

Exeter Examiner

VOL. 3 • ISSUE 12

Thursday, August 27, 2026

FREE

**YOUR DAY.
YOUR PLANS.
YOUR RIDE.**

Leave the driving to us.

Routes, Schedules & Maps Online:
HuronShoresAreaTransit.ca




Finkbeiner
Financial

Manulife
Wealth

Insurance | Investments

Dan Finkbeiner, CIM®
519-860-8774
www.finkbeinerfinancial.ca

Manulife, Manulife & Stylized M Design, Stylized M Design and Manulife Wealth are trademarks of The Manufacturers Life Insurance Company and are used by it, and by its affiliates, under license.



South Huron trail agreement approved by council

JOHN MINER

Examiner Reporter

With the Ausable Bayfield Conservation Authority (ABCA) in its final days, South Huron and the Authority have agreed on a plan to expand and manage the popular South Huron Trail.

South Huron municipal council was assured at its last meeting that the trail agreement will remain intact when the local authority is absorbed into the Lake Huron Regional Conservation Authority in early 2027.

“Anything that is in place now will carry forward into the new organization,” Coun. Marissa Vaughan, South Huron council’s representative on the ABCA board, said.

The merger of the ABCA with six other local authorities is part of the Ontario government’s plan to collapse the existing 36 conservation authorities into nine regional ones.

The South Huron trail, which runs from MacNaughton Park in Exeter to the Morrison Dam Conservation Area and around the reservoir, is heavily used with more than 90,000 annual visits, according to data collected by Huron County.

Although the trail was established in 2004, there has been no formal agreement between South Huron and the ABCA on the management of the trail that crosses private and municipally owned prop-

CONTINUED TO PAGE 5



ZURICH BEAN FESTIVAL BRAVES THE STORMS

(DAN ROLPH PHOTO)

Thunderstorms may have been rolling in throughout the weekend, but the 59th annual Zurich Bean Festival was back for another year of community-centric fun on Friday, Aug. 21 and Saturday, Aug. 22. The festival opened with an evening of music, food trucks and entertainment on Friday, followed by a packed Saturday schedule with the car show, frog jumping, and the smoked pork chop and bean dinner returning. Alex Degroot was serving beans during the annual meal, which was held at the Zurich arena.

MORE PICTURES FOUND ON PAGE 8 & 9

Community pushback stops Bluewater energy storage project

DAN ROLPH

Editor

A large-scale energy project has been turned down by Bluewater council after residents rallied in opposition to the proposal.

The project would have made use of two depleted natural gas caverns between Bayfield and Varna off Goshen Line, pulling power from the grid to compress air into the caverns that could be released later to move turbines, effectively storing the energy for

CONTINUED TO PAGE 5

COME DRIVE BUS FOR US

**Training available
today!**

Contact Us

Exeter: 519-235-0450

Clinton: 519-482-3493

Seaforth-519-522-1222



Apply Online at MurphyBus.ca

**Get ready for School in
September.**

Now Hiring

Clinton, Exeter and Seaforth

2026 Ford Mustang Ecoboost



Was \$45,270
Now \$41,599
plus HST & LICENSING

2026 Ford Explorer ST



Was \$74,380
Now \$67,019
plus HST & LICENSING

2026 Ford Ranger Lariat



Was \$64,355
Now \$59,536
plus HST & LICENSING

Employee Pricing
is on now at
Exeter Ford until
August 31st

Live the Exeter Ford experience.

Drive More.
Enjoy More.

2026 Ford F-150 Lariat



Was \$92,115
Now \$78,917
plus HST & LICENSING

2026 Ford Bronco Outer Banks



Was \$74,970
Now \$64,467
plus HST & LICENSING

2026 Ford Transit Cargo Van Base



Was \$69,625
Now \$66,625
plus HST & LICENSING

2026 Ford Bronco Sport Big Bend

Was \$44,485
Now \$37,603
plus HST & LICENSING



2026 Ford Super Duty F-250 SRW Lariat

Was \$114,178
Now \$100,791
plus HST & LICENSING



519-235-1380

www.exeterford.com

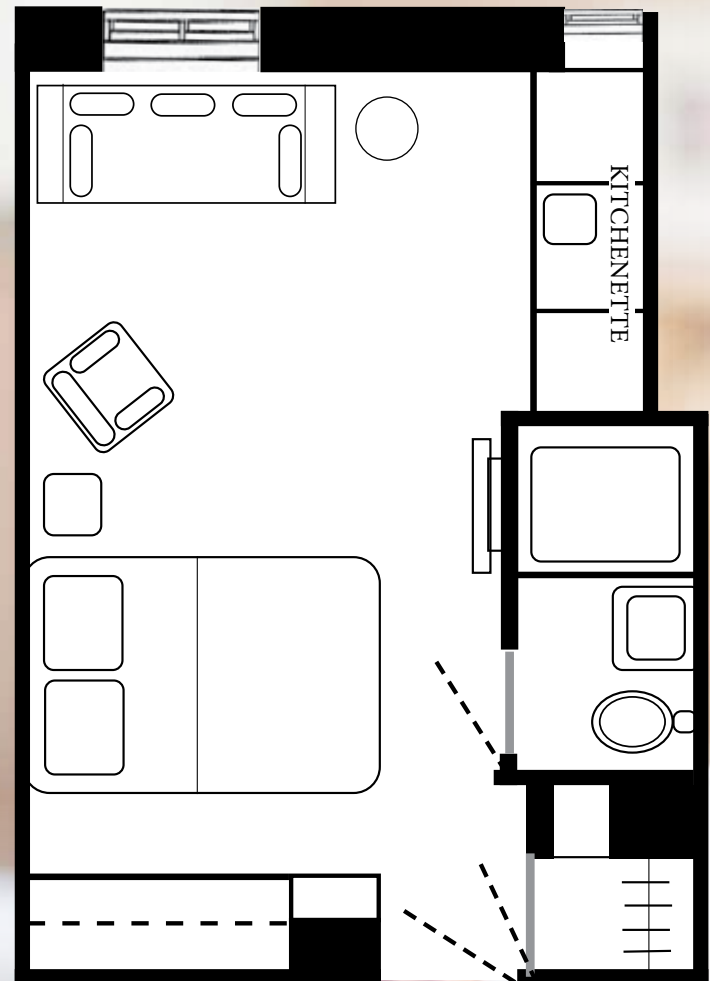
165 Main Street North, Exeter, ON, N0M 1S3

HOURS SALES (NEW) MON-THU. 9-6. FRI 9-5:30 SAT 9-4 SALES (USED) 8-5

While we strive to ensure that the information on this page is accurate, we recommend contacting dealer directly to verify details and obtain additional information about the vehicle, including confirmation of prices, colors, trims, options, and other specifications.

Rarely Available... Value Priced Studio

with kitchenette



LIMITED TIME

Special Value
PRICING

Did You Know... We have a Separate & Secure Alzheimer's and Dementia Wing



**NO DOCTOR??
WE HAVE A
PRACTITIONER
ON SITE!!!**



Goderich Place
RETIREMENT RESIDENCE

*Call Lisa to
Arrange a Tour*

519-524-4243 EXT 224

ASK ABOUT OUR TRIAL AND RESPITE STAYS

30 BALVINA DRIVE E., GODERICH www.goderichplace.ca

EDITORIAL

Let's talk about mental health



DAN ROLPH

Editor

With September being World Suicide Prevention Month, I think it's important that we take a moment to discuss the topic of mental health with transparency and honesty.

Throughout my career covering the news in this community, every discussion I've been a part of regarding mental health has had one theme as its focus — the stigma that exists around mental health and how we can overcome it.

I suppose I've always had a somewhat unique view when

it comes to mental health and that stigma that so many experience. I grew up in a household where mental health wasn't a topic we shied away from. It was one that was embraced. My father would speak openly to us about his own experiences going through psychotherapy as a younger man and how important it was to receive help.

It's not until I was older that I began to understand that kind of openness isn't so commonplace.

We very often feel comfortable speaking about our health when it comes to most physical ailments. We'll discuss the harsh realities of a cancer diagnosis, explain in detail the pain of an injury, or often speak about our experiences using certain medications to those around us willing to listen.

Yet when the topic is mental health, the norm seems to usually be silence and avoidance.

The realities of mental health

are in the term itself. It is a vital part of our health, no different from any other ailment you may seek medical attention to address.

At least that's how it should be.

The Mental Health Commission of Canada (the national non-profit created in 2007 by the federal government) estimates 60 per cent of those with a mental health problem or illness don't seek help, largely driven by a fear of the stigma that surrounds the subject.

It's a staggering reality that the majority of those navigating mental health struggles choose to do so in silence. What I find so staggering about that reality is that it's one we can, as a community, choose to address, yet we often fail to do so.

I think back to a moment I witnessed in 2019 when former TSN broadcaster Michael Landsberg came to Lucan to speak about his own struggles with depression and anxiety af-

ter tragedy struck in the community. Landsberg looked out toward a packed auditorium at the Lucan Biddulph Community Memorial Centre and asked those in the audience to raise their hand if they were living with a mental illness or cared about someone who did.

The number of hands that went up in that moment was staggering. I may not have an official count, but I'd wager it was the majority of those in the community centre that night.

I bring this up because it was an unfortunately rare reminder for those in our community struggling that they are not alone in what they face every day. The world can far too often feel isolating, and mental illness is perhaps one of the most isolating experiences known.

But if that night showed anything it is that silence can be broken when people are willing to reach out, have open discussions and show a willingness

to care though their actions. It can make a difference.

That is why we need to be kind, be thoughtful, be open and be honest. Ask the people in your life how they are really doing and be ready for an answer that may be difficult to hear. Speak about mental health with the same care and seriousness we give to physical health. Challenge stigma when you hear it, support those who are struggling, and remind them with your words and actions that they do not have to face those struggles alone.

And for anyone reading this who is struggling with their own mental health, I won't pretend that one column can fix what you are facing every day. I do hope, however, that it can serve as a reminder that your life has meaning, and there is no shame in asking for help.

Elsewhere in this issue you will find information outlining some of the supports available in our community.

**GRANT
HAVEN
MEDIA**

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

Exeter Examiner
N E W S P A P E R

Publisher

Stewart Grant • stew@granthaven.com

Editor

Dan Rolph • dan@granthaven.com

Graphic Design

Kyrah Smith • info@exeterexaminer.com

Business Development

Heather Dunbar • heather@granthaven.com

Billing Administrator

Jen Gaetan • jen@granthaven.com

Contributors

Deb Lord, John Miner, Samantha Lawson, Bob Heywood,
Amy Wilhelm, Paul Knowles, Judy Finkbeiner Johnson,
Barry Johnson, Claire Jones, Mackenzie Hodgins

36 Water St. St. Marys, ON, PO Box 2310 N4X 1A2
info@exeterexaminer.com | 519.284.0041 | granthaven.com

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



Exeter Examiner
N E W S P A P E R

Have something to say?

Submit your Letter to the Editor to us at info@exeterexaminer.com

Exeter Examiner Guiding Principles
N E W S P A P E R

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

VISIT OUR WEBSITE AT WWW.GRANTHAVEN.COM

COMMUNITY

South Huron trail agreement approved by council

CONTINUED FROM FRONT

erties and conservation authority land.

A memorandum of understanding, proposed by ABCA and approved by South Huron council at its Aug. 10 meeting, specifies that South Huron will maintain the trail and related infrastructure on MacNaughton Park, carry insurance coverage for that area, and provide enforcement of bylaws by provincial offences officers.

The conservation authority will do the same for other portions of the trail, as well as providing limited grass maintenance in areas along the walking path. All other areas are to be left in a naturalized state.

The agreement can be terminated by either party with 90 days written notice.

The agreement also supports a proposed expansion of the ABCA's commemorative woods at the Morrison Dam Conservation Area with 100 metres of new trail crossing municipal property and connecting to the existing South Huron trail.

South Huron council was advised that ABCA has the resources needed to complete the trail expansion, including materials, labour, equipment and funding.

The upcoming consolidation of conservation authorities is already having

a local impact.

Vaughan advised council that Davin Heinbuck, ABCA's general manager and secretary-treasurer, has accepted a position as the general manager of the future Western Lake Erie Regional Conservation Authority. The new authority will amalgamate the Upper Thames River Conservation Authority with the Essex Region Conservation Authority, Lower Thames Valley Conservation Authority, and St. Clair Region Conservation Authority.

"It is a step up for Davin, well deserved," said Vaughan.

Filling Heinbuck's role at the ABCA on an acting basis is Nathan Schoelier.

Vaughan said Schoelier has been a tremendous asset for the ABCA.

Don Goodyear, who has been a general manager of watershed management with the Lake Simcoe Region Conservation Authority, will be the new general manager of the Lake Huron Regional Conservation Authority that will include the ABCA.

Vaughan said Goodyear has been described as someone who is easy to get along with and very interested in understanding what is going on in the conservation authorities that will be part of the new regional one.

"Things are sounding positive. That's good," Vaughan said.

Community pushback stops Bluewater energy storage project

CONTINUED FROM FRONT

times when demand increases.

The proposal has been floating around the area since 2023, when Bedrock Energy Corp. first approached council and the public with the idea.

Since then, updates about the project have remained limited until it returned to council this year when Bedrock, alongside their partner Capstone Infrastructure, were seeking council's support in applying for Ontario's IESO long lead-time energy storage procurement, asking council to pass a willing host resolution that would formalize their support.

According to Bedrock, the proposed facility would have been capable of storing enough energy to power 624,000 homes. They estimated that the project could have contributed about 40 full-time jobs once operational, as well as hundreds of jobs during the construc-

tion process.

If the application were successful, the project timeline aimed to have facility open in 2032. If the project were given the greenlight, it would be considered one of the first of its kind in the world.

Compressed energy storage has been implemented in globally on a smaller scale, including locally in Goderich, but the technology has been widely limited to underground salt caverns, not depleted natural gas reservoirs like the proposed Bluewater project.

Councillors unanimously passed a motion during an Aug. 13 special council meeting cementing their opposition for the project in a decision that was influenced in part by resistance from residents.

Before that special meeting, Bluewater resident Joanne McCann made a delegation to council at the Aug. 10 council meeting, speaking on behalf of a group

of residents opposed to the proposal.

McCann pointed to a loss of farmland as a particular area of concern for residents, noting that protecting prime agricultural land should be a focus in the community.

"Our farmland is one of the most valuable resources," she said. "As our population grows and food security becomes increasingly important, protecting prime agricultural land should be one of our highest priorities. We have a responsibility to preserve this land for future generations, not replace it with industrial development."

Between the proposed Goshen facility and pipelines to the reservoirs, the future of about 300 acres of farmland was in question.

According to Bedrock, the location was chosen because of its access to the Bayfield and Stanley reservoirs that once held natural gas, but also because of its proximity to a nearby high voltage Hydro One transmission line that runs adjacent to the proposed site.

McCann said safety was also an area of concern for residents despite assurances that the technology would be implemented safely, and she pointed to the project's unique use of natural gas reservoirs.

"Before compressed air can safely be stored in a former hydrocarbon reservoir, there are significant questions about how much residual gas and hydrocarbons remain underground," she said. "The reality is that when a gas field is considered economically depleted, residual gas can still remain underground."

"How can we say that the risk is remote when we don't know exactly what remains in the reservoir, or what will happen when huge amounts of compressed air are repeatedly pumped into it?"

In addition to McCann's words, council received a petition including more than 1,300 individuals from the region and beyond who were opposed to the project.

During the Aug. 13 special meeting, Coun. Bill Whetstone commended Blackrock for answering questions and clarifying areas of confusion around the project. He said councillors have a responsibility to make decisions based on reasoning and data, though they also have a responsibility to look beyond the data they're presented.

"We don't live on spreadsheets," he said. "Our role around this table is to look beyond the immediate merits of this proposal and consider the full economic, agricultural and long-term food security implications of permanently removing 300 acres of productive farmland from agricultural production."

Whetstone said 300 acres of farmland represents roughly \$790,000 of annual farm cash receipts.

"That's just 300 acres."

Coun. Winona Sangster also spoke in opposition to the project while noting that projects like it, though she noted there is a need for similar projects in Ontario.

"I am not prepared to support this project on prime agricultural land," she said. "Energy storage capacity is a real need, but it doesn't have to come at the cost of the farmland that the municipality has committed to protect."

Mayor Paul Klopp spoke about the community's resistance to the proposal. He said he particularly had concerns regarding the proposal's 40-year plan, noting that any future beyond that would remain undetermined.

"You build things to last," he said. "You don't build things just to tear them down."

Jayden's COMFORT CARE®
MAINTENANCE & PROTECTION PLAN
A NEW STANDARD OF HOME MAINTENANCE

PROTECT WHAT KEEPS YOUR FAMILY COMFORTABLE

519-237-HEAT (4328)
JAYDENMECHANICAL.COM

White Squirrel Watch



**PHOTO BY
JIM DELLA-GIACOMA**

**SPOTTED NEAR SOUTH HURON
DISTRICT HIGH SCHOOL, EXETER**



If you would like to submit a White Squirrel Sighting, contact us at info@exeterexaminer.com

Exeter Examiner Photo Quiz



Who are you looking at?

By Judy and Barry Johnson



You will see me on the edge of roads close to where my nest of spotted eggs that resemble pebbles is camouflaged. If you get too close I will lure you away from my nest by pretending to be injured, hopping on one leg and dragging myself along with a “broken wing.” I am a shorebird and strong swimmer, although I am most commonly seen in dry habitats.

HINT: I am named for the call I make when startled, which is often and easily done.

This week's answers are found on pg. 30

WEEKEND QUIZ

By Jake Grant

1. What bird is a universal symbol of peace?
2. Who invented the airplane?
3. Which body part has the most bones?
4. What is the square root of 49?
5. How many legs does a crab have?
6. What three colors are on Estonia's flag?
7. Which gas do plants absorb from the atmosphere?
8. Who wrote the adventures of Tom Sawyer?
9. What are the five stages of grief?
10. Who sings the 1998 song Closing Time?

This week's answers are found on pg. 30

VISIT OUR Showroom

We Manufacture Cushions!

Wicker • Cast Aluminum • CR Plastics & more

30,000 sq.ft of Outdoor Furniture!

Casual Industries Inc.
Outdoor Furniture

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



A progressive agricultural company located in Mitchell, ON, we are looking for a hardworking individual to assist in the daily operations of our precast concrete plant. We have permanent full-time position available for

Precast Plant Supervisor

The ideal candidate will be committed to quality workmanship, utilize good communication skills, and work well with others to instruct and delegate with daily operations. Mechanical aptitude and problem solving skills to foster a safe and productive environment are considered beneficial assets.

We offer competitive wages combined with a comprehensive benefits program to encourage long term employment.

Fax resume to 519-393-6532

Or email to markv@fgc.ca

Only successful candidates will be contacted.

“SERVING FARMERS SINCE 1978”

The regional election roundup

DAN ROLPH

Editor

The nomination period for candidates in the upcoming municipal elections has passed, and the slate of names of voters will see on the ballot is set.

Here's everything you need to know about the local races.

This information was current on Aug. 21 after the Exeter Examiner went to press.

The basics

Ontario's upcoming municipal election will take place on Monday, Oct. 26, 2026, when local councils will be chosen by voters in municipalities across the province. However, advance voting will open earlier depending on the municipality, with some communities opening their voting as early as Oct. 13.

Locally, residents will directly vote for councillors to represent the ward they reside in, while also voting for their favoured candidates for mayor and deputy mayor.

In Huron, Lambton and Middlesex counties, those elected as mayor and deputy mayor will go on to serve as county councillors as well.

This upcoming election is the first to be held since the provincial government introduced "Strong Mayor Powers" to many municipalities across Ontario. The powers give the head of council more sway in budgetary considerations, further authority over municipal staff and veto powers over bylaws. The province cited a push to streamline the process of approving new housing and infrastructure developments as a reason for the powers.

Though these powers haven't been introduced in every community in Ontario, local municipalities including South Huron, Lambton Shores and Bluewater saw them implemented in 2025, putting a greater emphasis on the mayoral races in those areas in the upcoming election.

The next council term will begin Nov. 15, 2026.

Registration and voting

Voters in municipalities across Ontario can ensure they are registered to vote by visiting registertovote.on.ca or by calling 1-866-242-3025.

Voting is widely handled online throughout the region, though municipalities have previously organized in-person help kiosks in community spaces for those who need assistance navigating the online voting process.

In rural elections, it is common for some races to see only a single candidate enter the running. When this happens, that candidate is elected by acclimation, meaning they will win their election by default since they are running unopposed, negating the need for voting.

South Huron

The race in South Huron is set to be a highly contested one.

The campaign to be the next mayor is a three-way race with current Mayor George Finch seeking a third consecutive term. Former mayor Maureen Cole is back in the running after losing to Finch in 2022 and 2018, and current Ward 3 (Usborne) councillor Ted Oke is entering the mayoral race for the first time.

For the deputy mayor position, incumbent Jim Dietrich was the sole candidate to put his name forward, meaning he will be acclaimed and serve another four years on council.

In Ward 1 (Stephen), where two councillors will

be elected, incumbent Marissa Vaughan is seeking re-election. Former Ward 1 councillor Dianne Faubert is running to represent the ward after losing during the 2022 election in a packed eight-candidate race. Emily Girodat will also be on the ballot, and current Ward 2 councillor Wendy McLeod-Haggitt is looking to shift locales and become a representative for Ward 1, moving away from the Exeter ward where she was appointed to replace former councillor Marc Denomme after his resignation in 2023.

In Ward 2 (Exeter), which will also elect two representatives, there are four candidates on the ballot. Current councillor Aaron Neeb is seeking re-election, while Daryl Demaray, Antonio Munion and Laura Goulding are looking to represent the community.

Ward 3 (Usborne) was without a candidate for most of the nomination period, but two candidates stepped forward in the final days looking to represent the ward. Paul Passmore is taking another shot at the position he previously ran for in 2018, and Darren Boyle has put his name forward to run in the ward. Faubert had initially signed up to run in Ward 3 but later shifted to Ward 1.

Lucan Biddulph

With Cathy Burghardt-Jesson announcing she won't seek another term as head of council, the next council in Lucan Biddulph is already set to see some changes.

Current deputy mayor Dave Manders is looking to become the next person to serve as mayor of the municipality. Manders has served four terms on council, including two as deputy. Also seeking the mayoral seat is former mayor Paul Hodgins, who has most recently served as deputy mayor in North Middlesex.

Two candidates are seeking support to serve as deputy mayor. Current Ward 1 councillor Daniel Regan has put his name on the ballot as well as Adam Sachs.

In Ward 1, Bryan Frank Malito and Ken Hoggart have signed up to run in the ward that encompasses the southwestern reaches of the municipality.

Just one candidate, Allan Cunningham, is pursuing a seat as the Ward 2 councillor, meaning he will win that election by acclimation. Cunningham previously ran for mayor in 2022 when he was edged out by Burghardt-Jesson by 150 votes.

Lucan Biddulph's Ward 3 is its most contested race. Alex Westman will be seeking re-election while Jim Law and Nolan Goldie are also on the ballot.

Bluewater

The mayoral race in Bluewater will once again place two familiar candidates on the ballot.

Incumbent Paul Klopp is seeking re-election to serve as the head of council, while former mayor and current Hay West councillor Tyler Hessel has put his name forward in that race. Hessel was first elected mayor in 2014 when he ran in a four-way race that also included Klopp. The two then went head-to-head in 2018, when Klopp won that election with 60 per cent of the vote. Klopp was unopposed in the 2022 election and won by acclamation.

Current Bayfield councillor Bill Whetstone will be stepping into a new role on the next council after being the sole candidate to put his name forward for the deputy mayor position. Whetstone was acclaimed twice as the Bayfield representative on council in both the 2018 and 2022 elections.

In Bayfield, Michael DeCorte and E.J. Bauer have put their names forward to represent the lakeshore community.

In Hay East, incumbent Joey Groot is seeking

re-election, with Megan Goss also on the ballot.

Current Stanley East councillor Peter Walden is running for another term as the ward's representative and will face a challenge from David Armstrong.

In Zurich, Winona Sangster is back on the ballot for re-election, with Jason Becker also putting his name forward.

Hensall will be a two-way race between incumbent Scott Harris and Joan Bradley.

Stanley West will also have two candidates on the ballot with incumbent Greg Lamport and Brian Kellow pursuing the position.

Hay West will be the only ward with an acclaimed councillor with Brian Heagle being the sole candidate.

Lambton Shores

Several races in Lambton Shores were without candidates for much of the nomination process, but the ballots have filled up in the final days of nominations.

Current mayor Doug Cook looked as if he'd be unopposed throughout the nomination process until current Ward 7 councillor Jeff Wilcox withdrew his bid for re-election in that ward and signed on to pursue becoming the next head of council.

Deputy Mayor Dan Sageman is pursuing another term in that position, while Marilyn Smith will seek to become the next deputy mayor. Sageman represented Ward 2 as a councillor before running to become deputy mayor in 2022. Smith previously ran in the 2022 election for mayor against Cook.

Three of the seven wards will also be filled by acclimation, including Dave Maguire (Ward 2), Shawn Dickey (Ward 3) and Dave Marsh (Ward 6).

Ward 1 will be a race between Chris Vanderydt, Sarah Nicholson and Randy McClinchey.

In Ward 4, David Pugh and David McLean are on the ballot.

Ward 5 also saw a final-day nomination, meaning incumbent Suzanne Shea will be running against Jim Hansen to represent the ward.

With current Ward 7 councillor Wilcox withdrawing his name from the ballot in the ward, Jeffrey Girling and Randy Shaw are set to make Ward 7 a two-way race.

**Position your business alongside
the Exeter Examiner's recognition
of our *Local Volunteer Firefighters*.**

**CONTACT DEB LORD
TO SECURE YOUR SPOT**



**519-520-5366
Deb@granthaven.com**

Exeter Examiner
N E W S P A P E R

The Exeter Examiner is here to support local organizations, events and seasonal initiatives while providing strong exposure opportunities for our advertising partners.

VISIT OUR WEBSITE AT WWW.GRANTHAVEN.COM

Zurich Bean Festival braves the storms

(DAN ROLPH PHOTOS)



The popular frog jumping competition returned for another year of excitement, where entrants could find frogs and see how far they'd jump in three bounds. From left are Olivia Redick, category two winners Max Regier (third place), Charlotte Woledge (second place) and Jayce Robinson (first place), and Lia Redick.



From left are Olivia Redick, category one frog jumping winners Landon Masse (third place), Isabella Geoffrey (second place) and Harvey Masse (first place), and Lia Redick.



The classic car cruise may have been cancelled this year, but the Wrench Benders Car Club car show returned to the Zurich ball diamond, where enthusiasts could stop to see everything from modern muscle cars to classic favourites, fish, frogs and tadpoles.



Highway 21 was one of the first bands to entertain festivalgoers from the stage in the Zurich arena, which was moved inside due to the weather conditions.



Plenty of food trucks lined Victoria Lane for those wanting to take advantage of the sunny weather in between the clouds.

WESTLAND GREENHOUSES

Open DAILY 8am-5pm
HUGE homegrown mums & other fall favourites!

- Free coffee, tea and cookies daily
- Feed the bunnies & talk to the chickens
- Tropical & indoor houseplants year round



Follow us on socials!

10133 Lakeshore Road
 Grand Bend, ON
 519-238-1321

westlandgreenhouses.com





Stephanie Knox and Jonah Forrester were tearing up the dance floor in the Zurich arena.



(DAN ROLPH PHOTOS)
Frog jumping competitor Meredith attempts to catch her slippery frog after participating in the event.



Uncle Phil and the Leftovers were playing for the crowds as they enjoyed the traditional pork chop and bean meal.



The trackless train was weaving through the streets in downtown Zurich during the festival.

Take Care of What Matters Most.



Commercial | Farm | Residential | Auto



AXIOM
MUTUAL
INSURANCE
COMPANY

Zurich Office
519-236-4381
axiommutual.ca

Strathroy Office
519-246-1132
f i X in



Hobby store that features Pokemon and Magic the Gathering trading card games, as well as Lego, Board Games, Warhammer and sports cards. We have a large in stock selection, but if you don't see it in store we can order it.

144 Courthouse Sq., Suite 300 (Basement), Goderich, ON
519-612-2050 | mtgnorthcanada@gmail.com
www.mtgnorth.ca

MASSE FRUIT & VEGETABLE FARM
OPEN DAILY
JUNE - OCTOBER

C/O MIKE AND DIANNE MASSE
35291 Zurich Hensall Road,
Zurich, ON N0M 2T0
Phone: 519-236-7907
Email: massepumpkins@hay.net

PICKED FRESH FOR YOU DAILY

Like us on Facebook for up-to-date info

f t

BBBSSH holds fundraising barbecue



Big Brothers Big Sisters of South Huron (BBBSSH) held a fundraising barbecue on Aug. 14 at Hansen’s Your Independent Grocer, serving up lunch in support of the organization’s efforts to help local youth. By the end of the fundraiser, hungry supporters had donated \$740 to help deliver the organization’s mentoring programs. In front from left are Zohaam Ansari, Zaroon Ansari, Bob Osgood and Liam Becker. In back from left are Saquib Ansari, Carly Riley, Justin Horner, Brock Wilhelm, Jenn Ramer and BBBSSH executive director Amy Wilhelm.



(MACKENZIE HODGINS PHOTOS)
Justin Horner waws manning the grill during the Aug. 14 fundraising barbecue.

Maureen Cole

FOR MAYOR

519-630-2891

m.cole@hay.net

• Advocacy

• Accountability

• Affordability

Authorized by Maureen Cole

GRANT
HAVEN
MEDIA

Exeter Examiner

NEWSPAPER

BE IN THE KNOW!

Get the Latest Edition Delivered
Straight to Your Inbox!

www.granthaven.com/exeter-examiner

EXPERIENCE
EXETER BIA

2026
26
2027

CALENDAR

SUBMIT
NOW!

2026–2027 White Squirrel
Calendar Photo Submission

Submit Photo to

Info@exeterbia.com with name and phone number

Submit Photos until: September 8, 2026

14 Photos will be chosen to be in the calendar and a contest for the
Cover Photo could earn you \$100 in BIA Bucks



South Huron Hub

August 27, 2026

Labour Day, Monday, September 7th

The Municipal Office and Landfill Site will be closed Monday, September 7th for Labour Day. There will be no disruption to garbage and recycling collection.

For urgent municipal matters outside regular business hours please call 519-235-0310 x 7

South Huron Recreation Programs

- Kids in Motion - Youth Fitness & Wellness Series
- Dashwood Coffee, Cards & Checkmate
- Tiny Tots Playtime
- Shuffleboard
- Summer Pop-up Activities
- South Huron Strides

Some programs may require pre-registration, contact Community Services or see the Community Events Calendar at SouthHuron.ca for information

Property Taxes

2026 Final Property Tax bills have been mailed / emailed to property owners.

If you have not received your bill by the end of August, please contact our office at 519-235-0310 for assistance.

Be sure to keep your bill as it shows both installments due – the first by September 15 and the second by November 15 – as well as for income tax purposes.

Property tax payments are due in the office by the due date. If paying online or at the bank, make sure to leave enough time for the payment to be processed by the bank to avoid late fees.

For payment options, please visit our Payment Options webpage.

Important Dates

Tuesday, September 8th

Regular Council Meeting
6:00 PM (EST)*

Monday, September 21st

Regular Council Meeting
6:00 PM (EST)*

*South Huron Council meetings are open for in-person attendance and continue to be livestreamed. See our website Agendas and Minutes page or the Municipal Youtube Channel at meeting time to access the livestream video link. A recording of the meeting will be available on the Municipal Youtube Channel following the meeting.

South Huron Votes 2026 - Last call for Nominations!

If you are interested in running in the upcoming Municipal and School board Election you have until 2pm on Friday, August 21st to file your nomination papers. Nomination packages are available for pick up at town hall (322 Main Street South), or for download off the municipal website (SouthHuron.ca).

An unofficial list of individuals who have filed their nominations can be found on the Municipal Election page at SouthHuron.ca. Nominations for the municipal election will be certified by the Clerk on August 24th.

For more information regarding the 2026 Municipal and School Board Election, check out the Municipal Election page on SouthHuron.ca, contact the Clerk at vote@southhuron.ca or drop into the Clerk's Department at town hall.

Community Improvement Plan

South Huron's Community Improvement Plan is now accepting 2026 grant applications! A variety of municipal grants are available for eligible projects that support commercial building improvements to accessibility, energy efficiency, façades and more!

Applications are evaluated on a first-come, first-serve basis and annual funding is limited. For more information, visit the Community Improvement Plan page at SouthHuron.ca

If you're considering a project this year, contact cip@southhuron.ca to discuss your project's eligibility for funding.

Our information is accessible! Contact us anytime if you require alternative formats.

MUNICIPALITY OF SOUTH HURON

322 Main Street South, PO Box 759, Exeter, ON N0M 1S6

PHONE: 519-235-0310 • FAX: 519-235-3304 • TOLL FREE: 1-877-204-0747

WEBSITE: www.southhuron.ca

Building Services ext. 6

Community Services ext. 222

Transportation, Roads ext. 230

Water & Wastewater, Landfill ext. 230

Afterhours ext. 7

Meighan Wark re-elected to AMO board of directors.

EXETER EXAMINER STAFF

Staff Contribution

At the 2026 Association of Municipalities of Ontario (AMO) Conference, Meighan Wark, CAO for the County of Huron, was re-elected to the AMO board of directors, representing the County Caucus.

As a member of the AMO Board, Wark will help set AMO's policy direction and advance the priorities of Ontario's 444

municipalities.

"Hundreds of municipal governments from across Ontario benefit from their membership in AMO. At the same time, their contribution and commitment to working together makes all communities stronger. I am pleased to welcome Meighan Wark to our board," said AMO president Riley Brockington.

AMO is a non-profit organization representing 444 municipalities across Ontario. It brings municipalities together to strengthen their collective voice and

ensure the perspectives of cities, towns, rural communities and northern municipalities inform provincial and federal decision-making.

Municipalities are stepping up to meet the needs of their communities — investing in infrastructure, completing major capital projects and delivering essential services — but they cannot do it alone.

"Long-term, sustainable provincial funding is needed to ensure municipalities can continue to deliver the infrastructure and services Ontarians rely

on," said Brockington.

"I'm honoured to continue representing the County Caucus on the AMO Board and to bring the perspectives of Huron County and rural municipalities to the table," said Wark. "Municipalities are facing increasingly complex challenges, from infrastructure and housing to the delivery of essential services. Working together through AMO gives us a stronger voice and an opportunity to advocate for practical, sustainable solutions that meet the needs of our communities

Huron County seeking applicants for boards and committees

EXETER EXAMINER STAFF

Staff Contribution

The County of Huron is inviting residents to help make a difference in their community by applying to serve on one of three county boards or committees.

Applications are currently being accepted for the:

- Huron County Accessibility Advisory Committee
- Huron County Library Board
- Huron County Audit Committee — citizen representative.

"These boards and committees provide an important opportunity for residents to bring their experience, knowledge and perspectives to the work of the County," said Huron County clerk Susan Cronin. "We encourage anyone with an interest in

accessibility, public libraries, or municipal financial oversight to consider applying."

All positions are voluntary and include a small honorarium and reimbursement of eligible expenses. Meetings may be held in person, virtually or in a hybrid format, depending on the board or committee.

Huron County Accessibility Advisory Committee

The Huron County Accessibility Advisory Committee provides advice to Huron County council and member municipalities on accessibility issues related to municipal buildings, facilities and services. The committee also works with community groups on accessibility matters and supports efforts to create a welcoming, inclusive and accessible community. Members come from a variety of backgrounds. In accordance with provincial requirements,

the majority of committee members must be people with disabilities.

Huron County Library Board

The Huron County Library Board is responsible for the governance of the Huron County Library and works closely with Huron County council, which provides most of the funding for library operations. The Huron County Library serves residents through 12 branches across the county as well as through online services, providing access to information, resources, technology, programs and opportunities for learning and connection. Library board meetings are typically held on the second Wednesday of the month in the morning.

Huron County Audit Committee

The county is also seeking a citizen representative to serve on the Huron County

Audit Committee. The committee is made up of members of county council and one citizen representative. It meets twice each year with the county's external audit firm to review the audit plan, annual audited financial statements and audit findings, and to support the financial integrity and accountability of the county. The citizen representative is appointed for a four-year term and may serve a maximum of two terms.

How to apply

Interested applicants are asked to submit a written application or letter of interest by Sept. 14, 2026, to:

Office of the County Clerk
Corporation of the County of Huron
1 Courthouse Square
Goderich, ON N7A 1M2
Email: clerk@huroncounty.ca



HIRING PART-TIME CROSSING GUARD - ZURICH

Looking for a rewarding way to support your community?

The Municipality of Bluewater is seeking a dependable and safety-conscious Crossing Guard to help students safely cross at a designated school crossing in Zurich. This part-time role is ideal for individuals who value safety, enjoy working with the public, and want to make a positive difference while earning extra income.

What You'll Do

- Assist students in safely crossing the street at a specified location.
- Monitor traffic and follow established safety procedures.
- Communicate effectively with students, pedestrians, and motorists
- Report safety concerns and unsafe conditions.

Qualifications Required:

- High school diploma.
- Clear Vulnerable Sector Check (prior to employment).
- Ability to work independently with minimal supervision.
- Strong communication skills and willingness to work with the public.
- Ability to maintain awareness of approaching traffic at a safe distance (approximately 300 feet)
- Ability to move briskly within an intersection and hold a stop sign for extended periods.

Assets:

- Standard First Aid/CPR certificate
- Flexibility to accept last-minute shifts.

Compensation & Hours:
Pay: \$18.78 to \$23.48 per hour, with optional OMERS pension enrollment.
School Year Schedule (September to June - Monday to Friday)
• Morning: 8:20 a.m.-8:50 a.m.
• Afternoon: 3:10 p.m.-3:40 p.m.
Location: Zurich, Ontario
Note: This position may be scheduled for 2 days per week, with the option to work more depending on availability and operational needs.

How to Apply
Submit your resume to:
Municipality of Bluewater,
Attn: Maggie Off, Manager of Facilities, Parks & Recreation
14 Mill Ave., Zurich ON, N0M 2T0 | Email: facilities@municipalityofbluewater.ca

The Municipality of Bluewater is an equal opportunity employer and is committed to providing accommodations throughout the recruitment process upon request. Personal information collected under the authority of the Municipal Freedom of Information and Protection of Privacy Act will be used solely to determine eligibility for employment. We thank all applicants for their interest; however, only those selected for an interview will be contacted.



STAY SAFE & INDEPENDENT AT HOME

Personal, Reliable
HOME CARE SERVICE

Proudly Serving All Ages in Huron & Perth County

ABOUT US

Countryside Care offers compassionate and reliable home care for all ages in Huron & Perth County. We help individuals with personalized support, allowing them to live safely and comfortably in their own homes.

SERVICES

- Personal Care (PSW & Nursing)
- Companionship
- Medication Reminders
- Meal Preparation
- Light Housekeeping
- Fall Prevention & Safety
- Respite Care
- Errands and appointments

Fully insured & carefully screened caregivers





Call today for a free consultation

226-330-0384

www.countrysidecare.info

Amazing area avians: Herons, ducks, egrets and kingfishers

JUDY AND BARRY JOHNSON

Examiner Correspondents

This area is wonderful for spotting birds in all seasons. Some live here year-round, some come here for breeding and raising their young, and others are pass-

ing through in spring and fall on migration journeys to gather, feed, and rest.

There's no need to be globetrotters to discover beautiful birds of many species, including water birds. Huron County is located right on the Mississippi Flyway, the bird superhighway running from the

Gulf of Mexico to the Arctic through the Great Lakes. Our proximity to Lake Huron gives a front row seat to observe one of nature's longest-running spectacles spring and fall.

Perching, preening, or posing, feathered beauties invite and reward patient obser-

vation in conservation areas, on ponds, lakes, and rivers, in the countryside and town parks.

Useful to have for bird identification are binoculars, a fully charged cell phone, a camera with zoom capability, and a notebook.

(JUDY & BARRY JOHNSON PHOTOS)



NORTHERN SHOVELER: This yellow-eyed dabbling duck is identified by its bill, ideally shaped for how it feeds. It dips its big bill that looks like a hybrid of a spoon and shovel and "combs" the water side to side using it like a colander to find food that includes insects, seeds, larvae and mini crustaceans. Breeding male plumage is a palette of stunning colours, with a bright green head, rusty sides, white breast, and black back and bill. Non-breeding plumage resembles mottled brown female colouring. Female Mallards are larger than female Shovelers but look similar; the distinctive Shoveler bill makes identification easy.



GREEN HERON: This crow-sized heron is found here from April through October in shallow wetlands. It is a common visitor but not commonly noticed because it spends most of its time in dense vegetation for cover, and from a distance appears almost black. Its neck is usually drawn into its body. A stunning feature is a mohawk-looking crown that it raises when frightened or excited while emitting a skew/shrieking sound. In sunlight you can see the heron's colours — dark green back and crest/crown, and reddish-brown neck and breast. Foods include larvae, insects, fish, frogs and tadpoles.



GREAT BLUE HERON: Find this regal large bird patiently standing in water or perched on stones in marshes, streams, rivers or ponds looking for food. On the menu are fish, frogs, and reptiles, speared with a dagger-like long bill. These one-metre-tall herons with almost a two-metre wingspan also can be seen on dead tree branches. This two-part photo shows one Great Blue fishing and another cooling off on a hot day, by thermoregulating. Drooping, spread wings allow air to move over body areas with the fewest feathers. Rapid throat vibrations and open beak increase evaporation to release heat.



GREAT EGRET: Narrowly escaping extinction from being hunted for plumes to decorate high society fashions in the Victorian and Edwardian eras from 1840 to 1910, this tall white wading bird mostly feeds on fish in freshwater wetlands. The elegant egret has an S-shaped neck and an orange/yellow sharp long bill. Legs are extended behind during flight. Elaborate, synchronized courtship displays use showy, cascading back plumes. The male chooses the nesting site where the female lays up to six pale blue/green eggs; both parents share incubating duties. Great Egrets are solitary hunters but gather in small flocks before migrating.



BELTED KINGFISHER: This native North American is a rare bird in that the female is more colourful than the male. Both have large heads with jagged crests. Their chunky bodies are blue-grey with a white breast. The female sports rusty-hued breast band and sides; the male has a single blue-grey breast band. Kingfishers perch near or hover over water, and dive swiftly to catch fish, frogs, and snakes. Look at streams, rivers, and ponds to spy these 28 to 35-centimetre-long birds with a 48 to 58-centimetre wingspan. They often return to the same perch between food courses.



WOOD DUCKS: A striking perching duck, the male's intricate breeding plumage looks painted - iridescent green head with white markings, red eye, chestnut-hued chest, buff sides, and a red-orange-white bill with a black tip. A chunky duck named for its habits, it nests in tree cavities, using unique claws to climb on bark. Nest boxes near water are also used. The female has warm brown colours with a delicate white teardrop around each eye, and a dark blue patch with white edges on wings. Ducklings drop from the nest a day after hatching, from heights of over 30 metres.

Highview Lucan hosts open house for intergenerational care home

DAN ROLPH

Editor

Highview Lucan is opening with a care model its operators say is built on connections, bringing together seniors, adults with developmental disabilities and those living with dementia or cognitive decline.

The new privately owned and operated 53-unit care home in Lucan opened its doors to the public on Tuesday, Aug. 18, for an open house where the public could learn more about the home and what it brings to the community.

Highview president Joy Birch said the intergenerational model for care offers many advantages to those thinking of calling Highview their new home.

"I think it creates a beautiful opportunity for people to come alongside each other and learn from each other, talk to each other and maybe make some new friends," she said.

Highview announced its purchase of the former Jake's House property on Lucan's Main Street earlier this year.

Though Highview also operates care homes in London and Kitchener, the Lucan location is the first of its kind for the company.

Birch described Highview Lucan as her "passion project" and noted that it's deeply personal for her. She said she had already been working on a business plan for supported living for individuals with neurodiversity and developmental disabilities when she got a call in April 2025 about viewing the three-storey building.

When Birch and Highview founder Ross Chapin went through the location together, Birch said they knew it was meant to be.

"There was such a perfect opportunity to bring together different generations, lots of different backgrounds and experience," said Birch. "Everybody will have a completely different lens and perspective on life."

Since purchasing the property, changes have been made to both its interior and exterior, and Birch said crews have worked for months to en-

sure it feels new. In particular, she said the second floor's "Owens Cottage," which is dedicated to those living with dementia, was a focus of those renovations. She said they reduced the number of suites on the floor, opening up the space while adhering to dementia design principles. The space features differently coloured walls for easier navigation and lighting that mirrors the quality and the clarity of changing sunlight throughout the day.

"It helps a lot with cueing for time of day," said Birch. "The lens of your eye is the very natural indicator to your brain of if you should be awake or sleeping."

With Highview close to welcoming its first residents in early September, Birch said they already have their eyes set on the future. The unoccupied homes flanking Highview Lucan have been demolished, clearing space on the 1.4-acre property for their long-term plans — a village featuring small homes fit for those living with dementia.

"It will provide people a little more privacy, a little more space and a little more independence," she said. "Then, we can put some basic levels of care into the houses."

Though it was a matter of circumstance that first drew Highview's attention to Lucan, Birch said there are many benefits to creating their next care home in a small town with a tight-knit and welcoming community.

"When you have people come together in a community, the people who are more able will come alongside the people who are less able and want to help," she said. "I think we're going to see that. I really do."

Of Highview's 53 units, Birch said 20 have already been reserved. For some of those future residents, moving into Highview Lucan will mark a homecoming to the former Jake's House building.

"We can't wait to welcome them back," said Birch. "We're pretty excited to have them back in the home."



(DAN ROLPH PHOTOS)

Highview Lucan held an open house on Tuesday, Aug. 18, offering a glimpse of what the new intergenerational care home offers. The facility in the former Jake's House location provides retirement living spaces, supported independent living for those with developmental disabilities and dementia care.



In addition to the 53-unit building, Highview Lucan plans to construct a village of smaller homes in the next five years that they say will offer independence and care.



OPEN

House

AT THE FARM

TOUR. TASTE. DISCOVER.

Looking for a fun family outing this summer?

Spend the day with us on the farm!



AUGUST 29TH



10 AM TO 3 PM



FUN FOR THE WHOLE FAMILY!



Tour our cheese plant



Meet the Cheesemaker



Sample lots of delicious cheese



Visit the dairy barn and meet the cows



Learn about dairy farming



Enjoy lunch from some fantastic food trucks

Admission by donation – supporting the London Health Sciences Foundation Transplant Program.

SEE HOW WE MAKE ARTISAN CHEESE, MEET THE COWS AND TOUR THE BARN!

5021 PERTH LINE 8, ST. MARYS, ON

We can't wait to see you there!

VISIT OUR WEBSITE AT
WWW.GRANTHAVEN.COM

SPORTS

Jace Dietrich wins district title, qualifies for Jr. Optimists golf worlds

SPENCER SEYMOUR

Sports Reporter

Jace Dietrich of Exeter was declared district champion at the Midwestern Ontario Junior Optimists District Championship tournament, held Aug. 11 at the St. Marys Golf and Country Club (SMGCC).

Dietrich posted a score of 81 in the Boys 10-11 division, the best out of the competitors from the Midwestern Ontario region in that age bracket. In doing so, Dietrich earned a spot at the International Junior Optimists Championship taking place in Miami, Fla., next year.

Dietrich described being pumped to compete on the world stage.

"I was happy and excited to be district champion and qualify to go to Florida next year," Dietrich told the Examiner. "The International event is one of my favorite tournaments of the

year."

According to Dietrich, his approach shots were on point during the tournament, leading to his district title, but he also managed to make some huge putts, including on one of the SMGCC's tougher holes, number 12."

"I hit my driver really well which helped put me in good spots," said Dietrich. "My third hole of the day, which is was hole 12, I made birdie on the hardest hole on the course and I was proud of that. I pumped the drive down the middle of the fairway, and then hit a wedge shot from 80 yards to an elevated green to 15 feet. It was a really tricky 15 footer as it was a downhill slider and I made it. It was exciting and a big confidence booster for the rest of the round."

Other Exeter natives who competed in the tournament included Nash Hammond, Ty Mason, Lucas Courtney, Kallen Grant, Ethan Skillen, and Spencer Heimrich.



(SPENCER SEYMOUR PHOTO)

Jace Dietrich putts on hole 6 during the Midwestern Ontario Junior Optimists District Championship, held Aug. 11 at the St. Mary Golf and Country Club. Dietrich earned the title of district champion in the Boys 10-11 division and qualified to compete at the International Junior Optimists Championships taking place in Miami, Fla., next year.

Exeter Examiner

SCAN TO READ THE ONLINE PAPER

www.granthaven.com



PREMIUM LEATHER EXCEPTIONAL SAVINGS

The Easy \$1499

100% Genuine Leather
Chair & Ottoman

Special Purchase

Available in four colours

In-stock & available for
immediate delivery

H2 SEATING



FREE
Delivery to
EXETER
Weekly

The Marco \$1599

100% Genuine Top Grain Leather In-stock &
available in Black or Cream

**Special
Purchase**



The Brigitte \$1999

100% Genuine Top Grain Leather In-stock &
available in Grey

**Special
Purchase**



**AUSTIN
TAYLOR**
HOME FURNISHINGS INC.

1350 Fanshawe Park Rd W
London, Ontario

(519) 473-5400
www.austinandtaylor.com

Monday-Friday: 10:00am-6:00pm
Saturday: 9:30am-5:30pm
Sunday: Closed

MINOR SPORTS

SCRAPBOOK

(DAN ROLPH PHOTOS)



Some of the community’s youngest baseball players took to the diamond at the Crediton Community Centre on Aug. 8 to wrap up their season with a final tournament. Exeter Minor Ball’s five U7 teams played in the season-ender thanks to the efforts of parents, coaches and volunteers. Pictured is Jon Bilcke as he steps up to the plate during one of the day’s matchups.



U7 player Lannin Campbell hits the ball before going for first.

OFFICE CLOSED

OFFICE FURNITURE & EQUIPMENT FOR SALE

EVERYTHING MUST BE SOLD

ALL ITEMS LISTED AT HALF PRICE

DESKS

OFFICE CHAIRS

FILING CABINETS

BOOK CASES

AND MANY MORE ITEMS

LOCATED AT 126 MAIN STREET

DASHWOOD, ONTARIO (BESIDE POST OFFICE)

OPEN 9 AM - 1 PM WEDNESDAY TO SATURDAY

519-237-3100



Cole Bell sprints for first base in the Aug. 8 tournament at the end of the baseball season.

MINOR SPORTS

SCRAPBOOK

(DAN ROLPH PHOTOS)



Pictured is U7 player Cobie Pearson as she runs to third base.



Blakelyn Baker of the Exeter Extremes U9 Blue team dashes toward third base.



The weekend was full of baseball action in the region as U9 girls teams gathered at the Zurich baseball diamond for their final tournament of the season on Aug. 8. Pictured is Evelyn Kraemer of Exeter Extremes U9 Blue team as she prepares to swing.



Above is Exeter Extremes U9 Blue player Charlotte Robinson after hitting the ball, running for first.



Jillian Bilcke of the Exeter Extremes U9 Blue team throws the ball toward first base.

SEPTEMBER IS WORLD SUICIDE PREVENTION MONTH

Changing the Narrative on Suicide

Where to find mental health support in Huron and Perth

There are a wide range of services and resources available to those struggling with mental health in our region, ranging from group supports and education to crisis supports and short-term stabilization options. These programs are available for people experiencing ongoing mental health challenges, those facing an immediate crisis, and families or friends looking for guidance on how to support someone in need.

If you or someone you know is struggling, these are some of the resources in our community that are there to help. Supports are available for different ages, needs and circumstances, whether someone is looking for counselling, peer support, crisis response, treatment referrals or information about where to turn next.

Huron Community Mental Health Services

Huron Health System's Huron Community Mental Health Services welcomes individuals 16 years of age and over seeking treatment for their mental health. Individual and group treatment services are offered in Exeter, Goderich, Wingham, Clinton, and Seaforth. Treatment opportunities offered include dialectical behaviour therapy, cognitive behaviour therapy, relaxation therapy, a depression group and psychosocial rehabilitation groups.
Contact: 519-524-8316 or 1-877-695-2524

Huron-Perth Centre

The Huron Perth Centre for Children and Youth is an accredited community-based children's mental health centre, offering support to children and youth under the age of 18. Based in Clinton, the centre's services include counselling and therapy, intensive services, crisis support, specialized consultation and assessment services and more.
Contact: Call 1-888-260-3924 or text 519-719-3134

Huron Perth Helpline and Crisis Response Team

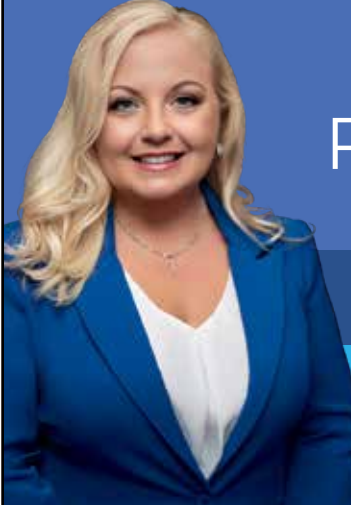
The Huron Perth Healthcare Alliance offers the Huron Perth Helpline and Crisis Response Team to all residents of Huron and Perth Counties who are experiencing a mental health crisis, providing crisis assessments, brief crisis therapy, mental health education, addiction services and treatment referrals. The service is offered 24 hours per day, seven days a week. Face-to-face assessments are offered in hospital emergency departments including the South Huron Hospital.
Contact: 1-888-829-7484

Tanner Steffler Foundation

A locally founded and operated non-profit, the Tanner Steffler Foundation offers mental health and addiction resources to youth between the ages of 12 and 29 in Huron and Perth Counties. The foundation offers a peer support program, programming at its youth hub in Clinton, assistance finding information about services and treatment.
Contact: 519-604-4673 or admin@tannerstefflerfoundation.com

Transition Bed Program

The Huron Perth Healthcare Alliance's transition bed program supports adults experiencing a mental health crisis in Huron and Perth Counties. The program makes available short-term crisis support beds at the Clinton Public Hospital site, as well as access to mental health professionals who help to create and implement a plan for enhanced stability to meet urgent needs in a safe, therapeutic environment.
Contact: 519-482-3440 ext. 6296



September is
Suicide
Prevention Month

You are not alone. Help is available.
9-8-8 (Suicide Prevention Hotline)

LIANNE ROOD

MEMBER OF PARLIAMENT FOR MIDDLESEX-LONDON

liannerood@parl.gc.ca liannerood.ca

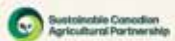


**FARMING COMMUNITIES
ARE STRONGER WITH
GUARDIANS**

EXETER, WILL YOU JOIN US?

Trained Guardians are equipped to recognize when their neighbours, friends, family or coworkers may be struggling.

Join or host a FREE training | GuardianNetwork.ca






SEPTEMBER IS WORLD SUICIDE PREVENTION MONTH

Changing the Narrative on Suicide

Breaking the silence: Agriculture Wellness Ontario works to prevent suicide in farming communities

GALEN SIMMONS

Regional Editor

For farmers, the pressures of work and home are often impossible to separate.

Weather, commodity prices, livestock health and finances can all weigh heavily on a farm family, while long hours and geographic isolation can make it difficult to connect with others or seek help when those pressures become overwhelming.

Agriculture Wellness Ontario (AgWO) is working to change that by providing mental-health education, counselling and community support designed specifically for Ontario's agricultural community.

"Our programs and services are not only ag-informed, they've been co-constructed with actual farmers and industry partners to ensure that we're actually providing mental-health education and support that is accessible, relevant and applicable to those who we are aiming to serve," said Avery Dixon, program outreach coordinator for AgWO's Guardian Network.

That agricultural focus is particularly important when it comes to suicide prevention.

Dixon said research shows farmers are twice as likely as the general, non-farming population to experience suicidal thoughts or die by suicide. At the same time, stigma can prevent people from acknowledging they are struggling or asking for help.

According to Dixon, the 2021 National Survey of Farmer Mental Health out of the University of Guelph found 40 per cent of Canadian farmers and producers would not be comfortable seeking professional help, largely because of concerns about judgement from others.

"I think there's often this perception in farming that your worth as a person is tied to the productivity of your farm," Dixon said. "So, it's a really vulnerable thing to say to someone, 'Hey, I'm not doing well. I'm struggling to keep up with chores, I'm struggling financially, I'm going through family difficulties,' whatever that situation might be."

Instead of inviting others in, Dixon said farmers may keep those struggles to themselves, compounding feelings of isolation and burdensomeness.

Through the Guardian Network, AgWO is attempting to build supports directly into agricultural communities. More than 500 Guardians have been trained across Ontario through a full-day, farmer-focused suicide-prevention program.

Those volunteers learn to recognize signs someone may be struggling, start difficult conversations and encourage that person to seek professional support.

"Guardians are the bridge between a farmer or an ag community member who is struggling and professional support," Dixon said.

One place that bridge can lead is AgWO's Farmer Wellness Initiative, which provides farmers, farm workers and their families – including international agricultural workers living in Ontario – with free, unlimited counselling 24 hours a day, seven days a week, 365 days a year.

Counselling is available in English, French and Spanish by phone, virtually and, when available, in person. The professionals providing the service receive specialized training to understand the pressures and realities of agriculture.

That means a farmer doesn't necessarily have to sacrifice several hours during a busy planting or harvest season to travel to and from an appointment.

"It's about meeting farmers where they're at," Dixon said. "Most farmers don't have that potentially up to two

hours a day to drive to an appointment, attend the appointment and drive back. So, calling from your tractor can make all the difference in the world for some people."

AgWO also offers education through In the Know, a four-hour mental-health literacy workshop developed specifically for agriculture, and shorter Growth Workshops covering subjects including mental health and agriculture, preparing for uncertainty and navigating stress.

While those programs can give farmers tools to look after their own mental health, Dixon said education can also prepare neighbours, friends, relatives and other members of agricultural communities to recognize when somebody else needs support.

"If you notice a community member doesn't seem like themselves for whatever reason, don't shy away from having those hard conversations," Dixon said. "For a lot of people, it can be lifesaving."

Sometimes that support can be as simple as checking in or stopping by to lend a hand with chores.

For AgWO, breaking down stigma means making conversations about mental health as acceptable in agriculture as conversations about weather, crops, livestock or equip-

ment.

"Normalizing that experiencing a mental-health concern doesn't make you weak, it doesn't make you a bad farmer, and teaching people what supports are available to them is so important," Dixon said. "The better we get at understanding, as a community, mental health, having candid, open conversations about it and recognizing when someone needs support, I think the healthier and more prosperous our industry will become as a whole."

More information on AgWO, its Farmer Wellness Initiative and upcoming workshops is available through the organization's website.

*"Your mental health is a priority.
Your happiness is essential."*



**Support
Local
Eat Fresh!**

RETAIL STORE OPEN 7 DAYS A WEEK!

LCBO

Hwy. 83, 37451 Dashwood Rd., Dashwood
• **519-237-3561** • www.haytersfarm.com

**BEER
STORE**

**"You matter because
you exist.
You don't need to do
anything to
prove that."**

**WINDY HEIGHTS
FARMS INC.
ZURICH, ON**



**Rebellious Joy
Counselling**

Cultivating Resilience. Inspiring Growth.

Come Home to Yourself

There's a part of you that knows there's more.
More than getting through the days.
More than being who everyone needs you to be.
Sometimes, finding your way back to yourself begins
with simply having a place to be seen, heard, and
understood.

Rebellious Joy Counselling

• **Women's mental health • Counselling**
• **Groups • Workshops • Retreats**

**Come home to yourself.
Find your joy.**

Ana Paret, BA (Hons), BSW, RSW
Lucan, Ontario
ana@rebelliousjoycounselling.com
• 1-519-277-5105
• rebelliousjoycounselling.com



SHOP LOCAL. SAVE LOCAL



Support the local
businesses that keep
your community and its
newspapers thriving.

Country Pride, Counties Wide KIRKTON FALL FAIR



SEPTEMBER 11-13, 2026

FRIDAY, SEPT 11

★ GATES OPEN AT 6:00 PM



FOOD TRUCKS



EXHIBIT HALL OPEN



FARMERS OLYMPICS

7:00 PM



INFLATABLES



FIREWORKS

DUSK

SATURDAY, SEPT 12

10:00 AM - 4:00 PM

FAMILY FUN ALL DAY LONG!



PARADE 10:00 AM



MULLET COMPETITION



BABY SHOW



4-H/OPEN DAIRY SHOW



INFLATABLES



PONY RIDES



PIG RACES



AG EDUCATION TENT



LIVE MUSIC



ZUCCHINI RACES

TRUCK & TRACTOR PULL 3:00 PM START

BEER GARDEN & FOOD TRUCKS



FAIR BREAKFAST &
EXHIBIT HALL OPEN



COMMUNITY CHURCH
SERVICE 10:00 AM



CLASSIC CAR SHOW



DEMOLITION DERBY
1:00 PM START



FOOD TRUCKS

Follow us on Facebook & Instagram for updates



Check out www.kirktonfair.com for more info!

WEST PARK MEADOWS

SIMPLE LIVING. ALL-INCLUSIVE COMFORT.

Parkhill, Ontario

Every detail.
Taken care of.

TOWNHOME LIVING

for Adults 55+



2 BEDROOM, 2 BATHROOM
Spacious, comfortable
1 level layout



ATTACHED 1-CAR GARAGE
Convenient and secure



PRIVATE BACK PATIO
Your own outdoor
retreat



APPLIANCES INCLUDED
Everything you need,
right at home



ROLLER SHADE BLINDS
Stylish, easy and
included throughout



WE HANDLE THE OUTDOORS
Grass cutting in the summer.
Snow removal in the winter.

You relax—we'll take care of it.



ALL-INCLUSIVE RENTING

Worry less. Live more.

*Now leasing
for early
2027
move-ins.*

One All-Inclusive Rent.



HEAT



HYDRO



WATER



GAS



www.westparkmeadows.ca



@westparkmeadows



91 West Park Drive,
Parkhill, ON



COME HOME TO WEST PARK MEADOWS.
COMFORT. CONVENIENCE. CAREFREE LIVING.

FOR LEASING INQUIRIES: Lukas 519-859-6259

So Canadian Since 1907

THUR 27 | FRI 28 | SAT 29 | SUN 30

4 DAY SALE



2²²

DEMPSTER'S Hot Dog or Hamburger Buns 8 pk
*Per transaction, see in store for details

All Fresh Pork!
and COMPLIMENTS Breakfast or Dinner Sausages 375 g-1.4 kg

BUY 2 GET 3RD FREE



MEMBERS SAVE ¹ /lb

5⁹⁹ /lb
13.21/kg

MEMBER PRICING

6⁹⁹ without Scene+ Card

COMPLIMENTS Fresh AIR-CHILLED Boneless Skinless Chicken Breasts, Family Size while supplies last



100% fresh GUARANTEE



2⁹⁹ /lb

Extra Large Green or Red Seedless Grapes product of USA 6.59/kg

MEMBERS SAVE ¹

10⁹⁹ MEMBER PRICING

11⁹⁹ without Scene+ Card

MAPLE LEAF or SCHNEIDERS Hams 600-700 g, BUTCHER'S SELECTION Pork Back Ribs 680 g or SCHNEIDERS Red Hots or Juicy Jumbo Wieners 900 g



6⁹⁹

MARINA DEL REY Wild Argentinian Raw Shrimp selected 300 g or PANACHE Vietnamese Shrimp Spring Rolls, Bang Bang Shrimp or Shrimp Tempura with Truffle 252-340 g



3⁴⁷

MISS VICKIE'S Kettle Chips 190-200 g or TOSTITOS Tortilla Chips 205-300 g



4⁹⁹

CHAPMAN'S Premium or No Sugar Added Ice Cream, Frozen Yogurt or Sorbet 1-2 L selected



1⁹⁹ /lb

BROCCOLI CROWNS product of Canada 4.39/kg



3 PACK

2⁹⁹

Romaine Heart 3 pk product of Canada



3⁴⁹

DANONE Oikos Greek Yogurt 4 pk



99¢

CAMPBELL'S Tomato, Chicken Noodle, Cream of Mushroom or Vegetable Soup 284 mL



5⁹⁷

CRACKER BARREL Cheese 340-400 g, Shreds 250-320 g or BLACK DIAMOND Cheestrings 12-16 pk



4⁹⁴

DR. OETKER Giuseppe Rising or Thin Crust or Rip'n Share Pizza 439-785 g



3⁹⁹

TRE STELLE Paneer 300 g




3⁹⁹

BINGGRAE Melona Ice Bars 8 pk selected



Scan here for our full digital flyer



See the full flyer at sobeys.com, in the Sobeys app, or sign up for email to stay in the loop.

300 PTS when you buy 2

\$12

Prepared Fresh Daily In-Store Fruit or Vegetable Trays 900 g-1.3 kg



Prices and offers in effect Thursday, August 27 to Wednesday, September 2, 2026

COLUMNS

Large families: A thing of the past?



BOB HEYWOOD

Examiner Columnist

Our family is remembering a milestone in our genealogical history this week.

Editors Sanders and Creech recorded the news on the front page of the Exeter Advocate in their Sept. 1, 1921, issue. The important announcement (at least it is important for this writer) is only 14 words long and is found under the single column heading of "Births." It reads simply "Heywood — in Usborne on August 24 to Mr & Mrs Gordon Heywood, a son." The math is easy. If our dear dad was still with us, we would be celebrating his 105th birthday this week. However, Laverne departed this scene of time 20 years ago in 2006. He and mother would be surprised to know, that because of their union, and because of raising 10 children, their extended issue is nearing 100 souls. Eight of their 10 children were the fourth generation of the family to attend SS # 5 Usborne Twp. Our one room school is still standing across from the Ironwood Golf Club.

It's no wonder that Usborne Central School only lasted for 40 years. The changing face of farm family demographics limited the central school to only a few instances of the second generation of the same family attending. When I walked into the Grade 4 classroom of the big new school in September 1964, I was afforded the wonderful opportunity to meet many new friends from all over the township. In my class alone, I was from a family of ten, Alan Hern was from a family of nine, Dave Dykeman also from a family of

nine, Jim Skinner from a family of seven. Several of the remaining families boasted five and six children. My dad had developed several theories about why family units became smaller in the latter half of the 20th century, but I am not comfortable sharing them in the public press. Perhaps some other time, in private conversation, I can share his theories with you.

A week before father's birth announcement in the Exeter Advocate in August 1921, the rival paper, the Exeter Times, recorded another birth. In similar, single column print, the announcement read "Born-In Usborne on August 19th, to Mr & Mrs Clarke Fisher, a daughter." Ferrol Fisher as she was named, came into the world just three farms north of where dad would be born. In fact, they were second cousins (their grandmothers being sisters) and for eight years they often walked together the 3/4 mile to the one room school. Cousin Ferrol passed in 2021 at her home in Port Huron, just five days short of her 100th birthday. A remarkable long life.

I have a news clipping which I searched high and low for, but to no avail. The story was printed in the Exeter papers either late 1917 or early 1918. The article described a baptismal service in James Street Methodist Church one fall sabbath morning. Seven babies were carried to the altar by their beaming parents. The remarkable difference in this particular celebration was that all seven couples lived as neighbours within 1.5 miles of each other on the 2nd and 3rd Concessions

of Usborne Township. Only one of the babies was from the 1st Concession, but still within 1.5 miles of the rest. Much jovial speculation surrounded the turn of events that brought these neighbours all to the same place at the same time, for the same purpose. Apparently, a blizzard 10 to 12 months earlier, had blocked the roads and kept the couples at home for a few days. Families represented at this sacred event included Westcott,

Fisher, Heywood, Jones and Frayne.

I doubt there will ever be a return to the age of the double-digit family. It was easier to cope with the challenges of feeding a large brood when families were living an agrarian lifestyle, feeding themselves and expecting less of the frills that we think we need today. Although, a few years ago, I was encouraged concerning the future propagation of our species. I had listed for sale a large Victorian brick home in the country. The successful bidders were from a busy urban centre several miles away. The family arrived in a white panel van, the kind which will hold up to 12 passengers and they are used as shuttle buses from the airports. One by one, the very young looking parents and their ten children disembarked from their vehicle. From the youngest to the oldest, the brood had come to this point over 14 years of marital bliss. Very quickly I asked who was the seventh child? Seventh is the place that I occupy in our own family unit. The number seven is counted as the Biblical equivalency to "perfection and fulfillment," a scriptural truth I often share with my siblings. Of course, the usual retort is that that particular truth is only for those of Jewish descent and does not apply to our Gentile genealogy. I choose to adhere to my theory in spite of my brother's misguided sentiments.

Richard and Caroline (Wake-lin) Harvey were of Devonshire stock, arriving in Usborne in 1865 and settling on Lot 20, Con. 3 on Thames Road east of town. The property is now owned by the Snow family. I am certain they were very busy as they started to build a life on their homestead, which included supplying food and sustenance for their family, which grew to 13 children — five boys and eight girls. I am sure the garden was large and the Jersey cow was a good milker. Charles, Thomas and Joseph eventually moved to Exeter and for many years were established as prom-

inent members of the business community. Thomas and Joseph were owner/operators of the Exeter Roller Mill Company. The two brothers launched a brand that they dubbed "Welcome Flour," a "finely ground to perfection" product which became very popular throughout southwestern Ontario. The brothers employed a full-time salesman/promoter who boosted the sales to the point that plans were on the table to construct a railway spur to the mill to facilitate the export of the high volume of the "Welcome" product. This writer has a map which shows the proposed spur along with a second spur to the Verity foundry where the liquor store now stands. The mill was sold to Alec Cann and Sons who operated the site for a few decades. Charles Harvey built the palatial home on Huron Street East, now occupied by Bob and Audrey Pooley. He became very involved and successful in the local livestock trade, as a buyer and drover. The family were pillars of James Street Bible Christian Church.

Owing to Charles's religious convictions, he became a strong supporter of the temperance movement, signing the pledge to abstain from strong drink. Thomas was a class leader in James

Street Church while brother Joseph was superintendent of the same Sunday school. One of the brothers built the large yellow brick home directly behind the town hall where he lived and raised his family. Mr. Harvey, senior, was very much a part of the Exeter Horticultural Society and took much pride in his own private garden. It was the society that planted the trees and built the stone pillars at Riverview Park. Another son, Wesley moved to Saskatchewan where he became a member of the provincial legislature. There are some ancestors of the 13 Harvey siblings who are still present in the community owing to the fact that a number of the original eight sisters married into local families including the Downs, Coultis, Blatchfords

and Howeyes. Most of these names have disappeared.

The last evidence of the Harvey name on Main Street was the Harvey and Harvey Grocery Store at the corner of John and Main where Schneider's Computing now operates. Many of the family are buried at the Exeter Cemetery.

If you possess an 1879 Atlas of Huron County, you will become acquainted with another remarkable family. From Exeter we must travel to the north of Huron to the Gorrie/Bluevale/Howick district, to see and hear more of the characters, industry and integrity of the Leech brothers. If you turn to page 65 of my atlas, the entire 12-inch by 17-inch page displays the portraits of the ten sons of Richard and Barbara Leech. The couple emigrated from Ireland in 1812, just in time for Richard to help defend his newly adopted country in the Anglo-American war near Brockville, where he had set up his cabinetry shop.

Their eldest son was called into active service during the 1837 McKenzie rebellion. Page 24 of my atlas records an excellent biography of the parents and their 10 sons, three of which earned the title of Reverend, with four others bearing the distinction of Justice of the Peace. Three of the brothers came eastward from Brockville, choosing the wilderness and Maitland River site to build a mill which soon developed into the village of Gorrie. Several more of the brothers moved to the North Huron community. At the end of the list of accomplishments of each of the male siblings in the Leech family, the atlas records the following: "The foregoing history is probably without a counterpart in the Dominion ... In short we doubt if elsewhere in Canada there exists so large a family of sons who can show so good a record of successful liberal enterprise, untiring energy, strict integrity, gracious charity and rigid morality."

Perhaps we will share more of this family's remarkable testimonial in another column.

VISIT OUR WEBSITE AT WWW.GRANTHAVEN.COM

OH, THE PLACES WE'LL GO: Following Richmond's Dumpling Trail



PAUL KNOWLES

Examiner Columnist

I grew up in a traditional, rural, Canadian family with roots in the United Kingdom and all of its traditions. So, when I hear the word “dumpling”, I first think of those balls of dough (flour, suet and water), usually cooked on top of a stew.

They can be a treat – although one suspects that the flavour comes almost entirely from the juice of the stew.

They are not, however, what you are going to find if you follow the Dumpling Trail in Richmond, British Columbia. These dumplings are the Chinese variety – a dough or starch wrapper filled with sundry delicious things. And you will find almost limitless variations on the theme in the 16 eateries that are officially included in the Dumpling Trail. This is the Trail's 10th anniversary, says Nancy Small, the delightful CEO of Tourism Richmond.

It's not surprising that Richmond – the city immediately adjacent to Vancouver – is home to the world's only Dumpling Trail. Because Richmond is the city with the highest population of folks who identify as Asian, at 74%.

I was more than intrigued by the culture and cuisine in the city, which certainly reflects this demographic. Hosted by Tourism Richmond, I was part of a small group of travel journalists who spent a few days exploring – well, honestly, mostly eating – our way through the community. We were taken to a food court in a mall, which I thought was a bit weird... except it was a truly unique experience, because every food booth in the extensive court offered some kind of Asian food. There wasn't a McDonalds or a Timmies in sight.

We also visited the Richmond Night Market, a multi-coloured mash-up of carnival, flea market, and Asian street food convention. Sadly, according to reports on line, the Night Market may be closing, permanently, because the leased site has been sold. I hope they find a solution to this, because, while I don't care a bit about the flea market or carnival games, I was blown away by the variety and excellence of the food on offer. There was Chinese food, Korean food, Japanese food and more. I feasted on squid, dim sum, and finally, a huge serving of bao buns topped with ice cream and sauce. It bordered on

sinful – and it was delicious. And also entertaining, as the guys in the booth could have starred in a Vaudeville revue!

But back to the Dumpling Trail. This is more traditional dining, in actual restaurants, not food booths.

And while they all serve Chinese dumplings, their menus are really quite different, one from

the other. And dumplings are simply a few of the many dishes on offer.

This, by the way, is real Chinese food. Not the fare offered by the “Chinese” restaurants in every Canadian small town, featuring sweet and sour chicken balls and egg fried rice. Most of the items in these local restaurants have been created to match North American tastes, and usually bear little resemblance to anything authentically Asian.

Compare that to a few of the items at the Jade Seafood Restaurant in Richmond, where owner David Chung joined us for a feast of epic proportions. The dumpling choices include Guo Tie (potstickers – Chinese fried pork and cabbage); Ham Sui Gok (glutinous rice stuffed with pork, mushrooms and shrimp); and Har Gow (prawn and bamboo filling).

But the meal went galaxies beyond dumplings. We had king crab, wagyu steak, rock cod, roasted rock salt chicken, squid, and much, much more.

The previous evening, we had dined at the Dinesty Dumpling House, where we enjoyed soup dumplings, where somehow, hot soup is trapped inside the dumpling. Delicious!

We ate lunch at the Empire Seafood Restaurant, where traditional dim sum is served from 9 a.m. to 3 p.m. only. It was a Monday, when many restaurants simply close for lack of business. The Empire – a big space, by the way – was jammed. And dumplings? Of course – they are always part of dim sum, but the other options (there were 45



(PAUL KNOWLES PHOTO)

The energetic purveyor of Bao Bun desserts at the Night Market.

menu items just for dim sum) far outnumbered the dumpling varieties. By the way – the regular menu at the Empire runs to hundreds of options.

Vegetables – varieties usually found on Canadian tables, such as asparagus and beans, and others that we may never have encountered like Gai Lan or Lotus Root – are common on these menus. Desserts are unlike anything we're used to. At the Empire, you could (I didn't) order Double Boiled Bird's Nest Soup with Sweet Almond Cream. At Jade, we had delicious Coconut Milk Taro Sago Dessert. At Dinesty, I loved the mango pudding.

If you are food lover, and planning to visit British Columbia, I can honestly recommend that you plan to have two or three

meals in the Dumpling Trail restaurants of Richmond.

One caution: a surprising number of these eateries are not licensed. I was told, unofficially, that this is because many of the owners are fundamentalist Christians, who frown on the consumption of alcohol. So, be prepared.

Or, be sure you include Jade Seafood in your itinerary, where David Chung happily poured glass after glass of excellent wine for his feasting friends.

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.



Dumplings and other dim sum delights at the Richmond Night Market.



Just some of the food served to eager travel journalists at the Jade Seafood Restaurant.

ABOUT TIME AND TIMES: : Black Forest Hell, history and clocks



JUDY FINKBEINER JOHNSON

Examiner Columnist

There can certainly be surprises when you get to view first-hand information about ancestors in official documents — for me one was learning that a Black Forest paternal great-great-great grandfather was born in Höll (Hell)! To use 1970s expressions, it was heavy and mind-blowing to see original parish records.

Writing this column, I am looking at copies made in a village print shop with the permission of a kindly pastor. His trust was merited; those church record books were back to him the same afternoon. I still get goosebumps these decades later reviewing these. And that same sense of wonderment, of how my present is connected to their pasts, those individuals who are not just a name on a branch of a family tree but came alive when learning details about their lives. There was so much information there — when and where they were born, church confirmation date, who and when they married, their work, and when and how they died. The records of couples' children spoke volumes about the fra-

gility of life, especially for infants and young mothers.

The ability today to delve into credible sources like online documents, photos, newspaper archives and more, opens windows into the challenges and achievements of the past, the joys and sorrows of those who came before us.

Hell, Heaven, Cross

It was a summer day in 1977, in a Schwarzwald (Black Forest) valley Evangelical church when my husband Barry and I pored over huge leatherbound books hand-written over 200 years before in Old/Middle German with Latin notations. The church's pastor undoubtedly was concerned about the safety of those precious volumes with such a young couple examining them, but his fears were quickly allayed. He joined us in sleuthing trails to other books he located in dusty out-of-public-view rooms, helping us translate and explaining nuances of information that sometimes involved "reading between the lines" for customs of the day. For example, in those parish records an "in" at the end of a surname denoted a female in marriage records.

It was a real page turner when we encountered that 1700s ancestor from Höll, born high in the Black Forest in the Höllental (Hell's Valley) area. This nine-kilometre-long valley at the bottom of 600-metre-high rock faces is so narrow that sunlight reaches the bottom only briefly. This is a formidable and foreboding place, once controlled by Falkenstein Castle (loosely translat-

ed hawks' or falcons' rock), a fortress from the early 13th century that charged tolls for this trade route. Accounts cite that the castle was reduced to ruins by troops from nearby Freiberg in 1388 because by then the feudal lord's knights were attacking and extorting innocent travellers using the route. Only the chapel was spared; it was later moved to a place in a nearby valley.

The path at the bottom of the Höllental was improved to accommodate the 1770 journey from Vienna to Versailles of the 14-year-old Archduchess of Austria, Maria Antonia who was later known as Marie Antoinette. She was travelling with her bridal train of more than 50 coaches and carriages, over 400 horses, and an entourage exceeding 200 people, on her way to wed the man who would become the future Louis XIV. Is it possible than my ancestors were among the locals who would have perched high above to view such this once-in-a-lifetime, or once-in-several-lifetimes, spectacle?

After hours searching hand-written mazes from the distant past, Barry and I needed to clear our minds that were as foggy as the morning mists in mountainous Schwarzwald. We headed to Höll that afternoon and hiked high up in the same Black Forest that Johan and generations before had lived and worked. We finished the day in Himmelreich (the kingdom of Heaven), a bucolic hamlet at the end of Hell's valley.

My ancestor Johannes married at 30 years of age, by then having moved to Kreuz. His bride was a young local

widow with three children. Located where two rivers cross in Baiersbronn's beautiful valley, Kreuz (cross) is where in the mid-1800s three of the couple's children left to emigrate to Canada. They settled northwest of Crediton on a path in the native forest. That "road" was named for their surname until it became the Babylon Line.

Small size, big traditions

Almost rectangular, southwestern Germany's Schwarzwald is only about 160 kilometres long by 16 to 60 kilometres wide, with villages nestled in valleys. In elevations reaching 1,500 meters in mountainous areas are the fabled dense Black Forests of spruce, fir, and pine trees.

Traditions in the Black Forest include music and dancing in historic attire. On a Sunday after church Barry and I attended a local outdoor concert that featured traditional instruments. Dancers and some local people in the crowd wore heritage fashions — men were in lederhosen (leather short pants with H-shaped wide suspenders) and women in dirndl and bollenhut attire. Bollenhuts (ball hats in English) hark back to the 1750s when a Protestant girl after confirmation in the faith/church could wear a heavy bollenhut with wool red balls as long as she remained single. Black balls adorned the hat of a married woman. Marital status and eligibility was established in the blink of an eye, faster than online today!

Cuckoo clocks

The history of the famous hand-carved wooden clocks from the Black Forest goes back to the 1600s, in a time when ordinary people there used hourglasses and sundials for timekeeping. It is thought that the people learned about clock-making from a travelling tradesman.

People already skilled with crafts and wood quickly became experts in clock-making to make money, especially during the winter when they were almost house-bound because of heavy snows. At first clocks were flat, but in no time (pun intended!), people were carving three-dimensional clocks that used gravity for precision timekeeping. An extra pendulum (or two) was added later when clocks, like music-boxes, played tunes.

A cuckoo bird resembling those in the Black Forest woods emerged for sounding time intervals. Later it wasn't alone behind the doors — a revolving platform held carved moving figures like couples dancing. Hand-carved clock bodies featured trees, water mills, houses, waterfalls, deer and more, evidence of a craftsman's skills. In the beginning, clocks were sold by travellers from the Black Forest carrying a load of them their backs, and probably a bottle of local kirschwasser (cherry alcohol) too!

NEXT COLUMN

We say auf wiedersehen (a formal goodbye) to the Black Forest by celebrating its food, beverages, and famed Gemütlichkeit (hospitality), topped with a bit of folklore.



Morning mist in Schwarzwald, Germany's beautiful Black Forest.

(BARRY JOHNSON PHOTO)

Mentoring Matters: Our roadmap for the future



AMY WILHELM

Examiner Columnist

Every four years, our staff and board take the time to step back, reflect on where we have been, and look ahead to where we want to go. Through strategic planning sessions with both staff and board members, we review our priorities — the pillars that guide the work we do every day. We have a BIG vision for

our communities' young people. This process is important because our strategic plan is more than a document. It provides the foundation for our decisions, our programs and the way we serve young people and families in our community.

Today, I'm pleased to share our strategic priorities for 2025 to 2028. Our focus is clear and centred around five key goals: increasing programming by delivering more services to youth and ensuring timely access to mentorship and support for those in need; increasing revenue to strengthen long-term sustainability and expand the impact of our programs and services; increasing awareness by engaging our community, amplifying our mission and broad-

ening our network of supporters; increasing social impact by fostering an inclusive and supportive environment that empowers all youth and strengthens community connections; and increasing community partnerships by building and expanding relationships that create stronger support networks and greater opportunities for youth and families.

Behind these priorities are four beliefs that shape our work.

- First, we believe every child should have the opportunity to reach their full potential in a healthy and safe environment. Every young person deserves the support, encouragement and opportunities they need to grow and succeed.

- Second, we believe collab-

oration makes a difference. By bringing together the talents and dedication of our staff and volunteers, we can support young people and their families in ways that are truly limitless.

- Third, we believe in maintaining the highest standards and continually pursuing greater impact. That commitment challenges us to be creative — to design new and meaningful mentoring programs that respond to the changing needs of the young people we serve.

- Fourth, we are committed to doing better for young people by serving our local community and ensuring our programs reflect its diversity. Understanding our community, listening to its needs and building strong partnerships are essential to doing

this work well.

Our service area may be small, but our vision is BIG: That all young people realize their full potential. That vision is what drives us forward. Our strategic priorities give us a roadmap, but it

is the dedication of our staff, volunteers, board, partners and community that will bring that vision to life.

For those interested in learning more, our 2025 to 2028 strategic priorities are also available on our website. The years ahead hold tremendous opportunity. We look forward to continuing this important work together, and with young people at the heart of everything we do.

Together, we truly are #BiggerTogether.

Dashwood Diner

Serving All Day Breakfast

(519) 237-3116

185 Dashwood Main St, N0M 1N0

AVAILABLE Hot & Ready **BREAKFAST** DELIVERIES ALL DAY

Zion Lutheran Church
148 Frederick St., Dashwood
• www.berea-zionlcc.ca
• bnz@hay.net
• 519.237.3548

9:45 am Sunday School Sep-Jun
11:00 am Family Worship Service

Facebook: ZionDashwood
Instagram: zionlutherandashwood

Worship With Us

Cartons are now accepted in recycling.

Learn more: circularmaterials.ca/cartonrecycling

RECYCLE READY

ELLISON TRAVEL EXPO '26

Sunday, September 13
10:00am - 3:00pm

40+ top travel brands • Exclusive show deals
Prizes & giveaways • Expert advice & seminars

Best Western Lamplighter Inn,
591 Wellington Road, London, ON

The Ellison Travel Expo is hosted by Ellison Travel & Tours
1-800-265-7022 | 4-1930 Hyde Park Road, London, ON | TIC02392471

RSVP today!

ellisontravel.com/expo

IMPOSTER BREWING COMPANY

SEPTEMBER EVENTS

September 4 - Chris Eh Young - Live Music 5pm-8pm
September 11 - El Chilaquil Mexican Food Truck
September 12 - Patrick Clark - Live Music 2pm-5pm
September 13 - Jamie Shrier - Live Music 2pm-5pm
September 18 - Warren Hargraves - Live Music 5pm-8pm
September 19 - Jesse Webber - Live Music 2pm-5pm
September 26 - Levi Moodie Art Show - 2pm-8pm
October 2 - Graham Bedard - Live Music 5pm-8pm
October 3 - Danceland - Live Music 2pm-5pm

Beer, Popcorn, Pizza, Pretzels and Lytle Jamaica Beef Patties available every day!
Check out www.imposterbrewing.com or @imposterbrewingco on Instagram or Facebook for details.

Imposter Brewing Company
190 Thames Rd E Unit 102,
Exeter, ON N0M 1S3
(226) 735-8177
info@imposterbrewing.com
www.imposterbrewing.com

SOUTH HURON COUNCIL BRIEFS

JOHN MINER

Examiner Reporter

Volunteers take on beach cleanup

Port Blake beach has gone from being described as “disgusting” to “amazing,” thanks to volunteers who have pitched in to clean up the garbage left behind by visitors.

Coun. Marissa Vaughan raised the condition of the beach last month, saying people were leaving garbage and it was hurting the municipality’s reputation. “It looks disgusting,” she said then.

This month Vaughan reported that Carrie Noyes and her grandson, Blake Whitcroft, had volunteered to clean up the beach. She said they were doing an awesome job.

South Huron CAO Rebekah Msuya-Collison said the municipality had put up extra garbage receptacles and continued to offer garbage bags and grabbers for any volunteers who came to the beach. If needed, the municipality will do a cleanup.

“At this point it is being assessed,” she said.

Equipment to reduce firefighters’ cancer risk

South Huron council has applied for a provincial grant to help pay for equipment to protect firefighters against cancer-causing materials. The money, if the application is successful, will be used for the purchase of portable decontamination showers to remove heavy residue, and firefighting gloves to limit skin absorption

of carcinogens. Community and Emergency Services General Manager Jeremy Becker said in a report that firefighters are exposed to dangerous cancer-causing carcinogens on a regular basis.

Kirkton Fair has noise bylaw exemption

The Kirkton Agriculture Society asked for and received an exemption to South Huron’s noise bylaw for two events at the Kirkton Fall Fair on Sept. 11 and 12. The fair has scheduled fireworks on Friday, Sept. 11 and a tractor pull on Sept. 12. The exemption to the bylaw runs from 11 p.m. to 1 a.m. for both events.

No change recommended for council meeting start time

In reviewing the municipality’s procedural bylaw, South Huron council is recommending that the start time for council meetings remain at 6 p.m. for now. There have been suggestions the time should be moved up to 5 p.m. The new council after the Oct. 26 municipal election would have the option of changing the time.

Contracts awarded for grass cutting and trimming, snow removal

McLellan Group Rentals and Services and Casey’s Landscaping Management Inc. were awarded the contracts for snow removal services, while HoneyDo Landscaping and Casey’s Landscaping Management Inc. were awarded the grass cutting and trimming services contracts. The companies were the lowest bidders for the contracts that cover three years.

BLUEWATER COUNCIL BRIEFS

DAN ROLPH

Editor

Clerk-administrator appointed

Chandra Alexander was appointed as Bluewater’s new clerk-administrator during the Aug. 10 council meeting, marking the merging of the clerk and chief administrative officer (CAO) roles into one position.

Alexander has served as Bluewater’s clerk since 2017 and became the municipality’s acting CAO last October after the departure of former CAO Laurie Spence Bannerman.

Councillors began exploring alternatives to hiring a new chief administrator last year in the hopes of finding savings for the municipality, as the role is the highest paid of Bluewater’s staff positions.

Mayor Paul Klopp said he and the rest of council look forward to continuing to work with Alexander, and he noted that he was happy to see a local candidate stepping into the role.

“We wish you all the best,” he said.

Development charges study

The contract to begin a study on development charges in Bluewater was awarded to DFA Infrastructure International Inc. for \$27,350 excluding HST.

The DFA bid for the project was the highest ranked of four bids received for the project, scoring 92 of 100 possible points on their proposal.

The study will include designation of services, application of bylaw rules, areas development charges apply, exemptions, the amount of charges and more.

Council previously earmarked \$40,000 for the study project in the 2026 budget, which is being paid entirely through development charges.

Fire protection grant application

Councillors directed staff to apply for the provincial Fire Protection Grant for a new self-contained breathing apparatus filling station.

According to a report presented during the meeting, each fire department can expect to receive about \$16,000 per station through the grant program.

A new self-contained breathing apparatus filling station would be compatible with 4,500 psi bottles and help with

firefighter health and safety.

The cost of the filling station is estimated to be around \$69,000 plus installation fees and taxes.

Bylaw enforcement activity

Lot maintenance complaints have made up the largest chunk of bylaw enforcement activity so far in 2026.

There have been 23 lot maintenance complaints opened this year, while 17 property standards complaints were opened in that same period.

Additionally, there have been 10 short-term rental licensing complaints, six noise complaints, four traffic and parking complaints, three animal control complaints and one encroachment on municipal lands complaint.

July proved to be a busy month for bylaw officers in

Bluewater in 2026, with the municipality receiving more than double the number of complaints when compared to July 2025. The lion’s share of complaints for that period were regarding lot maintenance and short-term rental licensing

Municipality of
Bluewater
Council Highlights

ON STAGE
NOW UNTIL
**SEPT
13**

WRITTEN BY
DAVID SCOTT & GIL GARRATT
ORIGINAL SONGS BY
JOHN POWERS

SHOWTIMES
1pm and 7pm



1.877.862.5984
blythfestival.com

Artwork by Beth Kates

THE LAST MAYOR OF RUSTY RIVER

“Benedict Campbell
is hilarious.”
– Stage Door

“David Kirby steals many
a scene...Robin Craig gives
a stellar performance.”
– Wingham Advance Times



BLYTH
FESTIVAL
original.canadian.theatre.

BACK IN TIME

30 Years Ago

Aug. 28, 1996 - Zurich's 31st annual Bean Festival on Saturday attracted an estimated 25,000 people, that's 5,000 more than a year ago. President Jody Durand described the event as a "raving success" that "started earlier and lasted later."

40 Years Ago

Aug. 27, 1986 - The guest speaker at the recent Crediton Summerfest ecumenical church service was Major Bill Bowers of the Toronto Harbourlight Salvation Army Centre. He is a brother of Fred Bowers of Crediton.

Despite rainy weather, the 21st annual Zurich Bean Festival

was a huge success with more than 3,000 bean dinners being served.

55 Years Ago

Aug. 26, 1971 - As part of Lucan's 100th anniversary celebration, a stage coach running from London to Lucan was ambushed in old west style in Elginfield and Ontario's Agriculture Minister Bill Stewart and Huron MP Bob McKinley were kidnapped at gun point.

65 Years Ago

Aug. 26, 1961 - Exeter clerk C.V. Pickard caught a good-sized small mouth bass near Wingham last week. The catch measured 21 inches in length and weighed four pounds.

SHDHS enrolment will jump again this year to about 750 students, 80 more than last year, according to principal H.L. Sturgis. The teaching staff has increased to 28.

70 Years Ago

Aug. 27, 1956 - Judy Snelgrove and Dale Turvey were named queen and king of the Exeter Kinsmen Summer Playground.

Five cadets from SHDHS were members of the company which won the top trophy at Central Command Cadet Camp at Ipperwash this summer. They were Barry Blant, Nick Fedossow, Paul

Wilson, Bill Robertson and Rinus Vanderneut. Captain

E.D. Howey is chief instructor of the SHDHS Corps.

Elizabeth and Diane Knox, twin daughters of Rev. and Mrs. N.D. Knox of Exeter tied for championship honours of the Juvenile girls division at Friday's swim meet.

80 Years Ago

Aug. 25, 1946 - Messrs. Hector, Vernon and Calvin Heywood leave the forepart of the week to dismantle the building recently purchased by the Exeter Board of Education, previously owned by the RCAF.

At achievement Day for Huron 4-H clubs in Clinton, Marion Rundle was chosen to represent Huron County on a

free trip to Chicago.

E.W. Brady has equipped his new plant on Main Street with the most modern machinery and has secured a licence to use the Sanitone method of dry cleaning.

105 Years Ago

Aug. 26, 1921 - Mr. B.M. Francis attended a Dominion Light Dealers' convention on Monday and Mr. W.J. Beer is in Hamilton taking a course in battery rebuilding.

The Huronia Male Choir, under the direction of Roy Goulding with Francis Abbott as reader provided a program in Bayfield on Monday. Mr. George Grant played a couple of numbers on the violin.



PROUDLY SPONSORED BY





CT ENVIRONMENTAL

Looking for the right individual to join our team to work with hydro vac trucks and CCTV camera inspections. We offer *competitive wages, benefits* and a *great team* working along side you.

Please call Cathy @
519-236-7401 or ccook@hay.net.
Lets Talk!

DASHWOOD

STONE

CENTRE

MONUMENTS

• INSCRIPTIONS • CLEANING •

JIM HOFFMAN

519-641-9219

**GRANT
HAVEN
MEDIA**

Exeter Examiner

N E W S P A P E R

SCAN TO READ THE ONLINE PAPER

www.granthaven.com



Riddles

What is in seconds, minutes, seasons and centuries, but not in decades, years, or days?
The letter "N."

What can run but never walks, has a mouth but never talks, has a head but never weeps, and has a bed but never sleeps?
A river.

A man went out for a walk and it started to rain. He didn't have a hat, an umbrella, a hoodie, or anything else he could use to cover his head. But no hair on his head got wet. How is this possible?
He was bald.

What word contains 26 letters, but only has three syllables?
Alphabet.

A rooster that was sitting on the roof of a barn and facing east laid an egg. Did the egg roll to the west, north, or south?
Roosters don't lay eggs.

You're in a race and you pass the person in second place. What place are you in now?
Second place.
There is a one-story house that's completely red. The walls, doors, furniture and floors are all red. What color is the staircase?
There isn't any staircase. (It's a one-story house)

It belongs to you, but your friends use it more. What is it?
Your name.

Sudoku

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

Solutions on pg. 30

Pet of the Week 🐾 🐾 🐾

Celebrating the long weekend?

Keep pets away from barbecue foods, alcohol, and corn cobs, ensure they have plenty of fresh water, and never leave them in a parked vehicle.
Have a safe and happy Labour Day weekend with your furry family members!



Sponsored By:
KIRKTON VET CLINIC
kirktonvetclinic.com 519-229-8911

MEANIE

Meanie is a six-month-old rooster who has never met a moment he couldn't fill with noise. His owner, Jeff, likes to joke that Meanie's hobbies include blood and attacking him. That says just about everything you need to know about this feisty young bird's spirited charm.



Nominate your pet to be a Featured Pet by emailing info@exeterexaminer.com

office Word Search

SOLUTIONS INC.

SPONSORED BY:

Office Solutions Inc. | 92 Main St. S. Exeter, ON N0M 1S1
p. 519.235.1840 | shop.shos.ca | info@shos.ca

BUTTERFLIES AND BEES

L E T F U E G Y F G T T L A A W W N V I
S A W U X L O Z U I U Z O S W E B Y V X
V N D D A K S V H G U H J H H P J X J Y
J T D Y P O V R J U A L D B B I V S W S
J E K C B T U A S H R K E L M Q V I C P
C N M Y F U A L D J O C V V O Y D L U A
H N Y L P F G L E D T B I G C Q Q A Y M
Z A O G R B O I E Q A L H B Y N B S O B
L E N J R C Z P W N N O E A E G Y Y W D
R T H I M J Q R K H I S E T N Z I R G G
Q B D C B D M E L C L S B Z O G A H A U
X M U X S W R T I R L O X X H W R C R M
P E W T U P S A M A O M Z H K Z E V D Q
X H I R T A D C Q N P W L B D L K T E M
D R B K F E B H D O M F K K F Q P Z N O
A A L F U Q R Y I M I K T O R V V G W Z
H T B V N A Q F H A F A D S G F S R K S
J C N T J U K D L D G W D O N V O S D E
S E F D F C J N V Y P O L L E N C V L G
L N U I V F J F P W I L D F L O W E R K

MONARCH
CATERPILLAR
CHRYSLIS
POLLINATOR
NECTAR
BEEHIVE
HONEYCOMB
WILDFLOWER
MILKWEED
ANTENNAE
BUTTERFLY
LADYBUG
BLOSSOM
GARDEN
POLLEN

COMING EVENTS

AUGUST

RECURRING AUGUST PROGRAM EVENTS 2026

TUES & THURS. 6:00-6:45PM - Joys Evening exercise classes - High low impact Community Room GBACHC. Saturday mornings from 10-10:45 am. cmaxfield@gbchc.com

WED. 10-11:00 AM - Walk & Talk Hensall Arena. Contact Grace at gbonnett@gbchc.com . Fun social walking program with coffee and chatting to finish

WED. 9:20-11 AM - Pinery Walking Group. Meet at the Lambton Heritage Museum parking lot 9:00 am Email Lindsey lindseyashworthducharme@gmail.com

THURSDAYS 9:30AM-12PM - Early On program - Free program for adults with children birth to 6 years. Adult Day Wing, GBACHC. Summer program at Optimist Park. Contact earlyonchildcare.ca or 519-786-6161 x 9226.

SATURDAYS 8:30-11:30 AM - Walk In Medical Clinic GBACHC . Open to anyone in the community who needs medical attention (Not an Urgent Care or Emergency Centre)

WEDNESDAYS 8AM-12PM Grand Bend Village Farmers Market - 70642 Bluewater Hwy, Grand Bend, ON N0M 1T0 **produce, meat, flowers, maple syrup, gourmet mushrooms, prepared foods, skin, Jewellery, and MORE**Find us on Facebook**

FRIDAYS 2-6PM Bayfield Farmers' Market - 6 Clan Gregor Square, Bayfield ON N0M 1G0 **produce, meat, flowers, maple syrup, gourmet mushrooms, prepared foods, skin, Jewellery, and MORE**Find us on Facebook**

JULY 2 TO AUGUST 18 Huron County Backpacks for Youths. Registration required July 2 to August 18. Does your child need a backpack? Pick up locations located in: Clinton, Exeter, Goderich, Seaforth, Wingham and Zurich. The Salvation Army and the Big Brothers Big Sisters of South Huron.

FRI. AUGUST 31ST 8:30 AM - "Vinyasa Yoga and Chair Yoga" GBACHC in Community room. Vinyasa at 8:30am, Chair at 9:45 am. Contact cmaxfield@gbchc.com

THURS. JULY 16 - SEPTEMBER 10 AM - Mourning Walking Group - STARTING JULY 16 TO SEPTEMBER Grief can feel heavy and isolating. Mourning Walking Group starting July 16. MacNaughton-Morrison Trail, 68 Hill St.,

IT'S BACK!

The long-awaited return of the South Huron Trail Run is **Sunday, August 30, 2026**. Runners, walkers, volunteers, donors needed!

Learn more at SouthHuronTrail.com. Register for 3.25-km fun walk/run or 8 km run. Mix of surfaces and great views! Proceeds go to trail maintenance.

Exeter. Every Thursday at 10 a.m. Dates: July to September. Duration: 1 hour. Registration required. Grace ggough@jessicas-househospice.ca or 519-235-0941.

SEPTEMBER

MON & THURS. 8:45-9:45 AM MED-UM Low Impact Aerobic Exercise - that includes cardio, strength, & flexibility exercises. Community Room GBACHC. cmaxfield@gbchc.com

MON & THURS 10 - 10:45 AM - High low impact aerobic exercise with Joy - that includes cardio, strength, and flexibility. Community Room GBACHC cmaxfield@gbchc.com

MON. SEPT 14 11:15 AM Gentle Exercise starting Mon & Thurs. Seated and standing exercises for Seniors. Community Room GBACHC. You must contact cmaxfield@gbchc.com to see if there is space.

Mon & Thurs 1:00-2 pm Functional Fitness with Julie. - Most gentle class for people with mobility issues. Hensall Arena and virtual in Grand Bend at GBACHC Mondays. Thursdays in person in Grand Bend Contact Julie at jdatars@gbchc.com

TUES & THUR. FRI. 8:30-9AM Exercise Port Franks Community Centre. Line Dancing. Medium Low impact aerobic exercises from 9-10 cmaxfield@gbchc.com

TUES & THUR. 6:00-6:45PM Joys Evening exercise classes - High low impact Community Room GBACHC. Saturday mornings from 10-10:45 am. cmaxfield@gbchc.com

WED. 9:20-11 AM Pinery Walking Group. Meet at the Lambton Heritage Museum parking lot 9:00 am Email Lindsey lindseyashworthducharme@gmail.com

THURSDAYS 9:30-12PM Early On program free program for adults with children birth to 6 years. Adult Day Wing, GBACHC. Optimist Park until October , then moves inside Adult Day at GBACHC. Contact earlyonchildcare.ca or 519-786-6161 x 9226.

SEPTEMBER 1 TO 5 - Used Book Sale.

Brought to you by:



• 69 Main Street E., Grand Bend, ON 519-238-2362
• 122 King Street, Hensall, ON 519-262-3140

Ailsa Craig Public Library. 147 Main St. Purchase paperbacks, hard covers, non-fiction, children's books and movies at the Ailsa Craig Library Used Book Sale. Tues., Sept 1 to Sat., Sept. 5. Donate gently used books during open hours in August. Fill a bag for \$5 on Saturday Only.

THURS. SEPT, 3RD 2:30PM - Coping with Grief Adult Day wing GBACHC. Join this monthly group for support and strategies to work through your grief. Contact Mickey Gurbin ggurbin@gbchc.com for more information. 519-2382362 x 223

SEPT 18 - Kirkton Community Centre Outside Free Kirkton Family Movie Night. Fri., Sept. 18. Playing 'How to Train Your Dragon, The Hidden World'. Arrival time 7-7:30pm. Movie starts at dark. BYO blankets or chairs

SEPT 9TH 6:30-8:30 PM - Kids Food Nation 8 wk. Cooking Program in Partnership with the Boys and Girls Club Sarnia Lambton Grand Bend CHC is hosting this event in the community room at 69 Main St East. Kids will learn about recipes, budgeting, kitchen safety, food prep, cooking and nutrition. Cost \$75.00. Please contact skier-nan@bgcsarnia.com or call 519-337-3651 to register. Financial assistance available if required

SEPT 10TH 1:30-3 PM - Living a Healthy Life 6 week workshop to manage your health with a chronic disease. Contact Kate Mason at kmason@gbchc.com to register for this free program.

FRI. SEPT. 11,18 & 25 - Vinyasa Yoga and Chair Yoga GBACHC in Community room. Vinyasa at 8:30am, Chair at 9:45 am. Contact cmaxfield@gbchc.com Wed. 10-11:00 am Sept 16 "Walk & Talk Hensall Arena" Contact Grace at gbonnett@gbchc.com . Fun social walking program with coffee and chatting to finish

THURS. SEPT. 17TH 1:30 -3:30PM Alzheimer's caregiver support group. Support group program with trained facilitator Randy Chapman. 1-800-561-5012. Adult Day wing at GBACHC.

SATURDAYS 8:30-11:30 AM Walk In Medical Clinic GBACHC . Open to anyone in the community who needs medical attention (Not an Urgent Care or Emergency Centre) *For more information of any of these programs contact Cindy Maxfield at cmaxfield@gbchc.com*

TUES. SEPTEMBER 1, 11AM - 1PM- Welcome Back BBQ - For all South Huron District High School Students, Pick up timetables, find classes, tours, food, drinks and get your lockers.

MON, SEPTEMBER 7, 2026 South Huron Accounting Labour Day Classic Open Pairs Tournament. 10:00 am start \$20 per player Register at ExeterLBC.tournaments@gmail.com

MON, SEPTEMBER. 14, 2026 6 - 9 PM Learning session: Pathways to Permanent Residency Location: Trivitt Memorial Church, 264 Main St., Exeter Learn about permanent residency from two regulated Canadian immigration consultants. Free introductory consultations. Spanish translation available. Sign-up required: <https://exeter-permanent-residency.eventbrite.ca>

TUES, SEPT. 15, 2026 5:30 - 7 P.M. Welcoming Week: Meet Your Neighbour Night - Location: Zurich Library Branch, 10 Goshen St North, Zurich. Meet others in the area, build connections and discover ways to get involved casual gathering for adults; families are welcome.

WED, SEPT. 16, 2026. 5 - 7 PM Hey Neighbour! Exeter Block Party - Location: South Huron municipal parking lot, 322 Main St., South, Exeter. Meet neighbours, enjoy music and art, play games, try lawn bowling and grab dinner from a food truck. Everyone is welcome at this Welcoming Week event.

OCTOBER

FRI, OCTOBER 2 - 2 - 7:30 PM & SAT, OCTOBER 3 - 8:30 AM - 12 PM - South Huron Hospital Auxiliary Fall Rummage Sale - Cash sales only and please bring your own bags. *Donations accepted Thursday Oct 1, 2026 7 AM to 8 PM.* For more info find us on facebook or buy and local buy and sale sites or call 519-235-1900.

OCTOBER 4 - 9th Annual Murray's Miles. Mark your calendars. We proudly remain the only event in Canada to raise much needed funds and awareness for esophageal cancer. MacNaughton Park, Exeter Ontario - Insleystrong@gmail.com 519-719-1088

OCTOBER 16 & 17 - Fall Free Store - Huron Shores United Church, 25 Main St., Grand Bend. Fri., Oct. 16 - 5-7:30 pm; Sat., Oct. 17 - 9am-2pm. Everyone is welcome to come, browse and take away what you can use, Free of charge. For more info 226-456-8134.

SUN. OCT. 25 - 2PM. - Naomi Bristow 'The Singin' Cowgirl'. Crediton Zion United Church, 6 Victoria Ave W, Crediton Call Ruth 519-234-6035 or Joan 519-237-3806



Sponsored By:
MacLeans Home Hardware



EXETER, ON
519-235-0800 • 110 Main St. N.

GRAND BEND, ON
519-238-8282 • 70948 Bluewater Hwy.

BUSINESS DIRECTORY

OFFICE SUPPLIES & SERVICES



p. 519.235.1840
info@shos.ca
 Order Online:
shop.shos.ca
 92 Main St. S. Exeter

CARPET & UPHOLSTERY CLEANING



519-228-6051
 WE DO THEM ALL - BIG OR SMALL

- CARPET & UPHOLSTERY CLEANING
- TRUCKMOUNT STEAM CLEANING
- WATER EXTRACTION
- DRYER & DEHUMIDIFIER RENTALS
- HOME, BUSINESS, RV, BOAT & AUTOS

WE USE ONLY ENVIRONMENTALLY FRIENDLY PRODUCTS

METAL PRODUCTS



Metal Fabricating • Lumber & Metal Sales
 For all your building needs
519-294-6940
 35665 Salem road, Parkhill

WESTERN APPAREL & KENNELS



• WESTERN WEAR, DESIGNER & WEDDING APPAREL
 • BOOTS - Work & Western
 • ART, JEWELLERY, GIFTS
 • TACK SHOP

Thurs.-Fri.-Sat. 9:30am-5pm

OKIOK KENNEL & CATTERY

- Siberian Huskies For Sale
- Boarding All Breeds
- Dog Food For Sale

35619 Salem Rd. Parkhill
 Between Corbett & Mt. Carmel
519.294.0494

QUIZ ANSWERS

- Dove
- Wright brothers
- Hand
- Seven
- Ten
- Blue,Black,White
- Carbon dioxide
- Mark Twain
- Denial, anger, bargaining, depression, acceptance
- Semisonic

AUCTIONEER



Estate • Farm • Real Estate
"Our Place Or Yours"
 David & Doug Jacob
519-348-9896
 jacobauctions.com

LAWN CARE & MAINTENANCE

- Lawn mowing & reseeding
- Stone Work & Junk removal
- Aggregate/mulch delivery and installs
- Firewood sales and delivery
- Yard leveling & rough grading
- Wet yard & water drainage solutions
- Driveway rebuilding & regrading
- Gravel parking areas & laneways
- Shed, hot tub & patio base preparation
- Brush clearing & property clean up

A full service landscape company servicing Huron County

JARED'S (519) 494-7624
 LAWN CARE

FINANCIAL SOLUTIONS



Solutions Group
 • Established 1952 •
 Building Wealth for Generations

425 Main St, Exeter
 39 Ontario Rd, Mitchell
 519-235-2740
 gc.financial@sunlife.com

AUTO GLASS & CARE



Office: (519)-235-1829
 Mobile: (226)-268-4492
 79 Victoria St. W. Exeter, ON

SUDOKU ANSWERS

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

PHOTO QUIZ ANSWER

ANSWER: Killdeer

ROOFING



5" SEAMLESS EAVESTROUGH
 • Aluminum & Vinyl Siding • Soffits & Fascia • Replacement Windows
 • Renovations • Additions
 • Asphalt and Metal Roofing

DAN BECKER • 519-871-4907
 JIM BECKER • 519-237-3526
 jdbecker@hay.net

DRAINAGE SOLUTIONS



"Quality, Experience & Service."
Drainage Solutions

- Backhoe/Excavating Work
- Septic Design & Installation
- Soil Erosion Contractor

Call Wayne Cook
 519-236-7390

HYDRO EXCAVATION



- Hydro Excavating
- Sewer Cleaning
- CCTV Video Inspection

Cathy Cook • 519-236-7401

SIDING / EAVES / ROOFING



Seamless Eavestroughing
 Siding - Soffit - Fascia
 Asphalt - Steel - Flat Roofing
 Windows - Doors - Decks
TREVOR TRUEMNER
 Hensall, Ontario

Cell: 519-671-6117
 Email: truetrough@gmail.com



COMPUTER SALES & SERVICE

LRV
 Computing & Consulting

Specializing in all things Computer Since 1997
 519-235-2136 lrvcomputing.com
 153 Anne St., Exeter, ON
 Email: AL@LRVCOMPUTING.COM

PAINTING



MARTY GLAVIN 519.808.0556
 glavinpainting@gmail.com Interior Painting by Marty Glavin

AGRICULTURAL



226-880-2270

- Custom 3x4 baling
- Able to cut to 44 mm
- Acid available
- Mowing and merging available



Exeter Examiner
 NEWS PAPER

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

www.granthaven.com/exeter-examiner

CLASSIFIED

St. James Cemetery
& Church at Clandeboye

Decoration and Memorial Service

Sunday, September 6th
@ 2pm

with Reverend Amanda Longmoore

Outside Service - Bring lawn chairs



SCAN
TO READ
THE
ONLINE
PAPER



CLASSIFIED ADS

WANTED TO BUY

All collectibles including sports cards, beanie babies, Funko pops and stamps. Highest prices paid. Free appraisals. Are you downsizing or need an estate clean out? We can help. We are at the Pinery Market at Grand Bend every Sunday from 9 a.m. to 5 p.m. Call or text Stan anytime 519-868-3814.

REGISTRATION IS NOW OPEN FOR FIRST RECONCILIATION AND FIRST COMMUNION CLASSES

Starting in late September. Visit lakehuroncatholic.ca/sacraments and click the registration button to sign your child up before September 11, or email Stu at sblyde@dol.ca for more information.

Exeter Examiner
NEWSPAPER

GRANT
HAVEN
MEDIA

Wondering how local media can help grow your business?
Let me help tailor a customized marketing plan for your business goals.

heather@granthaven.com



226.261.1837

St. Marys Independent The Wilmet-Tavistock Gazette STRATFORD NEWS

Woodstock Ingersoll Echo Exeter Examiner Goderich Sun

Tillsonburg POST SIMCOE ADVOCATE The Paris Independent

WATERLOO FARMS BRANTFORD FARMS NIAGARA FARMS

Exeter Examiner
NEWSPAPER

"I KNOW THE PAPER IS FREE, BUT CAN I GET A SUBSCRIPTION ANYWAYS?"

Yes. We understand that some people might like the convenience of the Exeter Examiner arriving at their home (located near or far) through Canada Post, so we do have subscriptions available for this purpose.

The price for a subscription is \$57.00 PER YEAR (\$54.29 + GST).

To subscribe, please e-transfer granthavenmedia@gmail.com and include your full mailing address in the comments, or send a cheque with mailing address to Grant Haven Media, PO Box 2310, St. Marys, ON N4X1A2

Overheard
At McCafé

Brought to you by: McDonald's

Grand Bend, 75 Main Street East • 519-238-6991 Exeter, 261 Main Street North • 519-235-4227

"They can cancel the sun, but they can't cancel Beanfest!"

"Another trade war with the U.S.? Did the last one even end?"

Have you heard something humorous around town that you think might be of interest to others? Either email them to us at info@exeterexaminer.com with the title "Overheard at McCafé" or call 519.655.2341.

Ask the Arborist



By Joel Hackett • 519.272.5742 • jtsquote@gmail.com

Joel Hackett is a certified Arborist residing in the St. Marys area. Currently, he spends most of the year running Joel's Tree Service. For contact call 519.272.5742 or email jtsquote@gmail.com

Dear Arborist,

My tree is losing all its bark, and there are lines like worm lines on the wood.

Its dying at the top. Can I save it?

Thanks

Tim

Dear Tim,

At this point, it's very unlikely you can save the tree, since an insect has

already girdled the bark. Its pretty common to see this in Elm and Ash trees. When this happens the tree will often have a fungal infection as well, which is transmitted by the insect.

Unfortunately the only real option is removal.

Sincerely,

The Arborist



Highview *is* Home.

Receive up to \$2,000
toward the cost of moving
into Highview Lucan.*

*Available for new move-ins to Highview Lucan by
December 31, 2026. Up to \$2,000 toward eligible moving services.



Now Open in Lucan

A New Kind of Home

A private intergenerational home where adults of different ages and abilities live alongside one another in a way that feels warm, familiar, and connected.

- Retirement Living
- Supported Independent Living for adults with developmental disabilities
- Dementia Care

Come see Highview Lucan for yourself.
Book a tour today.



highviewres.com/lucan
1-877-777-6523
139 Main Street, Lucan,
Ontario. N0M 2J0