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Show Us Your Wilmot Facebook group member Dan Brenneman recently shot this photo of an eagle as he arrived to work near Haysville earlier in February. Photo courtesy of Show Us Your Wilmot

Career Expo looks to fill employment gaps in Oxford

By Lee Griffi, Local Journalism Initiative reporter

Oxford County Community Employment Services (CES) is hosting a free Career Expo next month at the Woodstock Fairgrounds.

The organization said a chronic skill and labour shortage continues to challenge the Oxford County business community and the inability to secure the talent required to maintain and grow local companies can have a devastating impact on the area's economic vitality.

CES director of workforce and community development Natalie Surridge said CES, with their partners, has established a comprehensive labour-force attraction and retention strategy. She added the event is a part of that strategy and is much more than a typical job fair.

"The number and diversity of the employers who will be on hand; over 18 sectors will be represented and within those sectors, you will get the opportunity to go hands-on into the work you would potentially do for the employers. It is not a booth and pamphlet-based event."

Surridge said there will be a welding simulator and other machinery attendees will be able to try out.

"With EARTH, you will be able to go up in the lift bucket along with trying on gear firefighters use. There will also be virtual-nursing stations. There are so many interactive opportunities," she said.

Oxford County is no different than surrounding areas where employers are looking for workers and employees are looking for jobs. Surridge said sometimes there is a skills mismatch, something the expo is also looking to address.

"We will expose job seekers to the skills

Continued on page 3

Future of Wilmot's PM's Path remains in limbo

By Lee Griffi, Local Journalism Initiative reporter

Wilmot Township council is taking a slow and consultative approach to reintroducing the Prime Minister's Path project.

Members of council were presented with three options from township staff at Monday night's regular meeting. The first was to maintain the current direction and create a working group comprising a balanced representation of people and

communities locally, while the second would engage further by assessing community support for establishing a working group or exploring alternative approaches for citizen engagement and decision making. The final option would let citizens decide through a referendum.

After a great deal of conversation, council passed a motion to have staff report back to them at the March 25 meeting with details on implementing option two with a potential timeline. Staff will also provide

a report on the feasibility of removing the statues from offsite storage and returning them to a township facility.

Another concern is how much the township is spending to keep the statues in storage after CAO Sharon Chambers released the price tag.

"The cost of this storage is \$661 a month and we've spent about \$23,000 between 2020 and 2024," she explained.

Continued on page 2





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COMMUNITY —

Discussions continue on Wilmot's PM's Path

Continued from page 1

The statues have been in storage at an unidentified site since the Prime Minister's Path project was cancelled by council in 2021. The Sir John A. Macdonald statue was repeatedly vandalized as members of the public voiced their concerns about the historical ties to residential schools. Staff has been directed to look at an alternative storage option somewhere on township property.

Coun. Harvir Sidhu said for him, public consultation will be the most important part of the process moving forward.

"I look forward to a process that allows us to engage in inclusive dialogue with our residents. These are decisions that shape our public spaces. I am hopeful we can facilitate open and transparent discussions."

Coun. Kris Wilkinson said he's pleased to see some progress being made.

"In the next report, we expect that we will be able to address the current storage cost and find a way to utilize our existing facilities for storage. In terms of resolving the project and process as we move forward, we want to make sure we engage the community as a whole and provide opportunities for voices to be heard. We asked for more information about how we can do that, and one option is potentially utilizing a consultant to help facilitate community meetings. I would encourage anyone who wants to speak about the process to please reach out to council and we'd be happy to discuss it."

One aspect of the approved option chosen by council is it will likely take a long time for any concrete decision on the statues to be made.



The statue of William Lyon Mackenzie King was one of the statues removed from the Prime Minister's Path in July 2021 along with the statues of Sir Robert Borden, Kim Campbell and Lester Peason, and placed in storage. File Photo

"This report speaks to process only and doesn't address what will happen to the statues," said Chambers. "I think that is the work that is remaining for the working group or whatever path council decides going forward. We will have to hone in and develop what the terms of reference may look like for the consultant that (council) would wish to engage."

Schneider Family land donation still up in the air

The township is working with the transportation department at the City of Waterloo to work on some type of solution to allow the deal to go through.

Wilmot assumes liability on the land if the donation to a group called rare does go ahead as planned. The township said it requires some type of parking solution, an idea that has been met with a tremendous amount of opposition.

The Schneiders have been trying to donate over 230 acres of land that borders Waterloo since 2020.

A report was expected to be released on Feb. 28 but was not made available by press time. The Gazette will follow up on the story in next week's edition.

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The Woodstock Dutch Theatre group is back in full swing preparing for a new play! Every year around this time people start asking if there will be another production? Absolutely! Rehearsals are underway and this year is the 39th season. New to 2024 is the addition of an afternoon AND an evening show in Goderich and we are adding a new venue in St. Thomas!

This year the Woodstock Dutch Theatre Group will be presenting: **"High Tea in Bakkerij van Schie"** (High Tea in the Van Schie Bakery).

The playwrights are Cocky van Dijk and Michiel Geurtse. Mrs. Van Schie has convinced her husband to go along with her brilliant idea that will breathe new life into the bakery. High Tea parties and an opportunity to enjoy a delicious lunch. A hilarious comedy about the ups and downs of a bakery unlike you have ever seen before!

A wonderfully entertaining play that you won't want to miss!

Please join us on the following dates at these venues:

Woodstock, Market Theatre
Saturday March 16th - 2pm and 8pm

Goderich, The Livery Theatre
Saturday March 23rd - 2pm and 8pm

St. Thomas, Princess Ave. Playhouse
Saturday April 6th - 8pm

Tickets are \$20 in advance or \$25 at the door
Tickets can be purchased through ticketscene.ca or call Jolanda : 226-232-8200

Facebook@Woodstock Dutch Theatre Group
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COMMUNITY —

Oxford County Career Expo



Continued from page 1

required for employers and how they can connect to get those skills locally. Whether that is through CES and our partnerships with Fanshawe and Conestoga, or directly with employers who have training centres built in. There will be people there representing skilled trades who will explain how to tap into programs."

Surridge added jobseekers can obtain skills through schooling other than their traditional post-secondary employment.

Thanks to the ongoing issue of baby boomers leaving the workforce, one priority of CES is to retain youth in Oxford County so they can work locally.

"It is critical to our economic success that we engage our students for jobs that are in their backyards. The expo exposes opportunities that are right here for them."

Between 8:30 a.m. and 2 p.m., over 3,000 students will be attending to explore career pathways and options, as well as co-op and volunteer opportunities. From 3-6 p.m., the event will be open to the general public. Surridge said the youth component will be a regular part of the expo going forward.

"All students will have equal opportunity to be exposed to all sectors and all positions and opportunities that are local and drilled right down to their communities. For those living in our rural communities, who are those big employers? It doesn't have to be jobs located in our urban centres."

Surridge added the expo will also highlight part-time and summer-job opportunities available to students that could help support their career aspirations. Students also need 40 hours of volunteer time to graduate from high school and the event will showcase those types of opportunities too.

The organization also believes many people living in Oxford who want to work are experiencing roadblocks along with way.

"There are barriers to childcare, barriers to transportation. Those are two big ones along with housing. There are multiple reasons why people aren't connecting to the workforce. At the expo, there will be a childcare component including opportunities to become an entrepreneur by providing home-based daycare," said Surridge.

On March 21, over 300 local employers across various sectors including transportation and logistics, hospitality, Canadian Armed Forces, skilled trades, health and wellness, agriculture, early childhood education, retail, municipal employment and politics, business administration, construction, sports and leisure, non-profit, manufacturing, entrepreneurship, arts and culture, and more will be at the Woodstock Fairgrounds to connect with potential employees. The Career Expo is free for employers and job seekers.

Members of the public can pre-register on the CES website at www.cesoxford.ca and are encouraged to bring copies of their resumes.

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COMMUNITY —



The automated external defibrillator (AED) donated to Grace United Church at the Feb. 18 Sunday service in memory of Const. Sam Ankenmann. Photo by Gary West



On Feb. 18 the Dave Mounsey Memorial Fund donated its 175th defibrillator during Sunday service at Tavistock's Grace United Church. The donation was in memory of Perth County OPP Const. Sam Ankenmann, who was killed in the line of duty in 1968. Pictured from left are Rev. Marg Smith, Sgt. Leanne Wilhelm, Const. Derek Marshall, Insp. Dave Sinko, Insp. Dave Barnabi, Staff Sgt. Charlene Pollard, Sgt. Patrick Armstrong and Rev. Shawn Ankenmann, son of Const. Sam Ankenmann. Photo by Gary West

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COMMUNITY —

Optimist Club of Tavistock thanks community for supporting Coldest Night of the Year

By Wilmot-Tavistock Gazette staff

The Optimist Club of Tavistock would like to thank the community for supporting this year's Coldest Night of the Year (CNOY) fundraiser.

The funds we raised went to Operation Sharing and will support the work they do in Oxford County with people experiencing homelessness, hurt and hunger.

Overall, the Tavistock Optimists' team raised \$5,220, a feat they say couldn't have been done without the support of the club's great membership and the Tavistock community.

On Feb. 24, 20 adults and 12 kids stepped outside the warmth and comfort of their homes to shine a light of welcome and compassion in the community and walk either a two- or five kilometre route around Tavistock.

To see the Optimist team's results, visit cnoy.org and search for the Optimist Club of Tavistock. CNOY will be accepting donations until March 31.



Twenty adults and 12 kids participated in the Tavistock Coldest Night of the Year Feb. 24 as part of the Optimist of Club of Tavistock's fundraising team. Contributed photo

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COMMUNITY —

Friends, neighbours and strangers come together to support Wellesley family as daughter prepares for lengthy hospital stay

By Galen Simmons

Though 12-year-old Joy Szabo has a long hospital stay ahead of her, she and her family know they have the love and support of the entire Wellesley community behind them.

Szabo, who returned home from Thunder Bay this week after competing in artistic swimming at the Ontario Winter Games, was born with a form of dwarfism called spondyloepiphyseal dysplasia (SED).

"She is on the lesser-affected end than a lot of cases, so she's a little bit taller than usual and has less health issues than many cases," Joy's mom, Jolene MacDonald said. "... Joy has the same type of dwarfism as Warwick Davis. That's the best way to explain it. She was relatively healthy her whole life. There's no developmental changes or anything like that."

MacDonald said SED is also known as the short-torso type of dwarfism as it affects the collagen in the eyes, ears and vertebrae. Prior to this year, Joy has undergone two minor surgeries however, during the COVID-19 pandemic, her parents noticed Joy's back was a little more crooked and she was experiencing more pain.

While Joy does not have any hip joints and she has another condition affecting her neck, both of which her family and doctors have paid close attention to over the years, it was her spine that began causing problems for the soon-to-be teenager over the last few years.

"I think maybe she just had some growth spurts and, unfortunately, working online and not being allowed to swim (during COVID) ... I think this is part of what happened to her," MacDonald said.

"In November, I contacted Sick Kids (children's hospital) again and said there's another change in the scoliosis. She already has a curve inwards called lordosis so, from the side view, her back curves inwards, which makes the chest and belly look like it's pushed forward. Well, now scoliosis is also happening, so she's got two different curves on the scoliosis ... and there's rotation now, which has caused her breathing to be limited. I think they said it's decreased 30 per-cent pulmonary function."

To correct Joy's spine and allow her to breath properly again, doctors will perform two surgeries and Joy will be required to stay in hospital, either in bed or in a wheelchair, for potentially as long as eight weeks in between those surgeries.



Joy Szabo, 12 of Wellesley, recently competed in artistic swimming at the Ontario Winter Games in Thunder Bay. That competition will be the last time Joy swims for more than a year as she prepares to undergo two surgeries and a lengthy stay at Sick Kids children's hospital in Toronto to correct curves and a rotation in her spine caused by her dwarfism. Photo by Jolene MacDonald

"The first (surgery) is called halo traction. ... It puts her in this halo ... and there's a wire that comes out the top of this contraption and down the back, and they put weights on it every day to sort of pull the spine up and pull it as straight as they can. They said it could take four to six weeks, but it could be up to eight if they're not happy with the results," MacDonald said. "... We have to stay in hospital. We're not allowed to access any services because they need to frequently review it and add weights to it."

"... Once they're happy, then they'll go in ... basically from neck to bum cut open and put in the rods and the pins to keep her back straight. They can't brace her because of the curve inwards. That's like an

8 a.m. to 5 p.m. surgery and the other one is a two-hour surgery. They did say, once they do the second surgery, they will probably discharge her in a few days."

While she knows the surgeries are necessary, Joy is upset she will be unable to swim – something she's done competitively for six years – for at least a year after it's all over.

"(Swimming) helps with everything with my body," she said. "When I'm in the water, I just feel like everything just goes away. I don't have any pain when I'm in the water, just lots after."

But after that year of recovery is up, Joy knows she will be able to return to the water and continue competing in the sport

she loves.

For MacDonald, her husband and the rest of the Szabo family, Joy's lengthy hospital stay will require time off work – something that will be tricky for MacDonald, who also lives with a disability and runs an organization that advocates for people living with disabilities – as well as added expenses for travel, accommodations and food while in Toronto. Joy's parents will also need to figure out how to divide their time between the hospital and home so they can look after one of Joy's siblings.

Knowing this, a group of MacDonald's friends who call themselves the pickle crew approached Miriam and Glenn Kuepfer, owners of Schmidtsville Restaurant and Gift Shop in Wellesley, to see if they could help raise money for the Szabos with some kind of fundraiser at the restaurant.

"I know the family," Miriam Kuepfer said. "... I got to know Jolene and she'll do anything for anyone. ... Her friend, Michelle, asked if we would do something like (asking customers to) round up (their bills) and set the money aside, but I told Michelle that was too difficult and takes away tips from the servers. Glenn and I thought about it and decided instead of doing that, we'd open up the restaurant on a Saturday night and do a meal. We have a chef who's a friend, his name is Kirk Weiss, and Kirk's always wanted to do something like this ... when we're not open."

So, in addition to collecting donations from customers at the till, the Kuepfers, MacDonald's friends and Weiss organized a now-sold-out dinner fundraiser at the restaurant on March 2. The event will include a four-course dinner, live music, raffles and door prizes all in the name of supporting the Szabos as Joy embarks on her medical journey.

"There seems to have been lots more people donating that aren't even going (to the fundraiser)," MacDonald said. "We've had churches drop off gift cards for gas and for restaurants. Another neighbour dropped off a Visa gift card. We had somebody send a care package. It's honestly super overwhelming. I'm a little emotional talking about it. I love to help others, but we don't know how to accept it. We are and we're grateful because a lot of the stress was lost wages and gas and food."

"I think it's pretty cool," Joy added. "I don't really know lots about it, but I think it's very, very kind of people and I was not expecting it. I just want to say thank you."



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wish to express sincere gratitude for the lovely cards, kind words and charitable donations to the Lions Foundation of Canada: Canadian Dog Guides and the Heart & Stroke Foundation of Ontario. Many thanks and appreciation to all the staff at Anne Hathaway Retirement Residence for their care & compassion during mom's years spent at the residence, also to the staff at the Stratford General Hospital for your excellent care as well as the Community Care Nursing Services and special appreciation to Dr. Tamar Tsafnat and Dr. Van Oosten. Thank you to Francis Funeral Home for your guidance and personal service.

All very much appreciated by the Weicker Family



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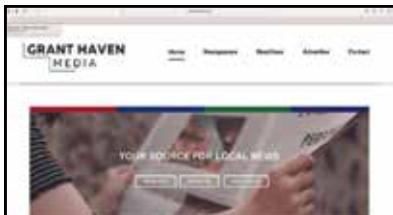
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COMMUNITY —

The Wilmot-Tavistock
Gazette Weekly Quiz

1. When did Shark Tank first air?
2. In what Ocean would you typically find a Narwhal?
3. In 2021, Reddit users came together to make what stock skyrocket?
4. Willem Dafoe played what Spiderman villain?
5. What is the largest desert on Earth?
6. Who was the Greek God of love?
7. How many lines of symmetry does a square have?
8. What do you call someone who studies the weather?
9. What is the smallest Canadian coin?
10. When did we land on the moon?

Answers found on page 22

BIRTHDAYS AND
ANNIVERSARIES

Does someone in your family have a special day coming up? Let us know at thewtgazette@gmail.com to appear in our Birthdays and Anniversaries listing or to arrange for a special announcement ad.

March 1: Happy birthday to Pauline Bender.

March 2: Happy birthday to Elise Bowman (4), Chloe Bowman (4), Elsie Martin (5) and Mason McKay (22).

March 3: Happy birthday to Ainsley Jutzi (4) and Remington Trachsel (8).

March 4: Happy birthday to Zachary Hohl (10) and Satinder Kaur.

March 5: Happy birthday to Grace O'Rourke (19), Griffin Smith (21), Danielle Brodrecht (22). Glen Baechler (81)

March 6: Happy birthday to Matthew Romano (18), Eric Haynes (18), Alana Steinacker (21), Abby Burchatzki (22).

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The Old Gazettes

By Jake Grant

Slowly but surely, I'm reading through the past pages of the Tavistock Gazette (est. 1895). Within this weekly column I'd like to share with you some of my findings.

February 27- Mar 6, 2019, Edition (5 years ago)

Peggy Jantzi held a Paint Party at Quehl's Restaurant in Tavistock on Tuesday, Feb. 19th in Weicker Room. Peggy started giving painting lessons 7 years ago and holds private classes three days a week.

For more than 30 years Marion Wilker and Ken Mogk have been contributing their time and efforts to the service of the congregation at Trinity Evangelical Lutheran Church in Sebastopol. Their dedication was recognized during the worship service on Sunday morning.

February 25- Mar 4, 2009, Edition (15 years ago)

The 2009 Central Regional Festival of Synchronized Skating was held in Newmarket last weekend where The Plattsville Petite Pizazz continued their undefeated streak by winning

the Pre-Juvenile division over 11 other teams.

The second annual Family Literacy Event was held on Thursday, Feb. 26 at Tavistock Mennonite Church with more than sixty children and forty adults in attendance. Mayor Don McKay read some Dr. Suess and ABCs to the children.

Mar 2-9, 1994, Edition (30 years ago)

The public meeting on Police Services held last week was a "disappointment" according to Tavistock police services Board Chairman Clare Brenner. "I was asked to come with an open mind, and I did," he said, "but the public didn't!" Nobody wanted to listen". It seemed that the capacity crowd had lots of input during the meeting but heard "nothing new" from the Board, said Chamber of Commerce spokesman John Mohr.

A head-on collision Saturday near Baden claimed the lives of a Tavistock pastor and a St. Marys resident. The Rev. Vernon Roy Leis, 60, of 39 Wellington Street was one of the lives claimed while driving on Highway 7&8.

Painters continue with the finishing

coats in the lunchroom of the new addition to Tavistock Public School while other workers are preparing to lay the tile floor.

In a heart stopping basketball championship game Wednesday night, the Hickson Hawks defeated Norwich 42-40 to bring home the boys Oxford County "B" Elementary School trophy for the fifth straight year.

February 27- Mar 6, 1974, Edition (50 years ago)

The 1st Shakespeare Cub & Scout Father and Son Banquet was held in the Shakespeare Presbyterian Church on Friday night. The group committee served the potluck supper, to the 60 guests present.

Mrs. Anna Heinbuch who has been assistant postmaster with the local post office for the past 10 years retired from that position on Saturday afternoon, March 2, 1974.

Mr. Robert N. McDermott, son of Mr. and Mrs. R. C McDermott, William St, Tavistock received his certificate of the Institute of Chartered Accountants at the Royal York Hotel in Toronto on Friday, March 1.

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Pastor Hugh Rutledge 655-3611

Email: office@tavistock.churchwww.tavistock.church

COMMUNITY —

Start the year with proper tree pruning



University of Guelph Arboretum arborist Mike Yost shows where and how to prune a tree properly. Contributed photo

By Marlene Knezevich, chair of Let's Tree Wilmot

Let's Tree Wilmot, a project of Garden Wilmot (Wilmot Horticultural Society), is busy planning the season and already has programs going.

On March 9 from 1-4 p.m., Tree Pruning with Mike Yost will be held at St. Agatha Community Centre. All aspects of tree pruning will be covered during the indoor session followed by a walkabout to view the good, the bad and the ugly of tree-pruning decisions.

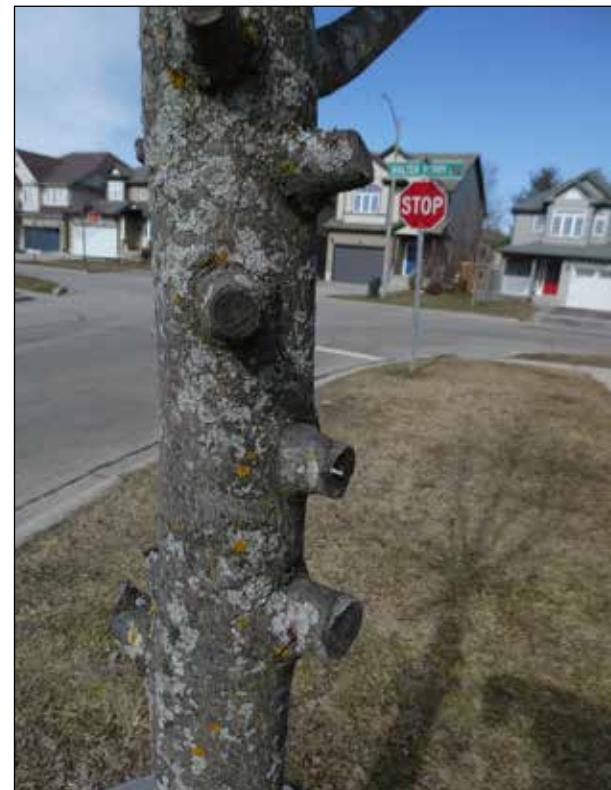
Mike Yost is a certified arborist at the University of Guelph Arboretum. He will cover the essentials of tree pruning. The goal of pruning is to selectively remove unwanted branches, improve the tree's structure and direct new, healthy growth. Proper pruning is important for the long-term health of trees and in the overall look and safety of property and boulevard trees.

Yost will answer questions including what do you prune, what time of year should you prune, why would you prune, what tools are required and more.

What is the best time of year for pruning is a frequent question and it depends on the species of trees. During a tree's dormancy stage is often the optimal time of year for many species. Some tree species can be pruned any time of the year. Oak trees are coming under the potential threat of oak-wilt disease, so there is a window of time to prune for prevention of the disease.

Proper pruning of branches will be covered. Proper pruning techniques are essential for disease prevention, promoting healing by the tree and maintaining structural integrity.

To attend the workshop, register by going to letstreewilmot.ca/events or Eventbrite. On Let's Tree Wilmot's YouTube channel, there are also some short videos on tree pruning.



Improper pruning has left this tree with stubs. Proper pruning technique requires cutting by the branch collar. Contributed photo

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FEATURE —

Grand opening for new East Zorra-Tavistock administration building set for March 22

By Galen Simmons

Residents and members of the public will get their first look inside East Zorra-Tavistock's new municipal-administration building in Hickson at a grand-opening ceremony on March 22.

While discussions around building a new township office at 89 Loveys St. – a property purchased by the township in 2013 – began in 2017 after the option of renovating the existing, 50-year-old township office was deemed not fiscally prudent, and work on the capital project was slated to begin in 2020, the COVID-19 pandemic delayed the start of construction until October 2022, and it was completed last November.

"The previous building's spatial limitations and ongoing maintenance issues piled up incrementally, particularly during the pandemic," said township corporate initiatives officer Meaghan Vader. "To accommodate special issues, a rental trailer for additional office space was required. Additionally, at one point there was a need to rent a washroom trailer as the septic system had failed at the current building."

Though a report on the total project expenses and funding has yet to be presented to council, the project tender was originally awarded at a cost of \$5.75 million. The new building includes council chambers, a community room and administration offices for township staff. It is fully accessible and barrier free, and features two electric-vehicle charging stations at



Residents are invited to the official grand opening of the Township of East Zorra-Tavistock's new administration building at 89 Loveys St. from 2-5 p.m. March 22. Photo by Meaghan Vader

the north end of the parking lot.

"Previously, council meetings were being held at the Innerkip Community Centre in Innerkip and, prior to the pandemic, were being held at the Oxford County administration building," Vader said. "The new council chambers will feature audio-visual equipment to allow council meetings to be recorded and live streamed to members of the public.

"Additionally, the community room allows for a new facility gathering space for up to 40 people. It also has a servery room with a fridge, microwave and sink for use during a rental."

Once open, the community room can be rented by contacting the administration building or by emailing facilitybooking@ezt.ca.

The grand-opening event will run from

2-5 p.m. March 22 and will include full, behind-the-scenes tours of the new township office. An official ribbon cutting will take place at 3 p.m.

"We are excited to welcome everyone into this space and to be able to provide a space that the community can be proud of and come together in," Vader said.

LISTINGS NEEDED

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Take Notice that tenders are invited for the purchase of the land described below and until 3:00 p.m. local time on March 27, 2024, at the Township of Wilmot Municipal Complex), 60 Snyder's Road W., Baden Ontario.

Description of Lands:
 Roll No. 30 18 090 009 13500 0000; 2310 CARMEL-KC... 2176-0036 (LT); File No. 22-01; **Minimum Tender Amount: \$35,300**

Except as follows, the municipality is not responsible for the title to, crown interests, or any other matters relating to the land being sold. Responsibility for ascertaining these matters rests with the tenderer. The sale will continue to encumber the land after the registration of the tax sale is governed by the Municipal Act, 2001 and the Municipal Tax Act. A full copy of the tax sale advertisement and further information about the sale is available on line at www.OntarioTaxSales.ca or www.wilmot.ca or you may contact Dan Elliott, Township Treasurer and Chief Financial Officer, Corporate Services, The Corporation of the Township of Wilmot, 60 Snyder's Road W., Baden ON N3A 1A1, Phone: 519-634-8444 Ext. 9258, Email: dan.elliott@wilmot.ca

CANCELLED

The subject parcel remains private property. This notice or pending sale does not grant authority to any person to enter onto or into this private property for any reason.

SPORTS —

Royals dispose of Thundercats in OEHL playoffs

By Lee Griffi, Local Journalism Initiative reporter

In what looked like a close series on paper, Tavistock disposed of Durham in five games in their first-round Ontario Elite Hockey League series.

The Royals dropped the Thundercats at home on Friday to move into a semi-final series against the first-place Ripley Wolves. Trevor Sauder scored twice and added an assist to lead the attack with single markers coming from Jeremy Munro, Sean Kienapple and Callan Christner. Mike Noyes chipped in with two assists.

Tavistock now turns to its next opponent, the regular-season champions from Ripley. The Wolves had just four losses in 24 games and had the league's best offense and defense.

Head coach Brad Stere admitted they are in for a tough test.

"They were the top team all season for a reason. They are very well-balanced and experienced and have their entire team back from last year in addition to adding some good young players."

Despite that Stere feels the Royals had a good chance of advancing.

"I think we match up well with them. I am confident with our depth we can prevail, but it will take our best hockey going forward. We are a very confident group and will leave everything on the ice."

Notes:

Erick Robichaud and Sauder lead Tavistock in playoff scoring with six points apiece.

Creemore's JD Falconer tops postseason scoring with 12 points in seven games.

Jensen VanBoekel is playing his best hockey of the season and leads all goalies with four wins, a 1.90 goals against average, a

.939 save percentage, and one shutout.

Ripley easily swept Erin in four games, outscoring the Outlaws 29-9.

Here is the tentative schedule for the Royals second round:

Game 1 – Sat. March 2 - 7:30 p.m. in Ripley

Game 2 – Sun. March 3 - 2:30 p.m. in Tavistock

Game 3 – Sat. March 9 - 7:30 p.m. in Ripley

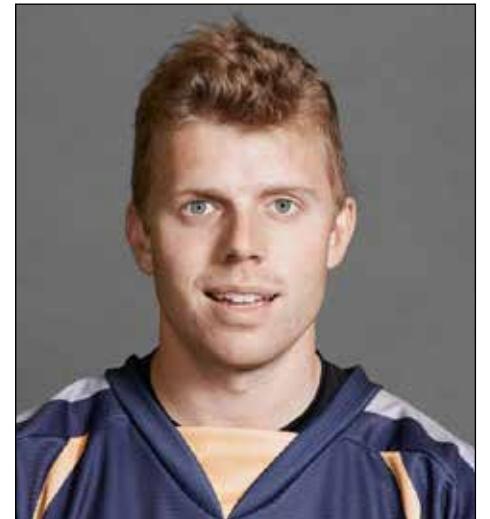
Game 4 – Sun. March 10 - 2:30 p.m. in Tavistock

Game 5 – Sat. March 16 - 7:30 p.m. in Ripley *

Game 6 – Sun. March 17 - 2:30 p.m. in Tavistock *

Game 7 – Tues. March 19 - 8:30 p.m. in Ripley *

*Denotes if necessary



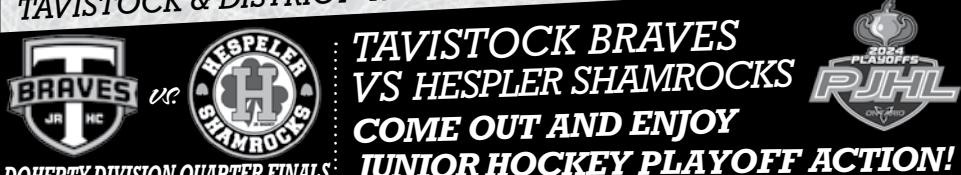
Tavistock native Trevor Sauder is tied for the team lead in playoff scoring with six points. Contributed photo

TAVISTOCK BRAVES JR. HOCKEY
Friday, Mar. 1st - 7:30 pm
 TAVISTOCK & DISTRICT RECREATION CENTRE



TAVISTOCK BRAVES VS HESPLER SHAMROCKS
COME OUT AND ENJOY JUNIOR HOCKEY PLAYOFF ACTION!

DOHERTY DIVISION QUARTER FINALS



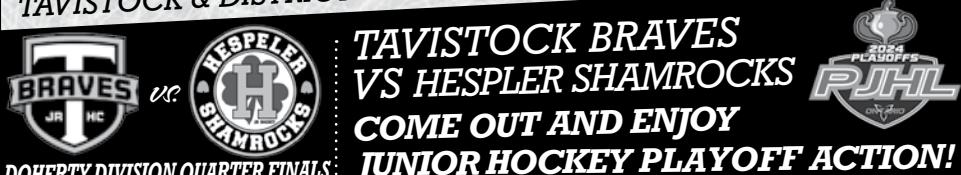

The U15A New Hamburg Huskies and the U15A St. Marys Rock played their first playoff game Sunday, Feb. 25 at the Wilmot Recreation Complex, ending in a 2-2 tie. They meet again Thursday, Feb. 29 and Sunday March 3. Photo by Angie Barker

TAVISTOCK BRAVES JR. HOCKEY
Wed., Mar. 6th - 7:30 pm
 TAVISTOCK & DISTRICT RECREATION CENTRE



TAVISTOCK BRAVES VS HESPLER SHAMROCKS
COME OUT AND ENJOY JUNIOR HOCKEY PLAYOFF ACTION!

DOHERTY DIVISION QUARTER FINALS



TAVISTOCK ROYALS SR. "AA" HOCKEY
Tavistock Royals vs Ripley Wolves
Sunday, Mar. 3rd at 2:30 p.m.
Tavistock & District Recreation Centre

AA Semi-Finals Game 2



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SPORTS —

PJHL Playoffs kick off this week

By Lee Griffi, Local Journalism Initiative reporter

Tavistock may be limping into the playoffs, but it isn't translating into any doubt from the team's general manager.

The Braves won just three of nine games in February but managed to clinch third place and will battle Hespeler in round one of the Doherty Division post season. Tavistock had the advantage over Hespeler during the regular season, winning four of six games with a tie and outscoring the Shamrocks 18 to 10.

Braves general manager Jordan Zehr believes the potential is there for a tight series.

"Hespeler throughout the season has definitely presented some challenges," he said. "They play a good defensive game and have some high-level forwards that can put the puck in the net. I think for us to have success, we need to limit our own mistakes and use our speed to dictate the pace of the game."

As for a poor end to the season, Zehr admitted February was a tough month.

"We did have some injuries but, ultimately, we can't use them as an excuse. We feel we

have built a team that has a lot of depth, so even with injuries we need to have that next-man-up mentality. We simply were just not playing well enough to win games. Fortunately, pretty well all of our injured players have the potential to be back either before or during the first round."

He added any time the team is not playing up to its potential, they need to put the work in to get things turned around.

"I think Saturday night in Wellesley was a good all-around effort and a step in the right direction."

Tavistock split their final two regular-season games on the weekend, including a 4-2 victory in Wellesley on Saturday. Ian Glendinning scored twice and added an assist for the Braves while Nicholas Hambly and Carter Arsenault scored once each. Friday, the Braves hosted the Woodstock Navy Vets and were blanked 4-0.

Applejacks take on Merchants

The series has the potential to be a close one as the teams finished just five points apart in the regular season where Norwich won four out of seven games against the defending Schmaltz Cup champions.

The Applejacks finished the season with

a three-game weekend and came out on the losing end of all of them. Friday, they dropped a 5-2 decision in New Hamburg and lost 5-4 in Paris on Sunday.

Hespeler vs. Tavistock

Game 1 - Thurs. Feb. 29, 2024 - 8:30 p.m. in Hespeler

Game 2 - Fri. March 1, 2024 - 7:30 p.m. in Tavistock

Game 3 - Sun. March 3, 2024 - 3:30 p.m. in Hespeler

Game 4 - Wed. March 6, 2024 - 7:30 p.m. in Tavistock

Game 5 - Fri. March 8, 2024 - 7:30 p.m. in Tavistock *

Game 6 - Sun. March 10, 2024 - 3:30 p.m. in Hespeler *

Game 7 - Mon. March 11, 2024 - 7:30 p.m. in Tavistock *

Wellesley vs. Norwich

Game 1 - Wed. Feb. 28, 2024 - 7:30 in Norwich

Game 2 - Fri. March 1, 2024 - 8 p.m. in Norwich

Game 3 - Sat. March 2, 2024 - 7:30 p.m. in

Wellesley

Game 4 - Wed. March 6, 2024 - 8:30 p.m. in Wellesley

Game 5 - Fri. March 8, 2024 - 8 p.m. in Norwich *

Game 6 - Sat. March 9, 2024 - 7:30 p.m. in Wellesley *

Game 7 - Sun. March 10, 2024 - 2 p.m. in Norwich *

*Denotes if necessary

Woodstock takes on Paris in the other Doherty Division first-round series while New Hamburg decided to take their optional bye. The Firebirds will play the lowest remaining seed in the semi-finals.

The league's attendance statistics have three divisional teams in the PJHL top 10. The Navy Vets sit second in the league with an average of 667 fans. New Hamburg comes in at seventh with 408 and Norwich 10th with 371 in attendance. Tavistock and Wellesley weren't able to achieve the same success with average attendance of 164 and 190, respectively. The Braves sit 49th in the league while the Applejacks came in at 41st.

PJHL Regular Season STANDINGS						
South Doherty Division						
	GP	W	L	OTL	T	PTS
New Hamburg Firebirds	42	33	7	2	0	68
Woodstock Navy Vets	42	31	8	3	0	65
Tavistock Braves	42	23	16	1	2	49
Norwich Merchants	42	19	17	5	1	44
Wellesley Applejacks	42	19	22	1	0	39
Hespeler Shamrocks	42	12	28	2	0	26
Paris Titans	42	8	31	2	1	19

Tavistock Royals					
2023-24 Point Leaders					
PLAYER	POS	GP	G	A	PTS
Sean Kienapple	F	22	16	16	32
Drew Gerth	F	24	12	11	23
Trevor Sauder	F	21	10	13	23
Deven Kropf	F	23	4	16	20
Erik Robichaud	F	11	4	10	14
Sean Leslie	F	24	6	8	14
Mike Noyes	D	20	3	11	14
Jeremy Munro	F	23	10	4	14
Collin Hartwick	F	16	7	6	13
Callan Christner	F	22	7	5	12
Lucas Bast	D	20	4	7	11
Matt Zilke	F	20	7	4	11
Adam Barr	F	18	2	9	11
Greg Noyes	D	21	3	7	10
Cam Leslie	D	24	2	7	9
Mitch Facey	F	17	2	6	8
Geoff Killing	D	11	2	3	5
Jon Jutzi	D	11	0	4	4
Patrick Vulgan	F	2	1	2	3
Tristan Hohl	D	22	2	1	3
Chad McIntosh	F	10	0	1	1
Reid Ramseyer	D	13	0	1	1
Zach Mark	F	5	0	0	0
Samson Walsom	D	11	0	0	0
Graham Kitching	F	5	0	0	0

PJHL - South Doherty Division						
2023-24 Point Leaders						
Team	PLAYER	POS	GP	G	A	PTS
WNV	Davin Gray	F	42	16	47	63
WNV	Nolan Brett	F	41	29	28	57
NHF	Owen Fischer	F	36	31	24	55
HES	Boden White	F	34	19	26	45
HES	Jack Restauri	F	42	17	28	45
NHF	Tyler Reid	D	36	16	27	43
NHF	Jake Thompson	F	39	20	22	42
WNV	Ethan Szabo	F	35	15	25	40
NHF	Owen Bruder	F	39	19	20	39
NOR	Joel Storoschuk	F	38	17	16	33
NOR	Brandon Balazs	F	34	18	15	33
TAV	Nicolas Thibodeau	F	40	13	20	33
NHF	Matt Domm	D	36	6	25	31
NHF	Owen Sculthorp	F	22	9	22	31
TAV	Ian Glendinning	F	41	12	19	31
TAV	Stephen Peppas	F	39	15	15	30
WNV	Brodie Kearns	F	31	8	22	30
HES	Andrew Harris	F	39	17	12	29
NOR	Malcom Scott	F	36	14	15	29
WEL	Connor Doerbecker	F	26	17	12	29
WNV	Tyler Smeda	D	42	10	19	29
WNV	Chris Coulter	D	35	12	16	28
WEL	Carson Wickie	F	39	9	18	27
NOR	Nathan Murphy	F	38	12	15	27
PAR	Thomas Lonsdale	F	23	14	13	27

O.E.H.L. Senior "AA" Hockey					
Regular Season Standings					
	GP	W	L	OTL	PTS
Ripley Wolves	24	20	4	3	43
Creemore Coyotes	27	18	9	2	38
Minto 81's	26	17	9	1	35
Tavistock Royals	25	17	8	1	35
Seaforth Centenaires	26	14	12	1	29
Saugeen Shores Winterhawks	27	14	13	1	29
Durham Thundercats	25	13	12	1	27
Georgian Bay Applekings	24	9	15	2	20
Milverton Four Wheel Drivers	24	6	18	1	13
Erin Outlaws	24	6	18	1	13
Lucknow Lancers	24	4	20	1	9

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COMMUNITY —

Show Us Your Wilmot



Show Us Your Wilmot Facebook group member Mike Grummett shot this photo while waiting for the sap to flow near New Hamburg. Photo courtesy of Mike Grummett

Princess Elizabeth Women's Institute update

By Sandra Stock

Princess Elizabeth Women's Institute (PEWI) members met at the Maples Home for Seniors in Tavistock on Thursday, Feb. 15 at 1:30 p.m. President, Shonna Ward welcomed everyone and introduced the Women's Institute (WI) members present. The Institute Ode was sung and the Mary Stewart Collect was repeated by all.

Each person was asked to bring an item to share and then tell the story about that item. Seventeen Maple's residents attended and each person showed a special item they had and spoke about that special item. The WI members also showed and spoke about a special item they had brought.

Shonna spoke about how WI had formed and the many improvements the group have brought about in the world and Canada. Shonna also spoke about the Oxford 4-H clubs, sponsored and encouraged by Princess Elizabeth WI, and the types of units that she has lead with the help of other community volunteers. She also showed some blue-jean quilts that were made at one of her last 4-H clubs.

Everyone enjoyed a social time with cookies and a drink.

On March 21, PEWI will be preparing and serving a meal at the Men's Club of Tavistock.



NEW ADMINISTRATION BUILDING

OPEN House

89 LOVEYS STREET, HICKSON

FRIDAY MARCH 22, 2024
2:00PM - 5:00PM

FULL BUILDING TOUR
3:00PM OFFICIAL RIBBON CUTTING
REFRESHMENTS AND TREATS
ALL ARE WELCOME!



EZT
EAST ZORRA-TAVISTOCK



Members of the 822 Tutor Squadron of the Royal Canadian Air Cadets pose for a photo during Wilmot's annual Coldest Night of the Year Fundraiser in New Hamburg Feb. 24. In total, the fundraiser walked brought in \$54,000 – 150 per-cent of its goal – for the Wilmot Family Resource Centre. Photo courtesy of Wilmot Family Resource Centre

COMMUNITY —

Results are in from the Spring 2024 Oxford County Holstein Breeders Cup



Pictured in both photos is Glenbert Dualane Doorman Skylar, a Holstein dairy cow owned by Oxford County dairy farmers Glen, Jackson and Olivia Sim that competed in the 60,000-kilogram production class in the 2024 Oxford Holstein Breeders Cup and was named an honourable mention all-Canadian production cow. The cow also placed third at the Royal Winter Fair in 2023 and was named Best Udder in the class. Contributed photos

By Gary West

Oxford County Holstein Breeders recently held its annual Spring Breeders Cup.

The breeder's cup gives county Holstein dairy farmers an opportunity to enter their cows in a barn competition in which an official judge travels to farms and cows are judged for their type and overall confirmation.

The competition was started several years

ago as a way to allow cows to compete without farmers needing to prepare them for a show and travel off farm for judging.

This year, 71 cows were entered from 21 Oxford County Holstein farms. The official judge was Morgan McMillan from Northumberland County in eastern Ontario.

In the first-lactation class, the top prize went to Hanalee Crushable Snowflake of Henk, Nancy and Marty Hazeleger.

Second place went to Karnvilla Haniko Radioactive of Doug, Helen, Derek and Dani Karn.

The winning entry in the second-lactation class was Roesbett SK Risky 529 of Gerry and Deb Roefs and Racheal and Mike Kettlewell. Second place went to Markvale Dropkick Vienna of Clarence, Wendy and Mark Markus.

In the three-plus lactation class, the winning entry was Vonburg Chief Jayme of

Carl, Lisa and Alex Vondervoort and second place went to the Hazeleger's cow, Hanalee Jacoby Dicey.

In the production class with cows producing over 60,000 kilograms of milk, the winner was Glenbert Dualane Doorman Skylar of Glen, Jackson and Olivia Sim. Second place went to the Roefs and the Kettlewell's cow, Roesbett Aftershock Reba.

A capacity crowd was in Perth East last week to hear details of the proposed new Perth County official plan

By Gary West

There was a capacity crowd of more than 350 Perth East area ratepayers in attendance at the Perth East Recreation Complex to discuss the latest draft copy of Perth County's proposed official plan.

The public meeting was the fourth and final hosted in the county's lower-tier municipalities, with feedback from each compiled for council to consider before approving the draft plan. Other community meetings were previously held in Listowel, Mitchell and St. Pauls.

Following an hour long video presentation by WSP planning consultant Matt Alexander, many of the residents in attendance lined up to ask questions about the proposed plan.

There were many Perth County councillors in attendance including Perth County Warden Rhonda Ehgoetz, who is also the Mayor of

Perth East.

"It was good to get the feedback and see that local ratepayers are engaged and are willing to express their concerns about the new official plan that is proposed," she said. "They are updating a document that is 25 years old with policies that need to be updated for growth and future development of Perth County. The county is looking at where the growth should happen for the next 20 years and we want to ensure good planning practices are in place."

The county is also looking at long-term housing and employment-growth potential.

The county is predominantly agriculture, so staff and council are looking at agricultural issues, secondary farm occupations, and retail and small-to-medium scale commercial and industrial businesses.

While updating the official plan

can be a daunting task, Ehgoetz said council wants to make sure the county gets it right. She feels the biggest issue with the official plan councillors are hearing about is the new natural-heritage land designation.

Many residents, including area farmers, have concerns with what it means and how it will affect their property.

She said council is trying to answer all the questions and they want to work with the ratepayers along with their consultants to help them get a better understanding of what is happening.

The warden said she feels that through the recent public meetings, council and staff will be able to achieve a new official plan that maps the future growth of Perth.

More info is available at perth-county.ca



Perth East farm owner John Van Nes was one of many who asked questions pertaining to the proposed Perth County official plan at a public meeting in Milverton last week. Seated from left are Perth County planner Andrea Hachler with planning associate Aubree Erickson. Photo by Gary West



Optimist Club of Shakespeare

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COMMUNITY —

Travelling during March Break? HPPH says to be sure to update your vaccines

By Amanda Modaragamage, Local Journalism Initiative Reporter

With March break travels on the minds of many families across Huron-Perth, local public health officials say it's important to double check vaccine records before travelling, as a record number of children are not up to date, according to Huron Perth public health (HPPH) records.

"Vaccination is one of the best tools we have to protect us from certain infectious diseases," said HPPH communications coordinator Katherine Horst. "Vaccines have successfully lowered the rates of disease in countries with strong vaccination programs. Keeping up to date on your child's routine vaccinations helps to protect them against serious diseases and ensure those diseases remain rare or eliminated."

Over 5,000 students, 3,454 of whom are elementary school students in Huron and Perth counties, were sent home with vaccine letters addressed to parents and legal guardians of elementary and secondary students whose immunization records were incomplete.

Horst says COVID-19 played a factor in the high number of children who are currently in need of vaccines.

"The COVID-19 pandemic caused a major disruption in childhood immunization coverage around the world," said Horst. "Due to the risk of COVID-19 transmission, many families avoided non-essential medical appointments, many family health teams and clinics did not provide in-person services, and school-based immunization programs, including in Huron Perth, were suspended."

Although HPPH has not seen an increase in vaccine-preventable diseases in the region, measles cases across Ontario have started to become a concern. She notes it's vital to be up to date with appropriate vaccines to keep loved ones safe.

"We have not seen an increase in vaccine-preventable disease in our region, although we are monitoring the situation

closely. Recently, there have been a few cases of measles in Ontario. As a result, HPPH is encouraging families who are travelling during the upcoming March break to ensure that their MMR (measles, mumps and rubella) immunizations are up to date," Horst said.

Before travelling, those who may not be aware of their vaccine status can contact public health for records or check in with family doctors where vaccines may have been provided.

"Travellers born before 1970 should make sure that they have received one dose of the vaccine, or are considered immune due to a history of measles disease or evidence of immunity (e.g. blood testing)," said Horst. "Travellers born in 1970 or after (12 months or older) should make sure that they have received two doses of the measles vaccine on or after the first birthday."

If you are travelling with an infant (six to 12 months of age), Horst says the MMR vaccine may be given as early as six months. If so, the routine two-dose series must be restarted on or after the first birthday. Therefore, three doses are given.

On a final note, travelling or not, Horst says vaccines offer protection for both residents and those around them.

"Some vaccines can help to create community immunity (also known as herd immunity). This means that the more people who have been vaccinated against a disease in a community, the less chance there is of the disease spreading in that community. When you vaccinate your child, you help protect them and those around them. Community immunity helps protect people who may be unable to get vaccinated and those who may not respond as well to vaccination (such as those who are immunocompromised)."

For more information about vaccine-preventable disease, please visit www.hpph.ca

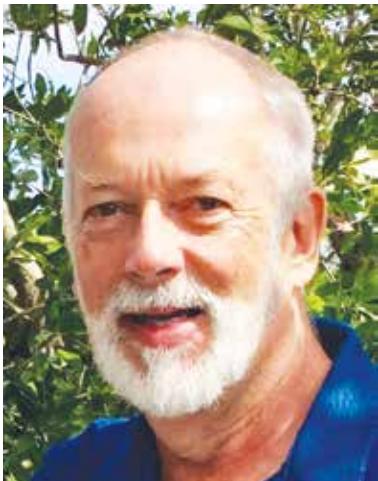


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TRAVEL —

OH, THE PLACES WE'LL GO: When real history elbows its way into our travels



By Paul Knowles

"I never realized that!"

"Wow! I'm going to have to learn some more about this!"

"Who knew?"

If, during any of my travels, I find myself thinking those things, I know I am having a good experience. Sure, travel is about leisure, entertainment and adventure, but travel should also be about learning and expanding our understanding and our imaginations.

Walking into an exhibit at Qaumajuq – a museum that is part of the Winnipeg Art Gallery – was one of those lightbulb moments for me. It started a process of learning that has not stopped.

Consider the name, Louis Riel. If, like me, you were raised to learn Canadian history in its traditional (colonial) form,

Louis Riel was presented as a bad guy, a rebel and traitor to our country who was executed for his misdeeds.

But then I walked into this exhibit at Qaumajuq and was stopped in my tracks by a wonderful piece of artistry – a chair featuring beautiful beadwork and a creative design by contemporary Métis artist Jennine Krauchi.

This chair represented the chair Louis Riel was never allowed to occupy – his seat in Canada's Parliament. He was elected to Parliament a number of times but was prevented from claiming his place on threat of death.

That was an ah-ha moment. I realized I needed to rethink this whole Riel narrative I had been taught. This being a travel feature, I feel I must point out I would never have experienced this moment had I not been travelling.

I was travelling again, months later, spending a few days in Ottawa. I toured the elaborate, temporary quarters of the Canadian Senate. The guided tour included a visit to the First Nations Standing Committee Room. To my surprise, the Indigenous art on the walls of the room included a modern portrait of Louis Riel. It was a powerful statement that I believe reflects an acknowledgement by the Canadian government of today that repudiates the tragic,

racist actions of their predecessors. Again, a lightbulb moment in the midst of a touristy tour.

I thought of all of this today because I read of an amazing event back in Winnipeg. On Feb. 19, Manitoba Métis Federation president David Chartrand and Manitoba Premier Wab Kinew unveiled a portrait of Louis Riel. The picture isn't new. It has hung in the Manitoba Legislature building for years. What's new is a plaque on the portrait, which identifies Riel with the honorary title of "First Premier of Manitoba."

This follows the passing of a bill in the provincial Manitoba parliament last year. The bill reads in part, "In 1869, the Métis people of the territory known as the Red River Settlement established a provincial government ... led by Louis Riel, [which] adopted a List of Rights based on a multicultural, bilingual and inclusive vision of a province that respected the rights of Indigenous peoples and minority rights; and ... the List of Rights was accepted by the Government of Canada as the basis for ... the establishment of Manitoba as a province."

The bill further notes that Riel himself submitted Manitoba as the name of the province, and that Riel "has been recognized as a founder of Manitoba and is regarded as Manitoba's father of confederation."

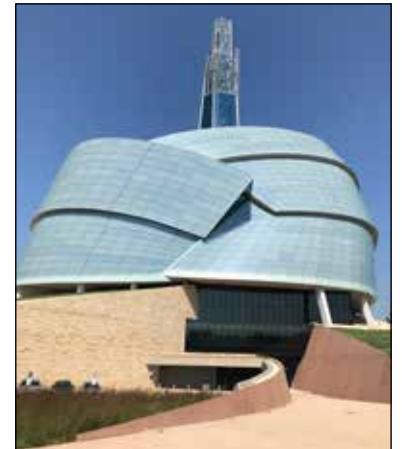
Wow. I never realized that.

It's probably no coincidence that the Premier of Manitoba who helped to unveil the portrait is Wab Kinew, from the Onigaming First Nation. He's the first Indigenous Premier of Manitoba. But these bits and pieces of historical information seep into my thinking. I have to wonder why it took that for justice to be done. Are we non-racialized people blind to the inequities of history? Probably. In fact, largely yes. Can travel be one solution to that lack of perspective? I like to think so.

It's obvious that adding a plaque to a portrait is not a sufficient answer to the inequities and injustices that are baked right into the fabric of Canada. Métis leader David Chartrand was extremely clear about this at the unveiling.

"This is an historic and momentous day as we reflect on the true history of Louis Riel and the Métis of the Red River. Our history has been one of hardship, marginalization, racism and discrimination – a continued struggle for recognition of our identity as the Red River Métis people. We have been 153 years in waiting and advocating to correct this part of our history, and today we see the true title of Louis Riel further acknowledged."

The stain on Canada remains for portraying him as traitor and a madman instead of tell-



The Canadian Museum for Human Rights – an appropriate addition to the landscape of Louis Riel's city.

ing his true history as the first premier and the founder of Manitoba. We hope what we do here today will be a catalyst for real change so that all know the truth and honour Premier Riel's legacy, and the legacy of our people."

So no, a plaque on a picture is not enough. But it is something. Something important. Personally, I have learned something important about the legacy of Louis Riel.

Thank you, Winnipeg and Ottawa.

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



The painting of Riel that hangs, among other Indigenous art, in a Canadian Senate committee room. Photos by Paul Knowles



Louis Riel's chair that should have been his right in Canada's Parliament. A contemporary work by Métis artist Jennine Krauchi.

FEATURE —

EXPERT ADVICE: *Winter warmup soup*



By Mercedes Kay Gold

Sit down tonight to a hearty seasonal soup. Soup is more than a starter. Rather, it's a satisfying, flavourful, full-meal deal. Soup leftovers are the ideal lunch and it's freeze-ahead friendly. Soup is hands down the best way to use up what's in the fridge and a fantastic frugal find to feed a family.

My soup is stocked full of nutrient-dense plant love and a humungous flavour booster courtesy of bacon from The Best Little Pork Shoppe in Shakespeare. Vegetables are a vital ingredient.



This healthy winter warmup soup is packed with vegetables and perfect for supper on a cold, wintery day. Photo by Mercedes Kay Gold

They provide healthy complex carbohydrates for energy, mega minerals, vitamins and an array of amazing antioxidants. As a holistic nutritionist, I do advocate fresh and organic first, but with the ever-increasing cost of food, this is not always feasible. Focusing on in-season vegetables helps cut costs in menu planning. Winter months are all about eating root vegetables. This stupendous soup starts with a potful of plant love grown right here in Ontario.

Potatoes are underrated. They are a starchy carbohydrate with boatloads of benefits, especially in their jackets. Potato skin is stocked with fiber and vitamin C. For eye health help, choose yellow, and pick purple or red to reap the power of polyphenols.

Fast fact: potatoes contain double the potassium of bananas.

Carrots are chocked full of beta-carotene, which the body converts to vitamin A, an incredible immune system and eye health helper. Parsnips are often passed over, but a great source of vitamins C and K plus fabulous folate and fiber. Onions are a recipe go-to as a flavour enhancer, but let's not forget they feed the healthy bacteria in the large intestine. Onions are stocked with sulphur, key to cholesterol control, and quercetin content fights inflammation.

Green cabbage is this nutritionist's top pick as the most cost-effective, nutritious, versatile vegetable in the produce aisle. There's a reason we love cabbage rolls, coleslaw, kimchi and sauerkraut. Cabbage is low in carbohydrates and calories. Who can forget the cabbage soup diet! On a healthy note, cabbage is loaded with vi-

tamin C and the very high vitamin K content helps keeps bones strong. Power packed with plant sterols, cabbage helps reduce the bad cholesterol or LDL levels in the body.

For full-belly satisfaction, there's cannellini beans. Sometimes referred to as white kidney beans, they are fiber and folate rich with the bonus of B1, B6 and B5 vitamins. It's worth mentioning the magnitude of minerals, manganese, magnesium and potassium.

A stockpot of power-packed plant protein with a side of pork simmered with heaps of herbs is a heavenly wintertime, dinner-time meal.

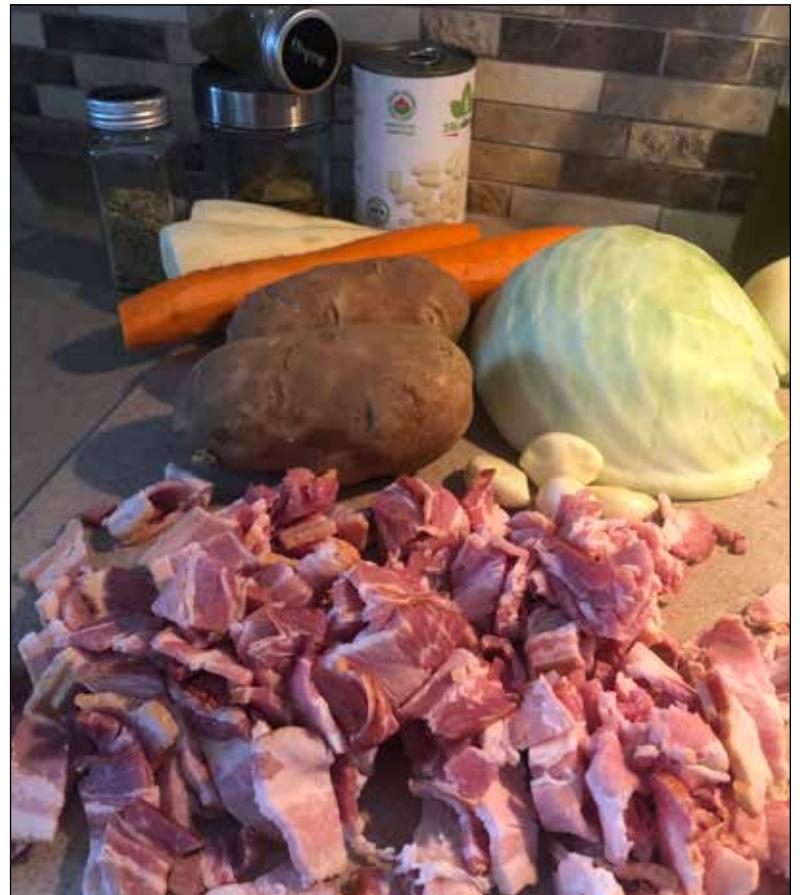
Serve up Soup Tonight!

Ingredients:

- 1 medium onion diced
- 4 cloves garlic crushed
- 2 large potatoes of choice chopped
- 2 large carrots chopped
- ½ small cabbage shredded
- 2 large parsnips chopped
- 1 pound of *The Best Little Pork Shoppe* side bacon sliced
- 14 oz can cannellini beans
- 946 ml vegetable or chicken stock
- 4 cups water
- 2 large dried bay leaves
- 2 tsp dried rosemary
- 2 tsp dried thyme
- 1 tsp Himalayan Sea salt
- Black pepper to taste

Directions:

1. Fry the bacon on low to medium heat until cooked,



Chopped bacon from The Best Little Pork Shoppe adds a humongous flavour booster to this healthy winter warmup soup. Photo by Mercedes Kay Gold

2. Remove the bacon pieces and set aside, reserving the bacon fat in the pot. There was about 3 tbsp leftover after using side bacon from *The Best Little Pork Shoppe*.
 3. Fry the onion on low to medium heat in the bacon fat until translucent. Add the garlic and fry for a few minutes.
 4. Scrape all the bits up and leave in the pot. They add fabulous flavor to the soup.
 5. In the same stockpot, add the soup stock, chopped veggies, cooked bacon and herbs. Bring to a boil and then turn down to simmer until the veggies can be pierced easily with a fork. Add the canned beans in the last 10 minutes.
- Top with shredded cheddar cheese and enjoy.

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COMMUNITY —

Holy Family students show local veterans their big hearts



Youth education chair Jane Eichler stands with four students from Holy Family that participated in the Valentines for Veterans project. Photo by Scott Dunstall

By Scott Dunstall

These stories always touch my heart.

Just before Valentine's Day this year, students attending Holy Family school in New Hamburg designed and created their own personal Valentines cards to be given to service veterans who are members of the New Hamburg Royal Canadian Legion Branch 532.

Teacher Kyle Sutter offered his guidance and support when he tasked his students

to use their own creativity and messages for each card. Kyle himself is a member of the Waterloo Legion branch and had a grandfather who was also a veteran.

All of the cards were picked up by branch comrade and youth education chair Jane Eichler on Feb. 12 and hand delivered to veterans' homes around the community. She said the reaction was priceless and heartwarming, bringing smiles and a few tears of gratitude.

CUPE 1331 and HPPH reach tentative agreement

By Amanda Modaragamage, Local Journalism Initiative Reporter

After over three years of negotiations, Huron Perth Public Health (HPPH) and Canadian Union of Public Employees (CUPE) members have reached a tentative agreement.

The tentative agreement was reached Feb. 15 after more than eight hours of bargaining. The union is pleased to have reached a tentative deal it says will improve working conditions for members.

With the assistance of a ministry of labour conciliator, this agreement aims to offer fair working conditions for CUPE members currently employed at HPPH.

At this time, details of the negotiation are not available, however CUPE 1331 president Pam Hanington says more details will come once the board of health votes on the tentative agreement on March 8.

CUPE Local 1331, representing a wide range of HPPH employees from health promoters to custodians, were seeking a 35-hour work week and increased wages and benefits.

"The possibility of labour disruption is there should conciliation not lead to a deal these workers deserve," a CUPE Local 1331 representative told the Stratford Times before a tentative agreement was reached.

CUPE Local 1331 was formed in July 2020 after the locals of the former Huron County and Perth District health units merged.

CUPE Local 1331 advocates for workers who deliver the public services people depend on. They aim to help members by providing the highest level of service by ensuring they are safe and healthy at work and they get fair pay and benefits for the services they provide.

Gazette Puzzles

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Pet of the Week



PENNY

Penny is a three-year-old Labradoodle who loves walks, cottage adventures and couch snuggles. She is very loyal and sweet, and is loved by her owners Brad & Jen Reibling and family. Nominate your Pet of the Week by emailing: thewtgazette@gmail.com



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OPINION —

EXPERT ADVICE: *Ode to our bodies*



**By Chip Bender
RP(q)**

Last month, I experienced some excruciating pain that felt like a two-inch-thick rod was inserted just under my breastbone and

out between my shoulder blades. An emergency room doctor diagnosed a gall bladder attack, which a subsequent ultrasound confirmed. It felt like a betrayal by my body, which has generally served me quite well except for the odd illness due to an assortment of viruses. This experience occurred a few weeks after my 85-year-old father had hip-replacement surgery and was not recovering as quickly as initially anticipated. In the past week, I also had two friends, one my age and one 30 years older, diagnosed with cancer.

Sometimes it can feel like our bodies will let us down with unexpected breakdowns. If we had

purchased our bodies from a reputable dealer, we may want to return them for a full refund, though you would be hard-pressed to find anything in this life that has a 20 or 30-year guarantee, let alone a 50 or 60-year one. The fact that our bodies even last that long is a miracle, not to mention that the average life expectancy for Canadians is over 80 years.

After experiencing my gall bladder attack, it was easy for me to begrudge this fragile vessel of flesh and bones that carries me around. However, when my mind shifted to all the functions my body undertakes without my conscious awareness, I was moved to

a sense of awe. My heart beats a steady 60 to 80 beats per minute to circulate my blood through my arteries carrying the oxygen my lungs have inhaled during their 12 to 18 breaths per minute. My body can take the food and drink I ingest, then metabolize the nutrients and expel the waste all without any effort on my part. My body carries me from place to place and helps me perform all my daily tasks with relative ease.

Our bodies do not always work like we want them to work, which can be attributed to chance or genetics or maybe to how we may have neglected them over the years. Additionally, our society has created other body issues

connected to the shape, size, or colour of our bodies. Whatever the case may be, the fact is our bodies have generally served us well over the course of our lifetimes. Take some time to notice the next breath you take. Consciously move your arms and/or your legs. Give yourself a hug to offer some appreciation to your body for the good work it has done up to this point. Think about one small-step action you could undertake to help your body serve you even better and then make it happen.

Chip Bender is a registered psychotherapist (qualifying) at the Interfaith Counselling Centre in New Hamburg.

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OPINION —

**LETTER TO THE EDITOR:
Political campaigning has no place at
Coldest Night of the Year**

Dear Editor,

On Feb. 24, a number of members of our church in New Hamburg participated in Wilmot's Coldest Night of the Year event. It was an amazing experience that included 181 walkers, 25 teams and 27 volunteers. There were cadets from Breslau helping out. Entertainment was provided by amazing local dancers while we waited to set out on the walk. The Wilmot Family Resource Centre's fundraising goal was met and exceeded. On the walkers' return, they were refreshed with delicious hot and cold food prepared by the local Legion. What a proud moment it was for our community!

Unfortunately, Doug Treleaven, who is seeking to represent the Kitchener-Conestoga riding as the federal Conservative candidate, chose this occasion to campaign for

the position he is seeking. Stickers with Mr. Treleaven's name were being offered to participants at the event as he circulated among the crowd promoting himself. This was highly inappropriate at an event such as this. Mr. Treleaven was taking advantage of this important opportunity to showcase an organization and local charity in our community that provides a wide range of services to people who are experiencing hurt, hunger and homelessness. Mr. Treleaven and friends had a team that made a significant contribution to the fundraising goal, and they deserve thanks for that. However, it was not the time or place for Mr. Treleaven to advance his personal goals.

Linda Lackey, Neil Lackey, Kathryn Murrell, Karen Partridge, Cheryl Saunders, Dorothy Wilson and Andy Wilson

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SATURDAY, MAR. 2

**Free Family Skate Sponsored by
Tavistock Missionary Church**
11 a.m. - 1 p.m.
Tavistock Arena
1 Adam St. Tavistock

MONDAY, MAR. 4

**Township of Wilmot Council
Meeting**
7-11 p.m.
Council Chambers
60 Snyder's Rd. West Baden

Blood Donor Clinic
2-8 p.m.
Steinmann Mennonite Church
1316 Snyder's Rd. W. Baden

TUESDAY, MAR. 5

Ostomy Support Group Meeting
7 p.m.
Presentation on Ostomy products
Come with your ostomy questions
and concerns.
Social time and snacks. Everyone
welcome.
93 Morgan St., Stratford 60 Snyder's
Rd. West Baden

MONDAY, MAR. 11

**Garden Wilmot (Wilmot Hort
Society) Monthly Garden Talk**

7 p.m.
With speaker Nicholas Kempel,
the Mushroom Tree. Free meeting.
Wilmot Rec Complex,
Meeting Room A (upstairs).
1291 Nafziger Rd. Baden

TUESDAY, MAR. 12

**Township of Wellesley council
meeting**
6:45 p.m.
Council Chambers
4805 William Hastings Line,
Crosshill

SATURDAY, MAR. 16

**Wilmot Optimist Annual St.
Patrick's Day Sale**
10 a.m. to 3 p.m.
150 Charlotta St., Baden

TUESDAY, MAR. 19

**Wilmot Ecumenical Working
Group on Indigenous/Settler
Relationships' next film screening**
7 p.m.
For a change of pace, we are showing
3 short films that highlight a
variety of contributions to our national
identity made by Indigenous
individuals and communities.
Free event. No need to register.
Questions? Contact ecumenical-
workinggroup@gmail.com

Zion United Church
215 Peel St., New Hamburg

FRIDAY, MAR. 22

**Pulled Pork Dinner and Games
Night**
6 p.m.
Grace United Church in Tavistock
is sponsoring a pulled pork dinner
and games night. It's a delicious
meal of pulled pork on a bun and
all the fixings, followed by games
galore. (\$15)
Grace United Church - Church Hall
116 Woodstock St S, Tavistock

SATURDAY, MAR. 23

**Optimist Club of Wilmot Annual
Easter Egg Hunt**
10:30 a.m. to 12 p.m.
Sir Adam Beck Park
215 Snyder's Rd. E. Baden

Swimming Easter Egg Hunt
3:30-4:30 p.m. and 4:30-5:30 p.m.
Wilmot Recreation Complex
1291 Nafziger Rd. Baden

MONDAY, MAR. 25

**Township of Wilmot Council
Meeting**
7-11 p.m.
Council Chambers
60 Snyder's Rd. West Baden

WEDNESDAY, MAR. 27

**Community Care Concepts Lunch
and Fellowship**
12 p.m.
Linwood Community Centre
5279 Ament Line Linwood

SATURDAY, MAR. 28

**Community Care Concepts Lunch
and Fellowship**
12 p.m.
Wilmot Recreation Complex
1291 Nafziger Rd. Baden

Rib & Tail Stag
6 p.m. - Take out
6:30 - 8:30 p.m.
Shakespeare and District Optimist
Hall
Thompson St. Shakespeare

MONDAY, APR. 8

**Garden Wilmot (Wilmot Hort
Society) Monthly Garden Talk**
7 p.m.
Wilmot Rec Complex,
Meeting Room A (upstairs).
1291 Nafziger Rd. Baden

COMMUNITY —

Perth County's annual paramedic recruitment now open

By Wilmot-Tavistock Gazette staff

As of Feb. 23, Perth County's paramedic-services department is accepting applications for new members to join the Perth County Paramedic Services team.

Perth County is recruiting 15-20 new members. Those interested in learning more about the recruitment process and working for Perth County can visit www.perthcounty.ca/paramedics. From there, candidates can read more about being a primary care paramedic in Perth County as well as review the requirements to apply for a position.

"We are a busy service with an incredible

group of people," said Perth County Paramedic Services Chief Mike Adair in a press release. "Our service offers many great opportunities for paramedics to have a positive impact in the community."

"Each year, we look forward to welcoming new paramedics to our team," added deputy chief of program development Chris Keyser. "Perth County Paramedic Services offers a great atmosphere to work and grow in your career."

Recruitment will remain open until March 8. Interested candidates can visit www.perthcounty.ca/employment to apply.

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St. Marys Independent The Wilmot-Tavistock Gazette STRATFORDTIMES INDY
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CLASSIFIED ADS —

ATTENTION

Collectors, and doll lovers from 4 to 104. FOUR, brand new (still in presentation boxes) 20" "Reborn" brand dolls; two with blonde rooted hair, and all in quality outfits on weighted, vinyl/soft bodies with eyes that open and shut; and may include bottles, diapers, birth certificates, pacifiers and rattles. Special price of \$115.00 each box, complete. Please call (non smoking) Stratford home at (519) 305-6275. These adorable 'babies' are looking for loving 'Forever Homes'.

Rental Wanted

Looking for a long term rental in the Tavistock area. 1 or 2 bedroom for 1 semi-retired person, cat friendly, responsible tenant, references, non-smoker. 519-949-9227 or email pswohara@gmail.com

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Used greeting cards from the 50's, 60's, 70's, 80's. Baby, Birthday, Get Well, Christmas etc. cards. 519-616-3379

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I will pay cash for antiques and collectibles. Coca Cola Pepsi any pop company Brewery items Kuntz, Huether Labatts, etc. Old radios and gramophones, Wristwatches and pocket watches, Old fruit jars, Beaver Star Bee Hive etc. Any old oil cans and signs Red Indian Supertest etc Any small furniture. If you are moving or cleaning out stuff please contact me - 519-570-6920.

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Applications will be accepted until March 8th, 2024 at: stevek@smchurch.ca

Further information can be found on our website at: <https://smchurch.ca/church-job-posting/>

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Weekly Quiz Answers

- | | |
|-----------------|------------------|
| 1. 2009 | 6. Eros |
| 2. Arctic Ocean | 7. 4 |
| 3. GameStop | 8. Meteorologist |
| 4. Green Goblin | 9. Dime |
| 5. Antarctica | 10. 1969 |

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