

St. Marys Independent

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Issue #1327

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St. Marys Farmers' Market hosts Dog, Cat and Pet Day of Summer



EVERY DOG HAS ITS DAY

Dogs of all shapes and sizes turned out for the Pet Costume Parade, though dachshunds were particularly well represented. Interestingly, four or five of the participating pups shared the same name – Kevin. See more photos on page 12

(NANCY BICKELL PHOTO)

Perth South to review traffic concerns on Perth Line 16

GALEN SIMMONS

Regional Editor

Perth South staff will take a closer look at traffic and safety concerns along a stretch of Perth Line 16 after residents called on the municipality to consider reducing the speed limit and installing additional warning signs.

At its Aug. 11 meeting, council heard a delegation from Dr. Angus Maciver, who lives

on Line 16 between Avonbank Church and Perth Road 130 and spoke on behalf of residents concerned about increasing traffic volumes and vehicle speeds.

Maciver told council the problem has existed for years, but traffic has steadily increased and has been made worse this year by construction at the Russeldale roundabout.

"Safety is the big one," Maciver said.

CONTINUED TO PAGE 2

EMILY STEWART

Independent Reporter

There was lots of joy from farmers market patrons and their furry friends alike.

The St. Marys Farmers' Market held the first Dog, Cat, and Pet Day of Summer, sponsored by Pet Valu St. Marys, at Milt Dunnell Field on Aug. 15. The event featured a pet photo booth by Claire Thomas Photography, goodie bags from the local Pet Valu and a pet parade led by dachshund Mister Pickles. A costume contest was held with a dog named Kevin, dressed up like Beetlejuice, winning the grand-prize basket from Pet Valu.

"It was a lot of fun. Just a fun, easy, summer event," said Andrea Macko, St. Marys Farmers' Market board member. "There's always so many pets that come to the market with their owners and this is just a way of celebrating them. It's a quiet summer weekend so we thought we'd add to the weekend schedule."

Events like the Dog, Cat, and Pet Day of Summer aim to bring in lots of visitors.

"This is how these vendors are making a living by selling their goods at markets and if our events can help bring some new faces out, that's wonderful, but also it's just a fun thing to do," Macko said. "We're in this beautiful setting at Milt Dunnell Field. It's a very relaxed, welcoming market, so this just adds to the spirit of the market."

Macko is also grateful for Pet Valu St. Marys' support.

It's nice to have great businesses in the community that want to further foster community spirit."

The St. Marys Farmers' Market will host the Apple Pie Day baking competition, auction and slice sale on Sept. 26 and the Harvest Soup Sale on Oct. 17.

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Contact David Forster, Broker of Record - 519.949.0501

COMMUNITY

St. Marys Tree Power gains a new partner

ST. MARYS INDEPENDENT

Staff Contribution

The Town of St. Marys and the Upper Thames River Conservation Authority (UTRCA) have struck a new partnership with Festival Hydro for the 2026 St. Marys Tree Power program.

The UTRCA's Tree Power program offers affordable native hardwood trees to watershed residents through partnerships with its member municipalities and sponsors. This is the fifth year the program has been offered in St. Marys and the first with Festival Hydro as a sponsor.

St. Marys residents can purchase a tree via UTRCA's online shop at shop.thamesriver.on.ca/product/st-marys-tree-power/ starting Tuesday, Aug. 18, at 9 a.m. The trees will be available for pick up at the St. Marys municipal operations centre on Saturday, Oct. 3.

"This new partnership initiative with Festival Hydro supports environmental sustainability by encouraging the planting of carefully selected native trees that can provide shade, improve air quality, enhance local community

members' green spaces, and help reduce residential energy use over time," said Jeff Graham, Festival Hydro president and CEO, in a press release.

"The Tree Power program complements the goals of the Save on Energy program, which promotes energy conservation and efficiency across Ontario. Together, these initiatives empower residents to take meaningful action toward reducing energy consumption, lowering greenhouse gas emissions and creating a more sustainable and resilient community for future generations."

"We are really pleased to have Festival Hydro partner with us in St. Marys. We have worked with them on the Stratford Tree Power program since it began in 2021. To have them expand their support to St. Marys is a wonderful boost to the program and helps increase its impact," added Emily Chandler, UTRCA communications and marketing specialist, in the press release.

The UTRCA Tree Power program began 15 years ago in London and is now in seven municipalities.

Please visit the Tree Power website for more information.



(PHOTO COURTESY OF UPPER THAMES RIVER CONSERVATION AUTHORITY)

The annual Tree Power program is returning to St. Marys with a new corporate partner, Festival Hydro.

Perth South to review traffic concerns on Perth Line 16

CONTINUED FROM FRONT

"There are at least two farmers that have to go up towards the church, towards the west, and a wide tractor takes up at least 70 per cent of the road."

With narrow shoulders, hills that limit sightlines, numerous driveways and farm equipment regularly travelling the road, Maciver said residents worry it is only a matter of time before there is a serious collision.

"To me, it's an accident waiting to happen," he said.

In a letter to council, Maciver said the road has an unsigned speed limit of 80 km/hr, while residents regularly see tractor trailers, dump trucks and passenger vehicles travelling significantly faster. Residents are asking the township to consider reducing the speed limit to at least 60 km/hr and installing signage warning drivers about wide farm vehicles.

Maciver, a retired general surgeon who treated victims of vehicle collisions during his career, also pointed to the Transportation Association of Canada's guidelines for establishing posted speed limits. He said several factors that could

warrant a reduction are present on Line 16, including vertical curves, narrow lanes and shoulders, roadside hazards and numerous driveways.

Council members familiar with the road echoed those concerns.

Coun. Jaime Martin suggested council could immediately move toward a 60-km/hr speed limit and hidden-driveway signage, noting some driveways are difficult for motorists to see as they crest the hills.

Township CAO Will Jaques, however, recommended first reviewing the conditions and criteria for a speed reduction and bringing a report back to council.

"I think a lot of the warrants may lead us to that conclusion, but I would still prefer if we stick with the deputy mayor's recommendation," Jaques told council. "I would still prefer the opportunity for staff just to review, just to make sure that everything is there."

The review will also consider appropriate signage along the road.

Coun. Jeff Bell recalled his own family's experience with safety issues on Line 16 dating back decades, saying his brother suffered a serious injury after being

forced off the road while riding a bicycle in the 1980s.

"I don't move equipment down that road anymore," he said, adding he instead uses Line 15 because of its better visibility. "I would certainly support any traffic-calming activities in that area."

Council ultimately approved a motion from Deputy Mayor Bob Wilhelm, seconded by Coun. Martin, directing staff to bring back a report on potential traffic-calming measures.

Staff indicated the report could return to council in September.



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Waghorn Stephens

Waghorn, Stephens, Sipos and Poulton wish to congratulate Michael Visser on his recent Call to the Bar.

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EDITORIAL

Municipal election season is a good time to remember how to disagree



GALEN SIMMONS

Regional Editor

There is nothing wrong with disagreeing with your neighbour about who should be our next mayor or councillor.

In fact, with nominations for Ontario's Oct. 26 municipal election closing Aug. 21 and conversations increasingly turning to the candidates putting their names forward, I hope we're doing plenty of disagreeing over the next

couple of months.

Those conversations around dinner tables, over backyard fences, at work and online are an important part of becoming informed voters.

The challenge is remembering that, in municipal politics especially, the people we're talking about and disagreeing with aren't strangers.

When we argue about a federal or provincial politician, chances are most of us have never met that person. In a municipal election, the candidate whose policies you're criticizing might live three doors down. Their kids might play hockey with yours. They might own the business you visit every week or be someone you've volunteered alongside for years.

That closeness is one of the things I love about municipal politics, but it also means disagreements can become personal very

quickly.

And social media only makes that easier.

There is something about typing a comment from behind a screen that can make us say things we would never say to someone sitting next to us at a hockey game. A disagreement over taxes or development can quickly turn into an attack on someone's intelligence, character or motives. Someone responds in kind, others pile on and, before long, nobody is talking about the issue anymore.

Worse still, those words don't disappear when the election is over.

That's why it's important we learn how to disagree without making those disagreements personal.

We should be able to tell a friend or neighbour we think they're wrong. We should be able to challenge a candidate's record, ques-

tion their promises and point out when their numbers don't add up. Candidates asking us to trust them with public office should expect that scrutiny.

But we can do all of that without questioning whether someone is a good person simply because they see an issue differently.

Before posting that angry comment, ask yourself whether you would say the same thing to that person's face. Criticize the position instead of the person. Ask someone why they believe what they believe instead of assuming you already know. And, perhaps most importantly, recognize that changing your mind after hearing a good argument isn't losing a debate.

It's learning something.

That matters because municipal elections traditionally struggle to attract the same level of voter attention as provincial and federal

elections, despite local councils making decisions that have some of the most noticeable impacts on our everyday lives.

Property taxes, roads, recreation, policing, fire protection, planning and development, housing, parks and infrastructure are all influenced by the people we elect locally.

Over the next two months, we should talk about this election. Read the coverage. Study the platforms. Attend debates. Ask difficult questions and discuss the answers with people who don't necessarily agree with you.

That's how we become better-informed voters.

Just remember that on Oct. 27, we all still have to live here together.

Democracy depends on our ability to disagree.

Community depends on our ability to do it respectfully.

Bravo

We have 2 Bravos this week

- 1) It's mid August and the downtown planters still look amazing, as do the flower beds at the cenotaph. Bravo St. Marys!
- 2) Bravo to Hyggeligt Fabrics for the children's sewing classes they organized last week. I registered my two granddaughters who absolutely loved it. Through very well laid out instructions and a great teacher, these 11 year old girls, both new to sewing, created a quilted pillow that they were very proud of. Thanks so much Vicky and Chantal!

Boo

We have no Boos this week

*Please note all Boos and Bravos must be signed in order to be considered. Bravos and Boos are submitted by community members and do not necessarily reflect the opinions of the St. Marys Independent.

Quote of the Week

"I would just like to thank everyone for a great day. The weather turned out to be fantastic. It was a wonderful crowd. Everyone was so thankful and happy. The kids all had fun and I had alot of positive comments about the event."

- Marlene Forman after Sunday's very successful Teddy Bear Reunion

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and my mind.

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"Overheard at The Coffee Shop", call 519.284.0041 or drop by the office to let us know!

Town encourages respect for community allotment gardens and highlights local food resources

ST. MARYS INDEPENDENT

Staff Contribution

The Town of St. Marys is reminding residents about the importance of respecting the community allotment garden following reports that produce has recently been picked from several garden plots without permission.

Located at the St. Marys Cemetery, the community allotment garden provides residents with an opportunity to grow their own fruits, vegetables and flowers in a shared community space. The garden consists of individual plots leased to local gardeners, offering a welcoming place to connect with nature, learn new skills and build relationships with friends and neighbours.

Each garden plot represents many hours of planning, planting, watering and care. For many gardeners, the produce grown throughout the season contributes to household food supplies and personal wellbeing.

"The community allotment garden is a valued community resource that brings people together and supports healthy, local food production," said Jenny Mikita,

St. Marys senior services manager. "We understand that the recent incidents may be disappointing for gardeners, and we are asking everyone to respect the work that goes into each plot and only harvest produce from gardens they have leased or have permission to access."

The town also recognizes that food insecurity is a growing concern for some residents. Those in need of food assistance are encouraged to access the many local programs and services available throughout St. Marys. Some include:

- St. Marys Public Library Pantry and Friends Fridge
- St. Marys Salvation Army Food Hamper Program
- St. Marys Friendship Centre Services

For a full list of social support resources available to St. Marys and surrounding residents, visit www.townofstmarys.com/StonetownSupports.

Residents interested in learning more about the community allotment garden or local food security resources can visit www.townofstmarys.com/CommunityGarden or call the community outreach coordinator, Jade Orquin, at 226-261-0098.

Stratford police investigating possible assault in St. Marys

ST. MARYS INDEPENDENT

Staff Contribution

The Stratford Police Service is investigating an possible assault that occurred at Milt Dunnell Field (The Flats) in the Town of St Marys.

At approximately 12:30 a.m. on Sunday, July 26, officers responded to a report of an unconscious male at the Summerfest festival and concert that had been occurring throughout that night.

Police say the man was located near the portable washrooms in the park and was transported to hospital by Perth County Paramedics where he was treated for an injury to his head and later released.

Police are requesting anyone who was in the area to contact Const. Thomas Moschopedis at 519-271-4141 ext. 8114 with any information regarding how these injuries were sustained. Anonymous tips can be given to Crime Stoppers at 1-800-222-TIPS or www.p3tips.com.

Stratford police execute search warrant in St. Marys

ST. MARYS INDEPENDENT

Staff Contribution

On Thursday, Aug. 13, the Stratford Police Service conducted a search warrant at a residence in the Town of St. Marys following a report of illegal weapons being in the home, police said in a press release.

Police said the search warrant resulted in the location of multiple air soft guns, knives and a sword, which were determined to be legally possessed by the

owner.

However, during the search, officers also located a set of nunchaku. Nunchaku are classified as a prohibited weapon in Canada, and one count of unauthorized possession of a prohibited weapon was laid.

The owner, who was contacted by police, attended Stratford Police Headquarters to turn himself in on this charge. The owner was later released on an undertaking with a court date of Sept. 21.

STONETOWN CRIER

The latest municipal news from the Town of St. Marys



ELECTION NOMINATIONS NOW OPEN

Nomination packages are available for pickup by appointment only during the construction of the Church St. stairs at Town Hall. Please call 519-284-2340 ext. 212 or email clerksoffice@town.stmarys.on.ca.

Municipal nomination forms must be filed in person (by appointment) at St. Marys Town Hall by Friday, August 21 at 2 PM. Nomination forms for school board candidates shall be filed with the respective municipalities.

More details: townofstmarys.com/elections

COMMUNITY ALLOTMENT GARDEN

The Town of St. Marys is reminding residents about the importance of respecting the Community Allotment Garden following reports that produce has recently been picked from several garden plots without permission.

If you seeking resources in regards to food insecurity please visit: townofstmarys.com/stonetownsupports



COMMUNITY CALENDAR

Did you know you can submit your community event to the Town's online Community Calendar? It's a great way to help residents and visitors discover what's happening in our community! Events must take place in St. Marys and be open to the public.

Submit an Event: calendar.townofstmarys.com

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Senior of the Week



Our Seniors of the Week are Lois and Ross McIntosh. Lois and Ross celebrated their 53rd wedding anniversary on July 21 and for those 53 years, they operated a mixed farming operation near Carlingford. For 10 years, Ross was also an auctioneer. They are now residents of St. Marys and appreciate being near the Friendship Centre and all its activities. Lois enjoys gardening, water colour painting and attends aquafit classes at the PRC. The couple also spent many years enjoying the sites of Canada in their travel van. Lois and Ross have four children and five grandchildren.

If you would like to nominate someone for Senior of the Week, contact us at 519.284.0041 or info@stmarysindependent.com.

LocalArt St. Marys hosts art market



(EMILY STEWART PHOTO)

Pictured from left are Mckenzie Stiles, Heather Nunns, Jaci Henderson and Cynthia Giasson at the LocalArt St. Marys Art Market on Aug. 15.

EMILY STEWART

Independent Reporter

A market featuring an array of local artists brought lots of enthusiasm and visitors.

LocalArt St. Marys held an art market behind the Lyric Flowers building on Aug. 15. The market featured a variety of visual art, jewelry, clothing and handbags from vendors like Old Soul General Store and Get Crafty With Kenz.

“I feel like it’s going fantastic. We’ve had an amazing turnout. Everyone’s very excited. Not only are the vendors excited to see each other and to see the public, but people are really pumped to see an outdoor market,” said Jaci Henderson, founder of LocalArt St. Marys.

Many of the vendors participating were running a booth at an artisan market for the first time.

“It’s important to hold these events so we can showcase our community, and it gives people opportunity to

dip their toe into markets when they’ve never participated before,” Henderson said.

Lyric Flowers also had a back-alley sale with sale items marked down 50 to 75 per cent off. The flower shop’s front window features a variety of creative works by artists who are members of LocalArt St. Marys in the display. Henderson also has an art swap box at the front on weekends and will host pop-up events at the front of the store from time to time.

It’s wonderful. They’re very supportive and we came together to put this event on, so it brings people to their business and they very much support the local artists community,” she said.

Jay Harrison, co-owner of Lyric Flowers, said he is happy to support local creative talent and offer a space for artists to showcase their pieces.

“We’re a small town. We need to support each other,” he said.

WEEKEND QUIZ

By Jake Grant

1. According to the Bible, what is the name of the final battle between good and evil?
2. Which object, traditionally made of metal, is worn on a cowboy’s boots to prod a horse?
3. Who is the Roman god of love?
4. How many lives do cats supposedly have?
5. The Caribbean Island of Bonaire is a municipality of what country?
6. When is the next leap year?
7. Which superhero carries a shield made of vibranium?
8. What do you call two words with the same definition?
9. What game challenges players to remove wooden blocks without toppling the tower?
10. What are the four main ingredients in beer?

This week’s answers are found on pg. 31

Weekly Specials

MONDAY Burger and a Pint for \$17.99	TUESDAY Taco Tuesday
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Voter list updates paused during municipal-election system preparation

ST. MARYS INDEPENDENT

Staff Contribution

The Town of St. Marys is advising residents that voter list updates will be temporarily paused from Aug. 13 to Sept. 1 as preparations continue for the upcoming municipal election.

During this period, the town will be importing official voter information received from Elections Ontario into the municipal voting system. To ensure the integrity and accuracy of the voter database, no additions, changes or revisions to the voters' list will be processed while this work is underway.

Residents who have questions about their voter information or wish to request updates are asked to contact the town on or after Sept. 1, when voter list revision services resume.

Reviewing and updating voter information

Beginning Sept. 1 and continuing through Oct. 23, residents will have several options to review and update their voter information.

Residents may visit town hall, where clerk's office staff can assist in reviewing voter information and determin-



ing whether any updates are required.

Residents visiting other municipal facilities, including but not limited to the municipal operations centre and Pyramid Recreation Centre, may also request assistance from staff. Staff members can contact the clerk's office on the resident's behalf and, when available, connect them directly with clerk's office staff to review and update voter information during the call.

Residents may also contact the town by telephone at 519-284-2340 ext. 241, Monday to Friday, between 8:30 a.m. and 4:30 p.m.

For more information on this and other important election details, visit townofstmarys.com/election, or contact the clerk's office at 519-284-2340 ext. 212.



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Andrea Macko enters race for St. Marys council

GALEN SIMMONS

Regional Editor

Andrea Macko is hoping more than two decades of experience as a St. Marys business owner, volunteer, journalist and former municipal employee will earn her a seat around the council table following the Oct. 26 municipal election.

Macko and her husband moved to St. Marys from Toronto in 2003, and she said her involvement in municipal life since then has given her a varied understanding of the community and how the town operates.

“What I’ve learned during my time as a business owner, volunteer and municipal staff member can help inform and guide St. Marys toward being an even better community than it already is,” Macko said.

A journalist by trade, Macko spent five years covering town council and municipal affairs for the former St. Marys Journal Argus. She and her husband have also owned Andrew L. Hodges Funeral Home since 2003, where she manages finances and administration, and hosts funeral services.

Her community involvement has included seven years on the St. Marys Healthcare Foundation board, fundraising for the town’s tennis-court reconstruction and serving on the St. Marys Farmers’ Market and Terry Fox Run committees. She was named St. Marys Citizen of the Year in 2014 and currently serves on the town’s heritage and culture advisory committee.

Macko also worked for the municipality as its first events coordinator from 2017-2022, organizing and fundraising for events including the Heritage Festival, WinterLights and Remembrance Day.

If elected, Macko said affordability and stability would be among her priorities.

“Municipal government can help ensure that residents



(PHOTO COURTESY OF LUCID MUSINGS PHOTOGRAPHY)

Local business owner and former journalist and municipal events coordinator Andrea Macko is running for a seat on St. Marys council in the Oct. 26 municipal election.

are receiving good value for their taxes, making the town more affordable to live in, in a variety of ways,” she said.

Macko wants the next council to update the town’s strategic plan, last released in 2017, while continuing to scrutinize shared-service costs, provincial downloading and municipal spending.

Housing is another priority. Macko said St. Marys needs more apartments, townhouses and semi-detached homes to provide options for young people, renters and seniors looking to downsize. She would also like to expand incentives for accessory units and downtown housing.

Downtown vacancies are also a concern. While Macko credited the Downtown St. Marys BIA for its work beautifying the core, she said the town needs to encourage new businesses and explore ways of discouraging long-term storefront vacancies.

Having served on the downtown services location review committee, Macko said she is excited about the potential of the town’s 14 Church St. N project, but stressed it must be balanced against other financial pressures.

“We need to balance this excitement with diligent financial planning, fundraising and operational logistics,” she said, particularly as other municipal facilities require significant repairs.

Macko said a councillor’s primary responsibility is to represent residents while considering staff recommendations, something that requires elected officials to remain active in the community and listen to residents.

Her campaign will similarly focus on community engagement, both in person and through social media.

“If you’re looking for a councillor who has a broad understanding of St. Marys, who has a track record of building community and who approaches issues in a collaborative, positive manner, I’m your candidate.”

To speak with Macko about her campaign, direct message her on Facebook or Instagram, call her at 519-280-1240, or email andrea.h.macko@gmail.com. Out of respect for the families she serves, Macko asks residents not to drop in unannounced at the funeral home and to contact her first to schedule an appointment to discuss the municipal election.

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Art of Ideas Gallery: A hidden gem right in our backyard



(CONTRIBUTED PHOTO)

Artist Eugen-Florin Zamfirescu shows one of his incredible pieces of art from inside the Art of Ideas Gallery.



(WENDY LAMOND PHOTO)

This is a photo of the MNEMOSYNE painting. See it in person to get the full effect.

WENDY LAMOND

Independent Reporter

One of the perks of my job is to be able to meet some inspiring people and to come across some hidden gems in our community that need to be shared.

I came across one of these hidden gems when I met with Elena Dumitru and took a tour of the Art of Ideas Gallery located at 236 Jones St. E in St. Marys. Many people in our town know the house. It is that big, beautiful, red-brick home at the corner of Jones and King streets that has unique architecture and some very creative art on the lawn.

What many don't know is inside, one can find stunning art and creations, all brilliantly displayed in a storytelling format from the ingenious mind of Romanian Canadian artist Eugen-Florin Zamfirescu, who is also Dumitru's husband.

Many artists have one genre or one colour palette. What makes Zamfirescu so unique is his willingness to cross categories when expressing his creative visions, whether it be oil paintings, sculptures, photography, installation art and so much more.

The couple are both Romanian. After leaving their native country, they lived in England for six years and then decided to move to Toronto. When the apartment they were living in was filling up with art, they decided it was time for more space. Originally, they were looking in Stratford but took a drive to St. Marys where they came across and fell in love with their current house, which was for sale at the time. After a series of events that fell into place, one being their current street in Toronto was King Street and the house of their dreams also being on a King Street, the couple felt like it was meant to be. The rest, as they say, is history.

The Art of Ideas Gallery has been open for close to four years now and offers three guided tours. No matter which tour visitors take, they will experience the whole space as well as the art.

"An Unexpected Journey" takes approximately 90 minutes and is a journey into the mind of Zamfirescu, a tour where guests will learn about his art and artistic ethos, about our past and present, as well as a possible future. As guests travel to the upper galleries, they will be swept from string theory into deep space.

Many visitors have shared with Dumitru that the name "An Unexpected Journey" is exactly how they describe the tour. It goes over and above what they were anticipating.

The second tour is called "Echoes of Elegance." This tour also takes approximately 90 minutes but covers a history of the house, its unique architecture and most fa-

mous inhabitants, fascinating stories about pieces of furniture and more; a truly wonderful journey through time.

"Dial, Discover and Dream: A Fascinating Tour of Ingenious Machines" is the third tour. Anyone who enjoys vintage measuring and communication equipment should consider this one. It is a journey through imagination, progression and technology of the past, present and future.

The tours are available on Saturdays, Sundays and Mondays in the summer. However, if the times for the set tours are not doable, Dumitru said that they are flexible and will find a time that works on other days and times of the year. The set times can be found on their website at www.artofideasgallery.com.

What makes Art of Ideas unique is it is not a public gallery, nor a private commercial gallery. It is a private home and an artist studio full of stories to be told and heard, all originating from a brilliant mind.

According to Dumitru, Zamfirescu doesn't like to be put in a square because his mind is not in a square.

"He loves arts, he loves science, he loves technology, history, time, old instruments and so much more. He also

loves carpentry, taking things apart and creating things, so you can just imagine the curiosity that drives his creativity," she said.

What caught my attention walking in was not only the old bend-work woodworking but Zamfirescu's oil paintings in the lower gallery. The paintings tell a story from the history of civilization. Each painting took the artist a year to complete as he uses the techniques of the old masters of the Renaissance. Every painting represents a period of time in history, from primitive times to present, to far into our future. One of the paintings depicts a ship in a storm symbolizing difficult times such as war, plague or any other hardships that we as humans have encountered throughout history.

Another painting that stood out is one of Dumitru's father who passed away three years ago. The painting is called MNEMOSYNE (the Goddess of Memory). It is of an old cowboy who can no longer ride a horse but by holding the saddle, can remember the old days. Dumitru's father was the model, and the details are so accurate that according to Dumitru, if her dad was there, his hand would be identical to the painting.

As we arrive in the upper galleries, we encounter the String Theory series, a group of paintings that involve elements from the periodic table. Every atom in the universe vibrates, but we as humans cannot hear that vibration. In the creative mind of Zamfirescu, he has put into painting how these elements, these atoms would look and sound when being played as a frequency generator in a musical instrument. The beauty of it is also the fact there is a hand of a real musician in every painting.

What does the future hold for the gallery? According to Dumitru, there is so much potential to tap into. There are potential garden tours and interactive art tours for kids. One suggestion that we discussed was the possibility of an art show that includes art, music, poetry and film.

I could go on about this remarkable place, but it needs to be seen in person to appreciate all of Zamfirescu's creations.

"The goal of art and the goal of our gallery is to open new horizons, to help the viewer see inside the mind of an artist, in this case a living artist. Art is open to interpretation, which makes it even more interesting because its meaning can differ from one person to the next, depending on how it is viewed," said Dumitru.

Not only is seeing Zamfirescu's creations inspiring, but the knowledge that Dumitru has when running a tour is very inspiring. Be prepared to learn a lot. The gallery takes guests on an educational journey into the past, that also opens their minds to the future.



(WENDY LAMOND PHOTO)

The beautiful Art of Ideas Gallery is located at 236 Jones St. E. Not only is the architecture of the outside unique, but the inside is also absolutely stunning.

Downie Optimist Club Steak Stag supports youth programs across the region

GARY WEST

Independent Reporter

The Optimist Club of Downie continues to live up to its motto as a "Friend of Youth" through fundraising and support for programs across Perth South, St. Marys and Stratford.

To raise money for its ongoing community initiatives, the club held its annual Steak Stag last week at the St. Pauls Community Hall.

More than 800 Perth County striploin steaks were served during the popular fundraiser, with proceeds going toward programs and organizations that benefit youth throughout the region.

Club president Manny Puetz said all profits from the event are returned to the community through the Optimists' many initiatives.

Organizations and programs supported

by the club include the St. Pauls Athletic Association, Optimism Place and the Emily Murphy Centre in Stratford, free skating and swimming days in St. Marys, graduation scholarships, improvements to the St. Pauls Community Hall and park, and sponsorships for local athletes and sports teams.

The club also helps fund the Farm to You farm-animal display at the Stratford Fall Fair.

The Downie Optimist Club was first incorporated more than 50 years ago and marked its 50th anniversary by pledging \$50,000 over two years toward improvements to the playground and park pavilion at the St. Pauls Community Park.

Through fundraisers like the annual Steak Stag, club members continue working to ensure local youth, organizations and recreational programs have the support they need.



(GARY WEST PHOTO)

Downie Optimist Club members John Wilkinson, left, and 2026 club president Manny Puetz welcomed guests to the club's annual Steak Stag fundraiser at the St. Pauls Community Hall last week. Proceeds from the event support youth programs and community organizations throughout Perth South, St. Marys and Stratford.

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Laura Good, known as the Crazy Glad Lady, had plenty of colourful gladiolus bouquets available for shoppers at the St. Marys Farmers' Market.



Andrea Hodges speaks to the crowd during the Pet Costume Parade at the St. Marys Farmers' Market.

(NANCY BICKELL PHOTOS)

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Teddy bears, rides and family fun at annual Teddy Bear Reunion



Siblings Theo Codreanu, left, and Izzy Codreanu won prizes for looking most like their teddy bears during the Teddy Bear Reunion.



From left, Jake, Jasmine and Jamison Bryans enjoy some of the many activities at the Teddy Bear Reunion. Jamison was especially happy with her balloon creation.



A popular ride once again provided plenty of fun for youngsters attending the Teddy Bear Reunion.



Emma Borgijink enjoys a horseback ride led by Chedy Siegner during the Teddy Bear Reunion.

(NANCY BICKELL PHOTOS)



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Community invited to annual Scrapbooking Garage Sale and Bake Sale fundraiser

ST. MARYS INDEPENDENT

Staff Contribution

Scrapbooking enthusiasts and bargain hunters alike are invited to attend the Scrapbooking Garage Sale on Saturday, Sept. 12, from 9 a.m. to 1 p.m. at the Pyramid Recreation Centre (317 James St. S., Entrance C).

Organized by dedicated volunteers from the St. Marys Friendship Centre, the event features a wide selection of gently used and new crafting supplies available for purchase, including paper, stamps,

handmade greeting cards, embellishments, cartridges and more.

Admission is free and everyone is welcome. While there is no cost to attend, donations of gently used books, puzzles, CDs and DVDs for the Friends of the Library (FOL) Book Sale are appreciated. Please note this is a cash-only event.

"This event is a wonderful example of community members coming together to share their passion for crafting while supporting local seniors," said Sarah Jones, St. Marys senior services program coordinator, in a press release. "Whether you're

an experienced scrapbooker or simply looking for creative inspiration, your support helps fund programs and services that make a meaningful difference in the lives of older adults in our community."

Visitors are encouraged to stop by the volunteer-run scrapbooking and bake sale tables. All proceeds from these tables are returned directly to St. Marys Senior Services to support programs and services for local seniors. Community members interested in donating baked goods for the sale are encouraged to get in touch.

After stocking up on supplies, attendees

may also be interested in learning more about the Friendship Centre's monthly Scrapbooking Crops and upcoming classes.

Those with gently used or new scrapbooking and card-making supplies they no longer need are encouraged to consider donating them to the Scrapbooking Garage Sale.

For more information about the sale, scrapbooking programs, donating supplies or contributing baking, contact 519-284-2340 ext. 621 or email sjones@town.stmarys.on.ca.

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St. Marys Independent SPORTS

Wolfkamp, O'Grady, Parsons, Pinkerton win SMGCC Club Championship



Nathan Wolfkamp, pictured, scored a total of 149 to win the men's title at the St. Marys Golf and Country Club's (SMGCC) annual Club Championship Aug. 15-16.



Nathan Wolfkamp tees off on Hole 7 during the SMGCC's Club Championship on the opening day of the two-day tournament Aug. 15-16.



Sue O'Grady makes a putt during the first day of the SMGCC's Club Championship Aug. 15-16. O'Grady won the ladies' title and noted her putting was better than usual, in part thanks to the sentimental use of her late mother's putter.



(SPENCER SEYMOUR PHOTOS)

Rich Parsons putts on Hole 17 on day one of the SMGCC's Club Championship Aug. 15-16. Parsons captured another title in the senior division.

SPENCER SEYMOUR

Independent Sports Reporter

One of the youngest competitors in the St. Marys Golf and Country Club's (SMGCC) annual Club Championship, Nathan Wolfkamp, emerged as the men's Club Champion in the two-day tournament Aug. 15-16.

Wolfkamp, scoring 70 on day one followed by a 79 on day two for a total score of 149, said the win was a massively meaningful accolade.

"The win means the world to me," Wolfkamp told the Independent. "Competing against all these talented golfers was incredible. There was lots to learn from them, so being able to walk away with the win is something I'm very proud of."

According to Wolfkamp, he was able to make some timely shots that allowed his round to say solid throughout.

"I wouldn't say any single part of my game completely clicked," Wolfkamp said. "I didn't have my best stuff out there, but I was able to grind and stay focused. When it mattered most, I executed, whether that meant sinking a crucial putt

or finding a key fairway in regulation.

"There wasn't one single shot that defined the weekend. What made it memorable was the environment. The people at St. Marys are incredible, especially my playing partners on both days. I also want to extend a huge shoutout to St. Marys for hosting such an amazing event. The course was in pristine condition and served as a great final test before I kick off the varsity golf season at Laurier."

The win was Wolfkamp's second club championship after winning in 2024 as a 15-year-old.

On the ladies' side, Sue O'Grady was the Club Champion, with a two-day total of 180. O'Grady mentioned a sentimental note that may have also provided a bit of divine intervention from her mother, Jacqui Davis, on the greens.

"I would say my driving was pretty consistent over the weekend, but that is probably the overall strength of my game," said O'Grady. "I am generally pretty confident in my driving. My putting, on the other hand, is usually my weakest link, but I would have to say it was generally much better than usual during the tournament."

I was using my late mother's putter, and she just seemed to be with me the whole weekend. She herself was an exceptional golfer, and she was a member of the SMGCC for 70 years, in which time she won several club championships."

O'Grady recalled an incredible chip-and-putt combo on Hole 15 during the second day of the tournament.

"My most memorable hole would have to be the par-five Hole 15 on the second day," O'Grady said. "My second shot rolled into the right-side bunker, just shy of the green. Unbeknownst to me, it had actually landed on a large rock that was lightly covered by sand. So, when I tried to blast it out of the sand, my club actually broke the rock underneath, but somehow, my shot landed on the green about 30 feet from the pin. I then amazingly sunk the putt to give me a birdie. There was definitely a lot of luck on that hole."

The tournament offered tough rounds for everyone with tricky pins, especially on the second day. Only five players shot under 80 from the blue tees on Sunday, and just four from the whites.

Kolton McAllister was declared the

men's A flight winner with a two-day total score of 155. Jonathan Allum was the winner in the men's B flight, scoring 159. In the men's C flight, Tyler Quinn's two-day total of 162 earned him the top spot. The men's low net winner was Kevin McCotter with a net score of 143.

The ladies' A flight was won by Cheryl McVittie, who shot identical 95 scores both days for a 190 total. Tara Firby won the ladies' B flight with a score of 203. Janis Kapp was the ladies' low net winner with a net of 138.

Rich Parsons earned his 19th consecutive senior club championship with a two-day total of 151, including 72 on the first day followed by a 79 on day two.

Mike McMullan totalled 155 to win the senior A flight, while Tom Charette took the senior B flight with 165 based on retrogression, and Peter Trumper shot 182 to take the senior C flight. Jeff Craigmile was the senior low net winner with a net of 146.

Fred Pinkerton shot 181 to take the super senior club championship, with Bill Lowe's score of 189 good for the runner-up spot.

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Heinbuck wins title as SMGCC hosts Midwestern Junior Optimists tournament



St. Marys native Charlotte Heinbuck, pictured putting on Hole 6, won the district championship in the Girls 10-14 division at the Midwestern Ontario Junior Optimists District Championship tournament, hosted at the St. Marys Golf and Country Club Aug. 11. Heinbuck, the only St. Marys player in the tournament, posted a score of 81 to win her division's top prize.



Braden Keating, pictured, makes a putt on Hole 6. Keating, a resident of Stratford, shot a 76 score to win the Boys 12-13 division at the Midwestern Ontario Junior Optimists District Championship tournament. Keating was one of 13 players from the Midwestern Ontario district to earn a spot at the 2027 International Junior Optimists Championship in Miami, Fla.



Jace Dietrich, pictured, putts during the Midwestern Ontario Junior Optimists District Championship tournament. Dietrich, based out of Exeter, scored 81 to become the Boys 10-11 division champion.



Jaxon McGuire, pictured, chips onto the green during the Midwestern Ontario Junior Optimists District Championship tournament. A native of Moorefield, McGuire won the Boys 16-18 group with a score of 73.

SPENCER SEYMOUR

Independent Sports Reporter

The St. Marys Golf and Country Club (SMGCC) once again hosted the annual Midwestern Ontario Junior Optimists District Championship tournament Aug. 11.

Charlotte Heinbuck, the lone St. Marys native in the tournament, captured the Girls 10-14 division District Championship with a score of 81. Heinbuck also qualified for the 2027 International Junior Optimists Championship, to be held next year in Miami, Fla.

Heinbuck said she was in a groove all over the course throughout the tournament.

"I was hitting most of my drives pretty well, and my putting was really good today," Heinbuck told the Independent. "I did have a couple of three-putts, but most were really good and I was just playing overall decent most of the day."

According to Heinbuck, her best play came during the first half of her round, which came on the back nine holes, including an eagle on a par-five.

"It was going really well, especially on the front nine. Definitely the most memorable hole was when I got an eagle on Hole 15, so that was really cool. I hit my first shot with a driver onto the fairway, and then I hit a three-wood up about 10 feet from the pin, and then I tapped it in for an eagle. Then, on the back nine, it was okay. I had birdies on (holes) six and nine."

Six players in the Boys 10-11 division, one of whom was playing out of his district, qualified to travel to Florida next year, including Jace Dietrich of Exeter, who was crowned district champion with a score of 81. Jack Nother, Cruz MacQueen and Benjamin St. Pierre, all out of London, as well as Dashwood's William Pickering, also earned a spot at the 2027 international championship.

In the Boys 12-13 category, Stratford's Braden Keat-

ing shot 76 to win the district title for his age group and qualify to go to Florida. Ian McGee, from Listowel, finished second with a score of 79, and Luke and Jake McLlwain of Egmondville both shot scores of 80, with Luke finishing third based on retrogression. McGee and Luke McLlwain joined Keating in earning spots at the international championship next year.

Grant Hamulecki, a Woodstock native, along with Kitchener's Colton McMillan, earned spots at the international championship in the Boys 14-15 group. Hamulecki shot 73 to take the top spot, while McMillan placed second based on retrogression after he and Knox Harrison of Atwood posted scores of 76.

Two competitors in the Boys 16-18 bracket qualified to go to Florida, including Moorefield product Jaxon McGuire, who scored 73 to become his division's district champion. Henry Flanagan also qualified for the International Championship, shooting 75 to place second.



(SPENCER SEYMOUR PHOTOS)

Grant Hamulecki, pictured, lines up a putt during the Midwestern Ontario Junior Optimists District Championship tournament. Hamulecki, of Woodstock, shot 73 to win the district title in the Boys 14-15 division.

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U13 HL Red Rockies wrap up season of incredible growth

SPENCER SEYMOUR

Independent Sports Reporter

At the beginning of the season, the Downie Optimist Club U13 HL Red St. Marys Rockies had six of the team's 13 players who were totally new to the sport.

By the end of the year, they went undefeated in the B pool playoffs to earn a gold medal. Head coach Ashley Agar said the team delivered their best baseball of the season in their four pool playoff games.

"I think, defensively, it was the best they played all season, and offensively as well, they were hitting more than they ever had hit," Agar told the Independent. "Defensively, they were just collecting everything that came at them and doing things that we were practicing in drills, like getting in front of the ball, making the correct plays and just knowing where they were going before the play happened."

Agar added how impressive the team's progress was to watch.

"When we first started, in our first practices, nearly half the team was brand new to baseball, so they were dropping balls that were coming to them," said Agar. "They were throwing wide of the target. We started from ground zero with a lot of these guys, and they took it upon themselves to practice at home as well, and you could see the growth from some of these kids so amazingly. I am so proud of all of them."

That uptick in new players was representative of an increase in registration for young ball players, with both St. Marys' U13 house league numbers and the league as a whole seeing a jump, which, according to Agar, was at least partially thanks



(CONTRIBUTED PHOTO)

The Downie Optimist Club U13 HL Red St. Marys Rockies finished the season by going undefeated in the 'B' pool year-end tournament. Pictured in the first row, from left to right, are Forrest Vergeer, Jackson Smith, Marcus Longston, and Owen Corneil. In the second row, from left, are Harry De Vries, Walter Fleming, Lane Munro, Ashton Young, Adam Agar, Jaxon Brydges, Isaac Palmer, Sebastian Vandelloo Randell, Cole De Vries, and Jude White. In the very back, from left, are Ashley Agar and Kristen Palmer.

to Major League Baseball's 2025 American League Champions.

"I think the (Toronto) Blue Jays inspired a lot of them to sign up in the spring. The whole league got bigger. I think the league went from about 11 teams to 18 teams. And last year in St. Marys, we only had one U13 EBBA team, and this year, we had two. So, it just shows you there was a revival of the sport itself, and seeing kids coming out and trying it, and

not only trying it but succeeding at it, was awesome. I was choking back tears when I was handing out the medals to them. These kids are so sweet."

The Rockies claimed the gold medals after four straight wins, beginning with a 13-8 victory Aug. 3 over Thamesford. In the game, Walter Fleming hit a home run, while Jude White made an amazing centerfield diving catch and Jackson Smith made a single-handed double play. Jaxon

Bridges and Lane Munro turned in strong pitching efforts.

Solid pitching by Fleming, White and Adam Agar guided the Rockies to a win Aug. 6, beating Southwest London One 20-16.

St. Marys defeated the EBBA Blue Jays two days in a row, the first of which took place Aug. 8, with the Rockies winning 17-11. Bridges tallied a homerun and, along with Munro, helped lead the team to the victory from the mound.

To seal the tournament victory, the Rockies secured an 11-9 victory over the EBBA Blue Jays Aug. 9. Adam Agar, who also pitched during the game along with Fleming, started the game with a stand-up triple on the second pitch of the contest. Cole Devries hit a two-run double to end the second inning.

When reflecting on the season, Ashley Agar described a positive environment created amongst the players allowed the inexperienced squad to grow together.

"They were super supportive of each other. All season, I didn't hear one discouraging remark amongst them. When the kids were really struggling to do certain things, the ones who were stronger in that skill were pulling them aside and helping them at practice with their stance or their throwing or whatever it may be. They were so patient with each other and supportive the entire time.

"I think because they were all supportive, it was such a safe space for them to try harder and to take those risks," Ashley Agar continued. "If they were striking out, when they got back into the dugout there, they were met by their teammates patting them on the back and saying, 'Good job, nice try, that was a tough pitcher.'"

Andrew L. Hodges

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U13 HPFL Red Rockies have strong showing at year-end tournament

SPENCER SEYMOUR

Independent Sports Reporter

The St. Marys Kinsmen Club U13 HPFL Red St. Marys Rockies ended their season on a high with a third-place finish at the Year-End Tournament in Cambridge Aug. 7-9.

Head coach Amber Wakem called the team's weekend "the best baseball we've seen them play all year."

"They were turning double plays, taking risks with lead offs and stealing bases," said Wakem. "They were standing strong at the plate with confidence which led to some huge hits this weekend. The excitement was unreal – myself included. They were so proud of themselves, but more importantly, each other."

According to Wakem, the charge was led by strong play by the team's pitchers and catchers.

"As a team, our girls played amazing but a special shoutout to our powerhouse pitchers, Ayla (Boemer), Abilene (Votary), and Jeanette (Black), and our fearless back catches, Cassie (Adams), Makeda (Campbell Cuero), and Aubrey (Forrester)," Wakem said. "The leadership and support we saw this weekend was everything I could have asked for as a coach and to say I am proud is an understatement."

Wakem added that leadership and sup-



(CONTRIBUTED PHOTO)

The St. Marys Kinsmen Club U13 HPFL Red St. Marys Rockies had a strong finish to their season, placing third at the Year-End Tournament in Cambridge Aug. 7-9. Pictured in the front row, from left to right, are Avery Smith, Arielle Coutts, Aubrey Forrester, Cassie Adams, Ayla Boemer, Presley Folkes, Hannah Schmidt, and Jeanette Black. In the back row, from left, are coach Shyanna Pare, Abilene Votary, Makeda Cambell Cuero, Bria Henderson, head coach Amber Wakem, Harper Schmidt, Brynlee White, and coach Marion Schmidt.

port shown by this squad is the most important trait they could have in her eyes.

"As a coach, leadership and support is everything. This isn't just baseball. I'm not out on the field, so watching them work together this season and build such

confidence in their play was incredible. At this age group, a lot of pressure lands on our back catchers and pitchers. They are strong leaders, but of course, it comes with challenges and the girls rallied around them when they were struggling

to continue."

The tournament, according to Wakem, saw many of the aspects the Rockies had been working on all season round into form during the tournament, marking an impressive step for the group of largely inexperienced ball players.

"We had all levels of players and some new faces this season, but that didn't stop this team from building relationships and team bonding. I don't think we ever ended a practice on time as these girls never wanted to stop. That dedication and bonding was everything."

"They were all open to constructive criticism and wanting to know what they could have done differently," Wakem continued. "If there was a play they missed in a game, that is exactly what they wanted to work on during a practice. We saw that all come together this weekend."

Though they didn't have the most wins in their league during the season, Wakem said the group accomplished the most important aspect of the game – having fun with their teammates.

"I've always said my main goal is for these players to want to be here, to want to come to every practice and every game. There has to be a level of fun in this or what's the point? Everything else came together once we built that strong relationship and showed them fun can absolutely be front and centre."

Hutton 'n' Fishin' win SMGCC Mixed Scramble

SPENCER SEYMOUR

Independent Sports Reporter

Retrogression lifted the team of Steve Fisher, Melanie Fisher, Kenny Hutton and Leslie Monroe, named Hutton 'N' Fishin', to the top spot in the St. Marys Golf and Country Club's (SMGCC) Mixed Scramble Aug. 13.

Hutton 'N' Fishin' were one of three teams to finish the tournament with a score of 60, 12 under par, winning after the retrogression tie breaker was applied. Placing second was the foursome of Cheryl Anderson, Pete Csanyi, Lisa Goudie and Steve MacDonald. Evan Bechtel, Carly Buckholtz, Alex Taylor and Sarah Taylor also scored 60 and took the A division title.

Both Hutton and Steve Fisher described a well-rounded round by all members of the foursome.

"This was another day with this group where we had lots of fun, and everyone made key shots when we needed it and kept the momentum going throughout the round," said Hutton. "Everyone stepped up great with tee shots and lots of great putts when we needed it. Key shots came on our last two holes with a 25-foot eagle putt by Melanie (Fisher) on Hole 6 and a 15-foot birdie putt by Steve (Fisher) on Hole 7."

"Sometimes in these events, one person will get hot and carry the team, but each of us seemed to step up at different times and deliver a big shot when it was needed," Steve Fisher echoed. "Kenny (Hutton) made birdie with his own ball on 12, the toughest hole on the course, and also on 16, where his ball plugged two inches from a hole-in-one. Melanie made an incredible putt for eagle on Hole 6 from about 25 feet away. It was our second-last hole and was massively important to an eagle-birdie finish (on our last two holes) that got us to



(SPENCER SEYMOUR PHOTO)

Melanie Fisher, left, Steve Fisher, Leslie Monroe and Kenny Hutton celebrate at the end of their round during the Mixed Scramble tournament, hosted by the St. Marys Golf and Country Club Aug. 13.

that tying number of 12 under par."

Overall, 29 foursomes made up of 116 golfers played in the tournament.

In the B division, Cheryl McVittie, Kent McVittie, Brian Worrada and Mindy Worrada took the top spot with a score of 63.

Kelsey MacSorley, Mac MacSorley, Allie Merkel and Matt Welsh finished first in the C bracket with a score of 62.

Jonathan Allum, Sherry-Lee Allum, Cole Stewart and Stacey Stewart placed first in the D division, shooting 64.

Flyers, Diamondbacks lead Men's Slo Pitch 'A' Division; Bomberadoes, Jets lead 'B' Division



(CONTRIBUTED PHOTOS)

With just a few games left in the Men's Slo Pitch League's season, the Flyers and Diamondbacks sit atop the standings in the 'A' Division. On the 'B' side, the Bomberadoes and Jets sit in first and second place. Pictured above is Adam Deneve of the Rangers sending the ball flying during their game against the Autobots Aug. 13. Pictured below, Matt Steckly makes a catch in the outfield for the Autobots.



Kirkton-Woodham Optimists host annual mixed slow-pitch tourney



(CONTRIBUTED PHOTOS)

Pictured on top is the team dubbed JAFT, who were crowned the 'A' division champions at the Kirkton-Woodham Optimists' annual mixed slow-pitch tournament Aug. 8-9. In the middle are Marvellous Mia's Minions, who claimed the 'B' division title. On the bottom are the Mighty Oaks, who were the winners of the 'C' division. All proceeds go to the Kirkton Pool. Thank you to all the volunteers who helped make the tournament successful and fun.

ST. MARYS MEN'S		
SLO PITCH LEAGUE		
STANDINGS		
(AS OF AUG. 17TH (W-L-T))		
'A' DIVISION	'B' DIVISION	
1. Flyers (16-4)	1. Bomberadoes (16-4)	
2. Diamondbacks (16-6)	2. Jets (14-7)	
3. Merchants (15-5)	3. Bears (12-8-1)	
4. Tribe (14-5-2)	4. Rangers (9-11-1)	
5. Macindrivers (13-8)	5. Sox (8-12)	
6. LA Batts (11-10)	6. Thunder (5-14-2)	
7. Royals (9-11)	7. Autobots (5-18)	
8. Isotopes (8-13)	8. LSD (4-18)	
	9. Pats (0-21)	

ST. MARYS WOMEN'S		
SLO PITCH LEAGUE		
STANDINGS		
(AS OF AUG. 17TH (W-L-T))		
1. BBrew (13-2-0)	8. Field of Queens (8-5-1)	
2. Free Agents (12-2-0)	9. Mad Batters (6-9-0)	
3. Bringin' the Heat (12-2-1)	10. Wannabees (5-10-0)	
4. Resting Pitch Face (12-3-0)	11. Wombats (4-10-0)	
5. Comets (8-5-1)	12. Exterminators (4-11-0)	
6. Snappers (8-7-0)	13. Basic Pitches (4-12-0)	
7. Shenanigans (8-7-0)	14. Pitches (0-14-0)	

MINOR SPORTS *SCRAPBOOK*



(SPENCER SEYMOUR PHOTO)

Lauren Hayes launches the ball up the field from the defensive end during this past Sunday's U10 Girls Tier Three St. Marys Storm game.



(SPENCER SEYMOUR PHOTO)

Sydney Smith takes a strong shot on net during the U10 Boys Tier Three St. Marys Storm 'B' game this past Sunday.



(SPENCER SEYMOUR PHOTO)

Sheamus Ross cracks the ball off the bat during the Canadian Tire U13 OBA Red St. Marys Rockies game last Thursday.



(SPENCER SEYMOUR PHOTO)

Quinn Porter registers a hit during this past Monday's McLean Taylor Construction U15 WOBA Red St. Marys Rockies game.



(SPENCER SEYMOUR PHOTO)

Alex Harlton kicks the ball through the midfield during the U12 Girls Tier Two St. Marys Storm game this past Monday.



(SPENCER SEYMOUR PHOTO)

Tristan Fraser loads up a kick towards the opposing goal during this past Monday's U13 Boys Tier Three St. Marys Storm game.

COLUMNS

UKRAINIAN CORNER: OLLO, a new European restaurant, opening soon

ALONA VASYLIEVA

Independent Columnist

Rebuilding a life from scratch is never easy, but for Tetiana and Mykola Romaniuk, the town of St. Marys made all the difference. From day one, this community opened its doors and its heart to the family. Now, Tetiana and Mykola are ready to return the warmth in the best way they know how, with incredible food, rich hospitality and a brand-new table for everyone to gather around. Welcome to OLLO, a vibrant European Restaurant opening right in the centre of town at 83 Queen St. E!

Mark your calendars! OLLO is hosting its Soft Opening on Aug. 25 from 12-5 p.m. Going forward, you can drop by Tuesday through Saturday, from 10 a.m. to 5 p.m., with hours flexible and adjustable as they see what works best for the community.

I was privileged to get an exclusive sneak peek into this incredible space and sit down with the passionate owners, Tetiana and Mykola Romaniuk, to chat about their vision, the hardworking journey behind OLLO and what St. Marys locals can look forward to.

For Tetiana, welcoming people with food is second nature. She spent 27 years working in hotels and restaurants in Ukraine. Back home, she and Mykola opened a small coffee shop, but just two months later, the war forced them to close and leave, and the family arrived in Canada. The language barrier made things move slowly at first, and learning a whole new system of rules and inspections took time. But Tetiana kept going. She started her own catering business, U.Tasty.Plate, worked as a cook and began preparing meals for the Rotary Club in 2023. Soon, neighbours and friends were inviting her to cater their private family events.

For this family, opening OLLO is so much more than just launching a new business. It is a deeply personal dream to fill this space with comforting food, the sound of kids' laughter and warm family gatherings.

Combining Tetiana's deep background in hospitality with their gratitude for the town's support during their settlement journey, they decided to open OLLO.

"In Ukraine, you have to rent a commercial kitchen to cook for people," Tetiana said. "Passing home kitchen inspections here in Canada helped me understand the local regulations and prepared us to open a real restaurant again."



(CONTRIBUTED PHOTOS)

OLLO owners Tetiana and Mykola Romaniuk are excited to welcome the St. Marys community to their soft opening starting Aug. 25.

Opening OLLO took a lot of hard work. Instead of hiring contractors, Tetiana and Mykola handled the renovations themselves while making sure everything met local health and safety standards.

"Doing all the work with our own hands was a big challenge physically and mentally, but we put our hearts into it," Tetiana said.

Behind the scenes, Mykola worked long hours at a factory job, using his few rest hours and overtime breaks to paint, build and fix up the interior. As the hard work began to pay off, the physical space started to reflect their vision.

"OLLO gradually stopped being just a space which we tried to renovate," Tetiana said. "We saw how, step by step, it was becoming the place which we pictured."

The owners are honest about the fact that they are still working on improving the space, adjusting their hours and tweaking menu items as they go.

"That's why we're starting with a soft opening," Tetiana said. "We want our neighbours to come in, try the food and give us honest advice so we can grow together."

Tetiana is putting together a wonderful menu of breakfast favourites, and she is also committed to offering fresh, balanced lunch options so local downtown workers can enjoy a good, quick meal during their break. And while she knows many locals are excited for Ukrainian classics, she wants to offer even more.

"I know people expect classic Ukrainian dishes, and we will definitely have those on the menu," Tetiana said, "But we don't want to limit ourselves."

The main concept of the restaurant is to serve European home cuisine through a modern, family-focused perspective.

The name OLLO and its stork logo carry a special meaning from back home. In Ukrainian culture, the stork brings peace and blessings to a home, while the round letters in OLLO stand for a close family circle.

To make life easier for parents, OLLO is setting up a fun kids' corner with plans for children's workshops in the future. Down the road, they also plan to add a small outdoor terrace. The space will also be available for private rentals, making it a perfect peaceful spot for birthday parties, family gatherings and community events.

OLLO also holds a very special place for the local Ukrainian community. For anyone missing home, it promises to be a comforting sanctuary – a place to gather, savour familiar flavours and feel a sense of home away from home.

Tetiana and Mykola are looking forward to welcoming you on Aug. 25! Stop in to enjoy a delicious meal, share a smile and give a big, warm St. Marys welcome to the OLLO family!

If you have questions, catering requests, or want to book a private event, reach out to hello.ollo.family@gmail.com. To learn more, check OLLO out on Facebook by searching OLLO family restaurant and on Instagram (@ollo.family.restaurant).



Featured on OLLO's menu is this prosciutto and caramelized peach salad.



OLLO is a new European restaurant opening in St. Marys.



Also featured is this pork with pineapple and cheese dish.

HISTORIC ST. MARYS: Helen Mills Wilson (1902-1994)

MARY SMITH

Independent Columnist

Helen Mills was four years old when she first visited St. Marys. She and her mother, Kate Howell Mills, were staying with friends, the Fraleighs, in their red brick mansion, Fairhill, on Queen Street East. Because of Kate's visit, the Fraleigh family, who enjoyed entertaining, decided to give a dance. It was an exciting evening and although little Helen was put to bed early, she couldn't get to sleep. She heard the ladies getting ready in a nearby room. She peeked through the door, saw them in their evening gowns, with fans and long kid gloves, and admired how they swept down the staircase to join the gentlemen. Still in her nightie, Helen put on her little angora mitts, made a fan from some cardboard and went down the stairs after them. Of course, she was quickly chased back upstairs.

Almost 80 years later, Helen Mills Wilson recounted this story in a recorded interview, an oral history project for the St. Marys Historical Society. Reflections, a booklet edited by Bruce A. Hicks and published in 1986, presented firsthand accounts of life in St. Marys in the first three decades of the 20th century. Bruce Hicks selected the content from a series of interviews with St. Marys and area seniors who shared their memories of family life, school, church, sports, entertainment, shops and local industries. Helen Wilson was a key contributor. Her comments were lively and told with humour. In pre-World War I St. Marys, she had had access to the level of the town's society that owned evening dresses and held balls. But her own parents were very down-to-earth and enjoyed interacting with all sorts of people. Helen herself was bright and outgoing and, as the incident during the Fraleigh party shows, never hesitant to be the centre of attention.

Helen's father, William J. Mills, was born in 1866 in Enniskillen, near Bowmanville, in Durham County. His father, Samuel, was a saddler. William attended Bowmanville High School until he was 16. Then, seeking his fortune in the west, he found work with the Winnipeg branch of David Maxwell's farm implement company. After two years in Winnipeg, William was transferred to the company's head office in Paris, Ontario, where he worked for four years. In 1888, David Maxwell left Paris and moved his company to James Street South in St. Marys. However, William Mills, still drawn to the west, took a position with a company in Missouri. In January 1892, William came back to Ontario to marry Kate Howell, a music teacher in Brantford. Kate had grown up in Paris, and the young couple had met when William worked at Maxwell's head office.

In 1893, the Maxwells persuaded William to come home to work for the company in St. Marys. William and Kate Mills lived in St. Marys for four years in a house on Queen Street, just east of the Fraleighs who became not only neighbours but friends. William Mills must have been a good employee; his old company in



(PHOTO COURTESY OF R. LORNE EEDY ARCHIVES, ST. MARYS MUSEUM)

Helen Mills married Lex Wilson in 1926 and came as a bride to the historic limestone cottage, set on Ardmore Park estate, in the west ward of St. Marys.

Missouri invited him back. He and Kate lived in Missouri for two years and then William was appointed Superintendent of the Chicago Polyclinic, a large medical school with two associated hospitals, a position he held for 11 years. During that time, William and Kate's two daughters were born – Helen in 1902 and Kathleen in 1908. When Helen was nine years old, the Mills family moved back to St. Marys for good. William had been offered the position of secretary-treasurer with Maxwells. The new family home was on the southwest corner of St. Andrew and Jones Street. At that time, the St. Marys Cement Company was under construction and was soon in full production. One of the owners, John G. Lind, and his family also moved into a house on St. Andrew Street. Helen remembered, "That's how we got to know them so well." William and Kate Mills had the gift of making good and lasting friends.

The booklet, Reflections, provides insight into how St. Marys was affected by the social changes in the first decades of the 20th century. Helen Mills both observed and participated in these changes. After arriving in St. Marys in 1911, she joined her peers as a student at the old Central School on Elizabeth Street. Helen had Miss Lillian Ingersoll as her first teacher in St. Marys and "was lucky to be in her room." She also had a family connection to Miss Ingersoll. In 1903, her uncle, J. Calvin Mills had married Lillian's sister, also named Helen. Young Helen was in one of the final classes in the old Central School. She remembered how, in 1915, it was demolished, and a new Central School was built on the same grounds.

In 1912, in collaboration with the public schools, a grand production of Alice in Wonderland took place on the stage of the Opera House. More than 200 students, some with speaking parts, the youngest in costumed groups, took place in two evening performances and a Saturday matinee. Although she had only been in St. Marys a few months, young Helen had clearly made an impression. She was chosen to play the leading role of Alice.

When World War I started in 1914, Hel-

en was 12 years old. She remembered going downtown with her father and standing every night in front of the bulletin board in the Journal Argus office windows to read the latest war news. Helen was in high school when the war ended; she described the celebration in the Opera House. Town dignitaries spoke from the stage and "everybody and his brother turned out." She was just 16 and her parents probably did not allow her to take part in the informal celebration that followed the official one – a wild street party with bonfires in the centre of downtown Queen Street. Helen was probably among the local citizens who felt regret when the Opera House theatre closed in 1919, was gutted and turned into a flour mill.

However, by then St. Marys had the movies! Taught by her mother, Helen was an accomplished pianist. In her late teens, she sometimes provided the music accompanying the action on the silent screen in the town's first movie theatre, the Pleasant Hour. The church was another

social centre for young people. Both William and Kate Mills were very involved in St. James Anglican Church and especially enjoying direct plays and concerts in the parish hall. All the family sang in the choir. Helen remembered: "Most of us went to church on Sunday in the morning, Sunday School in the afternoon and church again at night. But I think that we went to church at night partly to get walked home by one of the boys."

By the time she was in her early 20s, Helen Mills still lived at home, helping her mother run the household. It included her aunt, Elizabeth Mills, William's sister, who had come to live with the family. She was popular and there was always something to do with friends – dances, movies, concerts, Chautauqua in the summer. Helen caught the eye of Alexis George Wilson who came from Toronto in 1920 to work in the office at the cement plant. Lex's second occupation was an intriguing one. This dashing young man was an increasingly successful steeplechase rider, winning competitions for wealthy horse owners. One of these was Alfred Rogers, another of the St. Marys Cement Company owners. Helen Mills and Lex Wilson were probably introduced by the Linds.

Alexis Wilson and Helen Mills were married on September 2, 1926, in St. James Anglican Church. This wedding was described in the Journal Argus. "The charming young bride entered the church on the arm of her father. She carried a shower bouquet of nasturtiums and maiden hair fern." Helen was attended by her 18-year-old sister, Kathleen. Her cousins, George and William Mills of Toronto, were ushers. After a honeymoon in Quebec – a boat trip down the St. Lawrence and up the Saguenay River – the Wilsons returned to their new home, the limestone cottage set in the 12-acre Ardmore Park in the west ward of St. Marys.

Straight From The Shelves

By Laura McAsh, St. Marys Public Library

Our annual End of Summer BBQ is tonight! Stop by the Library between 4:30 and 7 p.m. to celebrate another great summer of reading with hot dogs, hamburgers, balloon animals, cotton candy, and more.

Tomorrow is our final Funday Friday of the summer! Come to the Library to visit local beekeepers Max and Rebecca from Honey Bee Good! Attendees will learn about honeybees, how honey is made, and the important role bees play in pollination. Check out beekeeping tools, explore the amazing world of the hive, and try some sweet honey! To attend this free program, sign up on ActiveNet: tinyurl.com/SM-PL-ActiveNet. Please note that participants under the age of 7 must be accompanied by a caregiver who is at least 12 years old.

Up This Week

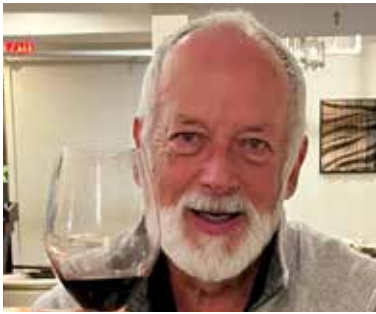
- Thurs. Aug. 20: Mini Makers* (10:45 a.m. to 12 p.m.), Fluency Fitness*^ (2-3 p.m.), End of Summer BBQ (4:30-7 p.m.)
- Fri., Aug. 21: Funday Friday – Honey Bee Good* (11 a.m. to 12 p.m.)
- Sat., Aug. 22: Dungeons & Dragons (10 a.m.)
- Mon., Aug. 24: Open 10:30 a.m. to 8 p.m.
- Tues., Aug. 25: Tuesday Book Club* (11 a.m.)
- Wed., Aug. 26: EarlyON Play & Read (9:30 – 10:30 a.m.), Mahjong~ (1-4 p.m.)
- Thurs., Aug. 27: Open 10:30 a.m. to 8 p.m.

*Registration Required

^Held at Kin Park (109 James St. N)

~Held at the St. Marys United Church (85 Church St.)

OH, THE PLACES WE'LL GO: Soothing your spirit in Grenada's rainforest



PAUL KNOWLES

Independent Columnist

It's not a surprise that when travellers visit Caribbean islands, they often have two thoughts in mind: the beach and rum punches. And there is no doubt that most Caribbean islands have great beaches, and no lack of rum drinks.

But the best Caribbean destinations offer so much more, and it would be a shame to miss the wonders you will find if you dare to leave the beach resort and start to explore.

In my view, Grenada is definitely one of "the best Caribbean destinations." I have a special fondness for the "Windward Islands" – the nations that are in the eastern part of the Caribbean. And when I was in Grenada earlier this summer, the beach played very little part in a menu of fantastic activities – though there is no doubt that the four-kilometre-long Grand Anse white sand beach is one of the best in the world.

But we turned our focus inland and spent one of our days exploring Grenada's spectacular rainforest.

Grenada has 3,800 acres of protected rainforest. The diversity of plants is mind-boggling; there are over 100 varieties of

ferns alone.

One of my favourite stops was at Annandale Waterfall and Forest Park. This being the rainforest, it wasn't too surprising that it was, in fact, raining. But this being a tropical island, it also wasn't too surprising that the rain was warm, and nobody seemed to care that we were getting wet because the plants and flowers were astonishing, and the waterfall is beautiful.

Annandale is a 30-foot waterfall on a stream that emerges from the rainforest and plunges into a beautiful, emerald pool below, open for swimming if you so choose. It's one of nine waterfalls in Grenada, which is a volcanic island (there are hot springs you can visit), and so, rises sharply from the oceanfront to the heights of the rainforest.

Not to wax overly botanical, I wandered along paths bordered by dramatic heliconia, lush bougainvillea (the national flower of Grenada), "shampoo ginger," bird of paradise flower, torch ginger and large, bright yellow flowers called "buttercups" that bear no resemblance to any buttercup I have encountered in Canada – plus, dozens of plants I wouldn't even begin to try to identify. The rainforest is simply beautiful, and I noticed that all of us travel-writing colleagues almost immediately relaxed and stopped to savour the visual delights around us in spite of the rain.

Annandale Falls is just a small part of the large rainforest, which includes the Grand Etang National Park and Forest Reserve. There, visitors will encounter a cornucopia of unique delights.

There is an extensive lake that

is actually a volcanic crater. There are beautiful birds, Rainbow Eucalyptus trees with bark the colours of the rainbow, and rather shockingly large Giant Frangipani caterpillars.

But the highlights are the Mona monkeys.

As you enter the park, you encounter this posted warning: "Notice. The Mona monkeys within the Grand Etang National Park live in the wild and can be very unpredictable. If you choose to interact with them, you are doing so at your own risk. The management of the park assumes no liability for any injury sustained as a result of such interaction."

That notice certainly echoed in my head a few minutes and a short distance away, as a Mona monkey sat on top of my head because there are some gentlemen who have apparently trained the wild monkeys to prance about on visitors' heads, arms and shoulders in return for food.

Or perhaps – and I might actually lean toward this explanation – the monkeys have trained the gentlemen. It sure seemed like the monkeys were in charge, at any rate.

Our minibus driver stopped where these monkeys are likely to be found, and next thing we knew, we had become climbing posts for Mona monkeys. It was a ton of fun and no tourists were hurt in the making of those photographs. Nor were any Mona monkeys.

Grand Etang National Park features several walking and hiking trails. The hikes through the rainforest range from relatively easy walks to a challeng-



(PAUL KNOWLES PHOTOS)

Annandale Falls, one of nine waterfalls in the rainforest of Grenada.

ing trail that climbs up Mount Saint Catherine, the highest peak on the volcanic island.

Of course, as wonderful as the rainforest is, Grenada offers a lot more for visitors to enjoy, including, naturally, the beach. There is the unique and astonishing Underwater Sculpture Park (which I had the chance to re-visit, and which I will write about in a subsequent feature). The island is home to seven chocolate factories (and once you have had Grenadian chocolate, you may never go back), and – you knew we would get back to this – five rum distilleries, which offer the most generous tasting experiences you are likely to encounter anywhere.

The tours of the chocolate factories are fascinating, and the tours of the rum distilleries are tasty as well. Our visit took us to Belmont Estates for chocolate, and to Clarke's Court rum distillery.

But tempting as those options are (and yes, you should yield to temptation in this case), nothing will soothe and inspire your soul like spending time in Grenada's amazing rainforest.

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.

**Tropical beauties: heliconia and red ginger lily.****Bougainvillea is the national flower of Grenada.**

FROM THE GARDEN: The flower that radiates



NANCY ABRA

Independent Columnist

As you drive along the country roads, you notice fields of light brown stubble left from the wheat harvest, lush acres of beans, and tall, spiked masses of corn, common sights for this time of year in our area. But every once in a while, you come across a field of sunflowers, and instantly a smile rises to your face. Why, you may ask.

Sunflowers radiate joy because they embody light, movement, and abundance, and they carry ancient cultural meaning. Their botanical name, *Helianthus annuus*, combines the Greek words *helios* for sun and *anthos* for flower, along with the Latin word for annual, *annus*.

Where over 80% of our flowering garden plants trace their origins to Europe and Asia, the sunflower began its story in North America. Archaeological evidence shows sunflowers were first cultivated in the southwestern United States and Mexico over 3,000 years ago, making them one of the earliest crops on the continent. Indigenous peoples ground the seeds for flour, roasted them, or pressed them for oil. The petals produced dyes, and the sturdy stalks became building material. The sunflower also held ceremonial significance tied to the sun, fertility, and harvest.

Through the ages, the sunflower carried deep meaning across cultures. For the Aztec and Inca peoples, it symbolized the sun god—representing power, nourishment, and divine light. Spanish explorers brought sunflower seeds to Europe in the early 16th century. At first grown as curiosities in botanical gardens, Europeans soon became captivated by the way young sunflower heads follow the sun, a phenomenon known as heliotropism, a movement that conjures energy, opti-

mism, and purpose. Mature sunflowers do not track the sun. But instead, they settle facing east to warm more quickly at dawn, which boosts pollinator visits. Perhaps this is why, in modern times, especially in Ukraine, the sunflower has become a political symbol of peace, hope and resistance.

In some Greek traditions, sunflowers were linked to devotion and transformation. In Victorian England, they were sometimes considered symbols of false riches because their large heads suggested abundance, yet their seeds were small. But for others, they conveyed adoration and loyalty, fitting for their sunseeking nature. In Christian Europe, their orientation toward the sun became a metaphor for steadfast faith.

To us, whether in a widespread field or a pair of plants in the garden, sunflowers radiate joy. Their large, bright yellow heads mirror the sun, inducing warmth, happiness, and positive energy. Perhaps that's why some farmers plant a few acres of sunflowers, inviting the public to walk among these sunshine plants,



take photos, or pick flowers for a donation to a charity such as cancer research or a local hospital. Sunflowers are loved by bees and other pollinators, and they also help improve soil health.

In our garden, these tall sturdy plants rise above the bustle of

late summer, holding their golden faces open to welcome pollinators and delight passers-by. Wherever they grow, the sunflower has a way of brightening our spirits as they radiate energy and joy.

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Community Liaison Committee

The next Community Liaison Committee Meeting will be held on **Thursday, September 10th at 6 p.m.** at the St. Marys Municipal Operations Center. Members of the public who wish to observe are welcome to attend. Residents who wish to speak in front of the Committee may submit a detailed request in writing to the Committee. The request will be considered by the Committee and approved prior to the meeting.

Please submit all requests, questions, and concerns for the meeting to kara.pelissero@vcimentos.com by **Tuesday, September 8 at 12 p.m.**

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Riddles

- What two things can you never eat for breakfast?
Lunch and dinner.
- What can you catch but not throw?
A cold.
- What comes down but never goes up?
Rain.
- What is so simple it can only point, yet guides people all over the world.
A compass.
- What is easier to get into than out of?
Trouble.
- What goes up and down but never moves?
A stairway.
- Which question can you never answer “yes” to?
“Are you asleep?”
- What can go up a chimney down, but can’t go down a chimney up?
An umbrella.
- What gets bigger the more you take away?
A hole.
- What word begins with E and ends with E, but only has one letter?
Envelope.
- What can you break without touching it?
A promise.

- Word Search -



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The Riddle Kid OF THE WEEK



Zoey Dundas (5)

Hey Kids... Every Riddle Kid that appears in the paper gets a FREE MILKSHAKE at the Sunset Diner!

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PET OF THE WEEK



Did you know pets can get sunburned too?
Light-coloured fur, pink skin, and areas with little hair—such as the nose, ears, and belly—are especially vulnerable to the sun’s harmful UV rays. Provide shade, avoid peak sun hours, and ask your veterinarian about pet-safe sunscreen.



MARLA

Marla is a four-year-old goldendoodle and is a full member of the Jay, Angela and Jordan MacPherson family. She loves her walks and playing with her friends. She spends her days with grandparents, Dave and Sandy MacPherson. It’s a pretty good life for a very good dog.



Thorndale News

A section within the
St. Marys Independent



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VON blood pressure check program in Thorndale

NANCY ABRA

Independent Reporter

Volunteers with VON facilitate a blood pressure check program weekly in various locations around Thames Centre.

This initiative is designed to help community members monitor and track their blood pressure effectively. Participants receive a “blood pressure wallet card,” a convenient tool where volunteers record the date and readings, making it easy to share with a doctor during future appointments.

This program is ideal for the people who suffer from “white coat syndrome” where they go to a health-care clinical setting like their doctor’s office and their blood pressure is higher than regular due to the pressure/presence of getting their blood pressure done in an uncomfortable

environment. Our blood pressure clinics are to make participants get their blood pressures taken in a calm and comfortable environment.

Monitoring blood pressure is crucial because high blood pressure is the leading risk factor for strokes and a significant contributor to heart disease. It occurs when the pressure in the arteries rises, causing your heart to work harder than usual to circulate blood. Regular checks are essential for maintaining good health.

This program is completely free of charge. To register, visit one of our clinics at the Thorndale Lions Community Centre on the second and fourth Wednesday each month from 11 a.m. to 12:30 p.m. For more information or questions, contact Mackenzie at VON, 519-268-7028 ext. 2, or visit us at www.vonme.ca.



(NANCY ABRA PHOTO)

VON volunteer Mohinder Mann taking blood pressure last Wednesday at the Thorndale Lions Community Centre.

Don't let gardening be a pain!

NANCY ABRA

Independent Reporter

The Thorndale and Area Horticultural Society held their August meeting last Wednesday evening, featuring guest speaker Connie Jasinska’s presentation, “Don’t Let Gardening be a Pain!”

Jasinska, a clinical physiologist and registered health and exercise practitioner is also an experienced and avid gardener. With her professional expertise, as well as being a gardener, she understands the aches and pains that transpire during working in the garden. In her presentation, Jasinska explained how to take a practical approach to those garden jobs to make gardening more enjoyable with less pain.

Gardening is a physical hobby – digging, lifting, squatting, pulling, shovelling impacts the body. Jasinska offered suggestions to reduce the risk of sore backs, pulled and aching muscles. Her recommendations, such as having more perennials and planting less annuals, re-scale the gardens, raised beds or containers and growing native plants for low

maintenance and a carefree look.

She also emphasized having the correct tools for those garden jobs for less strain on the back and muscles, as well as keeping hydrated and wearing protection from the sun. Pacing oneself, changing positions and taking breaks is also helpful. She demonstrated some simple stretching exercises for the hands and arms which audience members joined in to practice.

Gardening is good exercise, helps the muscles get moving and, with Jasinska’s presentation, horticultural members will be aware of what they can do to reduce the risk of gardening aches and pains.

The Thorndale and Area Horticultural Society will host a workshop on Monday, Sept. 14, where Jim Mabey, an Ontario Horticultural judge will instruct on how to create a “pave” floral design.

Email thorndalehort@gmail.com to reserve a spot and for more information. Also, at the next meeting held at the Thorndale Lions Community Centre on Sept. 16 at 7:30 p.m., Mabey will be the guest speaker, demonstrating floral designs to inspire members to enter in the Thorndale Fair Fall.



(NANCY ABRA PHOTO)

Liz Iglesias, left, from the Thorndale and Area Horticultural Society, thanks Connie Jasinska for her presentation, “Don’t let gardening be a pain,” at their August meeting.

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McCauley

The family of the late Kevin McCauley would like to send a huge thank you for the excellent care that Kevin received through his health care journey. Dr. Wilson who has been by his side, advocating for Kevin, providing him with excellent medical advice, support, guidance & arranging for specialist appointments. Your kindness and professionalism is greatly appreciated. The ambulance attendants & ER doctors were all very caring and provided excellent care.

We are very thankful for the nurses at our hospital and for the compassion and care that was provided to both Kevin and our family. The dietary staff for ensuring we always had fresh coffee, tea and water to keep us going. The sanitary staff who were very respectful and would ask before entering the room if there was anything that was required from them.

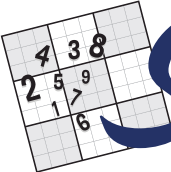
We are so thankful that our Husband, Dad, Grandpa and Great Grandpa was able to stay in St. Marys for the duration of his stay where he could see and hear familiar faces, sounds and smells of the town he had lived in his entire life and loved so much. This was very important to Kevin.

Thank you to Andrew Hodges for his kindness & professionalism. Thank you to Pastor Dave Horne of Grace Community Church for his spiritual guidance through the many years that Kevin has been a member.

Special thank you to Kevin’s friend Charles who visited at home and in the hospital. Your words and compassion were very comforting for all of the family. Thank you to everyone who was able to attend Kevin’s celebration of life, for all the online condolences and the charity donations.

Kevin was truly loved and respected by his family and all who met him.

We miss Kevin deeply.
Gail McCauley and Family



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Solutions on pg. 31

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Taylor

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So often do we reminisce
And share a laugh or two,
Fondly telling stories of the things
You'd say and do.
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You are always in our thoughts,
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1. Armageddon

2. Spurs

3. Cupid

4. Nine

5. The Netherlands

6. 2028

7. Captain America

8. Synonyms

9. Jenga

10. Water, malted grain, hops
& yeast



SUDOKU ANSWERS

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

THE WEEK
AHEAD

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PRC & Friendship Centre events – See the
Stonetown Crier on Page 5

St. Marys Public Library events – See Page 23

FRIDAY, AUG 21

- Lakeside Cemetery on the Hill decoration
day Aug 21-23

- A.N.A.F. meat draw – 6 p.m.

- Purple Hill Country Opry cowboy kick off
party – 8 p.m.

SATURDAY, AUG 22

- St. Marys Farmers Market at Milt Dunnell
Field - 8 a.m. to Noon, Whites are serving
breakfast

- Multi family yard sale at 11 Millson Crescent
– 8 a.m. to Noon

- Purple Hill Country Opry ram rodeo and
country music showcase – 1 p.m.

- Royal Canadian Legion meat draw – 5 p.m.

SUNDAY, AUG 23

- Zion Cemetery annual decoration day
Purple Hill Country Opry ram rodeo and
country music showcase – 1 p.m.

- North Nissouri Cemetery decoration day,
service at 2 p.m.

- Avonbank Cemetery decoration service –
2:30-3:15 p.m.

WEDNESDAY, AUG 26

- Melodies at the Museum at Cadzow Park –
7-8 p.m., The Gee Gees

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Looking
Back

AMY CUBBERLEY
Independent Columnist

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25 years ago (2001)

Good luck to local youngster, Neil Van De Walle, 7, who will compete in the provincial “Hit, Run, and Throw” competition this Saturday at the SkyDome in Toronto.

Sebringville O.P.P. are investigating a break-and-enter on Road 152 of Blanshard Township sometime on Tuesday or Wednesday last week. Culprits entered a shed at the rear of a residence. A hidden key to the shed was used to gain entry and, upon exiting, the culprits re-locked the shed door, replacing the key in its hiding spot. Stolen were two dirt bike style motorcycles.

50 years ago (1976)

Despite heavy bouts of rainfall at several times during Sidewalk Days in St. Marys, several merchants report that their sales were the most successful yet. Even during heavy rain many customers remained in stores and other sheltered areas rather than heading home.

The work of rebuilding the wall at the St. Marys Presbyterian Church has been proceeding at a good pace.

75 years ago (1951)

Bert Dalrymple, who recently bought the house previously occupied by Mrs. Gunning on Church Street near the bridge, is making three apartments on the premises.

The Dominion Government is to spend a large sum of money to aid town and city fire brigades to standardize hydrants and hose couplings. At present there are several different sizes of thread for couplings. It has been agreed that the standard thread for hydrants should be No. 5. At present time, London has No. 5 threaded couplings, and St. Marys is equipped with No. 7.

100 years ago (1926)

A wonderful treat is in store for citizens of St. Marys and vicinity next Wednesday, when the McConnell Club will stage a “Treasure Hunt”. Two prizes will be given, namely a first prize of a ten-dollar gold piece and the second prize of a five-dollar gold piece.

Kellogg's Girls, a snappy ball team from London, played here on Saturday against the Bells of St. Marys. The Cornflake Queens won 13-6. Clarence Stanley, a Granton boy who is superintendent of production at the big London factory, is manager of the team.

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