

# STRATFORD TIMES

VOLUME 3 • ISSUE 13

MARCH 8, 2024

FREE



**BERGER**  
**PLUMBING**  
519-274-0160

Berger Plumbing is a full service company for all your plumbing, heating and excavation needs! Fully licensed and insured plumbers and gas fitters on staff.



*A Passion for People*

**ROYAL LEPAGE** **Hiller Realty**  
100 Erie St. Stratford  
Independently owned and Operated Brokerage

**SHERRIE ROULSTON**  
Real Estate Broker  
email: sherrieroulston@royallepage.ca  
Direct: 519-272-3578

## Stratford-Perth Pride and Stratford Pride Community Centre exploring a potential unification to offer more support in Perth County

AMANDA MODARAGAMAGE

Local Journalism Initiative Reporter

After listening to the community's vision for 2SLGBTQIA+ collaboration in Stratford and Perth County, Melissa Marcelissen, Stratford-Perth Pride (SPP) Board Chair and Brock Hart, Stratford Pride Community Centre (SPCC) Board Chair, would like to officially announce the boards have begun a process towards potential unification of the two organizations.

The goal for unification is to offer the community a more simplistic plan for support and recognition throughout the region by combining current resources, such as funding, volunteers and administration duties.

"There is so much we must do to continue our work," said Hart. "We believe that if we become one PRIDE, it will decrease confusion about who does what and, ultimately, extend our community impact toward living joyfully without fear."

CONTINUED TO PAGE 5



(EMILY STEWART PHOTO)

### COLDEST NIGHT OF THE YEAR

Elizabeth Cooper, community development manager of United Way Perth-Huron, getting ready for a chilly evening during the Coldest Night of the Year fundraising walk.

## Coldest Night of the Year an evening full of unity and compassion

EMILY STEWART

Times Correspondent

It was a chilly evening as Coldest Night of the Year walkers strolled in the sunset near Upper Queens Park.

The Coldest Night of the Year fundraiser filled the park Feb. 24 with walkers circuiting the Avon River raising money for Shelterlink Youth Services and the Connection Centre run by United Way Perth-Huron. The annual event occurs in late February across Canada to raise money for local services

helping people experiencing hunger, hurt and homelessness.

"It's so exciting and gratifying to see people that take the time, right?" said Ryan Erb, executive director of United Way Perth-Huron. "You can walk past somebody who's experiencing homelessness or not even notice the person who might be struggling in your community, but when you actually take a few hours and say, 'I'm going to do this,' I think it means a lot to the community to see that sharing of compassion."

CONTINUED TO PAGE 11



**2 MEDIUM 2 TOPPING EACH FOR**  
**\$19.99**  
PROMO CODE M1999



**MONDAY HALF PRICE PIZZA**  
**50% off**  
**ON REGULAR MENU PRICE**  
PROMO CODE STE50

**TUESDAY AND WEDNESDAY**

**BOGO**

**GET THE SECOND PIZZA FOR FREE ON REGULAR MENU PRICE**  
PROMO CODE ST241



**1060 Ontario St., Stratford**  
**226-779-4235**  
**www.papajohns.ca**

# Tensions arose at last week's city council meeting regarding the zone change application for 245 Downie Street

AMANDA MODARAGAMAGE

Local Journalism Initiative Reporter

Tensions rose at a recent Stratford council meeting around a proposed zone change for the Bradshaw Lofts property on Downie Street.

The application to amend the central commercial zone provisions for 245 Downie St. was presented at Stratford's Feb. 26 council meeting. This proposed change would allow all existing residential-unit owners to apply for an inn licence, which would allow them to use their space as short-term-rental units.

Tensions were so high that, after the meeting, an unnamed Stratford resident could be heard telling Brendan Mckenna, a representative for the Bradshaw Lofts ownership group, "What I wouldn't give to punch you in the face right now."

The comment was made after a lengthy three-hour council meeting where city staff spoke in favour of the zone change.

"We recommended approval because the change will facilitate the expansion of permitted use into an existing mixed-use building, which we believe is appropriate for lands," said planner Jeff Leunissen on behalf of city staff.

The owners of 245 Downie St. requested the definition of an inn be amended, not for the entire city, but only as it applies to the subject property.

The new definition would stipulate that



## SEEKING ZONE CHANGE APPROVAL

(AMANDA MODARAGAMAGE PHOTO)

**Bradshaw Lots Approved Zone Change will allow owners to offer their units as sport term rental units to students and tourists**

the building or a portion thereof could be used for the purposes of supplying temporary living accommodation to the public, and contain guest rooms, dwelling units or a combination thereof wherein such dwelling units are not restricted to occupancy by a person as their principal residence.

After Leunissen's presentation, several Stratford residents who oppose the change

spoke to council regarding their concerns about removing 56 units from the already strapped affordable-housing market.

"My concern is the lack of housing for Stratford residents and businesses," said Barb Shaughnessy. "The downtown core desperately needs population year-round to keep their businesses going. It certainly doesn't mean you should support the removal of 56 homes in favour of tourists without any studies done to show that you need it."

After hearing from concerned residents, Mckenna addressed council. He discussed how the units are mainly used for student housing and how changing the specific zoning provisions and the definition of the word inn for the property could benefit the city's tourism industry by allowing legal, individual rental units throughout the building.

"This is a very complex situation and it's very hard to understand. I get that," said Mckenna. "The reason we started the company was to recognize how damaging and useless some approaches to hospitality are. However, we find Airbnb, for example, as a way to improvise and create an opportunity for the city. (This zone change) will add a level of flexibility to the use of space."

Coun. Jo-Dee Burbach recognized residents' concerns with housing but also said many units at 245 Downie St. seemed too small to be considered appropriate long-term housing options.

"(My friend) looked at the units and said they are not comfortable for adult living," said Burbach. "The kitchen is small with a tiny two-burner stovetop and no space. Bedrooms won't fit a queen size bed, let alone your dresser. There are no closets anywhere. So, to me, that says that the units would actually not really be suitable for people in a long-term living scenario."

Coun. Larry McCabe also recognized concerns but said those who purchased the units in the first place bought them under the assumption they could rent them out to students and tourists and, in turn, if the amendment is not approved, this could not only hurt those who invested in the properties but also make the city look bad.

"My concern from the City's perspective is not to be abused or to be seen as a place that is not really trustworthy as far as investments go," he said.

McCabe also noted concerns about lower accommodation availability for tourists this year as The Queen's Inn will be closed for renovations during the 2024 Stratford Festival season.

After listening to the lengthy delegations from city planners, Mckenna and concerned citizens, the majority of council voted in favour of the change with Coun. Cody Sebben voting against.

**Fitness.  
Fun.  
Results.**



Step inside  
Genuine Fitness, let go of:

- Your endless to-do list
- Your struggles to get fit in the past
- Your stress and tension

**GenuineFitness™**

Speak with one of our coaches to find out if  
Genuine Fitness is right for you.

**804 Ontario St., Stratford**  
**226-779-0548 | genuinefitness.ca**

**WOODSTOCK  
HOME SHOW**  
WOODSTOCK FAIRGROUNDS

**MARCH 15 - 17, 2024**

**FRIDAY 3 - 8**  
**SATURDAY 9 - 6**  
**SUNDAY 10 - 5**

**Woodstock Fairgrounds Auditorium**

Featuring decks, fences, pools, hot tubs, renovations, counter tops, flooring, awnings, roofing, windows, gutters, foundations, tools, blinds, financial and much more

Admission by donation | [www.woodstockfairgrounds.com](http://www.woodstockfairgrounds.com)

# CUPE 1331 and HPPH reach tentative agreement

AMANDA MODARAGAMAGE

Local Journalism Initiative Reporter

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

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

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

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

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

and increased wages and benefits.

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

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

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



**Stratford Branch 8**

**ATTENTION: CANADIAN VETERANS AND EX-SERVICE PERSONNEL**

The Provincial Service Officer Rebecca Hyndman from London will visit our Legion on Thursday, May 16 at 2:30 p.m., appointments booked through our office at 510-271-4540. Contact Bill Rothernel Service Officer.

804-B Ontario St., Stratford N5A 3K1  
stratfordlegion008@gmail.com

## BARGAINS AND DEALS SOURCE FLOORING

**IN STOCK** **BARGAINS & DEALS**

13" X 13" PORCELAIN TILES

FROM **\$99¢** PER SQ. FT. REG. 3.99

**IN STOCK** **BARGAINS & DEALS**

24" X 24" PORCELAIN TILES

FROM **\$199** PER SQ. FT. REG. 3.99

**IN STOCK** **BARGAINS & DEALS**

HANDSCRAPED LAMINATE

FROM **\$159** PER SQ. FT. REG. 4.99

**IN STOCK** **BARGAINS & DEALS**

SUBWAY TILES

FROM **\$199** PER SQ. FT. REG. 3.99

**IN STOCK** **BARGAINS & DEALS**

LUXURY VINYL PLANKS 5MM THICK

FROM **\$149** PER SQ. FT. REG. 4.99

**IN STOCK** **BARGAINS & DEALS**

LOOSE LAY LUXURY VINYL 5MM THICK

FROM **\$199** PER SQ. FT. REG. 5.99

**IN STOCK** **BARGAINS & DEALS**

3/4" THICK X 4" WIDE HARDWOOD

FROM **\$399** PER SQ. FT. REG. 8.99

**VINYL & LAMINATE MOULDINGS**

100'S OF COLOURS IN STOCK!

**IN STOCK** **BARGAINS & DEALS**

HARDWOOD STAIRTREAD

FROM **\$49.99** EACH

**NO TAX!**

7' X 10" AREA RUGS STARTING FROM **\$199**

NOT EXACTLY AS SHOWN

**FULLY STOCKED! BIGGEST ON THE BLOCK!**



1362 VICTORIA ST N. KITCHENER  
MON-FRI 9AM-8PM SAT 9-6 SUN 10-5



# STRATFORD TIMES

Stratford's Community Newspaper

Established 2021

The Stratford Times is published twice per month (the second Friday and fourth Friday) and is free to all citizens either in print format or online at stratfordtimes.com.

The newspaper is published by Grant Haven Media, a local business who also publishes the Goderich Sun, St. Marys Independent, Wilmot-Tavistock Gazette and Woodstock Ingersoll Echo.

[stratfordtimes@gmail.com](mailto:stratfordtimes@gmail.com)

[www.stratfordtimes.com](http://www.stratfordtimes.com)

## Publisher

Stewart Grant

## Business Development

Heather Dunbar

## Regional Editor

Galen Simmons

## Editor

Amanda Modaragamage

## Graphic Design / Layout

Sarah Cairns

## Administrative

Wendy Lamond, June Grant, Cindy Boakes

## Advertising Inquiries

Contact [stratfordtimes@gmail.com](mailto:stratfordtimes@gmail.com)

or call 519-655-2341

## Contributors

Spencer Seymour, Betty-Jo Belton, Julia Schneider, Gary West, Paul Knowles, Emily Stewart, Lisa Chester, Fred Gonder, April Taylor, Sheila Clarke, Irene Roth, Lauren Eedy, Lee Griffi, Stuart Lender, Thomas R. Verny, Sydney Goodwin, Kristen Parker  
(If interested in contributing to the Stratford Times, send us a note at [stratfordtimes@gmail.com](mailto:stratfordtimes@gmail.com))



@StratfordTimesNewspaper



@stratford\_times

**Letters to the Editor:** Please email to [stratfordtimes@gmail.com](mailto:stratfordtimes@gmail.com), or send to our physical office at the St. Marys Independent, PO Box 2310, 36 Water Street South, St. Marys, ON N4X 1A2.

Proud member of the  
Ontario Community  
Newspaper Association



Funded by the  
Government  
of Canada

Canada

# America can't shake the stink of Trump

STEWART GRANT

Publisher

Like a bad lingering fart, Donald Trump's presence continues to foul up the political scene nearly 10 years after he burst upon it.

The United States Supreme Court ruled unanimously on Monday that Colorado does not have the right under the U.S. Constitution's 14th Amendment to keep Donald Trump off the ballot for his role in the Jan. 6, 2021 insurrection, making it a near-certainty that he will be the Republican nominee when Americans line up to cast their votes this November. The Supreme Court ruling read that while "States may disqualify persons holding or attempting to hold state office ... States have no power under the constitution to enforce section 3 with respect to federal offices, especially the presidency." Instead, the Supreme Court clarified it is up to Congress to "enforce the provisions of the amendment against the states."

Unfortunately, it is in Congress where such enforcement breaks down, as it has been proven during Trump's first two impeachment hearings that the vast majority of Republican politicians are willing to overlook Trump's high crimes – continuously to their own detriment. And the G.O.P. outliers who supported the rule of law such as Liz Cheney and Adam Kinzinger have essentially been exiled from the party by the herd.

This year's political rematch between Joe Biden and Donald Trump was the one nobody seemingly wanted, but that's where we are headed. Trump won't go away and thus Biden feels the need to run again as the incumbent.

The Republican Party had multiple chances to rid themselves of their polarizing, narcissistic leader, but instead they keep going back to him like an addict that can't lay off the drugs that will eventually kill them. Since shocking the world in taking the presidency in

2016, the Republican Party has underperformed in every midterm and U.S. presidential election since.

Each of Trump's impeachments would have been glorious opportunities for Republicans to vote out the man who was leading them to loss after loss. They could have moved on from Trump and sought a new leader that wasn't so offensive to half the country, but they gutlessly ignored his crimes and voted to protect him so not to offend his base, many of whom received their political education from the Fox News entertainment channel and worse.

Of all the people the Democrats could face in the next election, they probably have their best chance against Trump. This would be a blessing for them were it not for the fact that a second Trump presidency is so profoundly scary for America and the world in general.

Not only is Trump in a more unstable, vindictive, and dangerous mental framework than he was last time, a second Trump presidency would not have the important safeguards in place that were there previously. A "presidential transition project" known as Project 2025 (see [project2025.org](http://project2025.org)) has been developed to recruit tens of thousands of likeminded conservatives to replace existing federal civil service workers to further the objective of the next Republican president.

Those who saw the events of Jan. 6 unfold know the importance of safeguards in the system. If Mike Pence acted like all the other yes men on Jan. 6 and obeyed Trump's instructions to refuse to certify Joe Biden's election victory, America's second civil war might already be upon us.

As it stands, Civil War is coming to the United States on April 12 in the form of a blockbuster film starring Nick Offerman and Kirsten Dunst. But each instance of Trump avoiding consequences for his various crimes brings actual civil war closer to reality and brings incredible instability and uncertainty to the world in general.

## Letter to the Editor

*Mr. Mayor, Councillors, Staff and members of the Public, thank you for hearing my voice this evening.*

In February of 2020, the council made a Declaration of a Climate Emergency then made targets to work towards for 2030 and 2050 that were in line with the targets of the Canadian Government. The corporation has been working on its internal plans and strategies to address lowering carbon emissions and is using some kind of "Climate Lens" to evaluate their actions. The corporation is only a small part of the emissions problems created in Stratford. It is time to include the businesses and citizens and their actions to make an even bigger impact towards the targets.

The Climate Change Manager will be analyzing the new complete baseline numbers from the work in progress by an outside Consultant so we have a complete data set of where we are. Assistance will be needed to keep up with the current workload with the corporate divisions as well as expanding to include more public awareness and education and how we can have an impact. The Climate Change Manager will have limited capacity to push the larger community-based initiatives to achieve our goals with analyzing these numbers and planning ahead. There are a number of environmental groups in Stratford who are educating as well, but they all need to work together

with the city to have the most impact to reduce greenhouse gases in the longer term.

Given the world-wide climate crisis on the earth last year with all-time heat records for months, the increase in global sea temperatures, wars, massive out-of-control fires, more heavy rainfalls to deal with that miss placed populations and increased our need to accept migrants and food insecurity, WE CAN NOT PUT OFF ANY CLIMATE CHANGE WORK ANY LONGER. Citizens need to prepare by learning how to build resilience with our green infrastructure, housing. It is our duty to work full steam ahead to decrease our own footprint and emissions with this global emergency we are all facing to do our part. With all the statistics we hear about climate change related disasters, we can't sit around for another year and defer this necessary position.

I want to implore the council to not defer, but include the Climate Change Coordinator for this year's budget as we would risk not addressing the work that has to be done to meet our goal. Perhaps we have saved enough money from our snow budget this past year to take it from the tax stabilization fund so we don't fall behind on this extremely important work. Please rethink this action and motion to reverse this item.

*Jane Marie Mitchell, Feb. 26, 2024*

**SUBMIT YOUR LETTER TO THE EDITOR TO US!**  
CALL 519-655-2341 OR EMAIL [STRATFORDTIMES@GMAIL.COM](mailto:STRATFORDTIMES@GMAIL.COM)

# Stratford City Council closed meetings raise concerns from local residents

AMANDA MODARAGAMAGE

Local Journalism Initiative Reporter

Concerns have been raised about the lack of penalties and the need for accountability around illegal voting during closed-door council meetings.

Brought forward at council's Feb. 26 meeting, a recent investigation found council voted improperly at 127 of 142 meetings and 135 votes were conducted in secret without proper authorization.

On May 31, 2023, the City of Stratford received a complaint concerning all closed meetings since September 2018. The initial complaint alleged "council routinely votes on substantive matters" in closed session, contrary to Ontario's municipal act, and asked the closed-meeting investigator to determine whether such votes had occurred in these meetings.

Cunningham Swan Carty Little & Bonham LLP was appointed to investigate this complaint. In total, 142 closed meetings occurred during the nearly five-year span outlined in the complaint. Each of the votes taken in those meetings was reviewed for compliance with the municipal act

"Unsurprisingly, during our review, we saw many similar topics arise," read the Cunningham Swan Carty Little & Bonham LLP report. "Matters such as making appointments to boards or buying or selling land come up frequently in any



(AMANDA MODARAGAMAGE PHOTO)

## CLOSED MEETINGS

Concerns were raised at a recent Stratford council meeting around an investigation into closed meetings that showed the previous council had a habit of voting illegally between September 2018 and May 2023.

Stratford resident and former member of Parliament Mike Sullivan addressed council at the recent council meeting with concerns around the investigation's

findings and noted council should accept accountability on behalf of the past city council. Though the illegal votes were conducted by the previous council, Sullivan told councillors "old habits die hard."

"The investigator noted the frequency of illegal voting diminished after his earlier report, coinciding with the new council being elected, but it did not stop entirely and there were far fewer meetings after that point," said Sullivan.

Since the appointment of the new council in November 2022, one meeting had improper voting, the investigation report noted. Mayor Martin Ritsma and councillors Cody Sebben, Jo-Dee Burbach, Brad Beatty and Bonnie Henderson served on council before November 2022.

Cunningham Swan Carty Little & Bonham LLP recommended the city work towards creating procedures to avoid illegal voting.

"The result is that sometimes council conducted its votes properly, while other times it did not. As a general recommendation, council should work towards creating procedures for topics that arise often like contracts, land sale or employment decisions. Similarly, council should have a clear process for moving substantive decision making into the open," the report reads.

At the council meeting, it was recommended by staff that the closed-meeting investigation reports dated Feb. 20 be received and the recommendations within be referred to staff and legal counsel for review and to prepare a report for consideration at a future open council meeting.

## Stratford-Perth Pride and Stratford Pride Community Centre exploring a potential unification to offer more support in Perth County

CONTINUED FROM FRONT

Although support for the 2SLGBTQIA+ community seemingly has come a long way over the years, 2SLGBTQIA+ community groups across the province are still underfunded and under-supported by local, provincial and federal governments.

"When we hear from students specifically, they're still facing a lot. It's still not easy to be a queer kid in Stratford. As adults, it's really easy to think things are so much better because we talk more openly than we did in the past. but I think day to day, it's important to hear from the youth about their experiences."

Earlier this year, the two boards unanimously voted to support the potential unification and enter into phase one of a three-phase process.

During phase one of the potential unification process, SPPC and SPP will focus on exploring the work, which will focus on conducting a comparative analysis of the two organizations and developing a conceptual model of how they would serve the region in an impactful way through as one organization going forward.

"We want to be really diligent about listening over the next couple of months to what the community needs and wants from us," said Marcelissen, "We want to continue to do what we've been doing but also listen to what the community says to meet their



(CONTRIBUTED PHOTO)

## POTENTIAL UNIFICATION

Brock Hart, Stratford Pride Community Centre (SPCC) Board Chair and Melissa Marcelissen, Stratford-Perth Pride (SPP) Board Chair officially announce the boards have begun a process towards potential unification of the two organizations.

Hart continued, "We really want to use the first phase as an opportunity to step back and truly listen to what our community needs. This is the most important step in

learning how to move forward with unifying the two organizations."

Favourite events, such as Stratford Winter Pride and the Pride March will still run as always but with conjoined resources,

Hart explains, the organization will be less strapped for volunteers, financial resources, and administration in the future as a result of unification.

"We will be able to offer more services and better resources to the community, and by unifying, we can deepen our impact on the community in a much broader way."

PPCC and SPP are excited to join forces and create a space that offers community leadership and will also be a trailblazer for other rural communities, setting precedence for 2SLGBTQIA+ support within the region.

"Our community needs are just different," said Marcelissen, "Being a rural area, we just don't have the same support and resources as those in larger cities would have."

The community can expect joint social media platforms, websites and advertising in the future, but for now, everyone is still invited to visit either [www.stratfordpride.com](http://www.stratfordpride.com) or [www.stratfordperthpride.com](http://www.stratfordperthpride.com) for more information or to keep in touch with each organization.

"Stratford is known as the 'Queerest Little Town in Canada,'" and if we could figure out a way to make it the safest and most accepting town, that would be amazing," said Hart.

Both Pride organizations will remain completely committed to serving their communities through events and programs.

# Breaking the Silence - Nights at the Museum: Menopause Edition starts this month

AMANDA MODARAGAMAGE

Local Journalism Initiative Reporter

The Stratford Perth Museum is hosting Nights at the Museum: Menopause Edition, a health seminar series aimed at providing a safe space to learn and talk about menopause from trained providers, and discover the history of midlife women's health care through a museum exhibit.

Held in collaboration with the Stratford Menopause Clinic, this seminar series is the first step in a long journey of not only educating women but educating a society that turns a blind eye to women's hormonal health, specifically menopause.

Alongside Dr. Patricia Nascu, Judy Gardiner, a speaker, activist and nurse practitioner at the Stratford Menopause Clinic, and museum general manager Kelly McIntosh both saw a need for better education around menopause and decided to do something about it.

"There is such a lack of support for women going through menopause," said Gardiner. "The Women's Health Initiative and media coverage of hormone therapy led to a significant drop in usage and education, contributing to the current lack of support for menopausal women.

"Women's health has been neglected in medical research and education for so long, leading to a lack of understanding and inadequate care for women today."

The initial seminar, What is happening to me? A Primer on Menopause, will run on March 19. This seminar aims to teach attendees how women's health has been managed throughout history. Learn about the language and definitions of menopause, its symptoms and what the research and lived experience says.

"Menopause has a story and a fascinating history," said McIntosh. "Once you start to uncover and learn about the history, it's easier to have compassion for yourself and those also going through hormonal changes.

"That's why we are hosting these important seminars; to help teach women to be compassionate with themselves and better understand their symptoms. The more I've worked with Judy investigating the history of women's menopausal and hormonal



## NIGHTS AT THE MUSEUM: MENOPAUSE EDITION

Judy Gardiner from the Stratford Menopause Clinic and Kelly McIntosh, Stratford Perth Museum General Manager, work towards better healthcare education for women

health, the more we start to uncover surprisingly – and not shockingly – a cycle within history. We start to get somewhere and then it stops being discussed. It's almost like it's too complicated, so we give up instead of working towards helping women through this transition."

On April 16, the second seminar, Menopause Smackdown: More than just medications, will offer attendees a look at Lydia Pinkham's Vegetable Menopause Compound Selfie exhibit to help them understand how current medical care mimics history.

"If you pretend menopause isn't happening, history will keep repeating itself," said

Gardiner. "Lydia Pinkham was a prime example of this. She made a treatment for menopause. Some of the ingredients in her compound are still used in the natural world today.

"She created supplements for menopause and she was ridiculed for doing so. Not only was she dismissed for being an inventor but she was also ridiculed because of the way she looked."

At this second event, Gardiner says she will also review options available to help women prepare for menopause, navigate the transition and thrive beyond it. Hormonal, non-hormonal, all-natural and lifestyle options will be discussed.

Seminar three will be held on May 14. Attendees will get a chance to view the Museum's historic pelvic-exam table – stirrups and all – and learn about vaginal, urinary and sexual-health challenges during the menopausal transition and beyond.

This is not just a medical lecture. Those in attendance will learn about how these issues extend beyond medical treatment into cultural, social and moral realms that help us better understand where we are in women's health care and how we can support each other.

Winding Up: The Pillars of Healthy Aging is the final seminar in the series, taking place on June 18. This seminar will offer a learning opportunity about what we know about midlife women's health and aging.

The seminar starts with information about medical management but bleeds into the traditions of our social norms and taboos, and ends with a discussion on how we move forward in healthy and supporting ways for ourselves and each other.

Gardiner and McIntosh, along with Dr. Nascu, will lead women through these four seminars aimed at creating a space for women to learn by helping them thrive through a transition typically disregarded by standard medicine.

"I knew that I wanted a way to educate women because they shouldn't have to fight as hard as I had to fight, and I'm a healthcare professional," said Gardiner. "Kelly has actually been someone who's pushed me along to say, 'Let's do this,' and I'm so grateful for her. Women want and need education about menopause. Change starts one step at a time and we want to stop the historical cycle and help women going through menopause instead of ignoring them.

"Change can happen, and we can do it together."

Each event will run from 6:30-8:30 p.m. at the Stratford Perth Museum Indoor Co-operators Theatre. Following each seminar, a one-hour unstructured conversation will commence in a friendly, non-judgemental space.

Although the first seminar is sold out, there is still time to purchase your tickets for the following seminars. For more information or to purchase tickets, visit [www.stratfordperthmuseum.ca](http://www.stratfordperthmuseum.ca).

## Warden's Statement on the Death of Past Warden Annabelle Thomson

STRATFORD TIMES STAFF

[stratfordtimes@gmail.com](mailto:stratfordtimes@gmail.com)

Perth County staff and council are mourning the recent death of past Perth County warden Annabelle Thomson.

Thomson served as warden of Perth County from December 2002 to December 2003. She began her political career in 1974 as councillor of Downie Township where she was the

first female elected to the township council.

"We are approaching International Women's Day on Friday March 8 and, as a fellow woman in public office and current warden, I feel a strong connection to the women who have had the privilege of serving on county council and in the office of the warden in years past," Perth County Warden Rhonda Ehgoetz said in a statement re-



leased to the press.

Just shy of a decade later, in 1983, Thomson became deputy reeve of Downie Township, followed by reeve of Downie Township in 1988. She remained in leadership through the county's amalgamation, and she served as mayor of the Township of Perth South from 1998 until 2013.

She had a history of community involvement and ser-

vice through her work with the Women's Missionary Society and as a member of the Elm Grove Women's Institute. She also had a hand in operating her family's dairy farm located just outside of St. Pauls in the Township of Perth South.

"In honour of her life and public service to our county, the county courthouse flag will be lowered until the day of the funeral," Ehgoetz said.

# Canadian Dairy XPO (CDX) requests street closures and bi-law exemptions at recent council meeting

AMANDA MODARAGAMAGE

Local Journalism Initiative Reporter

The Canadian Dairy XPO (CDX) is again coming to the Stratford Rotary Complex April 3 and 4 as organizers celebrate the event's 10-year anniversary.

This year's parking dilemma is similar to previous years as approximately 1,500 parking spaces are required at any given time during the event to accommodate the influx of visitors to the city.

Parking and navigating streets surrounding the Stratford Rotary Complex, specifically McCarthy Road, has been an ongoing issue over the years. CDX is working closely with the city to develop a solution.

Jordan Underhill, owner of CDX, and Taylor Whitney, a planning consultant working with CDX, spoke at the Feb. 26 council meeting seeking approval for their parking plan and requesting an exemption from the city's sign bylaw to better advertise parking for attendees and exhibitors.

Whitney said the Rotary complex cannot accommodate the full parking needs of CDX. She noted that CDX is committed to continuing to host the large event in Stratford, is looking for flexible options and is willing to work with the city to identify short- and long-term parking solutions that can benefit CDX and the city alike.

"We do recognize and acknowledge that the temporary, angled parking along McCarthy Road is not ideal long term," she said. "As such, we're proposing a phased approach to event parking at the Rotary complex.

"Phase one for this upcoming 2024 CDX is to maintain parking arrangements similar to last year. This includes onsite parking at the Rotary complex, angle parking on McCarthy Road and temporary control road closure from 7 a.m. until 9 a.m. both days."

The goal of closing the roads to oncoming, non-local traffic in the area is to accommodate thousands of vehicles coming to CDX at approximately the same time in the morning.

Local fire departments were involved in the parking plan process and noted this temporary disruption is best for the safety of pedestrians and those travelling in the area.

Through a recent discussion with city staff, it was identified that parking on unused land next to the rotary complex could be an option for CDX, however weather conditions would need to be under minus five degrees Celsius for cars to park on open land and, in this case, McCarthy Road parking arrangements would still need to be in place as a backup plan in case weather conditions are unfavourable.

"Good parking conditions for that field mean bad weather," said Underhill, "We're talking about April. You've seen how mild the winter is and we need at least minus five to park in that field, which is unlikely during that time of year."

Though paving a portion of the open area beside the complex is not an option for this year, a long-term goal of CDX and the City of Stratford is to create more parking around the Rotary Complex, which could not only attract more large-scale events, but also offer better and safer driving conditions for McCarthy Street commuters.

After council agrees to this year's parking plan and sign-bylaw exception, CDX will be able to place signage, including a large cow for advertising around the city to guide attendees and exhibitors to appropriate parking in and around the Rotary complex. From 7-9 a.m., the area will be closed to oncoming traffic except for emergency vehicles, pedestrians on the sidewalks and local traffic.



(CONTRIBUTED PHOTO)

**Ideal 2025, Phase 2 parking plan: Additional onsite surface parking via infill of south stormwater management pond and replacing the berm landscaping areas along easterly limits.**

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

AMANDA MODARAGAMAGE

Local Journalism Initiative Reporter

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

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

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

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

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

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

"We have not seen an increase in vaccine-preventable disease in our region, although we are monitoring the situation closely. Recently, there have been a few cases of measles in Ontario. As a result, HPPH is encouraging families who are travelling during the upcoming March break to ensure that their MMR (measles, mumps and rubella) immunizations are up to date," Horst said.

Before travelling, those who may not be aware of their vaccine status can contact public health for records or check in with fam-

ily doctors where vaccines may have been provided.

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

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

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

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

For more information about vaccine-preventable disease, please visit [www.hpph.ca](http://www.hpph.ca)

## Weekend Quiz

1. What singer holds the most Grammy nominations?
2. What sporting event is held every Memorial Day?
3. How many hearts does an octopus have?
4. In which country can you find the Terroacota warriors?
5. Australian crocodile hunter Steve Irwin was famously killed by what type of animal?
6. How many kills is a flying ace?
7. Who won this year's Scotties Tournament of Hearts?
8. What are the four colors in UNO?
9. What fruit helped Newton form gravitational theory?
10. What is Shakespeare's first name?

This week's answers are found on pg. 30

# Moderwell Street Reconstruction starts this summer; concerns over parking and out-of-pocket payments from residents

AMANDA MODARAGAMAGE

Local Journalism Initiative Reporter

The City of Stratford is preparing to reconstruct Moderwell Street from St. Vincent Street South to Monteith Avenue, tentatively beginning this summer.

The project aims to renew the roadway and partially replace the existing underground infrastructure. An open house was held Feb. 20 to provide more details and offer residents space to share concerns and ask questions.

City staff said several residents attended the event and voiced their concerns. Staff heard concerns mainly regarding parking on the street during construction and possible out-of-pocket payment for roadwork.

The city will upgrade the existing road to an urban standard, including concrete curbs and asphalt pavement. This improvement could cost some residents directly.

As per city policy, the construction costs related to road improvements on an undeveloped road will be funded in accordance with the Local Improvement Act, whereas the construction costs associated with the underground infrastructure upgrades will be funded through city reserve funds.



UPGRADES STARTING THIS SUMMER (AMANDA MODARAGAMAGE PHOTO)

Some homeowners on Moderwell Street could face out-of-pocket payments for some roadwork happening this year.

A letter addressed to residents on Moderwell Street notes that local improvement project costs can be passed onto homeowners at a cost of an estimated \$351.94 per square meter of frontage. This

is 40 per cent of the total amount normally covered during the building phases.

City officials told the Stratford Times this cost is normally factored into the building costs of new homes, so when a

homeowner purchases a home, payment has already been made to the city by the builder. In the case of Moderwell Street, this cost would be outstanding and, therefore, up to the homeowner to pay.

Residents of Moderwell Street were told payment options are available. They can object to the costs, but objections must be submitted in writing to the city before March 27.

Upgrades to the area include the reconfiguring of the intersection of Moderwell Street and Monteith Avenue to allow better turning radiuses for transport trucks, and the removal of one tree in conflict with infrastructure improvements. Street tree planting will take place after the completion of the road work.

Other improvements include installing layby parking on the north side of Moderwell Street, 80 meters east of St. Vincent Street, a boulevard to promote drainage, and an extension of the existing water main and storm-sewer drainage structure.

The city hopes to complete this work before the beginning of school in September to allow for as little disruption of surrounding schools as possible.

The concerns brought up at the event will be addressed at the next infrastructure, transportation and safety subcommittee meeting on March 27 at 4:30 p.m.

## Optimist Club of Downie Inc.

### OPTI-CASH CALENDAR DRAW

Feb. 11 Karin McDougall, Stratford . . . . .	\$50.00
Feb. 12 John & Brenda Bye, Dunchurch . . . . .	\$50.00
Feb. 13 B & M Meadows, St. Pauls . . . . .	\$50.00
Feb. 14 Jim Byatt, Stratford . . . . .	\$50.00
Feb. 15 Kriston Hammond, Kitchener . . . . .	\$50.00
Feb. 16 Fred Olbach, St. Marys . . . . .	\$50.00
Feb. 17 Darrell Moore, St. Marys . . . . .	\$200.00
Feb. 18 Rita Hoogenes, Clinton . . . . .	\$50.00
Feb. 19 Laurie Ross, Glen Williams . . . . .	\$50.00
Feb. 20 Jim & Lori Aitcheson, St. Pauls . . . . .	\$50.00
Feb. 21 Taylor Fluid Systems, Stratford . . . . .	\$50.00
Feb. 22 Dale & Janet McNaught, Edmonton . . . . .	\$50.00
Feb. 23 Payton Knott, St. Marys . . . . .	\$50.00
Feb. 24 Justin Shantz, St. Marys . . . . .	\$200.00

2024 CALENDARS ARE GOING QUICKLY



Franklin E. Hinz

196 Ontario Street, Stratford  
519-273-1633

## Stratford Public Library's Drive to End Period Poverty receiving daily donations

EMILY STEWART

Times Correspondent

The Stratford Public Library is helping people facing period poverty by hosting a menstrual product drive.

The library's Drive to End Period Poverty is running until March 10. The Stratford Public Library, part of the Huron-Perth Period Poverty Task Force, is asking patrons to donate new and unopened tampons, pads, liners, period underwear in all sizes and menstrual cups and discs to the drive during library hours. There's also an Amazon wish list available for patrons to contribute to the Huron-Perth Period Poverty Task Force online. The Amazon wish list can be found via [amazon.ca/hz/wishlist/ls/2G7VK5WXSMTD?ref\\_=wl\\_share](https://amazon.ca/hz/wishlist/ls/2G7VK5WXSMTD?ref_=wl_share).

"We're getting a few donations in every single day," said library public-service supervisor Shauna Costache. "I imagine, as the publicity amps up and as the end comes near, we'll be seeing a bit of an uptick in ... donations."

Period poverty is defined as a lack of access to menstrual products caused by barriers including but not limited to cost of the products. Research found period poverty affects about two-thirds of people who menstruate in Canada and due to the stigma of menstruation, these issues aren't talked about.

Other members of the Huron-Perth Period Poverty Task Force include the Huron County Library, United Way Perth-Huron, the Local Community Food Centre, Avon Maitland District School Board, Perth County Information Network, Emily Murphy Centre, Huron Women's Shelter and Optimism Place. The Stratford Public Library will also be offering free menstrual products, continuing a pilot project launched in October through which every Huron-Perth library offered free period products to patrons. Costache said the supply of menstrual products at libraries depended on donations.

"In the interest of finding a way to make it sustainable for all the partners long term, we decided that if we have regular drives in the area, that gets the community involved," she said. "It gets people talking about the issue of period poverty and it gives us a way to keep the supply coming for anybody who needs it, which we're very happy to be a part of."

Costache also the conversation about period poverty can and should continue at work and social events. For example, workplaces can create a basket full of free menstrual products donated by employees to help co-workers in need.

For more information about the Huron-Perth Period Poverty Task Force, visit [connectedcountyofhuron.ca/period-poverty](https://connectedcountyofhuron.ca/period-poverty).

# Avon trail extends with a four-kilometre extension through Ontario's countryside

AMANDA MODARAGAMAGE

Local Journalism Initiative Reporter

An enthusiastic group of volunteers and hikers who work to maintain the 130-kilometre Avon trail from St. Marys to Conestogo happily announced the addition of a new, four-kilometre extension that opened late last year.

The Queen Elizabeth Trail was developed along Line 35 near Harrington and is known as a beautiful trail that runs through the Ontario countryside. The new addition to the trail was made possible because of the enthusiasm of Avon Trail group president Bruce Graham and the more-than 200 volunteers who maintain and care for the Avon Trail year-round.

Named after the late Queen Elizabeth II, the planning of the trail started shortly before the late Queen's death and, therefore, organizers decided to name the new section to commemorate her with the four-kilometre route through the countryside.

The Avon Trail was founded in 1975 and is run entirely by volunteers who dedicate time to caring for the trail and meeting regularly to enjoy hiking and walking together.



## KILOMETRE 54.0 OF THE AVON TRAIL

Hikers and walkers of the Avon trail can see signs like this along the way. This particular sign faces west from line Road 110. The trail runs beside the south bank of the Avon River and leads to Stratford. It is between Perth Line 37 and County Road 33.

Though it is 130 kilometres long, the trail is known to be an easy hike for almost everyone with about 40 kilometres along roads and the rest as off-road trails.

"It passes along several creeks and rivers

like the Avon River," said Graham.

"Anybody who can walk around town and is reasonably ambulatory can hike on the Avon Trail. The trail does not involve mountain climbing or scrambling and is

accessible for most people to walk and enjoy."

Sections of the trail go through beautiful woodlands with scenery that changes throughout the seasons, including apple trees in the fall, attracting local dog walkers and visitors alike.

The Avon Trail group is always accepting new members and, with the help of donations, members help to care for the trail and regularly get together to plan hikes, meet new people and engage with other like-minded and health-focused hikers.

Members enjoy receiving news alerts about special events and hikes organized by the group, participating in exclusive member-only events, accessing the group's on-line tools like filling out monitoring reports and viewing trail maps, and even receiving a discount at Columbia Sportswear.

"Members also have the satisfaction of knowing that their donation helps maintain and expand the trails," said Graham. "The \$25 donation helps pay for maintenance costs such as paint for blazes, lumber for repairs and occasional tree-removal services."

For more information, to donate or to join the Avon Trail group, visit [www.avontrail.ca](http://www.avontrail.ca).

# Local school boards reschedule April PA day to coincide with solar eclipse

GALEN SIMMONS

Regional Editor

As a result of health-and-safety concerns for students and based on advice from Huron-Perth public health (HPPH), both the Avon Maitland District School Board and the Huron Perth Catholic District School Board have rescheduled a PA Day from April 19 to April 8 to coincide with the upcoming total solar eclipse.

The local public and Catholic school boards announced the change to the school calendar in recent press releases. While the Huron-Perth region is not in the eclipse's path of totality, residents will see a partial solar eclipse at some point between 2 and 4:30 p.m. April 8.

"It is a really good learning opportunity

for students," said Avon Maitland director of education Dr. Lisa Walsh. "It doesn't happen very often and there is a nice opportunity for students. The challenge comes with the timing when the partial (eclipse) ... is occurring. It's projected to be hitting our area at approximately 3:17 p.m., so that's the time when students are travelling home.

"... (Huron Perth Catholic director of education) Chris Rhoerig and I asked Huron Perth public health to weigh in on this ... because it's a health-and-safety issue."

According to Walsh, the local public-health unit participated in province-wide discussions with the ministry of health about the eclipse that resulted in Huron-Perth medical officer of health Dr. Miriam Klassen recommending the school

boards move up their regularly scheduled PA Day.

"There is the risk of individual damage to vision so they've indicated it's not safe to look directly at the sun during a total or a partial solar eclipse," Walsh said. "The health impacts include retinal burns, blurred vision and loss of eyesight.

"... If it was during the (school) day, we could put paper on the windows, which some of us experienced in the past when this happened when we were kids, but it's a safety issue to put anything on windows of buses and we would have a lot of kids travelling at that time. The HPPH did recommend we consider a PA-day move and we were lucky because we already had a PA day two weeks later."

While students won't have the oppor-

tunity to experience and learn about the eclipse at school, Walsh is urging parents and caregivers to safely watch and learn about the eclipse at home either by purchasing special glasses that allow the wearer to see the eclipse without damaging their eyes or, better yet, by watching it on TV or online.

Local daycare providers and other community partners that are providing PA Day camps and activities are being notified and will take the proper steps to ensure safety during the eclipse.

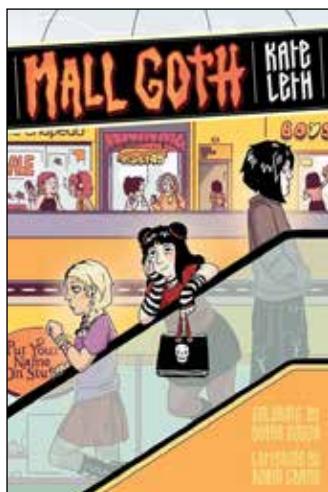
While schools are closed to students April 8, school staff will be participating in training sessions around student mental health and wellness. As a result, schools will be open to students for a full day of instruction April 19.

## Queer Book of the Month Club

*Mall Goth* by Kate Leth  
@SPL: YA GN Leth

Get your early aughts gamer goth on with Kate Leth's *Mall Goth*. In this graphic novel, Liv Holmes relocates to Harbour City after her hometown peers bully her for being bisexual. Despite a rocky start, Liv is relieved to find that her new home has friends who accept her, supportive adults, and plenty of fellow goths to hang out with.

Kate Leth takes this full-colour adventure in unexpected and meaningful directions, as Liv has to navigate the fallout of her parents' failing marriage, building nurturing relationships with her female peers, and dealing with the



dangerous special attention she's receiving from her favourite teacher. Veterans of the mall goth scene will rejoice at the nods to Tim Burton, Emily the Strange, West 49, and the beloved uniform of striped arm warmers, tattoo choker necklaces, studded leather accessories, and Manic Panic hair dye.

A touching story for queer teens with meaningful messages about navigating romantic attention, *Mall Goth* offers readers the encouragement to stand up for and discover themselves despite high school's many challenges.

Emma Brommer,  
Pubic Service Librarian

Maximize your return.

Conservative  
Advice for  
Intelligent  
Decisions



Donna L. Hinz



Franklin E. Hinz

196 Ontario Street  
Stratford, Ontario N5A 3H4

519-273-1633 [franklinehinz.com](http://franklinehinz.com)

# World Thinking Day explores topics like food security around the world

LISA CHESTER

Times Correspondent

Feb. 24 saw Sparks, Embers and Guides gather at St. James Anglican Church to celebrate World Thinking Day, an annual tradition since 1926.

The tradition marks the birthdays of both founder Lord Robert Baden-Powell and his wife and World Chief Guide, Lady Olive Baden-Powell.

“As the site leader for our local event, I am very proud of all the leaders that have come forward to assist with this event. Without this team of valuable volunteer leaders, we would not be able to bring all these young minds together,” said Rosemary Vail, event leader.

The event saw 85 girls and 12 leaders descend upon the church to explore activities developed to support the theme, Our World, Our Thriving Future. The morning began with an address by Perth-Wellington MPP Matthew Rae who talked to the girls about food security and the school breakfast and lunch program available to children.

In groups, the girls explored further how food can be affected by accessibility, like in Nunavut compared to Stratford where farms are plentiful. Distance, terrain and weather all combine to make food very expensive in Nunavut compared to here where a dozen cobs of corn could be



(CONTRIBUTED PHOTO)

## FOOD SECURITY

Rotarians Rena Spevack and Colleen Devine were assisted by Adeline McKay in demonstrating the Aquabox water purification kit.

bought for \$10 last summer. Meanwhile, up north, six cobs was \$26.

Foods like beans and rice are a staple, but need to be part of a balanced diet. Sta-

tistics shared shocked the girls. For example, only 20 per cent of the world population would have a full plate at mealtime, 40 per cent just rice and beans, and 40 per cent rice only. They talked about what kind of food was missing from diets, what they thought about that and whether that was fair.

A taste experiment was prepared for lunchtime for the girls to try – a chickpea curry and rice was enjoyed by many who dared to try. In the end, the experiment was a tasty treat. All leftover food was donated to Shelterlink.

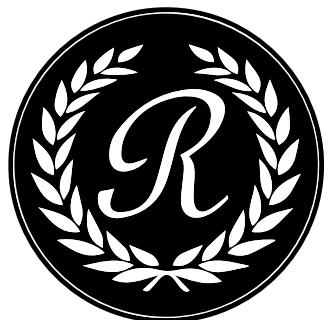
Other special guests supporting the theme were Rotarians Rena Spevack and Colleen Devine, assisted by Adeline McKay. The need for clean, potable water was highlighted with the demonstration of the Aquabox, a simple water-filtration system that can provide a family of four with clean water for a year.

Twice a year when money allows, volunteers from the Stratford Rotary Club gather at the site of Aquabox partner Jutzi Water Technologies to build the kits to ship to disaster areas worldwide. Plans for the next build at the beginning of April are in the works and the intention is to build 500 new Aquabox kits ready to ship. Over the years, the Aquabox program has provided 70 million litres of clean water.

Guiding can be a lifelong experience enriching lives of youth. The VolunTry program allows adults an opportunity to volunteer within a unit to give it a try before completing their training to become official unit Guiders.

“I have been a Guider for 28 years. I still find it very rewarding working with the girls. Over the years I have had five former Guides returning to a leadership role within my unit,” said Vail.

For more information on the Girl Guide movement or to volunteer with a unit, visit [guidesontario.org](http://guidesontario.org).



People should be empowered to do what it is they want to do. We believe in your ability to carry out your own honouring of someone if you wish to.

**DIRECT CREMATION: \$2365.45 total.**  
**DIRECT AQUAMATION: \$3239.11 total.**

**included:**

arrangements with the family (at the funeral home or your home) • transfer of the deceased from place of death into our care • transfer to crematorium or aquamation facility • delivery of remains to family • providing unlimited Proof of Death Certificates • filing all of the government paperwork, including the CPP lump sum death benefit and survivor's benefit • cancellation of pertinent government cards and programs • cost of the cremation or aquamation itself • cost of the cremation container • cost of death registration and coroner's certificate

**Rutherford**  
*Cremation & Funeral Services*

804 Ontario St., Stratford  
[rutherford@jarfh.com](mailto:rutherford@jarfh.com) | 519-271-5062

**STONETOWN TRAVEL**

GROUP TRAVEL OPPORTUNITY HOSTED BY STONETOWN TRAVEL

**IRELAND**  
**JUNE 5-16, 2024**

Head Office: 150 Queen Street East,  
St. Marys, ON N4X 1B4 | 519-284-2332  
[agent@stonetowntravel.com](mailto:agent@stonetowntravel.com)  
TICO #50010159

Branch Office: 210 Mill Street,  
New Hamburg, ON N3A 1P9 | 226-333-9939  
[newhamburg@stonetowntravel.com](mailto:newhamburg@stonetowntravel.com)  
TICO #50025796

# Coldest Night of the Year an evening full of unity and compassion

CONTINUED FROM FRONT

Cate Trudeau, executive director of Shelterlink, said it was inspiring to see how many people were at the event to support people helping youth experiencing homelessness and couldn't say thank you enough.

"Everyone was really excited," Trudeau said. "There's so many groups, there's just unity, there's community, there's compassion. It's been really heartwarming."

Sonya Heyen, event organizer and resource development manager for United Way Perth-Huron, said Stratford placed

fourth in all of Canada for fundraising. The Stratford webpage on the Coldest Night of the Year website said Stratford's event involved 460 walkers, 71 teams and 12 volunteers raising \$203,173 – far exceeding local \$170,000 goal.

"I'm so proud to be in Stratford and have them collectively join this movement to stand up for kindness and equity for those who might be struggling," Heyen said.

As anyone can experience homelessness for a variety of reasons, Erb said the Coldest Night of the Year fundraiser shows solidarity.

"It happens to people that you don't

expect – good families, good situations. Sometimes, there's things that we can't count on, we can't explain," he said. "Other times, there's significant trauma in people's lives and whatever it is, we need to walk in solidarity with people that are in those situations and try to walk alongside and do what we can to help lift together with them as they have the dignity of choice and the dignity to operate their lives."

After the walk, attendees warmed up with hot chocolate, McDonald's coffee and cookies, and a large bowl of soup from Soup Surreal as they chatted with their

colleagues around the firepits in the park.

"I think it's an awesome event," said Erin Leis of the group, Walking on a Prayer, and first-time Coldest Night of the Year participant "I think it's something that should be promoted far more than it is. I just found out about it from a member of the church community and I'm like 'I will absolutely participate.'"

Linda Dench participated in the event with her company, Tri-County Brick, and enjoyed it.

"It's beautiful weather," she said. "It's a little chilly, but it keeps you going and coffee is excellent."



(Left to Right) Donna Gregus and Janice Shore walked as part of the Coldest Night of the Year walk.



(Left to Right) Melissa Byer, Josh Johnston and Jamie Page finishing up a lap for the Coldest Night of the Year Walk circling around the river.



(Left to Right) Nick Skinner, Nate Van Herk, and Allie Van Herk were a few of the several participants at the Coldest Night of the Year Walk.



(Left to Right) ShelterLink Youth Service' executive director Cate Trudeau, United Way Perth-Huron executive director Ryan Erb, and event organizer Sonya Heyen were grateful to see the support for the Coldest Night of the Year walk in Upper Queens Park.



(Left to Right) Melanie Hughes, Jane Czarny, Michelle Dzijacky, Julie Haefling, Fae Hickey, Heather Tamas, and Laura Ennett of the Sauv e Saints strolled together during the Coldest Night of the Year.



(Left to Right) Erin Leis, James Leis, and Vicky Devocht of Walking on a Prayer warm up in Upper Queens Park after finishing the Coldest Night of the Year circuit.

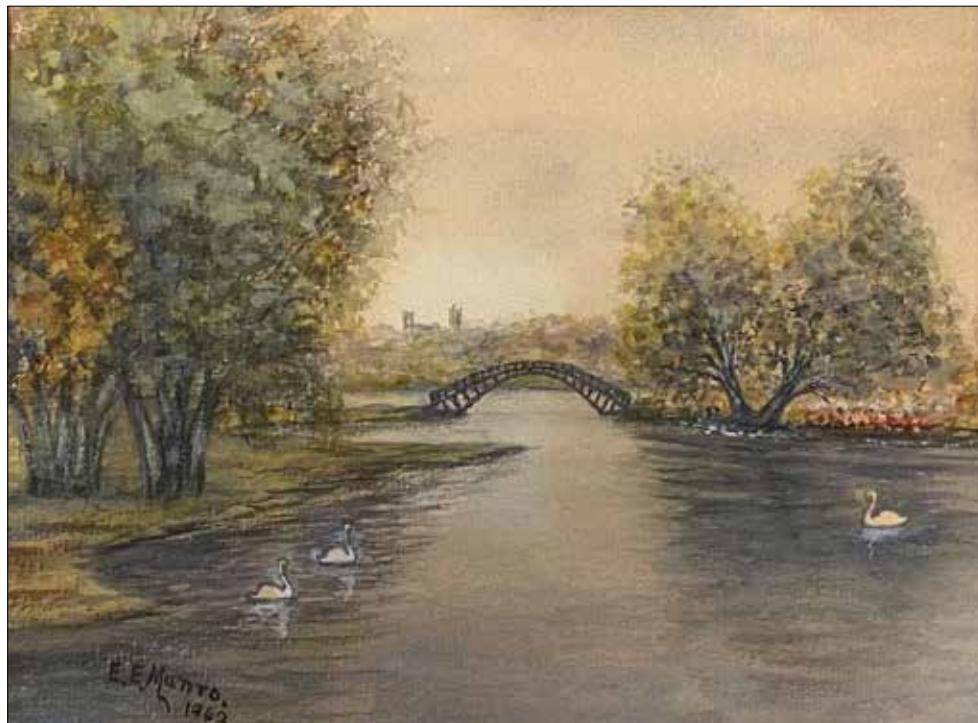
# Times Past: Stratford's Swan and Artistic Heritage

BETTY JO BELTON

Stratford-Perth Archives

Thoughts of warm summer days are a pleasant diversion at this time of year. If you need a bit of inspiration, here's a lovely image of Stratford's swans enjoying a swim on the Avon River in the 1940s. Eva Evelyn Munro (1888-1961) was a well-known local artist. Some say her work, like this 1942 painting showing the bridge to what became Tom Patterson Island, was influenced by landscape painter Homer Watson (1855-1936). Watson was born in Doon, near Kitchener. Munro studied at the Doon School of Fine Arts that operated in Watson's former home there. Her painting was generously donated to Stratford-Perth Archives earlier this year by the daughter of one of her students. It is currently on display in the James Anderson Gallery as part of the Archives' free Treasures Old and New exhibit.

The view captured in Munro's painting was the result of a number of decisions made to improve the parkland near the river. In 1909, the Stratford Herald reported that "Stratford citizens have the satisfaction of seeing their "island" daily growing larger. A part of the river improvement scheme is the building of imposing little islands a short distance east of Front Street. There has for years been a tiny little island at this point, an immense willow tree serving as its centre point. This island was utilized as the nucleus of a much larger one. Moreover, the channel to the south of the



## SUMMER DAYS AHEAD

Munro painting bridge to Tom Patterson Island with swans on river, 1942

(STRATFORD-PERTH ARCHIVES PHOTO)

island has been dredged out, thus making a double passageway for boats. The island now covers a considerable area, is high and dry and will be made a beauty spot."

It was hard to do more than look at the expanded island until 1921, when a private citizen, Harry W. Strudley, offered to fund construction of a walking bridge connecting it to the south shore - provided the Parks Board put in the abutments.

The bridge was designed by Strudley's son Donald, who also supervised the construction. A little over forty years later, Strudley's "rustic" bridge was replaced. In 1977, a plaque was installed marking the beauty spot in honour of Shakespearean Festival pioneer, Tom Patterson. That was also the year that the swans - who are featured in Munro's painting - marked their sixtieth season on the river.

As is common in Stratford's history, someone who worked at the Grand Trunk Railway shops is key to the story of the Stratford swans. While working for the GTR in Battle Creek, Michigan, Master Mechanic J.C. Garden took a trip to Florida where he saw white mute swans gracing the waters of some of the state's inland lakes. Fascinated by the birds, he bought a pair for Battle Creek. When he was later working at the Stratford shops, Garden arranged to have a pair of the swans sent here in 1918. Since then there have been many more generations of swans on the Avon River in summer. They live in special quarters nearby during winter. In her 2018 book celebrating the life of R. Thomas Orr, Diane Sewell describes how the local celebrities are "marched back down to the river every April with great fanfare, led by a Scottish pipe band. In 1976, Canada's prima ballerina Veronica Tennant herself pirouetted the swans down to the river in full costume from Swan Lake. The annual event has grown significantly since then and now draws thousands of people and generates substantial media coverage." On Sunday, April 7 at 2 pm the swans will once again be released from their winter quarters to stroll back to the Avon River. Seeing their joy during those first moments on the water is a perfect way to mark the return to spring and summer fun in Stratford.

This article is based on information resources available at Stratford-Perth Archives [www.perthcounty.ca/StratfordPerthArchives](http://www.perthcounty.ca/StratfordPerthArchives)

## Much ado about breakfast

THE HUNGRY FAT GUY

Times Correspondent

Today we're gonna look at breakfast food,  
The morning meal that gets us in the mood.  
The energy to play the whole entire day,  
And coffee that's just been freshly brewed.

Where is the best place to get a good breakfast? That depends on your preferences.

When it comes to pancakes, my pick would have to be Stacked Pancake House. Their pancakes are light and fluffy and come with a wide variety of toppings including fruit, chocolate, whipped cream and sauces. They have several specialty pancakes such as Chocolate Caramel Brownie and my favourite, Cinnabun!

They carry the full assortment of breakfast items including French toast, waffles, omelettes and breakfast platters. The other reason I go is I can get any one of the 10 or more burgers even at 7 a.m. Yes, some days a burger for breakfast is definitely the answer.

I also frequent Freeland's Diner, which carries a full breakfast menu and serves breakfast all day. My choice there is the three-meat hash made with generous portions of sausage, bacon, ham, onions and cheddar mixed with hash browns. All that is then topped with two eggs and toast. They also have upped the eggs-benedict game by making eggs benny with smoked salmon!

Not to be outdone, Features of Stratford also upped its breakfast game last weekend and served smoked-brisket eggs benny. Unfortunately, I was unavailable but hopefully they run this special again in the near future. By all accounts it was excellent like most of the other items on their menu. They have also served smoked-brisket tacos and smoked, pulled-pork melts as a special in the past. It's good to see smoked meat making its way onto the breakfast menu. Features carries a full breakfast menu, soup, salads, burgers, wraps and other lunch items.

A general consensus amongst my foodie friends has put Whatever 75 at the top of the eggs-benedict mountain. They make probably the best hollandaise sauce in Stratford, however I am willing to try any restaurant that thinks it can beat them.



### SERVED UP!

(THE HUNGRY FAT GUY PHOTO)

Start your day off right with The Hungry Fat Guy's take on Stratford's breakfast-food scene.

Start your day off right with a good breakfast!



**TAVISTOCK COMMUNITY  
HEALTH INC.**

Tavistock Community Health Inc.  
Notice of Annual General Meeting

**WEDNESDAY  
APRIL 10, 2024**

Tavistock Men's Club  
78 Woodstock St. N.,  
Tavistock | 7:00 pm

A \$5.00 Membership Fee entitles you to a vote.

**VISIT US ONLINE AT [WWW.STRATFORDTIMES.COM](http://WWW.STRATFORDTIMES.COM)**

# Stratford Chefs School celebrates 40 Years of culinary excellence

EMILY STEWART

Times Correspondent

The Stratford Chefs School is celebrating a milestone anniversary with a gala celebration and dinner prepared by graduating culinary students.

The school will be hosting the 40th anniversary dinner and gala at the Elora Mill March 10 starting at 5 p.m. The dinner will be prepared by the graduating class of 2024, Elora Mill chef Dacha Markovich and chef Ryan Crawford, an alumnus of Stratford Chefs School who is now the owner and executive chef of Ruffino's Pasta Bar and Grill at Niagara-On-The-Lake.

When Randi Rudner, program manager and chef instructor at the Stratford Chefs School, was asked about how she felt about the culinary academy celebrating its 40th anniversary, she wasn't sure what to say about the honour.

"I don't even know how to describe that," Rudner, said. "It's a testament to the vision of the school's founders, Jim Morris and Elanor Kane, that the curriculum and the pedagogy that they set up 40 years ago is still strong and relevant."

Stratford Chefs School offers both a 32-week-long culinary apprenticeship program and a 16-week-long summer program. Rudner said the students spend more than 100 hours learning culinary skills. The program always stays up to date with industry expectations such as offering more lessons on food sustainability and waste reduction in the future.

"This program is hands-on to a degree

that we just don't see in other culinary apprenticeships," she said. "The students learn everything in the kitchen from bread and pastry to butchery and preserving."

The faculty full of industry professionals also represents the strength of the Stratford Chefs School.

"Our faculty is comprised of working chefs and working architects and working designers and working sommeliers, which I think really adds to how practical this program is," Rudner said.

The 2024 Gala Dinner and Auction will begin with bubbly beverages and hors d'oeuvres prepared by the graduating class, Crawford and Markovich, followed by seeded sourdough bread with whipped butter, leek terrine with black truffle, slow-cooked beef with mushrooms, rutabaga and madeira jus, and a chocolate and berries dessert.

The upcoming graduation gala will also feature a live and a silent auction with prizes including experiences at restaurants run by Stratford Chefs School alumni.

"Our alumni are very, very talented and they stay connected to the school," Rudner said.

Tickets for the Stratford Chefs School Gala and Dinner Auction are \$225 for the business-formal event. There will be a bus that can take guests from Stratford to Elora for \$25 leaving for the event at 4 p.m. More information can be found via [exploretock.com/stratfordchefs/school/event/462544/stratford-chefs-school-gala-dinner-auction-2024-elora-mill](https://exploretock.com/stratfordchefs/school/event/462544/stratford-chefs-school-gala-dinner-auction-2024-elora-mill).

## Stratford's Special Olympics athletes bring home hardware from Winter National Games

EMILY STEWART

Times Correspondent

Special Olympics athletes representing Stratford are celebrating their wins following the Special Olympics National Winter Games in Calgary.

Stratford athletes competed in the nationals from Feb. 27 to March 2 for Team Ontario, the most decorated team in the tournament. Team Ontario collected 209 medals total, including 72 gold, 67 silver, and 70 bronze.

"We had a very successful games in Calgary with Team Ontario topping the medal podium," said Jane Larkworthy, coach and community coordinator for Special Olympics Ontario – Stratford and Area. "And all of our SOO - Stratford and Area athletes bringing home hardware."

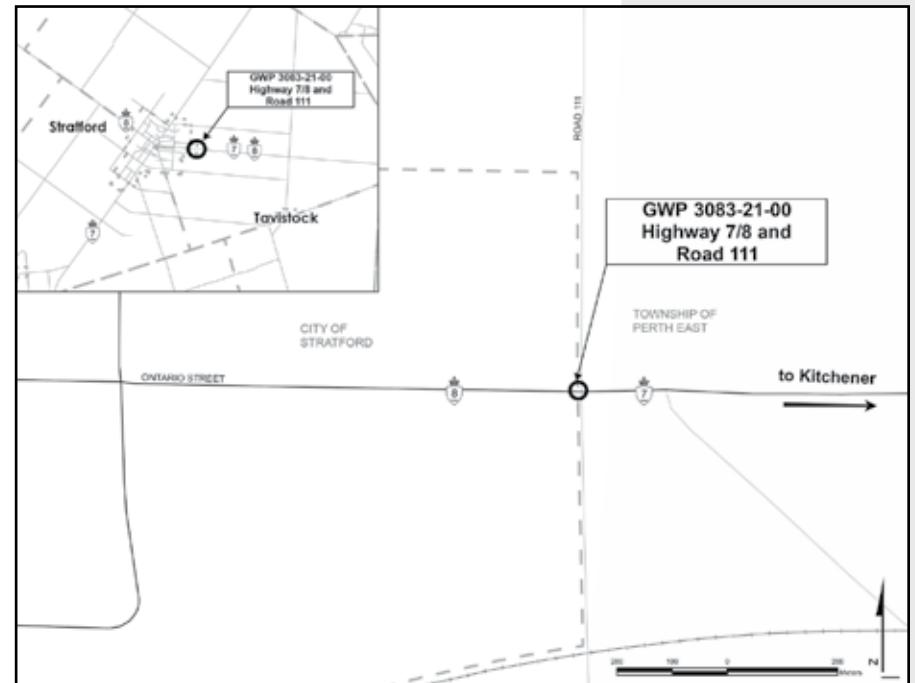
Team Keller's curlers – Meghan O'Donovan, Tiffany Keller, Curtis Bender, Jacob Ponsford and Dylan Haynes – earned a gold medal in the Rocky Mountain Division after winning 6-2 over South Saugeen in the first and fourth semi-final games and scoring a 6-5 victory over Nova Scotia in the gold-medal game. Mike Keleman, five-pin bowler, earned a bronze in the Men's 9th of 16 division and placed fifth in the team event.

The Team Ontario London Blazers, a floor-hockey team featuring Stratford athlete Mike Hitchcock, scored gold in the Rocky Mountain division after winning 3-2 win over Manitoba in the second and third semi-final games. The London Blazers also clinched a 4-1 victory over the Alberta Warriors in the gold-medal game.

## Notice of Public Information Centre Preliminary Design and Class Environmental Assessment Study Highway 7/8 and Road 111 Intersection Improvements (GWP 3083-21-00)

### THE PROJECT

The Ontario Ministry of Transportation (MTO) has retained Egis (formerly McIntosh Perry) to undertake the Preliminary Design and Class Environmental Assessment (Class EA) Study for the Highway 7/8 and Road 111 intersection improvements, boundary of the City of Stratford and the Township of Perth East, County of Perth.



The purpose of this notice is to invite interested stakeholders to participate in an Online Public Information Centre (PIC). The PIC is being held to present the study process, outline the existing conditions, the list of alternatives, and receive input on the proposed improvements within the study area. The Online PIC will be available for a 30-day comment period from **March 6, 2024 to April 5, 2024**.

To view the PIC material and provide comments, please visit the project website at [www.highway7and8perthcountyroad.com](http://www.highway7and8perthcountyroad.com).

### THE PROCESS

The Preliminary Design is following the approved planning process for a Group 'B' project in accordance with the Class EA for Provincial Transportation Facilities (2000).

### COMMENTS

We encourage you to visit the Project Website at any time during the study for updates on this project. Project information including study notices, background information, PIC material, and the Transportation Environmental Study Report (TESR) will be made available as the study progresses. If you require further information or have accessibility requirements in order to participate, please contact one of the individuals named below. Any comments or questions can be directed to one of the following project team members:

#### Mr. Steven Pilgrim, P.Eng.

Project Manager  
Egis  
1-1329 Gardiners Road  
Kingston, ON K7P 0L8  
tel: 343-344-2629 or  
toll-free: 1-888-348-8991  
e-mail: [highway7and8@mcintoshperry.com](mailto:highway7and8@mcintoshperry.com)

#### Ms. Wendy Xu, P.Eng.

Project Engineer  
Ministry of Transportation  
3<sup>rd</sup> Flr, 659 Exeter Road,  
London, ON N6E 1L3  
tel: 548-588-1937  
e-mail: [wendy.xu@ontario.ca](mailto:wendy.xu@ontario.ca)

Information collected will be used in accordance with the *Freedom of Information and Protection of Privacy Act*. With the exception of personal information, all comments become part of the public record. If you have accessibility requirements in order to be able to participate in this study, please contact one of the project team members listed above.

# L'Arche Stratford gets \$1,300 boost from Stratford's Community of Christ Church

GARY WEST

Times Correspondent

L'Arche Stratford got a \$1,300 financial boost from the congregation and friends of Stratford's Community of Christ Church, on Forman Avenue recently.

On the last Sunday of every month, volunteers at the church prepare a free breakfast of sausage, eggs, pancakes, porridge and coffee for the congregation and visitors to enjoy.

In return, the church ask for a donation to a different charity every month that uses the money collected for ongoing projects.

The money collected this month will help L'Arche Stratford get closer to its \$6.5-million goal for the construction of

## FINANCIAL BOOST

From left, Community of Christ Church's Gary Goulding, Danielle Munro, L'Arche home coordinator Charlene Hahn, Alex O'Reilly, Michelle Kendellen and L'Arch Be Belong Become capital-campaign chair Elaine Clark stand next to a concept drawing of the new Stratford L'Arche building.

its new multipurpose home at 426 Britannia St.

L'Arche' is a caring community that provides housing, independent-living support and respite programming for adults with intellectual disabilities.

Elaine Clark, Be Belong Become capital-campaign chair, was on hand to thank pastors Nancy and Scott Brookshaw and all the church members for their unwavering financial support for the much-needed facility.

She was happy to report that \$3.7 million has already been raised for the campaign that only began in 2020.

For more information on L'Arche, visit [www.larchestratford.ca](http://www.larchestratford.ca) or call 519-271-9751 ext. 224.

(GARY WEST PHOTO)



## Navigate Your Savings Journey: Pre-Owned Marvels, Unmatched Offers!

2022 Nissan Versa



\$ 22,495 + HST & lic  
**LOW KMS - 21,402 KM**

2023 Nissan Kicks



\$ 23,998 + HST & lic  
**LOW KMS - 19,515 KM**

2021 Honda Civic Touring



\$ 28,495 + HST & lic  
**LOW KMS - 46,539 KM**

2022 Mazda CX-9 Touring



\$ 40,999 + HST & lic  
**LOW KMS - 21,998 KM**

2020 Hyundai Ioniq Electric



\$ 27,998 + HST & lic  
**LOW KMS - 33,380 KM**

2019 Nissan Altima



\$ 19,495 + HST & lic  
**LOW KMS - 99,156 KM**

2021 Nissan Sentra



\$ 22,495 + HST & lic  
**LOW KMS - 64,550 KM**

2016 Chevrolet Malibu



\$ 17,888 + HST & lic  
**LOW KMS - 54,005 KM**

2019 Nissan Rogue SL



\$ 24,998 + HST & lic  
**LOW KMS - 66,891 KM**

2019 Ford Mustang GT



\$ 38,998 + HST & lic  
**LOW KMS - 30,964 KM**

2020 Ford Escape Titanium



\$ 33,998 + HST & lic  
**LOW KMS - 10,215 KM**

2021 Dodge Challenger R/T



\$ 48,998 + HST & lic  
**LOW KMS - 15,119 KM**

2022 Mazda 3 GT



\$ 30,998 + HST & lic  
**LOW KMS - 32,150 KM**

\*While every effort is made to ensure accuracy, we are not responsible for any errors and omissions. Please see your dealer for current pricing. Plus tax and licensing. Some terms and conditions may apply.

**BAD CREDIT... NO PROBLEM!. We work with multiple banks and credit unions to get you APPROVED with the LOWEST RATE POSSIBLE! All Credit Approved with \$0 Down.**



2001 Ontario Street, Stratford ON  
519.273.3119  
[www.stratfordnissan.com](http://www.stratfordnissan.com)

STRATFORD NISSAN



STORE HOURS SALES: Mon.-Thu. 9:00-8:00; Fri.-Sat. 9:00-6:00 PARTS & SERVICE: Mon.-Sat. 8:00-5:00

# Stratford's Dairy Queen is now open for the season



GARY WEST

*Times Correspondent*

With spring-like, warm weather, Stratford's go-to for ice cream and Blizzards is open again for the season at the Dairy Queen on Ontario Street.

Owners Karen and Eric Anderson said the opening on March 1 brought many smiles back from patrons who can't get enough of the ice cream from the DQ started by Karen's father decades ago.

She, her husband and family are entering their 17th season of ownership and offer delivery with Skip the Dishes this year along with continuing rewards points, coupons and deals through the Dairy Queen Canada app.

They are also welcoming back students who work there in the summer.

DQ's hours are from 11 a.m. to 9 p.m. until school is out in June, then from 11 a.m. to 10 p.m. on weekdays and 11 a.m. to 11 p.m. on weekends.

(GARY WEST PHOTO)

## SCREAMING FOR ICE CREAM

Pictured from left are Emma Herold, Abby Iacobellis, Dairy Queen Stratford co-owner Karen Anderson and Gregor Harris. Absent from photo is co-owner Erik Anderson who was inside the store taking ice-cream orders.

**Ontario Welsh Festival**  
Arden Park Hotel, Stratford, Canada  
April 19-21, 2024

---

Saturday, April 20, 2024, 8:00 p.m.

**Gala Concert with Voices of Wales**  
*Direct from Wales • One Night Only • All are Welcome*  
Avondale United Church, 194 Avondale Ave, Stratford

 Steffan Lloyd Owen <i>Baritone</i>	 Rhiannon Pritchard <i>Accompanist</i>	 Trystan Ujyr Griffiths <i>Tenor</i>
--	---	---

<https://voicesofwales2024.eventbrite.ca/>

---

 <b>Gold Award Celebration Banquet</b> Saturday, April 20, 2024 Congratulations to Sheryl Clay-Newell 2024 Gold Award Recipient!	Welcome Tea with harpist Mary Muckle Noson Lawen (A Merry Evening) Dramatically Different Stratford Bus Tour Sunday Gymanfa Ganu (Welsh Hymn Sing)
---	---

[www.ontariowelshfestival.ca](http://www.ontariowelshfestival.ca)

# Leading the world in the future of nuclear energy.

We're building the future of clean and affordable nuclear energy with Canada's first small modular reactors.

## It's happening here.

Paid for by the Government of Ontario



# STRATFORD **TIMES** SPORTS

- STRATFORD'S ULTIMATE INDOOR GOLF EXPERIENCE -

**FORE EVERYONE**  
GOLF & MULTISPORT

**RAIN OR SHINE  
IT'S TEE OFF  
TIME!**

Enjoy Wings and a Domestic Pint  
for ONLY \$18.99

1060 ONTARIO ST., 519-305-5800



## GET NOTICED!

Email [stratfordtimes@gmail.com](mailto:stratfordtimes@gmail.com) for details on how to get your ad here and support our local sports.

## St. Mike's Junior Girls volleyball team win bronze at WOSSAA AA Championships

AMANDA MODARAGAMAGE

*Times Correspondent*

The St. Mike's Junior Girls Volleyball Team had a massive victory, winning bronze at the WOSSAA AA championships on Feb. 22 at Ingersoll Collegiate Institute.

Facing Oakridge in their final game, the girls remained headstrong with strong serves, accurate passes and good spirits.

In the first set, the girls had a strong start but had to work for the win in the second half, beating out Oakridge in the second half of the second set. They came out strong and beat them again, and in the third, they came together for a third-set win, scoring them the bronze medal.

Liv Leppington led the charge with her unstoppable hits throughout the game.

In the back row, Hailey Modaragamage made some amazing digs as libero for Tessa Burdett to set for the Stratford Catholic high school's strong hitters.

A shout out to Evie Leppington and Avery Hinds for putting up a wall against the other team's strong offensive front line, and Maren Marshall never backed down from a challenge and dug some tough hits as libero.

"I am so proud of the girls for never backing down from a challenge and facing every team in their league and at tournaments with the same ferocity, no matter who was on the other side of the net," said Madelyn Giovinazzo, junior girls coach. "They maintained a positive outlook in the face of both wins and losses, always strove for improvement and had a great time while doing it. These girls made coaching fun."



### WOSSAA CHAMPIONSHIP

(AMANDA MODARAGAMAGE PHOTO)

Pictured in the back row from left are coach Madelyn Giovinazzo, Savanna Pereira, Lyla Straus, Evie Leppington, Avery Hinds, Liv Leppington, Jayda Houben, Tessa Burdett and coach Theresa Redman. In the front row from left are Lorreighn Del Rosario, Jessica Lerch, Maren Marshall, Hailey Modaragamage, Emersyn Miller, Sophie Pereira and Selah Patterson.

## Fighting Irish win first two playoff games

SPENCER SEYMOUR

*Times Regional Reporter*

The Stratford Bentley's Fighting Irish are off to a high-scoring start to the WOSHL post-season after winning their first two playoff games against the Elora Rocks.

Game one was March 1 when the Fighting Irish visited that Rocks and, despite outshooting the home side, Stratford went into the dressing room down 3-1 at the end of the first period. Graham Brulotte scored the lone Stratford goal of the period with under a minute remaining.

Each team scored just once in the second period, preserving a two-goal lead for Elora going into the third. In the final 20 minutes, having to dig deep, the Fighting Irish rose to the occasion in thrilling fashion, scoring three goals, two of which came in the final 50 seconds in regulation, to tie the game at 5-5 and force overtime. Brulotte scored twice in the third to complete the hat-trick, including the game-tying goal. Cameron Stokes and Sean O'Brien also netted goals in the game for Stratford.

In the extra period, three minutes and

nine seconds, Ray Robbins potted the game-winner to complete the comeback and secure a 6-5 win to put the Fighting Irish ahead 1-0 in the series. Zack Weir picked up the win in between the pipes.

Just 24 hours later, in game two, the Fighting Irish picked up right where they left off as Matt Fuller scored just 30 seconds into the opening frame. Two minutes and 20 seconds later, Mav Petrie made it a 2-0 Stratford lead. In the second, both teams traded goals back and forth and combined for four goals in five minutes and 10 seconds, including the second of the night by Fuller as well as the eventual game-winning tally by Ryan O'Bonsawin. Brulotte once again found the back of the net to send Stratford into the third period with a 5-3 lead.

Stratford sealed the victory with a pair of goals in the third, first by Steven DeGroot and then by Cooper Leitch. This time, it was Darren Smith to get the win in goal. The series returns to the William Allman Arena for game three on Friday, March 9. If necessary, game four moves back to Elora on March 10 and then to Stratford on March 13 for game five.



### ROCKS TAKES THE BLOCK

(FRED GONDER PHOTO)

Rocks goalie, Colin Dunne #1 blockers away this shot to deny Graham Brulotte #10 from any chance at a deflection or a rebound.

# Underdogs come out on top: SDSS Hockey Team dominates at HP Finals

AMANDA MODARAGAMAGE

Times Correspondent

The Stratford District Secondary School (SDSS) boys' hockey team came out on top at the HP finals, beating out the competitive St. Mikes team 3-1 in the semi-finals.

The team then came out fast and strong to gain a 2-0 lead and managed to keep it together and hold off waves of St. Mike's attacks for the second and third.

"This was a huge win as we were heavy underdogs coming into the matchup as the fourth seed of four in the HP finals tournament," said coach Mark Viani. "SDSS played extremely well defensively as a great cohesive unit, and Henry Tuer had a great game in the net."

The second game was against Central Huron Secondary School (CHSS), the team that unexpectedly beat South Huron Secondary earlier that morning, leading to a double underdog final match. Liam Parson played extremely well and earned a shutout in the 2-0 win against CHSS.

"We hadn't beaten CHSS in the regular season, but we came in



(CONTRIBUTED PHOTO)

## A HUGE WIN FOR SDSS

Back row, left to right: Coach Mark Viani, Reed Morris, Nathan Siebert, Dylan Abel, Dawson White, Liam Ollson, Blake Hodgson, Zach Schultz, Owen Hunt, Jordan Keane, Ellis Schnurr, Finely Newton, Jake Taylor, Coach Johann Yundt. Middle row, left to right: Quinn Elder (equipment manager), Kaden Ollson, Sam Binns, Grady Murphy, Owen Chambers, Henry Flanagan, Luke Jackson, Casen De Graaf. Goalies: Henry Tuer- left, Liam Parsons - right.

with confidence knowing how well we played our last three games," said Viani. "We came out and got a goal in the first five minutes of the game to set the tone, and our captain, Blake Hodgeson, led by ex-

ample in both games with beautiful solo-effort goals in each game, and extremely strong defensive play in our zone.

"(Coach) Johann (Yundt) and I are extremely proud of the guys, as

they really came together at the end of the season with some big wins and carried that momentum into the playoffs. We are lucky to have such a nice group of guys

playing for us. They look out for each other and the team has lots of fun together. Johann and I enjoy every moment we spend with the group."

# Warriors win three of last four to clinch second

SPENCER SEYMOUR

Times Regional Reporter

The three-way race for second place in the Midwestern Conference culminated last weekend and when the dust settled, the Stratford Hunter Steel Ltd. Warriors finished in the second seed, setting them up for a first-round playoff series against the Brantford Bandits.

Stratford's road to clinching second began Feb. 23 when a five-goal second period helped the Warriors cruise to a 7-0 win over the Caledon Bombers. Camden Daigle recorded a hat-trick while Jaxon Broda tallied three assists and Carter McDougall claimed the shut-out win in goal. Carson Harmer, Zach Bell, Cole Brooks, Drew Agnew and Liam Gorman all put up two-point games.

The Warriors continued rolling just 48 hours later in Brantford with a 6-1 win over their soon-to-be-playoff opponent, the Bandits. Broda led the way offensively from the blueline with a five-point night and Harmer registered a goal and two assists. Goaltender Matthew Perdue made saves on all but one of Brantford's 30 shots.

Despite outshooting the Ayr Centennials Feb. 29, the Warriors fell 3-1 on the road. After a scoreless first period, the Centennials jumped out to a 2-0 lead. However, Stratford got a response a mere 16 seconds after Ayr's second goal when Brayden Stumpf posted his 11th of the year. An empty netter with two seconds left in the third sealed the 3-1 final for Ayr.

Head coach Dave Williams said his team's overall effort wasn't bad, but they simply found themselves snake-bit offensively.

"I thought we played a solid game," Williams told the Times. "We started a bit slow in the first period but had some good looks in the second and third periods. Unfortunately, we just couldn't find the back of the net. Ayr has been playing some good hockey, so you have to give them some credit for making it difficult for us."

One night later, the Warriors returned home for their final game of the regular season and Stratford certainly was snake-bit no longer as a six-goal second frame lifted the Warriors to an 8-2 win over Cambridge. Daigle once again had a hat trick, all of which came in the second period, while Michael Denney had a three-point night that included a pair of goals and Harmer had a goal and four points. Perdue once again earned the win in between the pipes.

Williams was very pleased with how his team responded to the disappointing loss from the night before.

"We liked how we competed for a full 60 minutes. We did some really good things that allowed us to score some nice goals. We did a good job moving the puck which helped us play fast and utilize our speed. Plus, we were getting pucks and bodies to the blue paint, creating some solid scoring chances in front of the net."

Coming into this season, everyone

knew there would be growing pains considering the amount of turnover from last season to this, but the young Warriors' team made great collective progress in the eyes of the head coach.

"We are very proud of the guys and what they were able to accomplish during the regular season. The Midwestern conference is competitive on a nightly basis, as evidenced by the final standings. To finish second after playing 50 games is a testament to their hard work and commitment to getting better every day we are at the rink.

"Our guys have made significant progress in all aspects of their game," Williams continued. "They've dedicated themselves to relentless improvement both on and off the ice and pushed each other to excel every time we are at the rink. From the beginning of the season, we've emphasized the importance of being consistent game in and game out with our effort, competitiveness and execution. We definitely feel like the group continues to make gains with their consistency."

Williams also discussed what he sees as absolutely critical tenants to the team having success in the post-season.

"We've got to stick with what's been successful for us in the regular season. It's essential for all 23 players to bring their best every single night. Discipline and consistency are absolute musts at this point in the season. We're at our best when we use our speed to get on top of teams and take away their time and space."



**STRATFORD  
Hunter Steel  
WARRIORS**

## UPCOMING GAMES

Friday, March 8 - 7:30pm  
vs Brantford - Allman Arena

Saturday, March 9 - 5:00pm  
at Brantford - Wayne Gretzky S.C.

Sunday, March 10 - 5:30pm  
vs Brantford - Allman Arena

Wednesday, March 13 - 7:00pm  
at Brantford - Wayne Gretzky S.C.

Friday, March 15 - 7:30pm\*  
vs Brantford - Allman Arena

Saturday, March 16 - 5:00pm\*  
at Brantford - Wayne Gretzky S.C.

Monday, March 15 - 7:30pm\*  
vs Brantford - Allman Arena

\*If necessary

Sponsored by

**TINA GRASBY**  
BROKER  
519-275-7663  
Home & Company  
REAL ESTATE

# Stratford Skating Club wins big in February

STRATFORD TIMES STAFF

stratfordtimes@gmail.com

Skaters with the Stratford Skating Club (SSC) participated in their final two competitions of the season over the past two weekends.

The SSC had three skaters compete in the Provincial Series at the Wayne Gretzky Complex in Brantford Feb.

15-17. Nicole Verhoef placed first in Star 5 Over 13 Women Non-Qualifying group 1 and placed 13th in Star 5 Women Artistic group 2. Amy Schroeder placed 9th in Star 5 Over 13 Women group 4 and placed 10th in Star 5 Women Artistic group 2. Mason Clemmer (single shot) placed 4th in Star 5 Over 13 Men.

On Feb. 24-25, the SSC skaters com-

peted at the Star 1-4 Kincardine Skate by the Lake competition held in Kincardine. Honor Gropp placed fifth in Star 4 Girls Over 13 group 4, Reese Manzer earned bronze in Star 3 group 6, Danika Lingard earned gold in Star 2 group 11, and Tessa Bell earned gold in Star 2 group 8.

Also at the Skate by the Lake competition, Hailey Graul earned bronze in

Star 2 group 4, Izzy Pritchard earned silver in Star 1 group 1, Olivia Clemmer earned bronze in Star 2 group 8, Jane McCutchen earned gold in Star 2 group 4, Gracie Sutherland earned gold in Star 2 group 5, Katerina Schmidt earned silver in Star 2 group 2, Clara Robertson earned silver in Star 2 group 2 and Melanie Milton earned gold in Star 1 group 2.



Top Left: Stratford Skating Club skaters competed at the Star 1-4 Kincardine Skate by the Lake competition Feb. 24-25. From left, Honor Gropp placed fifth in Star 4 Girls Over 13 group 4, Reese Manzer earned bronze in Star 3 group 6, Danika Lingard earned gold in Star 2 group 11, Tessa Bell earned gold in Star 2 group 8.

Above: Also at the Star 1-4 Skate by the Lake Competition in Kincardine Feb. 24-25, front row from left, Hailey Graul earned bronze in Star 2 group 4 and Izzy Pritchard earned silver in Star 1 group 1. In back row from left, Olivia Clemmer earned bronze in Star 2 group 8, Jane McCutchen earned gold in star 2 group 3, Gracie Sutherland earned gold in Star 2 group 5, Katerina Scchmidt earned silver in Star 2 group 2, Clara Robertson earned silver in Star 2 group2, and Melanie Milton earned gold in Star 1 group 2.

Left: Nicole Verhoef (left) placed first in Star 5 Over 13 Women Non-Qualifying group 1 and placed 13th in Star 5 Women Artistic group 2, and Amy Schroeder (right) placed ninth in Star 5 Over 13 Women group 4 and placed 10th in Star 5 Women Artistic group 2 when the Stratford Skating Club skaters competed at the Provincial Series in Brantford Feb. 15-17. Bottom: Stratford Skating Club skater Mason Clemmer placed fourth in the Star 5 Over 13 Men category at the Provincial Series in Brantford Feb. 15-17.

(STRATFORD SKATING CLUB PHOTOS)





**LAY PASTORAL MINISTER - CHAPLAIN**  
 Baptism  
 Wedding Officiant (same sex - all denominations)  
 Funeral Celebrant - Celebrations of Life

**JEFF F. SAGER**  
 1-519-301-2925  
 jsager62@gmail.com

Web: www.lpmchaplain-jeff-f-sager.ca

**SHOP LOCAL. SAVE LOCAL.** 

**TAKE CHARGE OF YOUR HEALTH AND YOUR PAIN**

You can do it. We can help.

**FREE Workshop In Stratford Starts March 19 Register Now!**

Are you living with chronic pain? If so, this workshop is for you

**Topics include:**

- ▶ Dealing with difficult emotions
- ▶ Healthy eating
- ▶ Communicating with your health care providers
- ▶ Getting active safely
- ▶ Managing pain and fatigue
- ▶ And more

To register for a workshop :  
**519-421-5691 or 1-855-463-5692**  
 info@sselfmanagement.ca or  
 www.sselfmanagement.ca



Improving your health, together.

# Stratford District Junior Girls AAA High School Volleyball Team concluded season with an outstanding 9-0 record

In an impressive display of skill, determination and teamwork, the Stratford District Secondary School (SDSS) Junior Girls AAA Volleyball Team has concluded its season with an outstanding 9-0 record in league play, the coveted Huron Perth title, and a respectable fourth-place finish at the recent WOSSAA AAA tournament.

The team left a trail of victories and unforgettable moments on the court throughout the season.

Before the winter break, the team showcased its resilience and skill in two highly competitive tournaments, finishing as runners-up in both instances. Despite falling short of the top spot, the athletes showcased their determination and charm, earning the admiration of fans and competitors alike.

Undeterred, the girls persevered and demonstrated their growth throughout the season, culminating in a triumphant first-place finish at the annual St. Michael Catholic Secondary School tournament on Feb. 9, where they outshone their competitors with exceptional plays and unwavering teamwork.

The team's journey to success reached its pinnacle in the Huron Perth semi-final game, where they faced St. Mike's. The Golden Bears demonstrated their prowess, securing a hard-fought victory and paving the way for the finals against St. Marys DCVI. In an electrifying match on the home court, the team emerged victorious, clinching the Hu-



## OUTSTANDING RECORD

**Back row from left: coach Kara Donnelly, Abbie Straus, Sierrah Babcock, Rylee Canning, Jennah Cressman, Abby Betto, Sydney Campbell, and coach Tressa Trachsel. Front row from left; coach Kim Straus, Brinlee Wall, Paige Witschi, Lucy Thompson, Vivienne Kouwenberg, Emma Van Nes and Charlotte Gulas.**

ron Perth championship and etching their names in the school's sports history.

Coach Kara Donnelly expressed immense pride in the team's accomplishments, highlighting the dedication and hard work each player brought to the court throughout the season.

"This group of young athletes has not only displayed exceptional skill but also a remarkable level of sportsmanship and unity. It's been a joy to coach them and witness

their growth and success this season," said Donnelly.

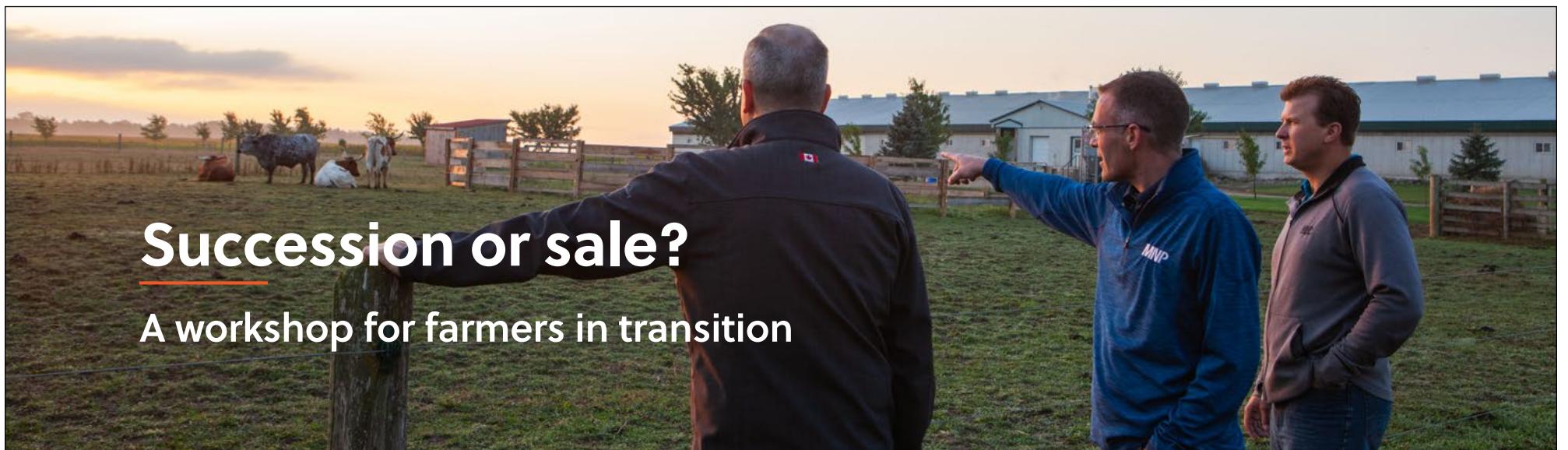
"This team of mostly Grade 9's has shown incredible dedication to the sport of volleyball," said coach Kim Straus. "Most of these girls often play volleyball twice a day for their school and club programs and show up to practice on Monday mornings at 7 a.m. Their love of the game and support for their team is demonstrated every time they step on the court. We are thrilled they

achieved their goal of winning the Huron Perth title."

A week later, the team faced a formidable challenge in the WOSSAA district competition, where they went head-to-head against powerhouse teams from London such as the St. Thomas Aquinas and TVRAA champions A. B. Lucas. Despite putting up a valiant fight, the Golden Bears ultimately fell short, concluding their season with a hard-fought loss in a match that resulted in a fourth-place finish in the AAA competition.

"This group of young athletes has shown incredible dedication and determination, both on and off the court. While we fell short in the final matches at WOSSAA, I couldn't be prouder of their achievements this season. The challenging competition posed by AAA schools in the London area has provided us valuable insights, motivating us to set higher goals and aspirations for the upcoming season in 2024-25," said Donnelly.

Despite the outcome at WOSSAA, the SDSS AAA Junior Girls Volleyball Team's season will be remembered for the team's outstanding achievements, unwavering determination and relentless pursuit of excellence on the court. As they reflect on their journey, the players remain united in their pride and gratitude for the unforgettable experiences and memories they've shared throughout the season.



## Succession or sale?

A workshop for farmers in transition



How do I get started? Who should I talk to? Get answers to all your questions about the future of your farm. Bring your family, and don't miss this unique opportunity to speak with a lawyer, accountant, farm management advisor, financial advisor, and real estate broker — all in one place, plus enjoy a hot buffet lunch.

**Date:** Wednesday, April 17, 2024  
**Time:** 9:30 a.m. – 12:30 p.m. or 12:30 – 4:00 p.m.  
**Location:** The Arden Park Hotel | 552 Ontario St., Stratford



Scan here

Space is limited. To book your spot, scan this QR code or call 519.271.5279.



Wherever business takes you

MNP.ca

# U16 BB Warriors rise to challenge, win Gold at tournament

SPENCER SEYMOUR

*Times Regional Reporter*

The road to the gold medal at the Doug Jarrett Memorial Tournament hosted in London Feb. 23-25 may not have been without bumps, but the U16 BB Stratford Junior Warriors rose to meet the moment and ultimately came away with the top prize.

Stratford had a strong start on day one of the tournament with a 2-1 win against London's Oakridge Aeros. This was followed by a hard-fought battle resulting in a 2-2 tie against the Waterloo Wolves. On the second day, the U16 BB Warriors again had a strong start with a 5-0 win against Victoria Village, but that was followed by a tough 5-2 loss to the North London Nationals.

At this point, the team thought it might be done. However, there was still a chance and it wasn't until Saturday night when it was confirmed Stratford had indeed done

enough to secure fourth place and a spot in the final day of action's semi-finals. At this point, according to head coach Greg St. Clair, a deep belief had crystalized amongst the team.

"The chemistry amongst the players, staff and parents has been great since day one," St. Clair told the Times. "Obviously, like a family, we've had our ups and downs, but these boys have never given up on themselves or each other. There has always been a positive attitude towards bringing their game to the next level. When we let everyone know late Saturday that we had snagged the wildcard spot, you could almost feel the energy in the group chat. These guys came to the rink on Sunday morning with such confidence and swagger that we knew that gold was coming home with us."

Sunday's semi-final game had the Warriors face off against the Sarnia Junior Sting which had taken first place in the tournament's round robin. Sarnia took an

early lead, but Stratford got a response from Henry Flanagan to tie it up 1-1. Just minutes later, Sarnia scored again to take back the advantage but, once again, Stratford answered with grit and determination and team captain Andrew Davis tied the game at two apiece. With the game sent into overtime, first a period of three-on-three and then a period of two-on-two, Stratford's Liam Benton played the hero on a game-winning goal assisted by Ethan St. Clair.

In the finals, the Warriors squared off with tournament host, the West London Hawks. After a scoreless first period, London found the icebreaker in the second before Mark Martin tied the game for Stratford. Goaltender Isaac Cousineau took a starring role to keep the Warriors in the game with several outstanding saves. For the second straight time in the day, Stratford took the game into overtime. This time, it was Rem Hruden potting the overtime winner, once again assisted by St.

Clair, to secure the 2-1 win and the gold medal for the Warriors.

Coach St. Clair remarked on several intangibles that were key to leaving the tournament with the first-place prize.

"As a coaching staff, we have been stressing to the guys all season the importance of playing a full game of hockey. Consistency has been our biggest downfall along with penalties. With the exception of our final round-robin game, these guys came to play all weekend long and we took very few penalties.

"By playing smart, consistent hockey and getting lots of shots on goal, they were able to chip away at the opposing teams and capitalize on the chances that resulted. These guys won this tournament simply because they wanted it more than anyone else in that building. They all rose up to the challenge all weekend long. They've all got bumps and bruises to show for it, but I'm sure the gold medal helps to ease the sting a bit."

## Celebrating 40 years of Fung Loy Kok Taoist Tai Chi

LISA CHESTER

*Times Correspondent*

Stratford's Fung Loy Kok Taoist Tai Chi is celebrating its 40th anniversary.

The journey in Taoist Tai Chi in Stratford began in 1984 when, on a trip in the U.S., resident Marsha Ebehardt witnessed a demonstration of the full Tai Chi set and thought it was just beautiful. Upon returning to Stratford, she wanted to pursue the art and began making inquiries. Through contacts she connected with someone in Toronto and founder Master Moy said it was alright to send someone out to Stratford to teach.

Master Moy Lin Shin was a Taoist monk and Tai Chi master who dedicated his life to studying the Taoist methods of transformation and making them widely accessible to all who wished to learn. He synthesized a system for cultivation of mind, body and spirit known as the Taoist Tai Chi arts.

As a friend to Marsha, Bonnie Steinman also became interested and supported Ebehardt as together they began to learn.

"This man came all the way from Toronto and taught all of us in the afternoon, and then taught in K-W in the evening, then he went home. This was in 1984. There was a group of maybe 10 of us, of which Marsha and I are the only two left from the group that started," said Steinman.

After about a year and a half, Master Moy said their leader could no longer go to Stratford from Toronto, leaving the group in a bit of a lurch. Instead of folding, Ebehardt and Steinman travelled to Toronto to continue their training so that they could lead their group back home.

"That's how we grew. We started taking responsibility from there. We would go to Toronto for sessions when we could because we both had young families, so it was a little difficult, but gradually ... and being persistent, consistent and willing to



(LISA CHESTER PHOTO)

### PROSPERITY AND LONGEVITY

**Tai Chi is meant for everyone of any age and capability. Chairs and railings line the walls of the Fung Loy Kok Taoist Tai Chi centre in Stratford for those with balance or mobility issues.**

change, we did it. It's pretty exciting to go to Toronto and meet different people and learn this art," said Steinman.

With continuous growth over the years, they finally settled into their space on Ontario Street, having outgrown previous facilities. Stratford is the centre for south-western Ontario. The international centre near Orangeville, too, was under development beginning 1984 and is also celebrating 40 years this year.

Core principles that guided the development of the Stratford Centre is peace and harmony, a focus for this year. At the recent Lantern Festival held at the international centre near Orangeville, the international blessing for the year was chosen – Peace and Safety to the Young and Old. The blessing chosen for the Stratford Centre is Prosperity and Longevity on all the Family.

"When someone walks in the door, we want them to feel welcome," said Grant Dillman, president for the volunteer board.

Reflecting over the decades, Dillman thinks the biggest achievement was ac-

quiring the centre on Ontario Street, remembering the day that they took possession of the building and their good fortune. He reflected also on personal achievements and his own growth of character.

"As the president of the branch, it was my job to welcome people. I'm kind of a shy person. In high school, I was the guy in the back with my head down, but you don't get that opportunity here. It was up to me to welcome people and do the introductions and get the sessions going. I was not necessarily leading the sessions, but I was responsible for them," said Dillman.

The practice, the art of Tai Chi, is more than the 108 moves. It is about developing mind and spirit. As a not-for-profit charity, the centre's role is to share the learning journey with all who want to participate, regardless of ability, as lead by the teachings of the founder, Master Moy. The main focus is to provide the teaching of Taoist Tai Chi.

To celebrate the 40th anniversary, they are focusing on signing up 40 new participants for the year, and they want to per-

form 40 demonstrations throughout the year.

"Sharing in that way can be powerful. You do a demo and people can see and maybe want to try," said Dillman.

"We have continued to grow. The pandemic was good to us because we had to learn technology. Every week there are meetings, sessions where we have people from all over the world get together. This shows to me that we are capable of change and changing with the times. The basics don't change. We are still there to help each other and promote what we do, but we are not stuck in a rut," said Dillman.

As president, Dillman is glad members continue to embrace local Tai Chi. To the public, Dillman says Fung Loy Kok is open and welcoming. Everyone is welcome to walk through the door, even if they don't want to stay.

For more information about the benefits of Tai Chi, to become a new member or to pop in for a demonstration, visit [www.taoist.org/locations/stratford/](http://www.taoist.org/locations/stratford/) or call 519-273-5614.

# U18 AA Aces ranked in top 10 nationally

SPENCER SEYMOUR

Times Regional Reporter

This season has been extraordinarily special for the U18 AA Stratford Aces, which recently surpassed 50 wins on the year and, as of March 4, were ranked eighth in the entire country out of all U18 AA teams.

Head coach Chad Greenlee told the Times the commitment level of his group has been key to their success.

“They have always been a good, successful team but this year has just been over the top,” said Greenlee. “They have worked really hard to get where they are and they certainly deserve it. Their work ethic and dedication are incredible. They are very dedicated to playing hockey, developing and getting to the next level. They always want to get better so their work ethic and dedication to their teammates and the game that makes them so successful.”

Going into this year, Greenlee explained how everyone had faith in the team’s ability to put forward a strong season, but the kind of year they’ve had is greater than what anyone could have foreseen.

“We put expectations and goals in place for the girls to reach as motivation and we did expect to have a successful season, but not to this degree. I don’t think anybody realized this good of a year was a possibility or expected to have the

season that we’re having. It’s unreal.”

Just as vital to the team’s incredible season, which as of press time has seen the team lose just three games, is the team’s strong bond amongst the players, according to the head coach.

“We’re pretty fortunate to have a really good core of girls who have been together for quite a while. Especially at this age, one of the most important elements for a group to have is team chemistry. The chemistry that these girls have on and off the ice is second to none. Whether they are at the rink or not, they are hanging out outside of the rink, they are doing stuff together at the rink.

“They all push each other and motivate each other. I’ve been coaching hockey for 12 years and I’ve never been part of a group that is this focused and dedicated to seeing their own personal success as well as their teammates’ success.”

That cohesiveness allows the team to easily lift each other higher when things go right as well as hold each other accountable when things go wrong.

“This biggest thing that I’ve noticed this year is that they pick each other up,” Greenlee explained. “If one line isn’t going that night, the other lines pick up the slack. There is a lot of motivation on the bench. They are all talking and encouraging each other. If something does go



(CONTRIBUTED PHOTO)

## TOP OF NATIONAL RANKING

The U18 AA Stratford Aces have had an utterly stupendous season and, at press time, were ranked in the top 10 of the national rankings. Pictured in the front row, from left to right, are Ella Gracey, Emma Gray, Jaden Greenlee, Danielle Heard, Kendall Middleton, Julia Papalia, Tori Campbell, Kiara McGregor, and Mary Lencz. In the back row, from left, are Alex Binning, Ella Boersma, Rylee Nethercott, Mackenzie Heywood, Maeve Turner, Leah McPhee, Taylor Van Hooydonk, and Tessa Burdett.

wrong, they’re not putting each other down, they’re building each other up. They can talk to each other and be upfront with each other when they need to be and none of the carries over after they leave the rink.”

Greenlee confirmed that the season results have increased the group’s belief in themselves and one another, while also reinforcing the value in the work ethic that they have brought forward.

“Confidence is a great thing,

but you want to make sure that you don’t get too confident. But it helps us when we might have our backs against the wall. If we’re down by a goal, with the group that we have, we know we can get out of whatever hole we might be in. They never give up, they keep going and they know that even when we’re down, we’re not out. They know they can overcome any hurdle as long as they keep working.”

Although it isn’t over yet,

Greenlee reflected on what this season means to him and the group as a whole.

“Above all else, I’m just proud of them. I know them personally. I know a lot of the families and parents, and for the amount of time, effort and work ethic that these girls have put in, they deserve it. They deserve everything they get this year and I hope the success keeps coming for them, but I’m extremely proud of what they have done.”

# Brady St. Louis back at the Brier

STEWART GRANT

Publisher

Though Team Nunavut hasn’t yet been able to match its historic win from last year’s Brier, it’s still been a memorable week for local curler Brady St. Louis and his teammates as they compete against Canada’s top teams in Regina.

St. Louis, who was born in Iqaluit but has spent most of his life in the St. Marys area where he currently resides, is making his third appearance at the Canadian men’s curling championships now known as the Montana’s Brier.

A current member of the St. Marys Curling Club and former member of the Stratford Curling Club, he is one of two local players on the team – the other being skip Shane Latimer, who is the men’s curling coach at London’s Western University. Each team at the Brier is allowed one import player who is born outside of the province or territory, and Latimer serves that role for Team Nunavut.

As of press time, Team Nunavut has played five games in this year’s Brier, including a competitive 8-3 defeat on Tuesday to former world champion and Olym-

pic champion Brad Gushue and his Team Canada rink.

The highlight of the week, however, was a thrilling contest between Nunavut and Alberta which occurred during Sunday’s Draw. Alberta is known for having one of the deepest curling talent pools in all of the world, yet provincial champion Aaron Sluchinski and his rink trailed 5-1 to Nunavut following three ends of play. Though the comeback was on, Team Latimer held their own and still led 10-8 heading into the 10th end. Alas, the Cinderella story was not to be for Team Nunavut as the powerful Alberta squad put up four points in the final end to win the game 12-10 and avoid one of the biggest upsets in Brier history.

For the week so far, our local curler has averaged 72 per cent on his shot-making according to Brier statisticians, which is similar to the Nunavut team in general which is at 74 per cent. The top team thus far in this year’s Brier is the Brendan Bottcher rink which has been curling at a cumulative 92 per cent rate.

The Montana’s Brier finishes up this Sunday with the winner advancing to the world championships beginning March 30 in Switzerland.



(CONTRIBUTED PHOTO)

## TEAM NUNAVUT

Pictured here at the Iqaluit Curling Club after winning Nunavut championship are, from left to right, Shane Latimer (skip), Sheldon Wettig (third), Brady St. Louis (second), and Christian Smitheram (lead). Throughout the season, the team has been sponsored by St. Marys based company Synterra Security Solutions LP.

# Agora Gallery honouring 'The Wonderful World of Teddy Payne' for his birthday

EMILY STEWART

Times Correspondent

Agora Gallery is celebrating artist Edward "Teddy" Payne's contributions to Stratford's arts and culture over the past five decades, just in time for his 98th birthday.

The gallery announced on Facebook the Wonderful World of Teddy Payne exhibition will run from March 2-25. Payne was unable to attend the opening reception, so Agora invited as many of his family and friends as possible to stop in and either drop off written messages or record video messages for his birthday on March 5.

Payne, who grew up in Suffolk and Norfolk Counties in Eastern England, studied art at the St. Martins School of Art. His watercolour works feature elements of Stratford and area. The artist has been featured in several Agora Gallery group exhibitions and is a favourite of Stratford's Art in the Park. He's also an author who lived and traveled around the world and served for the Royal Navy in the Second World War.

"I wanted to celebrate him and his work," Cindy Hubert, owner of Agora Gallery, said. "He's been a gem for Stratford's cultural community for decades now. His place is where all of the creative people – actors, artists would gather over the decades and he drew people from all over the place."

His work at the gallery is a mixture of paintings in frames and posters. Several

of the posters of Stratford Festival seasons over the years featured a watercolour painting for each production. His artwork throughout the gallery also included a little bit of Stratford, from the Avon River to the swans to Revel Café.

"They're all pretty much Stratford, but they're very whimsical and really joyful," Hubert said. "It's really wonderful to be surrounded by this work."

The opening reception guests were happy to honour the artist and his watercolour paintings and share their memories with him. Sara James met him at Art in the Park and he asked her to watch his stuff while he went home for a bit.

"About three or four hours later, Teddy came back after he had the best sleep he'd ever had," she said. "But in the meantime, there was a lineup of women trying to buy his artwork, and I had no prices for his art. He's a character."

Ruth Barrett has known Payne for at least 20 years and said after several years of chatting about art, life, history and writing, he's become a dear friend. He's even featured her in some of his paintings.

"I feel like I've been welcomed into his family," Barrett said. "He's like a second father in a lot of ways and just a dear chum."

Jeff Laughton picked up the book, *The Man Who Loved Women: Stories, Drawings, Poems, Paintings*. He's admired Payne's work for several years, but never met him. Laughton skimmed through the



Cindy Hubert, owner of Agora Gallery, stands next to Teddy Payne's watercolour paintings featured in the exhibition, *The Wonderful World of Teddy Payne*.

book and decided to buy it and is proud of how Agora Gallery is honouring the artist.

"It's absolutely fabulous," he said tearfully. "This is part of what Cindy is doing here with the gallery because she saw the opportunity that this man was special and deserved exposure and people would be glad to know about him and she's right,

and now it's happening and it's thanks to her. It's wonderful."

Guests could also purchase his books, art and posters with proceeds directly supporting Payne.

Agora Gallery, at 100 Downie St., is open Friday to Sunday from 11 a.m. to 5 p.m. Visit [agoragallery.ca](http://agoragallery.ca) to find out more about the gallery.



Jeff Laughton flipped through Teddy Payne's book, *The Man Who Loved Women: Stories, Drawings, Poems, Paintings*, at Agora Gallery during the opening reception of *The Wonderful World of Teddy Payne*.



Sara James writes a birthday wish for artist Teddy Payne, who turned 98 on March 5. Agora Gallery will be celebrating his work until March 24 at the *Wonderful World of Teddy Payne* exhibition. (EMILY STEWART PHOTOS)

**SHOP  
LOCAL.**

**SAVE  
LOCAL** 

Support businesses that keep your  
community and its newspaper thriving

# Third concert of INNERchamber season a playful departure

LISA CHESTER

Times Correspondent

The 14th season of INNERchamber is well underway with its third concert held March 3 at Factory 163.

Entitled Play, artistic director Andrew Chung presented a program that took an exciting departure from what one would normally expect of chamber music, or so I'm told.

"The music on this program is inherently playful, full of wit and humour," Chung said in a press release. "What better way to add to the fun than to have actor Sara-Jeanne Hosie join the INNERchamber

Ensemble to share stories and musings on the importance of play in our lives. This is a light-spirited concert that will certainly brighten our days as we look forward to springtime."

And it was fun. The ensemble of Peter Shackleton on clarinet, Judith Davenport on viola and Anna Ronai on piano was clearly having fun as evidenced by the large grins on their faces upon completion of a piece. Hosie as the narrator was engaging and thoughtful when introducing the music.

There was Mozart, as one would expect of chamber music, followed by Carnival of Venice by Paul Jeanjean, written in 1900, in which Shackleton's clarinet truly shined.

He made sounds one would never expect from a clarinet. Closing the first set was Disagree! Op. 116 by Miquel del Aguila, which was a frantic, heart-racing piece that was kind of edgy and caught the audience by surprise.

After intermission was the sentimental work of Max Bruch, who wrote From Eight Pieces Op. 83 for his son to play on the clarinet. Since Bruch wrote the piece in 1910 when he was 70, Hosie invoked the image of Bruch sitting and watching his son play the music that had been composed just for him.

Jamaican Rumba by Arthur Benjamin was a fun, toe-tapping performance, and

was followed up by Trio by Jean Francaix expertly played by the ensemble to an audience eager for more. The applause was thunderous and the standing ovation lengthy.

The evening was a fascinating experience for a first-time attendee who had not been exposed to chamber music before. Being surrounded by those who were well versed in this style of music made it enjoyable and welcoming.

Three concerts remain in the season which, if this show was any indicator, should prove highly entertaining. For more information about INNERchamber and to learn more about the upcoming concerts, visit innerchamber.ca.

## Remembering the past: Roller skating in Stratford in the '60s and '70s

GARY WEST

Times Correspondent

A longtime Stratford resident who has been seen at the Stratford Fairgrounds over the years and also Friday nights at junior B hockey games knows more people than most, and their names come back to him eventually, he says with a smile.

Gary (Newf) Goulding came to Stratford at 19 years of age from Gambo, Nfld. He worked at Kroehler furniture on Ontario Street – where the Arden Park Hotel is today – until it closed.

We sat down recently to remember the good old days and reminisced about roller skating in its heyday in Stratford, an activity that drew the young crowd from St. Marys, Mitchell, Milverton,

New Hamburg, Tavistock and all the areas in between.

Goulding said roller skating really took off in the early '60s when the Stratford Agricultural Society built its new coliseum,

which eventually became the Rotary Ice rink, at the fairgrounds off Britannia Street as a way to generate revenue.

Those who remember the roller rink will remember the roller-skating cruisers who blew whistles when someone fell or when announcements were being made.

Goulding started out as a cruiser and later also played the 45s, taking over from guys like Frank Mansfield, Bill "The Goat" Welsh, Wally Goebel and Dan Rothmel.

He said there were always a few rough-necks, but generally everybody got along. They seldom had any trouble. His job included taking money at the door, manning the concession booth and otherwise serving as a jack of all trades.

He said there were also dances held at the coliseum on Friday and Saturday nights. Staff sometimes worked long into the night to clean the floor for roller skating the next day.

In the early days, Goulding said roller skating was held on some weekdays, on

Saturday evenings where there weren't any dances booked, on Sunday afternoons, and on Sunday nights. The cost was in the neighbourhood of \$1.25 to skate and another quarter or 50 cents for skate rentals. They rented out more than 100 pairs in a busy day. Many regulars owned their own skates, ranging from bearing wheels to precision rollers.

The roller rink usually had someone on duty who could repair skates that were causing problems for skaters.

In the evenings there were all-skates, couples only, ladies only, men only, Paul Jones, and sometimes more than 200 skaters paid to get in. It was the place to be at the time.

There were even all-night roller-skating sessions that began at 8 p.m. Saturday and ended at 8 a.m. the next morning. Some of the regular skaters would come on Saturday night and, when they were done, they'd go home, get some sleep and come back again in the afternoon.

Roller skating continued in the main building until 1971 when a new 21,000 square-foot community hall and a 14,000 square-foot livestock building were added to the north side of the complex. They could then ice skate or play hockey on the Rotary ice and walk down the alley and lace up their roller skates.

For some 20 years, roller skating was a big revenue generator for the agriculture society and there were many years they made up to \$40,000 from roller skating back in its heyday.

"By the early '80s, the roller-skating crowds started to dwindle and over the next decade roller skating was phased out entirely," Goulding said. "That's when I knew it had run its course."

Now in his mid '70s, Newf still gets asked by people about the fun times they had as he cranked out the tunes and went "Roller Bootin'" for fun and exercise.

"How times have changed, but memories live on," he said with a smile.



(GARY WEST PHOTO)

### CRUISER

Gary (Newf) Goulding sits in his Stratford home with a couple pairs of roller skates that he kept from his past, remembering the good times he had while helping at the agriculture society. He's proud to have contributed information about roller skating in Stratford to Chronicles Magazine published in February 2012.



(CONTRIBUTED PHOTO)

### SHOWING OFF

An unnamed teenaged couple show how dancing on roller skates was popular in the late '60s and early '70s at the Stratford Coliseum in this Stratford Beacon Herald photo.

# Stratford Concert Choir members talk about Da Pacem, a concert for peace

LISA CHESTER

*Times Correspondent*

Da Pacem: A Concert for Peace is fast approaching and the Stratford Concert Choir (SCC) looks forward to performing on March 23 at Avondale United Church.

Longstanding member Les Harrison and new member Jennifer Talsma both spoke with the Times about their experience with the choir and the upcoming concert.

Harrison has been a choir member since the inception of the SCC over 40 years ago. In 1981, a new community choir was recruited to perform choral music for a new civic initiative, Stratford Summer Music.

"A choral conductor from Waterloo was invited by the organizers to direct a choir of approximately 100 singers from the community for this singular event. However, members of the choir, having thoroughly enjoyed the experience, decid-

ed to continue as a group that became the Stratford Concert Choir," said Harrison. "The choir reflects a range of musical experience with members eager to promote choral music to Stratford and area. We are fortunate to have Stéphane Potvin as musical director to encourage and challenge us throughout the concert season."

Jennifer Talsma is new to the choir, having only just joined this past September. She attended a fine arts school in Ottawa where she focused her studies around music. She has sung her whole life with her sisters in church, often performing special musical parts.

"Music was just something as part of the fabric of life. Since having a family and time commitments getting in the way, I lost some of the involvement. And now that my kids are older, I wanted to get more music back in my life," said Talsma.

The theme for this concert is peace. Da Pacem Domine (give peace, Lord) by Melchior Franck and Joseph Haydn's Mis-

sa in Tempore Belli (Mass in the time of war) are featured in the program among other songs of peace. It is said Haydn's composition was written as a protest to war. The theme of peace resonates with Talsma.

"I think right now there are so many things pressing in general in the community that makes us feel stressed and harried. Personally too, it seems every stage of life there's something that just pulls, worries at the mind. The practices themselves aren't particularly peaceful, but I am so looking forward to the atmosphere of the concert," said Talsma.

Learning each piece is a journey of exploration.

"I'd say that every piece of music is a journey of discovery, and that applies to singing new works or more familiar ones. I enjoy being introduced to new material and, with the encouragement of our musical director, to discover fresh ways to appreciate it. Our presentation of Da Pacem

connects us with the audience in a special way, but I'll keep the details a secret," Harrison said.

"Every performance is different, the vitality of a live concert making each one special and meaningful. The enthusiasm and expertise of our director, Stéphane Potvin, allow us opportunities and give us confidence to sing new pieces in a variety of styles or to sing familiar pieces in a new way."

The Stratford Concert Choir is and always will be welcoming to new members. For anyone considering joining the choir, the process may feel intimidating because there is an audition process.

"Prepare as well as you can and just sing with love and enthusiasm because it is just so worth it," Talsma said.

The concert is scheduled for March 23 at Avondale United Church. Tickets are available online at stratfordconcertchoir.org or at Blowes Stationary (34 Wellington St.).

## Embracing Hope, Renewal, and Optimism in Spring



IRENE ROTH

*Times Freelance Columnist*

Despite the fact that the weather has been unusually warm this year, and it may have felt like spring was in our midst for many weeks, metrological spring just started on March 1st.

I just recently started hearing

the beautiful melodies of the cardinals in the morning on my windowsill. And we can't forget the calm song of the morning doves.

Spring, with its promise of new beginnings and fresh starts, beckons us to shed the heaviness of the past and embrace the beauty of the present. It's a season of renewal, a time when the earth itself seems to exhale a sigh of relief, and optimism fills the air.

In the midst of life's uncertainties, and there are so many in our world today. Therefore, cultivating hope during this time of hope and renewal is essential to feel happy, joyous and fulfilled.

Here's are a few ways to harness the spirit of the spring and infuse your life with renewed hope.

### Connect with Nature:

Step outside and immerse yourself in the sights, sounds, and scents of spring. Take leisurely walks in parks, gardens, or along nature trails. Pause to admire the delicate blossoms, the tender green leaves unfurling from branches, and the cheerful songs of returning birds. Nature has a way of inspiring awe and wonder, reminding us of the cyclical nature of life and the promise of new beginnings.

### Practice Gratitude:

Cultivate an attitude of gratitude by reflecting on the blessings in your life. Start a gratitude journal where you can jot down three things that you're thankful for each day. Whether it's the warmth of the sun on your skin, different birds nestling along your backyard, the laughter of loved ones, or the beauty of a blooming flower, focusing on the positive can shift your perspective and fill your heart with hope. And there's so much to give us hope in the spring.

### Set New Intentions:

Spring is the perfect time to set intentions for the season ahead. What do you hope to experience in the coming months? Whether it's cultivating a new hobby, nurturing relationships, or embarking on a personal growth journey, setting clear intentions can provide direction and purpose. Write down your intentions for this new season and visualize yourself achieving them. This will help you infuse each aspiration with the hope and possibility.

### Engage in Spring Cleaning:

Clearing out physical clutter can have a profound effect on your mental and emotional well-being. Take advantage of the energy of springtime to declutter your living space, organizing your surroundings to create a sense of harmony and order. As get rid of the old and unnecessary stuff from your home, you can make room for new opportunities and experiences to enter into your life.

### Nurture Your Passions:

Rediscover the activities that bring you joy and fulfillment. Whether it's gardening, painting, cooking, or playing music, make time to indulge in your passions. Try to engage in activities that ignite your creativity and spark your enthusiasm can reignite your sense of purpose and infuse your life with a renewed sense of hope.

### Connect with Others:

Reach out to friends, family, and members of your community for support and connection. Share your hopes, dreams, and challenges with those you trust, and offer your support in return. Building and nurturing meaningful relationships can provide a sense of belonging and remind you that you're not alone on your journey.

### Practice Mindfulness:

Be present in the moment and cultivate mindfulness through meditation, deep breathing exercises, or simply by paying attention to your surroundings. Notice the sensations in your body, the thoughts in your mind, and the

emotions in your heart without judgment. By anchoring yourself in the present moment, you can let go of worries about the past or future and embrace the possibilities of the here and now.

### Celebrate Progress, Not Perfection:

Instead of striving for perfection, celebrate the progress you've made in your life. Every step forward, no matter how small, is a victory worth acknowledging. Be gentle with yourself and recognize that setbacks are a natural part of life. By embracing a mindset of progress over perfection, you can cultivate resilience and keep hope alive.

In the tapestry of life, springtime represents a thread of hope woven into the fabric of existence. It reminds us that even in the darkest of times, there is always the possibility of renewal and transformation.

By connecting with nature, practicing gratitude, setting intentions, engaging in spring cleaning, nurturing our passions, connecting with others, practicing mindfulness, and celebrating progress, we can cultivate a sense of hope that carries us through the seasons of life.

As the world awakens from its winter slumber, let us embrace the spirit of spring and allow hope to bloom in our hearts once more. There is so much hope in spring. There is so much to look forward to. There is so much to enjoy.

May we embrace all of nature's gifts and enjoy her bounty.

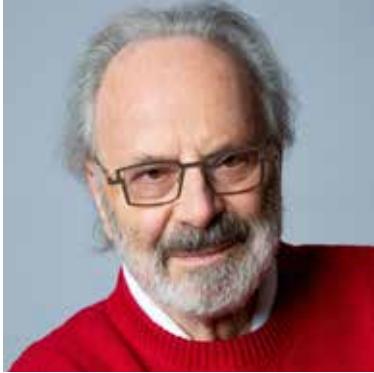
Happy Spring all!

# STRATFORD TIMES

**Contribute to your local  
community newspaper!  
Send articles, sports  
or event recaps, and  
photos to**

**stratfordtimes@gmail.com**

## Can You Die of a Broken Heart?\*



THOMAS R VERNY, MD

Times Contributor

One day this winter, Bill, 76, a retired engineer, while walking to the local grocery store, hit a patch of ice, fell and broke his hip. Three days later, he died. His wife, Margaret, 60, who had been married to Bill for 35 years was devastated. Her sorrow consumed her, she became gradually more withdrawn and more depressed. Within a few days, Margaret succumbed to the emotional torment, and died in hospital of what her cardiologist called the Broken Heart Syndrome.

The broken heart syndrome also called takotsubo cardiomyopathy (TTC) or stress-induced cardiomyopathy, was first described in 1990 in Japan. The condition is usually the result of severe emotional or physical stress, such as a sudden illness, the loss of a loved one, a serious accident, or a natural disaster such as an earthquake. Sym-

ptoms may include severe chest pain, cold sweats, lightheadedness, marked fatigue, and shortness of breath resembling a heart attack. Research suggests that up to 5% of women suspected of having a heart attack actually have this disorder.

TTC predominantly occurs in post-menopausal women. People who have or had anxiety or depression are at a higher risk to develop TTC. Most people who have broken heart syndrome quickly recover and don't have long-lasting effects. But sometimes the condition occurs again. Rarely, broken heart syndrome can cause death.

The incidence and prevalence of TTC seems on the increase. This may be due to a more sensitive clinical screening of patients as well as the effects of SARS-CoV-2 exposure, and lately, by the COVID-19 pandemic. Both, Harvard University and the Mayo Clinic have recently published reports on TTC.

In terms of etiology, cardiologists hypothesize that a sudden surge of stress hormones such as adrenaline and cortisone shock the heart, triggering changes in heart muscle cells or coronary blood vessels (or both) that prevent the left ventricle from contracting effectively.

I don't believe that an outpouring of stress hormones is an adequate or sufficient explanation for the broken heart syndrome.

When we look at such common

expressions as, *He died of a broken heart, Follow your heart, She had a change of heart, His heart was not in it, etc.* it becomes very clear that in peoples' collective imagination the heart is not only a machine that pumps blood but also the seat of emotions (aching heart, change of heart), thought and reason (his heart is in the right place) and personality (bleeding heart, faint heart). Nobody says, "Follow your liver" or "Absence makes the kidneys grow fonder." Only a comedian would say, "The pancreas has its reasons of which reason knows nothing." I am referring here to Pascal's famous saying, The heart has its reasons of which reason knows nothing. And no doctor has ever claimed that their patient died of a broken brain. These expressions and metaphors reflect centuries of folk wisdom and are surprisingly closer to recent discoveries in cardiac function than science previously assumed.

Interestingly, in Japan, takotsubo cardiomyopathy is more prevalent among men. Obviously psycho-social factors play a prominent part in the origins of this condition and so does the brain-heart axis. For example, researchers in Japan measured cerebral blood flow (CBF) in patients with TSS in the acute and chronic phases. In all patients, CBF was significantly increased in the hippocampus, brainstem and basal ganglia and significantly decreased in the prefrontal

cortex in the acute phase. These changes subsided with full recovery.

You may be familiar with the famous experiments of Shomrat and Levin's at Tufts University on planaria that led them to conclude that traces of memory of the learned behavior are retained outside the brain.

New research by J. A. Armour of Hôpital du Sacré Coeur de Montréal has found that the human heart contains an intrinsic nervous system that exhibits both short and long-term memory functions. This intrinsic nervous system of the heart consists of approximately 40,000 neurons called *sensory neurites* which relay information to the brain.

Studies by David Glanzman at the University of California, Los Angeles, exposed Aplysia to mild electric shocks, creating a memory of the event expressed as new synapses in the brain. Then they transferred neurons from the mollusk into a petri dish and chemically triggered the memory of the shocks in them. Next, they added propranolol to the neurons. The drug wiped out the mollusk's synapses formed during learning. When the neuroscientists examined the brain cells - molecular and chemical changes indicated that the engram, or memory trace, was preserved. These studies suggest that memories are stored inside of neurons and not the synapses as was long believed the case in

Aplysia and, very likely, in all animals including the cardiac neurons in humans.

Supporting these findings are studies from Buenos Aires, Argentina and Texas, in which the researchers demonstrated that changes induced in cardiac activation rhythms persist long after the trigger that induced those changes is removed. Response to the same stimulus later on is much greater than the earlier response. The scientists concluded that the heart, like the nervous system, possesses the properties of memory and adaptation.

These studies and others like them prove the existence of the intimate connection between the heart and the brain, both of them containing vast amounts of memories and emotions working as a feedback system complimenting each other and constituting the better part of our mind.

I suggest that there are many benefits to be gained by a viewing the heart as the center of the human personality, of one's emotional connection to oneself and to others. It's the compass that guides us through life, shaping our inner landscape and leading us toward spiritual growth and transformation. Small daily efforts to grapple with the sometimes tough reality of feelings might make it easier to accept a big shift when it comes.

\* Adapted from *The Globe and Mail*, Feb. 12, 2024

## Welcoming Ukrainians: Plans and Cautions

VJ KNUTSON

Times Freelance Columnist

Offering a place to stay to in our home to Ukrainians fleeing war was easy to do.

Our first family of five wasn't here long before I realized their needs extended beyond sheltering. These people had lost everything - careers, home, friends, dreams - and they needed supports in place to help them transition into their new lives. They were traumatized.

I called our local health-care providers and school board to find mental-health supports. Lots of emails went back and forth and, in the end, I was given a list of resources, mostly in English. It just didn't seem to address the immediate problem.

On the advice of others, I reached out to Gwen Ament, then minister of St. Marys Presbyterian Church. Gwen's ministry includes helping refugees and those marginalized. She knew what needed to be done. She needed to create programming, ESL and social outings that would connect our newcomers to the community. Fighting isolation would be our first priority.

It has now become our first priority for the Ukrainians who have settled in Stratford and area. I have been meeting with hosts, groups and local Ukrainians to put together

the first pieces of this puzzle. Starting Saturday, March 9, we will be offering weekly English as a Second Language (ESL) support classes at the Falstaff Family Centre from 1-4 p.m. The ESL teacher is Ukrainian and we will offer childcare for those who need it. Participants can arrive at 12:30 p.m. for social time. We are looking for volunteers to make coffee, tea and snacks. All new English-language learners are welcome. Please note that this program is not affiliated with the Multicultural Association of Perth Huron.

Also in the works is an Easter Celebration bringing together Ukrainians from Stratford and St. Marys, their hosts, volunteers and anyone else who wants to support our mission. This will be a potluck event and I will provide more details closer to the time.

The Cook-Rees Memorial Fund for Water Search and Safety has made possible free swims for newcomers to Canada and their hosts. This series of swims takes place at the Pyramid Recreation Centre in St. Marys and runs for six Sundays beginning March 10. The event is free but registration is required as there is a limit on the number of people who can attend. Email me for more information.

Ukrainians have until March 31 to apply

for permanent residency or extend their Canada Ukraine Authorized Emergency Travel (CUAET) program benefits without fees. The scramble is on to complete forms and, sadly, this makes Ukrainians vulnerable. While people like Ric and I can help guide our newcomers to the best of our ability, we cannot charge for this service. Only authorized immigration consultants can ask for a fee. The College of Immigration and Citizenship Consultants (CICC) has a public register of who is currently authorized. Ask for a CICC number and check the registry before paying fees. (<https://college-ic.ca/protecting-the-public/find-an-immigration-consultant>).

As citizens of Canada, we can help our newcomers by lobbying the government to make changes in support of permanent-residency programs for Ukrainians. At the moment, only those who have relatives that are citizens have a direct route to permanent residency. The rest are faced with uncertainty - an anxious place to be.

The other warning I need to extend at this time while tax season is upon us is for our Ukrainian friends to be

careful about who helps them with filing taxes. Sadly, last year we encountered sex traffickers who were offering a discount to Ukrainians needing help with taxes. This gave them access to people's personal information. My advice: ask Canadians who they trust with their taxes. Some discounts are not worth it.

(Disclaimer: I am a grassroots volunteer and not affiliated with local organizations raising funds for refugees. My goal is person-to-person, hand-to-hand, lifting up those in need. If you'd like to help, please message me at [english.knuton@gmail.com](mailto:english.knuton@gmail.com), or reach out to the volunteers at Stratford Community Connects with Ukrainian Newcomers on Facebook.)



### The Army, Navy & Air Force Veterans in Canada (ANAVETS)

Inviting all eligible Canadian Forces Personnel, Ex-Service Members, their respective spouses, widows, and dependents seeking assistance for programs and services offered by Veterans Affairs Canada to meet with our Service Officer the last Saturday of every month between 10:00am and 1:00pm (by appointment only).

All interested parties are asked to contact President Stephen Cooper at 519-271-3113 to book a date for a consultation.

151 Lorne Avenue, East Stratford, Ontario N5A 6S4

# Comedians Rebecca Northan and Christy Bruce host Women in Business event at the SCC

AMANDA MODARAGAMAGE

Local Journalism Initiative Reporter

Once again, the Stratford Perth Centre for Business (SPCB) and investStratford will host a night of engagement and activities for women+ business owners.

The Women in Business event is being held on March 25 at the Stratford Country Club and will again be facilitated by comedians Rebecca Northan and Christy Bruce.

Dubbed, If Improv Was Your Superpower, the event will invite participants to engage in an evening of improved training and live comedy, which is sure to entertain while also providing insight into connections for business owners.

“In celebration of Women’s Month, we are inviting female-identifying participants to join us as we welcome back our favourite improv artists who will teach you how to harness improv and use it as your superpower,” said SPCB small business advisor Holly Mortimer.

Last year’s Everything is Awkward sold-out event was so successful it prompted SPCB to once again bring back Northan and Bruce, hilarious best friends and award-winning comedians, to the Stratford Country Club to treat participants to another night of entertainment.

“We are still running into clients who talk about how much fun (last year’s event) was, and that’s what makes this event unique,” said Mortimer. “It was really fun. There was a lot of laughter and we want to bring that joyful feeling to women in business when it feels like, more than ever, they are struggling with burnout and anx-

**WOMEN+ BUSINESS EVENT**

**IF IMPROV WAS YOUR SUPERPOWER**

March 25, 2024 | 5:30 pm to 9:00 pm  
Stratford Country Club

In celebration of Women’s month we’re inviting Women+ participants to join us as we welcome back our favourite improv artists who are going to teach you how to harness improv and use it as your superpower.

**Co-Host**  
Rebecca Northan

**Co-Host**  
Christy Bruce

Register at [www.stratfordperthbusiness.ca](http://www.stratfordperthbusiness.ca)

Supported by our partners at Perth County and the Town of St Marys.  
The Stratford Perth Centre for Business is funded by the Province of Ontario, and the Ministry of Economic Development, Job Creation and Trade.

## WOMEN IN BUSINESS

Comedians Rebecca Northan and Christy Bruce are bringing their If Improv was your Superpower event to the Stratford Country Club March 25 in celebration of International Women’s Month.

Being able to laugh when life throws challenges your way can make those challenges feel less overwhelming.”

This year’s event will build on that messaging and teach women+ individuals how to harness improv and use it as a business superpower.

The facilitators will lead attendees through a series of exercises designed to keep stress levels low and enjoyment lev-

els high, all while planting the seeds of improved communication, insights into body language, human connection and fun.

“This event reminds us that while the road to gender equality in the workplace and as an entrepreneur may still face challenges, women+ can overcome anything using the superpowers we already have,” said investStratford CEO Joani Gerber.

The event is made possible by the SPCB

and investStratford with support from Perth County, the Town of St. Marys and the Province of Ontario.

If Improv was your Superpower will be at the Stratford Country Club (53 Romeo St. N.) starting at 5:30 p.m. and running until 9 p.m. A buffet dinner and cash bar are available for all who attend. Tickets are \$40 and available at [www.stratfordperthbusiness.ca](http://www.stratfordperthbusiness.ca) under the events tab.

(CONTRIBUTED PHOTO)

## HELP WANTED



Join our dynamic team! We’re a well-established, mid-sized general contractor/construction company on the lookout for a skilled and detail-oriented **Construction Bookkeeper**. If you’re passionate about numbers and thrive in a fast-paced, growth-oriented environment, we want you to be part of our family-style team.

### Why Join Us?

- Established and mid-sized construction company
- Comfortable family-style work environment
- Opportunity for remote work in emergency situations
- Fast-paced and growth-focused atmosphere

### Responsibilities:

- Handle accounting/bookkeeping functions in collaboration with the accounting department
- Manage Accounts Payable, Accounts Receivable (invoicing and collection), expenses, and receipts
- Ensure prompt payment by monitoring and following up on outstanding invoices
- Accurately and timely post and enter data (subcontractors & vendors)
- Prepare and maintain accounting documents and records
- Prepare bank deposits and general ledger/journal postings
- Reconcile accounts promptly
- Daily posting of key financial transactions
- Provide support to colleagues
- Address accounting or documentation problems and discrepancies
- Manage other administration tasks and reception duties
- Regularly update job-related knowledge

### Requirements:

- Proven accounting experience in construction, considered a strong asset
- Demonstrated knowledge of GAAP accounting principles and procedures
- Strong computer skills in MS Office suite, Adobe Acrobat, Word, accounting software, and familiarity with JONAS (preferred)
- Hands-on/proven experience with Excel spreadsheets (intermediate/advanced)

We would like to thank all applicants for their interest; however, we will contact the most qualified applicants only. Send resume/qualifications to [employment@nithvalley.com](mailto:employment@nithvalley.com)

- Accuracy, confidentiality, and keen attention to detail
  - Analytical thinking and skills
  - Ability to perform filing and record-keeping
  - Data entry and word processing skills
  - Excellent verbal and written communication skills in English
  - Well-organized and a fast learner
  - Ability to prioritize workload, meet (critical) deadlines, and work well under pressure
  - Ability to work independently or as a team member with minimal supervision
- ### Qualifications:
- Post-secondary degree/diploma in accounting or related field preferred
  - 1-2 years of accounting or bookkeeping experience (in construction definite asset)
  - Knowledge of construction management software (Jonas) or equivalent
  - Strong organizational, analytical, interpersonal, and communication skills
  - Ability to perform accurate mathematical calculations
  - Problem-solving skills and ability to follow instructions
  - Effective interaction with people and ability to communicate ideas clearly
  - Flexibility to respond to changing priorities
  - Understanding of Provincial and Federal reporting
  - Adaptability to learn other financial systems as required
  - Enthusiastic with excellent organization and retention skills
  - Ability to excel at customer relations and clear communication with the team and customers
  - Excellent phone etiquette
  - Continuous learning mindset

## HELP WANTED



### Job Title: Health and Safety Coordinator

We’re a medium sized construction company with a big impact. We are a general contractor involved in public tender, construction management, and design build. We focus primarily on the industrial, commercial, and institutional sectors of construction.

### Job Description & Responsibilities:

- Develop action plans based off of project statistics and inspection information
- Conducting project safety inspections on a monthly basis
- Ensure safety compliance with fellow employees and any subcontractors
- Assisting with any incident investigations
- Conduct training and information sessions with all employees to ensure industry compliance
- Project administrative support in project start up (ie: safety control plans, NOPs, safety boards, subcontractor documentation, etc.) and close out (ie: development operation and maintenance manuals)
- Support and implement industry health and safety best practices
- Complete employee orientations, safety orientations, and quarterly company safety meetings
- Coordinate and schedule employee safety training as required
- Conduct and chair JHSC meetings, complete and distribute minutes, and track/ implement JHSC items
- Maintain the Health & Safety Manual, including any development and implementation of new policies based off of industry legislation
- Conduct, create, and track company safety records, project safety

We would like to thank all applicants for their interest; however, we will contact the most qualified applicants only. Send resume/qualifications to [employment@nithvalley.com](mailto:employment@nithvalley.com)

- records, and employee safety records
  - Maintain inventory records of company equipment and tools
  - Office administrative support including redirection of any phone calls, emails, personnel as required
- ### Requirements & Experience:
- National Health & Safety Administrator (NHSA) or National Construction Safety Officer (NCSO) designation is an asset
  - Degree or Diploma in Occupational Health and Safety or related field
  - Thorough understanding of relevant legislation and how it applies to the construction industry
  - Experience submitting and working through a WSIB case
  - Ability to demonstrate superior communication in providing direction and the rationale for various safety policies and procedures
  - 1-5 years’ experience in the field (preferred)
  - Valid Driver’s license
- ### What We Offer:
- Competitive industry wage based on experience
  - Access to a comprehensive benefits plan
  - RRSP matching
  - Use of a company vehicle

# RUN YOUR CLASSIFIED AD HERE!

JUST \$10 + HST PER EDITION Contact: [stratfordtimes@gmail.com](mailto:stratfordtimes@gmail.com) or call 519-655-2341

# Stratford Legion Trivia Night

The Stratford Legion Branch 8 held a very fun Trivia night with 6 tables of competitors chasing first place. The winner of the evening was team 'Quizzically Challenged'. The participants enjoyed chili,

buns, dessert squares and a beverage, followed by the games lead by Dale Bast and Shannon Stewart. Thanks to everyone for your support.

(CONTRIBUTED PHOTOS)



## THE WINNING TEAM

Grace Untucht, Joan Ritsma, Kathy Mutch, Lorraine Lindner, Adele Russell, Edin Russell.



## OBITUARY



### GORDON CLARK MITCHELL

Gordon Clark Mitchell of Stratford died peacefully at the Stratford Rotary Hospice on March 2, 2024, at the age of 86. Predeceased by his beloved wife Laurie (nee Greenwood) by only two months. They are together once again. Clark is lovingly remembered by his four children, Drew (Tracy) Mitchell, Scott (Kim) Mitchell, Laurel Williams, Crystal (Otto) Presley and by his four step-children from the Selves family: Joanne (Michael), Kathy (Brian), Brad (George) and Michael (Lee-anne). Clark was a proud grandfather to Hailey, Sam, Jackson, Abby, Mallie, Mitchell, Joey, Blain, Jessica, Brianna, Jacob, and great-grandfather to Bryce, May, Dot, Ryan, Lea, Logan and Erik. He is predeceased by his parents Gordon and Katherine (nee Milton) Mitchell and by his first wife Elaine (nee Veale) Mitchell (d. 1985).

Born in Neepawa, Manitoba and raised in Sinclair, Manitoba, Clark was proud of his western roots and shared many fond stories about his family's general store and post office. Upon graduation from Brandon College, Clark became a Human Resources Professional and moved his young family to Ottawa. Advancing as far as he could in the federal public service, he moved to the private sector where he added new skills to his resume as a labour relations negotiator. As luck would have it, after meeting Lau-

rie (of Fullarton) through a mutual friend, the City of Stratford posted a newly created position for Director of Human Resources and hired Clark to establish effective human resource practices for the city. He retired from this position in 1998.

Clark loved and invested his time in the city of Stratford. He volunteered his services to organizations such as Avondale United Church, Stratford Rotary Hospice and the Stratford Rotary Club where he was a two-time recipient of the Paul Harris Fellowship. Clark was a competitive baseball player until age 33. Later in life he took up golf more seriously, playing until he was 85. But his real love was curling, skipping teams to victory for more than 60 years. His greatest on-ice achievement was skipping his team to the rarest of curling accomplishments, an eight-ender in an international Rotary curling match in Scotland. Together, Clark and Laurie could always be counted on to attend milestones and social events for their many friends and family members unless they were globe-trotting by leisure van or cruise ship. They enjoyed monthly dinner clubs, cottaging in Grand Bend and relaxing in their home of 35 years. They were a great match!

A joint memorial service for both Clark and Laurie will be held on Friday, March 15, 2024 at 11 am at Avondale United Church, 194 Avondale Ave. Stratford. There will be a private family interment afterward. Donations in memory may be made to the Rotary Hospice Stratford Perth ([www.rotaryhospice.ca](http://www.rotaryhospice.ca)), Avondale United Church ([www.avondaleunitedstratford.com](http://www.avondaleunitedstratford.com)), or the Cancer Research Society ([www.cancerresearchsociety.ca](http://www.cancerresearchsociety.ca)), directly, or through Rutherford Cremation & Funeral Services, 804 Ontario St., Stratford. 519-271-5062.

# COMING EVENTS

Email to inquire [stratfordtimes@gmail.com](mailto:stratfordtimes@gmail.com)

### EVENING OF WINE TASTING

Friday, March 8; 7 p.m.

Legion Hall

The doors open at 7 pm and tasting starts shortly after. The evening includes tastings of 3 red wines and 3 white wines from Maelstrom Winery, with explanations by Sommelier Bob Latham. We finish up with a snack and social time. Tickets are

available at the Legion Branch 8, Flowers on York, on-line (scan the QR code) or from Dave Hartney.

Stratford Legion – office - 519-271-4540 , [stratfordlegion008@gmail.com](mailto:stratfordlegion008@gmail.com)

Flowers on York – 519-273-7777, 2891 Lorne Ave. E, Unit 5

Dave Hartney – cell – 519-703-6544, [dhartney55@gmail.com](mailto:dhartney55@gmail.com)

### GARDEN STRATFORD GENERAL MEETING

Monday April 1; 7:15 – 9:00 p.m. **\*\*New Time\*\***

Army Navy Hall, 151 Lorne Ave. E., Stratford

Featured Presentation: "Harvesting Your Crop at Peak for Flavour and Storage" with Professor Amy Turnbull, Master Gardener. Meeting Open to Everyone; Free Admission.

**Community of Christ**  
 226 Forman Avenue 519-271-4539  
*Proclaiming Jesus Christ  
 with communities of*  
**LOVE, JOY, HOPE & PEACE**  
**Worship with us**  
**Sunday 10:00 a.m.**  
 11:00 a.m. – Fellowship and  
 Coffee Hour  
 We are a Welcoming Community

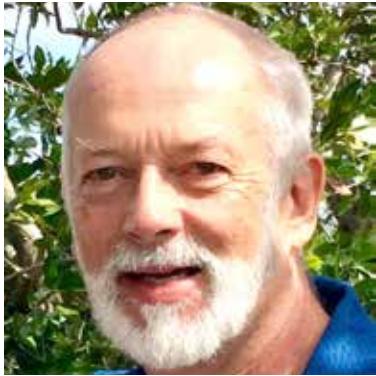
Worship  
 With Us



**Stratford Associate  
 Reformed  
 Presbyterian Church**  
 Quality Inn Festival  
 (1144 Ontario St., Stratford)  
**WORSHIP TIMES:**  
 10 a.m. and 3 p.m.  
[stratfordarp.org](http://stratfordarp.org)

Invite readers to your worship services. Contact [stratfordtimes@gmail.com](mailto:stratfordtimes@gmail.com)

# OH, THE PLACES WE'LL GO: Walking through history at Bunratty



PAUL KNOWLES

*Times Contributor*

It is not rare in North America to find tourist attractions known as pioneer villages. There are several in Ontario, including Doon Pioneer Village in Kitchener, currently closed until at least 2025.

That raises some interesting questions about the state of tourist attractions in Waterloo Region and the sincerity of the commitment of the regional government to them. The region's symphony has been allowed to die, the funding for institutions like the museum has been slashed, the pioneer village is closed for at least two years, but I digress. That's a rant for another time. Stay tuned.

This week, my attention is focused on a unique pioneer village that includes a feature no North American destination can aspire to – an authentic, 15th century castle. If you guessed this destination is not on this side of the Atlantic, you would be correct. The structure in question is Bunratty Castle, proclaimed to be “the most complete and authentic castle in Ireland.” The castle is open to visitors with costumed and well-informed guides and lots of authen-



Street musicians entertaining visitors to Bunratty Folk Park.

(PAUL KNOWLES PHOTOS)

tic heirlooms.

But wait – as they used to say in those cheesy ads – there's more! The castle is well worth a visit on its own, but the good news is visitors also get to explore Bunratty Folk Park, an assemblage of more than 30 buildings representing an historic era in rural and smalltown Ireland.

Here too there are many costumed interpreters portraying the folks that lived in some of these homes, ran the shops, served the community, or, in the case of the constable on patrol, kept the peace a couple of centuries ago.

During several visits to Bunratty, I have watched thatchers at work creating new roofs on thatched cottages, and I have talked to printers, bakers, doctors, farmers and gardeners, or at least people authentically portraying those roles with the appropriate skills and anecdotes.

And I have also – not surprisingly – dined, sipped and lingered in the highly authentic pubs and beer gardens that invite visitors to relax and stop worrying about getting back to the tour bus on time.

To be fair, the castle is the real deal. Some of the homes and shops were either moved here or are recreations of historic buildings. But when you are walking the historic streets, exact provenance ceases to matter. The precise details of architecture, craftsmanship, home-making and animal husbandry immediately draw you into the history of Ireland.

Yes, I did mention animal husbandry. Throughout the village are farmsteads and small fields well-populated with sheep, chickens, pigs and other farm animals.

There is live entertainment here too – not a formal concert in an amphitheatre, but street musicians playing period instruments

and sharing wonderful Irish tunes with passersby.

The history of Bunratty dates back to at least AD 970 when it was the site of a Viking trading camp. The Vikings left a permanent footprint on Ireland, colonizing much of the island nation, and founding many of its main cities including Dublin, the capital of the republic.

The influence of the Vikings remains to this day, partly because, unlike in England and much of Europe, the Romans did not follow the Vikings in invading Ireland. Whereas the largest historic footprint in England is Roman, no such evidence has obliterated the contributions of the Vikings.

The Viking heritage is acknowledged at Bunratty, especially in the whimsical children's Viking Playground where slaughter and ravaging is kept to a minimum. However, the folk park is actual-

ly set in a much later era, the 19th century. One structure that was actually built in that era, on the site, is Bunratty House, constructed in 1804 as the home of the Studdarts, the last family to occupy Bunratty Castle. My favourite feature is not inside the house, it's the wonderful walled garden with its rich assortment of heritage plants and flowers.

Bunratty has proven to be one of the most popular attractions in Ireland. Located near the southwest coast between Shannon and Limerick, the castle and folk park drew almost 350,000 visitors in 2023. A good proportion of them came to the Bunratty Medieval Banquet, one of Ireland's oldest-running entertainment shows, which was first staged 65 years ago.

A visit to Bunratty can easily occupy most of a day, but while you are in the area, there are many other popular attractions that can be added to make for an amazing day out. The dramatic Cliffs of Moher are about an hour away to the north, and the spectacular ruins of the Rock of Cashel, including the soaring cathedral, ancient chapels and artifacts dating back more than a millennium, are just over an hour to the east.

And of course, any ride through any section of Ireland is a treat in itself. The Emerald Isle has certainly lived up to its reputation for amazing scenery and unspoiled beauty every time I have visited.

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



Bunratty Castle.



One of the more beautiful thatched homes in the village.

# Riddles

If athletes get athletes foot then what do astronauts get?  
Missle-toe

Why was the clock in the cafeteria always slow?  
Because every lunch it went back four seconds

What is the hardest thing to hold that even the strongest person in the world has difficulty with?  
Your breath

What did the duck say to the waiter?  
"Put it on my bill"

Where does a 600 pound gorilla sit?  
Anywhere he wants

What did the doctor say to the rocket ship?  
"Time to get your booster shot"

What did the Nerds Candy want to be when it grew up?  
A Smartie

What did the bread say to the man?  
Nothing, bread can't talk

What did the bee say to the naughty bee?  
"Bee-hive yourself"

# Sudoku

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

Solutions on page 31



## Pet of the Month

### CAPTAIN CRUMB

Meet 2-year-old Captain Crumb. He is super affectionate with one goal in life – shower his family with lots of love and cuddles! When Captain Crumb gets excited, he can't help but show off his jumping skills. His enthusiasm knows no bounds, and he's always ready to greet you with a wagging tail and a joyful bounce. With a little training and guidance, Captain Crumb is sure to master his manners and become the perfect member of your family. Are you ready to open your heart to unconditional love? If yes, submit an adoption survey today at <https://kwsphumane.ca/adopt/process>.



# Word Search

## MLB SPRING TRAINING GRAPEFRUIT LEAGUE

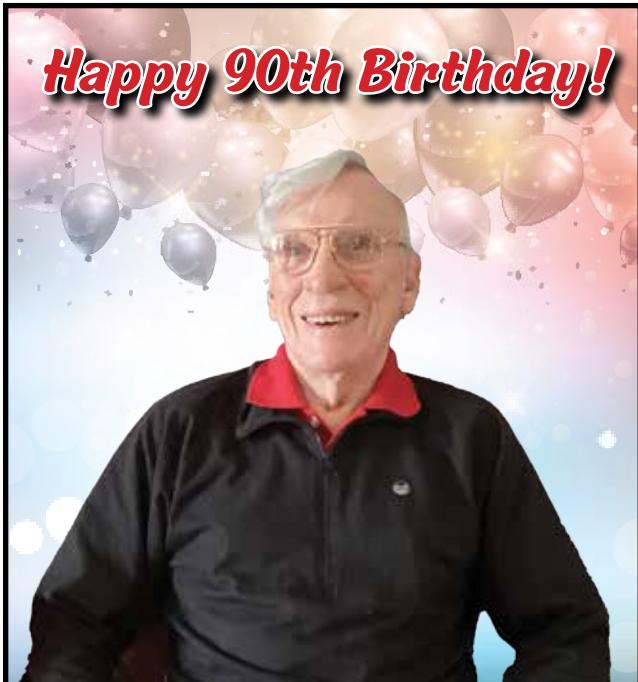
H	Q	X	L	M	V	B	W	M	T	O	W	O	T	L	Y	X	U	D	W
R	X	L	E	P	E	T	T	P	F	P	M	Q	E	E	Z	U	X	R	Y
Y	R	F	B	M	R	T	T	H	C	T	N	X	U	S	Z	S	Y	X	J
E	K	Z	I	O	A	S	S	I	D	F	Y	A	F	N	C	D	H	H	M
O	Y	M	L	G	Q	E	L	J	G	V	R	B	T	E	A	B	H	I	S
T	A	B	Z	P	U	O	A	E	P	O	Z	F	N	I	D	F	F	U	Y
S	D	L	J	L	R	B	N	H	I	U	T	F	J	T	O	U	Z	S	A
S	A	W	B	I	G	A	I	L	R	M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

- Orioles
- Phillies
- Red Sox
- Mets
- Nationals
- Yankees
- Braves
- Tigers
- Astros
- Cardinals
- Rays
- Blue Jays
- Marlins
- Twins
- Pirates

# CLASSIFIEDS

Email to inquire [stratfordtimes@gmail.com](mailto:stratfordtimes@gmail.com)

## BIRTHDAY



Come join us in celebrating the 90th birthday of

**John McIntosh**

on Saturday March 16, 2024 at  
Community of Christ Church,  
226 Forman Ave., Stratford,  
from 2:00-4:00 p.m.

## WANTED

A WORKING CAMCORDER that will play Hi-8 digital tapes. Phone 519-284-3774

## FOR RENT

### COMMERCIAL SPACE FOR RENT

Commercial space for rent in the core of Tavistock, ON. 29 Woodstock St S. Approximately 500 sq feet. All inclusive, air conditioning, heating, water, hydro, parking, snow removal. Original brick walls/Industrial look. Endless opportunities in a growing community, great location.

**CALL 519-301-0480 FOR FURTHER INFO.**

## QUIZ ANSWERS

1. Beyoncé
2. The Indy 500
3. Three
4. China
5. Stingray
6. Five
7. ON - Rachel Homan
8. Red/Blue/Yellow/Green
9. Apple
10. William

**SHOP LOCAL. SAVE LOCAL.** 

## WANTED

\$ Cash Paid \$ for your RECORDS and LPs. Jazz, Blues, Rock, Pop, Folk, Soundtracks, and more. Selectively buying CDs, Cassettes, Turntables, and Stereo Equipment. For more information: **DIAMOND DOGS MUSIC** 114 Ontario St. Stratford / 226-972-5750

WANTING 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. Call or text Stan anytime 519-868-3814.

Fair value offered for your VINYL RECORDS & STEREO EQUIPMENT.

**SOUND FIXATION 519-801-5421**  
56 Wellington St., Stratford

I WILL PAY CASH FOR ANTIQUES AND COLLECTIBLES – Coca Cola Pepsi any pop company, Brewery items Kuntz, Huether Labatts etc. Old radios and gramophones, Wristwatches and pocket watches, Old fruit jars Beaver Star Bee Hive etc. Any old oil cans and signs Red Indian Supertest etc. Any small furniture.

If you are moving or cleaning out stuff please contact me - 519-570-6920.

## FOR SALE

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



QASHQAI®

# FACTORY APPROVED EVENT

MARCH 1<sup>ST</sup> - APRIL 1<sup>ST</sup>

LEASE A 2023 QASHQAI S AWD FOR

**\$58**

FOR

**24**

WEEKLY WITH  
\$3,295 DOWN

MONTHS FROM  
3.99% APR



2001 Ontario Street, Stratford ON  
519.273.3119  
[www.stratfordnissan.com](http://www.stratfordnissan.com)

STORE HOURS SALES: Mon.-Thurs. 9:00-8:00; Fri.-Sat. 9:00-6:00

PARTS AND SERVICE: Mon.-Sat. 8:00-5:00. FOR YOUR CONVENIENCE, OUR SERVICE DEPT IS NOW OPEN ON SATURDAYS

STRATFORD NISSAN



# BUSINESS DIRECTORY Email to inquire stratfordtimes@gmail.com

## ACCOUNTING

**Famme & Co.**  
Professional Corporation  
CHARTERED PROFESSIONAL ACCOUNTANTS  
125 Ontario St., Stratford  
519-271-7581 | Fax 519-271-2737  
office@fammeandco.on.ca

## CLEANING



- Mobile Auto Detailing
- Residential Cleaning
- Commercial Cleaning

www.boscocleaningservices.ca  
519-697-2376 | 519-694-2079

## CONSTRUCTION



"Serving Stratford & area since 1977"

www.fraserpaving.ca

Driveways • Parking Lots • Excavating  
Truck Rentals • Asphalt Patching

Call Scott or Denise  
for a free quote.

519-271-5690

## CONSTRUCTION



5875 Line 26, Fullarton, On NOK 1H0

519-949-3107

Construction Management  
General Contracting

info@jandjconst.com  
www.jandjconst.com

## CONSULTING



- Environmental Site Assessments
- Remediation
- Records of Site Condition
- Excess Soil Management
- Groundwater and Surface Water Monitoring

www.cxkenvironmental.com

**SHOP LOCAL.**

## HOME APPLIANCES

**PHELANS PLACE**  
Appliances  
APPLIANCES • PARTS  
237 Huron Road,  
Sebringville  
519-393-6181  
info@phelansplace.com  
www.phelansplace.com

## FENCING / DECKS

**ALL SHORES**  
Fencing & Decks  
519-273-2003  
info@allshoresfd.ca

## HUMANE SOCIETY

Stratford Perth  
**HUMANE SOCIETY**  
125 Griffith Rd, Stratford  
519-273-6600  
kwsphumane.ca

## INVESTMENTS

**Franklin E. Hinz**  
196 Ontario Street, Stratford  
519-273-1633  
www.franklinehinz.com

## JUNK REMOVAL

**DIAMOND DISPOSAL**  
BIN RENTAL OR FULL JUNK REMOVAL  
519-284-2221  
www.diamonddisposal.ca  
info@diamonddisposal.ca

## MORTGAGE

**RBC**  
Eric Miller  
Mobile Mortgage Specialist  
226-921-5248  
eric.miller@rbc.com  
Mortgage advice  
for your new home.

**SAVE LOCAL.**

## MORTGAGE

**MORTGAGE ALLIANCE**  
LET ME FIND  
THE RIGHT  
MORTGAGE  
FOR YOU!  
PAUL BARTON | 519-272-9559  
pbarton@mortgagealliance.com  
Mortgage Agent Level 2

## MARKETING

**TOWN CRIER**  
MARKETING  
FREE CONSULTATION

## PHARMACY

**PharmaChoice**  
Stratford Medical  
Pharmacy  
• Travel Clinic  
• Compounding Pharmacy  
• Easy prescription transfers  
342 Erie St (Jenny Trout Centre),  
Stratford, ON N5A 2N4  
Phone: 519-272-0888  
www.stratfordmedicalpharmacy.ca

## REAL ESTATE

**JENNIFER ANDERSON**  
BROKER  
ROYAL LEPAGE Hiller Realty  
519-301-2736  
www.jandersonrealestate.com

**Tina Grasby**  
BROKER  
b. 519.508.HOME (4663) | m. 519-275-7663  
tgrasby@homeandcompany.ca  
homeandcompany.ca

## REAL ESTATE

**LUCIE STEPHENS**  
SALES REPRESENTATIVE  
519-703-0333  
RE/MAX 3-B REALTY LTD BROKERAGE  
SOLD!

## LIST WITH CHRIS!

**ROYAL LEPAGE**  
Chris Evans, Broker  
Hiller Realty Brokerage  
100 Erie St., Stratford, ON | 519-276-9101  
listwithchris@wightman.ca

**Liz Yundt, REALTOR, Coldwell Banker - Exemplary Service GUARANTEED!**  
I will always do my absolute best for YOU - I am persistent, hard-working, honest, enthusiastic, tenacious, and most importantly, thorough! I will listen to your needs and strive to meet your goals. Please consider me as your passionate real estate sales representative for you, my most important client!  
519.272.9017  
lizyundt.realtor@gmail.com

**DAVE FAIR**  
REALTOR®  
Make Real Estate a  
'FAIR' GAME  
www.davefair.ca  
905.866.7577  
ROYAL LEPAGE Hiller Realty

## SHARPENING

**STONECRAFT FINE SHARPENING**  
Achieving a superior cutting edge  
using traditional whetstones, files,  
and diamond grit hand tools  
Knives - Scissors - Tools - Repair  
Located in Stratford  
Pick up/Drop off service available  
Contact Dani at:  
dani@stonecraftsharp.com  
www.stonecraftsharp.com  
519-998-7954

**ADVERTISE HERE**  
FOR AS LOW AS  
\$15 PER ISSUE!  
Contact:  
stratfordtimes@gmail.com  
or call 519-655-2341

## REAL ESTATE

**Home & Company**  
REAL ESTATE CORP. BROKERAGE  
Toni McLean Sales Representative  
519-274-1120 Direct  
245 Downie St, Stratford, N5A 1X5  
tmclean@homeandcompany.ca

## TRAVEL

**STONETOWN TRAVEL**  
150 Queen St. E., St. Marys  
519-284-2332  
210 Mill St., New Hamburg  
226-333-9939  
www.stonetowntravel.com  
agent@stonetowntravel.com

## WATCH/CLOCK REPAIR

**Watch & Clock Repair**  
FREE ESTIMATES  
Watch batteries, bands & crystals  
All makes & models. New & Old.  
House calls available  
**Antiques in Time**  
45 York Street | 519-272-0411  
www.antiquesintime.ca

## WINDOW WASHING

COMMERCIAL - RESIDENTIAL  
**SQUEEKS**  
PROFESSIONAL WINDOW CLEANING  
JARED GOWAN | HEATHER GOWAN  
519-854-5254  
jaredsqueeks@live.ca | www.squeeksclean.com

## SUDOKU

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



**\$579**  
TAXES IN

**TWIN OVER TWIN, 3 COLOURS**



**\$449**  
TAXES IN

**STORAGE BED, GREY LINEN, DOUBLE OR QUEEN**



**\$2,249**  
TAXES IN

**PULL OUT SECTIONAL WITH STORAGE**



**\$1,199**  
TAXES IN

**SPECIAL BUY!**  
**DOUBLE SOFABEDS**

**2 STYLES,  
2 COLOURS**

Made in Canada

# Spring Renewal Event

**Twin mattresses  
starting @ \$99**

**QUEEN SET  
\$399  
TAXES IN**



**RESTOPEDIC**  
• 416 coil  
• Edge guard  
• HD fibre pad

**QUEEN SET  
\$999  
TAXES IN**



**INTERLUDE**  
• 1130 pocket coils w/  
quantum coils  
• Full layer copper latex  
• Full layer Serene  
response

**SAVE  
60%  
2023 SELECTED  
MATTRESSES**

**QUEEN SET  
\$959  
TAXES IN**



**ENSLEY**  
• 1090 pocket  
coil  
• Airflow foam  
surround  
• Posterized  
centre 3rd

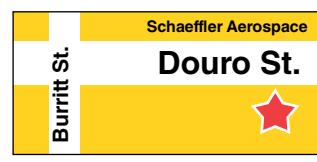
**Queen Lifestyle  
bases starting at  
\$699 tax in**

**EVERY MATTRESS TAX INCLUDED** **PLUS** **FREE LOCAL MATTRESS DELIVERY & REMOVAL** **PLUS** **FINANCING AVAILABLE OAC**

# Home furniture



**MAIN STORE:**  
519-273-9330  
2954 Hwy 7&8 E



**OUTLET:**  
519-273-7453  
617 Douro Street

Follow us on:

**Outlet Hours:**  
Thurs. to Fri. 10 to 6  
Sat. 10 to 5  
Sun. 12 to 4  
**Main Store Hours:**  
Mon. to Thurs. 10 to 8  
Fri. 10 to 5  
Sat. 10 to 5  
Sun. 12 to 4

[www.stratfordhomefurniture.ca](http://www.stratfordhomefurniture.ca)  
[www.homefurniture.ca](http://www.homefurniture.ca)