



Goderich Sun

VOLUME 4 • ISSUE 24

AUGUST 6, 2026

FREE

YOUR REAL ESTATE PROFESSIONALS

DONNY RIVERS BROKER/OWNER 519.525.1773	ERIN WILSON REALTOR® 519.440.2032	TODD STANBURY REALTOR® 519.525.5691	LAURA HERMAN REALTOR® 519.525.0511	LAURA MULDER REALTOR® 519.525.0590	JEAN ANNE HAMILTON REALTOR® 519.955.5643	WILDER HOGGARTH REALTOR® 519.441.7744	AMANDA MCGLENAGHAN REALTOR® 519.525.8600	CHAD LAFONTAINE REALTOR® 226.974.6464

GODERICHANDAREAHOUSES.COM O: 519.524.1175 | T: 1.877.599.0090 | 138 COURTHOUSE SQ. GODERICH

BRUINSMA EXCAVATING LTD.
Since 1972

- Sewers & Waterlines
- Septic Systems
- Erosion Control
- Trucking & Excavating
- Retaining Walls

519-524-8668 Sand • Gravel • Top Soil

Celebrating 75 years: Maitland Conservation launches the 75-minute challenge hike

JAYNE THOMPSON

Sun Contributor

Since 1951, Maitland Conservation has worked alongside municipalities, landowners, community partners and residents to protect and enhance the watershed's water, forest and soil resources.

This year, Maitland Conservation is celebrating 75 years of stewardship of the lands around this region.

To celebrate this milestone, Maitland Conservation invites members of the community to spend 75-minutes exploring a Maitland Valley Conservation Authority property and submit an entry for a chance to win one of three outdoor prize packages.

"We wanted to create an activity that's easy for people to participate in," said Stewart Lockie, Conservation Areas Coordinator.

"The 75-Minute Hiking Challenge is a fun way to celebrate our anniversary while enjoying the natural spaces that conservation efforts have helped to protect and maintain."

The 75-Minute Hiking Challenge is one of several initiatives planned throughout 2026 to celebrate Maitland Conservation's 75th anniversary.

CONTINUED TO PAGE 2



(CONTRIBUTED PHOTO)

U13 Champions – Goderich Seahawks Lemon and Elma.

A whopping 32 girls fastball teams invade Goderich to deliver a mid-summer classic

DAN RIDSDALE

Sun Contributor

Goderich Seahawks Girls Fastball program hosted their fifth annual Lions House League Tournament, the weekend of July 17-19 at Bannister Park, John O'Keefe Field and Goderich Public School.

This year, 32 teams attended the tournament, the largest to date, with teams travelling from throughout southwestern Ontario.

The tournament was categorised by four different age divisions of U11, U13, U15 and U17 with the hometown Seahawks being represented in each age category.

From the opening pitch on Friday afternoon at 1:45 p.m. until the final pitch just before 4 p.m. on Sunday, the diamonds in Goderich were abuzz with approximately 500 female youth plying their softball skills as well as enjoy-

ing what the town has to offer.

For those at Bannister Park, the Seahawk food booth was a busy spot all weekend as Jenni Arthur, and her many volunteers tempted everyone with the smell of fried onions on the barbecue and tasty treats all weekend long.

In the U11 Division played at Goderich Public School, the cheering was constant and the local Seahawks played very hard in grabbing a win versus the Wyoming Lady Wranglers on Saturday morning to follow up a tough opening game 15-14 loss to the Mitchell Hornets.

The championship game on Sunday morning saw the Exeter Extremes walk-off the St. Marys Rockies in a back and forth 12-11 victory.

The U13 Division had two Seahawk teams participating with Team Lemon in Pool A and Team Lime in Pool B.

The Lemons and Limes played back to back on Fri-

CONTINUED TO PAGE 16

GODERICH ELECTRIC LTD.
YOUR LOCAL ELECTRICAL CONTRACTOR
PROVIDING SERVICE SINCE 1957

www.GoderichElectric.com
519-524-2889
ECRA/ESA Lic # 7003360

Celebrating 75 years: Maitland Conservation launches the 75-minute challenge hike

CONTINUED FROM FRONT

This milestone anniversary is an opportunity to reflect on that legacy while encouraging people to discover - or rediscover - Conservation Areas that have become valued outdoor destinations.

Whether hiking through forest trails or Falls Reserve Conservation Area, visiting the Memorial Grove at George Taylor Conservation Area or kayaking across Lake Wawanosh, every outdoor adventure counts towards celebrating 75 years of conservation in the Maitland watershed.

Participants may complete their 75-minute

walk at any Maitland Conservation property, though maintained trail systems are available at several conservation areas, including:

- George Taylor Conservation Area south of Walton in Huron East
- Falls Reserve Conservation Area in Benmiller (day-use pass required)
- Naftel's Creek Conservation Area south of Goderich
- Wawanosh Valley Conservation Area in North Huron
- Gorrie Conservation Area in Horwicks Township

- Brussels Conservation Area in Huron East

Those who prefer being on the water may want to check out Lake Wawanosh Conservation Area (Ashfield-Colborne-Wawanosh, southeast of Saint Helens).

While hiking trails on the property are not maintained, time spent kayaking or canoeing counts toward the challenge.

After completing their outdoor adventure, participants can submit an on-line entry through mvca.on.ca for a chance to win one of three outdoor prize packages. Full

contest details are posted on the website.

Paper entry ballots are also available at the Maitland Conservation Administration Centre in Wroxeter and at select Maitland Conservation events. Participants may also call 519-335-3557 ext. 226 to submit their information.

The contest runs until December 16, 2026, giving residents and visitors plenty of time to explore a new trail or revisit a favourite Conservation Area.

Jayne Thompson is the Communications and GIS-IT Coordinator for Maitland Conservation

Huron Chamber announces first candidate conversations events in ACW and Goderich

KATHLEEN SMITH

Editor

Huron Chamber of Commerce is hosting two events in a planned series of Candidate Conversations during the 2026 municipal election campaign.

The first event is in the evening of Wednesday, September 9 at Kingsbridge Centre in Ashfield-Colborne-Wawanosh (ACW). The second will take place in the afternoon of Sunday, September 14 at The Livery in Goderich.

Additional candidate events are being planned in other communities across Huron County and will be announced once confirmed.

"Municipal leaders make decisions that

shape the communities where people live, work, raise families and operate businesses," said Colin Carmichael, Executive Director of the Huron Chamber of Commerce.

"These conversations will give residents an opportunity to hear how candidates understand both the priorities of their municipality and the broader responsibilities that come with serving on Huron County Council."

These events will use a moderated, conversation-style format to help residents learn more about the people seeking senior municipal leadership positions for mayor, reeve or

deputy mayor and deputy reeve.

Carmichael says topics will not be limited to business or economic development.

Candidates will be asked to address community priorities including local services, infrastructure, housing, planning, recreation, taxation, governance and other issues that are likely to come before local and county councils.

Each event will also include an informal meet-and-greet open to all candidates seeking election to municipal council. This will give residents an opportunity to speak directly with candidates who are not participating in the moderated discussion.

sion.

"The moderated discussion is designed to help voters compare candidates for the communities' senior leadership positions, while the meet-and-greet ensures every candidate has an opportunity to meet residents and discuss the issues that matter most," added Carmichael.

The events will be open to the public, with no registration required.

Information about the events, along with other election-related resources, including up-to-date lists of nominees, will be available through the Municipal Election Hub on the Huron Chamber website.



Lighthouse
MONEY MANAGEMENT
I.N.C.
Mutual Funds Provided By
STERLING
MUTUALS INC.

➤➤➤ Tax Efficient Retirement Income Planning

➤➤➤ Investment Management

➤➤➤ Legacy & Estate Planning

Watch our video at LighthouseMoney.ca
Call 519-524-5222
Visit 124 Courthouse Square, Goderich
Glen Steinson, QAFP®
Julie-Anne Lizewski, CFP®



Goderich Sun

"I know the paper is free, but can I get a subscription anyway?"
Yes. We understand that some people might like the convenience of the Goderich Sun arriving at their home (located near or far) through Canada Post, so we do have subscriptions available for this purpose.
The price for a subscription is \$53.33 + GST = \$56.00

To subscribe, please e-transfer
granthavenmedia@gmail.com and include your full mailing address in the comments, or send a cheque with mailing address to Grant Haven Media,
PO Box 2310, St. Marys, ON N4X 1A2.

Shop with us for all your grocery essentials



35400D Huron Rd D, Goderich • 519-524-2229
Open: 7 a.m. - 9 p.m.

DASHWOOD
STONE
CENTRE
MONUMENTS

• INSCRIPTIONS • CLEANING
JIM HOFFMAN

519-641-9219



Goderich Place RETIREMENT RESIDENCE

INDEPENDENT LIVING - FULL-SERVICE RETIREMENT
MEMORY CARE - SHORT STAY / RESPITE CARE

ON-SITE NURSE PRACTITIONER

**JOIN US FOR A COMPLIMENTARY
GIFT WITH TOUR**

CALL LISA TODAY TO BOOK
519-524-4243 EXT 224



30 BALVINA DR E. GODERICH
goderichplace.ca

Trail Talk: Managing invasive species is difficult and ongoing task on regional trails

PATRICK CAPPER

Sun Contributor

The Maitland Trail Association is pleased to announce that it has once again received funding through the Invasive Species Action Fund (ISAF) to support the removal and control of invasive buckthorn along the local trail system.

The initial focus of this work was on the Maitland Woods, where buckthorn continues to pose a challenge to the health of the surrounding forest.

Once established, buckthorn can spread quickly, crowding out native plants and reducing the variety of vegetation available to wildlife.

Managing it is a difficult and ongoing task that requires time, equipment and continued follow-up.

Funding from ISAF will help offset some of the costs associated with this important work. Depending on the progress of the project, efforts may later expand to another section of the trail system, potentially near the G2G Rail Trail and Dunlop Tomb area.

Removing invasive species is an important part of protecting healthy forests, preserving native plant communities and maintaining enjoyable trail environments for everyone.

These projects also support the long-term resilience of the natural areas through which our trails travel.

The Invasive Species Action Fund is funded by the Ontario Ministry of Natural Resources.

The Maitland Trail Association gratefully acknowledges this valuable assistance and the support it provides for a challenging but essential part of trail stewardship.

On the trails, this is the time of year that Golden Rods are blooming. There are at least eight varieties that can be seen in Huron County, with Early Goldenrod being the most common one at present.

I always like goldenrods, which sometimes are blamed for causing allergies, when it is far more likely to be caused by ragweed which has an inconspicuous bloom at a similar time.

One of my favourite plants is Blue-eyed grass. When the flowers are not in bloom it is quite difficult to spot it from regular grass. There is a lovely group at Hullett just north of the purple trail entrance that was blooming a while ago.

After a heavy rain what seemed to be a well cleared and trimmed trail, can be a problem. Small shrubs tend to lean across the trail and if still wet from rain, can soak the passing hiker. The rain not only results in more vigorous growth but also results in puddles which become breeding grounds for more biting insects.

I have noticed that there is a big difference in bothersome insects between and within trails. The Sugar Bush trails tend to have more biting insects than most other trails.

Some hikers tend to be bothered by insects more than other hikers. When my sister from Scotland came for a visit every black fly bite caused a swelling and itchy lump, while all I had was a small spot of blood where the black fly had bitten me.

When I went to St Mary's I enjoyed a short walk by the Thames River.

A Blue Heron was standing on a rock, and I had to watch it closely to be sure it was not a statue. It finally turned its head, but still allowed me to come close, compared with most other blue herons that I have seen that quickly fly away.

The Avon Trail Association holds a Wildwood Challenge hike on Saturday, October 24 when you can hike a 22-km loop, which is near St Marys. Registration cost \$35, but there are only a few openings left.

On July 29 I tripped over a concealed stump and sprained my ankle. I am always cautious about tripping over the many roots on the trails but this stump was in the middle of the trail and blended well into the background. I have since cut it off.

EVENTS:

Sunday, August 9 - Cycle 10 a.m. – 12:30 p.m. at MacGregor Point Park - Meet at the Park entrance gatehouse (permit office). Obtain a Park Day Pass from a library or pay \$14 day pass or we can prearrange a ride to the park.

Difficulty – Mostly beginner with some moderate as some of the trail is bumpy due to roots and stones

Deer Run Bike Trail 11 km easy, Old Shore Road

Trail 6 km easy, Kempfs Trail 0.8 km (20 min) easy

After the ride can stop for coffee at Cedarvale Wellbeing located on the edge of MacGregor Park.

Or a cold plunge and sauna for those interested in the opportunity.

Helmets are required. Maitland Trail Association Waivers are required and please complete a waiver at www.maitlandtrail.ca/cycling/ in advance of the ride. One for each participant. Call 519-530-9019 if you need assistance. Please pre-register with Donald Andrew 519-530-9019 call or text.

Saturday, August 15 at 9 a.m. - 11 a.m. - Hike the Morrison Dam Conservation Area and the MacNaughton-Morrison Trails - Meet at Morrison Dam Conservation Area, parking at 71108 Morrison Line, Exeter (south side of the dam).

Approximately 8 km hike. Scenic views along the Morrison Dam reservoir system and the McNaughton-Morrison Trail.

Level: Level 1, moderate to brisk pace. Some uneven surfaces, no significant hills.

For more information and to confirm your attendance, please contact Susan Ethelston at susan.ethelston@gmail.com

Saturday, August 22 at 11 a.m. – 12 p.m. - BRVTA meet at 40905 Summerhill Road for a hike.

NOTES:

The Maitland Trail between Londesboro Road and Little Lakes Road remains closed due to a landslide.

The Maitland Trail map shows distances that were about 300m different from the km posts. The posts up to 41 km have now been moved to correspond with the map distances.

September 22- 23 Maitland Camino is getting close to being fully booked.

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 1.5 to 2 hours on Wednesdays and Thursdays. Contact Patrick Capper at pcapper99@gmail.com

LIFE hikers meet every Friday for a hike of about 1.5 hours, with a choice of pace, striders moving a little faster than the strollers. The hikes now start at 9a.m. and can be joined through ONE CARE.

**GRANT
HAVEN
MEDIA**

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

 **Goderich Sun**

Publisher

Stewart Grant • stew@granthaven.com

Editor

Kathleen Smith • kate@goderichsun.com

Graphic Design / Sales Inquiries

Sarah Cairns • info@goderichsun.com

Business Development

Heather Dunbar • heather@granthaven.com

Billing Administrator

Cindy Boakes • boakescindy1576@gmail.com

Administrative Assistant

Wendy Lamond • wendylamond74@gmail.com

Contributors

Annette Gerdis, Tanya MacIntyre, David Yates,
Paul Knowles, Brittany McKay, John Miner

36 Water St. St. Marys, ON, PO Box 2310 N4X 1A2
info@goderichsun.com | 519.655.2341 | granthaven.com



Funded by the Government of Canada
Financé par le gouvernement du Canada



Goderich Sun

Guiding Principles

1. Everyone has a story
2. The news should be free for all to enjoy
3. Good news beats bad news
4. A Newspaper should be a community effort (contribute to your local paper!)
5. Newspapers document history
6. Newspapers strengthen communities
7. Advertisers, big or small, should profit from their ads (meaning sensible ad rates)
8. Newspapers should be locally-owned and operated

AMGH welcomes Dr. Tamra Steinmann as new Chief of Staff

GODERICH SUN STAFF

info@goderichsun.com

Having served as a family physician in Goderich for over 10 years, Dr. Tamra Steinmann has recently been appointed as the new Chief of Staff at Alexandra Marine and General Hospital (AMGH) in Goderich.

Dr. Steinmann is known for her compassionate approach to patient care and her commitment to improving healthcare.

According to AMGH, Dr. Steinmann will provide medical leadership, working alongside physicians, hospital leadership, and community partners to support high-quality care, patient safety, and continued excellence in healthcare for the residents of Goderich and surrounding area.

Dr. Steinmann says she is honoured to step into the role of Chief of Staff at AMGH.

"Having served as a family physician for the past decade, and previously as President of Medical Staff, I've had the privilege of working closely with an exceptional group of physicians, nurses and staff who care so much about their patients," remarked Dr. Steinmann.

"I look forward to continuing that work

in this new role and supporting our teams as we continue delivering high-quality care for our community."

With this new appointment, comes an ending, and the hospital expressed its sincere appreciation to Dr. Shannon Natuik, who served as Chief of Staff for the past six years.

Throughout her tenure, Dr. Natuik provided exceptional medical leadership during a period marked by significant challenges and change, including the ongoing impacts of the COVID-19 pandemic, and continued shifts across the healthcare system.

Jimmy Trieu, President and CEO of Huron Health System (HHS), is grateful to Dr. Natuik for her expertise and commitment to AMGH.

"Her leadership has strengthened our hospital in so many ways and we're grateful that she continues to be such an important part of our medical team," expressed Trieu.

"At the same time, we're pleased to congratulate Dr. Steinmann on stepping into the role of Chief of Staff. We look forward to working with her and continuing to build on the strong foundation in place."



(CONTRIBUTED PHOTO)

Dr. Tamra Steinmann has been named as Chief of Staff at AMGH.

Huron Hospice invites community to 10th Annual Butterfly Release

GODERICH SUN STAFF

info@goderichsun.com

Huron Hospice invites community members to its 10th Annual Butterfly Release, a meaningful tradition for families and friends across Huron County.

As a way to honour and remember loved ones, through the symbolic release of butterflies, the event represents hope, transformation and renewal.

The butterfly provides participants with a special way to celebrate the lives of those they have lost, while sharing a moment of reflection and remembrance.

"When people hold a butterfly in their hand and begin to feel its wings fluttering, it brings joy," admitted Willy Van Klooster, Huron Hospice Executive Director.

"The event is a wonderful way to honour loved ones."

According to Huron Hospice, the afternoon will feature a commemorative ceremony where the names of loved ones will be read aloud in tribute.

Following the tribute, participants have the option of releasing their butterfly into

the gardens at the hospice, or they may choose to release it in a place that holds special meaning to them.

Those wishing to participate can purchase a butterfly in memory of a loved one. Butterflies can be purchased for \$40 each by visiting: <https://weblink.donorperfect.com/ButterflyRelease26>

Funds raised through the Butterfly Release will be used to support Huron Hospice's palliative care, grief, and bereavement services for families across Huron County.

This is one of Huron Hospice's signature annual fundraising events, providing both essential financial support and a space for healing and remembrance.

Join Huron Hospice on Sunday, August 30 in the beautiful gardens at Bender House from 2 p.m. until 4 p.m. for an afternoon dedicated to honouring lives, sharing memories, and celebrating the lasting impact of those who have already passed.

Follow Huron Hospice on Facebook and Instagram for updates and additional information about the Butterfly Release.

JOIN US ON OUR GROUP TRIP TO
SHAMROCK ROYAL IRELAND
 JUNE 25 - JULY 10, 2027
STONETOWN TRAVEL

150 Queen St E, St. Marys, ON N4X 1B4
 519-284-2332 agent@stonetowntravel.com TICO#5003192

210 Mill St., New Hamburg, ON N3A 1P9
 226-333-9939 newhamburg@stonetowntravel.com TICO#5003193

www.stonetowntravel.com

Earl Pennington receives recognition with Hal Rogers Fellow Award and Kinsmen of the Year

KATHLEEN SMITH

Editor

It was in April 1987, nearly 40 years ago, when Earl Pennington joined the Kinsmen Club of Goderich.

Pennington was at a Buck and Doe when a friend approached him and asked if he would be interested in attending a Kinsmen meeting.

"I didn't know what Kinsmen was," admitted Pennington.

"Since we had recently moved to Goderich, I decided to go to a meeting to see what it was about and maybe meet some new people. The rest is history."

Since then, Pennington has been involved in many fundraisers, served as chairs to raise funds for charities, led projects to better serve the Goderich community, and competed at national level speaking conventions.

At one of the Kinsmen Club of Goderich's latest meetings this year, Pennington was honoured with receiving two distinctions – the Hal Rogers Fellow Award and the Kinsmen of the Year – for his distinguished Kin career with extreme levels of involvement.

With these latest awards, Pennington admits he was choked up when he received the Kinsmen of the Year at the club's last meeting this year but was totally shocked when the District Governor took the podium and read off the award information for the Kin Fellow Award.

"Words can't describe the feeling knowing not only my club, but the entire association recognised what I have done for Kin and for our community," Pennington remarked.

A week following this, Pennington received a letter from Kin's National President explaining he had also received the Kin Canada National President Recognition Award.

"What a week," stated Pennington.

"I was on cloud nine and it took awhile for me to come back down to earth that week."

Kin Canada's Hal Rogers Fellow Award is the highest honour bestowed by the Kin Canada Foundation, recognising individuals who have made significant contributions to their community.

Hal Rogers was the founder of Kin Canada, a major network of community service organisations dedicated to fellowship and philanthropy.

Rogers was a Canadian entrepreneur and First World War veteran, known for leadership and dedication to community service.

His legacy continues through the organisation's network of clubs across Canada, focused on volunteerism and community engagement.

This award is the highest formal presentation designed to honour individuals who made outstanding contributions to their community and consistently embody the



(CONTRIBUTED PHOTO)

Past President Alex Irvin presenting to Pennington.

ideals of the organisation's founder.

In a letter addressed to Pennington, Patrick R. Bowers, National President of Kin Canada expressed his admiration of Pennington's efforts over the years.

"Your leadership has strengthened your club, uplifted your community, and embodied the very best of what Kin stands for," wrote Bowers.

"You saw what needed to be done, and you made it happen, not for recognition but because it was right...Thank you for your vision, your dedication, and your unwavering commitment to service."

The other distinction, the Kinsmen of the Year award, is voted on by the club members with a secret ballot process.

It is no secret why Pennington has been honoured with these awards, when his vision, determination and leadership have helped change the future of the community.

Although a severe introvert, Pennington attributes his time in Kinsmen as a major factor to overcoming his fear of public speaking.

This led him to win the District Level of the Gord Harbinson Public Speaking competition and compete at National Convention.

As soon as Pennington joined the Kinsmen Club, he became involved in all aspects of Kin, and he achieved the Maple Leaf, Outstanding Maple Leaf and Founders Award for Achievement within his first four years of membership.

After making his way up the ranks of the club executive, Pennington became Club President in 1993, and Zone K Deputy Governor in 1994.

Pennington was awarded his Life Membership in 2002 and shortly after, he served as District One Service Director as well as a Kin-CF Liaison Committee

member in the 2003-2004 Kin Year.

Pennington started the Goderich Kinsmen annual Easter Egg Hunt in 1991, which has been happening for 35 years.

From 1999-2001, Pennington spearheaded a Kinsmen project to hold New Year's Eve dances on the Goderich Arena floor.

Five years ago, Mayor Trevor Bazinet knew he was too busy to continue running the outdoor rinks at Victoria Park Tennis Courts. Pennington was asked if he would take over the responsibility of running them.

Pennington had been helping at the rinks for a couple of years so agreed to do it. Along with a few of his fellow Kinsmen, Pennington has been there every day during the cold winter months to scrape and flood the rinks.

Since 2020, Pennington has been instrumental in championing many functional upgrades to the Goderich Kinsmen Centre building. This including repainting the walls and ceilings, replacing the floors, installing new A/V equipment, obtaining grants and funding for an accessible three-level chair life, as well as upgrading the kitchen with new ovens and sinks.

In 2021 through 2022, Pennington co-chaired a community effort along the Rotary Club to fundraise for, design and built outdoor pickleball courts for public use in Goderich.

In 2025, the Goderich community rallied to save the Memorial Arena and Community Centre from an unknown fate after the arena floor cooling system was decommissioned, and the overall state of the building led it to be closed.

A group of Service Clubs came forward to try and resurrect the building into a multi-use Community Centre and Pennington volunteered to be part of the organising committee as a representative of

the Goderich Kinsmen Club. He continues to volunteer his time at the Community Centre in 2026.

Between 2023-2025, Pennington stepped forward to lead not one, but two major construction and renovation projects that would redefine accessibility, inclusion and community service in Goderich.

The first was the installation of a new chair life and elevator system inside the Goderich Kinsmen Centre. This involved planning, coordination, fundraising, and hours of hands-on involvement.

The second was the construction of a new accessibility friendly pavilion in the Kinsmen/Kinette Park.

This pavilion stands as a welcoming, inclusive space.

Over the years Pennington looks back at his time with the Kinsmen fondly, having experienced so many great things with the group.

When attending his first meeting, it was difficult for Pennington, who is an introvert. But through meetings and giving reports over the years, he soon grew more comfortable in front of others.

This growth in confidence for public speaking has been one of the great experiences for Pennington.

Another fond memory is winning the District 1 Speaking Contest, which propelled Pennington to speak at the National Convention.

Throughout his time as a Kinsmen, Pennington has won Kinsmen of the Year, received a Life Membership, was chairman, and led the move to charter a new Kin Club in Mitchell.

"Being a part of the Kinsmen Club in Goderich is still the highlight of my Kin Career since I joined," admitted Pennington.

When Pennington was the District 1 CF Service Director in 2004-2005, he was responsible for raising \$250,000 towards Cystic Fibrosis (CF), Kin's National Charity.

Pennington and his wife Mary came up with the idea of hosting a District 1 Vacation Trip to raise funds, and 21 years later, people are still going on these yearly trips to raise money for CF.

Kinsmen Club of Goderich is very active in the community, and Pennington finds joy from seeing people have fun at one of their events or fundraisers.

Pennington attributes becoming more of an open person to his time with the Kinsmen.

"I have said many times that everything I have done or achieved is due to my time in Kin," he reflected.

"Every aspect of Kin helps you to gain confidence and improve your organisational skills."

Pennington has had a distinguished career with Kinsmen Club of Goderich for nearly 40 years, and has no plans to stop contributing to the community.

SEE MORE PHOTOS ON PAGE 14

Gateway expands summer 2026 research team with Kaleigh McCallum

ALEXA HUGILL

Sun Contributor

Gateway Centre of Excellence in Rural Health is pleased to welcome a new Student Research Assistant to its Summer 2026 team.

Over the course of the summer, she will support Gateway CERH's impactful community projects and initiatives that promote research, community engagement, and rural health innovation across our local regions.

Kaleigh McCallum is a new Student Research Assistant with Gateway CERH and will be entering her first year at the University of Toronto Mississauga in the fall, where she will be studying Linguistics.

She is a dedicated softball player who has spent the past four years playing at the rep level. In her free time, Kaleigh enjoys reading novels that challenge her perspectives, build her character, and strengthen

her core values.

This summer, she is especially excited to begin her journey with Gateway CERH as a Student Research Assistant, where she aims to build her research skills and contribute positively to the community in which she was raised.

She looks forward to spending her summer with Gateway CERH, expanding her knowledge, and learning about the many ways she can support rural communities.

Working alongside the other students on the Summer 2026 team, she will play an important role in advancing Gateway CERH's ongoing work.

Gateway CERH is proud to support local students and looks forward to the energy, insight, and dedication they will bring over the coming months.

For more information, contact: Gateway Centre of Excellence in Rural Health at info@gatewayruralhealth.ca or 519-612-1053 or visit www.gatewayruralhealth.ca



(CONTRIBUTED PHOTO)

Kaleigh McCallum, Student Research Assistant, Gateway CERH.

Garden Party celebrates cultivating memories and pollinator pathways in Zurich

GODERICH SUN STAFF

info@goderichsun.com

Residents, staff, local dignitaries and daycare children gathered in Zurich for a garden party at West Huron Care Centre. The party celebrated Gateway's 'Cultivating Memories and Pollinator Pathways' project.

This project brings raised garden beds

to long-term care and retirement homes across Huron County.

Providing these garden beds creates space where residents can enjoy gardening, connect with nature and cultivate new memories with each other.

This summer, Gateway's project expanded to West Huron Care Centre in Zurich and Maplewood Manor in Seaforth.

These two new gardens bring Gateway

closer to its goal of establishing gardens at every long-term care and retirement home in Huron County.

According to Gateway, these gardens are already making a positive impact as residents are already committed to weeding, harvesting vegetables and even baking zucchini bread with their fresh produce.

Children from the on-site daycare added their own touch by painting rocks and gar-

den decorations for the raised beds.

Gateway CERH gratefully acknowledges funding from the TD Friends of the Environment Foundation and thanks Canadian Tire in Goderich for its generous discount on the soil used for the gardens.

To learn more about Cultivating Memories & Pollinator Pathways and Gateway CERH's work, visit www.gatewayruralhealth.ca.



(CONTRIBUTED PHOTO)

Nancy Simpson, volunteer with Gateway, with Kevin Kale, carpenter who built the raised garden beds, Kansis Howard, financial advisor at TD Canada Trust, Madison Cardno, research assistant at Gateway.



(CONTRIBUTED PHOTO)

Municipality of Bluewater Mayor Paul Klopp with residents Ernie and Karen.

FOR ADVERTISING INQUIRIES IN THE GODERICH SUN

CALL 519.655.2341 OR EMAIL INFO@GODERICH.SUN.COM

Household food insecurity rising across southwestern Ontario: Public health units call for action

AMANDA NELSON

Sun Reporter

Public health units across the region are calling on all levels of government to address growing concerns about food insecurity in Ontario.

In a recent press release, they said the number of households struggling to afford basic needs, including food, is growing year over year.

In 2024, the release notes that one in four households in southwestern Ontario experienced food insecurity, meaning they lacked reliable access to enough food due to financial challenges. Rising housing costs and the cost of living also force many families and individuals to choose between paying rent and purchasing food.

"Many residents are having to make difficult choices between paying for rent, utilities, medications, transportation, childcare, buying groceries, and other life expenses to make ends meet," said public health nutritionist Shannon Edmonstone.

"Some households are stretching food further than what is healthy by purchasing lower-cost food that may not meet their needs, skipping meals, or relying on emergency food programs for ongoing support.

Edmonstone also said the health unit continues to hear from community partners that they are seeing increased demand from a wide range of people, including employed people, seniors on fixed incomes, people with disabilities, unattached adults, and single-parent families.

Kristin Crane, United Way vice-president of community impact and research, agrees.

"The biggest chunk of a person's income goes toward housing, whether that's rent or mortgage payments," said Crane.

"As you're seeing, both of those have risen quite sharply. Some of those costs have started to level off, although it has taken a bit longer in rural regions because we don't see shifts in demand as significantly as urban centres."

Public Health stresses that household food insecurity is linked to poorer physical and mental health, a higher risk of chronic disease and increased pressure on the health-care system. Among children and youth, it impacts concentration, memory, mood and motor skills, making it harder to succeed in school.

"Food insecurity impacts people at every stage of life in Huron Perth," said Dr. Miriam Klassen, medical officer of health, Huron Perth Public Health.

"Local trends show that affordability is becoming more of a challenge, leaving many households struggling to keep up. Long-term solutions will require a focus on income and financial stability."

Many households are now relying on emergency food programs or facing impossible trade-offs, such as skipping meals. While many low- and modest-income households face challenges after covering housing and other essential costs, individuals on social assistance programs such as Ontario Works often cannot afford both rent and food, even

with careful spending.

The Ontario Dietitians of Public Health also weighed in and said that, in order to address the root cause of household food insecurity — inadequate income — they propose increasing social assistance rates, including Ontario Works, improving income supports for low- and modest-income households, and improving policies that reduce the cost of housing and essential living expenses.

"We're seeing that the trend is moving in the wrong direction; both local and provincial data show that affordability has become increasingly challenging as food costs, housing, utilities, and other essentials continue to outpace many household incomes," said Edmonstone.

Ontario public health units monitor food affordability by comparing food and rent costs across various household income scenarios. In 2024, these scenarios showed that a single adult receiving Ontario Works in Southwestern Ontario cannot afford both food and rent, facing a monthly deficit ranging from \$301 to \$859.

Edmonstone said that while long-term solutions would need to address affordable housing and other rising costs, increasing income support would have an immediate and meaningful impact for families across Ontario.

"We know that food insecurity is fundamentally an income issue," said Edmonstone.

"When people don't have enough money left after paying for housing and oth-

er essentials, affording nutritious food becomes very challenging. Improving income adequacy would provide greater stability and dignity, while allowing people to make food choices that reflect their health, culture, and family needs."

Edmonstone also stressed the importance of addressing stigma when talking about food insecurity and said that household food insecurity is a serious but preventable public health issue. She said addressing it requires coordinated action at the municipal, provincial and federal levels.

"It's often viewed as a result of poor choice or a lack of budgeting, but more evidence is showing that it is driven by inadequate income and rising living costs," she said.

"More than half of food-insecure households rely on employment income and still struggle to afford essentials such as housing, transportation and childcare."

The Ontario Dietitians of Public Health continue to advocate for communities across Southwestern Ontario and are calling on all levels of government to implement social and economic policies that address the root causes of household food insecurity and intentionally shift away from food-based responses toward income-based solutions.

"If we focus on economic conditions that make it difficult to meet basic needs, rather than individual behaviour, we can build greater understanding and support with meaningful solutions," said Edmonstone.

Time to nominate an amazing caregiver in Huron County for a Care and Compassion Award

ALEXA HUGILL

Sun Contributor

Gateway Centre of Excellence in Rural Health (CERH) is excited to be hosting a Caregiver Recognition Event on September 17, 2026. The event aims to celebrate and recognize caregivers and healthcare workers who have had a tremendous impact on the health and well-being of our rural communities.

According to the Canadian Centre for Caregiving Excellence, more than one in four Canadians identify as caregivers, and many experience significant emotional, physical, and financial challenges while supporting others.

Whether they provide professional healthcare or care for a family member, friend, or neighbour, caregivers dedicate countless hours to supporting others.

Too often, the needs and wants of the caregiver go overlooked, and they feel as though they are not "seen" as they care for

others in extenuating circumstances.

Our Caregiver Recognition Event is an opportunity to show caregivers that they are seen, appreciated, and valued in Huron County.

As Huron County's population continues to age, supporting and retaining local caregivers and healthcare professionals has never been more important. By recognizing their contributions, Gateway CERH hopes to foster a community where caregivers feel respected, supported, and encouraged to continue making a difference.

Community members are asked to nominate a caregiver through our nomination form and explain why they are deserving of a "Care & Compassion Award."

The term "caregiver" includes anyone who provides care to others, including healthcare professionals, personal support workers, nurses, physicians, home care providers, volunteers, and informal caregivers supporting family members,

friends, or neighbours.

When an individual is nominated, they are invited to the Recognition Event, which is free to attend for nominees and guests. At the event, nominees will receive a "Care & Compassion Award." The evening will also feature guest speakers and opportunities for attendees to connect and celebrate together.

Every nomination helps shine a light on the incredible caregivers who often work quietly behind the scenes. Gateway CERH encourages everyone to take a moment to recognize someone who has made a meaningful difference in their life or in the lives of others.

Nominations are now open and will be accepted until August 1, 2026.

The nomination form takes only a few minutes to complete and can be found at: <https://www.gatewayruralhealth.ca/> or Caregiver Recognition Event - Nomination Form - Fill out form

Individuals who would like to make a

nomination and require assistance with making an online submission may contact Gateway CERH using the contact information below.

For more information, contact: Gateway Centre of Excellence in Rural Health at info@gatewayruralhealth.ca or 519-612-1053.



Blyth Festival review: *Curveball: The Fast-Pitch Ladies from the Factory Floor* celebrates an important piece of Stratford sports history with song and dance

GALEN SIMMONS

Regional Editor

In recent years, the story of Stratford's Kroehler Furniture Factory's women's softball team and their championship-winning 1953 season – the same year that saw the opening of the Stratford Festival – has become the stuff of local legend.

That is in no small part thanks to the tireless efforts of Kelly McIntosh, both as a playwright and as the general manager of the Stratford Perth Museum. Through research, hours of interviews with members of the Kroehler Girls softball team and the development of a play telling that story as part of the inaugural Here For Now Theatre season in 2021, McIntosh has brought this truly incredible piece of Stratford sports history into the spotlight.

At the Blyth Festival this season, McIntosh, along with fellow playwrights Andy Pogson, Stacy Smith and director Severn Thompson, and Stratford singer-songwriter and musician Dayna Manning, have once again put that story on stage with their new musical adaptation, *Curveball: The Fast-Pitch Ladies from the Factory Floor*.

Having now seen both the musical and its non-musical predecessor, I can say with confidence the Kroehler Girls' story is made even more entertaining with Manning's exceptional compositions. Beyond her incredible solo performance of an introductory song at the beginning of the production and her brief role as the wife of Stratford Festival actor Alec Guinness, Manning spends most the play in the organist's booth at the ball dia-



(ALEX FRANKLIN PHOTO)

Kirstyn Russelle, Shaina Silver-Baird, Alyssa LeClair and Madison Hayes-Crook in *Curveball: The Fast-Pitch Ladies from the Factory Floor*. Blyth Festival 2026.

mond, playing the music that drives the story forward – a mix of her signature folk style with the kind of high-energy music one might hear at a baseball game.

Out on the diamond, at centre stage, the rest of the cast brings to life a Stratford of the past that feels both historically accurate and familiar to those of us who live in the Festival City today.

The story is linked to the Stratford Festival's opening through a relationship between Kroehler Girls novice pitcher Georgie (Shelayna Christante) and rookie actor James (Aiden Altow), bringing into play the looming disruption the festival poses to the Kroehler Girls' Saturday night game schedule. While fastball takes centre stage in this play, it is augmented seamlessly with bits and pieces

of authentic Stratford and Stratford Festival history delivered by CJCS radio host Chick (Alyssa LeClair) and in conversations between the Kroehler Girls, James and the other characters on stage.

As someone who isn't much of a baseball fan, I found the development and growth in each of the members of the Kroehler Girls team to be as rewarding, if not more so, than their thrilling final championship win.

From star player Honey's (Madison Hayes-Crook) journey in overcoming her grief for her brother Charlie's (Altow) death during the Second World War to Georgie learning to become a team player while retaining the unique skills that make her a force to be reckoned with on the pitcher's mound, each of the ac-

tors took their characters to new levels of emotional depth and understanding through their relationships with one another.

And that's not always an easy thing to do in a musical, when high-intensity moments almost always lead into song-and-dance numbers. In this production, the musical numbers felt like natural extensions of the dialogue on stage and didn't, at any point, feel forced or as if they were an add-on to the main story. Instead, the actors sang beautifully together, and as soloists, and performed this production's simple yet entertaining and effective choreography with perfect timing. I'd also be remiss if I didn't mention the excellent physical work each of the Kroehler Girls achieved, along with sound effects by Manning, that made me believe I was actually watching a fastball game, despite there never being a baseball on the stage.

Though this play was developed for the Blyth Festival's outdoor Harvest Stage, poor air quality caused by wild-fire smoke forced the production inside on the Margaret Stephens Stage at the Blyth Memorial Hall. While I had initially questioned whether seeing the play inside would alter my experience in any way, I have to give full credit to the cast and design team for building in the flexibility they needed to pivot to an indoor performance.

Whether the onstage ball diamond is indoors or outside, the games feel real and the characters hit home.

Curveball: The Fast-Pitch Ladies from the Factory Floor runs on the Byth Festival's Harvest Stage until Aug. 22.

Physiotherapy can help prevent injuries from happening



TIM MACLEOD

Sun Contributor

When it comes to what is easier – rehabilitation after an injury or preventing an injury – as a physiotherapist I can attest to the fact that it is easier to prevent an injury when possible.

Physiotherapy is not just about helping people recover

and heal, but also about preventing injuries from happening in the first place.

With the warm weather and increased outdoor activity that comes with it, we often see more injuries at the clinic this time of year.

With that in mind, here are five tips for injury prevention from a physiotherapist:

Stay active:

Regular exercise has been shown to increase the resiliency of bones, joints, muscles and tendons. Prolonged sedentary time does the opposite.

In fact, recent studies have shown that amateur runners were less likely to require knee replacements compared to sedentary individuals.

Practically speaking, current guidelines recommend 150 minutes of moderate-vigorous

physical activity per week, with strength training twice a week.

Pick something you enjoy, and this makes it much more likely to get done.

Improve your strength:

When it comes to protective factors against injury, strength is one of the strongest.

Strong muscles reduce joint stress, better absorb forces and improve stability and balance. This becomes more important as we age.

Progress gradually:

So many injuries develop after doing 'too much, too soon'. This is a common saying in physiotherapy practice.

Body tissues acclimate to the status quo, or 'your normal' amount of activity, and when you deviate from that normal, they need time to recover and adapt.

Common examples are running farther than usual, outdoor yard work after months of minimal activity, increasing gym weights dramatically, and starting a new exercise class or routine.

Sometimes, this can be hard to distinguish. I've made this mistake more than once myself, but a good rule of thumb is to progress slower than you think you should.

Recovery matters:

As per the previous point, recovery is key.

It only becomes increasingly important as we age.

Sometimes, when an injury is taking longer than it should to heal, I will probe deeper to make sure this isn't overlooked.

Recovery includes pacing yourself, rest days, nutrition, hydration, sleep and managing

training loads.

Don't ignore pain:

Muscle soreness after activity is to be expected, but pain that is persisting, worsening or changing your movement or activities should be given some attention.

Early assessment and treatment can often prevent things from snowballing into something much worse.

It is my hope that these tips have given readers something helpful to keep in mind while making the most of the summer weather.

As always, if working through an injury or if you just want to get some more prevention tips personalised to you, feel free to book an appointment.

Tim Macleod is a physiotherapist with Physiotherapy Alliance in Goderich

Historical spaces that made Goderich: Heritage buildings are a testament to achievements of early settlers

KATHLEEN SMITH

Editor

Heritage is reflected in landmark buildings along small town main streets, or in historic neighbourhoods. These heritage sites are irreplaceable and are physical reminders of the history of Goderich.

According to the Town of Goderich, there are three Heritage Conservation Districts and more than 40 individual Designated Properties throughout the town.

Heritage value can lie in architectural appearance as well as natural features in a community.

In the Downtown Core, there is the Huron County Courthouse, Town Hall, and 19th century commercial architecture.

Other notable buildings in town include Huron County Museum and Gaol, Menesetung Bridge, and most of the landscape along the harbour.

In this feature we will focus on some of the most historical homes in the town including the Acheson House, Ford House, Beach Street Station (Goderich Canadian Pacific Railway Station), the Henry Horton Cottage, the Hutchinson House, Judges' House, Lawson House, Samuel Platt House, Strachan House, The Cottage, Whitley House, and the Square.

Acheson House:

Built in 1881 by George Acheson on Nelson, this home received heritage designation in 1990.

This house is one of several on Nelson Street built by George Acheson, a local builder responsible for building several homes in Goderich.

The architectural style is a representation of the Italianate style, characterised by the low hip roof, wide cornice, curved window caps, bay windows and decorative porch woodwork.

Ford House:

Built in circa 1850, the Ford House is a good example of a Greek Revival style cottage, located on Wellington Street South.

This residence was constructed of wood ashlar siding, with a centre portico and decorative wood window trim.

Heritage designation was given in 1986.

Goderich Canadian Pacific Railway Sta-

tion (Beach Street Station):

Built in 1907, the Goderich CPR Station is associated with the growth and development of the Town of Goderich.

The CPR began its freight and passenger service in 1907, bringing goods and passengers to the harbour.

The final CPR train departed the Goderich station in 1988, and today the building stands as a monument to the influence of train service on the development of Goderich.

The building is a perfect example of a railway station built in the early 20th century, built of red brick on a limestone foundation.

The interior retains many original features such as floorboards, antique radiators, tall, elegant windows and wooden trim.

Heritage designation was given in 2005.

Henry Horton Cottage:

Built in circa 1860, the Henry Horton Cottage located on East Street, was home to Henry Horton, brother of Horace Horton, who was one of Goderich's founding fathers.

Henry Horton was also a prominent local, known for having travelled to California in search of gold and then to Australia. He owned a local Goderich grocery store.

This building is characterised by a projecting frontispiece, brick chimneys, half gothic windows and a well-preserved parged masonry construction.

Heritage designation was given in 1978.

Hutchinson House:

Built circa 1853, Hutchinson House, located on Britannia Road West, is a perfect example of a mid-19th-century Georgian style residence.

Charles Hutchinson bought the property in 1853 and built the house circa 1855.

Significant features include the locally produced grey brick, the semi-circle portico over the entrance supported by Doric columns and has a symmetrical three bay façade.

Its prominent location at the end of Wellesley Street makes it stand out and makes it a significant contribution to the heritage character of the area.

Heritage designation was given in 1978.

Judges' House:

The Judges' House located on Essex Street, is a white brick residence constructed in 1877.

Given its name for its association with the

judges who presided over Huron County from 1867 to 1978, four judges resided successively in this residence for just over 100 years: Wilmot Squier, who built the residence in 1877, followed by James Masson, E.N. Lewis (also a member of Parliament) and Glenn Hays.

The large setback of the house and its situation on a corner lot near the lake, contributes to the historic value.

With a simple façade the Judges' House derives its elegance from the symmetry of three bays.

Heritage designation was given in 1986.

Lawson House:

This wood clapboard house located on Essex Street was built in 1857 is a good representation of a small Georgian style residence.

Typical of this style is the symmetrical three bay clapboard façade.

The Lawson House is named after Walter Lawson, a surveyor who lived in the house during the 1860s.

This house is also associated with Sir Casimir Gzowski, a noted Canadian civil engineer and military man, who used Lawson's house as his Goderich field office during the 1860s while working for the Grand Trunk Railway on the Toronto-Guelph-Sarnia railway line.

Among many other achievements, Gzowski is also known for engineering the international bridge crossing the Niagara River at Fort Erie and Buffalo between 1871 and 1873, as well as serving as president of the Canadian Society of Civil Engineers between 1889-1891.

Characterised by clapboard siding, and a gable roof, this building received heritage designation in 1978.

The Samuel Platt House:

Located on Victoria Street North, a prominent corner of the town, is a brick residence constructed circa 1865.

The Sumeal Platt House acts as a landmark with its architectural styling of a gothic centre window, three bay façade, pediment portico, wide entrance, single brick chimney and its orientation.

It is a prime example of the Georgian style structure that was common to Ontario.

Samuel Platt became an important individual to the industrial development in and around Goderich when he organised a company to drill for oil.

While drilling, Platt found not oil, but one of the greatest salt deposits in North America. The discovery of salt marked a significant turning point in the development of industry in Goderich.

Heritage designation was given in 1981.

The Strachan House:

Occupying a prominent lot within the Town of Goderich, this red brick residence was constructed in circa 1880 on Wellington Street South.

Adding to the distinction of the house, it is well set back from the street and provides a feeling of opulence.

The Strachan House is associated with prominent Goderich merchant Donald Strachan. In 1877, Strachan, who did extensive trade in ship supplies, purchased the British Exchange Hotel from Isaac Rattenbury.

Around 1880, Strachan demolished the hotel and constructed his home.

This building is a fine example of the French Renaissance style of architecture, uncommonly tall, red brick residence displays an entrance with a veranda and ornate detailing in the window surrounds.

This house has seen little to no alterations since its construction and is a rare example of the French Renaissance style in Ontario.

Heritage designation was given in 1978.

The Cottage:

Situated in a neighbourhood of year-round residences, this area near Essex Street was once populated by similar seasonal homes as The Cottage.

This property is also an important visual link to the heritage of the town, not only the architectural style by the land use, of this once-seasonal, lakefront building.

Built around 1880, this building is a rare surviving example of a late 19th-century cottage that formed a pattern of other lakeside, summer residences.

At one time, nearby at the junction of Essex Street and Picton Street, was the Sunset Hotel and dance pavilion.

This building is also known as 'The Crow's Nest' after William 'Crow' Morgan who lived there during the 1940s and is said to have supplied illegal liquor to the Sunset Hotel.

This cottage sits on its original site overlooking Lake Huron and remains largely unaltered

Overheard
At McCafé

Brought to you by:  McDonald's
Bayfield Rd, Goderich • (519) 655-4321

So, yeah, if
summer could
slow down, that
would be great.

The Gordie Howe
bridge looks great,
maybe I'll try it in
2029.

Have you heard something humorous around town that you think might be of interest to others?
Either email them to us atinfo@goderichsun.com with the title
"Overheard at McCafé" or call 519 655-4321

Jayden's COMFORT CARE[®]
MAINTENANCE & PROTECTION PLAN

A NEW STANDARD OF HOME MAINTENANCE

PROTECT WHAT
KEEPS YOUR FAMILY
COMFORTABLE

 519-237-HEAT (4328)

 JAYDENSMECHANICAL.COM



Historical spaces that made Goderich: Heritage buildings are a testament to achievements of early settlers

CONTINUED FROM PAGE 10

from its original appearance.

Its style incorporates a prominent pyramidal roof extending over the veranda, with original beaded board ceiling and pine plant floors.

Heritage designation was given in 1990.

The Whitely House:

Built around 1855, this clapboard residence located at 58 Elgin Avenue East, is a representative of one of the many properties in Goderich originally owned by the Canada Company.

The property was sold by the Canada Company in 1856 to Joseph Whitely, whose son James lived in the house.

James was a prominent Goderich citizen and used a portion of the house for his successful surgery practice.

The house reflects both the Canada Company’s early influence on the town, as well as the entrepreneurial spirit of early Goderich.

This building is an example of the Georgian style of architecture with heavy timber frame sheathed in clapboard. It displays symmetrical proportions, a gable roof and minimal detailing.

Most notable is the west elevation’s bay window and the façade’s veranda, both additions around 1880.

Located on the fringe of downtown, the Whitely House was given heritage designation in 1978.

The West Street Heritage Conservation District:

Located on West Street, with the Courthouse Square on one end and Waterloo Street on the other, this is a key area for the historically significant downtown core.

This area consists of 19 commercial buildings constructed between 1865 and 1972.

Two of these commercial buildings are protected under the Ontario Heritage Act, and these are the Former Bank of Upper Canada at 46 West Street and the Goderich Town Hall (originally a post office) at 57 West Street.

This district represents a significant period in the history of Goderich.

The design and development of the street correspond with growth of development from the 1840s to the early 1990s.

The original settlement of Goderich in 1827 was a result of the Canada Company, a large British land development company responsible for settling and populating a portion of Upper Canada.

This settlement included the Huron Tract, majority of which is now Huron County.

As the headquarters of the Canada company, Goderich was a social, economic and administrative centre for the District of Huron.

Access from the harbour along West Street allowed access to shipping transportation and to the former CPR station at the foot of Harbour Hill.

In the 1840s, the Courthouse Square and its pattern of radiating streets were laid out by Deputy Provincial Surveyor John McDonald, under the direction of John Galt.

West Street is one of the eight roads converging on to the Square (roundabout).

It is primarily made of brick commercial buildings, predominantly Georgian with symmetrical facades with minimal detailing, or with side gable roofs.

This area was given heritage designation in 1993.

The Square:

This is a key area in the footprint of the historically significant Goderich downtown core. The Square is comprised of over 45 properties, and its distinctive architectural character, identity and integrity of original design concepts make this space have historical value.

The design and development of the downtown core happened between 1840 and the mid-1890s.

As the headquarters of the Canada Company, by 1850 Goderich was the social, economic, and administrative centre for the District of Huron.

The design concept is attributed to John Galt, who was inspired by the first century BC city planning concepts of the Roman architect Marcus Vitruvius Pollio.

Its unique radial composition and ordered symmetry is centred on an octagonal shaped public space known as The Square, for having been the site of a market since the 1840s, and the

location of the Huron County Courthouse since 1857.

The original courthouse, an Italianate brick building of mass and elegance, served this area for nearly 100 years. It was destroyed by fire and replaced in the 1950s inspired by an Art Deco style, still standing today.

Ringed by eight commercial blocks, with eight roads radiating from the central square in alignment with the eight points of the compass, this area reflects the founders’ vision of classical elegance, especially compared to the more standardised grid-pattern design of many other North American settlements.

This area of the town is illustrated by Georgian, Italianate and Second Empire styles and detailing.

Heritage designation was given in 1982.

Menesetung Bridge:

Located near the harbour area of Goderich, the bridge is a visual reminder of the important role of Lake Huron and the railway to the development of this town.

Connecting the Town of Goderich and the Township of Ashfield-Colborne-Wawanosh (ACW), the seven-span steel and wood railway bridge was constructed between 1906 and 1907.

The harbour and the train station were the industrial and commercial hub of early Goderich.

The Menesetung Bridge was vital to the development of Goderich as a thriving port town. The railway brought business and passengers to the town, and Goderich flourished.

The official opening ceremony took place on September 19, 1907, and the bridge served Goderich and the CPR for over 80 years.

In 1988, the final train took its leave across the bridge.

Today, due in large part to the efforts of the local community to continuously save the bridge, it serves as a pedestrian bridge as part of the Maitland Trail.

At the time of its construction, the Menesetung Bridge was the longest bridge in Ontario.

Heritage designation was given in 1993.

The Lancaster House:

Built in 1846 for John Lancaster, co-owner of the first British Exchange Hotel on the corner of Lighthouse and Wellington streets in Goderich.

It is deemed an excellent representation of mid-19th century Georgian Revival. The red bricks were locally fired.

Lancaster later left Goderich and travelled to California and Australia in search of gold but was drowned on his way home.

The Huron Rifles were reputed to have used the house as headquarters during the Fenian Raids in the mid-1860s.

Heritage designation was given in 1992.

Goderich Town Hall:

Built in 1890 by Thomas Fuller, located on West Street, this monumental building would act as a new Post Office and as the offices for the Customs House and Inland Revenue.

The construction of this building, and others like it, marked the advancement of the town and indicated the growing prosperity of the flourishing settlement.

This building is an example of Romanesque architecture, by Fuller, best known as one of the architects of Ottawa’s Parliament Buildings.

With rusticated cut-stone exterior, round-headed windows and decorative stonework, the Town Hall is a recognisable landmark, contributing to a strong heritage identity.

Heritage designation was given in 1978.

Gibbons Townhouse:

Built around 1842, this townhouse located on Montreal Street is associated with prominent local politician Robert Gibbons, who served as local warden, sheriff, mayor and MPP.

This townhouse is an example of the commercial or town buildings of the late 19th century.

Rectangular with a five-bay front and a central door, the entrance is celebrated with transom lights and reflects a mature Georgian design while being not overly elaborate.

Heritage designation given in 1981.

The Garrow House:

Built around 1850, this two-storey Georgian style residence on Montreal Street is associated with former owner James T. Garrow, who was a Supreme Court Judge and later a local Judge of the Canadian Exchequer Court.

Heritage designation given in 1987.

Huron County Museum:

Built in 1856, the property on North Street consists of a two-storey brick school building constructed in 1856, and a re-located log cabin, originally built in 1875.

The museum is housed in one of the oldest standing public buildings in Goderich and in Ontario.

The grand structure now exhibits the history of the Town, the County and the influence fo the Canada Company on settlement in the Huron Tract.

The first curator of the museum was Joseph Herbert Neill, a well-known collector of Huron County relics.

Collections of the museum eventually outgrew the school-house, and necessary structural repairs expanded the museum.

Heritage designation given in 1982.

The Sloane-Cooper House:

Built in the 1870s, this white-brick residence on Hamilton Street is associated with prominent Goderich grain merchant Samuel Sloane, who emigrated from Ireland to Canada in the 1850s. He made his way to Goderich by 1861.

Sloane established himself as a successful businessman, grain merchant and produce buyer.

He was instrumental in establishing two local businesses – the Kensington Furniture Company and the Huron Savings and Loan Society.

The house was in possession of the Sloane-Cooper family until 1976 and stands as a testament to the achievements of Goderich’s early settlers.

It is an example of Victorian architecture with elegant interiors, exterior bay windows and a front veranda.

Inside, the cherry staircase, pump organ in the music room and coal bin are a few of the house’s antiquities.

Heritage designation given in 1987.

The Livery:

Built in the 1840s, Polley’s Livery Stable on South Street is a two-storey, cut-stone building constructed as a blacksmith shop, with later additions for use as a livery.

This building is associated with early Goderich settler A.M. Polley, who immigrated to Canada for New Hampshire around 1860, and eventually landing in Goderich where he operated a livery and stagecoach operation for 40 years.

The stable was built in three portions beginning with the

CONTINUE TO PAGE 12

Weekend Quiz

By Jake Grant

- What is extracted from the ore cassiterite?
- How many weeks are there in a fortnight?
- Who tight roped across the twin towers?
- What animal is known as the king of the jungle?
- What company was initially known as "Blue Ribbon Sports"?
- What is the hottest planet in our solar system?
- What was the original name of the Boston Red Sox?
- What is the main ingredient in hummus?
- Ash Wednesday marks the first day of what?
- What is the name for the process of electing a Pope?

This week’s answers are found on pg. 27

A history of Goderich: From 1870s through the 1880s

KATHLEEN SMITH

Editor

After a decade of growth, discoveries, and watching the colony become a nation, by 1869 the population had risen to 4,500 and Goderich was soon finding out what would define the town for generations.

Many changes came to Goderich in the 1870s and 1880s that were major factors in the growth of the economy and infrastructure.

The 1870s were a transformative period for settlements in Ontario, marked by significant developments in industry, politics and society.

A key factor during this period was the means of transportation of commercial goods – shipping from the harbour and the railway.

In 1872 the Government of Canada made major changes to the harbour by directing the river north to create the modern harbour that is used today.

The north and south piers were constructed as well as a breakwater to separate the harbour from the mouth of the Maitland River.

An artificial channel was also dredged to create a path for the river.

By the 1870s, Goderich Harbour was home to a flour mill owned by the company Ogilvie Milling Company of Quebec.

It was run by Matthew Hutchinson and was nicknamed the Big Mill.

The 1870s were also a time of political change, with the provincial government of Oliver Mowat vigorously defending provincial rights and expanding provincial power.

The era was marked by the first census following Confederation.

By 1878, the country was under the leadership of Prime Minister John A. Macdonald who defeated Alexander Mackenzie.

In 1879, Canadian scientist Sir Sandford Fleming introduced the idea of an international system of time, dividing the world into 24 equal time zones, establishing a standard time for each zone.

In 1879, Parliament passed a bill to make the first day of July a public holiday by the name of Dominion Day, later changed to Canada Day.

Between 1871 and 1877 seven treaties were signed between the Canadian government and various First Nations groups.

The Indian Act of 1876 governed the administration of treaties and all matters to do with the Indigenous peoples in Canada.

Indigenous people on reserves were not considered full citizens and did not have the right to vote.

Indigenous children were taken from their parents and sent to boarding schools to learn

English or French and the Bible. This was the beginning of the shameful residential school system.

Canada established its own Supreme Court in 1875. Before that, Canadians seeking a high court decision on something had to go to London, England to be heard.

One important function of a Canadian Supreme Court was to interpret the division of powers between the federal and provincial governments.

Overall, the 1870s were a pivotal decade for Ontario's cities and towns, shaping its future as a place with a strong industrial base and a growing national identity.

By the 1880s, the harbour grew to service grain, salt, lumber and other commodities.

On a local level, there were a few events that began to shape and define what the Town of Goderich would become, including a safe harbour for those lost in the lake, a town that holds agriculture in high regard, producing salt of the best quality, becoming a place that fosters art and culture, a tourist attraction for those travelling by train, and seeing new inventions and embracing the future.

Canada's third Governor-General, the Earl of Dufferin, and his wife arrived in Goderich on August 21, 1874.

For weeks before, Goderich was in full preparation to welcome Queen Victoria's Vice-Regal representative in Canada.

Mayor Horace Horton called on Council to consider spending \$500 to help pay for the occasion.

Plans involved swearing in 10 special constables to maintain crowd control, shops advised keeping shutters drawn to give a more business-like appearance, and those who lived near the Square were asked to light up their buildings as fully as possible.

On August 21, despite the fog and rain, crowds gathered at the harbour and Mayor Horton welcomed Lord and Lady Dufferin to the city of salt and pledged the town's continued loyalty and devotion to Queen Victoria.

They were taken in carriages up West Street and around the Square, to The Maples (where AMGH stands today) and eventually to the salt works, where Lady Dufferin wrote in her journal that Goderich salt was of the best quality.

Despite the beauty of the lake, it has sometimes been tragic or volatile to those who wish to cross it.

The rescue of the schooner A.C. Maxwell's crew is the most dramatic life saving saga in the Port of Goderich's long history, according to local historian and author David Yates.

The Maxwell was a wooden, two-masted schooner launched in 1870, and in December 1885, she was carrying a load of pig iron

from Escabana bound for Cleveland.

As she entered Lake Huron, a violent winter storm blew in from Lake Superior, and buffeted by gale force winds, heavy seas and blinding snow, the Maxwell broke loose from her tow and was soon adrift in blizzard conditions.

Rudderless and with sails blown to shreds, with her only lifeboat lost, it appeared its crew were doomed, despite hoisted the distress signal.

In the early morning hours of December 9, 1885, the Maxwell's clanging bell was heard above the storm, and a rescue crew stepped forward in the stormy darkness.

Part of the rescue crew was 15-year-old Daniel McIvor.

The Maxwell's crew were suffering from frozen hands and feet but were taken off the stranded vessel and brought to Goderich to be taken care of before heading back home.

Life Saving Medals were awarded to the rescue crew.

Despite its importance to the town, it wasn't all about the lake during the 1880s.

Agricultural Park was created in May 1887, and the new park was created to house the Northwestern Agricultural Fair.

Construction progressed rapidly as the grandstand was ready for the Scotia Games held on Dominion Day, as large numbers of Scottish athletes, dancers and pipers competed in an all-day event.

The first Northwestern Fair at Agricultural Park opened on October 4, 1887. Comprising 60,000 square feet of exhibition space, it was a marvel of modern technology as electric lighting was temporarily installed for the fair.

The domed building's gallery housed fine arts and ladies' work exhibits.

The town paid a compliment to the great agricultural interest, the root of all progress in the area, at the fair in 1887.

The town was soon growing and finding its identity through art and culture but needed a place to gather.

Goderich once possessed its own opera house. Before the Victoria Opera House, there was Victoria Hall, built by Christopher Crabb, a future Goderich Mayor, in 1869, on the corner of East Street and the Square.

Victoria Hall hosted a range of social functions like regimental balls, lecturers and town council meetings.

By the early 1880s, Goderich required a grander, statelier performance building to showcase its status as a prosperous county town.

Crabb then purchased the property facing Kingston Street, just off the square and began construction of the new Victoria Opera

House.

When it opened in May 1885, the three-storey Italianate opera house was the town's pride.

The opera house was described as a building that will seat 750 people and proclaimed as one of the neatest opera houses in the west.

Rivalling the Victoria Opera House for a brief time was the Grand Opera House located on West Street. Built in 1886, the Grand Opera House was destroyed by fire in 1895.

Yet, the Victoria Opera House was still considered Goderich's premiere stage.

According to Yates, in December 1886, Bosco the Magician, thrilled audiences with clever illusions.

From the use of the lake, the quality of salt impacting the local economy and industry, to honouring agricultural contributions to the community and bringing art and culture to the community, Goderich was a place that embraced the future and innovation during the 1870s and 1880s.

During the summer of 1883, the bicycle or wheel was a great novelty in Huron County, symbolising speed, mobility, status and freedom for the rider.

Bicycles had been around the area as early as the 1860s when Jonathan Miller built the area's first makeshift pedal contraption in Benmiller.

In May 1883, it was announced that the Chicago Bicycle Club would tour Huron County in July, and it was then that local bikers organised themselves into Wheelman's Clubs.

Many bicyclists were enraptured with Goderich's design and enjoyed race around the Square.

The Goderich Bicycle Club experienced some of the freedom and pitfalls of 19th century cycling when they went on their first ride to Porter's Hill.

According to Yates, the riders encountered steep hills and gravel roads that made the ride unpleasant.

For the first time, bicycle races took precedence over foot and horse racing at the Dominion Day games on the Square.

Overall, the 1880s were a transformative decade for Canada's settlements and towns, including Goderich and Huron County.

This growth was characterised by expansion, infrastructure, cultural development and social dynamics of a growing population.

This is an ongoing series of historical features to tell the story of Goderich, in each issue of the Goderich Sun, from June 2026 until June 2027, in anticipation of its bicentennial.

Historical spaces that made Goderich

CONTINUED FROM PAGE 11

field-stone rear in the 1840s for Jacob Seemiller's blacksmith shop. The second and third portions were added by Polley for his livery.

Of note are the wood interior roof beams that once supported an upper storey used for hay storage and the massive front entrance, which once accommodated horses and carriages.

Today, the Livery stands as a testament to the development of Goderich and an example of an adaptive re-use for one of the most his-

toric buildings in the town.

Heritage designation given in 1985.

The Geary House:

Built around 1863, this white faux-stone residence on St. Georges Crescent, is associated with William Geary, a local contractor and stagecoach operator.

He originally purchased the property from Edward Griffin.

Geary cleared a large area of land around Goderich, including the area of the old Gaol.

He was married to Elizabeth, one of the seven daughters of William Bennett Rich, an

early employee of the Canada Company.

It is an example of a Gothic Revival style.

Heritage designation given in 1981.

The Captain Dancy House:

Built around 1865, this two-storey, stone Georgian style residence on East Street is associated with its owner Thomas Dancy, a captain on the schooners that plied the Great Lakes in the 19th century.

This house is a typical mid 19th-century Georgian style residence, made of limestone, which is quite unusual for the area.

Many changes and additions made have not

irrevocably altered this stone building with its symmetrical former façade and gable roof.

Heritage designation given in 1978.

This is an ongoing series of historical features to tell the story of Goderich, in each issue of the Goderich Sun, from June 2026 until June 2027, in anticipation of its bicentennial.

NOTES: Some information from *Heritage Guide Canada*

DISCLAIMER: Based on space for this feature, we are aware that some heritage buildings were not included. It was not done on purpose.

Legion Branch 109 celebrates 100 years of unwavering dedication

KATHLEEN SMITH

Editor

Royal Canadian Legion Branch 109 celebrated its 100th anniversary on Friday, July 17 with a memorable evening inspired by the dance halls of the 1940s.

Jubilee Hall was transformed with vintage décor, Union Jack bunting, candlelit tables and banners honouring local veterans and military families. Many guests embraced the theme by arriving in period-inspired attire.

The 19-piece Lighthouse Swing Band Orchestra filled the hall with music, while swing dancers brought even more energy and nostalgia to the dance floor. The evening also featured pianist Sharon Johnston and a special presentation by local historian David Yates.

The celebration was made possible by the efforts of Branch 109's volunteers, community partners, performers and supporters, while enjoying catering by Part II Bistro.

"It was wonderful to see the hall filled with people celebrating not only our Branch's history, but the generations of members, veterans and volunteers who helped build it," said Dawn Allen, Branch Manager.

"It truly felt like stepping back in time for a very special evening."

Over the course of 100 years, the Legion has remained a symbol of service, dedication, remembrance and community.

Branch 109 has a rich history that began in 1926, following the First World War. It



(CONTRIBUTED PHOTO)

The Lighthouse Swing Band Orchestra performs for guests inside Jubilee Hall during Branch 109's 'We'll Meet Again' Centenary Gala.

was founded through the amalgamation of several veterans' organisations and has since grown alongside the Goderich community.

The Branch has served as a place to welcome home veterans returning from war, providing a space for friendship, remembrance and support.

Branch 109 has evolved to more than just a meeting place, and into a vibrant community space that welcomes everyone.

The Branch hosts social events, live music, volunteer opportunities and offers affordable hall rentals.

The 'We'll Meet Again' gala recreated a 1940s dance hall atmosphere, and in recent years, the Lancaster touched down in Goderich again.

These events highlight the Branch's commitment to honour the past while celebrating the future and creating new

memories in Goderich.

Mayor Trevor Bazinet attended the gala.

"Here in Goderich, Branch 109 has been much more than a building on Kingston

Street," Mayor Trevor Bazinet stated on social media.

"It has been a place where friendships are formed, where stories are shared, where communities come together and where we honour the men and women who have defended the freedoms we enjoy every day."

With a membership of over 100, one of the largest in Ontario, Branch 109 continues to be a place of remembrance, fellowship, service and community. It remains dedicated to supporting veterans and their families, while committing to its role in community service and fundraising.

"It [the Legion] was founded to ensure that those who answered the call of duty would never stand alone upon their return home," said Mayor Bazinet.

"Since then, generations of Legion members have carried that mission forward with unwavering dedication."



(CONTRIBUTED PHOTO)

Guests embraced the evening's 1940s theme with period-inspired clothing and accessories. Gala Planning Committee (L-R): Holly Smith, Dawn Allen, Nathan Swartz, Randy Carroll, Laurie Carroll, and Gayle Purser.



(CONTRIBUTED PHOTO)

A vintage-inspired dessert display prepared by the Royal Canadian Legion Ladies Auxiliary.



H.O. Jerry
(1983) LTD.
WHOLESALE OF
PAPER • PLASTIC • FOOD PRODUCTS
SANITATION AND SANITATION EQUIPMENT

279 SUNCOAST DR. E., GODERICH ONT. N7A 4H8

Business Phone: 519-524-2855
Fax No: 519-524-7439

Toll Free: 1-800-265-5177
Email: hojerry83@hojerry83.on.ca

**More freedom.
More independence.**

Huron Shores Area Transit connects you to shopping, services, and social outings.



ROUTE 3 - BLUEWATER
Serving Goderich, Bayfield, Brucefield, Hensall, Zurich and St. Joseph.

SERVICE DAYS & HOURS
Monday, Wednesday & Friday
Noon - 4pm

CONNECTIONS
Connect to Route 1 or Route 2
in Grand Bend for travel to
London or Sarnia.

FARES

\$6	Local
\$12	Long-distance
\$20	To Sarnia or London

HuronShoresAreaTransit.ca

VISIT OUR Showroom

We Manufacture Cushions!



Wicker • Cast Aluminum • CR Plastics & more




30,000 sq.ft of Outdoor Furniture!

Casual Industries Inc.
Outdoor Furniture

36525 Dashwood Rd.
Grand Bend, ON
519-238-2110
www.gocasual.ca



**SAVING UP TO \$200,000
ON A NEW HOME TODAY
MEANS MORE FAMILIES IN
MORE HOMES TOMORROW**



Learn how you can save up to
\$200,000 on a new home
ontario.ca/MoreHomesFaster



Paid for by the Government of Ontario

Earl Pennington receives recognition with Hal Rogers Fellow Award and Kinsmen of the Year



(CONTRIBUTED PHOTO)
Pennington receiving the Hal Rogers Fellow Award (centre) with Past District 1 Governor Dave Heimpel (left) and Alex Irvin (right).



(CONTRIBUTED PHOTO)
Pennington received recognition from Kin Canada and the Kinsmen Club of Goderich with the Hal Rogers Fellow and Kinsmen of the Year Award 2025-2026.

Sunsets of Goderich



Timing is everything, as the graceful gliding of a seagull is illuminated by the fire-blazoned skies of a Goderich sunset. Taken on July 22. (EMSIE WILLIAMS PHOTO)

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

HIKING

75 MINUTE HIKING CHALLENGE

Explore the trails at a local Conservation Area for 75 minutes and enter for a chance to win 1 of 3 outdoor prize packages.



SCAN OR GO TO MVCA.ON.CA
TO ENTER CONTEST OR CALL
519-335-3557 ext. 226



Maitland
CONSERVATION

Full details available
at mvca.on.ca

CREATING MEMORIES IN
STONE SINCE 1924

EXPERTS IN DESIGN



STRATFORD MEMORIALS

Michael Falconer
Clinton – Goderich
(By Appointment Only)
519-524-8457



Specializing in the Personalization of
Cemetery Monuments & Markers

Contact us to schedule an appointment
with Michael.

WWW.STRATFORDMEMORIALS.COM

Goderich Sun SPORTS

A whopping 32 girls fastball teams invade Goderich to deliver a mid-summer classic

CONTINUED FROM FRONT

day over at O'Keefe Field to get the division rolling and the Lemons pounded the Mitchell Hornets 11-3 serving notice to the rest of their pool that they meant business.

The Limes proceeded to continue their season improvement with a 9-9 tie versus the Wingham Wildcats setting the stage for a tough contest first thing Saturday morning against a solid Elma Express ball club.

The Limes fell just short dropping a 15-12 contest. The Lemons, meanwhile, routed the Ayr Flamingos 16-4 to secure a semi-final berth on Sunday morning.

The Limes grabbed a huge victory (and potential Lemon/Lime semi-final) winning 11-4 over the South London Tigers.

Immediately following this excitement, the Lemons won a squeaker over Exeter 5-4 to go undefeated in Pool A.

However, the Limes missed the oppor-

tunity to play their Lime counterparts narrowly missing the cut on a tie-break formula to Wingham.

After narrowly beating Wingham, the Seahawks Lemon team came out strong versus a solid Elma Express with the Seahawks holding a good lead into the top half of the last inning.

However, the Express battled back to tie things up setting the stage for an incredibly exciting walk-off RBI Double by Chelsey Fritzeley to secure the Lemon championship.

The U15 Division boasted a very solid field of teams with excellent pitching in both pools making it very tough to navigate through to championship Sunday.

The Seahawks had a difficult first two games and their Friday afternoon 5-4 loss to Exeter was a hard fought, well-played game.

On Saturday morning, the Seahawks

battled a polished Chatham Golden Eagles club for most of the game until a late Chatham surge left the Seahawks at 0-2 after playing really good ball for both games.

The U15s finished strong by clobbering Mitchell 13-6 to finish third in their pool just behind the earlier Exeter loss.

In the U15 final, the St. Marys Rockies continued to ride their momentum defeating both unbeaten teams in Chatham and the Elma Express 8-6 to win the championship.

In the U17 Division, the local Seahawks had a strong opening game offensively, beating Wyoming 20-12 on Friday night.

However, the U17s were not up to the task on Saturday as the Merlin Mavericks were better in all phases of the diamond, leaving the Seahawks with the last game on Saturday night versus the Enniskillen Express to claim the fourth and final semi-final playoff spot.

That night, the Express had their way with another lackluster effort by the home-side sending them home for the weekend early.

In the U17 final, Elma jumped out to a comfortable lead, but the Pool A winners from Merlin kept chipping away to keep this game close.

In the end, the Elma Express were crowned champions with a 9-5 victory.

The tournament organisers want to thank the town's recreation and parks staff, the many volunteers, the Goderich Lions Club and all the tournament sponsors for supporting the tournament.

The umpires who persevered throughout the entire weekend, battling the elements and lengthy time on the diamond, added a touch of professionalism and is a reason this tournament continues to be a success.

Stay tuned for the sixth annual Seahawks tournament next July 16-18, 2027.



(CONTRIBUTED PHOTO)

U15 Championship teams – St. Marys and Elma.



(CONTRIBUTED PHOTO)

U11 Championship teams – Exeter and St. Marys.



(CONTRIBUTED PHOTO)

U17 Championship teams – Elma and Merlin.



(CONTRIBUTED PHOTO)

Six senior umpires on Championship Sunday (L-R): Jakob Garrick, Matthew Blackmore, Jon Ridsdale, Mark Ariss, Annette Hoggarth, and Jared Orr.

Clinton Minor Soccer



(CONTRIBUTED PHOTO)

Clinton U15 boys versus St. Columban in an action-packed and aggressive match. Clinton won 6-2.



(CONTRIBUTED PHOTO)

Clinton U18 girls faced off against Lucan. Strong play and goaltending were evident despite the heat. Clinton was victorious with a 2-0 win.



(CONTRIBUTED PHOTO)

Clinton U15 boys team played Lucan in fast-paced action at CHSS field. Lucan went up 3-0 quickly, and by second half Clinton managed to score three to make it 4-3. Despite efforts, Clinton lost 6-4 to Lucan Irish.



(CONTRIBUTED PHOTO)

Clinton U15 boys played a nail biter of a rematch with Lucan on July 21. An early goal put Clinton in the lead, going to half-time winning 1-0. Once again, early in the second half, Clinton scored giving the team a nice buffer. Final score was 4-0 for Clinton.

Goderich Duplicate Bridge Club Results

Bob Dick directed the club on July 14.

NORTH/SOUTH:

- 1st – Mary Lapaine and Joan Lounsbury – 65%
- 2nd – John Davies and Garth Sheldon – 63.63%
- 3rd – Mary Lynne Telford and Paul Spittal – 56.25%
- 4th – Doug Elliott and Virginia Elliott – 51.55%

EAST/WEST:

- 1st – Shirley Thomas and Tom Rajnovich – 63.50%
- 2nd – Pat Lewington and Brenda Blair – 56.43%
- 3rd – John Archbold and Pamela Raab – 55.32%
- 4th – Margaret Blackie and Murray Blackie – 54.22%

Bob Dick directed the club on July 21.

NORTH/SOUTH:

- 1st – Doug Elliott and Virginia Elliott – 61.79%
- 2nd – Terry Fry and Marj Stuart – 58.41%
- 3rd – Mary Lapaine and Joan Lounsbury – 57.44%
- 4th – Michele Hansen and Greg Bowman – 55.89%

EAST/WEST:

- 1st – Joyce McIlwain and Kay King – 58.51%
- 2nd – John Archbold and Pamela Raab – 58.03%
- 3rd – Bill Hansen and Alje Kamminga – 56.13%
- 4th – Shirley Thomas and Tom Rajnovich – 55.48%

The Goderich Duplicate Bridge Club meets every Tuesday at 12:45 p.m. at the Christian Reform Church, Mill Road, Goderich.

If you are interested in playing, the club is welcoming new members. If you have a partner, you can simply arrive to play if you need a partner, the club will do our best to find someone from our spare list.

For more information, please call Club President: Michele Hansen 519-441-3275.

The Goderich Duplicate Bridge Club's website: <https://bridgewebs.com/goderichbridge/home.html>

FOR ADVERTISING INQUIRIES IN THE GODERICH SUN

CALL 519.655.2341 OR EMAIL INFO@GODERICH.SUN.COM

Jamieson wins National Driving Championship as Clinton Raceway celebrates Canadian Harness Racing

BRITTANY MCKAY

Sun Reporter

Clinton Raceway was the centre the National Driving Championship action on Sunday, July 26, 2026. The venue welcomed eight of the country's top drivers for the National Driving Championship, one of the sport's most prestigious events.

The championship was held during a milestone weekend that celebrated the 25th anniversary of Legends Day and the 50th anniversary of the Canadian Horse Racing Hall of Fame, bringing together competitors, fans, industry leaders and racing supporters from across the country.

Central Huron Mayor Jim Ginn officially welcomed visitors to the community, highlighting the significance of hosting a national event and showcasing the improvements made at Clinton Raceway.

"What a pleasure it is to host the Canadian National Driving Championship," Ginn said.

"This gives us an opportunity to showcase everything we have to offer, including our brand-new grandstands."

Ginn encouraged visitors to explore Central Huron throughout their stay, pointing to the community's arena, new fire hall, OPP detachment and recreational facilities as examples of continued growth.

"We're pleased to welcome everyone from far and wide," he said.

"Enjoy your day and have safe travels home."

Huron-Bruce MPP Lisa Thompson echoed those sentiments, saying the championship proved that major sporting events can thrive in smaller communities.

"I would dare suggest that it's proof that big things can happen in small towns," Thompson said.

She also recognized the attendance of Huron-Bruce MP John Nater and highlighted the importance of hosting the National Driving Championship alongside two significant milestones in Canadian harness racing history.

"We all win because we're hosting the National Driving Championship, along with the 25th anniversary of Legends Day and the 50th anniversary of the Canadian Horse Racing Hall of Fame," Thompson said.

"We're incredibly proud to say welcome to Clinton, welcome to Huron County."

Announcer Freddy "Sugar" Smith then introduced the championship field, describing the eight competitors as some of Canada's finest drivers, each earning their place through regional championships held across the country.

Representing Ontario were two-time National Driving Champion and two-time World Driving Champion Jody Jamieson, along with 2024 National Driving Championship runner-up Tyler Borth.



(CONTRIBUTED PHOTO)

Eight of Canada's top harness racing drivers competed in the National Driving Championship. From left Jody Jamieson (winner), Stéphane Brosseau, Kelly Hoerdts, Keith Legge, Marc Campbell, Tyler Borth, Phil Giesbrecht and Nick Boyd.

Quebec and Eastern Ontario were represented by veteran driver Stéphane Brosseau, making his third national appearance, and first-time competitor Nick Boyd, who qualified after winning his regional championship.

Western Canada sent veteran reinsman Kelly Hoerdts, a driver with more than 3,000 career victories, along with back-to-back Western Regional Driving Champion Phil Giesbrecht. Atlantic Canada was represented by Prince Edward Island standout Marc Campbell, a former national runner-up, and newcomer Keith Legge, who earned his place after capturing the Atlantic Regional Driving Championship.

With the introductions complete, the stage was set for an afternoon of championship racing as Canada's elite drivers competed for the national title and the opportunity to represent the country at the 2027 World Driving Championship.

Tyler Borth Enjoys Home-Province Support at National Championship

For Ontario driver Tyler Borth, competing at Clinton Raceway carried special meaning. Surrounded by family, friends and local supporters, Borth embraced the opportunity to race in front of a hometown crowd while competing against Canada's best.

Borth, who finished runner-up at the 2024 National Driving Championship, said he was excited when he learned Clinton would host this year's event.

"It's awesome to be here," Borth said. "When I found out that the National Driving Championship was going to be in Clinton, I thought that was a great idea because it's always a great atmosphere here. They do a good job of getting lots of fans out."

Although the day did not begin exactly

as planned, Borth remained optimistic after earning a strong result early in the competition.

"I didn't have the greatest start to the day as I wanted to," he said.

"But we got a second in that last race there, and I'm hoping I can keep building on it."

The warm, sunny conditions also provided a boost for competitors who know track conditions can play an important role in race strategy.

"It's a great day, weather-wise," he said.

"I find I'm not usually too good when it's muddy, so I'm glad that it's not raining."

When asking Borths go to music to get him race ready, Borth said his pre-race playlist includes classic hip-hop, with one song standing out.

"My pump-up song is 'My Life' by The Game, or any of the older rap music, I like to listen to."

With fans lining the rail and a strong local turnout creating Clinton Raceway's trademark atmosphere, Borth said competing at the track remains one of the highlights of the Ontario harness racing calendar.

Christoforou Showcases the Heart Behind Harness Racing

While Canada's top drivers battled for the championship title on the track, Emma Christoforou played an important role in helping showcase the passion and dedication behind harness racing.

Serving as parade marshal during the National Driving Championship and Legends Day festivities, Christoforou the post parade aboard her retired Standardbred, Painted Pony, giving fans a closer connection to the horses before each race.

"I'm the parade marshal today at Clinton for the National Driving Champion-

ship and Legends Day," she explained.

"My horse and I lead the post parade out. We look really pretty, we go and see the fans, fans are allowed to pet him, they can ask any questions they want, and if anything was to happen on the track, we're one of the first ones to the scene."

Christoforou said organizing an event of this size requires the dedication of many people working behind the scenes.

"Days like today are tough," she said.

"You've got drivers coming in from out West, out East, Quebec and Ontario. Everybody gives up their Sunday to come and do what we love."

She credited track staff, paddock officials and emergency crews for helping make the championship a success.

"The track guys at Clinton always do a great job keeping the track maintained," she said.

"We have paddock judges here, EMS here in case anybody needs them. There's a lot that goes into it, but it's not just days like today—it's every day. This is what we do, and this is what we love."

For Christoforou, the sport represents much more than competition.

"This isn't just a game for us. It's so much more," she said.

"A lot of people think it's about the money, but it's not. We do this because we love it. This is our lifestyle."

She also encouraged new fans to become involved in the sport.

"It's a tight-knit community, but we're always looking for more people to come in," she said.

"We're smaller than we once were, and we need to keep getting stronger and bigger so we can be even better than we were before."

A trainer and newly licensed driver herself, Christoforou said her favourite part of the sport is sharing the connection between people and horses.

"Just being able to interact with the fans and show them how much we actually care about this and how much we care for our horses—that's my favourite part," she said.

Painted Pony, her retired Standardbred racehorse, now serves as an ambassador for the sport.

"He wasn't the best racehorse, and you know what? That's okay," she said with a smile.

"There's a place for every single one of these horses, whether it's becoming a broodmare, a stallion, or somebody's riding horse. They're just the best breed there is."

Pickett Highlights the Work Behind Every Race

While drivers received much of the attention during the National Driving Championship, trainer Heather Pickett reminded fans that success begins long before horses enter the starting gate.

CONTINUE TO PAGE 19

National Driving Championship

CONTINUED FROM PAGE 18

Working behind the scenes at Clinton Raceway, Pickett explained that trainers are responsible for preparing horses physically and mentally before handing control over to the driver.

"Our job is a little different from the drivers'," Pickett explained.

"We prepare the horses for the race as best we can, and then once we hand over the lines, it's all in the driver's control."

Preparation involves conditioning, planning and monitoring every detail leading up to race day. Weather can also influence performance, although Pickett said Standardbreds are often more resilient than people realize.

"The smoke obviously wouldn't be good for them, like we had a couple of weeks ago," she said. "Extreme heat or extreme cold can affect them, but most of the time, because a horse's oesophagus is so long, those temperatures don't bother them as much as they would us."

For Pickett, championship events are an opportunity to highlight the teamwork behind the sport.

"This is our job," she said. "This is the business. We've got to put on the show,

so to speak."

Jamieson Wins National Driving Championship

After a full day of championship racing, Jody Jamieson emerged victorious at Clinton Raceway, capturing the 2026 National Driving Championship presented by Standardbred Canada.

Jamieson finished first in the standings with 60 points, earning the national title and the opportunity to represent Canada at the 2027 World Driving Championship.

Stéphane Brosseau finished runner-up with 56 points, while Marc Campbell claimed third place with 54 points in a tight knit competition.

The championship showcased the depth of talent in Canadian harness racing, with Jamieson using a series of consistent performances throughout the day to secure victory.

The event also reinforced Clinton Raceway's reputation as one of Canada's premier harness racing venues, bringing together top drivers, passionate fans and industry members for a celebration of the sport's history, community and future.



AUGUST EVENTS

- August 7 Friday Food Fun – Steak Night – 5 p.m. – Rsvp At The Bar
- August 8 Live Band – Mat Gauthier – 5 p.m.
- August 12 Wake Up Wednesday – One Care Series: Aging At Home & Community Supports – 9 a.m.
- August 14 Friday Food Fun – Grilled Chicken On A Bun – 5 p.m.,
Jukebox Bingo – Hosted By Taylor Jones – 6:30 p.m.
- August 15 Live Band – The Daves I Know – 5 p.m.
- August 19 Wake Up Wednesday – One Care Series: Exercise & Wellness For Older Adults – 9 a.m., Legion Executive Meeting – 7 p.m.
- August 21 Friday Food Fun – Burger Night – 5 p.m., Karaoke – 7 p.m.
- August 22 Live Band – Cheap Thrills – 5 p.m.
- August 25 Ladies Auxiliary Executive Meeting – 5 p.m.
- August 26 Wake Up Wednesday – Gateway Centre For Excellence In Rural Health: Navigating Community Resources – 9 a.m.
- August 28 Friday Food Fun – BBQ Sausage On A Bun – 5 p.m.,
Jukebox Bingo – Hosted By Taylor Jones – 6:30 p.m.
- August 29 Live Band – Mostly Sideways – 5 p.m.

- Every Monday Cornhole 7 p.m. On Summer Break • Goderich Reads Book Club August 10 & 24
• Bingo every Sunday Afternoon doors open @ 11:30 a.m.
- Euchre every Tuesday night 7 p.m. Please bring a partner. • Jammers every Wednesday night 7 p.m.
- Every Wednesday Senior Technology Camp - 10 a.m. • Fun Darts every Thursday 7 p.m. on Summer Break
• Second Thursday Pepper Cards 1 p.m. • Every Friday Catch the Ace live Draw 7 p.m.
- Line Dance Lounge every Wednesday 7 p.m. • Cribbage every Friday afternoon 1:30 p.m.
- 5 Card Bingo Every Friday 3:30 p.m. • Every 4th Friday Jukebox Bingo! - Hosted By Taylor Jones - 6:30 p.m.
- Monday - Friday - Cafe 109 - 9 a.m. to 1 p.m. - Coffee Provided By Steve & Marys On The Square

56 KINGSTON STREET, GODERICH • 519-524-9282

Move into the
main residence this
summer, and
**SAVE UP
TO \$10,000!**

Enjoy meals and snacks,
housekeeping, community
concierge and
a personalized care
program



Retirement living with care

**CALL TO DISCOVER MORE
226-840-2162**

**VISIT US
104 Suncoast Dr. E, Goderich**

Goderich Minor Soccer Updates

RACHEL LYNN

Sun Contributor

As our House League soccer season has come to an end, we would like to take a moment to celebrate the players, coaches, volunteers, and families who made this year a success.

From opening day to the final whistle, the season was filled with fun, friendship, and skill development.

Week after week, players arrived on the field eager to learn and improve. Coaches worked to teach fundamental skills, encourage positive attitudes, and create an environment where every child felt in-

cluded and supported.

The season concluded with our exciting year-end House League Tournament, bringing everyone together for a day of soccer, fun, and celebration.

The tournament provided an opportunity for players to showcase the skills they developed this season.

Special thanks to our House League Coordinator Danielle Refflinghaus for organizing this event. Without her and the support of many others, it wouldn't be possible.

Rachel Lynn is the Communications Coordinator with Goderich Minor Soccer



(CONTRIBUTED PHOTO)

Enjoying the house league tournament.



(CONTRIBUTED PHOTO)

Tavit Katchikian excited after a fun day of soccer.



(CONTRIBUTED PHOTO)

U8 House League team with their medals. The season concluded with a day of fun and celebration, after a season filled with skill development.



(CONTRIBUTED PHOTO)

Sophie Reddington making cotton candy.

Restaurants invited to Spirit of Success Gala

GODERICH SUN STAFF

info@goderichsun.com

The 21st annual Spirit of Success Awards Gala will take place in November, and the Huron Chamber of Commerce is introducing a new culinary showcase.

The aim of the showcase is to give guests an opportunity to discover food from several local providers throughout the evening.

"Spirit of Success has always been about recognising the businesses and organisations doing exceptional work across Huron County," said Colin Carmichael, Executive Director of the Huron Chamber of

Commerce.

"This new approach allows the food served at the gala to become part of that celebration."

The traditional single-caterer, plated dinner will be replaced by a selection of food stations featuring appetizers, main-course dishes, sides, desserts and other offerings.

Businesses may propose one signature item, several complimentary dishes or a larger food-station concept.

Proposals are welcome from full-service caterers, restaurants, bakeries, mobile vendors, niche food businesses and providers that may not ordinarily undertake large-

scale catering.

According to Carmichael, no individual vendor will be expected to prepare a complete meal for every guest.

"We want to introduce guests to more of the restaurants, bakeries, caterers and speciality food businesses contributing to the character of our communities," added Carmichael.

Selected vendors will operate stations around the hall to allow guests to circulate and sample several offerings.

According to Carmichael, vendors will have space to promote their businesses through signage, menus, brochures, branded displays and other appropriate

materials.

At this stage, Carmichael says the Chamber is primarily seeking creative and workable ideas rather than detailed catering quotations. Proposals will be considered based on food quality and originality, menu variety, presentation, dietary options, practical requirements and representation from different communities.

The Spirit of Success Awards Gala is on Wednesday, November 18 at Libro Community Hall in Clinton.

Proposals for this new approach must be submitted by 4 p.m. on Friday, August 21.

Visit the Chamber's website for more information.

Ask the Vet: How to help your cat love their carrier



DR. SOPHIE FARRELL

Sun Contributor

QUESTION: My cat loses his mind when I take him somewhere and acts like he's dying. How can I help him travel better?

For many cats - and their humans - travel often looks something like this: The carrier appears from the basement/garage/back of the shed. It's often dusty, dirty, or uncomfortable, and smells of previous trips. You try to coax your cat into the opening, the door finally clicks shut, and the stress begins.

New sights, smells and sounds surround the cat as they go outside, then they get in the car, which makes strange noises and moves in weird ways.

Some cats cry, yowl, or hunker down and try to hide. Some get motion sick or become so stressed that they pee or poop. Since the carrier only comes out for trips, the cat quickly associates the sight and smell of the carrier with a scary experience.

It's no wonder that so many cats head for the hills when they see the Evil Box of Doom come out.

Not only is this stressful for everyone involved when you take your cat somewhere (like vet visits), it can be dangerous if you ever must get your cat out of the house quickly in an emergency.

The good news is that travel doesn't have to be a battle. With a bit of patience and positive reinforcement, your kitty can learn to like their carrier, and travel can become a calm, manageable event instead of next week's topic with your therapist.

Choosing the right carrier: the first step

While there are lots of stylish carriers out there, the best ones are geared to kitty comfort instead of human aesthetic.

A cat-friendly carrier should have:

Lots of space: your cat should

be able to walk in and out comfortably and have room to turn around and move inside.

Dual access: Openings at the front and top let you lift your kitty in and out without force

Removable top: Being able to take the top half off is a game changer - many cats feel more secure for things like vet exams if they can stay in the bottom half of their carrier.

Privacy: Cats feel safest when they can hide. Look for carriers with some kind of visual barrier to the outside - either a solid-walled bottom, or even a blanket or towel draped over the top and sides to create a "den-like" feel.

Ventilation: Proper ventilation will keep your cat cool and comfortable.

Getting your cat used to their carrier:

If you've just adopted a new cat, start this process right away! If your cat already dislikes their carrier, this goes slowly and break the process down into smaller "baby steps".

It will likely take a few weeks, although it will be different for each cat, so make sure your cat is comfortable before moving on to the next step. You only need a few sessions of a minute or two every day - patience and consistency are key.

Cats love familiarity and routine and are naturally wary of new things. They will seek out familiar places to hide in when they feel stressed, so the whole idea here is to (re)set your cat's view of the carrier as a safe, familiar "den".

Make it part of the furniture: Leave the carrier out in your cat's favourite spot all the time (if this spot isn't your first choice, you can move it later). The idea is to make it "part of the furniture" so that it becomes familiar to them. If your cat is afraid of going into the carrier, start with just the bottom half. If your cat will willingly walk into the carrier, make sure that the door can't accidentally close behind them.

Make it cozy: Add soft bedding (especially a favourite bed or blanket that smells familiar) so that it's a comfortable resting place.

Create positive associations: Put "jackpot" treats and toys in the carrier so that your cat learns to associate it with fun things. Feed your cat his meals in the



(ROCHELLE MCKEACHNIE PHOTO)

Levi relaxing in his carrier.

carrier; it's an easy way to get several daily repetitions of positive reinforcement. If your cat is nervous, place them as close to the carrier as he finds comfortable, and gradually move them closer. Keep a supply of rewards nearby and calmly praise and reward him when you see him going near or in it.

Gradually increase intensity: Once he's comfortable in the carrier for increasing amounts of time, add the top, then the door (make sure it can't close on its own), and eventually practice short periods with the door closed. Make sure to reward at each step and don't move on until your cat is comfortable.

Practice movement: Once he's comfortable with the door closed, lift the carrier and put it back down right away, then reward. Work up to a short cruise around the room, then to going out to the car, then taking short car rides (that don't end at the vet's office).

Patience is key; Don't force your cat into the carrier if he isn't ready as it will stress him out and set your progress back.

If this process feels overwhelming, or if you're having trouble, reach out to your vet for advice and resources.

Don't put the

carrier away once your cat is used to it! It's now a safe, happy place for him, so let him enjoy it.

If its current location isn't working for you, gradually move it somewhere more convenient, but keep it in the general area (there's something about that part of the house that your cat clearly likes, after all).

What if there's an emergency and my cat isn't carrier-trained yet?

Sometimes, life happens and you must crate your cat before you're finished the training process. In this case, get the carrier set up somewhere nearby where your cat can't see it.

Make sure the front opening is closed securely and prop the top opening open. Take a thick blanket or towel (ideally one that will smell familiar to your cat), quickly wrap the cat in it and pop the cat and wrap into the carrier, then close the top opening.

You can also do this with the front opening instead, but the top is usually much easier.

Travel tips for a smoother ride:

Plan: Make sure that everything you need is ready beforehand and move slowly and calmly.

Stabilize the carrier: Hold it from the bottom, close to your body (like carrying a box of breakables) rather than by the handle so that your cat isn't feeling off-balance from being jostled.

Car placement: Secure the carrier in an area with minimal movement such as the floor behind the passenger seat.

Give them privacy: Cover three sides of the carrier with a towel or blanket, giving your cat the choice to "hide" or look out.

Remember the weather: Huron County gets all extremes of weather. Cool or warm the car to a comfortable temperature in advance and check that the carrier is not in the direct path of AC or heater vents.

Drive carefully: Slow down on corners and stop and start smoothly to reduce car sickness.

Ask for help: If your cat remains stressed, talk to your vet about calming aids, such as pheromones or specialized medications, to make travel easier on both of you.

With a little time and consistency, you can turn a source of stress into a sign of adventure for your cat, making your next trip to the vet, or anywhere else, a much smoother ride for both of you.

Wishing you and your kitty happy travels.

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

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

GRANT
HAVEN
MEDIA**Goderich Sun**

BE IN THE KNOW!
Get the Latest
Edition Delivered
Straight to Your
Inbox!

granthaven.com/goderich-sun

Submit your letter to the editor to us!

Call 519-655-2341 or email info@goderichsun.com

Grey Matters: Is your watch smarter than you? The growing world of wellness tracking



ANNETTE GERDES,

Sun Contributor

Not long ago, the only thing a watch did was tell time. Today, many watches and fitness bands can count your steps, monitor your heart rate, remind you to take medications, track your sleep, detect falls, and even call for help if you can't.

What once seemed like something out of a science fiction movie or the Jetsons cartoon has become an everyday tool that is helping many older adults stay healthier, safer, and more independent.

But here's the good news you don't need the latest smartwatch to take charge of your health.

Wellness tracking simply means paying attention to your health and noticing changes over

time. Whether you use a notebook, a smartphone, a blood pressure monitor, or a smartwatch, the goal is the same that is to better understand your body and make informed decisions about your health.

Why Is Wellness Tracking Important?

As we age, our bodies naturally change. Sometimes small changes happen slowly and are easy to overlook. Tracking certain aspects of our wellness can help us notice those changes sooner and take action when needed.

Wellness tracking can help you:

Recognize changes in your health before they become bigger concerns.

Have more meaningful conversations with your healthcare provider.

Stay accountable to healthy habits.

Maintain independence by taking an active role in your own well-being.

Provide family members with reassurance that you are staying safe and healthy.

The goal isn't to worry about every number or become obsessed with tracking it is simply about being aware. Knowledge gives us the opportunity to make

choices that support our health.

Many seniors still prefer the traditional method of using a notebook to record blood pressure, blood sugar, weight, medications, exercise, water intake, or even how they're feeling each day if you are fortunate enough to live in a retirement home the nursing staff and wellness person tracks and records your vitals and weight monthly.

Looking back over your notes can help you recognize patterns and provide valuable information to share with your healthcare provider.

If you enjoy technology, your smartphone can become a useful wellness tool. There are many easy-to-use apps that can track blood pressure, medications, water intake, exercise, nutrition, and even your mood.

Many create simple charts so you can easily see your progress over time.

Fitness trackers and smartwatches offer even more options. Depending on the model, they can monitor:

- Daily steps and activity
- Heart rate
- Blood oxygen levels
- Sleep quality
- Medication and hydration re-

mind

Breathing exercises

GPS location

Fall detection

Emergency SOS calling

For many seniors and their families, fall detection provides valuable peace of mind. Some watches can detect a serious fall and, if you don't respond, automatically contact an emergency contact or emergency services. Heart rate monitoring can also alert you to unusual changes that may be worth discussing with your healthcare provider.

Wellness tracking isn't limited to wearable devices. Home blood pressure monitors, blood glucose meters, smart scales, pulse oximeters, and even a simple thermometer can all help you keep track of your health between appointments.

It's also important to remember that wellness isn't only physical. Good health includes emotional well-being too. Some people track their mood, keep a gratitude journal, or simply ask themselves each day:

- Did I laugh?
- Did I spend time with someone I enjoy?
- Did I get outside?
- Did I move my body?
- Did I do something that

brought me joy?

These small check ins can be just as valuable as counting steps.

The goal of wellness tracking isn't to chase perfect numbers or compete with anyone else. It is about becoming more aware of your own health and noticing changes early. If you're interested in getting started, choose just one area to focus on perhaps walking, sleep, blood pressure, or water intake. Small habits often lead to meaningful improvements over time.

Technology continues to evolve, but one thing hasn't changed: staying active, eating well, getting enough rest, keeping your mind engaged, maintaining social connections, and seeing your healthcare provider regularly remain the foundation of healthy aging.

Whether you wear the latest smartwatch or still prefer the trusty watch you've owned for years, the most important thing is paying attention to your health. After all, sometimes the smartest device isn't the one on your wrist it's the person wearing it.

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

Better Mental Health: A healthier diet for the mind and soul

TANYA MACINTYRE,
RED ROOF RECOVERY*Sun Contributor*

In 2002, I made a pivotal decision to stop immersing myself in bad news every day. Looking back, I realize it was less a career move than an act of self-preservation. Twenty years of reporting negative stories weren't simply passing through me - they were lodging within me.

Journalism had defined most of my adult life. Without it, I wasn't just unemployed; I felt untethered from my identity.

In 2007, my husband's opportunity to work in Mallorca's yachting industry offered an unexpected fresh start. While there, I founded The Good News Only as a somewhat naive antidote to the negativity I had lived with for so long. More than anything, I was trying to give my nervous system a healthier diet.

That fragile balance was tested by the global financial crisis in 2008. My addictions deepened because I still lacked the internal tools to cope with stress in healthy ways. Eventually, I entered residential treatment. That provided me with an opportunity to lay the foundation for healing and recovery - even though the road ahead would still include several setbacks.

When the financial crisis emptied Mallorca's marinas, we returned to Ontario in 2011 - where another unexpected teacher entered my life: my nephew Tyler, who was born with Williams Syndrome. Despite signifi-

cant developmental and medical challenges, Tyler radiates warmth, joy, and a remarkable love of music. Watching him navigate life with such resilience reminded me of lessons I first encountered as a child.

The year my mother left, my father offered words that seemed impossibly harsh to a 9-year-old: "Bad things happen in life, so the faster you accept that, the better." My Philosopher Dad wasn't lacking compassion. He was teaching me a truth that has taken me decades to fully appreciate - that suffering is part of being human.

Growing up without my mother left deep emotional wounds that later surfaced as depression, anxiety, compulsive behaviours, addictions, and unhealthy attachments.

My recovery has never been a straight line, but every setback became another opportunity to learn healthier ways of responding to life's inevitable difficul-

ties.

This year, I'm deeply grateful to celebrate eight years of continuous freedom from addictions. I'm also grateful to have learned that recovery isn't about creating a pain-free life. It's about developing the skills to meet life's challenges without abandoning ourselves and our values.

My father's influence helped me accept responsibility for my choices and the consequences that followed. He often reminded me that we are the sum of our decisions. Today, I see it a little differently.

I don't believe we're defined solely by the decisions we've made. We're defined by how we respond to what those decisions cost us. That's where resilience, character, and healing are forged.

Now that I've developed healthier ways to navigate life's inevitable ups and downs, I've discovered that happiness grows

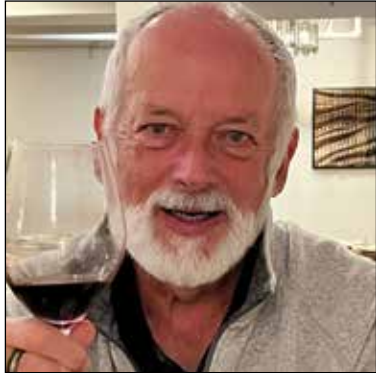
from making choices that nourish my soul. I've also come to believe that the soul is fed less by the absence of pain than by our willingness to stay present with it - and to keep choosing what aligns with our deepest values.

As always, I'm available to help you navigate the ebb and flow of life in healthier ways. Let's set a time to set some intentions - for you to keep choosing what aligns with your deepest values. <https://calendly.com/mentalhealthfa>

Tanya McIntyre is a Certified CBT Specialist - and founder of Red Roof Recovery (RRR) and its training division Mental Health Fitness Alliance (MHFA).

Disclaimer: this content is not intended to constitute - or be a substitute for - medical diagnosis or treatment. Never disregard medical advice from a doctor, or delay in seeking it, because of something you have watched, read, or heard from anyone at RRR or MHFA.

OH, THE PLACES WE'LL GO: “Foodie” quality at sensible prices – amazing dining at Punch Ltd.



PAUL KNOWLES

Times Columnist

If you have eaten in hotel dining rooms, you will probably agree that some can be really good; many can be ridiculously pricey; some are just run-of-the-mill or worse... although still often overly expensive.

So when Germain Hotels' France Savard invited us to dine at Punch Ltd., the new restaurant in Le Germain Hotel Toronto, on Mercer Street, I did not know what to expect.

I know, though, what I did not expect: one of the finest meals I have ever enjoyed. But that is exactly what we got. Amazing, unique food, in a very elegant setting, with superb service. A perfect experience.

Am I exaggerating? Well, at one point during the meal, my partner simply said, “This food is absolutely full of flavour!”

That's the work of executive chef Mandar Kulkarni and his eight-person kitchen crew. Mandar, who is from Mumbai, India, chatted with us and explained that the culinary model at Punch Ltd. is “Modern London... British food with softer Indian touches.” This is not, in any way, stereotypical Indian cuisine; it's in a category all its own.

Punch Ltd. opened its doors last



The bar at Punch Ltd., with a very enthusiastic bartender.

(PAUL KNOWLES PHOTOS)

October, in the hotel that opened in 2003. Le Germain Hotel Toronto was the first Germain establishment outside the province of Québec... although most certainly not the last. Germain hotels now exist all across Canada, still independently owned and operated by the Germain family, who are based in Montréal.

Back to the dining table: while you can certainly order individual meals off the menu at Punch Ltd., there are a couple of more interesting ways to dine here. The dinner menu lists the options as “Small Shares,” “Large Shares,” and “Sides”. So sharing is a great way to go.

But the advice at the top of the menu is, “Let our chefs take the lead... enjoy a personally curated tasting journey.”

Now, I have been in restaurants where a “personally curated tasting journey” costs hundreds of dollars. Not here – that option

comes with a very reasonable price tag of \$95. In fact, in the holiday months, there is also a “Summerlicious” option – your choice of small share, main dish, dies, and dessert, for \$65. That is definitely not a “foodie restaurant” price – but the food will delight the most demanding foodie.

One other difference – some tasting menus involve minute portions of a variety of food. The portions at Punch Ltd. are very satisfactory.

Our meal? We wisely decided to trust the chef. As well as trusting Lauren Hall, the warm and welcoming Director of Food and Beverage, as well as Punch Ltd.'s sommelier. She matched our courses with truly excellent wines.

Mandar started us with a unique amuse bouche – a vegetarian version of steak tartare, with beetroot substituting for the steak. Delicious.

We were then served Mumbai Chat-Slaw, mixed at the table,

an amazing melange of radishes, beets, green apple, pomegranate, boondi (deep-fried chickpea flour), potato straw, crispy leeks and tamarind yogurt.

Next came duck sausage, with raisins, in puff pastry, topped with a unique, dark, spicy house brown sauce.

Then came what may have been our favourite taste of the meal (except, perhaps, the desserts): Agnolotti (a stuffed pasta) with morels, English peas, snap peas, porcini mushroom broth and maggie butter.

This was followed by exceptional Beef Wellington, one of the many house specialties. The menu lists “tenderloin, prosciutto, wild mushroom duxelles, Swiss chard, sunchoke purée and rogan josh jus”. The jus brings that soft, Indian spin to the very British Beef Wellington – again, a perfect culinary marriage.

And then came desserts – yes,

plural because there were, after all, two of us. One was a Punch Ltd. standard – absolutely luscious sticky toffee pudding. The other involved a surprise. Our server brought a white chocolate mousse with a red fruit sauce, and at the table, poured extra virgin olive oil on the mousse, and added cracked black pepper. I was dubious... until my first taste.

That dessert included both saffron – the most expensive spice in the world – and cardamom, third most pricey. Mandar explained that both are essential to his recipes, so he insists on them, regardless of cost.

Lauren matched our courses with terrific wines from around the world: a Gruner Veltliner from Austria, Cerisier en Fleur from Alsace, a terrific Bordeaux, and a couple more. The wine list at Punch Ltd. covers 10 pages; there are three more for spirits, and that doesn't include their wide selection of unique cocktails, and beer.

The restaurant features low light, pleasant background music, and wait staff in black suits and white shirts – it all speaks of elegance. But the diners' clothing tended toward smart casual – no formality, here.

I don't write a lot of articles about any specific restaurant, but Punch Ltd. clearly earned the attention it's getting, this week.

You don't have to be a foodie to love Punch Ltd. Sure, foodies will love it, but Punch Ltd. is perfect for anyone who enjoys a dining adventure. You will not be disappointed!

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.



The dining room at Punch Ltd.



Lauren Hall is Director of Food and Beverage, and also the very knowledgeable sommelier at Punch Ltd.

Beef Wellington with all the fixings – superb!
(GERMAIN HOTELS PHOTO)

COMING EVENTS

Email to inquire
info@goderichsun.com

GODERICH CHESS CLUB

On Tuesday evenings from 6 p.m. until 8 p.m. at the Goderich Library in the activity room and Friday evenings from 6 p.m. until 9 p.m. at the Goderich Legion in the games room.

This club warmly welcomes all chess enthusiasts of any age to join. Whether a seasoned player or a newcomer eager to learn the game, this is the perfect opportunity to immerse yourself in the world of chess.

Participants may come and go as they please during this timeframe.

Admission is free and equipment will be provided.

SMART RECOVERY MEETINGS

Hosted every Sunday from 11 a.m. until 12 p.m. at Red Roof Recovery.

ENGLISH CONVERSATION CIRCLE

Join in on Mondays from 6:30 p.m. until 8 p.m. at the Goderich Library.

Make friends and practice speaking English while talking about culture, family, food, movies or anything you would like.

Hosted by the Huron Welcome Hub for Newcomers.

GODERICH READS BOOK CLUB

Join this book club that meets every two weeks at the Goderich Legion and come work with a variety of books. There are nearly 170 members online and a core group of locals who come out to in-person meetings at Café 109.

Upcoming meetings:

August 10 – The Berry Pickers by Amanda Peters (new selection)

Break until September 14 with new selection TBA.

Contact head of book club Holly Smith: 519-630-3962 for more information.

BIA FARMERS' MARKET

Every Saturday until October 10, from 8 a.m. until 2 p.m.

BIA SUNDAY MARKET

Every Sunday until October 11, from 9 a.m. until 2 p.m.

GODERICH BEACHSIDE RAPID CHESS TOURNAMENT

September 5th, 2026

10:00 a.m. - 4:30 p.m.

Location: Knights of Columbus – Main Hall (Goderich Columbus Convention Centre & Banquet Hall) 390 Parsons Court, Goderich, ON

Please visit goderichchessclub.com for more information.

BIA THURSDAY EVENING CONCERT SERIES

On Thursdays from 7 p.m. until 9 p.m. at the Courthouse Performance Stage.

Join in this weekly celebration of music, community and the simple joy of coming together.

Every Thursday night at 7 p.m. the majestic Courthouse Performance Stage comes alive.

Admission is free.

SUNDAY CONCERTS AT HARBOUR PARK

Beginning at 7 p.m., hosted by the Goderich Laketown Band, share the joy of music for various Sundays this summer.

Concert schedule:

Aug. 9 – No band concert – Celtic Festival

Aug. 16 – Lighthouse Swing Band

Aug. 23 – Ayr-Paris Community Band

Aug. 30 – Jellybean Blue

BEHIND THE BARS

From 7 p.m. until 9 p.m. at Huron Historic Gaol.

Tuesday and Thursday evenings in August.

Last entry at 8 p.m.

This is an immersive tour experience that gives visitors the opportunity to learn more about life at the gaol.

Interact with actors portraying past inmates and staff who lived and worked at the gaol between 1841 and 1921.

Pre-purchase tickets online to avoid disappointment.

Tickets are available at the door as space permits.

GODERICH CELTIC ROOTS MUSIC FESTIVAL

On August 7-August 9 at Lion's Harbour Park.

From incredible fiddlers and harpists to lively bands and soulful singers, be a part of the festival to experience performances that represent the best of Celtic and roots music.

Gates open at 11 a.m. on Friday, August 7.

For more information, music lineup and to purchase tickets visit <https://www.celticfestival.ca/home>

GODERICH ART CLUB ANNUAL SHOW AND SALE

On August 7-August 9 at the MacKay Centre.

Friday, August 7 from 9 a.m. until 5 p.m.

PANCAKE BREAKFAST

Saturday, August 8; 8 a.m. - 1 p.m.

Carlow Masonic Hall

Serving Sausage, Eggs and Pancakes with Juice and Coffee

Adults \$12.50, Children 7-12 \$7, 6 and under no charge

Proceeds for Community Events

Saturday, August 8 from 9 a.m. until 5 p.m.

Sunday, August 9 from 10 a.m. until 4 p.m.

This year featuring 29 artists and over 300 original works of art.

Free admission.

Show and sale – no pressure to purchase when you attend.

HURON COUNTY PRIDE'S DRAG TUTORIAL

On Saturday, August 15 from 4 p.m. until 6 p.m. at the Livery Theatre in Goderich.

Want to try your hand at drag, or get some pointers from professional drag artists?

Join Huron County Pride, bring your costumes, wigs, makeup and imagination.

Get some tips and tricks, throw together your look, stomp the runway, and perform your heart out.

All are welcome to attend this free event, but registration is required.

Use the link to register: <https://www.zeffy.com/en-CA/ticketing/diy-drag>

HURON COUNTY PRIDE'S DRAG BINGO

On Saturday, August 15 at 7 p.m. at the Livery Theatre in Goderich.

Grab your dabber and get ready for an awesome night of fun competition and amazing drag performances.

This age of majority event will be hosted by Affair Entertainment and will feature a cash bar and cash prizes.

Don't miss out. Check out <https://www.zeffy.com/en-CA/ticketing/drag-bingo-night-4> to order tickets.

ALEXANDRA ROSE LONG TABLE DINNER

On Sunday, August 16 from 5 p.m. until 10 p.m.

The AMGH Foundation is hosting this event at The Park at Coast Goderich. This elegant outdoor dinner in white is a fundraiser for AMGH Foundation.

Fundraising goal is \$200,000. Tickets are \$250 per guest and are available at <https://www.amghfoundation.ca/calendar?eventid=35&edate=2026-08-16>

Guests are required to dress in sophisticated white attire. Evening will include a champagne reception, fabulous appetizers, plated dinner, live and online auction, wine from Second Streetlight Estate Winery, and entertainment from Trash Panda Brass.

ORGAN RECITAL AT KNOX PRESBYTERIAN CHURCH

On Saturday, August 22 at 2 p.m. at Knox Presbyterian in Goderich.

Join Gibson MacMillan, recipient of the Lorne Dotterer Scholarship (2018) for an organ recital.

Freewill offering. All are welcome.

CONTINUE TO PAGE 27

Worship With Us



**Invite readers
to your worship
services.**

**Contact
info@goderichsun.com**



Berea Lutheran Church

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

Family Worship Service

2nd and 3rd Sunday of the Month
2:00 pm

All other Sundays of the Year
8:30 am

Facebook: @bereagoderich



YOU ARE INVITED!

This Sunday @ 10:00am

231 Bayfield Road

Goderich, Ontario

N7A 3G5

519-524-6445

www.cbcbgoderich.com

9 Victoria S. N., Goderich
519-524-7512

KNOX PRESBYTERIAN CHURCH

Rev. Amanda Bisson

Livestream Services

Sunday at 10:00 am

[Knox Presbyterian Church Goderich - YouTube](https://www.pccweb.ca/knox-goderich)

Worship materials available online

www.pccweb.ca/knox-goderich

Riddles

- Why did the ice cream truck break down?
It drove down a rocky road!
- What do you call an ice cream cone that tells jokes?
A real scoop comic!
- Why did the ice cream go to school?
To become a little sundae smarter!
- What did the chocolate ice cream say to the vanilla?
"You're pretty cool!"
- Why did the ice cream cone get a promotion?
It always delivered under pressure!
- What do you call a cow that makes ice cream?
A dairy queen!
- Why couldn't the ice cream cross the road?
It melted under the pressure!
- What's an ice cream's favorite day of the week?
Sundae!
- Why did the sprinkles get invited to every party?
They always made things more fun!
- What did one scoop say to the other on a hot day?
"Stick together—we're in a meltdown!"

Sudoku

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

Solutions on page 27

Featured Pets



IVY

She loves playing with anything she can find around the house and sleeping in silly places.



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

PAR FOR THE COURSE

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

- ALBATROSS
- BIRDIE
- BOGEY
- BUNKER
- CADDIE
- DIMPLE
- DIVOT
- DRIVER
- EAGLE
- FAIRWAY
- FORE
- GREEN
- HANDICAP
- HAZARD
- HOOK
- IRON
- MULLIGAN
- PAR
- PUTTER
- ROUGH
- SLICE
- STROKE
- TEE
- WEDGE



**ELIZABETH RUTHANN GODDARD
(NEE GAULEY)**

It is with heavy hearts that we share the passing of Elizabeth RuthAnn Goddard (nee Gauley) on July 28, 2026, in her 87th year. Though saying goodbye is incredibly difficult, Ruth was surrounded by those she held dear, and her loved ones found comfort in holding her hand while sharing their love of her.

Ruth was predeceased by the love of her life and devoted husband, Donald James Goddard.

She leaves behind a family who will forever cherish her love and the countless memories she was so central to. She will be deeply missed by her daughters, Patricia Lynn (Wayne) Nicholson and Barbara Elizabeth (David) Sproul. She was a proud and loving grandmother to Dawn (Sean), Chris (Jenessa), Jenni, Jason (Emily), Brad (Jessica), Cody (Lynsey), Donny, Elizabeth, and Brandon. Her greatest joy continued through her great-grandchildren, Kaitlyn (Seth), Liam, Madi, Greyson, Knox, Liam and Evan each of whom held a special place in her heart. Proud and loving great-grandmother of her newest great-grandchild, Kade, whose arrival the day after Ruth's passing brings a beautiful reminder of her continuing legacy.

Ruth is also lovingly remembered by her sister, Barbara Young, as well as many nieces, nephews and extended family. Ruth was predeceased by her beloved sons, Robert John Goddard and William James Goddard and her brothers ; John Gauley and Robert Gauley ; as well as many beloved extended family and friends.

Ruth never met a stranger. A true social butterfly, she had a remarkable gift for making everyone feel welcome, valued, and loved. Whether gathering around her table for holidays, hosting family events, or simply sharing a cup of coffee and conversation, she found her greatest happiness in bringing people together.

In her younger years, Ruth and Don enjoyed travelling together, making memories that she cherished and shared through stories for years to come. She also found great joy in tending to her beautiful gardens, where she took pride in creating colourful spaces that reflected her caring and nurturing spirit. Along with her love of gardening, Ruth treasured her collections of porcelain dolls and cardinals, each one carefully chosen and lovingly displayed. She had a beautiful smile, a contagious laugh, and a kind heart that made everyone around her feel special. Her warmth, generosity, and unwavering love for her family and friends were the hallmarks of a life well lived.

Ruth's greatest legacy was never the things she collected or the places she travelled—it was the people she loved. She taught us that family is built around a kitchen table, that everyone deserves to feel welcome, and that life's greatest moments are those shared with the people we love. She and Don built a home where everyone belonged, laughter came easily, and no one ever left without feeling cared for.

The family would like to express particular gratitude to Janet Arthur (niece), Sharon Anderson (cousin) and Ruth's dear friends Sharon, Jamie, Megan, and Rena, whose friendship brought her great joy and enjoyment to her every day.

While our hearts are broken by her absence, we find comfort in knowing her love lives on in the family she nurtured, the traditions she created, and the countless memories she leaves behind. We are forever grateful for every hug, every laugh, every story, and every lesson she shared with us. Though she will be deeply missed, she will remain eternally loved, forever remembered, and will always a part of us.

A family and close friend's visitation was held on Friday July 31st, 2026 at McCallum & Palla Funeral Home from 11:45am-12:45pm followed by a graveside service at Maitland Cemetery at 1pm. Ruth's family welcomed guests to join in celebrating her life at the Comfort Inn & Suites, (conference room), 135 Gibbons Street, Goderich, from 2:00-4:00pm.

CLASSIFIEDS

IN MEMORY

LOUVAIN SWAN

In loving memory of a dear mother and man, Louvain who passed away July 31, 2005, 21 years ago. A Heart of gold stopped beating to shining eyes at rest. God broke our hearts to prove to us he only takes the best. We know you had to leave us, but you did not go alone, for part of us went with you, the day he called you home. To some you are forgotten, to others just part of the past, but to us who loved you and lost you, the memory will always last. Ever missed, ever loved, ever dear. Daughters Elaine and Bev, and son Ray, and grandson Peanut.

RUN YOUR WORD

CLASSIFIED AD!

JUST \$10 + HST PER EDITION

Contact: info@goderichsun.com

or call 519-655-2341

FOR SALE

Shade Trees; Maples, Oaks, Birch, Beech, Honey Locusts, Elms, Magnolia, Hydrangea Tree, Tulip Tree, Crab apples, Ivory Silk Lilac, Chanticleer Pear, Golden Weeping Willows and more. Apples, Pears, Peaches, Plums, Apricots, Nectarine, Blueberry, Haskap etc. Lots of healthy strong Spruce, Cedars and White Pine for your privacy hedges and windbreaks. Hundred of flowering shrubs. Reg Hours 7 a.m.- 6 p.m. Mon-Sat at Martins Nursery c/o Emanuel Martin. 42661 Orangehill Rd., Wroxeter, ON

CAMPFIRE WOOD Seasoned hardwood, bagged and ready for your summer enjoyment. \$7.00/bag \$20/3 bags \$30/5 bags. Face cords available. Call or text for pick up. Delivery available in the Goderich/Point Farms/Bayfield area. Jim 519-301-1395

WANTED

WANTED TO BUY – All collectibles including sports cards, beanie babies, Funko pops and stamps. Highest prices paid. Free appraisals. Are you downsizing or need an estate clean out? We can help. We are at the Pinery Market at Grand Bend every Sunday from 9 a.m. to 5 p.m. Call or text Stan anytime 519-868-3814.

**GRANT
HAVEN
MEDIA**



Goderich Sun

CONVENIENT WAYS TO ACCESS YOUR NEWSPAPER!

Stay up-to-date with the latest news and local stories. View the current edition online 24/7 at www.granthaven.com/goderich-sun

Don't miss a beat and sign up free to receive each edition straight to your inbox.

For those of you who prefer to have a printed copy of the paper we will continue to drop off paper at many local businesses and community spaces.

**SCAN TO READ
ONLINE PAPER**



**SCAN FOR PICK
UP LOCATIONS**



www.granthaven.com

COMING EVENTS

Email to inquire
info@goderichsun.com

CONTINUED FROM PAGE 24

NEWCOMER DAY AT CAMP KLAHANIE

On Saturday, August 22 from 2 p.m. until 8 p.m. at Camp Klahanie, 33612 Blacks Point Road in Goderich, hosted by Immigration Partnership.

Join in an afternoon filled with outdoor fun, food and friendship.

From sports to crafts, hiking, delicious food and a cozy bonfire, guests are also invited to bring a dessert from their own culture to share, helping create a truly international celebration.

Halal, vegetarian, and gluten-free food options.

Admission is free, and everyone is welcome.

Email home@huroncounty.ca for more information.

SING WITH THE MACKAY CHORISTERS

On Thursday, September 10 from 9:30 a.m. until 11:30 a.m. at Lakeshore United Church in Goderich.

If you love singing, and can commit to weekly Thursday morning rehearsals, please check this out.

New members are welcome to the Autumn session beginning on Sept. 10.

All ages are welcome, no experience required.

Follow on Facebook and www.themackaychoristers.ca

SUDOKU

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

QUIZ ANSWERS

1. Tin
2. Two
3. Philippe Petit
4. The lion
5. Nike
6. Venus
7. Boston Americans
8. Chickpeas
9. Lent
10. Papal Conclave



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
info@goderichsun.com

Reality? **Reality check**

Canadian newspapers are powered by journalists, not AI. They check the facts so you can trust what you're reading.

nationalnewspaperweek.ca



PEST CONTROL



Protect your home from pests year-round — spiders, ants, rodents etc.

519-524-5052

huroncounty@trulynolen.ca

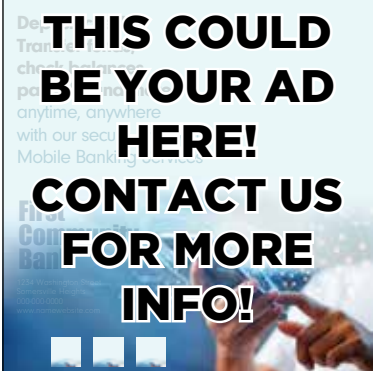
RESIDENTIAL • COMMERCIAL • AGRICULTURAL

SERVICES



SHOP LOCAL. SAVE LOCAL. Support businesses that keep your community and its newspaper thriving

YOUR AD HERE



Pick Up Locations

GODERICH

Maitland Market
Tim Hortons (Highway 8)
Tim Hortons (Five Points)
Canadian Tire
Walmart
Zehrs
Goderich Convenience
Goderich Place
Harbour Hill
Southbridge Goderich

Food Basics

YMCA
Town Hall
Culberts
Blake Street Bakery
West Sushi
West Street Willy's
The Book Peddler
Steve and Mary's on the Square
Bedford Hotel
The Bee's Knees

Coldwell Banker

Huron County Library - Goderich
MacKay Centre
AMGH
Maitland Valley Medical Centre
Huron County Museum
Huron County Gaol
River Run Restaurant
Rexall
Goderich Legion

Sawyer Dry Cleaning and

Laundry Co.
Creative Cuts
Parsons
St. Vincent de Paul
Habitat Restore
Comfort Inn
Hear Canada
Physiotherapy Alliance
The Station
Suncoast Variety

CLINTON

Pharmasave
Clinton Legion
Clinton Arena
Shell
Bartliffs
Tim Hortons

FOR ADVERTISING INQUIRIES IN THE GODERICH SUN

CALL 519.655.2341 OR EMAIL [INFO@GODERICHSUN.COM](mailto:info@goderichsun.com)

Close to the Coast. Closer to Comfort.

1 & 2-Bedroom Apartments
in Goderich, Ontario



FEATURES:

Quartz countertops

Stainless steel appliances

In-suite laundry

Social lounge

Fitness room

Billiards room

Pickleball courts

Community garden
and outdoor patio

MOVE-IN WINTER 2026

PRE-LEASING NOW

SKYLINE
LIVING

VALE
APARTMENTS



(226) 458-0035
valeapartments.ca

175, 179 & 183 Wolfe Street, Goderich, ON