

VOLUME 3 • ISSUE 7

NOVEMBER 27, 2025





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-8668

Sand • Gravel • Top Soil

Spreading Cheer, One Toy Drive at a Time

PAMELA CLAYFIELD

As the holiday season approaches, the Goderich community toy drives are once again reminding us of the power

Toy drives across the area are in full swing to support families for a variety of charities to ensure every child experiences joy this Christmas.

For many families, the season can be a difficult time, but toy drives bridge that gap turning compassion into action. Each donation represents more than a gift; it gives a message of hope and belonging.

The Bluffs at Huron got literal about their toy drive and drove through the neighbourhood collecting gifts from residents on Sunday morning. Organized by Todd Uren, he wanted to ensure every child experiences the magic of giving and receiving.

The gifts collected will go to the Perth Huron Children's Aid Society.

Beyond this event you can still drop toys off at various locations. To name a few:

Harbour Hill Retirement Community at 104 Suncoast Dr. E. is collecting toys and non-perishable items until November 28 for the Salvation Army.

The Salvation Army is collecting toys and monetary donations at 303 Suncoast Dr. E. but be sure to call to confirm drop-off hours: 519-524-2950.

Steve and Mary's on the Square is hosting an event at the Goderich Legion on December 2 from 4-7 p.m., which accepts donations for hampers and toys for children. Donations can be dropped off at Steve and Mary's on the Square ahead of time.

Domino's pizza has an exciting offer. Bring in a new, unwrapped toy and get a free medium three-topping pizza. This is only for a short time starting November 24 and ending December 8.

As we count down to Christmas, the spirit of giving is alive and well in Goderich. Whether you donate a toy, volunteer your time, or simply spread the word, every act of kindness helps brighten the season for someone else.



(COLBORNE LAKEVIEW PHOTOGRAPHY PHOTO)

Colleen Maguire with her Citizen Recognition Award, presented to her on Monday, November 17 with Goderich Council Members, Randy Carroll, Allison Segeren, Liz Petrie, John Thompson, Mayor Trevor Bazinet, Vanessa Kelly and Deputy

Town of Goderich recognizes outstanding citizens who make significant contributions to the community

KATHLEEN SMITH

Editor

At a Citizen Recognition Event on November 17, the Town of Goderich celebrated 25 individuals who have made a significant contribution or positive impact to the community.

The following citizens, committee members and volunteers were recognized: Colleen Maguire, Vlorat Vitija, Con Melady, Michele Young, Eric Kirk, Rhea Seeger, Barry Ward, Maureen Nummelin, Vicky Culbert, Barry

Page, Mary Gregg, Nancy Hughes, Alexander Bome, Alexandra Kasper, Barron Purser, Darren Scholl, Michael Daly, Ralph Rubino, Rub Debrouwer, Christopher Spaleta, Colin Carmichael, Tony Decoo, Donny Rivers, Matthew Hoy, Chelsey Merkt.

"Goderich has a long and proud tradition of volunteerism, neighbourliness and civic spirit," remarked Mayor Trevor Bazinet on social media.

"The people we are honouring tonight embody those qualities. Through their dedication, compassion, and will-CONTINUED TO PAGE 2



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Town of Goderich recognizes outstanding citizens who make significant contributions to the community

ingness to step forward when others step back, they help make Goderich the Prettiest Town in Canada and a place we are all proud to call home."

Members of committees were recognized, but amongst the recipients were two stand-out individual citizens -Vlorat Vitija, owner of Chuck's Roadhouse in Goderich and Colleen Maguire, former diagnostic imaging manager at AMGH and life-long volunteer.

Vlorat Vitija, owner of Chuck's Roadhouse in Goderich is a very hard-working businessman.

According to the nomination letter, Vitija never waits for people to come to him; he's a man of action and eager to help in the community. When others come looking for donations or support, he never says no.

Vitija is also involved with the Rotary Club.

Being a businessperson in a small town and after going through COVID as well as an increase of online shopping, Vitija understands the importance of being involved in the community to try and make a difference.

"Volunteers are the heartbeat of our community," wrote Bazinet.

"Their time, energy, and selfless commitment help make Goderich stronger, more connected, and truly special. I'm grateful for each person who steps forward to make a difference, and I look forward to recognizing their outstand-

Colleen Maguire also received an award on November

Maguire has participated in so many activities over the decades to help the Town of Goderich.

"Thank you so much for this recognition," said Maguire. "I'm truly humbled and honoured that I'm here to do this and receive this recognition."

Maguire has exemplified a strong sense of volunteerism, civic pride and commitment towards this community.

Since 2009, Maguire has brought local historical characters to flesh and blood to tell their stories at the Huron County Historical Gaol, in Behind the Bars summer pro-



Vlorat Vitija with his Citizen Recognition Award on Novem-

gram, and tours of Mr. Sallows landmarks during Jane's

Maguire has been a board member at the Sallows Gallery since 2013, and is currently the Chair of the Board, and a researcher and presenter for the gallery.

According to David Yates, Maguire has been instrumental in preserving the art of famed photographer Reuben Sallows, and she published his biography. She's also a popular speaker, telling local audiences stories ranging from Victoria photography props to marine disasters.

Maguire is also the secretary of the local committee for 'The Great lakes Storm of 1913' and served as the Chair of the Ontario Genealogical Society from 2016-2020, and Secretary 2020-2024.

Making full use of her technical skills, she was a volunteer videographer at Knox Church for services and concerts and has been a volunteer crew chief for 30 years for the Celtic Roots Festival

Maguire served the community as a Medical Radiation Technologist at the Alexandra Marine and General Hospital (AMGH) for 39 years.

During her time there, she was the diagnostic imaging manager and was the team leader for the purchase of the CT scanner, digital mammography, and the implementation of the digital imaging system.

Maguire has been involved in various volunteer positions for 50 years. She moved to Goderich from Stratford in 1974 but then was away at college studying to be a medical radiation technologist until 1976. The next year, 1977 was Goderich's sesquicentennial and she began volunteering.

Maguire was thrilled to hear she was nominated and felt honoured to be recognized for her efforts over the years.

"You volunteer because you are passionate about what you do," Maguire remarked.

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"Everyday, people thank you, but to then receive the honour of the Town of Goderich Citizen Recognition Award for your lifetime of volunteerism, it is like the cherry on top of the sundae."

Over the years Maguire has held several positions including acting for 10 years with Goderich Little Theatre, portraying the Gaol Matron Mrs. Margaret Dickson for 10 years at the Huron County Historic Museum and Gaol, acting as Secretary with the Great Lakes Storm of 1913 where this committee won a Governor Generals Award for Community Programming, and in 2013 directed the 100th Anniversary Church Service with the same music and scripture readings as were used 100 years earlier in 1913.

Maguire is also a frequent speaker with the Ontario Genealogical Society and Chairman of the local branch from 2016-2020 and secretary with the local branch from 2020-

She was instrumental in producing David Yates' two local history books, and researches and writes the Salt Festival Bus Tours.

In 2025 Maguire received the Ontario Volunteer Service

Maguire is inspired to volunteer because of her love for Goderich and Huron County.

'It is so rich with history and stories of unique and outstanding characters," explained Maguire.

Maguire encourages anyone to pick an area of interest and volunteer. Her perspective is that volunteerism is not as prevalent in the current generation as it is in hers, and she believes so many are missing out on a satisfying, affirming and rewarding experience.

"You don't need to know everything about the area of interest but be willing to learn," added Maguire.

"Nothing can replace human to human interaction, and it is a good way to make new friends with similar interests."

Apart from these two extraordinary individuals recognized, various committees to the Town of Goderich and its members were recognized for their work and impact on the community.

The Environment Committee was recognized for the wealth of knowledge the committee shares and their work including the implementation of the green organic bins in the community: Con Melady, Michele Young, Eric Kirk, Rhea Seeger, and Barry Ward.

The Municipal and Marine Heritage Committee was recognized for the work of past and present committee members including Alexander Bome, Vicky Culbert, Mary Gregg, Nancy Hughes, Mauren Nummelin, and Barry Page.

Memorial Arena Task Force was recognized for the work done recently to decide what to do with the local facility. Those members recognized include Alexandra Kasper, Barron Purser, Michael Daly, Darren Scholl, Ralph Rubino and Ruby Debrouwer.

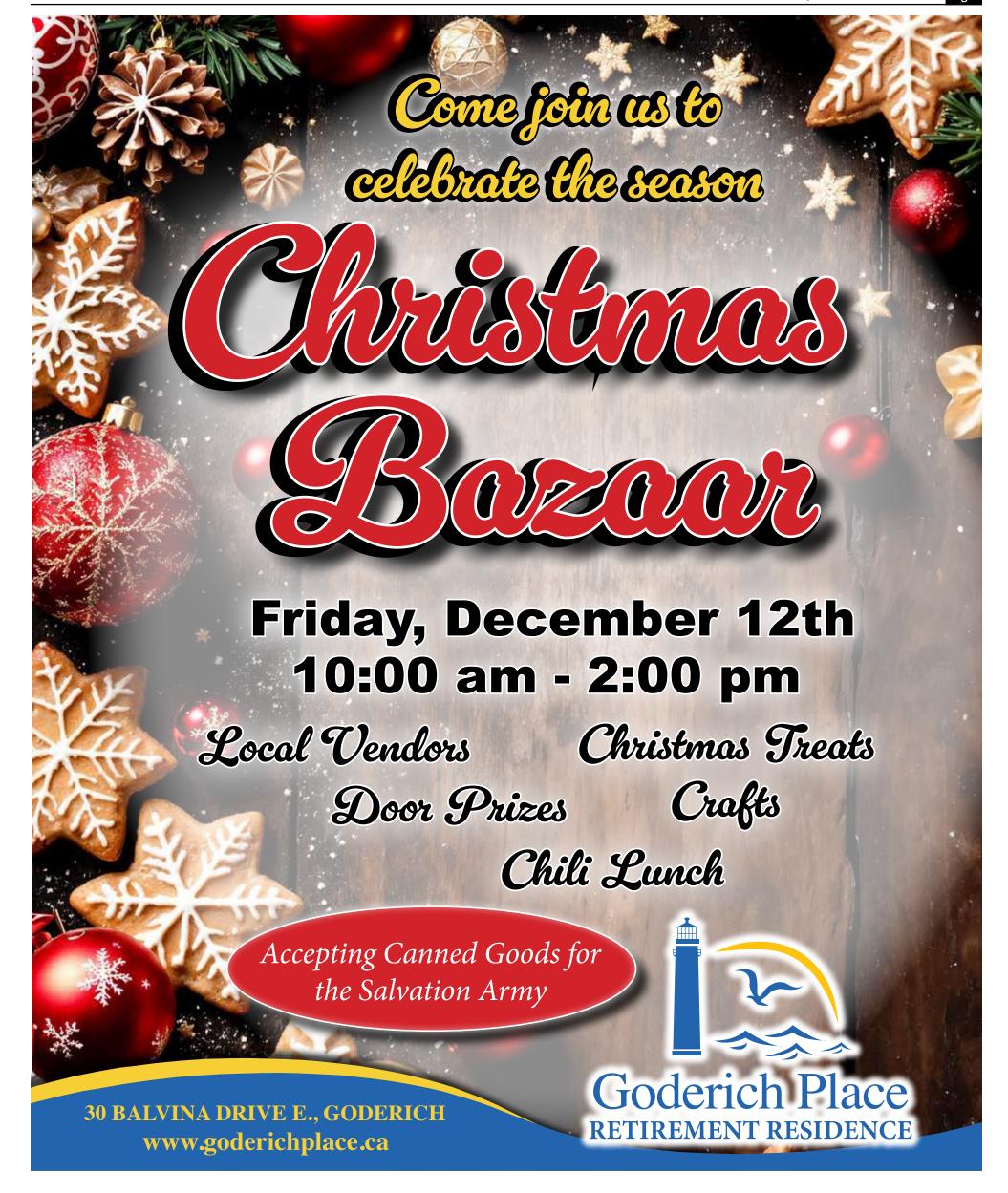
Rebuilding Downtown Infrastructure Task Force members were recognized for the work done over the past year including the current project that is on time and on budget. Members recognized include Vicky Culbert, Christopher Spaleta, and Colin Carmichael.

Committee of Adjustment Property Standards Committee members were recognized for their work with minor variances, severances and legally, non-conforming rules. Members recognized include Tony Decoo, Matt Hoy and Donny Rivers.

Councillor Renumeration Task Force members were recognized, as they took on the task to objectively look at how councillors in the municipality are renumerated. This was done with a tremendous amount of research and comparison with other municipalities. The volunteers recognized include Chelsey Merkt, Ralph Rubino and Michael Daly.

We hope to continue this year after year because it is important to recognize all the hard work each recipient has done," remarked Mayor Bazinet.

SEE MORE PHOTOS ON PAGE 19



Editorial

Every little bit helps through non-profit group Not **Just Tourists**



AMANDA MODARAGAMAGE

Sun Reporter

Over the years, I've loved travelling to different parts of the world, especially to places that aren't known for tourism.

One of my favourite things about travelling is meeting people and learning about different cultures, which is why trips to Honduras, Nicaragua, Sri Lanka and Zambia remain among my most meaningful experiences.

These destinations aren't always the safest or the most picture-perfect, but they draw me in because I genuinely want to understand how other people live.

Most recently, I was heading to Cuba for a resort vacation when I came across a non-profit group called Not Just Tourists (www. njt.net). I learned that I could bring a bag of medical supplies with me and deliver it to a local



ONTRIBUTED PHOT Dr. Ariel, leading gynaecologist at Materno-Infantil Jose Ramon Lopez in Matanzas, Cub and Amanda Modaragamage.

hospital.

Even better, WestJet allows travellers to bring an extra humanitarian-aid suitcase for free. My only job would be to drop off the supplies.

The process was simple. Not Just Tourists, London packed the bags and sent me a link to fill out the paperwork for WestJet.

Although I had to complete the forms more than once, it was still straightforward. When we arrived at the airport, my name

was ready the system, and the bags were tagged to travel with us to Cuba at no charge.

Not Just Tourists provided a list of local hospitals in need, and we chose Hospital Materno-Infantil José Ramón López in Matanzas, one of the leading maternity hospitals in the country.

Once there, we took a day trip to Matanzas, about 40 minutes away. Our taxi driver kindly connected us with an on-site physician, Dr. Ariel— "like the Disney princess," he joked.

Dr. Ariel told us that the provincial hospital, established in 1872, now operates as a women's hospital with services in gynecology, maternity and general care. It handles roughly 80 to 85 per cent of all births in the region, with a mortality rate of fewer than three per 1.000 births.

As one of the largest and most advanced maternity hospitals in Cuba, it receives pregnant women from across the country who need urgent care, including those with high-risk pregnancies or birthing complications.

Cuba has its challenges from food insecurity, medical supply shortages, limited access to clean or sterile water and a strained health-care system all contribute to low birth weights and high-risk pregnancies.

Yet the country's infant mortality rates remain better than those of many nations in Latin America and the Caribbean, and are closer to those seen in high-income countries, according to the Foundation for Economic Education.

In Cuba, home births are not permitted. All births take place in hospitals to reduce complications and infant deaths, and women are often admitted early if there are signs of trouble. Frequent prenatal checkups and routine monitoring also help support healthy outcomes.

During our visit, Dr. Ariel emphasized that even small itemssaline, antiseptics, masks, gloves, dressing kits, woundcare materials—are needed, necessary and deeply appreciated.

It's easy to wonder how much of an impact one suitcase can make but he assured us that in Cuba's tight economic climate, every little bit truly helps.

I'm sharing this experience to encourage others to consider bringing a bag of supplies on their next trip

Not Just Tourists has locations across Canada and the United States, and the process is so easy. A little effort can go a long way.

If you are interested in learning more, please visit www.njt.net

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Letter to the Editor

Not worth the expense of buying fighter jets Dear Editor,

I wonder why the Canadian Government needs to buy more than the number of F35 fighter jets already

I fully understand why fighters were important in the Second World War, serving to protect the bombers from enemy fighters and to protect soldiers from attacks from enemy fighters.

However, in this era the main combat weapons seem to be missiles and drones, and missile and drone defense systems as well as protection from cyber-at-

Wars in Vietnam and Afghanistan were won with-

out the use of any fighter planes as far as I am aware.

Tanks were thought of as necessary military hardware until they were shown to be vulnerable to drone attacks.

I believe people will eventually realize that the exorbitant cost of purchase, maintenance, training of pilots and maintenance crews is not worth the expense of buying fighter jets, when the money could be put to better use.

I can fully understand the need to buy more icebreakers capable of working in heavy arctic ice, but not more fighters.

Patrick Capper Clinton, ON

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Goderich welcomes two new family physicians to provide inpatient care at AMGH

KATHLEEN SMITH

Editor

Goderich has welcomed two new family physicians to their teams of dedicated healthcare providers.

Both Dr. Matthew Gray and Dr. Grant Dawson join the Maitland Valley Medical Centre (MVMC) as family physicians and will also provide inpatient care at Alexandra Marine and General Hospital (AMGH).

"We are thrilled to welcome Dr. Dawson and Dr. Gray to the Maitland Valley Medical Centre," said Matt Hoy, Executive Director of MVMC.

"With two new additions to our team, families in Goderich will have even greater access to high-quality, personalised care."

Hoy stressed that as the community continues to grow, skilled family physicians like Dr. Gray and Dr. Dawson will help ensure patients can receive the care they need locally.

Dr. Dawson is a family physician born



DR. MATTHEW GRAY

and raised in Goderich.

He attended medical school in Dublin at the Royal College of Surgeons in Ireland. Dr. Dawson then spent nine years working as a physician assistant in Goderich, alongside Dr. Michael Dawson.

Following this, Dr. Dawson completed his family medicine residency at the



DR. GRANT DAWSON

Northern Ontario School of Medicine at the rural Bracebridge site with a focus on rural primary care, emergency and hospitalist medicine.

Dr. Dawson has been working at AMGH since completing his residency.

Dr. Gray is a family physician originally from Burlington. He received his

undergraduate degree from Queen's University and attended medical school at Western Michigan University in Kalamazoo.

Dr. Gray completed his family medicine residency training through Western University at the Mount Brydges site with a focus on rural primary care and hospitalist medicine.

He has worked as a locum physician, primarily in Huron County, since finishing residency.

According to Jimmy Trieu, President and CEO of Huron Health System (HHS), the MVMC and AMGH are pleased to welcome Dr. Gray to Goderich and to see Dr. Dawson start his medical practice in his hometown.

"We see firsthand how continuity between family medicine and hospital care makes a real difference in people's lives," commented Trieu

"It's a unique benefit to the community. Their work across both MVMC and the hospital will help ensure that patients receive seamless care."

Goderich Legion Branch talks about holiday offerings and the upcoming renovation project

ALEX HUNT

Sun Correspondent

A free Christmas dinner, New Year's Eve dances and a 2026 renovation project are marked on the legion's schedule to accommodate community needs.

A Home for the Holidays event will take place at the Goderich Legion Branch on December 2 from 4 p.m. to 7 p.m., hosted by local restaurant, Steve and Mary's on the Square. This free event is a drop-in dinner for anyone in need of a Christmas meal.

Steve and Mary's on the Square will also be collecting donations of non-per-

ishable food items, hygiene products and toys to fill hampers. All donations can be dropped off at the restaurant at 58 Courthouse Square.

Randy Carroll, Legion President, said that the A Home for the Holidays event fed 220 families last year.

Towards the end of December, the Legion will host a New Year's Eve Dance and a New Year's Levee on the following

"Serving the community is a big part of our focus," said Carroll.

"We don't just care for veterans and their families, we also want to make sure we have a space that's open, welcoming, and filled with opportunities for people to socialize and have fun. It's a wonderful place to sit back, relax, and meet new friends, and that sense of connection is what really makes it special."

Coming in January, the Legion will go through a month-long major renovation project. Carroll said that the \$100,000 project will vastly improve the building's functionalities.

With the vision of it looking like a new building, Carroll said that the Legion's Jubilee Hall will have a complete makeover, with flooring reworked as well as more cost-efficient lighting.

"We're really excited about the upcom-

ing renovation; it's something the building has needed for a long time," said Carroll.

"Starting with the Jubilee Room, we're giving the space a full refresh to make it brighter, more modern, and more inviting. It's going to feel like a brand-new building. We want it to be a place people are proud to visit, rent out, and enjoy as part of the community."

On top of the holiday and New Year's events, the Legion currently runs its daily Cafe 109 program, a book club running every second Monday of the month, as well as darts, karaoke, meat draws, and technology workshops for seniors.





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*Goderich Sun

Momentum continues in effort to save the track at GDCI

KATHLEEN SMITH

Editor

Goderich Track Rebuild Committee has had a lot of great momentum the past couple of months, and fundraising efforts have progressed.

"We're so grateful to all the individuals, businesses and groups who have contributed to this progress," said Corey Boyle, member of the committee.

"While we did not raise all the funds by the original October 31 deadline, we did make enough progress that we've been given the green light to continue."

The committee must have the full amount raised by the spring in order to

break ground next summer.

Another \$220,000 is needed for this project.

Recently, the committee found a few grants, which the project was eligible to apply for. While waiting for results of grant applications, the committee remains committed to promoting this project.

The 'Sponsor a Metre' campaign has made a big difference to the fundraising efforts. Individuals, teams, bands, families, and businesses have been sponsoring a one-metre section of the track with a \$1,000 donation.

"We've seen how much of a difference these donations make," added Boyle.

"They all add up."

Any donation over \$1,000 will be recognized once this new track is built.

Upcoming fundraising efforts for this project include Tox for the Track, where Huron Medical Aesthetics will donate 25 per cent of sale profits on December 11 from 6 p.m. until 8:30 p.m. (by appointment).

"Watch for more restaurant fundraisers in the New Year," Boyle added.

We have a couple more places that have offered to run fundraiser days but have no settled on dates quite yet."

Recent donations to the track rebuild project:

Subway - \$700

Bluewater Restaurant/Neil McMillan -

McDonald's - \$1,115 Sal's Alley (a local band) - \$1,000 Goderich Fire Department - \$1,000

The Fincher Family (Tom, Dawn, Billy, Laine and David) - \$5,000

Coldwell Banker - \$1,000 Bruinsma Excavating - \$5,000 TPI Industries - \$1,000

The Goderich Kinette Club - \$5,000 Port Albert Ag Society - \$500

Capitol Power - \$2,500

Lighthouse Money Management -

West Harbour Insurance/Jeffray Family - \$1,500



(CONTRIBUTED PHOTO)



(CONTRIBUTED PHOTO)

Subway made a \$700 donation.

Bluewater Restaurant donated \$1,500.



(CONTRIBUTED PHOTO)

McDonald's Goderich made a \$1,115 donation to the project.



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Weekend Quiz

By Jake Grant

- 1. Bermuda is located in which Ocean?
- 2. What is the highest female voice in a choir?
- 3. What university is home to the Fighting
- 4. What is also known as Japanese horseradish?
- 5. The Wreck of the Edmund Fitzgerald occurred on what day?
- 6. Who hit No.1 in 2008 with the song 'Touch My Body'?
- 7. What is the talking dog's name in "Family Guy"?
- 8. What's the fancy name for a squirrel's cozy little home?
- 9. What country will host the 2026 Winter Olympics?
- 10. Who played Tony Soprano in *The* Sopranos?

This week's answers are found on pg. 31

Sal's Alley, a local band, made a \$1,000 donation to sponsor a metre of the track.

Gateway unites team for strategic blueprint to impact workshop

GODERICH SUN STAFF

info@goderichsun.com

Gateway Centre of Excellence in Rural Health (CERH) recently held its Blueprint to Impact workshop day, formerly known as a strategic planning day last week.

Held on November 7, the workshop brought together board members, research chairs, research assistants, research associates, and staff to collectively shape the organization's strategic direction for the years to come.

"This workshop reaffirmed our shared commitment to making meaningful impacts on rural health," said Karissa Overholt, Operations Manager at Gateway.

"By aligning our goals and strategies, Gateway is better positioned than ever, to turn ideas into tangible results for the communities we serve."

According to Gateway, the workshop explored key priorities, emerging opportunities and strategic goals that will guide Gateway as it continues to strengthen rural health research, education and communication.

Overholt explains that the ideas and collaborations created at the Blueprint to Impact workshop mark an important milestone in Gateway's ongoing journey to advance rural health equity.

Founded in 2008, Gateway is a not-forprofit rural health research organization run by a community-based volunteer board of directors. Gateway's main mission is to better the health and quality of life of rural residents.

For more information on Gateway visit www.gatewayruralhealth.ca



CONTRIBLITED DUOTOS

Michele Melady-Young, Nancy Simpson and Michael Beazely at the workshop held in Strat-

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Yes, it's that time again— Christmas is coming fast!







Share the Spirit of Christmas with the

***Goderich Sun**

Get a head start on the season with the **Goderich Sun's Christmas Greetings**, publishing **December 11** — a great way to wish the community a Merry Christmas and thank your customers for their support.

A portion of proceeds will be **donated to Huron Hospice**, helping provide care and comfort to local families.

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Ava Fitzgerald, Gwen Devereaux, Stratford Mayor Martin Ritsma and Madi Cardno.



Gateway hosted its Blueprint to Impact workshop to collectively shape the organization's direction for the years to come.

Goderich Library brings back popular holiday craft program

Sun Correspondent

Back due to popular demand, Homemade Holidays returns to the Huron County Library Goderich Branch to promote festive creativity.

Now offered at the Bayfield location as well, Homemade Holidays offers free, lightly guided craft sessions for anyone seeking connection and creativity over the

Attendees will make Christmas crafts and learn from local artist, Michele Miller.

According to Danielle Bettridge, branch manager at the Goderich Library, this gives people a chance to slow down and connect with others in the community.

"Some folks are socially isolated, and this offers them an opportunity to get out and meet their neighbours," said Bettridge.

"With the program being free, this makes a huge difference for people who are pressured with the cost of living."

Upcoming Goderich Homemade Holiday dates:

- Nov. 29: Gnome Ornament
- Dec. 1: Cozy Candle Painting



A few of the staff at Goderich Library (L-R): Avery Baker-Greaves, branch assistant, Rachel Garlend, branch assistant, Danielle Bettridge, branch manager.

• Dec. 3: Record Christmas Wreaths

• Dec. 11: Leather Gift Card Pouches

• Dec. 13: Rustic Winter Wreath

Participants are encouraged to register as soon as possible due to popular demand by contacting the branch.

Running for three years, the program has grown in class capacity to accommodate the community's needs.

Bettridge explains that she just loves seeing how excited patrons are to show their final creations.

'When they take the time to share their gratitude and tell us how much fun they had, it really means a lot," added Bet-

"It shows that the program is not only a success but that it's making a genuine impact by bringing people together, inspiring creativity, and giving them something to feel proud of."

The Goderich Library will be offering additional programming until the end of the year, such as Tech Times, taking place on Fridays from 11 a.m. to 12 p.m., Art in the Library, taking place on Nov. 29, from 10 a.m. to 12 p.m., and Writer's Club will return on Dec. 10 from 6:30 p.m. to 7:30

To learn about additional programs, visit huroncountylibrary.ca for more details.

The Well Community Collective offers free meals and support to Goderich youth

ALEX HUNT

Sun Correspondent

Since its grand opening last month, The Well Community Collective Youth Hub in Goderich is serving youth with smiles and support.

The Well Youth Hub in Goderich has seen busy lunches from its local youth since its Oct. 8 grand opening. Youth Wellness Facilitator Alison Snell said the hub is currently making connections with the youth and is seeing an increase in youth participation in drop-

Open in Goderich, on Tuesdays from 11 a.m. to 6 p.m. Partnered with the Canadian Mental Health Association Huron Perth for counsellor support. The hub helps youth who are struggling with substance use, housing, employment, education, food insecurity and mental health challenges.

"We want every youth to feel safe, and we want them to know there are resources out there; we are here to help them," said Snell. "We don't want them to feel alone, so connecting with them and providing programs can help open up and get them the help they need.'

(From left to right) Emily Zinn, community engagement prevention, Alison Snell, youth wellness facilitator, Rikki Moffatt, student field placement.

The Goderich hub is one of the three collective hub locations, with two oth-

ers stationed in Exeter and Kincardine. A fourth location is scheduled to open in Listowel next month.

Along with support services and free lunches. The hubs will provide basic items to youth in need, such as toothbrushes and clothing.

"It's very rewarding to go to each of our hubs and connect with the youth. Seeing them smile, knowing they have a safe place to hang out, get a meal, and access support, that's what makes all the work worth it," said Snell. "We want every young person to feel safe, supported, and know they're not alone."

The Well Community Collective's mission is to create safe, accessible, and supportive spaces for rural and marginalized youth, where they can access the help they need without fear of stigma or judgment.

The Well also involves young people in designing programs and shaping services to ensure the hubs reflect the needs of the communities they serve. Through trauma-informed, inclusive and evidence-based care, The Well aims to make sure no youth feels alone, overlooked or unsupported.

SUBMIT YOUR LETTER TO THE EDITOR TO US!

CALL 519-655-2341 OR EMAIL INFO@GODERICHSUN.COM

Trail Talk: A Strange Time of Year to Feature Butterflies

PATRICK CAPPER

Sun Contributor

November may seem an odd time to feature butterflies, but "Butterflies in My Back Yard" (BIMBY) recently released their 2025 report. A study on the Monarch migration has also been released.

A microchip weighing 60 milligrams was developed by Cellular Tracking Technologies that enabled 400 Monarchs to be tracked

According to the report, Monarchs can fly 50 to 100 miles a day, and one record flyer travelled 3,000 miles south from Long Point Ontario, but as it did not go on the most direct route, it covered about 4,000 miles, unlike most Monarchs which don't fly all the way to Mexico in one year.

The Canadian BIMBY project involved 443 Observers who made over 35,000 observations to iNaturalist and included 234 species of butterflies.

Two British Columbia Observers reported 101 different species, while the highest species count in Ontario was 54 (I photographed 50 different species).

The place for Canadian butterfly enthusiasts is around Princeton B.C.

The furthest north report was of Ross's Alpine on July 6, a bit northwest of Cambridge Bay, and furthest south was of an Eastern Tiger Swallowtail on Pelee Island on July 3.

The earliest observation was of a Mourning Cloak on Jan 12 in B.C. when it was 7oC, but in Ontario it was not until March 18 that a Mourning Cloak and Eastern Comma were seen.

My last sighting of one was of a Clouded Sulphur on November 4, (in 2024 I saw some on November 18).

I notice that Mourning Cloaks often nectar on periwinkle blossoms in spring, as it is one of the earliest spring flowers, also Clouded Sulphur nectar on spotted knapweed in October as it is still blooming then.

Thus, two alien invasives benefit from some butterflies.

One of the reasons cabbage whites are so common is that they nectar on many



Monarch Butterfly.

different species of flower, while some other butterflies only nectar on a few flower species.

The most observed species were cabbage whites (2,775 observations), then Monarchs (2,517), Clouded Sulphurs (1,745), Northern Crescents (1,392), Woodland Skippers (929) and European skippers (878).

What I found interesting is that no Monarchs were seen in B.C. though there are historical records of them there. Woodland Skippers are only seen in western Canada

There was an eruption of California Tortoiseshells in B.C. as 348 were seen, compared with zero sightings in 2024. I noticed the opposite effect with red admirals, as I saw 108 in 2024 but only two this year. BIMBY reported 1,136 in 2024, but only 267 this year.

There were 23 species with only one observation, and five with only two.

My least common species were the Taw-

HOME MEALS

ny Emperor (I saw four of the 14 seen), with the one at Wingham being the most northerly.

Hackberry Emperors had 14 observations, with mine being the most northerly at Hullett, apart from one near Montreal. Both Emperors are only seen near hackberry trees, which are at their Northerly limit in the Maitland River valley.

NOTES:

The Menesetung Bridge across the Maitland River at Goderich is now closed to pedestrians and cyclists. It is expected to be reopened on December 13

The trail entrance at 80918 Sharpes Creek Line is now closed for expected pit work.

Deer gun hunting December 1-7 when the majority of the Maitland Trail will be closed The Maitland Woods, Millennium and the G2G trails will all stay open as hunting is not allowed on them. **Saturday, November 29 at 11 a.m.** - Mindfulness Walk - Meet at the Millennium Trail in Goderich, Nelson Street East entrance.

Designed for those who want the benefits of meditation but prefer to move.

For more information and to confirm your attendance, please contact Tanya at redroofrecovery@gmail.com or text 519-616-3636.

These walks are at 11 a.m. on the last Saturday of every month.

Sunday, December 7 at 1 p.m. - The Bayfield River Trail Association is holding a candy cane hunt on the Varna Trail.

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 9 a.m. and can be joined through One Care.



(CONTRIBUTED PHOTOS)

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Bringing the spirit of the season to Goderich with A Home for the Holidays

GODERICH SUN STAFF

info@goderichsun.com

Home for the Holidays will take place at Goderich Legion Branch 109 on December 2, hosted by local restaurant, Steve and Mary's on the Square.

Hosting the third annual dinner, Steve and Mary Bruce of Steve and Mary's on the Square are proud to be hosts for a special evening of celebration and giving back to the community.

A Home for the Holidays will provide individuals and families with a traditional Christmas dinner, surrounded by caring volunteers and festive surprises throughout the evening.

This free event is a drop-in dinner for anyone in need of a Christmas meal. The event runs from 4 p.m. until 7 p.m.

Steve and Mary's on the Square will also finish collecting donations of non-perishable food items, hygiene products and toys to fill hampers that will be donated.

Donations to the hamper campaign can be dropped off at the restaurant at 58 Courthouse Square until December 2.

Last year the event fed 220 families.

"Our community has always been there for us, and now it's our turn to give back," said Steve and Mary Bruce.

"This event is about creating a home away from home, one filled with warmth, joy and holiday spirit; those who need it most."

Now in its third year, the Home for the Holidays event reflects the generous spirit of Goderich and the belief that no one should be without a sense of belonging during the holidays.



KATHI FEN SMITH PHOTO

In addition to the meal on December 2, Steve and Mary Bruce are accepting donations for

Huron Hospice launches Wings of a Dove fundraiser with support of four local donors

GODERICH SUN STAFF

info@goderichsun.com

Huron Hospice launched its annual Wings of Dove fundraiser on November 18. The annual campaign raises money to fund the Loss, Grief and Bereavement Service at Huron Hospice.

Willy Van Klooster, Executive Director at Huron Hospice explains that the Grief Service helps children, as young as four, to youth and adults of any age, learn how to manage their grief.

"Loss is something we experience at any age, and when we do, we grieve," said Van Klooster

"Some people have difficulty managing their grief. That's where Huron Hospice can help. It's ok to say I need help."

According to Van Klooster, when people donate to Wings of a Dove campaign this year, Compass Minerals, Merner Contracting, the Lions Club of Brussels and an anonymous donor will match all gifts up to \$20,000.

Compass Minerals, the Lions Club, and Merner Contracting have been wonderful supporters of the campaign for several years.

"This year, just after volunteers put letters in the mail, an anonymous donor called and expressed interest in participating," added Van Klooster.

"The match means a gift of\$100 be-

"The match means a gift of\$100 becomes \$200, and \$250 grows to \$500, or \$500 becomes \$1,000."

Grief Service is offered at no cost to the user because the last thing a family should have to worry about at a challenging time is the cost of services.

According to Van Klooster, grief service is about ensuring that compassionate care is available throughout Huron County.

To support the campaign, donations can be made online at www.huronhospice.ca, by e-transfer or over the phone.

If donating by cheque, it can be mailed to Huron Hospice at 98 Shipley Street in Clinton or dropped off at Bender House.

For any questions, call 519-525-7352.

Cycling Without Age celebrates over 100 rides this year

KATHLEEN SMITH

Editor

Cycling Without Age (CWA) is an organisation that aims to reduce social isolation and increase both mental and physical health for participants.

Using specialized electric pedal-assisted trishaws to carry up to two passengers, local volunteers, known as pilots, visit care homes, senior centres and community groups to offer rides.

According to CWA Canada, the program nurtures emotional well-being by allowing passengers to reconnect with nature, their community, and the world around them.

CWA Goderich celebrates another successful riding season with over 100 rides, with majority of the rides out of Southbridge, Harbour Hill or Goderich Place.

According to Gerry O'Brien who runs CWA Goderich, private rides are still promoted, where individuals are picked up from their homes, but the uptake has been limited.

Approaching its fifth season, CWA Goderich must start planning for the inevitability of the bike eventually needing serious maintenance.

O'Brien explained in a letter to Town Council that CWA Goderich has been approached by charitable organisation 100 People Who Care. CWA has been asked to do a presentation, which could result in a significant donation from 100 People Who Care.

"However, the organisation requires charitable receipts for its members, and we are not able to provide that," said O'Brien.

"It is my understanding that the Town has non-profit organisations under its umbrella that could fill this role."

O'Brien attended the November 10 Town Council meeting to request a possible solution that would establish a reserve fund and a vehicle for issuing charitable receipts to donors.

"I get so much joy from seeing that bike around town and the smiles on the faces in the carriage on the front. It's an amazing initiative that you have going on here," said Deputy Mayor Leah Noel following O'Brien's presentation at council.

"I'd like to pursue it if we can."

Council questioned to Town Staff on how to make this happen for Cycling Without Age, including the logistics on how to set up a reserve fund to issue charitable receipts.

A staff report will update Town Council on the arrangement to date, while identifying what needs to happen to initiate a reserve fund. The report will be presented to Council at a future meeting before a final decision is made.

For information on Cycling Without Age visit https://cyclingwithoutage.ca/goderich/



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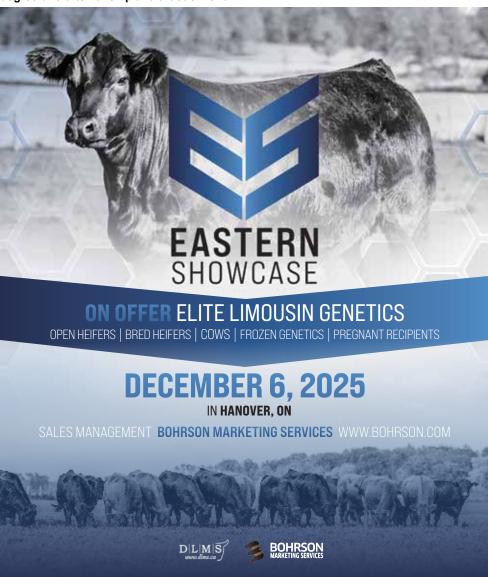
Heritage Recognition Ceremonies in Goderich

Heritage Recognition Ceremonies was held on Wednesday, November 19 to recognize architectural style and design value, while showing respect to the Town's heritage.



(CONTRIBUTED PHOTO

Owners Kevin Soehner and Garry LaRose, along with Mayor Bazinet and the Municipal and Marine Heritage Committee, unveil the new heritage designation plaque at 90 St. Patrick Street. This home has received its official heritage designation due to its rare example of an architectural style and construction method, and its design value as it displays a high degree of craftsmanship and artistic merit.





(CONTRIBUTED PHOTO)

The Municipal and Marine Heritage Committee, along with Mayor Bazinet, recognizes Sonya and Jon Jackson, owners of The Red Door, as recipients of a Heritage Recognition Certificate.

This award is given to recognize building owners in the Town of Goderich who show respect to the Town's heritage and follow the procedures of the Heritage Conservation

Choosing Grace: The Gift of Waiting

PAMELA CLAYFIELD

Sun Correspondent

There's a particular kind of magic that settles over us in the weeks before Christmas. It's not just the twinkle lights or the scent of apple-cinnamon and pine. It's something quieter, deeper—a hush that invites us to pause, to reflect, and to wait.

Waiting isn't something humans are naturally good at. We live in a world of instant everything including answers and deliveries.

Advent, by its very nature, asks us to slow down. It's a season of anticipation, of preparing our hearts for something more than just the constant hustle and bustle of life. And in that waiting, there's a kind of grace.

This past weekend, our community gathered for the annual Festival of Lights and Santa Claus parade. By the time you read this, the lights will already be glowing, and the echoes of carols will have faded, but the spirit of that night lingers.

Children's eyes wide with wonder, neighbours bundled in scarves, sharing smiles and hot chocolate, and for a few hours, time seemed to stretch—not in impatience, but in joy.

That's the thing about this season. Even as we count down the days, we're invited to look back and reflect on the year that's passed, including the challenges we've faced, the growth we've earned, the people who've walked beside us.

Somehow, during all that reflection, we find ourselves softening. We hold doors open a little longer, we speak a little more gently, and we give a little more freely.

Maybe it's the music or the memories. Maybe it's the way the cold air makes us huddle closer, but kindness seems to bloom more easily in December. Perhaps that's the greatest gift of all; not the presents we wrap, but the presence we offer each other.

As we move through these next few weeks, let's choose grace in the waiting. Let's notice the beauty in the buildup, the holiness in the hush.

Let's be grateful not just for what's coming, but for what's already here: the lights, the laughter, and the love that surrounds this community.

When Christmas morning finally arrives, may we meet it not with exhaustion, but with open hearts, ready to receive, to rejoice, and to keep choosing grace.

An Evening Filled with Holiday Magic

PAMELA CLAYFIELD

Sun Correspondent

Saturday evening was filled with holiday magic as the annual Festival of Lights and Santa Claus Parade brought

the community together.

Crowds listened and sang along to favourite Christmas songs before kids joined Mayor Bazinet for the count-

Right after, families lined the square

to watch floats, bands, all while waiting patiently for Santa himself.

The event was wrapped in spirit. Neighbours greeted one another with warmth while children's laughter filled the air. The glow of the lights reminded everyone that the season is about joy, kindness, and gratitude.

As the countdown to Christmas begins, the Festival of Lights and parade set the perfect tone for a holiday season filled with community and cheer.



Rotary Club.

(COLBORNE LAKEVIEW PHOTOGRAPHY PHOTO)



Compass Minerals.

(COLBORNE LAKEVIEW PHOTOGRAPHY PHOTO)



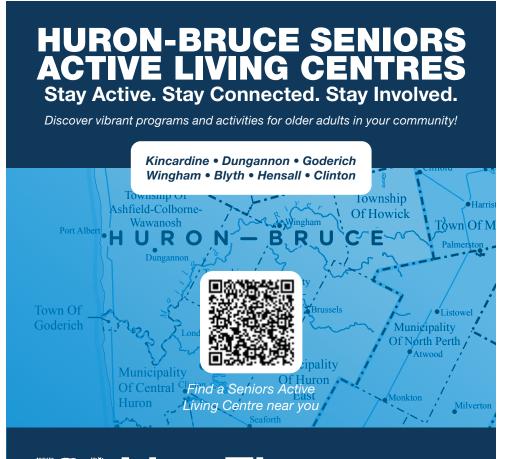


Salvation Army.

(COLBORNE LAKEVIEW PHOTOGRAPHY PHOTO)



Members of Goderich Council at the Festival of Lights and Parade. (L-R): Councillor Randy Carroll, Councillor Allison Segeren, Councillor Vanessa Kelly, Mayor Trevor Bazinet, Councillor Liz Petrie and Councillor John Thompson.





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Goderich Sun SPORTS

Figure skating legends Kurt Browning and Alissa Czisny inspire local skaters in Goderich

GODERICH SUN STAFF

info@goderichsun.com

Goderich Skating Club members experienced something incredible and inspirational at the end of October, as skating icons Kurt Browning and Alissa Czisny visited the Maitland Recreation Centre (MRC).

The evening also provided an opportunity for members of the local skating club to receive elite training.

According to the Goderich Skating Club the Junior and Senior STARSkate athletes filled the arena, eager to learn from two of the sport's most respected champions.

"We are incredibly grateful to Kurt and Alissa for generously sharing their knowledge, expertise, and passion for skating with our athletes," remarked Coach Trycia-Grace Lynch.

The event began with Browning and Czisny sharing stories from their competitive careers, while offering words of encouragement. The two champions emphasized the importance of passion, perseverance and joy in skating.



Members of the local skating club then hit the ice for intensive training led by Browning and Czisny.

Browning is a four-time World Champion known for his artistry and groundbreaking technical skills. He captivated the rink with demonstrations, tips and personalized feedback.

Czisny is a two-time, U.S. Champion who was celebrated for her elegance and edge quality. She guided the young skaters through spins, posture, and per-

formance techniques. "Our

skat-

ers were inspired to learn that these two friendly and world-renowned champions also grew up in small, farming communities," added Coach Lynch.

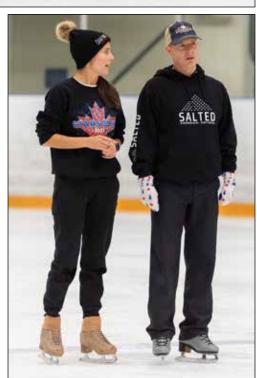
"[This is] proof that becoming a World Champion Figure Skater is a dream well within reach for our Goderich skaters."

After the young skaters soaked up the wisdom for world-class mentors, the evening wrapped with photos, autographs, and gratitude for this rare opportunity

"Having legends like Kurt and Alissa work directly with our athletes is not only inspiring, but also the kind of moment that can shape a skater's future," added Erica Baer, Goderich Skating Club President.

The Goderich Skating Club continues to offer unique experienced to enrich its members with new skills and inspiration, while fostering a passion for skating for athletes of all ages.

Next on the agenda for the Goderich Skating Club is the annual Holiday Showcase on December 15. It's a free event, open to the public and hosted at the MRC.



(HOLLY DALTON PHOTOS)

Right: Kurt Browning (right) with Alissa Czisny.

Below: Kurt Browning providing insight into a certain skill during the onice session with Goderich Skating Club.





Young Canada Week in the 1990s celebrated 50 years of the beloved hockey tournament

RICHARD MADGE

Sun Contributor

Beginning in 1990 the Goderich Lions Young Canada Week (YCW) hockey tournament rolled into its fifth decade.

Despite how much time has passed, the tournament continued to draw teams from all over Ontario to fill the various divisions.

The Goderich Lions peewee team gave the local fans something to shout about by winning the 'B' Consolation title.

Dennis Williamson, a YCW alumnus who starred on the Goderich Siftos Junior 'B' team in the 1960s, coached the peewees that year.

Port Perry won the 'B' championship, London the 'AA' division title, Mooretown the 'A' championship and Durham and Milverton were the 'C' and 'D' champions, respectively.

In 1991, a team from North Bay went undefeated to win the 'AAA' championship, Ajax won the 'AA' division, while Barrie took the 'A' and East Gwillimbury captured the Reg McGee and Sons Trophy in the 'B' section.

Lambeth were the 'C' winners and Thamesford took the 'D' championship.

North Bay repeated as the 'AAA' champions in 1992, while Guelph, London, St. Marys, Dresden and again Thamesford earned the championships in other divi-

Les Finch, formerly of Sarnia, took time off from his position with American Airlines in Vancouver to return to Young Canada Week as a referee.

The opening face-off of the 1993 tournament honoured Marilyn Bannister, a long-time supporter and regular attendee at the tournament.

In more recent years, the bequest left by Marilyn and her husband Carlyle supported several community endeavours, including the rebuilding of what is now named Bannister Park.

In the 1993 YCW, the 'AAA' category had to be cancelled when teams from North Bay and Dearborn, Michigan had to withdraw last minute.

Stratford defeated London 6-0 to win the 'AA' division, while Clearwater won the 'A', Port Elgin edged Listowel 3-2 to win the 'B' division, and Langton won the 'C' division while Ilderton won the 'D' title. Ilderton also won the Stan Stokes Trophy as the most sportsmanlike team.

In 1994, Lion YCW Chair George

Zolob, minor hockey executive and referee Kevin Meriam, referee-in-chief Ken Crawford, and long-time YCW announcer Clem Wolterbeek, combined forces to organise the 45th Young Canada Week tournament.

The 'AAA' division returned and was won by Kitchener.

London won over Stratford in the 'AA' category, and Brantford won the 'A' title.

It was Port Elgin that repeated as 'B' champions while Lucknow prevailed in C' and Chatsworth won the 'D' division.

The 1995 tournament produced championships for Kitchener, London, Riverside, Wallaceburg, Dresden and Parkhill.

The Goderich Lions team won the 'B' championship in 1996, the first time for a Goderich team since 1980.

The team, coached by Kevin Meriam, and led on the ice by his son David, also won the most sportsmanlike team trophy.

The 48th Young Canada Week in 1997 had a total of 66 teams in action.

Sun County won over Waterloo to take 'AAA' honours, Georgetown won in 'AA' and St. Marys, a 'B' team won its first 'A' championship.

Dorchester won the 'C' title and Lucan repeated as the 'D' winners.

At the opening ceremonies of the 1998 tournament, local hockey hero Larry Jeffrey presented long-time volunteer Bill Leeson, with a jacket and cap designated to celebrate the up-coming 50th Young Canada Week, played in 1999.

Kitchener defeated Huron-Perth Lakers to win the 'AAA' championship in 1998, Hamilton won the 'AA" division, Riverside the 'A' division, while Petrolia, Lambeth and Watford were the 'B', 'C' and 'D' champions.

In 1999, this was the much celebrated 50th Young Canada Week tournament and it was done up in a memorable way.

A long list of NHL celebrities, headlined by Jean Beliveau, attended and did autograph sessions, the Stanley Cup was on display, former players, organised by eras, appeared on the ice. There were bands, choirs, special on-ice ceremonies and an exhibition game between the Goderich Lions peewees and a team from Harbour Grace, Newfoundland.

The grant-daddy of all minor hockey tournaments was suitably recognized at the end of the 1990s, and the tournament soon entered its sixth decade.

Next month, we'll take a look back at the YCW in the 2000s.

Sunsets of Goderich



A warm sky for these increasingly colder days, taken on November 17. (DAVE WISE PHOTO)

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



"Home For The Holidays" With Steve And Mary Ots Wake Up Wednesday - "Mind Mojo" With Tanya Macintyre - 9 a.m. December 2

December 3 Sponsored By Unifor Local16-0

December 3

Legion - General Meeting - 7 p.m. Catch The Ace Live Draw, Meat Draw 5 p.m., Live Music - Rae Melvin Live Band - Irish Cowboys December 5

December 6

Ladies Aux - General Meeting - 7 p.m.

Wake Up Wednesday - Shannon Malolepszy - Relaxing Chair Yoga - 9 a.m. Sponsored By Unifor Local16-0 December 10

December 12 Catch The Ace Live Draw, Meat Draw 5 p.m., Live Band - Elvis Tribute Artist

Live Band - Macadam Road December 13

Legion - Executive Meeting - 7 p.m. December 17

"Light Up The Holidays" Candle Making Event - 6pm Email To Book: Jennyfence@Hotmail.com December 19 Catch The Ace Live Draw, Friday Meat Draw - Mega, Karaoke 7 p.m.

December 20 Saturday Meat Draw - Mega, Holiday Maker Market - Jubilee Hall - 9 a.m. Wake Up Wednesday - Join Us For Cozy Company. No Guest Speaker.,

Sponsored By Unifor Local16-0, Closing at 4 p.m. - Happy Holidays

December 25 December 26 Closed For Boxing Day

Live Band - Terry Bedard

December 31

December 30 Ladies Aux - Executive Meeting - 5 p.m.

Wake Up Wednesday - Join Us For Cozy Company. No Guest Speaker.

Sponsored By Unifor Local16-0, New years eve party - with music by Retrospect - food from Steve & Mary's - Tickets \$45/\$55 at the door - available at main floor bar.

day Cornhole 7 p.m. • Every other Monday Goderich Reads Book Club 10 a.m • Bingo every Sunday Afternoon doors open @ 11:30 a.m.

• Euchre every Tuesday night 7 p.m. Please bring a partner. • Jammers every Wedi

ednesday Senior Technology "Back To School" Camp - 10 a.m. • Fun Darts every Thursday 7 p.m. Pepper Cards 1 p.m. • Line Dance Lounge every Thursday 7 p.m. • Cribbage every Friday afternoon

• Every 4th Friday Wits & Giggles Trivia Sponsored By Old Saltie Fish & Chips - 6:30 p.m. 5 Card Bingo Every Friday 3:30 p.m. • Monday - Friday - Cafe 109 - 9 a.m. to 1 p.m. - Coffee Provided By Steve & Marys On The

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Bayfield Artist Guild Lights Up December at the Coop Gallery

CAROL MCDONNELL

Sun Contributor

The Goderich Co-op Gallery is pleased to welcome the Bayfield Artist Guild as its Visiting Artists for the month of December

Based in Bayfield, Ontario, the guild is a vibrant collective dedicated to supporting and encouraging artists in the village and surrounding area.

Through workshops, guest speakers, and community connections, the guild fosters creativity and provides an inclusive space for visual artists at every level.

Their December exhibit features recent work by member artists, offering a glimpse into the talent and imagination thriving within the Bayfield arts community

Holiday gift inspiration abounds at the Co-op Gallery this season. In addition to the work of resident painters, potters, jewelry makers, glass artists, and woodworkers, the gallery is also pleased to showcase four featured Christmas Artisans, presenting work in fused glass, woodwork, and painting, ensuring there's something unique for every art lover on your list.

Visitors are also encouraged to explore

the gallery's **Gift Shop**, which features a wide selection of original art and hand-crafted items **priced at \$50 and under**, ideal for thoughtful holiday giving.

Music will fill the gallery on **Friday**, **November 28**, when the **award-winning** a cappella harmony group Romancing the Tone performs from 4 p.m. until 6 p.m. Visitors are invited to enjoy an evening of art, song, mocktails, and appetizers.

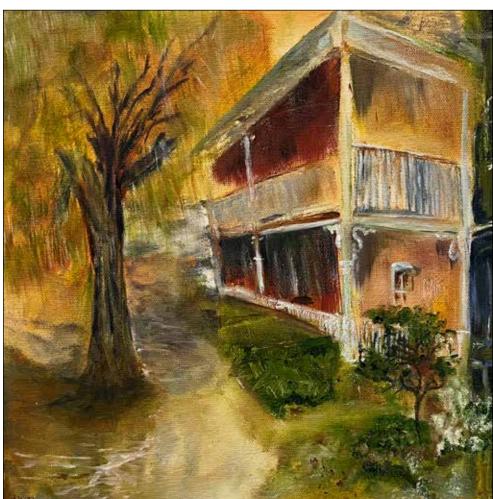
To round out your seasonal shopping, the gallery once again presents its annual **Silent Auction**, featuring an exciting selection of artwork by member artists.

Items can be viewed in person at the gallery or browsed and bid on online. Bidding closes on Friday, December 5, so be sure to get your bids in before the deadline.

The Co-op Gallery extends heartfelt thanks to its **visitors and supporters** for continuing to stop in throughout the extensive construction on the Square this spring, summer, and fall.

With work now wrapping up for the season, front-door access is once again fully open for visitors, making it the perfect time to stop in.

For auction details, visiting hours, and more December highlights, visit **gcgallery.com**.





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(CONTRIBUTED PHOTOS)

Top right: Bayfield Artist Guild (BAG) member Lori Webb Thompson. Right: BAG member Louisa Gamoyda.

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Goderich Little Theatre presents thrilling adventure of James and the Giant Peach

KATHLEEN SMITH

Editor

Goderich Little Theatre (GLT) will soon present the thrilling adventures of an adaptation of Roald Dahl's James and the Giant Peach.

The story follows James, a young boy who loses his parents to an unfortunate accident involved an angry rhinoceros. James is then sent to go live with his two nasty aunts, Aunt Spiker and Aunt Sponge.

During this time, James embarks on a thrilling adventure after a giant magical peach appears. Befriending a group of giant talking insects including Old Green Grasshopper, Ladybird, Miss Spider, Earthworm and Centipede, James and his new friends go on a whimsical and magical journey learning about friendship and family along the way.

"I wanted to direct this play for a few reasons," admitted Keith King, Director.

"One, is to do a play that can offer roles for all ages, and two, is to offer a show in our season that families may attend."

With a cast of 31 actors, this GLT production of James and the Giant Peach is not only a recognizable story to the audience, but it a show that hasn't been done at the GLT before.

According to King, the overall tone of the show is to always hold onto the hope that things will get better after bad



(CONTRIBUTED PHOTO)

Six main characters of GLT's James and the Giant Peach at rehearsals last week (L-R): Chase Nauss (James), Valeria King (Ladybird), Steve Howard (Centipede), Callista Griffin (Miss Spider), Ariel Cousteils (Earthworm), and Will Kernohan (Old Green Grasshopper).

things happen. King hopes the audience will take away the feeling that family can come from anywhere.

"What I hope the audience leaves with is a night of enjoyment, wonder and time spent with family during the holiday sea-

son," added King.

Sponsored by West Wawanosh Mutual Insurance, James and the Giant Peach by GLT will use a mixture of actors and puppetry to tell the story.

Showtimes:

December 3 at 7:30 p.m. – Preview Night

December 4 until December 6, and December 11 until December 13 at 7:30 p.m. December 7 and December 14 at 2 p.m. For tickets visit https://www.thelivery.ca/season

James and Giant Peach Character ist:

James Totter: Chase Nauss
Old Green: Will Kernohan
Miss Spider: Callista Griffen
Ladybird: Valerie King
Centipede: Steve Howard
Earthworm: Ariel Cousteils
Aunt Sponge: Kati Sutherland
Aunt Spiker: Kate Johnston
Mrs. Trotter: Mandy Salmond
Mr. Trotter/Number Two: Todd Baker
Old Man: Paul Cook
Tour Guide: Norah Godwin

Captain of the Queen Mary: Richard Madge

News Reporter/Number One: Tim Damen

Ensemble:

Wyatt Sutherland, Ameila Cook, Keifer King, Leora Greer-Armour, Caitie Cochrane-Chick, Nathan Cox, Emmerson Hogervorst

Michelle Ernst, Ryan Rader, Evangeline Jackson, Eleni Kappos, Annie Lalonde

Kenzie Campbell, Vayda Cascadden, Lauryn Steinman, Josie Cochrane, Jillian Hataway

Goderich Duplicate Bridge Club Results

On October 28 the club had eight and half tables directed by Bob Dick:

1st – Cal Scotchmer and Janet Bloch – 62.80%

2nd – Bob Dick and Keith Allen – 62.17%

3rd – Shirley Thomas and Tom Rajnovich – 61.31%

4th – Arnie Parker and Bill Hansen – 57.67%

5th – Brian Reeve and Graham Yeats – 54.76%

6th – Garth Sheldon and John Davies – 54.23%

On November 4 the club had 10 and half tables directed by Robert McFarlane:

1st - Graham Yeats and Brian Reeve - 63.32%

2nd – John Legate and Stephen Jacob – 61.42%

3rd – Mary Lynne Telford and Paul Spittal – 60.86%

4th – Brenda Blair and Pat Lewington – 58.81%

6th – John Archbold and Lorraine Petrie – 55.53%

5th – Brian Smith and Larry Silver – 55.91%

5th – I

On November 11 the club had eight and half tables directed by Robert McFarlane:

1st – Brian Reeve and Graham Yeats – 67.20%

2nd – Joan Lounsbury and Mary Lapaine – 60.85%

3rd – Greg Bowman and Michele Hansen – 58.47%

4th – Cal Scotchmer and Evy McDonagh – 57.25%

5th – Keith Allen and Bob Dick – 54.76%

6th – Mary Ann Stokke and Tom Rajnovich – 52.68%

On November 18 the club had nine tables directed by Robert McFarlane:

1st - Stephen Jacob and John Legate - 62.96%

2nd – Evy McDonagh and Cal Scotchmer – 61.57%

3rd – Tom Rajnovich and Shirley Thomas – 59.95%

4th/5th – Doug Elliott and John Archbold with Lyalle Meldrum and Steven Watson – 58.56%

Pick Up Locations

6th – Michele Hansen and Greg Bowman – 57.64%

***Goderich Sun**

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

Zehrs Goderich Goderich Convenience Food Basics Maitland Recreation Centre Fincher's Culbert's Bakery Blake Street Bakery
The Book Peddler
Steve and Mary's on the Square
Huron County Library Goderich
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Hospital Huron County Museum River Run Restaurant Rexall Goderich Legion Branch 109 Goderich St. Vincent de Paul

Habitat ReStore Comfort Inn

First Baptist Church of Goderich: Led by the Spirit of God

DAVID YATES

Sun Contributor

The first meeting of Baptists was held in the home of James Lewitt's home on April 1, 1902. Lewitt, the Goderich Knitting Company manager, was a devout adherent of the Baptist cause.

He gathered the few Baptists in Goderich and convinced them that Goderich was a ripe field for the evangelical denomination.

His pioneering work, and those of a few devout congregants, established the Baptist Church in Goderich on the corner of Montreal and Markets streets.

Over 120 years later, from their humble beginnings at the church continues to thrive and survive in a secular world.

The Baptists were always a tiny faction in Goderich.

The 1848 census lists only six Baptists in Goderich. Yet, as early as 1868, a Baptist Church had been established on the Base Line south of Auburn.

Clinton's Baptist Church was built in 1882. Lewitt appealed to Rev. James Dunlop, the Clinton Baptist pastor, in 1901, about the need for a permanent present in Goderich (Dunlop's son, William Dunlop, become Ontario Minister of Education from 1951-1959).

Dunlop readily agreed to share mission work in Goderich and in 1902, held the first services in Smith's Hall on East Street (later the Grayhurst Building, destroyed in the 2011 tornado).

In the early years, the congregation met at the Temperance Hall and in 1905, rented the lecture hall in the Goderich Library.

The church's first baptisms were held in the Maitland River by Piper's Dam.

"Having been led by the Spirit of God," Lewitt petitioned at the Baptist Home Mission Board for recognition of the Goderich congregation.

The Home Mission Board agreed and appointed a student pastor, C.R. Jones to take charge of the work in Goderich.

Lewitt organised a board of three deacons, three trustees and a secretary-treasurer to oversee the congregation's growth, which soon demanded its own



CONTRIBUTED PHOTOS)

First Baptist Church on the corner of Montreal and Market streets was called a 'handsome and commodious place of worship'.

church edifice.

The corner lot on Market and Montreal streets was purchased and work commenced on raising funds for a new church.

On October 18, 1905, the board approved the design for an impressive 50x60 foot building with a basement and seating capacity for 250 people.

The front exterior was made of pressed brick, the remaining brick would be kilned in Benmiller. A church tower denoting its purpose as a house of worship would surmount the main doorway.

On May 24, 1906, the church's cornerstone was 'well and truly laid' before a large audience, according to the Goderich Star

Participation by the local clergy who endorses the work of the new congregation made it an ecumenical service. Rev. W. Norton, Home Missions Superintendent, and Rev. H. Wright, Goderich Baptist minister, laid the stone with a silver trowel.

A time capsule of local papers among other items was laid in the stone for future generations.

Rev. Norton articulated the principals of the Baptist church. As an evangelical church, Baptists believed that he main divisions between people were neither race nor class, but between the saved and those needing redemption.

Rev. Norton explained that Baptists be-

lieved that 'all life responsibilities are of a personal character – faith, repentance, forgiveness must be personal – and every man is in duty bound to study the Word for himself and to answer to God for himself'.

Every individual formed their own relationship with God.

Adult baptism, their distinguishing ritual, whereby the individuals made their personal decision to join the church, must be a conscience decision by the individual as only the individual could achieve one's salvation.

As soon as the cornerstone was laid, local tradesmen went to work on the new building.

They received much voluntary labour from the congregation. Rev. H. Wright was often seen with his sleeves rolled up helping to build the church.

At the January 1907 church business meeting, it was announced that in the last year, 13 members had been added to the roll and over \$1,000 raised in building funds

On May 26, 1907, the Baptist church was formally opened and dedicated.

Three public worship services were held for the occasion. The Knox Church Choir and the Blackstone Orchestra provided music accompanied by an organ made by the Goderich Organ Company.

Other congregants donated money for the front windows and a baptismal.

The Baptist Ladies' Aid Society, the first church organisation formed after the board, put on a supper in the library to celebrate

McMaster Baptist University's Rev. Dr. Cross gave the inaugural sermon.

The Star pronounced the new church a 'handsome and commodious place of worship', which must 'remove any doubt as to the permanency of their cause here'.

Indeed, in its first year, the church held 27 baptisms. Over the next few decades, the Goderich Baptist church took up its role in earnest in the community.

It held Red Cross meetings during the Great War, closed for three weeks during the Spanish Influence Pandemic and always supported the Temperance cause.

CONTINUE TO PAGE 20



A time capsule was placed in the cornerstone on Victoria Day 1906.



The Sanctuary of First Baptist Church. Five years after the church opened, pews were installed in 1912.

Town of Goderich recognizes outstanding citizens who make significant contributions to the community



(COLBORNE LAKEVIEW PHOTOGRAPHY PHOTO

The Environment Committee was recognized for the wealth of knowledge the committee shares to complete their work, including the implementation of the green organic bins in the community. Members included Con Melady, Michele Young, Eric Kirk, Rhea Seeger, and Barry Ward. Pictured are Councillor Allison Segeren, recipient Con Melady, recipient Rhea Seeger, recipient Michele Young, and Deputy Mayor Leah Noel.



(COLBORNE LAKEVIEW PHOTOGRAPHY PHOTO)

The Municipal and Marine Heritage Committee was recognized for all the work of past and present committee members including Alexander Bome, Vicky Culbert, Mary Gregg, Nancy Hughes, Mauren Nummelin, and Barry Page. Pictured are recipient Mary Gregg, recipient Nancy Hughes, recipient Vicky Culbert, recipient Barry Page and Councillor John Thompson



(COLBORNE LAKEVIEW PHOTOGRAPHY PHOTO)

Memorial Arena Task Force was recognized for the work done recently to decide what to do with the local facility. Those members recognized include Alexandra Kasper, Barron Purser, Michael Daly, Darren Scholl, Ralph Rubino and Ruby Debrouwer. Pictured are recipient Barron Purser, recipient Michael Daley, Councillor Liz Petrie, recipient Alexandra Kasper, recipient Ralph Rubino, Mayor Trevor Bazinet, Deputy Mayor Leah Noel, and recipient Darren Scholl.



(COLBORNE LAKEVIEW PHOTOGRAPHY PHOTO)

Rebuilding Downtown Infrastructure Task Force members were recognized for the work done over the past year including their work on the current downtown project that is on time and on budget. Members recognized include Vicky Culbert, Christopher Spaleta, and Colin Carmichael. Pictured are Councillor Randy Carroll, recipient Christopher Spaleta, recipient Vicky Culbert, Mayor Trevor Bazinet, Councillor Allison Segeren, and recipient Colin Carmichael.



(COLBORNE LAKEVIEW PHOTOGRAPHY PHOTO)

Committee of Adjustment Property Standards Committee members were recognized for their work with minor variances, with severances and with legally, non-conforming rules. Members recognized include Tony Decoo, Matt Hoy and Donny Rivers. Pictured are Matt Hoy (left) and Tony Decoo.



(COLBORNE LAKEVIEW PHOTOGRAPHY PHOTO)

Councillor Renumeration Task Force members were recognized, as they took on the task to objectively look at how councillors in the municipality are renumerated. This was done with a tremendous amount of research and comparison with other municipalities. The volunteers recognized include (L-R) Ralph Rubino, Chelsey Merkt, and Michael Daly.

Ask The Vet: Diet Trial Deep Dive Choosing the Right Food and Avoiding Pitfalls



DR. SOPHIE FARRELL

Sun Contributor

Last month, we talked about how a diet trial is the gold standard for diagnosing adverse food reactions (AFR) in pets. Now, let's get practical and dive into the nitty-gritty - how to choose the right diet, how to figure your pet's triggers, and how to avoid common pitfalls that can send a diet trial off the rails.

As a quick refresher, the diet trial is a strict process that involves four main stages:

- 1. **Elimination** (getting a clean slate)
- 2. **Challenge** (testing the theory)
- 3. **Confirm** (locking in the diagnosis)

4. Identify (the detective work) How do we choose the diet for the elimination phase?

A diet trial is not just switching to a different pet food. Because an allergy is an immune reaction to a trigger that the immune system has already been exposed to, we need to find a diet that contains only ingredients that the pet has never eaten before, or a diet with ingredients that are processed in a way that won't alert the immune system

to their presence.

So, what options do we have for a diet?

(1) Novel protein diets:

"Novel" proteins are the ones not found in most pet foods, so the pet is much less likely to have eaten them before. These are the diets with unusual ingredient combinations such as duck and green pea, kangaroo and oat, or venison and sweet potato.

Novel protein diets used to be the go-to for diet trials when I first started in practice. Unfortunately, over the years, many pet food companies have started selling retail diets and treats containing uncommon ingredients and often mixing more than one novel protein.

This "mainstreaming" of novel proteins makes it increasingly hard to find a diet containing only ingredients that a pet has never been exposed to before, especially for those pets that have eaten a wide variety of food and treats in their lives.

While these diets are typically more costly than "normal" diets, they can still be an option for pets with a limited food history.

(2) Home cooked with novel ingredients:

Making a trial diet at home can be a great way of avoiding potential contaminants and undeclared allergens in commercial pet foods, and some people really love cooking for their pets!

If you choose to do this, you'll have to work with a veterinary nutritionist to get a recipe that is nutritionally complete and balanced so that your pet gets all the nutrition they need. DON'T just pull a recipe off the internet. Studies have shown that many

pet food recipes available online are not nutritionally balanced, which can cause health problems.

The major drawbacks are that they're expensive (you must use whole cuts of meat because ground meats can pick up traces of other proteins from the grinder), time-consuming, and you have to follow the recipe exactly.

(3) Hydrolyzed protein diets:

"Hydrolyzed" protein means that the proteins have been broken down into pieces small enough that the immune system can't "see" them, so they don't trigger a reaction. These diets are also made under very meticulously regulated conditions to avoid cross-contamination.

The strict processes under which these diets are made makes them costly; however, they're a great choice for pets with an unknown food history or those who have been exposed to a wide variety of foods or treats.

In my experience, since so many of my patients fall into these two categories, it's still less expensive to feed a hydrolyzed diet for a shorter trial than to have to do several trials with different novel protein diets, so I will usually reach for a hydrolyzed diet for my diet trials.

Can I use a diet from the pet supply store for a diet trial?

Unfortunately, no. Studies have shown that many "over the counter" diets (even the single ingredient "clean" ones) contain either ingredients that aren't declared on the label or have traces of additional proteins in them (likely picked up from prior batches of food made on the same production line).

While this is no problem for your average healthy pet, these "extra" ingredients can be enough to ruin a diet trial by triggering a reaction. I treat a pet doing a diet trial just like a kid with a severe peanut allergy who can react to even a trace of peanuts — except that we don't know what that pet's "peanut" is (yet).

The diets available from your vet (both novel protein and hydrolyzed) have been carefully manufactured to avoid cross-contamination to avoid the risk of triggering a reaction.

Since all veterinary diets are guaranteed, if your pet won't eat it, or you have a problem with the diet, the manufacturers will either work with you to find a solution or give you a refund.

What is the most common mistake during a diet trial?

The most common pitfall during a diet trial is accidental exposure to a trigger. For the length of the diet trial, the only thing that can go into the pet's mouth is the trial diet since even a trace of a trigger protein can cause a reaction and make it look like the trial isn't working.

Remember, we don't know what the triggers are until step 4.

Here are common (but often overlooked) ways that other proteins can sneak in:

- Treats, chews and flavoured toys: Unless specifically manufactured to work with the trial diet, these need to be taken away during the trial.
- Flavoured medications: The proteins in the flavouring of medications and supplements can trigger a reaction. Your vet can help you switch to unfla-

voured versions.

- The Soft-Hearted Human: Someone in the family isn't on board and slips the pet a treat. I'll often hear "It was just a little piece" or "it was just once" (looking at you, Grandma!). Just like giving the peanut-allergic kid "just one peanut", any exposure to a trigger can cause a reaction!
- The Outside World: The friendly neighbour giving the dog a treat, or the dog picking food up off the ground. Some of my patients wear a basket muzzle to prevent this, with great results!
- Outdoor Cats: Cats need to stay indoors during their diet trial to prevent them hunting or eating from a neighbourhood feeding dish.
- Housemates: The "test pet" stealing food from another pet in the house or licking crumbs from their bowl. To prevent this, all pets in the house need to be fed separately, and their food bowls need to be picked up after meals.

If you're having trouble with your pet's diet trial, please reach out to your veterinary team for help. Even though a diet trial can take a long time and is finicky to do, the reward for your hard work will be a pet that is much more comfortable, so it's well worth the time and effort.

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.

First Baptist Church of Goderich: Led by the Spirit of God

CONTINUED FROM PAGE 18

In 1920, the church was prosperous enough to purchase a parsonage on Picton Street

An outreach mission was established at the Taylor's Corner church in 1923.

In 1927, the church paid off its building debt and became financially self-sufficient.

During the Great Depression, the church struggled financially. The Taylor's Corner mission was closed in 1933.

The financial situation became so acute that in May 1940, a congregational meeting was called to decide whether they would carry on as a church or not, because the church was not meeting financial obligations

Despite war and depression, members

stepped up their donations and the church survived

In the post-war years, the church thrived with the help of long-term congregants like Bill Chase who held church offices from a youth in 1949 until his passing in 2012.

In 1951, the Baptist Vacation Bible School hosted over 100 children and 20 volunteers. A new baptistry was installed in 1953.

By 1961, the Baptist church advised the Home Mission Board that 'we will, God willing, not needs any [financial] help again'.

By 1963, aside from the Sunday School and Ladies' Aid Society, the church had a Mission Band, Explorers Club, Junior Church, Women's Mission Circles, a Dorcas Club, a Couples' Club and a vibrant Baptist

Young People's Club with 70 members.

In 1964, the congregation officially changed the name to First Baptist Church to denote its adherence to the Baptist Convention of Ontario and Quebec and distinguish itself from the 1963 founding of Calvary Baptist Church on Bayfield Road.

In June 2009, Rev. Rod Gauthier accepted a call to minister at First Baptist Church. Rev. Gauthier reflected that moving with his wife Sherry and three teenage children from St. Catherines to Goderich was a big decision but a good one.

After 16 years in the pulpit, Gauthier feels blessed by the community and church he serves

On August 21, 2011, the F3 tornado damaged the church tower and tested the congre-

gation's will once again as the tower, windows, roof and walls were badly damaged.

Once again, the small but dedicated congregation rallied and repaired the tornado's damage.

After serving the longest tenure of any First Baptist Minister, Rev. Gauthier says he has seen the changing of the guard from generation to another.

When he first arrived in town, all the congregants were from Goderich, but now he sees people from the GTA, Kitchener-Waterloo and London, who contribute to church activities

Rev. Gauthier said this church has not only meant a lot to him and has meant a lot to the greater Goderich community for over 120 years.

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(CONTRIBUTED PHOTO)



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ANNETTE GERDES,

Sun Contributor

Winter in Canada is that magical time of year when everything looks like a postcard until

must step outside.

The air is crisp, the lights are twinkling, and the snow is cold.

I'll admit it right now; I'm not a fan of winter. My arthritis makes sure I feel every gust of wind and icy breeze right down to my bones.

Each year, I tell myself I'm going to embrace the season for the grandkids and make snowmen, drink cocoa, maybe even gift.

go for a sleigh ride.

Every year I remember why I don't. They're laughing and having the time of their lives, and I'm standing there wondering if frostbite can set in through mittens.

Still, I try, and maybe that's what winter is about, finding joy in the moments that make us a little uncomfortable and making sure we stay safe while we do it.

Even though I grumble about winter, I know it's important to look out for ourselves, and honestly, I should probably follow my own advice more often.

1. Ice Isn't Nice

There's nothing festive about a fall on the ice, no matter how sparkly the sidewalk looks. Good boots with proper tread are essential, and those ice grippers for your shoes? Brilliant. If the driveway looks slick, skip it and no errand is worth a slip.

2. Layer Like a Pro

Think of layering as wrapping yourself like a present, a warm, practical, slightly puffy

Hats, gloves, scarves and bring them all out. I keep an extra pair of mittens in my car, though somehow, I always lose one before January.

3. Light the Wav

With the short days, good lighting is your best friend. Keep porches, steps, and hallways bright and a few nightlights inside won't hurt either. You'll thank yourself during those late-night snack and bathroom run.

4. Stay Social Even When It's Snowing

Winter has a way of making us want to hibernate, but staying connected is the best way to beat the blues. Whether it's coffee with a friend, a phone call, or a holiday get-together, laughter warms you faster than any fireplace and it lasts longer

5. Check It Twice (Just Like Santa)

Before heading out, check the weather, charge your phone, and tell someone your plans. Keep a small emergency kit in your car, and if the roads look bad stay put. Tea, a blanket, and a good movie sound much better than an icy adventure.

6. Keep Moving (Indoors or

Even if the cold keeps you inside, gentle movement helps circulation and keeps joints from stiffening especially for those of us with arthritis. A few stretches or a short walk around the house can make a big difference.

7. Hydrate Yes, Even in Winter

It's easy to forget water when it's cold, but staying hydrated helps your body regulate temperature and keeps skin from drying out. Hot herbal teas count too.

8. Mind the Doorsteps

Snow and ice can pile up at entryways. Keep a small mat or towel by doors to prevent slips, and clear the area frequently. And if you drop a mitten on the step? That's your cue to rethink your outdoor adventure for the day. If you have shaggy wet dogs like me, make sure the water they bring in gets wiped Place Retirement Residence

up before someone slips.

9. Holiday Hazards

Twinkle lights, candles, and decorations bring joy but also risk. Make sure lights are rated for indoor/outdoor use cords aren't frayed, and candles never get left unattended because nothing says "holiday spirit" like a smoke alarm serenade. You can purchase some new fake candles that look very realistic, some even come with a remote.

Winter may not be my favourite season, but it still has its moments; quiet mornings, glowing lights, and that first sip of something warm after coming in from the cold.

So, this year, stay safe, stay cozy, and take care of yourself and remember, even those of us who dislike winter can still find a little joy in it, if we don't have to shovel.

Wishing you a safe, warm, and truly happy holiday season no ice required.

Annette Gerdes is the General Manager at the Goderich

Communication Tweaks for Better Mental Health



TANYA MACINTYRE, **RED ROOF RECOVERY**

Sun Contributor

Within each of us lives a tangle of emotions, impulses and desires, all parts that can often compete for attention.

We are all beautifully complex beings. Some days parts cooperate; other days they col-

When our inner world feels divided, the outer world can feel even more overwhelming.

Yet, during turmoil, one truth remains: we are not helpless spectators. Life will always bring stress, conflict, and uncertainty, but our experience of it is shaped far more by our internal landscape than by what happens around us.

One of the most accessible ways to influence that inner landscape, and to ease the fractures between us and others, is through conscious, compassionate communication.

Have you ever walked away from an interaction thinking -Could I have handled that bet-

Communication is not a fixed trait, it's a practice. As we grow more aware of our patterns: our tone, our assumptions, our reactivity. We begin strengthening our capacity for connection, understanding, and repair.

Here are some guiding principles to help you master the skills for more effective communication

Practice Active Listening:

Listening is not just waiting for your turn to speak.

Offer your full attention; reflect what you hear so the other person feels heard.

Lead with Empathy:

Instead of blaming or correcting, acknowledge the other person's feelings.

When people feel heard thev become more open to listening in return

Prepare, but Be Flexible:

It's wise to have key points in mind, but true communication is a dialogue.

Be open to adapting as the conversation unfolds.

Stav Calm:

Frustration and adrenaline can hijack conversations.

Pause, breathe, and respond from a place of peace rather than reaction.

Ask to Understand:

Trade assumptions for curiosity. Ouestions like - Can you help me understand? Invite honesty rather than resistance.

Express Without Blame:

Speak your truth without making the other person wrong.

Use 'I' statements to reveal your experience rather than to excuse and accuse.

If you're going to start a sentence with 'you', let it be 'you are right'.

Be Clear and Specific:

Avoid vague or exaggerated statements like, 'you never listen'. Point to specific examples and clearly express your needs. **Show Respect – Always:**

Disagreements are part of being human, but disrespect is not.

Acknowledge the other person's perspective, even when it differs from yours.

Focus on Solutions:

Rehashing the problem deepens the wound

Redirect the conversation toward what is possible.

Protect Your Boundaries:

Saying 'yes' out of guilt only leads to resentment.

Be honest about what you can and cannot commit to.

Apologize When Needed:

A genuine apology can repair the connection.

Own your mistakes, express remorse, and commit to doing

Clarify Next Steps:

Avoid leaving conversations unresolved.

Summarize agreements, set clear expectations moving for-

Reflect and Learn:

Every conversation is a learning opportunity. Take time to consider what worked what didn't, and how you can improve the next time.

By speaking with kindness, listening with presence, and expressing ourselves with clarity, we cultivate not only deeper connections with others, but also a profound sense of inner peace within ourselves.

Would you like to build communication skills that nurture empathy and self-compassion?

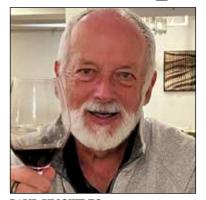
Join me for MIND MOJO sessions at the Goderich Legion on Wednesday, December 3 at 9 a.m. and the MacKay Centre for Seniors on Friday, December 5 at

Together, we can forge your path to better mental health.

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

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OH, THE PLACES WE'LL GO: The shared vision of two couples creates a dining dream



PAUL KNOWLES

Sun Columnist

"I love it when a plan comes together."

I'm guessing that none of the four young partners in the astonishing new Niagara-on-the-lake restaurant, Revé, is old enough to remember that quote. But it applies.

Because Reve is indeed the result of a plan that has come together, beautifully. Or, to quote from their website, "Four individuals with one collective dream: to curate a journey like no other."

That "journey" involves unique and amazing food, and all of the stories behind the culinary creations. And the four individuals are two young couples: Anna Katherine and Kevin Gillingham, and Nicole Pisarenko and Adriano Cappuzzello.

In many ways, this is a love story. Love for food. Love for the land. Love for culture. And love for each other.

Adriano is Chef. He's a native of Sicily, where his culinary story began. That's also where Adriano and Nicole's story began – she was on a study trip from Geroge Brown College when she met Adriano.

Anna and Kevin come to the restaurant business as event planners. But they shared the vision of running a superb restaurant with their friends.



The fire of the candles and the moss on the ceiling feature invoke Revé's connection to the land and nature.

And so, less than three months ago, Revé opened.

The moment you walk in the door, you begin to experience the story. Suspended from the ceiling is a unique bit of living décor – a large, moss-covered panel. Anna explains that their goal was to create an atmosphere to reflect the philosophy of the restaurant – food that is "farm to table," locally sourced from the Niagara Peninsula and southwestern Ontario

And, oh, what food! Guests can order from a menu, but the hosts rather prefer that they don't. Because the true experience at Revé is to dine at the Chef's Counter, seated near the open fire, anticipating the next astonishing taste to come your way, each a step in a 10-course "blind journey".

So, we did. A visit and a story from Chef Adriano accompany each course. He explains the dish,

and tells the story behind it. Many of the "tastes" involve a wonderful combination of Sicilian and Canadian cuisines. Like our third course, an exquisite beef tartare, prepared by Chef Adriano as a memory of Sicilian tuna tartare. But the grass-fed beef comes from Heatherbrae Farms in Wellesley!

Chef Adriano, who has worked in Michelin Star kitchens throughout Europe and Canada, consistently finds a way to combine the magic of uber-high-end recipes with food prepared by his Sicilian mother and grandmother. Such as delicious venison, dubbed "Mama's Pizzaiola", made with cherry tomato, oregano, black garlic zabalone, and undoubtedly several more secret ingredients.

The menu celebrates international flavours, from Sable Fish that reflects Korean barbecue, to Beef Bavette, a taste of France. Adapted

and improved, of course, by Chef

Adriano and his talented team.

(PAUL KNOWLES PHOTOS)

I won't elaborate on all ten courses – because they will undoubtedly be changed by the time you dine at Revé. That's part of the charm – you don't know what you will be eating, but you know it will be amazing, an experience that stretches for hours.

Each course – a small serving, beautifully presented – is served on dinnerware hand-made specifically for Revé by a glass artist in Sicily. And by the way, you can have a flight of wines paired with your food – in our case, several superb wines from Ontario or Sicily.

I mentioned that each course includes a story. In truth, Chef Adriano's personal story is captivating. Because his father knew the owner, Adriano was able to get a summer job in a Michelin-star restaurant in Sicily when he was only 14 years

old. He immediately announced to his family that this was to be his calling, and that he didn't want to go to school any more. His parents overruled that idea, but Adriano continued to spend all of his out-of-school hours in high-end restaurants, learning the culinary arts

At age 17, he moved to Madrid, working in a small restaurant where he was the chef. He told me that he spent is off-hours visiting other restaurants, for the first time encountering cuisines like Vietnamese and Mexican.

Adriano then moved to Malta, "where I got to work with Chef Andrew Pace. He's a visionary. He opened my eyes."

Eventually, after working in topof-the-line restaurants in Italy and Berlin, he came home to Sicily. Where he met Nicole, who in turn brought him home to Canada. He continued to work as a chef, including at Langdon Hall, but now, his personal vision – shared by Nicole, Anna and Kevin – has become a reality in Niagara-on-the-lake.

The 10-course Chef's Counter tasting menu costs \$225; wine, either individual or a matching flight, is extra. If you normally eat at a fast-food joint, that will seem like a lot. But if you are a foodie, or more simply a lover of good food, you'll be hitting the website to make a reservation.

We sat next to a couple who were making their third trip to Revé in only a couple of months. They praised "the hospitality, the food, everything!"

They were right: Revé is just that good.

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 visionary owners of the new restaurant; from left, Chef Adriano Cappuzzello, Nicole Pisarenko, Anna Katherine and Kevin Gillingham.



The simple exterior of the restaurant, in a Mary Street strip mall, belies the culinary masterpiece inside.

Email to inquire info@goderichsun.com

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Weekly rehearsals every Thursday morn-

For more information: singers@mackaychoristers.ca

UKELELE STRUMMERS

On Thursday mornings from 11:30 a.m. until 1 p.m. at Huron County Library in Goderich.

Drop in to learn and play the ukelele. All are welcome and no experience needed. Admission is free.

ROCKET LEAGUE SWITCH TOUR-NAMENT

On Thursday, November 27 at Goderich Library from 5:30 p.m. until 7 p.m.

Ages 12+ registration required. Join us for an exciting tournament where you can go head-to-head with other players in a fun, friendly competition.

Admission is free.

DAD/MALE CAREGIVER AND KIDS NIGHT AT THE MUSEUM

On Thursday, November 27 at Huron County Museum from 6 p.m. until 7 p.m. Calling all dads/males caregivers and kids, we have partnered with Rural Response for Healthy Children to host a night just for you.

This program features fun-filled activities, parent discussions and social time. There will be tours of the museum and gaol, artifact and exhibit activities.

This program is provided free of charge with funding from the Government of Canada.

Visit www.rrhc.on.ca to register online. Nov. 27: Art Show! (Please register by Nov. 26)

Dec. 18: All About Airplanes! (Please register by Dec. 17)

Line Dance Lounge On Thursday evenings at the Goderich Legion. Grab your boots and join us every Thursday night for the Line Dance Lounge with Ellie Montgomery. Upstairs at the Legion at 7 p.m. Full bar and food available, featuring all kinds of music.

No cover charge.

TECH TIME

On Friday mornings from 11 a.m. until 12 p.m. at Goderich Library.

Registration required.

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

Admission is free.

WELCOMING GALLERY MEMBER LISA GOLEN

On Friday, November 28 from 4 p.m. until 6 p.m. at Goderich CoOp Gallery.

Romancing the Tone Acapella Quartet, with light refreshments at 54 Courthouse Square, below Elizabeth's Art Gallery.

CHRISTMAS MARKET LUNCH

On Saturday, November 29 at Lakeshore United Church from 11 a.m. until 3 p.m. Lakeshore United Church Women invite you for lunch, bake sale, artisan's corner and used books for sale.

Elevator is available.

Cost is \$15 for lunch; other items priced accordingly.

CHRISTMAS MARKET AND LUNCH

On Saturday, November 29 from 11 a.m. until 3 p.m. at Lakeshore United Church. Lunch served from 11:30 a.m. until 1 p.m. Fully accessible.

DROP IN GAMES

On Saturday, November 29 at Goderich Library from 12 p.m. until 5 p.m.

Come game at the library. Play on our PS5 and Nintendo Switch.

Challenge your friends or try something

Ages 12+. Admission is free.

EXPERIENCE FANSHAWE AT OPEN HOUSE

Meet faculty and current students from all areas of Fanshawe.

Drop-in and ask about your program interests, career options and hear from college experts on admissions, financial aid and

Explore our campuses at Clinton, London, Woodstock, Tiverton, Simcoe and St.

All locations are open from 10 a.m. until 2 p.m. on Saturday, November 29.

SOUND OF GODERICH

On Sunday, November 30 at Lakeshore United Church from 3 p.m. until 4:30 p.m. Featuring Goderich Laketown Band and the MacKay Choristers, with special guests Lyrica Harps.

Admission by donation only.

Donations gratefully accepted (\$20 per person suggested).

FREE SKATE AT THE MAITLAND

On Sunday, November 30 and Sunday, December 7 at the Maitland Recreation Centre (MRC) from 3 p.m. until 4 p.m. Stop by the MRC for free public skating sponsored by the Town of Goderich. Please, no sticks or pucks.

GODERICH READS BOOK CLUB

On Monday, December 1 at 10 a.m. at Goderich Legion.

Love to read? Love to chat about books over coffee?

We meet every two weeks to dive into a new book, share our thoughts and connect with fellow book lovers.

ENGLISH CONVERSATION CIR-

On Monday, December 1 and Monday, December 8 at Goderich Library from 6:30 p.m. until 8 p.m.

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.

Admission is free.

KNITTER'S CLUB

On Tuesday mornings from 11:30 a.m. until 1 p.m. at Goderich Library.

No registration needed.

Knit, relax and meet fellow knitters each week.

CONTINUE TO PAGE 27

Look who's **90** 1-4PM | Nov. 29 Barwick Sr. Bethel Pentecostal Assembly 321 Bayfield Rd., Drop by to celebrate! Goderich ON No gifts please, best wishes only!

Worship With Us



Facebook: @bereagoderich

vite readers to your worship services. Contact info@goderichsun.com



This Sunday @ 10:00am

231 Bayfield Road Goderich, Ontario N7A 3G5

519-524-6445 www.cbcgoderich.com 9 Víctoría S. N., Goderích 519-524-7512

KNOX PRESBYTERIAN CHURCH

Rev. Amanda Bisson

Livestream Services

Sunday at 10:00 am

Knox Presbyterian Church Goderich - YouTube Worship materials available online www.pccweb.ca/knox-goderich

Riddles

Why did the shopper bring a ladder to Black Friday?

Because the deals were through the roof!

Why was the broom so excited for Black Friday?

It heard there were sweeping discounts!

Why did the credit card go to therapy after Black Friday?

It had too many emotional charges.

What's a turkey's least favorite day of

the year?
Black Friday—too many leftovers!

Why did the shopper sit on the computer?

To keep an eye on their online cart.

Why was the calendar so happy about Black Friday?

It was finally in the black!

How do you know you've shopped too much?

When Amazon sends you a Christmas card.

Why did the belt get arrested on Black Friday?

For holding up a pair of pants.

What do you call it when Santa shops on Black Friday?

Claus and effect.

Sudoku

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

Solutions on page 27

Featured Pets

* * * * * * * * * * *

BELLA

Hi there! I'm Bella, and I'm new around here! I'm almost four months old, born on August 5th. I'm a busy little girl with big ears and an even bigger personality. I have a big sister I absolutely adore—though she mostly just puts up with me! I love squeaky toys, chewing on sticks, and, when I'm feeling a bit mischievous, sometimes my mom's



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

petvalu

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AISLE BAG BARCODE **BOUTIOUE BUDGET CART CASHIER** CHECKOUT **CLEARANCE COUPON DELIVERY** DISCOUNT **INVENTORY** MALL **MERCHANDISE ONLINE** PRICE **PURCHASE RECEIPT REFUND RETAIL** SALE **SHOPPER** STOREFRONT

CLASSIFIEDS

Email to inquire info@goderichsun.com

OBITUARY



FLEURETTE THÉRÈSE O'KANE September 28, 1928 – November 13, 2025

It is with heavy hearts we announce the peaceful passing of our mother, Fleurette O'Kane, on Thursday, November 13, 2025 at Alexandra & Marine General Hospital in her 97th year. Beloved wife of Russell O'Kane for 49 years. Loving and devoted mother to the late Michelle, Tom (Beth), Colette (Bob Morris), Charlene, Bob (Rosetta), and Charles (Tina). Loving grandmother of David, Matthew (Lauren), and Adam (Erin) O'Kane; Karen (David Herrick) and Carley (Tanner Hughes). Loving step grandmother to Janine (Mario D'Agostino), Karen (Scott Soulliere), Sarah (Scott Wisdom) and Michelle. Loving great grandmother to Nathan and Cameron Herrick, Lawson and Lane Hughes, Hazel and Edith Soulliere and Tony D'Agostino. She was pre-deceased by 11 brothers and sisters. She is survived by one older sister, Juanita Kennedy (Tuscon, AZ) and many nieces and nephews. A daughter of Joseph-Oscar Langlois and Marie-Berthe Hedwige Gaudette, Fleurette grew up in Sudbury before moving with her family to Orillia in her teens. She was a talented seamstress and worked for Singer Sewing Machines in Orillia. At 21, she moved to North Bay and was a bookkeeper for T. M. Palmer Jewelry stores located in several cities in Northern Ontario. In 1954, she met the love of her life, Russ, on a blind date. They were married in North Bay in 1955. Mom was a wonderful homemaker. Her hallmark was her homemade bread and cinnamon buns. She loved sewing for all of us and decorating the home. Mom was sustained in life by her Catholic faith. She and Russ were long-time active parishioners of Corpus Christi parish in North Bay and she was an 81-year member of the Catholic Women's League. We are deeply grateful to all of Mom's caregivers at Nipissing Manor in Corbeil and Southbridge Goderich for the care and compassion they always showed. To her neighbors and friends who truly helped while she lived alone, our gratitude is beyond words. Mom, you taught us strength is found in faith, joy in simple moments and love in giving. Funeral arrangements have been entrusted with McCallum and Palla Funeral Home in Goderich. A private family interment will be held at a later date. In lieu of flowers, please consider making a donation to a food bank or a charity close to your heart. Family and friends may sign the book of condolences at www.mccallumpalla.ca.

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IN MEMORY

To my Dad

"Remember that I'm with you, every morning, noon and night." That's what's written on your memorial cards. But I can't get past the heartache that I'll never hear your voice, or see your smile in real time, again.

Dad, I feel like Heather's poem comes closest to describing what an amazing person you were. The only comfort I feel is knowing that now, once again, you're able to do all the things that you enjoyed in life. I'm sure I speak for others when I say that life without you will leave us grieving for a long time.

You inspired me every single day while growing up. I was so unbelievably lucky to have you as my dad. Your soul was a rare combination of childlike enthusiasm with a keen intelligence. I watched your consideration for others and felt so proud to be your daughter. You taught me to "play fair" in sports, and in all aspects of life. You were never too busy to lend a helping hand to others in need. Memories of you whistling or humming a tune while working tirelessly are bittersweet now. You always gave 100% of yourself to help lighten the load that others carried. Back then, nothing seemed to get you down, physically or emotionally. Or perhaps you didn't want to show it, if it did. You always put on a brave face. Always quick with a joke, or an uplifting smile, you always persevered. You ALWAYS persevered.

When I was younger, I felt like there was nothing that you couldn't do. For many, that myth gets shattered as they grow up. I never lost that feeling about you. Several times in my life, I'd meet people who'd ask if I was related to Ray Hurd. Every time my answer was received with positive accolades for you, Dad.

I'm going to miss your quick wit, your imagination, and your ability to find humor in everyday things. Our "quarantine quizzes" during Covid are stamped on my brain. You even made a frightening pandemic seem not so scary. With your humor and compassion, just your voice on the phone, you made me feel safe.

Now my world feels different, less safe. It just doesn't make sense to me that you're gone. Maybe it never will. You always persevered. Your bright, beautiful mind persevered. Your body had just grown so tired from years of fighting health issues, with no answers.

I'll try to fill the emptiness in my heart with what brings me joy. Your great-grandkids Owen and Keira will carry on some of your incredible DNA into the future. I know your legacy will live on. I will NEVER forget everything that you contributed to my life. Thank you for always being such a wonderful Dad. I will ALWAYS love you. Forever.

Your daughter, Carolyn.

FOR SALE

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

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

HOME WANTED

Responsible tenant seeking a pet-friendly home to rent in Goderich. Please call 519-955-7564 with details.

THANK YOU

Thank You

The family of Ray Hurd are very grateful to everyone who reached out to us in our time of sorrow. Whether you made a memorial donation, sent a card, or shared in writing, or in person a special memory of Ray, we offer our sincere thanks. Your kindness and caring brought us all great comfort and will always be remembered.

We especially wish to acknowledge Nadine at McCallum & Palla Funeral Home for her compassionate support during a difficult time. And to Tim and Pat at the Knights of Columbus Hall, thank you both for your guidance and assistance with the celebration of Ray's life.

Throughout Ray's lifetime he made a positive impact on the lives of many. We were humbled and touched to hear several heartfelt stories at his celebration. Thank you to everyone who attended, your support during this very sad time means the world to us.

Sincerely, the Hurd family

HELP WANTED



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Four in five Canadians read newspapers weekly.



COMING EVENTS

CONTINUED FROM PAGE 24

LEGO CLUB DROP IN

On Tuesday, December 1 at Goderich Library from 3:30 p.m. until 4:30 p.m.

Get creative and build something amazing.

We'll provide the bricks; you bring the imagination. Ages 6+

JAMMER NIGHT

On Wednesday nights at Goderich Legion at 7 p.m. Grab your instruments, bring your voice, or just come to enjoy the music.

All levels and styles are welcome.

MIND MOJO WITH TANYA

On Friday, December 5 at the MacKay Centre for Seniors from 10 a.m. until 3 p.m.

SMART RECOVERY MEETINGS

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

WELCOMING THE BAYFIELD ARTIST GUILD

On Tuesday, December 2 until Wednesday, December 31 (may close early on Dec. 31).

Opening reception is on Saturday, December 6 at 2 p.m. Tuesdays to Saturdays from 10 a.m. until 5 p.m. at 54 Courthouse Square below Elizabeth's Art Gallery.

Email to inquire info@goderichsun.com

WRITE ON! WRITER'S CLUB

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

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Registration required.

Join as participants share their work with the group and receive constructive feedback in a supportive environment.

All skills welcome.

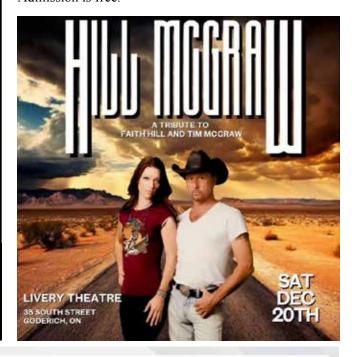
Admission is free.

CHRISTMAS BAZAAR

On Friday, December 12 at Goderich Place from 10 a.m. until 2 p.m.

Come join in a celebration of the season with local vendors, Christmas treats, door prizes, crafts, and a chili lunch

Accepting canned goods for the Salvation Army. Admission is free.



Goderich Sun

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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

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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

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QUIZ ANSWERS

- 1. North Atlantic Ocean
- 2. The soprano
- Notre Dame
- 4. Wasabi
- 5. Nov 10th, 1975
- 6. Mariah Carey
- 7. Brian Griffin
- 8. A drey
- 9. Italy
- 10. James Gandolfini

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