon 1:30 p.m.
- Every 4th Friday Wits & Giggles Trivia - 6:30 p.m.
- 5 Card Bingo Every Friday 3:30 p.m.
- Meat Draw every Friday 5 p.m.

56 KINGSTON STREET, GODERICH • 519-524-9282



# Ask the Vet: Why does the vet want to x-ray my dog's teeth?

DR. SOPHIE FARRELL

*Sun Contributor*

This is a great question, and one that we get asked a lot. Before I dive in, I need to get on my soapbox for a moment to emphasize that there's no such thing as "just a cleaning" for pets or people.

It's not just about making the teeth look pretty (although that's a nice bonus); it's an important part of your pet's overall healthcare.

A complete oral health assessment is critical in finding any hidden dental disease that might be causing pain, which animals are very good at hiding, or putting your pet's health at risk.

Whether it's for a pet or a human, the steps of the assessment are similar: it starts with an exam of the face, jaw, and all the structures in the mouth. After that, we clean the teeth above and, critically, below the gum line.

We then do a thorough probing exam to assess the health of the gums and look

for any periodontal disease. Finally, we take x-rays of all visible teeth to assess the roots and surrounding bone, and of all missing teeth to look for any impacted teeth or fractured tooth roots.

If we find any issues during the assessment, we'll either address them right away, or plan for future treatment.

Now, back to the question: why do we take dental x-rays every time we perform an oral health assessment? Quite simply, it's because the part of the tooth that we can see is only half (or less!) of the whole tooth.

Just like we can't call a patient healthy if we only look at half of them, we can't tell whether a tooth is healthy by only looking at the visible part that sticks out of the gums. Teeth that look great on the surface can have serious problems lurking under the surface.

A recent case is a perfect example of this. This is my little friend Bella. Bella is a six-year-old Shih Tzu who came in for an oral health assessment because her

annual exam raised some concerns about one of her teeth.

As we went through her complete oral health assessment, we discovered a major hidden problem in a completely different part of her mouth that had looked quite good at her annual exam.

The photo here shows the teeth in question (marked by the stars) exactly as they were when she first came in – nothing had been done with them yet. If you look closely, you can see a bit of plaque on them, but otherwise, the teeth look nice, and the gums either look good or show only minimal inflammation.

However, the x-rays of those teeth showed significant bone loss from periodontal disease and infection (outlined by the white arrows). This isn't just a painful condition; if we hadn't found it, the infection would have continued to erode the jawbone, putting Bella at risk of a fractured jaw down the road. It's important to point out that because animals are good at hiding pain, there were no outward signs

of this problem – Bella was still eating, playing, and acting like her normal cheerful self.

If we had just cleaned Bella's teeth without doing a complete assessment, she would have gone home with teeth that looked great, a mouth that was still painful, and she would have been at risk of a jaw fracture later.

Instead, we extracted those teeth and cleaned out the infection so that the bone can heal. Bella recovered wonderfully from her procedure and is back to her day job as a family comedian.

This is far from an isolated case; we see situations like this frequently. That's why we take x-rays of every tooth, every time.

Do you have a question about pet care? Send it to [reception@clintonvet.ca](mailto:reception@clintonvet.ca) and it may be featured in a future column.

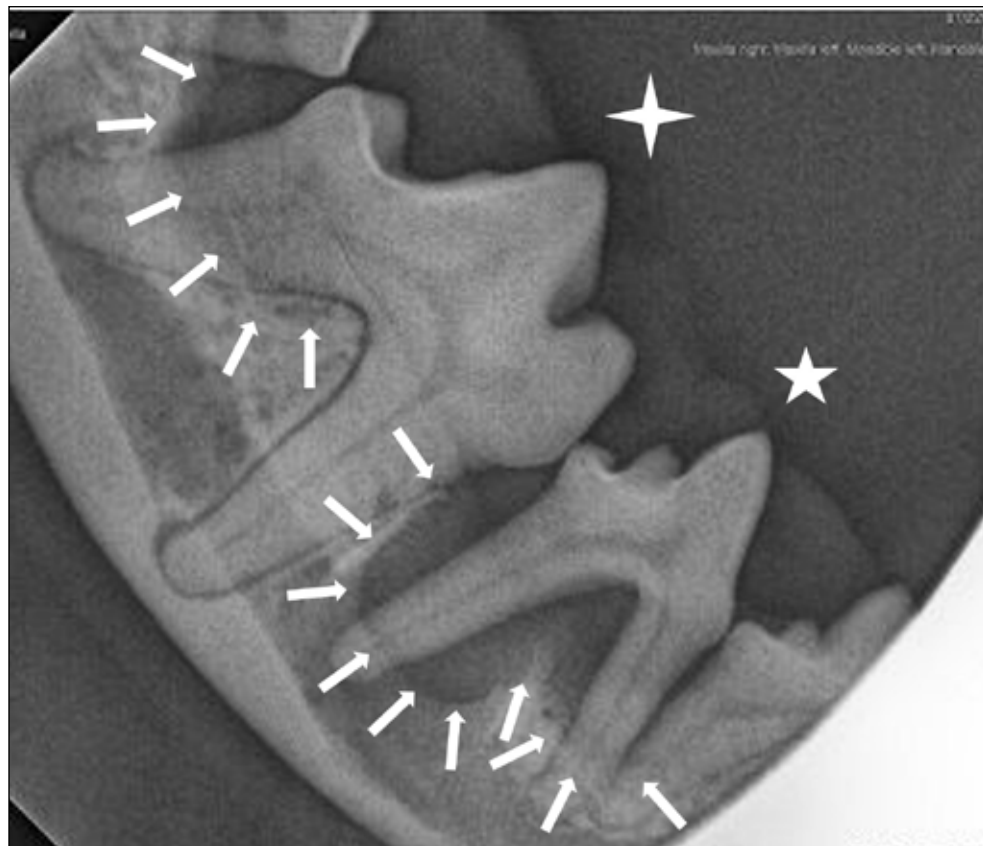
Dr. Sophie Farrell is a veterinarian at Clinton Vet Services in Clinton, Ontario. She practices small animal, emergency, and honeybee medicine.



Above: Bella's teeth.

Right: Bella's x-ray, indicating infection.

(CONTRIBUTED PHOTOS)



## Post-Surgery Tips: Preventing Deep Vein Thrombosis Through Activity



ANYAO HUANG

*Sun Contributor*

Staying active after joint sur-

gery can help prevent blood clots.

People who have undergone surgery for a total knee or total hip replacement often experience a lot of pain after surgery, even when taking pain medication.

Some choose to stay in bed or on the couch because they are afraid that moving around might reopen their incision or lead to infection.

However, many studies have shown that gentle movement after surgery helps the body heal and lowers the risk of a

serious condition called deep vein thrombosis (DVT).

What is Deep Vein Thrombosis (DVT)? DVT happens when a blood clot forms in a deep vein, usually in the leg. This blood clot can block blood flow, and in severe cases, it can be life-threatening.

DVT is more likely to happen after lower body surgeries like knee or hip replacements, during long periods of bed rest, or in people who are overweight, smoke, or are over the age of 50.

About 50 per cent of peo-

ple with DVT do not have any symptoms. Others may notice signs like swelling, redness, cramping pain, or tenderness in the leg or arm.

These may be warning signs of a blood clot. If you notice any of these symptoms, consult your family physician, nurse practitioner, or physical therapist immediately.

How to Lower Your Risk of DVT:

The most important thing is to stay active and avoid too much bed rest after surgery. Some helpful tips include:

- Do gentle leg exercises after surgery as recommended by your surgeon or physical therapist.

- Include regular physical activity in your daily routine

- Drink plenty of water

- Eat a healthy, balanced diet

Simple exercises such as ankle circles, ankle pumps, leg lifts, and heel raises are great to do every day. These movements help with blood flow and can lower your risk of developing DVT.



# Grey Matters: Savouring September



ANNETTE GERDES,

Sun Contributor

## Accessible Adventures and Fall Fun:

As summer gives way to the golden days of September, there's a special kind of magic in the air.

The trees begin their vibrant transformation, the days are still warm enough for outings, and the crisp breeze whispers that fall is on its way.

For seniors, this is the perfect

time to enjoy accessible travel and local adventures before winter settles in.

### Accessible Travel: Making the Journey Comfortable and Fun:

Travel today is more accessible than ever before. Whether you're using a walker, wheelchair, or just prefer a slower pace, there are countless ways to explore adventure your way.

Local bus tours, many of which are senior-friendly, offer scenic trips to see fall colours or visit small-town markets and orchards. Companies offer tours or accessible travel groups often arrange day trips with minimal walking, plenty of rest stops, and flexible options for those with mobility needs. All of this done with the added benefit of social interaction.

Prefer to stay closer to home? Consider a train ride through the countryside. VIA Rail and other regional train services often offer

discounts and accessible seating for seniors.

Watching the fall foliage roll by from the window, is a relaxing way to take in the season's beauty without the stress of driving.

### Fun Things to Do: Embrace the Outdoors:

September is a gift – it's cooler than summer, but not yet brisk. It's an ideal time to take advantage of nature while it's still inviting:

- Visit a local park or trail: Many communities have paved walking paths or nature trails with benches and rest areas. A short stroll or even just sitting and taking in the fall colours can do wonders for the soul.

- Farmers' markets and harvest festivals: September is harvesting season. Look for markets featuring local produce, flowers, baked goods, and handmade crafts. Many events have accessible parking and walkways.

- Outdoor patios and cafés: Enjoy lunch or coffee on a sunny patio with a friend. The fresh air and friendly chatter are simple pleasures that make life sweet.

### Plan a Mini Getaway:

Why not plan a little overnight trip? A night at a cozy inn or accessible B&B or even a local retirement residence, just a short drive away can offer a change of scenery.

Look for locations with barrier-free entrances and accessible bathrooms. Consider lakeside towns, heritage villages, or even a visit to a botanical garden.

If travelling isn't an option, bring the adventure to you! Host a themed afternoon with travel inspired music and food – Italian gelato and accordion tunes, anyone?

### Soak Up the Season:

Fall colours peak quickly – don't miss them. Even a scenic drive with a loved one or a van

outing from your retirement residence can be a breathtaking way to connect with nature.

Take photos, write in a travel journal, or simply reflect on the beauty around you. These last warm days are a precious reminder to slow down and enjoy the little things: the crunch of leaves, the smell of apple pie, the sun on your face.

### Final Thoughts:

You don't have to go far to enjoy life. Whether you're exploring new destinations or simply stepping outside, taking a stroll in the park or walking around the block to breathe in the September air, the world is full of joy waiting to be discovered. So, grab a sweater, call a friend, and go see what the season has to offer.

After all, the fall offers wonderful opportunities for adventure.

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

# Accepting the unacceptable for better mental health

TANYA MACINTYRE,  
RED ROOF RECOVERY

Sun Contributor

*"Bad things happen in life, so the faster you accept that the better."*

That's not a comforting thing to hear at any age, let alone at nine years old. But that's what my father told me the year my mother left me and my baby sister, who was barely out of diapers.

My dad was a man of few

words, but those words always carried weight. I eventually began to call him Philosopher Dad because he always had a line of philosophy for every problem. It was quite annoying at the time.

His philosophy was both the compass and the curriculum, as he raised us in a coal-mining town in Cape Breton while struggling with his own addictions.

When I was ready to quit high school before finishing grade 10, Dad didn't lecture me - he simply said, "That's an adult decision that comes with adult consequences."

He gave me a month to find a job and start paying room-and-board. After serving pizza for minimum wage all summer, I discovered there was always more month than money. I couldn't wait to return to school.

When I was preparing to graduate from high school, I

was lost again - uncertain of my direction in life. Dad gave me a book by M. Scott Peck called *The Road Less Traveled*. I still refer to that book to help me understand the psychology of love, responsibility, and growth.

Growing up without a mother left scars - obsessive behaviours, unhealthy relationships, and depression that I self-medicated with alcohol and other drugs.

Yet my father's voice remained my anchor. He always said, "Lady, life is a tough teacher because we always get the test before the lesson".

In my 20s, Dad gave me another book - Harold Kushner's *"When Bad Things Happen to Good People"*.

Kushner's reflections on suffering mirrored Dad's wisdom. Life is a series of events, shaped by our choices; yet some circumstances - like genetic anomalies - are out of our control.

I know this personally. My nephew Tyler was born with Williams Syndrome, a genetic condition bringing both challenges and gifts. Tyler struggles with health issues and learning difficulties, but he also radiates joy, charm, and an extraordinary love of music.

Dad's philosophy taught us to focus on blessings rather than deficits.

Years later, when Dad was diagnosed with Lewy body dementia, we again faced the question: Why do bad things happen? The disease was devastating, yet we found gratitude that his suffering was not prolonged, and that he had lived fully.

Even today, I return to Dad's simple advice: bad things happen, so accept them quickly. That acceptance is not resignation, it is resilience. We can't choose every event in life, but

we can choose our response. Pain is inevitable, yet suffering is optional.

Philosopher Dad taught me that we are defined not by what happens to us, but by how we meet it.

Whether the glass looks half-empty or half-full is our choice. And when we choose to see it as full - and brimming with possibilities - we feed not just our own soul, but also the soul of the universe itself.

*Tanya MacIntyre is a certified CBT Practitioner, Mental Health Professional, and owner/operator of Red Roof Recovery.*

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

# Goderich Duplicate Bridge Club Results

On August 5 the club had nine tables directed by Bob Dick:

- 1st – Doug Elliott and Michele Hansen – 64.58%
- 2nd – Shirley Thomas and Tom Rajnovich – 61.81%
- 3rd – Mary Wilkinson and Steve Scotchmer – 59.49%
- 4th – Cal Scotchmer and Janet Bloch – 59.26%
- 5th – Brenda Blair and Pat Lewington – 53.24%
- 6th – Brian Reeve and Graham Yeats – 53.01%

On August 12 the club had 10 tables directed by Bob Dick:

- 1st – Graham Yeats and Brian Reeve – 64.12%
- 2nd – Virginia Elliott and Doug Elliott – 62.96%
- 3rd – Steve Scotchmer and Mary Wilkinson – 62.73%

- 4th – Jeanne Colton and Rick Jordan – 57.41%
- 5th – Janet Bloch and Cal Scotchmer – 55.09%
- 6th – Greg Bowman and Michele Hansen – 54.40%

On August 19 the club had eight tables directed by Bob Dick:

- 1st – Doug Elliott and Virginia Elliott – 71.43%
- 2nd – Brian Reeve and Graham Yeats – 63.39%
- 3rd – Marj Stuart and Terry Fry – 60.42%
- 4th – Joan Lounsbury and Penny Peters – 57.14%
- 5th – Joyce McIlwain and Kay King – 56.55%
- 6th – Cal Scotchmer and Janet Bloch – 55.06%

On August 26 the club had nine tables directed by

Bob Dick:

- 1st – Keith Allen and Bob Dick – 60.65%
- 2nd – Dave MacLaren and Steve Scotchmer – 59.95%
- 3rd – Connie Adams and Joan Lounsbury – 58.56%
- 4th – Tom Rajnovich and Shirley Thomas – 57.87%
- 5th – Susan White and Evy McDonagh – 56.94%
- 6th – Brian Smith and Larry Silver – 55.09%

The Goderich Duplicate Bridge Club is a friendly group that invites players to come and meet other members, learn a bit more about duplicate bridge and share an afternoon together at The Canoe Club located at 39 West Street, on Thursday, September 11 at 1 p.m. Refreshments, information and fun.



# COMING EVENTS

Email to inquire  
**info@goderichsun.com**

## BIA THURSDAY NIGHT CONCERT SERIES

On Thursday, September 4, Thursday, September 11 and Thursday, September 18 at bandshell in downtown Goderich at 7 p.m.

## TECH TIME

On Friday, September 5, Friday, September 12 and Friday, September 19 from 11 a.m. until 12 p.m. at Goderich Library. Registration required.

Book a 30-minute session to get help with how to use library e-resources, your new device or your email account. Admission is free.

## MIND MOJO FOR BETTER MENTAL HEALTH

On Friday, September 5 from 2 p.m. until 3 p.m. at 107 Wolfe Street.

## LIVE MUSIC AT THE LEGION

On Friday, September 5 at 5 p.m. featuring Jim Otterbein.

## ANNUAL GODERICH DISTRICT HORTICULTURAL SOCIETY GARDEN TOUR

On Saturday, September 6 from 9 a.m. until 3 p.m. Tickets sold at Goderich Tourism and other locations.

## GDCI TRACK REBUILD ROAD HOCKEY TOUR-NAMENT

On Saturday, September 6 at 10 a.m. held at GDCI.

## PARKINSON'S WALK IN GODERICH

On Saturday, September 6 at 10 a.m. Walk begins at 11 a.m. Meet at Rotary Cove.

This is Parkinson Society Southwestern Ontario's largest fundraiser and is one of 14 walks held that weekend.

## 30TH ANNIVERSARY PARTY AT GODERICH PLACE

On Saturday, September 6 from 11 a.m. until 2 p.m. at Goderich Place.

Irish Cowboys will perform, and guests can enjoy food and beverages.

There will also be entertainment for kids including face painting with Snippety the Clown.

Games, prizes and giveaways.

## BIA FARMER'S MARKET

On Saturdays from 8 a.m. until 2 p.m. in downtown Goderich. The market will run every Saturday until October.

## LIVE MUSIC AT THE LEGION

On Saturday, September 6 at 5 p.m. featuring Country Junction.

## BIA SUNDAY MARKET

On Sundays from 9 a.m. until 2 p.m. in downtown Goderich. The market will run every Sunday until October.

## LEGO CLUB

On Tuesday, September 9 and Tuesday, September 16 from 3:30 p.m. until 4:30 p.m. at the Goderich Library.

## WAKE UP WEDNESDAYS

On Wednesday, September 10 at 9 a.m. Goderich Legion. An educational seminar with Hurontel and learn about cell phones and internet.

## WRITE ON! WRITERS CLUB

On Wednesday, September 10 from 6:30 p.m. until 7:30 p.m. at Goderich Library.

## UKELELE STRUMMERS

On Thursday, September 11 and Thursday, September

18 from 11:30 a.m. until 1 p.m. at Goderich Library.

## LINE DANCE LOUNGE

On Thursday, September 11 at 7 p.m. at Goderich Legion.

## MEAT DRAW

On Friday, September 12 at 5 p.m. at Goderich Legion.

## LIVE MUSIC AT THE LEGION

On Saturday, September 13 at 5 p.m. featuring Macadam Road.

## THE COLDPLAY EXPERIENCE: LIVE IN GODERICH

On Saturday, September 13 at 8 p.m. at The Livery.

## LOVE ON TAP: ROMANCE BOOK CLUB

On Monday, September 15 at 6:30 p.m. held at East Street Cider Co.

## WAKE UP WEDNESDAYS

On Wednesday, September 17 at 9 a.m. at Goderich Legion. Join the educational seminar with United Way to discuss community development. Free breakfast.

## STOLEN CHILDREN: RUSSIA'S ABDUCTIONS IN UKRAINE

On Thursday, September 18 from 6:30 p.m. until 8 p.m. at Huron County Museum.

## JOKEY NORTH AMERICA'S 20 YEAR ANNIVERSARY

On Saturday, September 20 from 9 a.m. until 1 p.m. at 150 Mitchell Street in Goderich.

Join Jokey for an inside look at Goderich's local injection mold manufacturing facility. Don't miss this exciting opportunity to visit the facility. Tours will be given every 30 minutes. Please wear closed-toe shoes.

## GIGANTIC USED BOOK SALE

On Saturday, September 20 from 9 a.m. until 12 p.m. at Knox Presbyterian Church Gym in Goderich.

Donations of books, CDs and DVDs wanted before September 19. Call 519-524-7512 to arrange drop-off or for more information.

## CANCER SUPPORT GROUP

This peer-led group meets once a month at Bayfield Library on Saturdays at 12:30 p.m.

Upcoming dates are September 27, October 18 and November 22.



# Worship With Us



**Invite readers  
to your worship  
services.**

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**Berea Lutheran Church**  
326 Gibbons Street, Goderich  
www.berea-zionlcc.ca • bnz@hay.net  
Rev. John Trembulak 519-524-2235,  
(cell) 519-878-0327

**Family Worship Service**  
2nd and 3rd Sunday of the Month  
2:00 pm  
All other Sundays of the Year  
8:30 am  
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**YOU ARE INVITED!**

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519-524-7512

**KNOX  
PRESBYTERIAN  
CHURCH**

**Rev. Amanda Bisson**  
Livestream Services

**Sunday at 10:00 am**

*Knox Presbyterian Church Goderich - YouTube*

Worship materials available online  
[www.pccweb.ca/knox-goderich](http://www.pccweb.ca/knox-goderich)



# Riddles

- Why did the teacher wear sunglasses to school?

Because her students were so bright!
- What's a math teacher's favorite place in New York?

Times Square.
- Why was the music teacher locked out of her classroom?

She left her keys on the piano!
- What did one pencil say to the other on the first day of school?

"Looking sharp!"
- Why did the student eat his homework?

Because the teacher said it was a piece of cake!
- What did the computer do at lunchtime?

It had a byte.
- Why can't you do math with trees?

Because they're always shady.
- What's a snake's favorite subject in school?

Hiss-tory!
- Why did the kid bring a ladder to school?

Because she wanted to go to high school.
- Why was the math book sad?

Because it had too many problems.

# Sudoku

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

Solutions on page 26

# Featured Pets



## MOLLY

Molly a feisty furball of energy. She loves jumping up on places she shouldn't be, knocking down things she shouldn't touch, and all around driving us all crazy! She's very sociable and vocal, especially when there's food. She enjoys waking her daddy up every morning, mooching yogourt off mommy, tipping garbage cans & napping in front of the tv so we can't see. She is a complete treasure and we wouldn't have her any other way!



Nominate your Pet of the Month by emailing [info@goderichsun.com](mailto:info@goderichsun.com)

petvalu®

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35400 Huron Rd., Goderich  
519-524-5443  
[www.petvalu.ca](http://www.petvalu.ca)

# Word Search

## BACK TO SCHOOL

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

- HOORAY
- CLASSROOMS
- RECESS
- ASSEMBLY
- HOMEWORK
- BACKPACK
- EDUCATION
- NOTEBOOK
- PLAYGROUND
- LIBRARY
- LOCKERS
- TEACHERS
- PRINCIPAL
- SCHEDULE



**DONALD "DON" HUBICK**

It is with deep sorrow that we announce the passing of Donald (Don) Hubick, age 71, of Goderich, Ontario. He passed away in his home, surrounded by the woods, birds and tranquility of nature he loved best.

Predeceased by his mother, Margaret Johnson (Hubick nee Gulas) of St. Catharines, Ontario, stepfather Charles Johnson, also of St. Catharines, father Adam Hubick and brothers Alan and Murray Hubick, as well as many cherished aunts, uncles, cousins and most recently, dear friends Erin Johnston, Gary Haist, and one-of-a-kind cat Peanut.

Already dearly missed by his children, Gillian Hubick, Alexander Hubick and Carly Geertsema (Hubick), sons-in-law Kyle Rea and Mike Geertsema, and daughter-in-law Jenny Hubick (Guest). Beloved Papa (or Papa Mustache) to grandchildren Owen Rea-Hubick, Nolan Hubick, Breanna Geertsema, Ethan Hubick and Myles Geertsema.

Don will also be missed by an amazing extended family, including much-loved nieces Emma Bradley and Maggie Hook, family from "across the pond", cousins and friends who were family at heart, including his life-long friends and chosen family, the Kellestines.

Born in Windsor, Ontario, on August 11, 1954, Don grew up in Hamilton and later moved to Dundas, Ontario, where he attended Parkside Highschool and later Mohawk College in Hamilton. He came to Goderich in the mid 1970s and fell in love with the area and the deep connection he felt here. He worked for Signal Star Publishing for two decades, lending his talents to the advertising department, eventually becoming ad manager.

Always a graphic artist at heart, Don spent hours perfecting promotional materials for local bands, Bluesfest and Memorial Trout Derbies, as well as making homemade cards, fun photoshopped pictures of his grandkids and the new sign for his daughter's business.

Don served his community in many roles over the years before settling into bar-keeping at Joe Friday's in Goderich. This role was a great fit for him as an avid night owl and let his friendly nature shine through. He worked at Joe Fridays until he retired but continued to be an integral face around Paddy O'Neils by overseeing their live entertainment and popping in to enjoy the show.

Never one to shy away from a "short story, long", Don loved to connect through stories, sharing in other's greatest joys and deepest sorrows. A student of the universe, he was an avid music-lover, who cherished nature, the many birds around his home, long talks on his back porch, hikes and campfires on the beach.

Don was in his element around his grandchildren, as an active and enthusiastic playmate who read the best stories. He cultivated deep friendships and took great pride and joy in his children, grandchildren and dearly loved friends and family. The Captain of his own ship, he lived passionately with purpose and a deep desire to make the world around him a better place.

A Celebration of Life will take place at the Legion in Goderich on Saturday, September 20, from 1-4, with programming starting at 2:30. Don's ashes will be interred in Welland later this Fall.

In remembrance of Don, and his desire to help those in need, donations can be made to the Goderich Food Bank, care of St. Vincent De Paul.

# CLASSIFIEDS

## OBITUARY

**DR. SCOTT BALL MACAULAY**  
**November 17, 1950 – August 24, 2025**

It is with deep sadness that we announce the sudden and peaceful passing of Dr. Scott Ball Macaulay at his home in Goderich, Ontario, on Sunday, August 24, 2025, at the age of 74.

Born in Clinton, Ontario, Scott was the son of the late Royce and Clara Macaulay. He was also predeceased by his sister, Mary Black, and his brother, Doug Macaulay. Scott attended high school in Clinton before proudly pursuing his passion for healing at the Canadian Memorial Chiropractic College in Toronto, where he graduated in 1973. For 52 years, he devoted his life to chiropractic care, building a successful practice and a legacy of compassion, dedication, and unwavering care for his patients. Scott had many interests outside of his profession. A talented bagpiper, he played with several bands over the years, including the Teeswater Highlanders Pipes & Drums, and the Peel Regional Police Pipe Band. He was a lifelong learner who found joy in reading, studying, and staying active through exercise. Throughout his life, Scott was also involved in many sports, including hockey, slow pitch, running, swimming, and biking. He will be remembered for his passion, his endless curiosity, and his quiet contentment in his own company.

Above all, Scott was a devoted family man. He is survived by his loving wife of 35 years, Wendy Macaulay (Botz), and his cherished children: Marsha Harris (Jeff), Drew Macaulay (Shelly), Trevor Macaulay (Tara), and Brittany Taylor (Derek). He will be lovingly remembered by his grandchildren, who brought him immense pride and joy: Loch, Alden, Grayson, Cole, Molly, Walter, Ben, and Cam. He is also survived by his nieces and nephew: Susan, Lynda, and Nancy Black, and Lisa and Ryan Macaulay. Scott especially cherished the time he spent with his niece Lisa and her family.

Scott's kindness, wisdom, and humor will be deeply missed by all who knew him. His legacy will live on in the lives he touched, both personally and professionally. Scott would want you to celebrate his life by taking care of yourself and those you love.

A gathering to celebrate Scott was held at Butterfly Park on Sunday, August 31st, at 1:00 p.m.

## OBITUARY

**MARY FRANCES BEE**  
**Feb 1st, 1931- August 20th, 2025**

Mary Frances Bee (nee Moerbeek) of Goderich, passed away peacefully surrounded by family and friends at Southbridge Nursing Home, on August 20th, 2025, in her 95th year. Predeceased by her husband Kenneth Bee (2013) of 60 years. Survived by sister-in-law Barbara Moerbeek of Goderich, John (Eileen) Moerbeek of Goderich, and several nieces and nephews. She is predeceased by her parents Leo and Elizabeth Moerbeek, her brothers Jacob (Emily) Moerbeek, Jack (Rose) Moerbeek, Peter (Wilma) Moerbeek, Christopher (Shirley) Moerbeek, and Joseph Moerbeek. As per Mary's wishes, cremation has taken place. Family and friends will be received one hour prior to service for visitation at St. Peter's Roman Catholic Church, Goderich, on Saturday September 20th, 2025 at 10:00 am. Funeral Mass to follow at 11:00 am. In lieu of flowers, donations may be made to the Canadian Cancer Society, or a charity of your choice. Family and friends can sign the book of condolences at [www.mccallumpalla.ca](http://www.mccallumpalla.ca).

## IN MEMORY

*In Loving Memory of our  
Mom, Eleanor Graham  
September 8, 2022*

*Our hearts are filled with memories  
Which we gathered through the  
years*

*All the happy times we shared  
Are treasured souvenirs  
God has you in his keeping  
We have you in our hearts  
Until we are together again*

**Missing you,  
Rob, Karen, Wayne & Sharon**

## SUDOKU

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

## QUIZ ANSWERS

1. Saskatchewan
2. Always Faithful
3. The Man with the Yellow Hat (Ted)
4. Smoked Haddock
5. Chamois (goat)
6. William Golding
7. Four of clubs
8. Robin
9. Soprano
10. A plum tree

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# Sunsets of Goderich



A paddle in the setting sun at St. Christopher's Beach in Goderich on August 22.

(EMSIE WILLIAMS PHOTO)

**To submit photos of the sunset, email [kate@goderichsun.com](mailto:kate@goderichsun.com)**

 **Goderich Sun**

**Deadline: Friday prior at 3 p.m.  
Contact: [info@goderichsun.com](mailto:info@goderichsun.com)**

## PROMOTE YOUR EVENTS WITH US! HERE'S HOW:

- The Community Calendar is for non-profit organizations to promote their free admission events at no charge. Event listings can include your event name, date, time and location as well as a phone number, email address or website.
- If your event is not free admission or you would like to include more details than stated above, you have the following options:
  - Coming Events Word Ad in Classified section (50 word max.) - \$10 + hst
  - Coming Events Boxed Word Ad in Classified section (50 word max.) - \$15 + hst
  - Display Ad - Sizes begin at a classified business card size for \$35 + hst

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### SERVICES



**RED ROOF  
RECOVERY**



For Better Mental Health



# **Come celebrate our 20 year anniversary!**

## **We invite you to our Open House**

### **at Jokey North America!**

Join us for an inside look at Goderich's local injection mold manufacturing facility. Take a guided tour and witness our innovative production processes, learn about our sustainability practices and explore our latest products!

Meet our team, who will be on hand to answer your questions and showcase our expertise.



**Saturday, September 20th, 2025**  
**150 Mitchell Street, Goderich ON**  
**9 am - 1 pm, tours will be given every 30 minutes**

**\*\*\*Please wear closed-toe shoes\*\*\***

**Don't miss this exciting opportunity to visit our facility!**