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Tech Truck uses virtual reality to let students experience trades

JEFF HELSDON

Editor

Virtual reality has made the world a different place. Although primarily considered the stuff of gaming, it now has practical, real-world roles in helping students choose a career pathway.

Imagine a world where, as a high school student, you could try driving heavy equipment, painting automotive parts, or being a hairstylist. While experiencing the day-to-day reality of these careers used to require a co-op placement or actually finishing schooling, virtual reality is a game-changer, allowing hands-on experiences of different jobs.

Skills Ontario's Trades and Tech Truck is the vehicle that helps students better understand the options available to them in the trades – and in more ways than one. Besides being a portable vehicle, the trailer offers hands-on experience in careers as a household electrician, welder, plumber, 3-D printer, heavy equipment operator, automotive mechanic, chef, hairdresser, and painter.

Experiencing some trades, such as hairstyling, is done with mannequins, but others are seen through virtual reality.

Randy MacKenzie of Skills Ontario was a former heavy equipment operator. He said the heavy equipment simulator is real in every aspect except that the seat doesn't move. The virtual reality welder is also as close as students can get to the real thing.

CONTINUED TO PAGE 2



(JEFF HELSDON PHOTO)

VIRTUAL WELDING

Under the guidance from Jessie Fram from Skills Ontario, Glendale High School student Elliott Fletcher experiences welding in the Skills Ontario Tech Truck last week. The portable trailer lets students experience a variety of trades through virtual reality and hands-on experience. Story on left.

More uncertainty than certainty if council members will run again

JEFF HELSDON

Editor

With nominations in this fall's municipal election opening in just over two weeks, there is still a lot of uncertainty amongst Tillsonburg's incumbent elected officials about whether they will be seeking office again.

Nominations open on May 1 and run until Aug. 21.

Mayor Deb Gilvesy believes there is still ample time to make

a decision, and hasn't decided yet.

"My focus right now is on delivering the projects and priorities currently moving through the budget process," she said.

Coun. Pete Luciani will not be running again this fall after completing two terms on council.

"I have thoroughly enjoyed being on town council and having the privilege of being part of the progress the town continues to make," he said. "That said, my wife, Kelly, is now fully retired, which is a deciding factor in my not running for a third term.

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SCAN



Schools increase emphasis on careers in the trades

CONTINUED FROM FRONT

"We've had professional welders challenge it, and other than the heat and spark, it's the same," he said. "It's the same trainer colleges use for their courses."

The paint gun simulator uses the same paint gun used to paint Boeing aircraft and tells students whether they are applying paint at the correct rate.

The Tech Truck is aimed at students in Grades 7 to 9. It's been such a success that one truck was expanded to three, and now two more are being added.

"Everybody wants us back," MacKenzie said. "A lot of older people wish this was offered when they were in school."

In Tillsonburg, Grade 9 and 10 Glendale High School students went through the trailer, along with Grade 7 and 8 students from South Ridge Public School.

Bringing the Tech Truck was the fruition of work that began three years ago through Level Up Local, an initiative that started with a successful application to a Rural Economic Development grant in partnership with the Town of Tillsonburg.

"The purpose of this project has been to raise awareness of the many local employment opportunities available to Glendale students as they plan their future careers, as well as to reconnect with older youth who may have left the area and are now considering returning to build the next phase of their lives where they grew up," said Randi-Lee Durham, Director of Employment and



(JEFF HELSDON PHOTO)

Grade 9 student Taylor Skinner tries her hand at a hair dressing with a mannequin in the Tech Truck.

Literacy Programs with the Tillsonburg and District Multi-Service Centre.

She explained input from youth has been a part of building the program, as has educating businesses about opportunities to engage and hire young people.

"A key focus has also been showcasing real success stories, highlighting individuals who have built successful careers locally or returned to do so—so that young people can see what's possible right here in their own community,"

Durham said.

The Tech Truck is also part of an increased emphasis at Glendale to show students what's available locally in the trades. The school annually hosts Trick of the Trades, a trade fair highlighting trades careers that the Multi-Service Centre partners on, and offers Specialist High Skills Major (SHSM) courses at Glendale.

"The more opportunities we can give students to show them what's out there, especially locally, I think that's important," said Glendale principal

Melissa McKibbin.

"There's a lot of students in high school who don't know what they want to do yet," agreed guidance counselor Derek Partlo.

"Bringing the Skills Ontario Trades & Tech Truck is a natural extension of this effort," Durham added. "It gives students the opportunity to explore skilled trades and technologies in a hands-on, engaging way, helping build confidence, challenge outdated perceptions, and highlight the strong, viable career options available locally. Ultimately, this is about strengthening our local workforce, supporting our businesses, and ensuring that young people know they don't have to leave Tillsonburg to find meaningful, rewarding careers."

"Industry and employment has changed so much, it's important to provide them with current information," McKibbin said.

Co-op teacher Tim Davis said the co-op department is beginning to see more requests for skilled trades since there has been increased emphasis.

"We are beginning to see more requests from incoming students for a skilled trade," he said. "We have been putting in great efforts to promote the trades as a great career path through events such as Trick of the Trade, having the Skills Ontario Trades and Tech truck come in, as well as specialized programming like the SHSMs offered at Glendale. As a result of these initiatives, we anticipate and remain hopeful that we will continue to see an uptick in student interest in the trades going forward."

Majority of council members undecided if running

CONTINUED FROM FRONT

We have a great community with passionate volunteers and very competent town staff that I am confident will keep us moving forward."

Luciani is currently the chair of the town's Traffic Committee, and has served on numerous town committees, including Transit, Accessibility, and Parks, Beautification and Cemeteries.

Deputy Mayor Dave Beres has seven terms on council under his belt, and will run again. He has been deputy mayor the past three terms, a position which is chosen by council members. Beres served in a variety of roles representing council, including Long Point Region Conservation Authority trustee, chair

of the hospital committee, and has been a member of the Tillsonburg Hydro board, police services board, and the non-profit housing board.

"Many projects concerning the future of Tillsonburg have been completed during this term, however, there are more which I would like to see to completion," he said of his reason for running, mentioning the composition of Oxford County, boundary changes, expansion of sports fields, housing starts particularly with apartment buildings and attracting more doctors as issue that are important to him.

One-term councillor, Kelly Spencer, is likely to run for council again, but is undecided in

the capacity in which she will run in the next election.

"My focus continues to be on economic development and industrial sector growth, infrastructure needs, healthcare access, a wise budget and responsible town growth," she said. "I would also like to see enhanced partnership and communication with Oxford County to assist with homelessness, addiction, and mental health, as well as affordable housing and daycare—ensuring Tillsonburg remains a thriving, caring, and connected community for all residents."

Tillsonburg's longest-serving councillor, Chris Rosehart, is undecided if she will put

her name on the ballot after 27 years on council.

She recalled her original reason for running, saying, "I decided to run because Tillsonburg has been great and supportive to myself, my family, and my neighborhood, and I wanted to give back."

Coun. Chris Parker is undecided if he will run again, saying he will file in late July or August if he does.

Coun. Bob Parsons hasn't firmed up his decision yet, but is leaning towards not running again.

"However, I continue to discern this important decision," he said.



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EDITORIAL

This is not a joke

Was it a coincidence that Canada increased its carbon tax on April 1?

While it was simpler to track the consumer carbon tax applied to gasoline, the federal industrial carbon tax is more complex and more hidden. The consumer tax has been removed, but the industrial tax applied at the manufacturing level is still in place. It increased 16 per cent to \$110 per tonne on April 1.

The industrial carbon tax adds about 10 cents per liter to the price of gasoline.

What's not a joke is that, globally, nations are providing relief to their citizens amid escalating oil prices at the same time. But not here in Canada, which is a major oil producer, where the taxes went up on April 1. The positive is we aren't facing shortages like some countries.

On top of the increase in the industrial carbon tax, remember that the HST included in gasoline prices, increases the pump price. Estimates are that with every \$10 increase in the global price of oil, the federal

government sees an increase of \$2 billion in taxes. The provincial government also sees an increase in HST revenue amid skyrocketing prices.

The fallout from the higher prices will be seen nationally, and here in Tillsonburg. Groceries, consumer goods, and just about everything will increase in price for residents as it will cost more to move goods. Road construction prices, which rely on oil-based asphalt and tar, will increase, resulting in to-be-seen consequences.

Federal and provincial governments could supply relief with the increase in tax dollars, or better yet, just temporarily provide tax relief at the pumps. What is wrong with the concept of charging HST based on \$1.35 per liter, which is likely what budgets were based on? This would provide across-the-board relief, not only for passenger vehicles but also for the transportation of goods.

While the problem of today will hopefully be solved in the coming days or weeks, the industrial carbon tax won't go away.



Spring geese.

(JOAN GAMEY-LANGRELL PHOTO)

This is an Artemis first

Artemis II gained note globally as NASA returned to the moon, orbiting it last week. It was a journey of firsts, including the first time a Canadian astronaut has gone to the moon.

With Jeremy Hansen attending high school in Ingersoll, the journey brings with it another first. It was likely the first

time an astronaut journeying to the moon knew where Tillsonburg was.

While this hasn't been confirmed, it's likely he has even been to Tillsonburg. Most Ingersoll teens would have been to Tillsonburg for a variety of reasons, or gone through town on the way to the beach.

WEEKEND QUIZ

by Jake Grant

1. What is the smallest unit of matter?
2. What is an eight-sided shape called?
3. What does a funambulist walk on?
4. What is the hardest natural substance on Earth?
5. In what year did the Titanic sink?
6. Which gender of mosquito is responsible for mosquito bites?
7. What is the rarest blood type?
8. What year did the first human land on the moon?
9. What are the three states of matter?
10. What is the name of Mickey Mouse's pet dog?

This week's answers are found on pg. 22

Beware the hazards of static cling



WRITER'S
CORNER

NORMA COLLIS

Tillsonburg Post Columnist

A young friend of ours dropped in the other evening and during our conversation related a humorous story involving underwear and static cling.

One day, she hurried home from work and quickly got changed because her dad was picking her up as they were going to join the rest of her family at her son's hockey game. Her "game attending ensemble" was freshly washed and still in the laundry basket. She quickly dressed and raced out to join her dad in his vehicle.

On route, she realized that the arm of her hoodie felt very uncomfortable and was hugging her arm a little too tightly. She reached up into the arm and discovered one of her undergarments clinging to

the inside of the shirt. She decided not to mention this to her dad and surreptitiously removed the extra bit of clothing, and quickly reached down and hid it under the front seat of the car. She had every intention of removing the garment later once the game had finished, but being an extremely busy working mother, she totally forgot about her good intentions.

All was well until.....her mother decided it was time to clean the interior of the family car.

Her poor father was completely mystified when he was presented with the now offending piece of clothing. What followed was a somewhat-tense few days in a normally happy and long-lasting marriage. When the young woman eventually heard about what had happened, she had to admit, shame-facedly, that she was the owner of a very lacy and somewhat provocative item of lingerie. Peace returned to her parents' household and her underwear drawer once again held a complete selection of matching items.

This story reminded me of another similar event that happened to a fellow staff member at the school where I was teaching. The woman's husband was a fire fighter in a large, city-wide, fire department.

Every December, the fire department held an elaborate dinner and dance for their employees and their partners. Those were the days when a floor-length gown was very much in fashion, and often part of the "formal" attire that such an event called for.

The woman in question, wore a beautiful floor-length gown, under which she wore a floor-length half slip.

After an impressive dinner, she and her husband took to the dance floor. Alas, the half slip refused to cooperate with the energetic dance moves carried out by the couple. The wife complained to her husband that the offending slip was really annoying her.

"So, go and take it off. No one will notice," suggested her husband.

She scurried off to the ladies' room to follow his advice. It was only as she was holding the uncooperative item in her hands that she realized she didn't know what to do with the thing.

"My evening bag was too small to hold it, and it the slip was too expensive to chuck into the garbage."

She explained, "So, I went into the coat room and stuffed the thing into the pocket of my husband's coat."

As the couple returned home from the

party in the early hours of the morning, she did not think to ask for her slip until much later that day.

"What are you talking about?" asked her husband.

"My slip. It's in the pocket of your coat."

"No, it's not," he replied.

They double checked his coat pockets. No undergarment appeared.

It was only then that the woman realized that she must have put her slip into some other man's coat pocket.

"This is not the sort of lost item I can advertise on the fire station bulletin board," said her husband "I will be teased about this, and harassed for the rest of my career."

"I still worry every time I hear about a firefighters' troubled marriage," said the woman. "I so hope that their troubles have nothing to do with my mistaken identification of a winter topcoat."

"I can only hope that some unsuspecting wife doesn't think that her spouse is involved with a plus-sized woman who randomly leaves a trail of plus-sized undergarments in unsuspecting men's coat pockets."

Norma Collis is a Tillsonburg author of several books, including "Tales from Holly Cottage".

Helping those in poverty in Asia



**THE
STAGE
IS THE
WORLD**

LAUREL A. BEECHEY

Tillsonburg Post Columnist

What to write about...humm? What I wanted to write about required mega research that will take a while to track down. So, I looked around my livingroom, hoping to be inspired and I saw a photo of Patsorn, and her sister Lalita who live in Southeast Asia.

We have sponsored several children over the decades through Compassion, previously boys in Africa and now the girls. I quite enjoy sharing letters back and forth, learning how resilient a family can be living in poverty, with no electricity or plumbing. It is much warmer where they live, so their ramshackle shack-like house, with a dirt floor, might be wonderful in the hottest season, but what about monsoon season and their winter?

Nothing is wasted. Most of what they eat, they have grown or fished. Dad and the two boys work their little farm, growing rice and corn by hand hoping to sell some

of the crop. Mom and three girls do everything else with no electricity or plumbing. It is rare for them to have cash, so all their other needs are done by hand, whether sewing, finding food, cooking, or lugging buckets of water. It is mind boggling.

Compassion partners with a local church, but if there is none close by, they will build a Compassion Centre within a 30-minute walk. It is used as a church, school and community centre. Most exciting is the centre has electricity and plumbing!

Back in 2017, we sponsored Lalita, who enjoyed sending the letters, with many questions about Canada, and beautiful drawings. So, I asked if the Christmas gift could be used to buy some paper and crayons or paints.

It was wonderful to get to know her and the family. Lalita wanted to be a nurse, and I was in nursing once, so we had lots to share. Unfortunately, her father had cancer, and she assisted in his care. After he died, she was needed to help work the farm, putting fertilizer in the cornfields (no tractors) and assist her mother. Her dreams did not materialize as she needed to work to support her siblings' education.

Lalita thanked us for her birthday gift: "I spent it on some household stuff and dried food such as detergent, softener, toothpaste, shampoo, sunscreen, instant noodles, dried fish and cooking oil. I save the rest for my daily expenses at school."

Lalita, when finished the program, found work in town to help her family financially and has continued her studies. We were blessed to have Lalita and family for six years.

I was very worried about the family, and surprised when Compassion was in touch shortly afterwards, wondering

if we wished to stay on with the family which still needed help. Mom (Mayura) was now ill with a lung problem, which they were told she'd had for a long time. The brothers were no longer at home. Nichakan, the youngest daughter, now 11 years old was a big help around the house.

Patsorn was now 18 years old, finished her education and was available to be sponsored. We sent her birthday gift, and her reply was, "I spent money on things for my mother and a university application fee. The teacher took the students on a field trip to the sea, and it was my first time at the sea. The sea was beautiful, and I got to see turtles. Does your country have the sea? I would like to visit your country. I'm young now, but when I grow up, I want to travel around the world. I always pray for you and your family. I would like you to pray for my future and my family's work. Soon, it is going to be the national mother's day. I may buy a cake for her. I do not have much free time because I have to study for the TPAT (Professional Aptitude Test) and A-Level (Applied Knowledge Level) for the university admission. Do people in your country have to take any exams before they can study at universities? I have to collect marks from school and do a portfolio of the activities that I attended."

Patsorn wants to be a dentist and have a dog café.

"Please pray for my family, the study of Lalita and me and my mother's health and work. May God bless you and your family," she wrote.

With our letter was a very good drawing of a skunk on a stump! They don't have skunks there!

I am so impressed with Patsorn and so pleased we can still help this family.

When a Messy Church can be a good thing

NORMA COLLIS

Post Contributor

"What's a Messy Church anyway?" I asked, the first time we drove past a city church advertising this event on their large information sign.

At that time, we were living in a rural area and the families at our little country church, each had to take their turn cleaning the building as the church budget did not stretch to hiring a custodian. My husband and I speculated that perhaps everyone in the church congregation got together to do a big clean up of the building. We thought the place must really be in need of cleaning if the building was referred to as a "Messy Church."

Then someone told me that it was a program for families, and that it included making crafts. Hearing that bit of information, I immediately imagined kids running up and down the aisles of a sanctuary leaving a chaos of sparkles and plasticine behind them.

Finally, I Googled Messy Church and was amazed to learn that Messy Church has over 4,000 programs registered, and that it is found in more than 30 countries across numerous religious denominations.

The program originated in the UK and is designed as a creative, intergenerational and hospitable form of worship for those who do not always engage in traditional Sunday services. It has been offered at St. Paul's in Tillsonburg for eight years.

It features hands-on activities, celebration time (story and music) followed by a shared meal. The crafts are designed to appeal to various age groups and include options for adult participants.

At St. Paul's, the program is offered the first Saturday of the month with a summer break during July and August.

It starts at 10 a.m., but there is not a requirement to arrive "on the dot." The program recognizes that people have busy lives and organizers are happy to see them whenever they arrive. There are always snacks (thanks to one of the loyal volunteers) available upon arrival, and 15 themed activity centers each supervised by a volunteer. Another volunteer provides background music on the piano and is also there for group time music.

CONTINUED TO PAGE 5

**GRANT
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Tillsonburg POST

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When a Messy Church can be a good thing

CONTINUED FROM PAGE 4

A further team of “behind the scenes” volunteers frequently help with the preparation of craft materials.

A sit down “kid friendly” meal is catered by one of the five Community Kitchen teams, who are coordinated by Keith and Julie Avery. Two other volunteers always provide home-baked desserts.

As some of the Messy Church children get older, they return to the program as volunteers, although they often opt to get creative at some of the centers as well.

It is our aim to provide time for the adults in each family, to spend some quality time with their children, or grandchildren creating and enjoying each part

of the program without having to worry about how to keep their kids busy. There is no need for them to worry about cleaning up as this is all done for them.

A successful Messy Church can only exist with the support of an understanding Church council and a dynamic minister who embraces the programme and every participant in the programme. Rev. Karlene Palmer Brown is that minister who is so committed to St. Paul’s Messy Church. The church council encourage and support the program financially, with the remainder of the budget coming from private donations.

The program is offered free of charge.



(ALIYAH HELSDON PHOTO)

Since the program was launched eight years ago, Messy Church at St. Paul’s has grown substantially. Many of the participants now come back as volunteers.

TDMH to lay off PSWs, hire nurses in change in model of care

Acute care and intensive care unit personal service workers at Tillsonburg District Memorial Hospital will be laid off and replaced by Registered Nurses (RNs) and Registered Practical Nurses (RPNs).

The change came through an update in the model of care “to better meet the needs of patients whose medical conditions have become increasingly complex,” according to a news release dated April 13.

The update was the result of review of clinical care delivery and patient acuity. The review showed the need for more frequent nursing assessments, complex medication management and timely clinical interventions that require a RN or RPN.

“Evidence consistently demonstrates enhanced regulated nursing resources improve patient outcomes, reduce adverse events, and support safer, higher quality care,” the release stated.

As part of the change, TDMH will increase nursing staffing in both acute care and ICU. Layoff notices were given to impacted PSWs in the affected units under the terms of the collective agreement.

“This transition does not affect patient services or bed capacity, and there is no anticipated impact on care delivery,” said Nadia Facca, President and CEO. “TDMH remains committed to supporting affected employees through a fair, transparent, and compassionate process.”

“This model change, along with an increased number of nurses in acute care, will strengthen bedside primary nursing care, enhance the presence of regulated nursing professionals across inpatient units, and position the hospital strongly for the future to provide safe, high quality care that reflects the needs of the patients we care for today,” said April Mullen, vice-president clinical services.

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POLICE BRIEFS

Fatal collision now claims five lives

Two Previously Hospitalized Passengers Succumb to Injuries

Two additional passengers involved in a two-vehicle collision in Norwich Township have succumbed to their injuries.

On Tuesday, March 31, at approximately 3 p.m., members of the Oxford Detachment of the Ontario Provincial Police (OPP), along with fire and emergency medical services, responded to a collision involving a sport utility vehicle (SUV) and a transport truck at the intersection of Highway 59 and Quaker Street.

The driver of the SUV, a 39-year-old from Cambridge, and two passengers—a 13-year-old and a 17-year-old, both from Tillsonburg—were pronounced deceased at the scene. Two additional passengers were transported to hospital with life-threatening injuries.

Those passengers, a 46-year-old and a 21-year-old, both from Tillsonburg, have since succumbed to their injuries and were pronounced deceased.

As a result of the investigation, no charges will be laid, and no further information will be released.

Driver tries to evade R.I.D.E. check point

A driver who tried to evade a Reduce Impaired Driving Everywhere (R.I.D.E.) check point in the Town of Tillsonburg, has been charged.

On April 3, at approximately 3 p.m., members of the Oxford detachment of the Ontario Provincial Police (OPP) were conducting a R.I.D.E. check point at Lisgar Avenue and Fifth Street in Tillsonburg when a driver tried to evade the checkpoint. Oxford OPP observed this behaviour and acted quickly to locate

the driver.

As a result of the investigation, Albert Steele a 49-year-old resident of Tillsonburg, was charged with:

- Operation While Impaired
- Operation While Impaired - Blood Alcohol Concentration (BAC) 80 plus

The accused has been released from custody and is scheduled to appear before the Ontario Court of Justice, in Woodstock, on June 2.

tillsonburgpost.com

OPP West Region long weekend seatbelt campaign results

Officers with OPP West Region's 13 detachments laid hundreds of charges during the Easter long weekend traffic campaign.

West Region officers laid 168 charges under Ontario's seatbelt law during the course of the annual seatbelt education and enforcement campaign, which ran from Friday, April 3 until April 6. This

compares to a five-year high of 338 seatbelt-related charges laid during the campaign in 2025.

A supplementary document with detachment-specific numbers of seatbelt charges is attached to this release, along with impaired driving, distracted driving and speeding charge results from this year's campaign.

Failure to wear a seatbelt caused, or was a contributing factor, in the deaths of 41 Ontarians in collisions on Ontario Provincial Police (OPP)-patrolled roads last year. 14 of those deaths were in West Region alone. So far in 2026, four traffic deaths in West Region have been attributed to failure to wear a seatbelt.

Along with aggressive driving, im-

paired driving, distracted driving and driver fatigue, failure to wear a seatbelt is one of the leading contributing factors to death, injury and property damage on the province's roads and highways.

The OPP will continue to enforce the seatbelt law to reduce the number of needless and preventable deaths in Southwestern Ontario and beyond.

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Oxford Studio Tour 'OG' bringing it home for 2026 event

JEFF TRIBE

Post Correspondent

The Oxford Studio Tour's 'OG' is bringing it home for the 2026 season.

Last year, long-time professional watercolour artist Sue Goossens experimented with a group setting for the popular annual celebration of the county's artistic talent. And while it was a positive experience, she'll be back inside her familiar 165548 New Road, Otterville studio for the duration Saturday, May 2 and Sunday, May 3 from 10 a.m. to 5 p.m.

"I love having people come to the house."

Twenty-three artists working in 17 different media will be displaying their unique creative visions in 11 different locations throughout Oxford during the two days. Each artist, location and contact information is highlighted on the tour website www.oxfordstudiotour.ca and also in glossy, full-colour brochures available at art and tourism-related locations throughout the county. Those seeking further information are welcome to call 519-842-6151.

Goossens is a foundational member of the event, instigated by a Woodstock-based weaver inquiring whether it would be possible to broaden the scope of her Welcome Back Otterville initiative. Goossens got onboard and remains a driving force for the resultant county-wide tour, under the umbrella of Tillsonburg's Station Arts Centre. Her own extended timeframe is represented by the fact she has introduced her passion to a pair of granddaughters.

"I have a cupboard where I pull stuff out and off they go," Goossens smiled.

Their artistic journey is just beginning, experimenting with colourful multi-scoop ice cream cones, for example. Their mentor's style is well developed, but Goossens' interpretations of scenery from close to home and across Canada do continue to evolve.

"I enjoy seeing how I can push the limits and try different things."

Five artists will be ensconced within the Station Arts Centre for the tour, Jared Smith

with his heavily textured layers of scratched and blistered paint mixed with metal and other reclaimed objects, Megan McKiernan's traditional watercolours exploring joy and peace, Kelly Murphy's realistic wildlife pieces created on drafting film, Monique Gerber's celebration of the wild dance of beauty and oneness between nature and animals, and Margaret Trapnell's unique watercolour on graphite pencil combinations.

"I draw the scene in graphite and put water colour on top of that," explained Trapnell, who finds the process gives her a little more control over what she's doing. In effect, Trapnell is a living example of her artistic approach, adding a little colour to her defined lines after surviving a tough 2022. In July, she was hit by a truck, falling and breaking her shoulder in December of the same year. She contemplated a tattoo to celebrate her recovery, before opting for changing shades courtesy of her stylist.

"I thought I'd just put a little colour in my hair."

Photographic artist Vic Whitecroft will let the colour in his fine art landscapes, still life and portraits speak for themselves at his 44 Stover St., Norwich location while stained glass artist Elaine Might, original oil and acrylic painter Joanne Ward and hand-crafted bird house/feeder and hand-turned wooden pen crafter Glen Hartley will be together at 19 Avery's Lane, Norwich.

Hartley bringing 14 years of experience to his first participation in the tour, as well as a willingness to experiment.

"I see something, I think 'I can make that,'" said Hartley, who also has worked off photographs, including one memorable recreation for a woman of her recently-passed brother's log cabin. "She was almost in tears when she saw it."

He turns his wooden pens on a small lathe he picked up at an estate sale, for 'a good price.' It sat in his garage for six years to the growing skepticism of wife Theresa, before armed with YouTube instruction videos, he began converting chunks of wood into functional art.

CONTINUED TO PAGE 9

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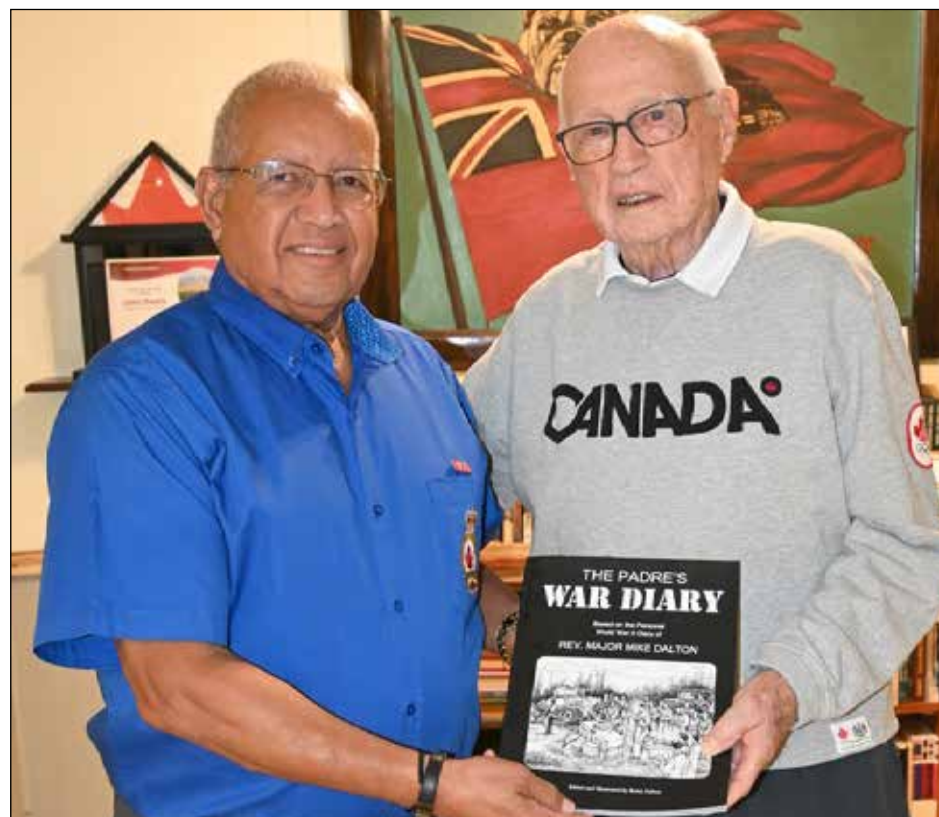
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WAR FROM A PADRE'S PERSPECTIVE

(JEFF HELSDON PHOTO)

Tillsonburg resident Brian O'Rourke recently donated a copy of "The Padre's War Dairy" to the Tillsonburg Legion. Compiled by a nephew of Father Mike Dalton, who was a priest in Tillsonburg for years, the book is based on the priest's diaries of his experiences during the Second World War. It is available for the public to borrow from the Legion. O'Rourke, right, presented the book to Legion President Tom Brown.

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Station Arts Centre hosts Spring Market

JEFF HELSDON

Editor

The Station Arts Centre's Spring Market is the perfect opportunity to shop for that unique Mother's Day gift.

Running from April 11 to 24 during the Station Arts Centre's regular hours, the Spring into Art Market is modelled after the Christmas Market. The exhibit is in the Patenaude Family Gallery.

Cailey Coderre of the Station Arts Centre said with increased offerings from the Station Arts Centre's crafters, there are more opportunities for shopping for Mother's Day, or for any purpose. Organizers were thrilled with the number of members who

applied to be part of the show.

"We put out a poster about it, and it got filled within a week," she said. "We're hoping next year we can expand, and add another room."

The exhibit contains products from a wide array of local artisans, including paintings from several artists, pottery, jewelry, bags, purses, special occasion cards and more.

Members of the Norfolk Fibre Arts Guild, who meet at Backus Heritage Conservation Area during the summer, were setting up their products on Friday, including Tillsonburg resident Hattie Idsinga, who had several felting products on display. These are wet felted products where a combina-



(JEFF HELSDON PHOTO)

Members of the Norfolk Fibre Arts Guild finish their display of products that will be part of the Spring into Art Market at the Station Arts Centre.



tion of friction, water and soap is used to make wool into felt. Her products were felt tea pot cozies and wall art.

"They're all needle felted with all kinds of wool, yarn, threads or whatever I have on hand," she said of the process where a plain piece of felt is turned into wall art.

Julia Wever of Silver Hill runs the gamut on the fibre process, raising sheep to create the wool, then having a spinning wheel to turn the wool into yarn and a loom to weave the yarn. She had hand-woven tea towels, scarves and felted soaps on display.

"The wool is around the soap," she said of felted soaps. "You use it like a scrubby,

and the soap comes out when you scrub it."

Maxine MacPhail of Tillsonburg displayed weaving, crocheting, knitting and beaded bracelets. In addition, she has paintings in the gallery for sale.

Besides the Spring into Art Market, Support Local in More Ways Than One, a fundraiser for both the Station Arts Centre and Helping Hand Food Bank, is continuing to run in the building. This promotion sees handmade bags selling for \$15 each.

In addition, members of local Girl Guides groups will be selling Girl Guide Cookies at the station on April 11 and 18 to raise money for a trip to Sweden.



(JEFF HELSDON PHOTOS)

Paintings, jewelry, pottery and many other crafts are available for sale as part of the Spring into Art Market. The event runs until April 24, and offers many possibilities of perfect gifts for Mother's Day.

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Hero Lee inspires new generation of wrestling fans

CHRIS ABBOTT

Grant Haven Media

Macy Lucas is back.

Known in Tillsonburg as The Freak Show for more than a decade of professional independent wrestling, Lucas now has a whole new persona.

Coming out of retirement in November 2024, Lucas created 'Hero Lee,' making a full-circle comeback with Mike Shea's Independent Pro Wrestling, a promotion which had six shows planned in Brantford this year.

"My first match back was an IPW fundraiser in Hamilton."

Lucas said the more he watched wrestling, whether it was on TV or at indie shows (independents), the more he saw people wearing face paint... and face paint was one of the things that set Freak Show apart from everybody else.

"Even the tattoos, because now everybody has tattoos, everybody is tattooed up. So, if I was to come back as the Freak Show, 'the look' is gone.

"These kids today are so athletic. So, you've got to try to keep up to these kids, in that sense, but I'm not going to be able to - they are 20 years younger than me. So, I thought, with that creative flow, 'I should get rid of this gimmick, I should do something new. I've got to rely on martial arts.'

Enter Hero Lee.

"My love for Bruce Lee is still there... and I like super heroes."

It's loosely based on Kato, the Bruce Lee chauffeur/valet character in The Green Hornet. Dressed in black, Lucas does not wear a mask, but he wears a chauffeur cap. He also enters the ring wearing a chauffeur-style coat.

"It's the evolution. Not just the character, but yourself as well, because you also grow as you get older. And I think differently. I don't listen to heavy metal music like I did when I was Freak Show. The only mosh pits I'm in these days is when my three grandkids start running into me," he added with a laugh.

"It took a while to get the fans back, in a way, because now, after so long,



(SUBMITTED PHOTO)

Macy Lucas, a local professional wrestler from 2002-03 to 2014-15 known as The Freak Show, has come out of retirement to wrestle as Hero Lee.

you're building a relationship with a new crowd. The crowd doesn't know you, so how do you get the crowd? 'Oh yes, this is how...' And I'd start to do my thing. Now, after about a year with IPW, I can safely say I'm one of their top faces."

Lucas, who began his career with Shea in 2002-03 (OPW) in Tillsonburg, soon switched to Jay McDonald's Pro Wrestling Xtreme (2004), which was succeeded by McDonald's Classic

Championship Wrestling (2010), both based in Tillsonburg. Always a fan-favourite, The Freak Show continued to wrestle with another company after his CCW 'retirement' in 2014-15, but he remembers doing a couple more shows for McDonald in Delhi.

"He (McDonald) let me be the bad guy," said Lucas, who was a heel in his last full season. "We had a lot of heat. I just want to add that we were a really good 'bad guy,' not just a good 'good

guy."

Wearing a kilt, he was known as Mr. Lucas for his last local match teaming up with Evilyn.

"I didn't get the full 15 years (of pro wrestling), but if you add those three years after retirement..."

"It was emotional, stepping away from it, but yet it wasn't. At the time, when you're hurt, you're thinking 'Is this worth it?' Plus, there were times when I had three shows on the weekend, but

CONTINUED TO PAGE 11

Edward Jones

Looking for direction
 in today's market?



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Hero Lee inspires new generation of wrestling fans

CONTINUED FROM PAGE 10

I would have my kids on the weekend when I was going somewhere to wrestle. One year was totally like that – I missed a whole summer with my kids. So, I was sore, I was losing love on it and I just wanted to hang out with the boys (two sons)."

Today, professional wrestling is thriving even more than when Lucas got his start.

"Social media helps out a lot," he noted. "There are more wrestling promotions, more shows available. If every wrestling promoter was to put me on every show they have, I'd have a full year. I'd be busy just here.

"But I won't book myself to wrestle six times a month. If I wrestle once or twice a month, I am happy with that."

He is enjoying the martial arts aspect of wrestling entertainment, and sometimes guiding young wrestlers.

"I need to be able to incorporate my stuff with his, because he's going to strictly do this kind of thing. If I can teach somebody, if I can help them out, that's one of my missions. Come back, work with the new guys and have good matches.

"My love for wrestling is back tenfold. I had to take some time off... started going to wrestling shows and I

was right into it as a fan. I was having so much fun as a fan, I started thinking, 'I might want to get back into this.'"

Coming out of retirement meant getting back into wrestling shape.

"I wasn't working out, wasn't keeping in shape. I noticed climbing stairs was tough. Injuries were still there. I said 'Enough with being lazy about this kind of thing, it's time to get back into it.'"

He started lifting weights again, and started going to physiotherapy and massage therapy (The Functional Approach in Simcoe).

"Now I do martial arts five times a

week in the morning, do my workouts, and I feel great. Everything's starting to get better.

"I'm also doing this for my grandkids - it gives me a third life. With YouTube and Facebook, they will be able to see something else that poppa loves, and hopefully inspires them. When you look at social media, you don't see 'heroes' anymore. You see influencers, you see streamers, you see all these people and they are not your heroes because all they want is money. They are just doing it for the money, and me, I'm doing it for the love, and to give my grandkids somebody to look.

Battle of the Badges to take place April 26

JEFF HELSDON

Editor

The annual Battle of the Badges will take place on April 26 at 3 p.m. in the Tillsonburg Memorial Arena.

The game will see the Tillsonburg firefighters lacing up their skates to face off against the OPP. The associations involved with both groups are behind the game.

"It's very competitive to say the least," said Sarah Barclay, a member of the Tillsonburg Firefighters' Association. "The players get right involved, right into it. It might as well be an NHL hockey game to them."

Members of the two groups work side by side at emergencies, and will continue to, but for an hour or so during the hockey game, it's a different story. The OPP won the first year of this event, and fire won last year, so the stakes will be high this year.

The third annual game, proceeds from the event go to a local or regional charity. The first year, funds went to Ronald McDonald House. Last year it was Make A Wish Foundation, and this year it will be Parkwood Hospital in London.

"As first responders, we see these traumatic incidents," Barclay said. "The victims get transferred to Victoria Hospital in London, and are often transferred to Parkwood Hospital for recovery."

She further explained outside of victims of tragedies, colleagues and other community members also go to Parkwood for rehabilitation.

"We all know someone who is impacted by care they receive at Parkwood," Barclay said.

The event will start with a one-hour family skate. Representatives of both 'badges' will be on site handing out safety material. One change this year is the concession stand will be open for the event.

Admission is \$5, with children under two free. Tickets can be obtained at the door or by e-mailing randi.crawford@opp.ca or sbarclay@tillsonburg.ca in advance.

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Study looking into changing lake levels, shoreline

JEFF HELSDON

Editor

Anyone who has spent much time at Lake Erie will notice the huge changes in the lake shoreline.

This isn't about fluctuations that have taken place over decades, but about those that have occurred over just five years. Record-high water levels were observed in 2019-2020, along with shrinking beaches and increased erosion. Now, just five years later, it's a different situation with the lake levels dropping to below long-term averages.

When water levels were high, the federal government took note of the impacts across the Great Lakes and released funds through the Canada Water Agency to look at the problem. Impacts can be seen along the entire Erie shoreline, but are magnified at the longest sand spit in the world: Long Point. Seeing the changes, the Long Point World Biosphere Reserve Foundation applied for funding, and the North Shore Resilience Project was launched in 2024. It is a partnership of many government and non-government agencies in the study area.

"All of us who live here and recreate here can see the

impacts during high water years, and with the flooding that impacts the community," said Sarah Emons, project manager and conservation director with the Long Point World Biosphere Reserve Foundation.

The concern is since 1951, 600 acres of habitat have been lost in the Long Point area between Cove Road and the causeway. Erosion has increased between Long Point Provincial Park and the tip, raising concerns about the future of the point. About 6,000 hectares, or 10 per cent of the point, has been gone.

On a larger scale, the loss of coastal wetlands in Long Point is amplified because the majority of Lake Erie's coastal wetlands are in Long Point. The uniqueness of this feature has made it one of the most important spots for migrating waterfowl in eastern North America.

Coastal geoscientist Pete Zuzek of Zuzek Inc. is heading up the study and was in attendance at a series of recent open houses across the study area of Port Glasgow to Long Point. Going into year two, most of the technical work is complete.

"That technical work has been focused on understanding the sediment movement along the coastline," he said.



(CONTRIBUTED IMAGE)

Preliminary findings in the North Shore Resilience Study were released through the public open house held in late March. These were held in various locations across the study area, including Port Rowan, which is pictured here.

Port Glasgow was chosen as the starting point as it's a convergence point for Lake Erie's sediment flow – some of the sand goes east from there, and some west. Zuzek described the shoreline between Glasgow and Long Point as one of the most complex freshwater sediment transportation systems in the world. It has the highest bluff erosion rates in the Great Lakes and more than four million cubic-meters of sediment enter the shallow waters of the area – called a littoral cell – each year. Of that total, one-quarter is moved towards Long Point.

Processes along the cell have changed, with the most notable differences being seen at Long Point itself. Zuzek explained that one of the purposes of the project is to understand why this is happening.

Erosion of the bluffs is a natural process, but the rate of erosion and the way sand is deposited have changed. It's also natural that sediments are deposited in harbours at Port Stanley, Port Bruce, Port Burwell, and the tip of Long Point.

One of the surprise findings so far is that the actual width of the Long Point sandspit is eroding. However, the sand is deposited at the tip of the spit, in the deepest water of the lake,

and the spit is slowly growing in length.

One area of concern is the Thoroughfare Unit in Long Point National Wildlife Area. This area, between Long Point Provincial Park and Long Point Company land, is narrow and vulnerable to storms.

Zuzek said part of the issue is that when the shoreline moves back in high water, the beaches move back as well. Although beach is regained when the water levels drop, it isn't the same.

"For the beaches to be stable and grow, it requires a lot more sand than when it started," he explained. "We're still piecing this together as to the relative importance of it all."

With climate change and more ice-free winters, the lake is open for longer periods, making it more susceptible to erosion during the winter months. This is also a time when winds are generally higher.

"That's one of the things that is a factor today, but will be a big factor in the future," Zuzek said.

Another major deposit area is in Port Burwell Provincial Park, to the west of the pier.

Isn't this a historical process?

In the relatively short time of recorded history, it's known that Long Point has been breached between the Inner Bay and Lake Erie several times. Two of these breaches in the 1800s created cuts, which were vital short-cuts for naval navigation. What Mother Nature created, she took away, though, when lake levels dropped.

This was the origin of the Old Cut, and the reason the Old Cut lighthouse is landlocked today. The lake beach was again breached during the most recent spell of high water in the area near where Big Creek National Wildlife Area and Lee Brown Marsh meet the lake.

Emons explained that when water levels are high, and the barrier beach is breached, it hurts the wetlands.

"These barrier beaches are an important barricade during storms," she said. Although the barrier beaches reform further back from the lake, the wetlands behind them are lost – something Emons said is not always visible from the ground.

The other difference from historical processes, even from a century ago, is now human-built infrastructure can be impacted by high water.

Zuzek said the study doesn't have all the answers

to why Long Point is eroding, but the science is pointing towards a series of factors, and he is now looking at the importance of each.

"We're not in a position to draw major conclusions yet, but we will be soon," he said.

Solutions

While the technical work is still not complete, some possible strategies have been developed. These include:

- Developing strategies to move the sediment past the harbours and restore the natural sand flow along the coast.
- Evaluate opportunities for nourishing beaches with new sources of sand.
- Assist landowners with understanding erosion threats and risks
- Complete additional controlled beach access pathways
- When harbours are dredged, deposit the sand on beaches.

One early experiment was planting native beach grass at Port Burwell, Port Bruce, and Long Point's Thoroughfare Unit to stabilize the sand dunes.

Solutions will be further evaluated if the project moves into Phase Two, which will require additional funding.


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**OH,
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PAUL KNOWLES

Tillsonburg Post Columnist

It was raining fairly steadily as we prepared to set off on a walking tour of the village of Siderno Superiore, in Calabria, Italy. The folks in our group were coping in a variety of ways – ponchos, umbrellas, all-weather jackets with hoods. But while the clothing options varied, we had one thing in common – a lack of smiles, as we moped about the weather.

And then Massimo Diano showed up, playing a happy tune on his button accordion. The atmosphere changed immediately; suddenly, we were a jolly group following our own personal pied piper through the streets of this ancient village.

Massimo played songs in the “Tarantella” folk dance tradition of Calabria. He also played lots of other songs, including “Roll Out the Barrel” and we sang along. As he played, a window opened up, high in one of the stone houses that lined the narrow lanes. An elderly woman leaned out, and Massimo

stopped walking. “Paul,” he called me over. “Come here. We sing for her.”

“What are we singing?” I asked. “It doesn’t matter,” he laughed, and he sang, and I made possibly appropriate sounds.

When he’s not serenading elderly Italian ladies from the street below their windows, Massimo is one of the partners in a tour company in Calabria. His family business – which involves his cousin, Antonio Muia and other relatives – had been contracted to organize our Senior Discovery Tours visit to this southernmost part of Italy.

They did their job extremely well, introducing us to all aspects of life in this lesser-known region of Italy. And one fundamental aspect is, music.

Everywhere we went, it seemed, there was music. One evening, a local group of four musicians gave us a concert. We listened, we sang, and we danced a cumbersome but lively version of the Tarantella.

The selection of instruments used in Calabrian music is fascinating. Small “button” accordions, of course, but so much more. Every song seems to involve enthusiastic use of tambourines, sometimes more than one. Guitars are popular – we witnessed a Palm Sunday procession in which a band of many guitar players were leading the palm-waving crowd. But as a guitar player, myself, I was intrigued that, in addition to a regular, six-string guitar, the Calabrian guitarist also use a five-string guitar, with one much shorter string acting like the drones



(PAUL KNOWLES PHOTO)

A typical group of enthusiastic, amateur musicians playing traditional Calabrian tunes.

do on bagpipes.

And speaking of bagpipes, the Calabrians love this instrument. But theirs are built using the entire hide of a goat, turned inside out. Most continue to have a bit of goat hair hanging from the large air sack.

Other traditional instruments include a wide variety of “flutes” – some of which are very similar to what we call recorders. Sometimes, two flutes are played at the same time, by one busy musician.

And then there are the lyres, an ancient instrument played with a bow.

In sundry combinations, these instruments make beautiful, lively, joyful music, and from what we saw, the singing that accompanies them is equally enthusiastic and joyful.

And as I said, we experienced a lot of music, from Palm Sunday processions to music at a meal at a family home were welcomed into.

CONTINUED TO PAGE 14

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Music is the heartbeat of Calabria

CONTINUED FROM PAGE 13

I have a theory: Calabria is admittedly the poorest and most isolated region of Italy. This is not sophisticated Rome or upper-class Milan. This is a place of down-home people with fewer advantages, who have relied on themselves, their families and their neighbours, to supply occasions when they can simply enjoy themselves. And nothing does that better than music.

As I said, all two dozen or so of us were welcomed into a family home for a Sunday afternoon, home-cooked meal. It was the home of Massimo's and Antonio's family; the wonderful meal was prepared by three wom-



(PAUL KNOWLES PHOTO)

Massimo plays a Calabrian flute while Dominico plays the unique, five-string guitar.

en, including Massimo's mother and Antonio's

wife. (This hands-on, "all friends here" approach, by the way, is not unusual among professional tour companies. This was entirely exceptional, and very special).

The food was amazing. I'll be writing, another time, about food in Calabria. My mouth is watering as I recall those flavours, right now!

But what took the event to an entirely other level was – you guessed it – the music. Music that reflected the personalities and the warm welcome we encountered in Calabria.

That welcome was especially evident after a



(PAUL KNOWLES PHOTO)

Guitarists lead a Palm Sunday procession in Gioiosa Jonica.

very entertaining demonstration of the various traditional instruments they use. Having left all my guitars at home, I asked Massimo if I could play his for a moment when the presentation was done. He happily agreed.

And the next day, a guitar was delivered to me at our hotel in Sid-

erno, mine to use for the rest of our stay. That led to a singalong with our Senior Discovery Tour group one evening – but I did not try to play anything related to a Tarantella!

The music is one reason I hope to return to Calabria, and soon. Then, of course, there are the people, the food, the history,

the scenery... and you'll hear more about all of the above in the coming months.

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



Join the Norfolk Hospital Nursing Home Board of Directors

The Norfolk Hospital Nursing Home is seeking community members to join its Board of Directors. This is your opportunity to help guide the future of long-term care in Norfolk County. As we plan for a new and modern nursing home, your voice can help shape decisions that affect residents, families, and our community.

The Board meets approximately six times each year.

We welcome applications from people of all backgrounds. Experience in finance, healthcare, law, governance or business are an asset but not required. Our Board values diverse perspectives. We encourage applications from Indigenous community members and newcomers to Norfolk County.

Apply by April 24, 2026

For more information, contact
Charlene Charles | Coordinator of Board Affairs
Norfolk General Hospital | ccharles@ngh.on.ca

Scan the QR code to learn more and apply, or visit our website: www.ngh.on.ca



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Fred Hodgson returns to The Copper Mug



MUSIC CORNER

BEN ADDRESS

Tillsonburg Post Columnist

There is something about a Fred Hodgson music night that brings friendly vibe and that instant familiar buzz.

This Sunday, April 19, a local favourite will return to The Copper Mug Pub, and he will be bringing with him the kind of easygoing, crowd-pleasing performance that has made him one of the most requested solo acts in the area.

Decades of musical influence, and a guitar in his hand, has helped Fred Hodgson with building his reputation for turning any room into a campfire sing-along. His shows blend classic rock staples, acous-

tic favourites, and the occasional deep cut of the songs you know and love. All performances are delivered with warmth, humour and a genuine love for the craft.

"I do enjoy and have always enjoyed playing at the Copper Mug. I have been playing there for as long as I have been playing guitar. In fact, my first paid gig was at the Copper Mug," Hodgson reveals. "The house was packed and I was scared to death. They actually had so many people that they had to lock the doors. Some of my friends ripped me about that, saying they probably did that so no one could escape."

The connection to a place and to an audience is a defining feature of Fred's performances. There is no backing band, no elaborate setup and no distractions. Just one musician, an acoustic guitar and a deep catalogue of songs shaped by a lifetime of listening.

"People of all ages today have access to every genre of music and practically every song that has ever been recorded. As a result of that audiences are very well versed in all kinds of music across many genres," Hodgson explains. "I believe

there is good music and good songs in practically every genre of music. I have been lucky through my life to have been exposed to many different kinds of music. My dad was a very well-known local musician. He played country and western, and I literally would wake up in the mornings to him and his band playing country music in the living room."

Fred's influences span generations of music while reflecting both his upbringing and his curiosity as a listener.

"My setlist is a real dog's breakfast of genre. I love it that way," Hodgson laughs. "So hard to say where all the influences come from. The classic rock comes from CCR, The Guess Who, Led Zeppelin and The Beatles. I like a lot of the old country, like Hank Williams Sr. and Jr. I would have to say I'm influenced by Nirvana and Green Day. Today, I like that Stapleton and Tyler Childers, not to mention Jack White. So many influences. So little time"

That 'dog's breakfast' approach is part of the appeal when building a setlist that might jump from classic rock to country, from 1990s alternative rock to modern

hits while being tied together by Fred's unmistakable delivery. Some may call it a 'Fredrock' show.

"I would have to say if you want a big band with big loud music, or if you are looking for complex themes and ideas, I'm not really that type of artist. When you come to see a Fredrock show, it is a man and his acoustic guitar. I don't even use looping pedals or anything like that," Hodgson says. "I play lots of upbeat music, but it is all straight from the heart with me. People tell me I always have a good rapport with the audience as well, and they feel very relaxed and happy when they're listening to me play."

That connection consisting of the rapport between performer and audience is what keeps people coming back. It is also why shows at local venues tend to fill up quickly when Fred is booked to perform.

Fred Hodgson takes the stage on Sunday, April 19 at The Copper Mug. This is a free show that starts at 5 p.m. The night promises to deliver exactly what local live music is all about, which is good songs, and maybe a few encores before the lights come up.

UPCOMING SHOWS

APRIL 16 - FELICIA MCMINN
THE COPPER MUG
FREE ENTRY - 8 P.M.

APRIL 17 - MUSIC TRIVIA
THE COPPER MUG
FREE ENTRY - 8 P.M.

APRIL 17 - MUDMEN
TILLSONBURG LEGION BRANCH #153
\$30 - 8 P.M. - 19-PLUS

APRIL 18 - DJ KENNY
BIRDS GOLF SPORTS LOUNGE
FREE ENTRY - 9 P.M. - 19-PLUS

APRIL 19 - FRED HODGSON
THE COPPER MUG
FREE ENTRY - 5 P.M.

APRIL 24 - ATTIC APOSTLES
THE COPPER MUG
FREE ENTRY - 8 P.M.

APRIL 26 - ARCHIE & SEAN WRIGHT
THE COPPER MUG
FREE ENTRY - 5 P.M.

APRIL 30 - TV FREAKS, SLOW READER & SMUG LLC
PADDY'S UNDERGROUND
\$20 - 8 P.M. - ALL AGES/LICENSED

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RIDDLES

I bloom in May, red as can be. You give me with love, who might I be?

Rose

I'm green and climb, reaching for the sky. What am I?

A vine.

I'm yellow and bright, I look like the sun. You see me in fields — oh, what fun!

Sunflower

I'm a leafy plant often found in pots, known for purifying the air. What am I?

A houseplant

I stand so tall, with colors that mix. I'm spring's first flower, take your pick!

Tulip

I'm a tough plant known for surviving in dry climates. What am I?

A cactus

I'm small and white, with petals so neat. I smell really sweet and grow at your feet.

Daisy

I'm tiny and purple, with a strong smell. My oil calms people — you know me well.

Lavender

I'm green and known for being used in making herbal teas. What am I?

Mint

My petals fall off with just one blow. Kids make wishes — then they go!

Dandelion

I grow underground and have a crunchy texture, often used in salads. What am I?

A carrot

I grow in water, pink or white. I'm soft and round, a peaceful sight.

Lotus

SUDOKU

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Level: Beginner

Solutions on Page 22

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WORD SEARCH

ROAD TRIP

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APRIL 30, MAY 1 & 2 | DOORS OPEN 7 PM, CURTAIN 8 PM
LANGTON SHOWTIME, EST. 1971 - TURKEY POINT B&B
Langton Community Centre
A musical comedy featuring local talent for all ages. Advance Tickets call 519-875-2602 or purchase at Dave's Variety, Delhi or at the door (cash only).

APRIL

APRIL 17 | 6:30 FOR 7 PM GAME
KNIGHTS OF COLUMBUS BINGO
Saint Mary's Parish Hall (Church basement), 137 Rolph St., Tillsonburg, ON
\$2 for 3 card strip, \$30 prize. Sponsored by Tillsonburg Knights of Columbus. Proceeds to designated charities. Food and cash bar available.

APRIL 17 | 8 PM
MUDMEN AT THE TILLSONBURG LEGION
16 Durham St, Tillsonburg, ON
Tickets \$30 each and are going fast! Contact Branch at 519-842-5281 for more information!

APRIL 22 | 1 - 5 PM
JOB FAIR+
Tillsonburg Community Centre (Lion's Auditorium), 45 Hardy Ave, Tillsonburg
Free for all to attend! Whether you're entering the workforce, changing careers, or returning to work, the Spring Job Fair+ is here to support you. Meet with 30 local employers and training providers to explore opportunities and make valuable connections! Hosted by the Multi-Service Centre in partnership with the Town of Tillsonburg. Have questions or need support preparing for the Job Fair? Contact MSC Employment Services at 519-842-9008 x291.

APRIL 25 | 9 AM - 1 PM
TILLSONBURG CATHOLIC WOMEN'S LEAGUE SPRING RUMMAGE SALE
St. Mary's Church, Tillsonburg, ON
Please come join us at our spring rummage sale. Clothing and footwear for the family. Housewares, glassware, bedding, home decor, toys and trinkets, jewelry, books and much more. Everyone is welcome. Fully Accessible. Admission is free. Please bring a bag (or two) to carry home your treasures.

APRIL 25 | 2 PM
THE JOURNEY OF HOME CHILDREN: A HISTORICAL PERSPECTIVE
The Edison, Vienna & area Museum
6209 Plank Rd, Vienna, ON, N0J 1Z0
Between 1869 and 1948, over 100,000 children were forcibly transported from the United Kingdom to Canada for labor. Labeled as "orphans," only 12 percent were actually without

parents. Many faced mistreatment, and countless never reunited with their siblings, parents, or families. Join Lori Oshefski, President of *Home Children Canada*, to delve deeper into the lives of these children, the hardships they endured, and the resilience they displayed in overcoming their challenges. Seating is limited- please email bayhamhistoricalsociety@hotmail.com.

APRIL 25 | 3 PM
THE WOODSTOCK CHORALAIRES
THANK YOU FOR THE MUSIC, CELEBRATING 60 YEARS OF SINGING
Knox Presbyterian Church, Woodstock
Tickets \$30, children free, available at the door, online at ticketscene.ca. Guest artist, Luciano de Cicco (anthem singer at Blue Jays home games). Woodstockchoralaires.com

MAY

MAY 2 | 10 AM - NOON
"BEE HAPPY" MESSY CHURCH
Mt Elgin Community Centre, 333204 Plank Line, Mount Elgin, ON
Crafts, games, snacks, music, and a hot lunch. Children should be accompanied by an adult.

MAY 3 | 2 - 4 PM
KC AND THE SUNSHINE GIRLS
Mt Elgin Community Centre, 333204 Plank Line, Mount Elgin, ON
Put on your Boogie Shoes for an afternoon of dance hits of the 70's & 80's. This Tribute Show is being hosted by Mt Elgin United Church. Tickets are available by calling Joanne 519-485-1988 or Dawne 519-421-6836.

MAY 5 | 7 PM
ANNUAL GENERAL MEETING NOTICE
423 Charlotteville Road 1, Forestville
Forestville Cemetery Board will hold their Annual General Meeting on Tuesday May 5, 2026 @ 7:00 p.m. @ Dave Reeves place. Please bring your own lawn chair. Everyone welcome to attend!

MAY 5 | 7:30 PM
GREATEST PLAYLIST LIVE!
Norwich United Church (80 Main st W Norwich)
Admission by donation. Once again, the Norwich Musical Society Band and Mitchell Legion Band will combine forces and become "Greater Than the Sum" for a spectacular spring concert! You're guaranteed to hear hits from record player, Walkman, or digital streaming eras!

MAY 21
PENTECOST SUNDAY SERVICE
St. John's Anglican Church 46 Ridout St. (519) 842-5573
Join us on this day which commemorates the descent of the Holy Spirit onto the Apostles. It

could be called the 'birthday' of the church. We wear red, enjoy fellowship and cake after the service. Come and see! We are a place where people gather.

JUNE

JUNE 10 | 10 AM - 3 PM
THE BROWNSVILLE ANNUAL SCHOOL REUNION
Brownsville Community Centre
There will be a Potluck lunch, so please bring your favourite dish. All former students and spouses are welcome to attend. If you have any Historical information or pictures please bring them with you. If you have any questions please contact Patty Meertens at rpmeertens@gmail.com.

JULY

JULY 10, 11, & 12
TILLSONBURG BOUNCY CASTLES AT RIBFEST
16 Durham St, Tillsonburg, ON
Super Air Bounce Rentals would like you to come out and test out our NEW Mechanical BULL. Bouncy Castles will be available July 10, 11 & 12. Tickets (Ages 2+) \$16 in advance or \$26 at the event. www.save.event for ticket info and purchase.

JULY 17 & 18
BRANTFORD UKULELE FESTIVAL
Tickets for the 2026 Brantford Ukulele Festival, set for July 17th and 18th are going fast! Register before April 17th to get in on the Early Bird special. Get details on performers, workshops and more at brantfordukulelesociety.org.

ONGOING CLASSES, CLUBS & ORGANIZATIONS

3RD TUE. OF MONTH | 6:30 - 8:30 PM
CAREGIVER CONNECTION
Revel Realty Woodstock, 111 Huron Street (Virtual/hybrid options available)
Are you worried about your child or youth? Parents and Caregivers for Mental Health (PCMH) is here to listen, support, and walk alongside you on this journey. Our free Caregiver Connection peer support groups offer parents and caregivers a community of support. Can't make it in person? Join one of our virtual or hybrid groups! Visit family.cmho.org or email oxfordcounty@pcmh.ca for more information.

OXFORD COUNTY DIABETES EDUCATION PROGRAM
Appointments are available at **Alexandra Hospital Ingersoll and Tillsonburg District Memorial Hospital and by phone**
Are you looking for support with your Diabetes? Our Team of Registered Nurses, Registered Dietitians and a Social Worker is here to support YOUR goals. We can help

with medication adjustments, lifestyle and diet changes, stress management, weight reduction strategies and more. **SELF REFERRALS ARE WELCOME.** Please call 519-485-9611 to book an appointment. Let's work together!

MONDAYS | 9 - 11:30 AM
OTTER VALLEY TAI CHI
St. John's Anglican Church, 46 Ridout St. W., Tillsonburg
New Monday morning classes have begun. Spots still available: 9:00 - 10:30 am Introduction, 10:30 - 11:30 am Foundations. Enjoy gentle exercise with others as you work to improve flexibility, balance and stamina. Call 519-688-9779, email ottervalley@canadiantaichiacademy.org, visit canadiantaichiacademy.org.

MONDAYS | 7 - 9 PM
MODERN SQUARE DANCING IS FOR YOU!
Thames Valley Dance Club
Looking for something to do in the evening or something new to try? Modern square dancing is a great way to learn something new, have fun, meet new friends, relieve stress, and get some exercise! All you need is comfortable shoes and casual clothing. No experience or partner is required and anyone over the age of 12 is welcome (children from 12-15 with an adult, please). **The 2025-2026 season has started at the Ingersoll Pipe Band Hall, 108 Wonham St. S. Ingersoll.** The first night is free, and after that the cost is \$7.50 per person each Monday, paid monthly at the start of the month. For more information, contact Julie at 519-535-3314.

2ND TUES. OF MONTH (SEPT. TO MAY) | 2 - 4 PM
4TH TUES. OF MONTH (SEPT. TO MAY) | 7 - 9 PM
OXFORD PHILATELIC SOCIETY
Church of the Epiphany, 560 Dundas Street, Woodstock Ontario N4S 1C7
If you have never belonged to a stamp club, now's the time. Meet new friends, grow your knowledge and collection. Contact: Don Eaton dhfe@silomail.com. Website: <http://www.rpsc.org/chapters/oxford>

3RD WED. OF MONTH | 10 AM - NOON
LYNN RIVER PROBUS CLUB
Army, Navy & Air Force Club, Simcoe, ON. Corner of Water St. and Culver St. Simcoe. Enter via Culver St.
Our retired and semi-retired members enjoy diverse interest groups, friendship and fellowship. We have interesting speakers at our monthly meetings as well as time to socialise. Current and prospective members are welcome to join us at the Army, Navy & Air Force Club, Simcoe, which is on the corner of Water St. and Culver St. Simcoe. Enter via Culver St. For more information, please visit our website at: lynnriverprobus239.com or email lynnriverprobus239@gmail.com

COMING EVENTS

TUESDAYS & THURSDAYS | 7 - 9 PM

SATURDAYS | 10 AM - 12 PM

LEARN BRAZILIAN JIU-JITSU (BJJ)

North Broadway Baptist Church

Thanks to donor support, we've been able to purchase mats and uniforms, and our instructors generously volunteer their time. This isn't a business—any donations go straight back into the program to help buy more uniforms, mats, and equipment. If it's within your means, a \$20 monthly donation helps support the program, but if not, classes are completely free. **Classes are open to anyone 14 and older.** If you'd like to try a class, please arrive about 15 minutes early to sign waivers and get fitted for a uniform. Information can be found at: <https://www.northbroadwaychurch.ca/nbmfa>, <https://www.facebook.com/northbroadwaymfa>, <https://www.instagram.com/northbroadwaymfa/> Inquires can be made at: nbmfa@northbroadwaychurch.ca

EVERY OTHER FRIDAY | 1 - 4 PM

SPRING INTO THE INGERSOLL COUNTRY MUSIC

JAMBOREE

Masonic Hall, 190 Thames St. S., Ingersoll

Join us, walk ins welcome. Qualifications - love 50-70's country music. Perform, listen, dance & enjoy! April 10 & 17, May 1, 15 & 29, June 5 & 19.

FRIDAYS | 1 PM

INTERESTED IN BRIDGE?

JOIN US AT THE TILLSONBURG DUPLICATE BRIDGE CLUB

Tillsonburg Senior Centre - 45 Hardy Ave, Tillsonburg

Don't have a partner? Come anyway and we will match you up with someone. For more information, visit their Facebook page: [TburgBridge](https://www.facebook.com/TburgBridge).

1ST AND 3RD TUES. OF MONTH

TILLSONBURG LIONS

The Tillsonburg Lions meet on the 1st and 3rd Tuesdays. You are invited to their dinner meetings in the Lion's Den at the Community Centre. If you are interested in giving back to your Community contact Jim at 519 409 0876 for more information.....all are welcome.

1ST WED. OF MONTH | 7 PM

WAGNER MEMORIAL TEETERVILLE LEGION

BRANCH 526 - MEMBERS GENERAL MEETING

The Wagner Memorial Teeterville Legion Branch 526 - 3890 Teeterville Road, Teeterville, ON

Not a member? Contact us to join. For More Information Call, the Legion 519-443-5588. www.teetervillelegionbranch526.ca

WOULD YOU LIKE TO VOLUNTEER TO HELP AT ONE OF OUR EVENTS? WE WELCOME YOU!

The Wagner Memorial, Teeterville Legion Branch 526 - 3890 Teeterville Road, Teeterville, ON

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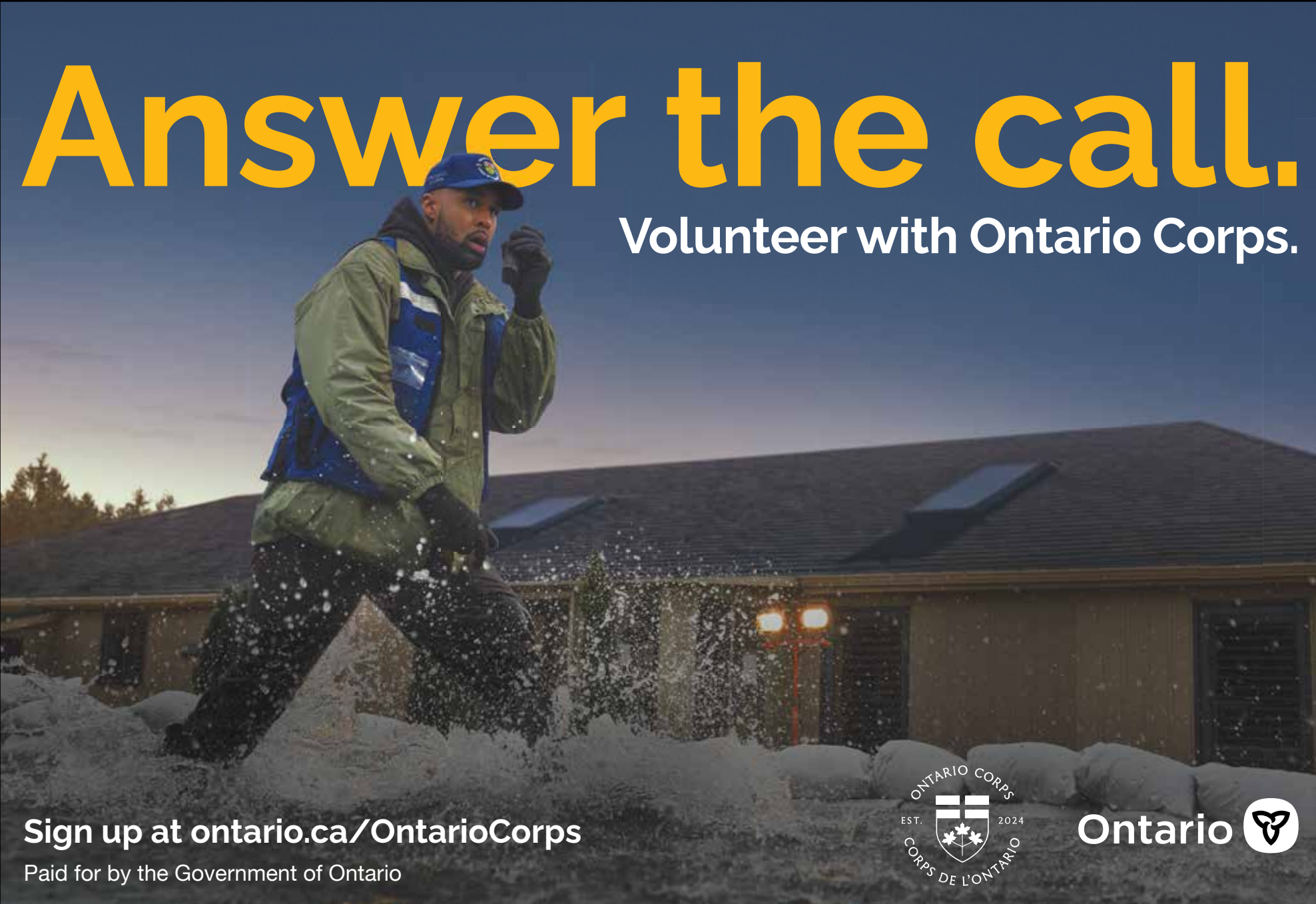
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1	5	9	8	7	2	4	6	3
7	2	6	5	3	4	8	1	9
5	8	2	4	6	3	9	7	1
9	1	3	2	8	7	6	5	4
4	6	7	9	1	5	2	3	8
2	7	8	3	4	6	1	9	5
6	4	1	7	5	9	3	8	2
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