



Goderich Sun

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United Way promotes equitable access to tax services

GODERICH SUN STAFF

info@goderichsun.com

Access to tax services is not equitable, and United Way Perth-Huron's (UWPH) Social Research and Planning Council (SRPC) wants to shine a light on tax clinics, a service working to change that.

According to Kristin Crane, UWPH Director of Community Impact and Research, 10 to 12 per cent of Canadians don't file their taxes.

Among this group, modest income households, especially those with children, are particularly affected

"If they don't file taxes, they can't claim the refunds and benefits they are entitled to," added Crane.

"Local volunteer tax clinics play a vital role in ensuring that gap is addressed."

According to UWPH seniors, newcomers, students, and those receiving income from social assistance programs meet the criteria for the free clinics.

In 2024, volunteers at free tax clinics in Huron County and Grand Bend filed over 1,000 returns, resulting in \$1.8 million in returns and benefits, proving these clinics are a success.

"We encourage anyone who doesn't normally file taxes, or who may meet the criteria, to use this service," added Crane.

"Some clinics even help file returns over multiple years."

According to UWPH if you are owed money, you can file taxes at any time of the year. Some tax clinics can help file taxes.

To find out more about the nearest tax clinic dial 211 or visit 211ontario.ca

For those interested in volunteering with tax clinics in a variety of roles, contact taxclinics@perthhuron.united-way.ca



Gerry O'Brien on the Square sharing an ice cream cone with Ethal Adams and Joan Spain on June 4, 2022. (CONTRIBUTED PHOTO)

Cycling Without Age puts wind in the hair of seniors in Goderich

KATHLEEN SMITH

Editor

Cycling Without Age is a volunteer organization that has been providing unique rides to seniors around Goderich on a three-wheeled e-bike trishaw.

Gerry O'Brien and his wife began the program in Goderich and the local chapter has now been running for three years.

O'Brien explained that reception of the bike rides has

been warmly welcomed by seniors and senior residences in Goderich.

Now, CWA is seeking more volunteers, attempting to recruit more 'pilots' to take seniors around town to experience the wind in their hair in a safe environment.

Pilots must complete a one-hour training session with the trishaw. According to O'Brien, the key is the battery assist that allows even slight pilots to move, almost effortlessly, bringing the two passengers down any street in town.

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Cycling Without Age puts wind in the hair of seniors in Goderich

CONTINUED FROM FRONT

Scheduling is done through an app called Signup Genius, allowing pilots to sign up for any scheduled ride out of one of the retirement homes by simply clicking on a time they desire.

Weather is rarely a problem since the bike is equipped with a rain and sun canopy and a warm blanket for the passengers.

According to O'Brien, this year the Goderich chapter is also promoting the idea of pick-ups at private residences.

"We would like to train any family member who has a loved one at home so that they can use the bike for a private ride," O'Brien explained.

"Even if this is the only ride they do for CWA, it could be a great service to someone in need of wind in their hair."

Volunteers (pilots) sign up for bike rides as often or as rarely as they want to, and the program is driven by people's own motivation.

At present, more than 3,050-chapter locations around the world offer Cycling Without Age from well over 4,900 trishaws, and one of those chapters is right here in Goderich.

CWA first began in Denmark and there are now over 3,000 chapters worldwide.

CWA is a movement started in 2012 by Ole Kassow in Denmark, who wanted to help his neighbours at the local nursing home get back on their bicycles, but he had to find a solution to their limited mobility.

Kassow's answer was a trishaw, and he started offering free bike rides to residents of a local nursing home.

Kassow grew up with a father who used a wheelchair, so he knew firsthand what the lack of mobility lead to in terms of stigma and isolation.

O'Brien's first experience with CWA was in Invermere, B.C. where he came across the bike and pilot at a local retirement home.

"My immediate thought was how much my own mother would have enjoyed the rides," admitted O'Brien.

His mother passed away at Maitland Manor several years before O'Brien was aware of



Bob Marshal (pilot of the trishaw) with Al and Marie Weeks (passengers) from Goderich Place on September 18, 2021. Lorraine and Gerry O'Brien are standing behind. (CONTRIBUTED PHOTO)

CWA, but he knew that the community and its seniors would benefit from such a program.

When he and his wife Lorraine (originally from Montreal) decided to move back to Goderich after 45 years, one of their first tasks was to order a battery assisted trishaw from CWA in Copenhagen. It was then O'Brien set up the CWA chapter in Goderich.

"We donated the bike to the town and they in turn cover the insurance and help with a yearly stipend to promote and maintain the program," explained O'Brien.

The success of the CWA program in Goderich, is that it gives back so much to both volunteers and recipients.

Passengers enjoy getting outside, seeing what's going on in the community, and visit with people they encounter on their ride.

"Everyone we meet on the road gives a wave and a big smile as we ride by," O'Brien said.

The motto of CWA is 'The right to wind in your hair', and the passengers mood reflects this enjoyment according to O'Brien.

The flat, quiet streets, lake vistas and friendly community make Goderich the perfect location for this program.

As the Goderich chapter is on its annual pilot recruitment drive, posters will be putt up around town and O'Brien will be visiting the high school to promote the program.

Most of the program's dozen pilots are either seniors themselves or close to it, and O'Brien hopes to attract some younger pilots who would benefit and enjoy the program, adding an aspect to the rides that is currently missing.

Trained pilots ensure that seniors in the community get out of their nursing homes, get out on the bikes and enjoy the fresh air and community around them.

The rides generally start at one of the local retirement homes – Goderich Place, Harbour Hills and Maitland Manor, and last for about an hour.

"The staff at the homes have been extremely welcoming and helpful in making the program run smoothly," O'Brien said.

"Their help in loading and scheduling allows the pilots to concentrate on the ride and enjoying the company."

Although the original bike is still working fine, in time it may need major maintenance and possibly replacement.

"We hope that when that time comes that Goderich residents and service clubs will recognize the value of the program and help us keep it running," admitted O'Brien.

Additionally, the Goderich chapter is adjusting to the recent move of the Maitland Manor to its new location on Highway 21 south.

Getting to the new location is currently an issue, but O'Brien is hoping to find a solution through the Active Transportation goals set out by the Town of Goderich.

"Starting this chapter of CWA has helped Lorraine and I feel like part of the community, meet new people, learn the old stories and show that we are dedicated to our new home," remarked O'Brien.

For those interested in volunteering with CWA or for more information, please email O'Brien at obriengerry57@gmail.com

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Elbows Up rally held in Goderich

KATHLEEN SMITH

Editor

Elbows Up, Canada is a grassroots movement bringing Canadians together to stand up for this country with optimism, unity and strength.

The group is non-partisan, peaceful and proudly Canadian.

Elbows Up, Canada has family-friendly gatherings to celebrate Canada's strength, unity and resilience.

Their gatherings are to show the world that Canada is strong, independent and not for sale, and include powerful speeches and live music.

Goderich residents Barbara Kane and husband John Meyers saw that there would be a gathering on March 22 in Toronto.

"We wanted to show our support locally, so we emailed friends and posted a notice on Facebook," admitted Barbara.

"It was very short notice, but we had an enthusiastic response, and around 35 people came out to Courthouse Square on a gusty, cold spring day."

Elbows Up is a term often used in hockey, meaning to protect yourself or fight back when things get tough.

In response to the intensifying trade and economic tensions building between Canada and the United States, comedian and celebrated actor Mike Myers gestured el-

bows up after hosting Saturday Night Live (SNL) earlier in March.

It is to be noted that during the ending credits of SNL, Myers was also wearing a t-shirt that read 'Canada is Not for Sale'.

This energy has transformed into the grassroots movement to stand united against President Trump's bullying tactics to delegitimize Canada's sovereignty.

John and a couple friends have made Elbows Up lawn signs and find it hard to keep up with the demand. So far, they have made 80, half to Bayfield and the other half around Huron County communities.

With threats from Trump, tensions growing and people becoming anxious, there is also an underlying, simmering anger amongst proud Canadians.

"How dare he say we should become the 51st state and that he will destroy our economy," stressed Barbara.

"The need to respond to these threats feels urgent and it has unified the country."

Since the threats were made, the Federal government is aiming to remove inter-provincial trade barriers, and Canadians have been boycotting American products at grocery stores, while also avoiding travel to the United States.

Furthermore, Goderich Town Council has passed a motion condemning the United States leader's divisive and harmful rhetoric, advocating a return to a constructive and positive relationship between Canada and the United States.

"We are all trying to do what we can," added Barbara. "We want to rally public support for all efforts to end punitive tariffs that will Canadians as well as our American neighbours and friends. We all gathered to show our opposition to the U.S. government rhetoric about annexing Canada. We will never be the 51st state."



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Letter to the Editor

More at stake than Huron County

Dear Editor,

As the Federal election nears, I have been seriously thinking about our options as citizens of this great country.

In studying the platforms of the parties, I am drawn to the positive, no-nonsense approach of Mark Carney.

A man with humble beginnings, who worked and studied to achieve his status.

Carney has a transparent, solid worldview that is already opening economic and trade deals in potential partnerships with Europe.

He values this country and asks us all to be ready (Elbows Up), and to

join in the hard work to build up and protect Canada.

When I researched our local candidates for the upcoming Federal election, I was pleased to see that James Rice is also a man of humble beginnings who has achieved great personal success through education and determined hard work.

This area has long been held by the Conservative Party and lately the UCP.

It has been 17 years/five terms, and it was hard to find much that has been accomplished or passed recently in the House of Commons on behalf of Huron County during those years.

I believe we need someone who will represent our concerns.

James Rice, our local Liberal can-

didate, seems like a man of vision. He lives rural, according to his biography, he has an understanding and appreciation of farming.

He is well-educated with a deep understanding of law and politics.

He is a family man with the interests for the next generation in mind.

I believe James Rice brings forth a refreshing blend of attributes to be applied to leadership.

Rice could bring a new, fresh vision to Huron County, and remember, our votes on April 28 are important not only for this riding, but also for our nation, and Canadian sovereignty.

Regards,
Lisa M. McHugh
Goderich



Goderich Sun

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No Snowed-In Roads: Acknowledging the workers behind months of heavy snow removal

ROBERT NORSWORTHY

Sun Contributor

Reaching the end of an unusually heavy annual snowfall in Goderich, it seems a fitting time to acknowledge those who cleared the roads, sidewalks, and other areas of town.

For the past few months, the town has relied on the dedication of people like its public works staff: the people driving the ploughs that we can hear roaring past our homes at five in the morning before we roll over and go back to sleep.

In an interview, Mayor Trevor Bazinet and Operations Manager Kyle Williams discussed the work that goes into maintaining the streets of Goderich.

Kyle Williams described the process of snow removal: if the forecast shows heavy snow, every member of the team is on standby. Their day typically begins at 3 a.m., when the nighttime patrolman monitoring the weather calls them in.

From there, they touch base at the public works shop, start up their respective vehicles, and set out. Each staff member has a set route.

Those clearing the roadways each have an equal portion, and those clearing the sidewalks each cover half the town.

At nine in the morning, staff return to the public works shop for a break before heading back out to finish their twelve-to-thirteen-hour shifts. Then it's finally time for the staff's least-favourite part of the job: still having to clear their own driveways when they get home.

The task is as intensive as it is vital, and a particularly frequent one over the past few months. December 2024 alone saw nearly as much snowfall as the entire previous winter combined, and the total snowfall of the 2023-2024 winter was a bit over a third of the total snow the town received in recent months.

According to Williams, at this point, the staff know their routes "like the back of their hand". He is extremely grateful for the work the team does.

"Big thank-you to the plough operators and our technicians as well that are always dealing with our unforeseen breakdowns," said Williams.

"These men and women, they come in on holidays, weekends, all hours of the night, and they often sacrifice missing important family time that, sometimes, we all forget about and take for granted. The town of Goderich is lucky to have such a talented, hard-working group of people here."

Mayor Bazinet also expressed his appreciation for the staff involved.

"I can't commend the staff enough," Bazinet added.

"I can't commend Kyle and his leadership enough as well—Sean Thomas as well, and all the supervisors, like Chad Slotegraaf as well . . . for the work that they do."

There have also been many opportunities for staff to enjoy their favourite part of the job, as Williams described it as a camaraderie between each other.

"You know, they love what they do, which is great to hear," Williams added.

When staff meet up at the public works shop, part of this camaraderie is informing one another about things to be aware of in town, such as abandoned vehicles, unusual parking situations, or rugged patches of road.

Furthermore, senior staff who have more experience with heavy snowfall can advise newer staff in matters such as public relations with those driving behind the ploughs.

"The operators are more than happy to have a discussion with people and let them know what's going on", Williams said.

Mayor Bazinet emphasized how much recognition he feels the operators deserve.

Bazinet believes it is nice when they receive compliments from community members.

"I think it's important for people to realize the long hours that they work, time away from their family, and they go home and try to get a few hours' sleep, and then they're back at it again, so, greatly appreciated," Bazinet commended.

As someone who has lived their entire life in Goderich, Mayor Bazinet explained he hasn't seen this much snow in a very long time, stressing the magnitude of the work involved in keeping the streets and sidewalks clear.

He points out that the effort involved in recent snow removal has been enormous in not just regularity, but also logistical complications.

"We were running out of room to put the snow," Bazinet explained.

"You had to get a little creative. This year, we had to close a portion of our waterfront because there was nowhere left to put the snow down there."

It is difficult to account for such uncommonly extreme weather, but Mayor Bazinet describes how the town does so by budgeting for snow removal based on average requirements.

Doing so ensures that the town can keep public works staff properly equipped and meet maintenance costs, even in cases of extreme variation in precipitation from year to year.

If, as in the prior winter, there is less snowfall than usual, excess funds can be reallocated to aging infrastructure, public works, and the waterfront.

Furthermore, considering the recent snowfall, the town has budgeted extra snow-removal money for next year.

This winter, the Town also briefly assisted with snow removal outside the routes of public works staff. They helped to move snow that the volunteers at the John Cove Memorial Rinks had no more room to put aside. This extra level of assistance bolstered the volunteer work that ordinarily handles all rink maintenance.

Mayor Bazinet has been personally involved in the rinks' development. He said that, among the various tasks that the volunteers handle, ensuring that the rink stays clear of snow is a time-sensitive priority.

"The snow insulates the ice, so if the

snow stays on the ice, it's melting the ice, right? And they do a great job," added Bazinet.

"The ice is smooth as glass whenever I've been over there."

He is grateful for the excellent work that the community does to maintain this free recreational area for the town, and he adds that the volunteers are eager to welcome more members.

The snowy months have been demanding, but as we move into spring, the public works department remains vigilant.

The ongoing potential for sudden heavy snowfall was well-established during the interview at Town Hall, while late-March flakes tumbled past the windows.

As the weather warms, the gradual disassembly of snow-removal equipment will begin. At first, the team only completes the more elaborate dismantling jobs, such as removing a plough wing from a dump truck, which takes roughly a day.

However, equipment such as the ploughs on the front of the dump trucks can detach and reattach much faster, so the team keeps them at the ready until the forecast shows weeks of warm temperatures.

When the snow seems completely gone for another year, some of the snow removal attachments will go into storage at the public works yard, and others will be kept at the airport.

Meanwhile, the backhoe, tractors, and dump trucks will be free for the versatile public works' next seasonal maintenance activities, such as hauling topsoil.

There are also various winter tasks that were pushed forward while snow removal took up the staff's time.

"In the wintertime, usually we will cut and remove and trim trees," explained Williams.

"We didn't get a chance to this year, so right now, we're starting our tree removal and trimming process."

Beyond that, the team's next tasks include clearing sanitary mains, sweeping streets, sod repair, and filling potholes.

As Mayor Bazinet said, road repair is a major springtime priority for the town.

"We usually budget for three roads per year, three streets per year, okay, on reconstruction, and it's not necessarily what it looks like on the surface, but how much aging infrastructure, how old is it underneath?" said Bazinet.

"Our Square, as everyone knows, is going to start this spring. It's a big project . . . Is it a project that we want to do? No. But is it a project that we need to do? Yes, it is. We were left with that Square for over a hundred years, and now it's up to us to reconstruct that Square for the future generation."

He also explained that there's a great plan in place for Goderich to be able to afford the work that's going to be done on the Square, as the Town has very healthy reserves.

The planning and effort necessary to keep Goderich running is a year-long endeavour, but people like the public works staff have risen to the tasks and, as in the case of former plough-driver Kyle Williams, taken on higher positions in the process.

For Mayor Bazinet, the opportunity for advancement is another core aspect of the work people do for the town.

"There's a lot of opportunity for our employees to work their way up through the system, as we've seen with several of our staff members, and I think that's a great thing," he added.

Goderich owes those who keep the town running a debt of gratitude, be it expressed with something as monumental as a promotion or as simple as a passing thank-you.

The team's role has been and will continue to be vital in the months and years to come.


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Huron Chamber of Commerce recognized as one of Canada's fastest growing chambers

GODERICH SUN STAFF

info@goderichsun.com

Ranking number four in the country, the Huron Chamber of Commerce has been named one of Canada's Top 10 fastest growing chambers with less than 500 members.

According to research from the Chamber of Commerce Executives of Canada (CCEC), a report titled Membership Trends Across the Chamber Network highlights membership growth across Canada.

Huron Chamber's membership increased by 27.3 per cent in 2024.

According to the report, this places the Huron Chamber among the most dynamic and rapidly expanding business organiza-

tions in the nation.

"This achievement is a testament to the strength of our local business community and the Chamber's commitment to advocacy, business support, and community-building," said Colin Carmichael, Executive Director of the Huron Chamber of Commerce.

According to Carmichael, over the past year, Huron Chamber has expanded its service area to represent nearly all of Huron County. It has also launched new initiatives and strengthened partnerships that drive economic growth.

"This recognition reinforces that our efforts are making a real difference for businesses in our region," added Carmichael.

With its geographic boundaries expand-

ing in 2024, the Huron Chamber now officially represents eight municipalities across the county.

"Our Chamber has a long history of supporting businesses, and this growth shows we are providing real value for our members," said Jodi Snell, Chair of the Huron Chamber of Commerce.

"As we celebrate our 35th anniversary this year, we remain committed to building on this momentum and ensuring that Huron County continues to be a great place to do business."

The national report also revealed a 92.1 per cent membership retention rate across Canadian Chambers, highlighting strong engagement within the Chamber network.

Becky Davison, President of CCEC

congratulates these leading chambers and their dedicated staff whose persistence and passion are uniting business communities across the country.

"It's inspiring to see such strong membership retention and widespread membership growth across the Chamber Network," added Davison.

"We look forward to building on this momentum throughout 2025."

According to Carmichael, the Huron Chamber of Commerce extends its gratitude to its members, partners, and community leaders for their ongoing support and engagement.

For more information about the Huron Chamber of Commerce and its initiatives, visit huronchamber.ca

Huron County Youth Forum invites local youth to join the conversation

GODERICH SUN STAFF

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A series of fun, community-building events designed specifically for young people from across Huron County will take place across multiple dates.

This series is building on the work the Huron County Library has been doing through the Libraries Transforming Communities project.

Geared towards youth ages 15-21, these community conversations provide opportunity to connect, learn, and engage with peers on activities that promote teamwork, creativity, and leadership.

Whether an individual looking to make a difference in your community, or a young representative of a local program,

organization or club, all are welcome to join.

The series kicked off March 26 at 7 p.m. virtually.

"We are thrilled to not only provide a safe space for youth to share ideas and experiences but to also inspire them to be active in their communities," said Jim Seale, Huron County Library Programming and Community Engagement Coordinator.

According to Seale, the library hopes one of the outcomes of these conversations is to build communication channels for the next generation of civic leaders in Huron County.

To register for a session, or to be kept informed of future gatherings, email jseale@huroncounty.ca

I Am Huron campaign kicks off

GODERICH SUN STAFF

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Huron County Immigration Partnership launches the I Am Huron campaign, an initiative celebrating the positive impact immigrants make in Huron County, highlighting their contributions to the community.

According to Huron County, submissions are now open to nominate immigrants who have made a difference through their work, creativity, and involvement in their community.

"The I Am Huron campaign aims to recognize and celebrate the ways that newcomers enrich our culture in a meaningful way," explained Pam Somers, co-chair of Huron County's Immigration Partnership.

"We want to showcase individuals who have made a positive impact on communities in Huron County."

Nominations are open until April 30. A subcommittee will review nominations based on contributions to the community, business and economic impact, and cultural or artistic contributions.

The selected nominees will be featured as part of the I Am Huron campaign, and highlighted in local print publications, social media, and at a special celebration event.

"The campaign seeks to shine a positive light on their stories, foster connections, and encourage mutual understanding," added Somers.

To nominate someone or to learn more about the campaign, visit <https://connect-countyofhuron.ca/i-am-huron>

Over one hundred walkers expected at Huron Hospice Candlelight Walk

GODERICH SUN STAFF

info@goderichsun.com

Varna's Taylor Trail will soon welcome the community to walk in memory of loved ones who have passed at the Walk in Remembrance at Huron Hospice Candlelight Memorial Walk.

For nearly 30 years Huron Hospice has provided compassionate care, emotional support and practical assistance to individuals and families who are facing a life-limiting illness, extending through to the bereavement process.

The walk is an evening of remembrance on love, loss and the journey of life.

"Each year I am moved by the collective experience of the event and the incredible generosity of our in-kind sponsors who contribute to its ambience," said Helen Varekamp, co-chair of Huron Hospice's fourth annual Memorial Candlelight Walk.

According to Varekamp, hot chocolate from Tim Horton's and Canadian-made cookies from Rexall Pharmacy add to the warmth of the evening.

There will be over a hundred people wearing an 'I'm Lighting a Candle in Memory Of' sticker provided at the event.

"For me, it's the procession by the Clin-

ton Pipes and Drums and the beautiful acapella music by the Solace Bedside Singers," added Varekamp.

"I'm also overwhelmed by the gracious support of our business community."

Sponsorships result in a full day of operational care, volunteer training for bedside support, and grief support groups.

According to Varekamp, events such as the Candlelight Memorial Walk are necessary more than ever to help fund Huron Hospice's operational needs, which are only funded approximately 50 per cent by the provincial government.

Personal donations may be given at the event, or online. Individual contributions

are an integral contribution to the event's overall success.

The walk is on Saturday, April 5 at 7 p.m. at the Taylor Trail on Mill Road, Varna.

This is a planned outdoor event, however, should weather be very cold or windy, the dedication ceremony will be held indoors at the municipal Varna Stanley Complex followed by the walk on the Taylor Trail.

In case of rain, the event will be held on Sunday, April 6 at 7 p.m.

The Municipality of Bluewater will allow access to its facility's washrooms on the day.

Indian festival of Vaisakhi coming to Goderich

KATHLEEN SMITH

Editor

Indian festival Vaisakhi is a vibrant spring festival celebrated by millions around the world.

It marks the beginning of the harvest season and holds special significance for Sikhs, Hindus, and many other cultural communities.

Organized by the Wingham Falcons Cricket Team, and volunteers with the Huron County Immigration Partnership, will host Vaisakhi at Lakeshore United Church on April 13.

The free event will feature food, music, dance and a presentation about the holiday, and what it means to Sikhs, promising to be both a celebration and a learning experience.

Open to all, this family-friendly event will provide an opportunity to connect with the community and celebrate this meaningful tradition together.

Vaisakhi has been a long traditional harvest festival in the Punjab region. On this occasion, Sikh religion started by Sikh's tenth guru Shri guru Gobind Singh.

The Sikh religion known as Khalsa, represents a commitment to living a life of service, equality and compassion, as taught by the Sikh Gurus.

Vaisakhi is a time for Sikhs to come to-

gether, celebrate their faith and reaffirm their commitment to the Khalsa and its teaching.

In Sikh religion the first guru started free kitchen service. In India most Sikh temples provide free food 24 hours to anyone.

"As a Sikh, we learned his teaching and by doing this free event we try to remember his teaching," said Gurpreet Singh, a volunteer with the Huron County Immigration Partnership.

Gurpreet Singh moved to Canada in 2015 as an international student from India, studying at Conestoga College.

After his studies, Gurpreet moved to Harriston with his friend Harpreet and worked at Circle K for two and a half years.

After receiving an offer, Gurpreet and his friend took over the Lucknow Circle K store in 2019. Since then, Gurpreet has been living in Huron County and running Circle K stores in Wingham, Clinton and Goderich.

"As a newcomer I had a great experience," admitted Gurpreet.

"Our neighbours welcomed us with greeting cards and desserts. We can't thank all those people enough who help us to settle in this community."

While running the Lucknow Circle K, Gurpreet began looking for other options. He started looking into what it would take

to become a police officer in Ontario.

Needing volunteer work to add to his resume, Gurpreet became a member of the Wingham Community Connector and began his volunteering journey.

The Wingham Community Connector group hosted many events like Cricket tournaments, Diwali, and Vaisakhi, with support of the township, which has helped with a \$5,000 donation to purchase a cricket mat and other supplies.

Gurpreet has also spent time volunteering with Big Brother Big Sister, Habitat for Humanity Restore and tutoring over the years.

Gurpreet got involved with the Huron County Immigration Partnership following a welcoming event for newcomers in Wingham.

Since then, the Immigration Partnership has assisted Gurpreet with many community events such as Diwali, Cricket, and Vaisakhi.

Diwali has been celebrated twice in Wingham, and last year Vaisakhi was celebrated in Wingham.

At Vaisakhi in Goderich, participants will learn about Indian culture and about Sikhism.

"We are going to have Indian foods and dancers who are coming from Brampton to show Bhangra," explained Gurpreet.

"I am pretty sure people will walk away with new information, and we will help

people learn how to wear turbans and how to do Heana."

According to Gurpreet, the biggest Sikh golden temple has four doors. This means people are welcome from all directions.

Celebrating Vaisakhi in Goderich will provide an opportunity to highlight how we are all human beings, regardless of ethnicity, faith and background. We are all attached to one universe.

"For us, it's not that we think people aren't understanding about our culture, but rather we are going to celebrate with friends and family," said Gurpreet.

"These kinds of events show that we are all human beings doesn't matter our skin colour is different but at the end we are attached to one universe. Political landscapes will change with time, but what's not going to change is us. We are all living under one roof."

It is an event providing an opportunity to learn about the history and cultural significance of Vaisakhi while enjoying delicious Indian food, lively Bhangra dance, music, and an engaging presentation.

Tickets are required as seating is limited. The event on April 13 at Lakeshore United Church will take place from 2 p.m. until 6 p.m.

Please reserve your no-cost tickets at Circle K in Goderich, Clinton and Wingham, or online at <https://Goderich-Vaisakhi.eventbrite.ca>

Jane's Walk Huron looking for volunteers to lead community walks

GODERICH SUN STAFF

info@goderichsun.com

Jane's Walk is a global movement that organizes free, citizen-led walking tours in communities around the world.

These walks offer an intimate glimpse into the heart of neighbourhoods, highlighting the stories, histories, and issues that define them.

This year's event will take place in Huron County communities on May 2, May 3 and May 4.

Jane's Walk Huron is looking for passionate local volunteers to lead community walks across the county this spring.

Named after the renowned urbanist Jane Jacobs, Jane's Walks highlight hidden gems and historical landmarks to local legends and grassroots initiatives. Each walk offers a unique perspective on a community and its inhabitants.

Registration is now open for those interested in leading a walk in their community. Whether someone has a passion

for local architecture, planning, social justice, or simply love sharing anecdotes about favourite local spots, all are welcome to register to lead a walk.

"Anyone can lead a Jane's Walk," said Allie Brenner, Huron County Cultural Development Officer.

"No prior experience is needed to become a Jane's Walk Huron leader. All that's needed is a love for community and a willingness to share local stories with others."

Each walk is between 45 minutes and an hour and a half long, and will be scheduled during the weekend of May 2, May 3 or May 4.

Walk leader support guides and an online training opportunity will be offered to support interested volunteers in developing and providing walks.

To join Jane's Walk Huron as a volunteer walk leader, please register online by April 6: <https://connectedcountyofhuron.ca/janes-walk-2025/surveys/walk-registration2025>

THRIVE Summit returns for second year

GODERICH SUN STAFF

info@goderichsun.com

Back for its second year, the THRIVE Summit will take place on April 14 and April 15 at the Blyth Community Hall.

This is a collaboration of the County of Huron's Economic Development Department and Community Safety and Well-Being (CSWB) for Huron

This two-day conference promises to be a catalyst for innovation, collaboration, and community progress.

"We invite business, not-for-profits and municipal partners to engage with world class speakers close to home and to focus on business basics and the value of community in these uncertain times," said Vicki Lass, Director of Huron County Economic Development.

"Together, let's seize this opportunity to step out of our day to connect, collaborate, and chart a course forward."

The THRIVE Summit will provide an opportunity for participants to step back, assess available tools and resources, reframe the current reality, identify new opportunities, and reengage with their community.

Attendees will participate in expert-led discussions, engage in panel sessions and take part in interactive breakout workouts, all carefully crafted to address key

opportunities and challenges facing local communities.

Topics at the summit will include strategies for resilience and adaptability in uncertain times, leveraging tools and techniques, how to harness the latest digital marketing trends, embracing AI, building safer communities, power of social connections, unlocking the key to belonging, boosting mental health in the workplace, and inspiring recovery journeys in rural communities.

"The ever-changing economy in early 2025 reminds us that resilience comes from balancing business fundamentals with new technologies, valuing our assets, and acknowledging the importance of strong, vibrant communities," added Lass.

"By gathering in-person to share our stories and ideas, access tools and resources, we can foster creativity and better navigate the current climate together."

The event is sponsored in part by Bruce Power.

Single day tickets for Day 1 and Day 2 are available for \$40 per person. The ticket price includes refreshments, lunch, and exclusive networking opportunities throughout the day.

Visit huroncounty.ca/thrive-summit to learn more about the THRIVE Summit and secure tickets.

Live History at Huron County Museum

GODERICH SUN STAFF

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In Time is an immersive historical experience that brings Huron County history to life.

An international touring theatre company will be at the Huron County Museum and Historic Gaol in Goderich on May 31.

Participants will discover that people from the past, including radio broadcast-

er Doc Cruickshank and poetess Eloise Skimmings, have come to life and they need your help to get back in time.

Participants will have one hour to complete escape room-style tasks, challenges and puzzles laid out to help historical individuals get back to their own time.

Tickets are on sale now for this special fundraising event. Sessions run every 15 minutes and take about 30-45 minutes to complete, but participants will have up to one hour to complete their tasks.

This is family-friendly, all-ages event. Children must be supervised to take part but can absolutely assist to solve the puzzles.

Tickets cost \$25 per person or \$200 for a group of 10 participants.

Book your spot online at EventBrite.ca

For the past 10 years, the company has toured 10 countries and over 200 venues, bringing unique local history to life with their customized productions.

This year, the company will tour Can-

ada, Australia, New Zealand, United States, Ireland and the United Kingdom.

Live History is an internationally touring site-specific escape room theatre company and has been nominated for the Governor General's award for History and Community theatre.

Showtime on May 31 is 12 p.m. until 7 p.m.

Visit <https://www.huroncountymuseum.ca/huron-historic-gaol/> or www.live-historyshows.com for more information.

Last chance for early bird tickets to Manufacturers in the Spotlight Gala

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By attending or sponsoring the Manufacturers in the Spotlight Gala, individuals or businesses are directly supporting the Huron Manufacturers Association (HMA) and its 2025 initiatives.

Some of those initiatives include school bus tours, connecting students with local manufacturers; scholarship awards worth \$1,000; bridging students to manufacturing jobs, by supplying schools with tools and materials; and offering affordable training for students and members.

The Manufacturers in the Spotlight Gala on May 3 will be held at Maple Lane Haven in Brussels. Tickets for the event are \$113.

Community Futures Huron has generously sponsored this year's dessert table, ensuring a sweet finale to an unforgettable evening. Yet, there is still room for more sponsors to take the spotlight.

Sponsoring this event is a strategic investment for any manufacturer looking to connect with industry peers, clients, and key decision-makers.

It's not just about visibility, but also about positioning your business as a leader in the local manufacturing sector.

Sponsors of the event receive a reserved table for eight, brand recognition before, during and after the event, business logos prominently displayed at the venue, and an opportunity to support the next generation of skilled workers.

The event will feature a red-carpet experience and cocktails, scholarship awards and industry recognition, gourmet dinner and dessert table, and silent auction, music and dancing.

For tickets visit <https://www.eventbrite.ca/e/recognition-of-excellence-gala-tickets-1254682411869> or reach out for sponsorship opportunities contact Gaby at info@huronmanufacturing.ca

2025 SLED and AccessSLED Fund Programs are open for applications

GODERICH SUN STAFF

info@goderichsun.com

Huron County's Supporting Local Economic Development (SLED) program funds projects that address strategic priorities.

This includes workforce reengagement, education and skills development, attraction and retention projects, economic development projects, tourism initiatives, and newcomer programs.

The County of Huron has opened its 2025 SLED funding program and launched a new AccessSLED program for local organizations.

This program is delivered by County of Huron's Economic Development Department and funds projects up to a maximum of \$10,000.

According to the County of Huron, the list of eligible organizations includes registered non-profits, BIAs, Chambers of Commerce, arts organizations, sector organizations and municipal partners.

Eligible projects must take place in Huron County and focus on one of the following priorities: Re-engagement, impacts business districts and key sectors, advances community development, projects focused on youth or newcomers.

Applications will be assessed on a merit basis and evaluated by a panel of local economic development professionals.

The deadline to submit is April

17 at 4:30 p.m.

Interested applicants can access the SLED application form and complete program details at www.huroncounty.ca/economic-development/sled/

Furthermore, in collaboration with the Huron County Accessibility Advisory Committee (HCAAC), the County of Huron is launching a new AccessSLED program.

This will offer funding grants of up to \$1,000 to support projects that enhance accessibility and inclusivity through Huron County.

Funding is available for a wide range of organizations within the county, including private local businesses, retail, services, municipal buildings, non-profit organizations, community centres, recreational facilities, local hospitality, tourism, restaurants, arts and cultural venues, and e-commerce platforms catering to Huron County residents.

Eligible projects must demonstrate a clear, measurable impact on improving accessibility.

The deadline to apply for the 2025 AccessSLED program is April 17 at 4:30 p.m.

Successful applicants will receive 50 per cent of the grant upfront, with the remaining 50 per cent project completion.

Interested applicants can access the AccessSLED application form and complete program details at www.huroncounty.ca/economic-development/accesssled/

TOWN OF GODERICH WEBSITE SURVEY

The website for the Town of Goderich, www.goderich.ca, serves as the primary communication tool for the municipality.

Through the Town of Goderich Corporate Strategic Plan, Council identified the website as a priority item to make the website more user friendly by streamlining navigation and improving/simplifying content. Staff are conducting a comprehensive review of the website to develop a new and improved site and we are looking for your feedback!

Please visit the following link to fill out the survey:
<https://www.surveymonkey.com/r/TOGWebsiteSurvey>

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Battle of the Badges supports Victim Services Huron Perth



North Huron Fire Department lost 10-3 against the Huron County OPP at the Battle of the Badges charity hockey game on Saturday, March 29.

(CONTRIBUTED PHOTO)

KATHLEEN SMITH

Editor

North Huron Fire Department faced off against the Huron County OPP for another Battle of the Badges charity hockey game on Saturday, March 29.

In support of Victim Services Huron

Perth, the charity hockey game raised \$3,500. The final score was 10-3 in favour of Huron OPP.

“We are incredibly grateful to be the ongoing beneficiaries of the Battle of the Badges hockey game,” Deborah Logue, Executive Director of Victim Services Huron Perth.

“This event not only showcases the dedication and camaraderie of our first responders but also highlights the power of community support. Every dollar raised helps us further our mission and make a meaningful impact.”

Victim Services Huron Perth is a registered charity that works closely with

police, emergency medical services, and social service advocates to ensure members of the community are supported during and immediately after a crisis or traumatic event.

For more information visit <https://www.victimserviceshuronperth.ca>

Rotary Club donates \$45,000 to Menesetung Bridge Association



Bruce Thomasson (middle), President of Goderich Rotary Club (centre) presented a cheque for \$45,000 to Marian Lane (right), Chair of the Menesetung Bridge Association and Robert Norsworthy, Menesetung Bridge Association Web Manager. The association is grateful for this generous donation towards their bridge restoration project.

(CONTRIBUTED PHOTO)

SUBMIT YOUR LETTER TO THE EDITOR TO US! CALL 519-655-2341 OR EMAIL info@goderichsun.com

Weekend Quiz

By Jake Grant

1. What Disney princess wears yellow?
2. What country produces the most peanuts?
3. Which famous artist cut off part of his own ear?
4. In Greek mythology, who is the king of the gods?
5. What gas do cows release?
6. What is the most spoken language?
7. What is the capital city of Nova Scotia?
8. Who was the first Emperor of Rome?
9. What's the name of Hiccup's dragon from "How to Train Your Dragon"?
10. What Japanese cities were struck by an atomic bomb?

This week's answers are found on pg. 23



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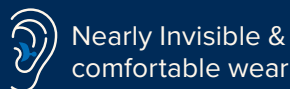
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Pancake brunch price remains same as last year



On Saturday, April 12 hundreds of pancakes will be flipped in readiness for many hungry brunch goers. The 13th Pancake 'N Sausage Brunch and Schilbe Sugar Bush Tour will be held from 9 a.m. until 12 p.m. at Pine Lake Campground. (MELODY FALCONER-POUNDER PHOTO)

MELODY POUNDER

Sun Contributor

On Saturday, April 12, hundreds of pancakes will be flipped in readiness for many hungry brunch goers.

Volunteers with and friends of the TSJ Hall Association and Trinity St. James Chapel are joining together to host the 13th Pancake 'N Sausage Brunch and Schilbe Sugar Bush Tour.

It will be held from 9 a.m. until 12 p.m. at Pine Lake Campground.

On the menu for brunch will be genuine Maple syrup poured over hot pancakes and sausage accompanied by coffee, tea and juice.

For those who cannot get enough of the sweet stuff Rick and Rusty Schilbe's Maple Syrup will be available for purchase.

Folks will also be able to purchase a

box or two of Classic Girl Guide Cookies as members of Bayfield Guiding will be in attendance as well.

Before or after partaking in the brunch served in the Campground's Recreation Hall, people can hop on a wagon for a short tractor ride from the campground through Rick and Rusty Schilbe's Sugar Bush to the shanty.

Once at their destination they will see firsthand how Maple syrup is produced.

Tickets will be sold at the door: \$12 for adults, \$6 for children aged six to 12 years, and free for children five and under.

The Pancake Brunch is a fundraiser for the TSJ Hall Association in support of the TSJ Hall, located at 10 Keith Crescent in Bayfield.

Pine Lake Campground is located at 77794 Orchard Line, Bayfield.



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Police Reports

Person charged after causing damage to police vehicle

Huron County police have charged an individual following an incident that took place at a location on Josephine Street in Wingham on Wednesday, March 19.

Just after 10:20 p.m., police investigated damage that had been done to an OPP patrol vehicle, which had been parked and unattended.

Police located the suspect, who fled on foot and was arrested shortly after a brief struggle with police.

Further investigation revealed that the suspect had also moved storm drain covers, creating a hazard for motorists and pedestrians.

A 28-year-old from North Huron was charged with: Mischief Under \$5,000, Mischief – obstructs, interrupts, or interferes with the lawful use, enjoyment or operation of property, and Resist Peace Officer.

The accused was additionally charged with an offence under the Liquor Licence Control Act (LLCA).

The accused was processed and later released with a court appearance scheduled at the Ontario Court of Justice – Goderich on April 28.

Driver charged with impaired by drug following traffic stop

Police have charged a South Huron resident with a criminal driving offence following a traffic stop on March 20.

Officers were patrolling in Exeter and conducted a traffic stop. While speaking with a driver, the police subsequently arrested them for impaired operation.

The driver was transported to the Stratford Police Service to conduct testing and as a result the 29-year-old from South Huron was charged with: Operation While Impaired – Alcohol and Drugs, and Possession of Methamphetamine.

The involved vehicle was towed and impounded for seven days, and the driver's licence was suspended for 90 days.

The accused was later released from custody with a court appearance scheduled for April 14 at the Ontario Court of Justice – Goderich.

Intimate partner violence investigation results in charge

On March 18 members of Huron OPP investigated a matter involving intimate partners in Goderich.

As a result, police learned that the involved suspect had allegedly committed a criminal act against their partner.

A 29-year-old from Goderich was arrested and charged under the Criminal Code with the following: Assault – Spousal.

The accused was processed and later released with a court appearance scheduled at the Ontario Court of Justice – Goderich on April 28.

Victims of intimate partner violence (IPV) are not alone. There are local resources available including Victim Services of Huron at www.victimserviceshuron.ca

Arson investigation in Goderich results in charges
Members of the Huron

County OPP and Huron County OPP Major Crime Unit investigated a suspicious fire that took place in Goderich on February 19, 2025.

On that date, at approximately 9:30 p.m. police and Goderich Fire responded to a suspicious recycling bin fire located outside a building on Hamilton Street in Goderich.

The investigation revealed an individual had started the fire, which caused damage to the building exterior and wiring.

The dollar value of the damage to the building has yet to be determined.

No injuries were reported; however, the building had several apartments within.

Following the investigation, one individual was arrested on March 16 and the 19-year-old from Goderich was charged with: Arson – Disregard for Human Life, Mischief Over \$5,000, and Mischief Endangering Life.

The accused was processed, held for a bail hearing and then later released from custody with a court appearance scheduled at the Ontario Court of Justice – Goderich on April 28.

If anyone has information about this incident, please contact Huron OPP non-emergency line at 1-888-310-1122.

Assault investigation results in criminal charges for youth

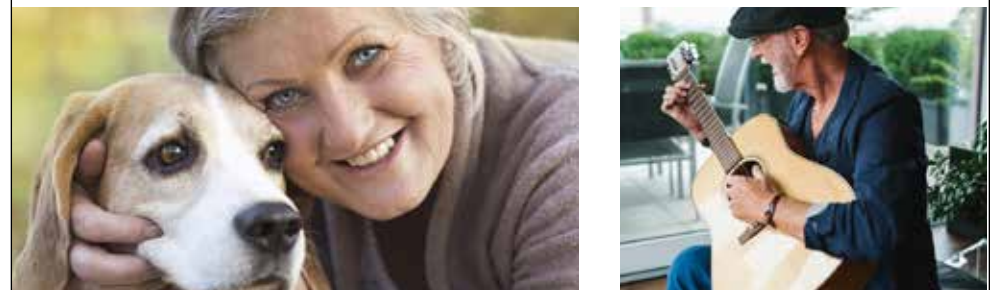
On March 16 members of Huron County OPP responded to a disturbance in Clinton. As a result of the investigation, OPP learned that the involved suspect youth had allegedly committed an assault on another youth.

A 17-year-old from Huron-Kinloss was arrested and charged under the Criminal Code with the following: Assault, Resist Peace Officer, and Obstruct Peace Officer.

The youth's identity is protected under the Youth Criminal Justice Act (YCJA). The accused was processed and later released from custody with a court date scheduled at the Ontario Court of Justice – Goderich on April 10.



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Mother and son qualify for semi-finals of 2025 CrossFit Games

JENNIFER MORRIS

Sun Contributor

In an inspiring tale of dedication and athleticism, Scott Homan (55) and his mother Jo-Anne Homan (78) have both secured their spots in their respective divisions for the next round of CrossFit Games.

Scott and Jo-Anne advance to the games after impressive performances in the recent CrossFit Open, which is an annual, global competition that serves as the first stage in the selection process for the CrossFit Games.

Top athletes compete for the title of Fittest on Earth at the CrossFit Games.

Scott and Jo-Anne's remarkable achievements not only highlight their individual talents but also showcase the strength of family bonds through fitness.

Scott finished an impressive fifth place in Canada and 128th in the world, while his mother Jo-Anne celebrated her own success by landing sixth in Canada and 96th globally.

This mother-son duo has been passionately involved in CrossFit for the past 15 years, making their recent accomplishments a testament to their commitment to health and wellness.

"CrossFit has changed our lives," said Scott.

"It's not just a workout. It's a community and a lifestyle. To share this journey with my mom is incredibly special."

As co-owner of CrossFit Goderich,



Scott (left) and his mother Jo-Anne Homan have both qualified for CrossFit Games in April. (CONTRIBUTED PHOTO)

Scott has dedicated himself to fostering a supportive environment for athletes for all ages and abilities.

Jo-Anne, known for her infectious enthusiasm and relentless spirit, has become a role model not only for her family but also for the community.

She began her CrossFit journey later in life, proving that age is merely a number when it comes to pursuing fitness goals.

values instilled through CrossFit – perseverance, discipline, and camaraderie – are essential not only in sports but also in everyday life.

As Scott and Jo-Anne prepare for the next round of the CrossFit Games, the semi-finals, which take place on April 3 to April 6 at CrossFit Goderich, the duo are focused on training hard and doing their best.

Their journey, marked by resilience and determination, serves as an inspiration to many in the community and beyond.

"Seeing my mom compete at this level is incredible," Scott added.

"It's a reminder that fitness is a lifelong journey, and we're in it together."

The finals of the CrossFit Games are scheduled to take place later this year and both Scott and Jo-Anne are eager to showcase their skills on a larger stage.

As they gear up for this next challenge, the Homan family continues to exemplify the spirit of CrossFit – pushing boundaries, breaking stereotypes, and celebrating the joy of fitness together.

For those interested in following their journey, updates will be shared on the CrossFit Goderich – Ridge Fitness social media pages as they prepare to take on this exciting new chapter.

The Homans are living proof that with passion, persistence and a little bit of family support, anything is possible.

Jennifer Morris is Co-owner of CrossFit Goderich -Ridge Fitness

"I want to show that it's never too late to start something new," Jo-Anne remarked.

"CrossFit keeps me young and energized."

Their commitment to fitness extends beyond competition. Both Scott and Jo-Anne are deeply involved in their local gym, encouraging others to push their limits and embrace a healthy lifestyle.

The Homan family believes that the

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Six teams representing Goderich Ringette compete in London

MEGAN FRAYNE

Sun Contributor

The Goderich Ringette Association had a strong showing at the Lower Ontario Ringette League's regional year-end tournament in London from March 21-23, with six teams representing the community in exciting competition.

The U19 team, which includes both returning players and those aging out of the division, played in the toughest pool.

They showcased great skill, teamwork, and determination, finishing the tournament with a win, a loss, and a tie.

As we look ahead to next season, we will certainly miss the players who are aging out and thank them for their dedication, leadership, and contributions to our

association over the years.

The U16 Ridder team played with incredible effort and resilience in the top pool. Their strong teamwork and determination were evident in every game, and they capped off a successful season with a fourth-place league finish, along with impressive performances in other tournaments.

The U16 Andrews team demonstrated skill, perseverance, and strong defensive play throughout the weekend. Their teamwork carried them to an exciting semifinal appearance, and they should be proud of their efforts.

The U14 team had a fantastic season leading up to the tournament, earning their spot in the top pool. They played

with confidence, speed, and great sportsmanship, proving themselves as a strong and competitive team.

The Fun 3 team had an outstanding tournament, playing with energy and enthusiasm. Their teamwork and determination paid off as they battled their way to the gold medal.

The Fun 2 team also had a great weekend, putting their skills on display and celebrating two well-earned wins. Their hard work and love for the game were clear in every play, and they proudly brought home medals.

A huge thank you to our dedicated coaches for their time, effort, and passion in helping our players develop and succeed throughout the season. Their guidance

and encouragement have helped shape our teams into the strong, skilled, and sportsmanlike athletes they are today.

Looking ahead, the U12 teams will travel to Markham from April 3-6 to compete in the U12 Championship, where they will represent Goderich against teams from across Ontario.

In addition to our competitive success, we're excited to announce that Goderich Ringette will be hosting a "Come Try Ringette" event at the Maitland Recreation Centre on April 12 at 1:30 p.m. This event is a fantastic opportunity for newcomers to experience the sport, meet our coaches and players, and see firsthand what makes ringette so special.

CONTINUE TO PAGE 14



Above: U19 Team. Kate Wynja, Lainey Cox, Emma Alce, Ella Stanbury, Mya Craig, Danica Hesse, Emily Andrews, Jakob Garrick, Autumn Anderson, Sydney Dolmage, Gillian Anderson, Izzy Ridder, Alyssa Fidom, Riley Arthur, Jordyn Austin, Molly Wright. Our U19 team has an impressive season, finishing near the top of their division.

(CONTRIBUTED PHOTOS)

Right: U16 Ridder Team. Gracy O'Reilly, Alexis Wilson, Megan Ridder, Mallory Dougall, Julia Henriques, Emma Greidanus, Haylee Regier, Clara Frayne, Nora Frayne, Taylor Vanderburgh, Eden Hartin, Megan Deighton. Our U16 Ridder team had a fantastic season, finishing near the top of their division with impressive effort and skill.



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- Pass a new middle class tax cut, saving families up to \$825
- We will rebuild, reinvest, and rearm the Canadian Armed Forces to keep Canadians safe at home and abroad.
- Deliver Canada's most ambitious housing program since WW2
- Create high paying jobs and the strongest economy in the G7

Want to get involved?

Website: jamesrice.liberal.ca

Campaign office: 247 Josephine St., Wingham

Phone: 226-839-0660


Authorized by the official agent for James Rice



Six teams representing Goderich Ringette compete in London



Fun 3 Team. (Back): Coach Daryll Boyer, Coach Becky Moore, Lizzie Schilthuis, Helena Garland, Clarke Giesbrecht, Avery Muylaert, Millie Lynn, Hazel Moore, Coach Tanya Shepherd, Trainer Melissa Seguin, Trainer Rachel Lynn. (Middle): Vera Sillib, Hailey Seguin, Willa Hunking, Anna Boyer, Emerson Vallee. (Front): Marion Moore. Congratulations to our Fun 3 ringette team on an incredible season, capping it off with a gold medal win at the league's year end tournament. Their hard work, teamwork, and determination paid off in the best way possible.



U14 Team. Shea Regier, Nola Gillard, Rowyn Vallee, Paige Brindley, Kara Greidanus, Addison MacAdam-Cutler, Brooke Dynes, Payton Crabtree, Hadley Bolinger, Lily O'Reilly, Addison Partridge, Rachel Mabon, Morgan Baxter, Anna Hogan. Our U14 team started the season strong, showcasing their skills and confidence on the ice. As the season progressed, they faced some challenges in the second half but continued to push through with determination. Despite the ups and downs, they gained valuable experience, learned from every game, and finished the season with pride.

Send in your sports reports

Coaches and/or parents are invited to send in your sports reports and pictures to the Goderich Sun to let Goderich and area know how your teams are doing throughout the 2025 season (and to create some great scrapbook material to be reflected upon in future years).

Game reports should be kept to a maximum of 100 words. Please include a brief description of what happened during your games, including the names of those who scored and any special efforts made by your players. Please send reports and pictures by emailing kate@goderichsun.com



APRIL EVENTS

- | | |
|----------|---|
| April 2 | Cafe 109 - Wake Up Wednesday - Environmental Committee Speaker Series - "Species At Risk" With Nicole Andreola, Biologist/Stewardship Coordinator, County Of Huron - 9 a.m., General Meeting - 7:30 p.m. |
| April 4 | Madd Fundraiser With Psychic Chris Stillar - 7:30 p.m. |
| April 5 | Live Band "Blacklist Social" - 5 p.m. |
| April 7 | No Cafe 109 Today - Open At 1 p.m. |
| April 8 | Ladies Aux General Meeting - 7 p.m. |
| April 9 | Wake Up Wednesday - Environmental Committee Speaker Series - "Native Trees/Plants And Biodiversity" With Shannon Millar, Restoration Supervisor; Karlene Zurbrigg, Watershed Forester, Maitland Valley Conservation - 9 a.m.
Pepper Card Club - 1 p.m. |
| April 10 | Friday Night Live Band "Jim Otterbein" and Meat Draw - 5 p.m. |
| April 11 | Live Band - "The Daves I Know" - 5 p.m. |
| April 12 | Wake Up Wednesday - Environmental Committee Speaker Series - "Goderich Cycling Without Age Program" With Gerry O'bien, Goderich Cycling Without Age - 9 a.m., Legion - Executive Meeting - 7:30 p.m. |
| April 18 | Closed For Good Friday |
| April 19 | Live Band - "Happy Jacks" - 5 p.m. |
| April 23 | Wake Up Wednesday - Environmental Committee Speaker Series - Food Waste And Sustainability With Diana Aquino, Municipal Relations Manager, Bluewater Recycling Association - 9 a.m.
Club Sunset - 7 p.m. |
| April 25 | Live Band - "Hwy 19" - 5 p.m. |
| April 26 | Ladies Aux - Executive Meeting - 5 p.m. |
| April 29 | Wake Up Wednesday - Environmental Committee Speaker Series - Blue Box Program |
| April 30 | Producer Responsibility With Jillian Simmons, Hr/Communications Manager, Bluewater Recycling Association - 9 a.m. |

**Bingo Every Sunday Afternoon Doors Open @12 p.m. No Bingo on Easter Sunday.
 Euchre Every Tuesday Night 7 p.m. Please bring a partner.
 Jammers Every Wednesday Night 6 p.m.
 Cribbage Every Friday Afternoon 2 p.m.**

56 KINGSTON STREET, GODERICH • 519-524-9282



Fun 2 Team. (Back): Coaches Laurie Hakkers, Mandy Regier and Amy MacDonald. (Middle): Brooklyn Durnin, Shilah Oates, Leah Westbrook, Lexi Regier, Elisabeth Hull, Zion Oates, Gena Frayne. (Front): Maya Jones, Lydia Brindley, Beau Moore, Emma Boyer, Ellie Hakkers, Avary Leddy. Our Fun 2 ringette team, our youngest group, had an incredible season filled with growth and success, making tremendous progress and developing a strong love for the game.



U16 Andrews Team. Keera Seguin, Abigail MacIsaac, Anneka Lambers, Addison Andrews, Lilly Shelton, Charli Bolinger, Beth Hamilton, Storm Dynes, Ruby Squire, Lillian Beier-Re-naud, Kenzie Herlufsen, Lily Hamilton (missing Olivia Mabon). Our U16 team is a great group of girls who have battled through a season with wins, losses, and ties, giving their best every step of the way.

NYC comedian bringing tour to Benmiller

GODERICH SUN STAFF

info@goderichsun.com

Stand-up comedian Ben Miller is bringing his new comedy tour to Huron County on April 25 at the Benmiller Community Hall.

According to Miller, in a moment of deep self-absorption, as most performers succumb to, he decided to Google himself. Finding a weather forecast is not what he expected.

Listed amongst other Ben Millers – one a famous British comedian, one a basketball coach in Iowa, and one a historian in Berlin – Miller found a suggestion for a weather forecast for a Benmiller, Ontario.

Sharing a name with a small town in rural Ontario, Miller took a 575-mile drive to see his namesake community hall.

Miller is a New York City (NYC) based comedian who has been working for the past eight years and in that time, he has performed at all the top clubs in the city. This includes Broadway Comedy Club, Stand Up NY, Dangerfield's, Caroline's and The Stand.

Miller was once ranked as the top roast battler in NYC, and he also has a degree in

Materials Science and Engineering from Columbia University.

He has worked with electron microscopes, has been a teacher on a science bus, has worked with 3D printed cookies, and diffused a few bar fights while on stage.

Miller's jokes are sharp and self-deprecating, and he was once called 'one of NYC's best pound-for-pound joke writers', which isn't saying much considering how little he weighs.

His debut hour had a completely sold out run at the 2022 Edinburgh Fringe Festival and he has toured over 50 cities internationally.

In 2023, Miller was the artist in residence at Hawai'i Volcanoes National Park, the first ever stand-up comedian ever selected.

Miller will be in Benmiller on Friday, April 25 with a start time of 7 p.m. Cost per ticket is \$20.

For more information on Ben Miller visit www.benmillercomedy.com

To purchase tickets visit <https://www.eventbrite.com/e/comedian-ben-miller-live-in-benmiller-on-tickets-1290232713779>



NYC based comedian Ben Miller is bringing his stand-up routine to Benmiller Community Hall on April 25.

(CONTRIBUTED PHOTO)

Exposure opening at the Goderich Co-op Gallery



(CONTRIBUTED PHOTO)

Above: A Debbie Eikmeier piece.
Left: A piece by Karen Taylor.



CAROL McDONNELL

Sun Contributor

Goderich Co-op Gallery (GCG) welcomes the annual Christmas in April show.

This event is otherwise known as Exposure, when new artists and new art are exposed to the community. Last year Exposure showed 80 pieces of new art.

All through March, artists have brought in their creations - up to five pieces per person - to show throughout the month of April.

Some pieces will be available for purchase, so you could buy a future famous artist's work. All will be fresh, local and Canadian.

Exposure will be on exhibit from April 1 to April 26. Join us for the opening reception on Saturday, April 5 from 2-4 p.m. Many Exposure artists will be present along with Goderich Co-op Gallery members.

Members and consignees at the gallery continue to change their work regularly and will move to new spaces in early May.

From May to July, the feature wall at the front of the gallery will show a Canadian theme, as interpreted by the members. Also in May, our visiting artist will be Carol Walther's with her exhibition, "All That Sustains Us."

Drop by the Goderich Co-op Gallery, downstairs at 54 Courthouse Square, and catch the excitement.



A piece by Laurie Warnholz.

Open Tuesday to Saturday from 10 a.m. – 5 p.m. Like us on Facebook and Instagram or visit our website at gcgallery.ca.

WWW.GODERICH SUN.COM

Lakeshore United to host Garth Brooks, Elton John tribute show

GODERICH SUN STAFF

info@goderichsun.com

Lakeshore United Church will host a Garth Brooks and Elton John tribute show featuring Les Smith on Saturday, April 12 at 7 p.m.

Les Smith was born in St. Mary's Ontario in 1968 and grew up in the village of Russeldale.

His family were all musical in many ways whether it was piano, guitar, drums or just singing. He realized at a very young age that performing music made people happy and he gained popularity, especially with the girls.

In public school and high school, he spent a lot of time on the guitar and drums and eventually piano, having some lessons, but was mainly self-taught.

Les attended college and then settled down to marry and worked in a machine shop foundry. He continued performing on weekends as a hobby until 1996 when he formed a country group covering all of



(CONTRIBUTED PHOTO)

Les Smith will perform a tribute set to Garth Brooks and Elton John on April 12 at Lakeshore United Church in Goderich.

Garth Brooks' songs.

It would take him all over North America and overseas. He added a few different shows including Elton John, which he enjoyed performing for audiences.

Les loved both artists so much he decided to perform a tribute to both Garth Brooks and Elton John in one evening show.

Les Smith will be performing solo at the Saturday, April 12 concert, starting at 7 p.m. This will be a fundraiser for Lakeshore United church washroom upgrades.

Please purchase your tickets for \$20 each during Lakeshore United church office hours (Tues to Fri. 9:30 a.m. - 1:30 p.m.). Tickets are also available at Fincher's on the Square in Goderich, and at the door on April 12.

This is your opportunity to forget about snowbanks, tariffs and elections and simply be entertained.

Make sure that you tell your friends and neighbors about this unique community event at Lakeshore United Church.

Sewing for Hope celebrates 15 years of sewing together

AMY VINGERHOEDS

Sun Contributor

Sewing for Hope is a lively network of six to 10 women who gather every Wednesday to sew near Auburn, a little village between Goderich and Blyth.

The year 2025 marks their fifteenth year sewing as a group and donating hand-made items near and far. How will they celebrate? Keep making more stuff.

The women come together for many different reasons. They help each other finish projects; they spark each other's creativity; they teach each other; they use up materials that might otherwise go to waste; they keep their minds and hands busy.

They feel happy knowing their time sewing is useful to others and, most of all, these women enjoy laughter and camaraderie while doing something they all love to do.

Although Sewing for Hope is known for making quilts, most in the group consider themselves sewers and knitters rather than quilters.

They also make multi-purpose bags, pillowcases, receiving blankets, baby caps and diapers, shorts, pajamas, hoodies, knitted hats and scarves, and so much more.

All yarn, fabrics, thread, notions, and even the sewing machines are donated. Costs are minimal, and what this group makes together and donates is priceless.

It all started with girls' dresses in 2010. Marilyn Bruinsma and Gerrie Bos wanted to send support to Haiti after a devastating earthquake. Thinking about the urgent need of children who were left only with the clothes on their backs, they sewed almost a hundred cotton dresses, quickly using up their own fabric stashes.

Gerrie and Marilyn appealed to their networks of family and friends for fabric donations and helpers and just kept on sewing to support organizations such as "Village of Hope" in Zimbabwe.



A few of the Sewing for Hope members display their latest quilts and creations. Standing left to right: Marita Oudshoorn, co-ordinator, Judy Parker, Marilyn Bruinsma holding a twiddle-muff, Gerrie Bos. Sitting are Anne Faegan and Martha Sol holding a pair of shorts.

(CONTRIBUTED PHOTO)

After the tornado left a swath of damage in 2011, these women joined with other local groups to make quilts and brought more women into the fold. There were enough sewers on board and enough fabric donations to meet regularly and the group decided to be called "Sewing for Hope."

Supporting local need is close to their hearts. The Alzheimer's Society in Clinton and seven long term care homes in the area have received 400 lap quilts and blankets and another 300 knitted twiddle muffs (a soft knitted tube worn on the hands, decorated with thingamabobs to keep restless hands from picking).

Sewing for Hope also makes and donates to individuals in their community, local day cares, neonatal and cancer programs, as well as to mission groups in northern Ontario and abroad.

Gerrie jokes that "If we all had come from the same church or had the same circle of friends, our group would have run out of fabric years ago, and we would have thought that our work was done."

Donations from the community are truly appreciated and every scrap is utilized. When a group member is asked to do a show and tell presentation, she often comes home with

a few boxes of donated fabrics or yarn or partially done projects that need finishing.

Ann Feagan says that "it's all good. Nothing goes to waste. We look at the fabric, and think about what it wants to be."

Plain coloured cottons might become pillow cases or quilt backs. A yard of flannel can make two receiving blankets or a pair of pajama bottoms and the scraps can make a diaper or sanitary pad. A baby quilt panel might need a border with a few stitches added to finish.

A couple yards of pretty print or calico will make a dress or quilt top. Leftover scraps are cut into squares and strips and made into even more quilts. Even fabric sample decks from furniture stores can be sewn into small toiletry bags or pencil cases.

If Sewing for Hope can't use it, they pass it on. These women are truly Huron County's great recyclers.

"Opening a package of donated fabrics feels like Christmas," adds Marita Oudshoorn, the group's coordinator.

"I get so excited thinking about all of the things we can make."

Donations are recorded in a humble brown notebook, 160+ entries over fifteen years. A couple afternoons spent tallying revealed over 16,000 items had been donated over 15 years.

Even the members themselves were astonished at what Sewing for Hope had donated. Over 1,200 quilts, 3,400 bags, 4,600 items of clothing (dresses, shorts, pants, hoodies, underwear) 700 cloth diapers, 1,500 items for babies (receiving blankets, sleep bags, newborn caps, etc.), 1,700 knitted hats, scarves and slippers, to name a few.

Sewing for Hope would gladly accept fabric and yarn and new members so they can keep making.

If you know someone that wants to share or clear out their stash, or want to discuss a specific need, contact Marita at oudshoorn@hurontel.on.ca

Rotary Club nurturing nature through community projects

EZRA SILVERTON

Rotary Club of Goderich

The Rotary Club of Goderich has been planting and maintaining six gardens throughout Goderich for many years.

We have focused on creating natural and native plant habitats. Why are they important? The relationship between plants and animals becomes even more complex when you consider birds and insects.

Ponder the monarch butterfly. It has several stages of development: eggs, caterpillar, pupa, and adult. Each stage has specific requirements. For example, the egg must be laid on a milkweed plant because this is the only type of leaves the caterpillar stage eats.

Other plants supply nectar for nourishment for the adult monarch. These plants must be in flower when the adult requires the nectar. The flower must be in the correct shape so the butterfly can access the nectar. These relationships are exact and different for every insect species.

So, why should you care about insects? They pollinate flowers that turn into food for other animals and humans. Insects are the building blocks of the food chain.

If you need more convincing that it's important to match native plants with our native insects in Southwestern Ontario, please read one of the books or watch a video by Douglas W. Tallamy. He is a professor in the Department of Entomology and Wildlife Ecology at the University of Delaware. For practical ideas closer to home, read Lorraine Johnson, author of 100 Easy to Grow Native Canadian Plants.

How is the Rotary Club of Goderich working to increase the biodiversity of native plants, shrubs, and trees in our area? Here are the six projects.

Make sure to visit them and enjoy them as much as our native wildlife does.

1. Maitland Woods (Town of Goderich property)

In October 2023, the Rotary Club of Goderich began a project to control invasive buckthorn shrub regrowth and fill in areas where ash trees have died due to the Emerald Ash Borer.

One hundred native shrubs, such as dogwood and viburnum, have been planted and



The Maitland Woods.

maintained by Rotary members. The next plant material, consisting of 30 trees, 60 shrubs, and 168 native plants, will be delivered on Monday, May 26, 2025.

Some preparation work, including wooden stake cutting and wire basket protection construction for the shrubs and trees, needs to be done before this date.

Planting needs to be completed as soon as possible after delivery. This initiative is funded 50 per cent by a Huron Clean Water Program grant and 50 per cent by Rotary Club of Goderich donations and fundraising efforts.

The investment to date is \$3,000 and 100 volunteer hours. Volunteers are needed to help plant from May 27 to June 5, 2025.

2. Forget-me-not Garden (overlooking North Harbour Road, Town of Goderich property)

The Rotary Club of Goderich has been tending this oval-shaped garden for more than ten years. Currently, perennial plants like echinacea, forget-me-not, and oat grass occupy the center portion.

The Town of Goderich provides plants and waters them with their water truck. In

the spring of 2025, the outer ring will transition from annual flowers to native perennial plants.

New native plants will arrive on May 26, 2025. Rotary members will volunteer to plant these, though town staff may handle the planting if volunteers are unavailable.

The Town of Goderich covers the cost of soil, gravel path, water, and plant material. The project has received 50 Rotary volunteer hours per year. Volunteers are needed from May 27 to June 5, 2025.

3. Jasper Memorial Garden (near the Rotary Cove Goderich Waterfront, Town of Goderich property)

Established in October 2021, this formal garden surrounds the Jasper memorial metal gazebo. It features a Korean lilac standard, globe blue spruce, and pinky winky hydrangea, with tulips and daffodils starting the growing season each year.

Plants, soil amendments, and mulch were donated by the Rotary Club, along with plants from friends' gardens. The Rotary Club volunteers maintain this garden, and town staff supplement watering when required.

The cost was \$1,700, with 50 volunteer hours to establish and 50 volunteer hours per year for maintenance. A volunteer spring cleanup is needed in late April or early May, depending on the weather.

4. Wheelhouse Concession Garden (in Rotary Cove, Town of Goderich property)

In August 2022, all native plants were purchased and installed by Rotary members, along with a native Red Oak tree at the Cove.

The project cost \$1,000, partially funded by a Rotary District Grant and the rest by the Goderich Club. Establishing the garden required 30 volunteer hours, with 30 volunteer hours per year for maintenance, including watering by Rotary members when needed.

5. G2G Rail Trail (at River Ridge Crescent, ACW municipality, property leased to G2G Corp. from the Province of Ontario)

Native plants and shrubs were established by the Goderich Rotary Club as an Earth Day project in the spring of 2021 during COVID.

The project was funded through in-kind donations from Rotary members, including wood stakes, straw mulch, and plant material, with an additional \$855 from the Rotary Club.

The Maitland Trail Association partnered with Rotary to expand native plant material in this area. The first two years required 100 volunteer hours each, with 25 hours per year thereafter.

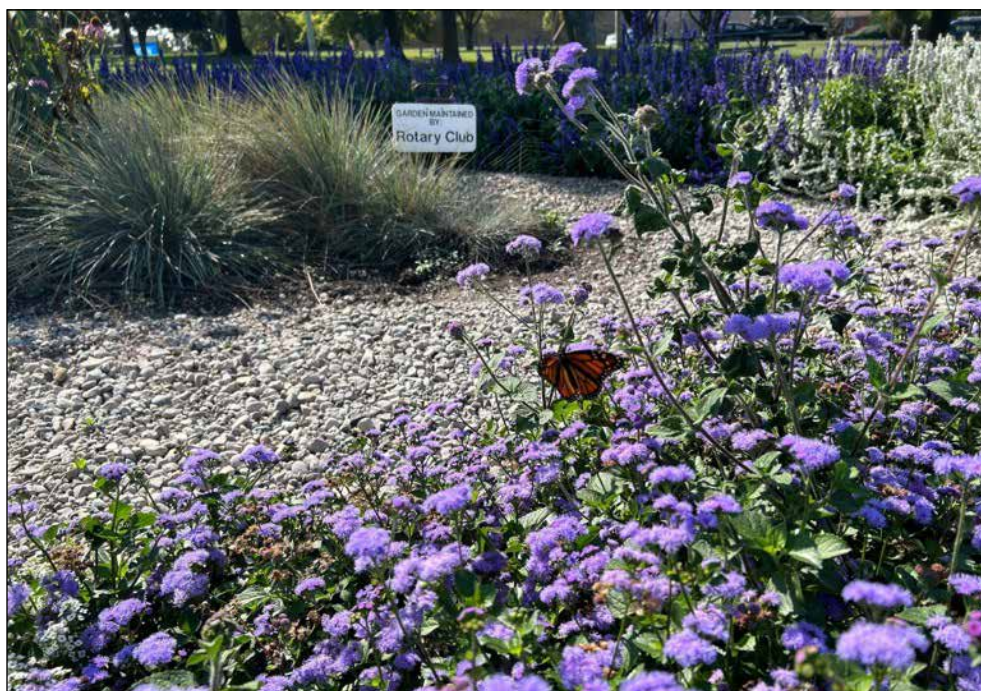
6. Rotary Skate Park (at Bannister Park, Town of Goderich property)

In October 2019, 15 large-caliper trees, some native and some cultivars, were placed around the Rotary Skate Park.

These were purchased from and planted by Huron Landscaping Limited at a cost of \$11,130, partially funded by a Rotary District grant.

This year, the trees need maintenance to prevent damage from weed whips and riding lawnmowers, which can harm the bark and allow infection to enter the tree. Edging and mulch around the tree trunk are necessary for protection.

CONTINUE TO PAGE 18



Forget-Me-Not Garden.



Jasper Memorial Garden

Rotary Club nurturing nature through community projects

CONTINUED FROM PAGE 17

Through these dedicated efforts, the Rotary Club of Goderich continues to foster biodiversity and protect the natural environment in our community.

By creating and maintaining these native plant gardens, we not only support local wildlife but also enhance the beauty of our town for residents and visitors alike.

We welcome volunteers and supporters to join us in these ongoing projects. Together, we can make a lasting impact on the environment and future generations.

If you're interested in volunteering or learning more about our initiatives, please reach out to the Rotary Club of Goderich.



G2G Rail Trail.



Wheelhouse Concession Garden.

Being Bone Fit: How to prevent and delay bone loss



DAGNY KANE-HAAS

Sun Contributor

Osteoporosis is a word we have all heard, typically associated with the elderly, but this is not accurate.

Women and men start to lose bone mass in their mid 30s. Women lose a greater rate of bone mass

as they approach menopause ranging from two to five per cent per year.

Building strong bones should start during childhood. This is the best defence against developing osteoporosis later in life.

Peak bone mass occurs in girls at age 16 and at 20 in young men.

Osteoporosis is a paediatric disease with geriatric consequences.

It can often be referred to as the silent thief. Bone loss occurs without any symptoms initially, but over time it will result in decreased mobility, chronic pain, loss of height, premature death, decreased independence, disfigurement, lowered self esteem and fractures.

The statistics can be a bit frightening: one in three women and one in five men will suffer from

an osteoporosis fracture during their lifetime.

Over 80 per cent of fractures in people over 50 are caused by osteoporosis. One in three hip fracture patients will refracture within one year.

How can you prevent and delay bone loss?

Eating a well-balanced diet ideally starting from childhood, adequate calcium and vitamin D intake – but please remember to talk to your health care provider before starting with any new medication.

Other ways to help can include physical activity, resistance training exercises, avoid smoking, and excessive alcohol intake.

Physical activity should include balanced exercise, functional training and resistance training.

Balanced exercises should be completed a couple times a week, and should be done safely, but at the same time pushing your system.

An example is walking along the counter putting one foot in front of the other or simply standing on one foot.

Functional training should also be done two times a week. It will help with daily tasks and continue with activities you enjoy. Functional training could be sit to stands, squats, or walking up and down stairs.

Resistance training is also recommended to be done two times a week. All the major muscle groups are worked against resistance. This could be in the form of push-ups, squats, lunges, and pull-ups.

You may also want to participate in other activities like yoga, Pilates, and walking. These are all recommended but should be done in addition to the above recommendations.

These other activities should always be done safely with modifications as required, especially if you have been diagnosed with osteoporosis or osteopenia.

Remember, seek advice from a trained professional on osteoporosis, don't take advice from just anyone.

Ontario Osteoporosis Strategy provides Bone Fit courses for health professionals to equip them with skills to provide and progress individuals with osteoporosis.

Dagny Kane Haas (PT), Bone Fit Level 2 Certified, Physiotherapy Alliance

Worship With Us



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to your worship
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Rev. John Trembulak 519-524-2235,
(cell) 519-878-0327

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2nd and 3rd Sunday of the Month
2:00 pm
All other Sundays of the Year
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www.pccweb.ca/knox-goderich

Grey Matters: Rediscovering the joy of play



ANNETTE GERDES,

Sun Contributor

Spring is a season of renewal, bursting with fresh energy, warmth, and the promise of brighter days.

Just as nature awakens from its winter slumber, so can we rekindle a sense of playfulness in our lives.

Play isn't just for children; it's a lifelong necessity that brings joy, keeps us engaged, and even enhances our well-being as we age.

Remember the Fun of Childhood:

Think back to your younger years – perhaps you skipped stones across a pond, built castles in the sand, or laughed uncontrollably at a silly joke.

Those carefree moments of play weren't just enjoyable, they were essential to development, social connections and happiness.

But why should that sense of fun fade with age?

Seniors, just like children, thrive when they embrace playfulness. It keeps the mind sharp, lifts the spirits, and fosters social bonds.

Why Play Matters at Any Age:

Science and studies tell us that engaging in playful activities can reduce stress, lower blood pressure, and even improve cognitive function.

Laughter and lightened activities release endorphins, the

body's natural feel-good chemicals.

Whether it's playing games, sharing jokes, holding a hand or engaging in creative activities, finding joy in the simple things can transform an ordinary day into something special.

Bringing Play into Everyday Life:

We don't need fancy equipment or elaborate plans to embrace play.

Here are some fun ways to incorporate play into our daily lives:

- **The Power of Small Delights:** Even the simplest things can bring joy; a wind-up toy on the kitchen counter, a funny greeting card, or a playful challenge like balancing a spoon on your nose. Making someone smile, laughing at yourself, playing with a grandchild or pet.

- **Outdoor Playtime:** Spring's fresh air and sunshine invite you to move. While I don't recom-

mend jumping right into skipping with a rope, you can certainly blow bubbles in the garden, fly a kite, or play a lighthearted game of catch with a friend. Walking in the park can become an adventure if you challenge yourself to count the birds you see or spot the first flowers of the season. It could be as simple as watching children having fun.

- **Board Games and Brain Teasers:** Card games, crossword puzzles, or a friendly round of Scrabble can spark laughter and mental agility. Engaging in games with others strengthens relationships and keeps the mind active. Try an online game or high and seek with a grandchild.

- **Dance Like No One's Watching:** Whether you sway to your favourite old tune in the living room or join a local dance class, moving to music is a wonderful way to play, exercise, and release stress. Get out the old records you once enjoyed or try a

new online app such as Spotify.

- **Laughter and Lightheartedness:** Find humour in everyday moments. Watch a comedy, tell a joke, or share a silly memory with friends. Laughter is one of the simplest and most effective ways to feel young at heart.

Soak Up the Spring Energy:

Spring is the perfect time to embrace play. The longer daylight hours and warmer weather offer endless opportunities to step outside, try something new, and indulge in moments of pure joy.

Whether it's as simple as doodling in a notebook, tossing a frisbee, or playing a prank on a friend (a harmless one of course), the act of play reminds us that life is meant to be enjoyed.

As we step into spring, let's challenge ourselves to embrace fun in everyday life.

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

Healthy anger for better mental health

TANYA MACINTYRE,
RED ROOF RECOVERY

Sun Contributor

Unhealthy anger is destructive, plain and simple. It manifests in two primary forms: explosive outbursts or the quiet simmer of repressed resentment.

Both are harmful, and both stem from unresolved emotional pain and trauma. This kind of anger seems to bubble to the surface when we are triggered by feelings of injustice, hurt, or fear.

Instead of addressing the root cause, we often turn it outward

- or even inward - in damaging ways. Unhealthy anger is often driven by a need for **blame, retribution, or winning** - the desire to hurt back or prove someone wrong.

When we express unhealthy anger, we tend to push others away, erode trust, and isolate ourselves emotionally. The words we use - whether in a fit of rage or a passive-aggressive comment - only serve to deepen the wound.

For example, saying something like, "You're so inconsiderate! You never listen to me, and I'm tired of your disrespect! You ruin everything with your selfish behaviour!" only compounds the damage. This language blames, shames, and attacks which causes emotional harm without offering a solution.

Healthy anger is a natural and necessary response to something that feels wrong or when our boundaries are violated. Healthy anger is not about attacking others, but rather about **asserting**

our needs and defending our personal space in a respectful way.

Healthy anger is characterized by clear, direct communication, often in the form of "I" statements. When we express healthy anger, we focus on the issue at hand, not on the character of the person we're upset with.

For example, we might say, "I feel hurt and frustrated when I'm interrupted because I need to speak without being cut off. Can we work on listening to each other more fully?" This is a far cry from blaming or attacking the other person. It's a call to mutual respect and understanding.

The key to healthy anger is in its expression. It must be assertive, not aggressive. Healthy anger is a tool for self-advocacy that allows us to set healthy boundaries, ensuring that we are respected and valued in our relationships.

Expressing healthy anger also contributes to personal growth and inner strength. By acknowl-

edging and voicing our frustrations, we can develop healthier coping mechanisms and build more authentic relationships.

Here's a simple guide to help distinguish between healthy and unhealthy anger:

UNHEALTHY Anger

- Aggressive or passive-aggressive communication.
- Threatening or sarcastic tone.
- Disrespect for personal boundaries.
- Unwillingness to admit mistakes.

HEALTHY Anger

- Clear, assertive communication that doesn't blame or shame.
- Firm, but respectful tone.
- Respect for personal boundaries.
- Willingness to acknowledge mistakes.
- Focus on specific behaviours rather than the person.

Here's another example of healthy anger being expressed to resolve a conflict:

"I'm sad that I've lost your trust, and I regret this was caused

by my behaviour. I've taken action to end connections with unhealthy people and improve my behaviour. Can we work on leaving this in the past while I work on building your trust in me?"

Expressing healthy anger can prevent conflicts from growing into resentment and can help us set healthy boundaries so we can enjoy healthy, balanced relationships.

As always, I'm here when you want some help with your mental health. Email Tanya at redroofrecovery@gmail.com.

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.*



Clinton YMCA
Clinton Pharmasave
Bartliff's Bakery
Maitland Market
Canadian Tire
Walmart

Zehrs Goderich
Goderich Convenience
Food Basics
Maitland Recreation Centre
Fincher's
Culbert's Bakery

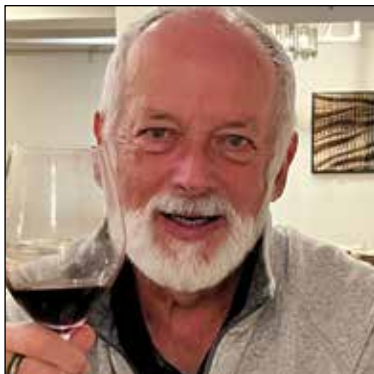
Blake Street Bakery
The Book Peddler
Steve and Mary's on the Square
Huron County Library Goderich
Maitland Valley Medical Centre
Alexandra Marine and General

Hospital
Huron County Museum
River Run Restaurant
Rexall Goderich
Legion Branch 109 Goderich
St. Vincent de Paul

Habitat ReStore
Peavey Mart
Comfort Inn

Pick Up Locations

OH, THE PLACES WE'LL GO: An enviro-space odyssey



PAUL KNOWLES

Sun Contributor

The year is 2001. Gardening guru Mark Cullen and I are sharing the back seat of a mini-bus, part of a small group of travel and garden writers touring the south of England. Today, our tour is taking us to a dramatic, brand-new attraction dubbed The Eden Project.

And that was my introduction to yet another visionary project spear-headed by Tim Smits. I knew about Smits, the guy behind the most ambitious garden restoration project of all time – the Lost Gardens of Heligan, which had opened to the public in 1992 and which I had already visited a couple of times (and several more since). I've written about Heligan previously in this space; if you love gardens, architecture, history, or utterly mad endeavors, you should check it out.

Well, by the last '90s, Heligan was up and running beautifully and Smits was looking for something else to do. Other people, like you or me, might then take up golf or knitting, but Smits cast his eye on an unused chalk mining pit, a 20-minute drive through southern Cornwall away. And while others saw an



The biomes that house Rainforest and Mediterranean ecosystems.

abandoned quarry, Smits saw a spectacular, unique, environmental showcase and the Eden Project was born.

The impossible concept involved constructing a series of linked, geodesic domes, or "biomes," which would house two entire ecosystems – a rainforest and a Mediterranean landscape. There would also be extensive outdoor gardens – the biomes and outdoor gardens cover 30 acres.

The first time I visited the Eden Project, the biomes were complete and full of relatively small plants and relatively big hopes. But would it work? Would this brave new world of artificially created environments survive, and would it attract visitors?

Yes, on all counts, but not without major challenges. In December 2020, torrential rain caused landslides on the chalk cliffs that forced the site to close for five months. But it reopened to en-

thusiastic crowds of visitors in mid-2021. The latest annual figures show 604,000 visitors in a 12-month period. Since opening, Eden has welcomed more than 19 million guests. It's so popular you need to book timed tickets in advance.

The Eden Project is a tourist attraction with distinct difference. It's a place that definitely offers a lot of entertainment – even including a zip line – but its first priority is not to entertain, it's to educate.

And there is lots to learn, all presented in an immersive, captivating environment. In my most recent visit to Eden, I was again struck by the drama of walking through a genuine rainforest, albeit in a biome in rural Cornwall. The recommended schedule for a visit is four hours, but if you like, you can spend much longer, checking out the flora and fauna (the latter limited to some birds native to the rainforest), and mar-

velling at the achievement itself.

Because it's all here – the trees, vines, flowers, replica buildings, waterfalls and more.

One piece of advice – you are visiting a site that occupies an unused quarry and covers a lot of territory. There can be a lot of walking and although the paths are level and comfortable, the climb back up from the biomes to the visitor centre and then again to the parking lot can be a bit tasking. But the Eden Project will provide motorized scooters, preferably booked in advance.

On one visit to Eden, I was leading a group that included a couple of women who felt they should use scooters. This was arranged. They then discovered the joys of scooter racing, and I am surprised they a) survived and b) escaped incarceration. But I digress.

The visionary ambition that inspired first Heligan, and then the Eden Project has not waned. The

attraction's website, edenproject.com, includes a section called "New Edens." There are plans underway for unique projects in Dundee, Scotland, Lancashire, England, Derry, Northern Ireland, and much farther afield in China, Costa Rica and Australia. In all cases, the focus is on the environment, sustainability and education. And in all cases, the projects employ many local residents, a true boon to struggling economies. The Eden Project itself employs between 300 and 400 people, as well as having a volunteer group of over 100.

Cornwall itself is one of my favourite destinations in the world. Visitors should definitely schedule time to visit The Eden Project, but my itinerary in this part of England's southwest would also always include The Lost Gardens of Heligan; the late-Victorian country mansion, Lanhydrock; the coastal towns of Fowey (pronounced "Foy") and Mevagissey, all within a few minutes of the Eden Project. That's not to mention the many other fascinating destinations in this westernmost part of the U.K. – St. Michael's Mount, the village of Mousehole ("Mawzle"), Penzance, St. Ives, Tintagel and more. The whole of Cornwall is less two hours from Land's End to Tavistock, so time spent here can involve a minimum of time travelling, and a maximum of time experiencing this unique part of the world, including a lush, indoor rainforest, waterfall and all.

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



The soaring plant life in the Rainforest.



A gigantic bee sculpture in the outdoor gardens illustrates the educational and artistic intentions of the creators of the Eden Project.

Riddles

What do you call a bear with no teeth?
A gummy bear!

Why don't oysters share their pearls?
Because they're shellfish!

What do you get when you cross a
snake with a pie?
A python!

Why did the cow become an astronaut?
To see the moooon!

What do you call an alligator in a vest?
An investigator!

Why did the chicken join a band?
Because it already had drumsticks!

What do you call a sleeping bull?
A bulldozer!

Why did the cat sit on the computer?
To keep an eye on the mouse!

What do you call a fish that practices
medicine?
A sturgeon!

Why did the elephant bring a suitcase
to the zoo?
Because it wanted to pack its trunk!

What do you call an owl that does
magic tricks?
Hooo-dini!

Sudoku

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

Solutions on page 23

Featured Pet



RIPLEY

Here is Ripley! She is all smiles and cozy in her bed with her toy. Ripley is a 5 year old Morkie (Maltese/Yorkie) and lives in the Goderich area.



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

petvalu

Sponsored by:

35400 Huron Rd., Goderich
519-524-5443
www.petvalu.ca

Word Search

MARCH HIGHLIGHTS

R	I	C	T	B	R	O	T	F	B	C	C	N	S	S	Q	J	G	L	L
J	N	Q	J	K	Z	Z	D	T	L	R	G	S	F	S	T	N	R	F	Z
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- Womens Day
- Tax season
- New PM Carney
- March break
- St Patricks Day
- Hudsons Bay
- Election called
- Shop Canadian
- Boycotting USA
- Signal fiasco
- Arrival of spring
- Blue Jays

Trail Talk: Spring on the trails

PATRICK CAPPER

Sun Contributor

Someone on the radio mentioned that Canada does not have four seasons, but about eleven. This spring seems to include at least three seasons, from a short hot spell, then back to winter, then warm again and another snowfall.

I pity flowers like Colt's foot and honeybees that came out as early as March 16 and have not had much warmth or sun during the rest of March.

Although I have hiked the Maitland Trail section off Sharpes Creek Line and the Clinton Conservation Trail over 100 times, this year I saw things I had not noticed before.

On the Maitland Trail there was a beech tree with rejoined branches, and at the Conservation Area I spotted an Oriole's nest.

On the Woodlands Arboretum Trail there are usually no birds on the pond, but this year there were four Buffleheads on the water.

Due to lightning on March 15 the first Maitland Trail End-to-End hike was postponed until March 22.

The weather was not very promising when 26 people gathered near Jenkins to carpool to North Harbour Road. There was a cold NW wind and blowing snow.

However, we were mostly sheltered from the wind until the last km, and to my surprise there was little wind when



Hikers preparing the start out on the first end-to-end hike.

(CONTRIBUTED PHOTO)

crossing the Menesetung Bridge. Often a winter crossing of the bridge can be bitterly cold.

This End-to-End event was first scheduled to be at the Auburn end, but due to the amount of snow and spring flooding it was changed to a Goderich start, which proved to be a good choice, especially due to the planned closure of the Menesetung Bridge, and flooding of the trail at the other end.

NOTES:

Hikers on any Maitland Trail outing are reminded to sign the 2025 online waiver, even if they signed the 2024 waiver.

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

Midweek hikers meet at 9 a.m. and hike for 1 ½ to 2 hours on Wednesdays or Thursdays. Contact Patrick Capper at pcapper99@gmail.com

TRAIL NEWS:

The Menesetung Bridge across the Maitland River at Goderich is planned to be closed to pedestrians and cyclists from some date in April for 16 to 20 weeks.

Saturday, April 5 at 7 p.m. Hike the Varna Taylor Trail on Huron Hospice

Candlelit Walk: Varna's Taylor Trail becomes a deeply moving, lantern-lit nature walk thanks to the volunteerism of the Bayfield Trails.

In honour of loved ones, the ceremony begins with the Clinton Pipes and Drums band, followed by Master of Ceremony Jay MacFarlan's welcome, a reflection by Huron Hospice Executive Director Willy VanKlooster, and the reading out of memorial names by Committee Co-Chair Helen Varekamp.

The Clinton Pipes and Drums will again play and then lead attendees to the trailhead, lining both sides of the Taylor Trail entrance in a musical escort.

To accompany all along their candlelit walk of remembrance, the beautifully soulful voices of The Solace Bedside Singers will be heard, a cappella, resonating through the trees.

For a warm and inviting evening, seating, quilts, hot chocolate, and cookies will be provided, with washroom facilities available.

Saturday, April 12 at 10 a.m. – 12 p.m. Hike the Naffel's Creek Conservation Area trails with George Cantin: Option of then also hiking the George Newton Nature Reserve Trails.

This is a level 1 moderate pace hike. To pre-register and confirm your attendance contact George at Streamside@gmail.com

Saturday, April 26 at 9 a.m. – 11:30 a.m. The Maitland End-to-End Hike Part 2 from Jenkins to Benmiller.

CLASSIFIEDS

Email to inquire
info@goderichsun.com

IN MEMORIAM

In Memory



WINNIE WALTERS JAN. 22, 1936 – APR. 3, 2024
GORD WALTERS AUG. 26, 1936 – OCT. 2, 2015

*Those we love, don't go away.
They walk beside us every day.
Unheard, unseen but always near;
Still loved, still missed & very dear.*

Forever in our hearts & memories,
Joanne, Bill, Steve & Family

FOR SALE

Hundreds of shade trees, fruit trees, apples, pears, peaches, plums, sweet and sour cherries, apricots, nectarines, blueberries, haskapp grapes, raspberries, elderberries etc. Lots of spruce, pine, cedars for windbreak and privacy hedges. Sizes 1-8 ft. in containers ready to go. Flowering shrubs and much more. Mon-Sat 7:00am to 6:00pm

Martin's Nursery, 42661 Orangehill Rd Wroxeter, ON N0G 2X0 (1 Conc. North of Wroxeter on Belmore Line)

WANTED

RETIRED? (or maybe not)

Interested in playing snooker on full-size table in small, friendly atmosphere in downtown Goderich?

Also bridge, euchre, chess, etc.

New members welcome: call 647 637 8547 for information

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HELP WANTED



The Goderich Port Management Corporation is seeking an individual to fill the position of "Office Administrator" for the GPMC.

Desired experience will partially include:

- Small business AR/AP administration
- Record keeping
- Fluent in QuickBooks
- Social media posting
- Website updating

This is a contract position requiring between 15 to 25 hours per week.

Hourly rate to be determined based on experience.

If this opportunity is of interest to you or someone you know, please reach out to presidentgpmc@gmail.com

COMING EVENTS

Email to inquire
info@goderichsun.com

Art Unplugged

On Thursday, April 3 and Thursday, April 17 from 6 p.m. until 8 p.m. at Huron County Museum.

Create, connect, and chill while making cool art with friends. Join in an evening where you can experiment with different materials, techniques, meet new people and enjoy some snacks. Ages 12 years and older. Entry cost \$5 per session (includes all supplies and snacks).

Space is limited, so register for any or all sessions by emailing museum@huroncounty.ca

April 3 – String Art

April 17 – Collaborative Mural

Taoist Tai Chi arts Open House

On Thursday, April 3 from 6:30 p.m. until 8:30 p.m. at St. George's Community Hall. Free admission for this introductory session. For more information email stratford@taoist.org

Huron Harp School and Thatotherchoir Performance

On Saturday, April 5 at Kingsbridge Centre at 7:30 p.m.

Under the direction of Louise Dockstader and accompanied by Sharon Johnston, this choir enjoys singing all genres of music. Admission for this combined concert cost \$20 at the door. Refreshments are available for purchase. Kingsbridge Centre is a wheelchair accessible building.

Huron County Wedding Show

On Saturday, April 5 at Benmiller Inn and Spa from 12:30 p.m. until 3:30 p.m.

Come out and enjoy food, drink, music and immerse yourself in beautifully decorated spaces.

Free entry.

Blood Donation Event

On Thursday, April 10 at Knights of Columbus Hall from 1 p.m. until 7 p.m. Every 60 seconds someone in Canada requires blood or blood products. Book your appointment at blood.ca or call 1-888-236-6283.

Princess Project Gala (Fashion Show)

On Thursday, April 10 at 7 p.m. at The Livery.

Join us for an unforgettable evening to raise awareness and funds for the Princess Project. This program provides students the opportunity to borrow gently used dresses for special events such as prom, semi-formals and graduations, empowering them to attend school events and feel confident and beautiful without a financial burden. Entry by donation.

Easter Egg Hunt at Goderich Place

On Saturday, April 12 at 10:30 a.m. sharp.

Join us for a fun-filled egg hunt, including games, snacks and prizes. Children must be accompanied by a grandparent.

Free admission for all participants. RSVP by Friday, April 4 by contacting Melanie at 519-524-4243 ext. 221.

The Daves I Know rock the Meat Draw

On Saturday, April 12 from 5 p.m. until 9 p.m. at the Goderich Legion. Come out for a good time with friends and maybe win some meat.

Cancer Support Group

This peer-led group meets once a month at Bayfield Library on Saturdays at 12:30 p.m. Upcoming dates are April 26, May 24 and June 21.

Garage and Bake Sale

On Saturday, May 10 at 9 a.m. until 3 p.m. held at First Baptist Church on Montreal Street in Goderich.

Everything but the kitchen sink.

All proceeds will be donated.

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

QUIZ ANSWERS	
1.	Belle
2.	China
3.	Vincent Van Gogh
4.	Zeus
5.	Methane
6.	Mandarin Chinese
7.	Halifax
8.	Augustus
9.	Toothless
10.	Hiroshima & Nagasaki

GARTH BROOKS ELTON JOHN SHOW
featuring Les Smith
SAT., APRIL 12, 2025 AT 7 P.M.
Lakeshore United Church
56 North Street, Goderich
Tickets: \$20.00 and available at:
Fincher's, Goderich 519-524-6901
Lakeshore Church Office 519-524-2103
Or at the Door
Fundraiser for church washroom upgrades.

COMMUNITY GOOD FRIDAY SERVICE
All Welcome!
Friday April 18
10:00am

331 Bayfield Road
Goderich, Ontario
N7A 3G5

'Worthy is the Lamb who was slain' - Revelation 5:12



Deadline: Friday prior at 3 p.m.
Contact: 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

BUSINESS DIRECTORY

Email to inquire
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Sunsets of Goderich



A beautiful sight before nightfall, taken from the top of the bluffs at Butterfly Park on March 20.

(KATHLEEN SMITH PHOTO)

To submit photos of the sunset,
email kate@goderichsun.com

GODERICH



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APRIL 14, 2025

3:00 TO 7:00 PM

Explore a wide range of career options, connect with top employers in the area, and take the next step in your career journey.

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Don't miss out on this golden chance to shape your future. Bring your resume and enthusiasm—your dream job might be just around the corner!

smcgregor@goderich.ca

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