



Goderich Sun

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Goderich Winterfest Returns with More Fun and Excitement to Kick Off 2026

GODERICH SUN STAFF

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Goderich Winterfest is right around the corner, where residents and tourists can experience all the incredible winter events Goderich has to offer on February 6 until February 8.

Goderich Tourism is serving up a few fun surprises for the public this year. On February 7, bundle up, grab your mittens and head downtown for one of Winterfest's most lively outdoor hubs.

On Saturday, February 7 from 10 a.m. until 4 p.m., Courthouse Square transforms into a winter playground packed with family-friendly fun and non-stop action.

Jump into a variety of exciting outdoor games and attractions, including mini stick hockey, connect four basketball, a larger-than-life Maze Castle, and an axe throwing cage.

Whether you're testing your skills, cheering from the sidelines, or just soaking in the festive atmosphere, there's something around every corner to spark a smile.

On Friday and Saturday, Huron County Museum will be host 'Make a Mess', unstructured indoor play for primary-aged children, Friday from 10 a.m. until 4 p.m. and Saturday from 1 p.m. until 4:30 p.m.

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(CONTRIBUTED PHOTO)

Donnelly Murphy made a very generous donation of \$10,000 to the campaign.

Goderich Track Rebuild Project: More Support from New Donors to the Track Rebuild Campaign

KATHLEEN SMITH

Editor

To continue support of the Goderich Track Rebuild Campaign, members of the committee issued a challenge for the month of January to get 2,000 donations of \$26 (or more).

As of January 18, the committee has received 103 donations.

"This is a great start, but we still have a lot more to bring in to get to 2,000," stated Corey Boyle of the committee.

Donations to the campaign can be made by cash or

cheque and dropped off at GDCI, on the committee's Canada Helps account, or if you're a GDCI family there is an option on school cash online.

Once a donation has been made, confirm with the committee through email (goderichtrackrebuild@gmail.com) or a Facebook message.

Upcoming fundraisers include the sale of Candy Grams for \$6 each to be picked up in time for Valentine's Day. One hundred per cent of sales will be donated to the campaign.

CONTINUED TO PAGE 2

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Goderich Track Rebuild Project: More Support from New Donors to the Track Rebuild Campaign

CONTINUED FROM FRONT

Dominos Pizza will donate 20 per cent of sales in the window of time between 4 p.m. and 8 p.m. on January 22.

Boston Pizza will run a fundraiser on February 23. They will offer all you can eat pizza and pasta for \$30, with \$15 from each meal sold coming back to the campaign.

"The fundraising is going really well," added Boyle.

"We need to raise about \$130,000 more. We have some plans for more fundraisers in the spring, so stay tuned for those. In the meantime, we are always grateful for community support and all the creative ways people have found to raise money for us."

List of new donors:

Art's Landscaping - \$5,000
Backstreet Girls from Caledonia Terrace - \$1,000
Samuel's Hotel - \$500
Garland family - Andrew, Julie, Arabelle, Gideon, and Helena - \$1,000
EARTH Power - \$5,000
Donnelly Murphy Lawyers - \$10,000
Auburn Lions Club - \$500

Huron Medical Aesthetics - \$400
BM Ross Firm - \$2,000
Sommer Brothers Construction - \$1,000
Jaclyn Nutma organized a co-ed volleyball tournament - \$3,000
Precision Cabinetry - \$1,000
For more information on the campaign visit the Goderich Track Rebuild Facebook page.



(CONTRIBUTED PHOTO)

Rick and Joanne of Art's Landscaping made a \$5,000 donation.



(CONTRIBUTED PHOTO)

Sommer Brothers Construction made a \$1,000 donation.



(CONTRIBUTED PHOTO)

BM Ross Firm generously donated \$2,000 to the track rebuild.



(CONTRIBUTED PHOTO)

ERTH Power generously donated \$5,000 to the track project. (L-R): Chris White, Trevor Bazinet, Josh Smith, Jenny Jeffrey, Doug Cruickshank.

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Editorial

Choosing Grace: Finding Light in the Dark Months

PAMELA CLAYFIELD

Sun Correspondent

There's a quiet honesty to winter that we don't always talk about. Beneath all the sparkle of the holidays and the beauty of freshly fallen snow, we reach a point when the season feels long, dark, heavy and hopeless.

Days when the hope feels like it's draining away.

Winter has a way of slowing us down,

sometimes more than we expect. The shorter days, the longer nights, the grey skies — they can settle into our spirits in ways we don't always see coming.

Yet, there is grace in acknowledging that truth. There is strength in naming what we feel instead of pretending we're fine.

What I've learned over the years is that winter asks something different of us. It hints that we need to be gentle with ourselves and to rest when we need to. We also need to seek out small moments of light

like taking a walk on a bright afternoon.

If it's not possible a warm cup between our hands or a conversation with someone who understands can be just as comforting. These moments don't erase the heaviness, but they remind us that it won't last forever.

Maybe that's the quiet gift of this season. Winter teaches us that even in the darkest months, light still finds its way in. It comes through the people who check on us, the routines that steady us, the hope

that slowly grows as the days lengthen again.

It comes through grace - the grace we offer ourselves and the grace we extend to others who may be carrying their own winter inside.

If this season feels heavy for you, know this: you're not alone. Many of us are walking through the same cold, the same early sunsets, the same longing for brighter days. And together, we'll get there. One small light at a time.

Letter to the Editor

Re: Consolidation of Conservation Authorities

Dear Editor,

In a letter to MPPs, I wrote to ask that they oppose regional consolidation of Ontario's conservation authorities (ERO #025-1257).

I am sure you have heard from many citizens a myriad of reasons the proposed consolidation makes no logical sense. I will attempt to reiterate them but present my own observations.

I am a resident of Goderich and founder of the artist collective known as WorldRooted: the Art Project for People.

Together, we develop inclusive experiences to engage our community members in good work being done locally.

Our award-winning Froggy Fest, leap-year celebration of Conservation and the Arts, has in its two years, highlighted over a dozen nonprofits, raised tens of thousands of dollars and drawn hundreds of families to joyfully partake in ecological stewardship.

Conservation authorities have been an integral part of this work. No one is better equipped to inform our community members, to engage our children than they are.

In just one single festival day, Maitland Valley Conservation Authority (MVCA) delivered interactive education to 550 adults and 200 children. They equipped our nonprofits with resources, supported our messaging with data,

and most importantly they were HERE.

When the MVCA wasn't able to attend a certain festival day, Ausable Bayfield Conservation Authority (ABCA) stood in its stead. That's how friends and colleagues work.

Have you any idea how significant this is?

Seven large conservation authorities could never perform the mighty work of our 36 conservation heroes: knowing our watersheds and knowing our people, understanding local needs and community values, and empowering the next generation through knowledge and hope.

This cannot be overstated – our children are our light. It is up to them to not only clean up our mess but to make better decisions for the future. Our children will naturally

take care of what they love, and I can attest, our conservation authorities are teaching out children to love our world.

All good things take time and step by meaningful step, our 36 conservation authorities is not only preventing the disastrous consequences of extractive corporate overreach and too-hasty development. It is imparting the gift that matters the most – hope.

Ontario's conservation authorities must remain community driven. Please do not support the proposed consolidation.

*Thank you,
Bethany Ann Davidson
Goderich*



Goderich Sun

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8. Newspapers should be locally-owned and operated

Maple Leaf Chapter IODE Goderich Presents 2025 Citizenship Award

GODERICH SUN STAFF

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The IODE Maple Leaf Chapter had the great pleasure of awarding long-time member Nancy Hughes with the



(CONTRIBUTED PHOTO)

Nancy Hughes (centre) received the 2025 Citizenship Award at a recent gathering of the Maple Leaf Chapter IODE. Seen here with Ann-marie Becke (Membership) and Penny Murray (Incoming Regent).

Goderich Winterfest Returns with More Fun and Excitement to Kick Off 2026

CONTINUED FROM FRONT

According to Goderich Tourism, it's the perfect place for kids to explore, create and burn off some winter energy.

All weekend long, you're invited to cosy up on the Cinnamon Bun Trail. Visit a participating restaurant in Downtown Goderich to purchase your qualifying cinnamon bun item.

Snap a picture, tag the business, and post on the Downtown Goderich BIA Facebook page for a chance to be entered into a draw for BIA Bucks.

Visit the Goderich BIA's Facebook page for more information and map of participating restaurants.

As evening falls, lace up your walking boots and enjoy the magic of the Candlelight Walk through Maitland Woods on Friday from 7 p.m. until 8:30 p.m. presented by the Maitland Trail Association.

Wander the beautifully illuminated 1.5 km trail, where the natural landscape glows softly by candlelight.

This is a free event, and guests are welcome to bring their own lanterns, to add a personal touch to the atmosphere.

If an outdoor walk is not your speed, head over to the Goderich Legion where they are hosting the two meat draws from Friday and Saturdays from 5 p.m. and 9 p.m.

The music kicks off at 5 p.m. with the first draw of the night at 6 p.m.

Be whisked away by the cosy vibes of Jim Otterbein on Friday and dance the night away with the Cheap Thrills band on Saturday. These are age of majority events.

Whether you're playing, cheering, swimming or skating, the Maitland Recreation Centre (MRC) will be buzzing with activity

all weekend long including open gym time, cheering on Goderich Ice Crushers Ringette teams, taking a dip in the pool with open swim, and cap off the weekend with an hour of open skate.

Participants aged 10 and under must be directly supervised by a parent or guardian. Those 16 years and older are required to present valid photo ID and sign a waiver upon admittance.

Don't forget to take a trip up to the Goderich Fire Hall on Saturday for the annual Rotary Chili Cookoff. Returning and new teams take on the challenge of Best Chili in Town. Donations will be accepted at the door supporting the Goderich Rotary Club and Goderich Fire Department.

Drop into the Huron County Library for a cosy Winterfest escape. Warm up inside while enjoying a magical lineup of short shows and story screenings. Sip hot chocolate, munch on popcorn, and relax in a festive, family-friendly space.

No registration required.

Head to the Columbus Centre on Sunday for a fun afternoon of Bingo, presented by the Goderich Legion.

Bring your luck and see if you can take home a prize. This is an age of majority event.

Round out your weekend with the game on, sound up and plates full at Goderich Boston Pizza on Sunday evening for the Super Bowl Watch Party.

Get to Boston Pizza early to claim your seat for the biggest game of the year.

For more information and updates, stay tuned to the Town of Goderich's official channels and local media outlets at Explore Goderich.

2025 Citizenship Award at their December Christmas dinner.

Nancy has tirelessly served the Goderich chapter in many capacities – nationally, provincially and locally.

Nancy's vast knowledge of IODE, devoted service and unwavering dedication is remarkable.

"Her kind and friendly demeanour has made an impact on members as well as her community," said Heather Ball, Communications Convenor, Maple Leaf Chapter IODE Goderich.

"Thank you, Nancy, for your outstanding leadership and congratulations."

World Wetlands Day Encourages to Get Rooted and Grow Native Plants

GODERICH SUN STAFF

info@goderichsun.com

As World Wetlands Day approaches, Ausable Bayfield Conservation Authority (ABCA) encourages residents to get rooted and grow native plants.

ABCA has partnered with Baker's Nursery Ltd., in the Bayfield area to host a workshop, on seeds from native plant species.

This workshop is on Thursday, February 5. Registration is required and space is limited.

According to ABCA, Todd Baker of Baker's Nursery will give some insight on the whole process of growing native species of seeds.

Baker will share his knowledge about seed cleaning to stratification, and those in attendance can participate in some hands-on sowing of seeds.

Angela Van Niekerk, ABCA Wetlands Specialist will discuss where they plant native species of plants at local wetland restorations.

Van Niekerk said wetlands are extremely important and provide many benefits to people and to water quality and quantity.

"Together, we can create healthier, more diverse wetlands and natural spaces," Van Niekerk explained.

Since 2008, ABCA has helped more than 130 local landowners create 174 wetlands.

According to ABCA, the wetlands projects have been possible with low or no costs to the participating landowners. This is thanks to funding partners from Fisheries and Oceans Canada, Environment and Climate Change Canada, the

Ontario Ministry of the Environment, Conservation and Parks, and Huron County Clean Water Project.

Other funding partners over the years have included Ducks Unlimited Canada and ALUS Middlesex.

"Do you think a wetland may enhance your property? Give us a call at Ausable Bayfield Conservation for a site visit and to find out about financial incentives to make your project possible," added Van Niekerk.

"Staff make it easy for landowners to do these projects with little or no paperwork."

The theme for World Wetlands Day (WWD) 2026 (on February 2) is Wetlands and Traditional Knowledge: Celebrating Cultural Heritage.

This year's WWD highlights the deep-rooted connections between wetlands and cultural practices, traditions, and knowledge systems of communities.

To register for the February 5 workshop visit <https://www.zeffy.com/en-CA/ticketing/world-wetlands-day-get-rooted-grow-native-plants>, or visit the abca.ca site.

To learn more about WWD, visit WorldWetlandsDay.org

World Wetlands Day
2 February 2026

Wetlands and traditional knowledge:
Celebrating cultural heritage



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Local School Boards Highlight Efforts and Strengths Amid Ontario's Low Math Scores

AMANDA NELSON

Sun Correspondent

After recent reports that nearly half of Ontario's Grade 6 students failed to meet the provincial standard in math, the Huron Perth Catholic District School Board (HPCDSB) and the Avon Maitland District School Board (AMDSB) say it's not all bad news.

Ontario Education Minister Paul Calandra released the latest Education Quality and Accountability Office (EQAO) testing data, noting that only 51 per cent of Grade 6 students met the provincial standard in math this school year.

"When I got results, it frustrated me

and made me quite upset," Calandra said during a press conference early this month.

"If we were doing it right, then we wouldn't have 50 per cent of our students not meeting provincial benchmarks."

In a media release, the HPCDSB said 68 per cent of its students in the primary division met the provincial standard in math, 55 per cent of junior division students met the standard, and 51 per cent of Grade 9 students achieved the standard.

The AMDSB reported that 67 per cent of Grade 3 students met the provincial math standard, 52 per cent of Grade 6 students met the standard, and 47 per cent of Grade 9 students met the stan-

dard.

Although math scores throughout the province were not as strong as expected, both AMDSB and HPCDSB say results show improvement that exceeds provincial standards in reading, writing and the Ontario Secondary School Literacy Test (OSSLT).

The AMDSB reported improvement across all eight measures, with some increasing by as much as 11 per cent over the previous year.

The HPCDSB said it is proud of its ongoing focus on student achievement, which continues to be reflected in test results. The board also reported having one of the highest participation rates in

the province.

Both boards note that these results are just one of many assessment tools used to measure and support student achievement. They add that the data represents a snapshot in time and is most useful when examined as part of long-term trends.

"Our EQAO results reflect the hard work of students and staff as they continue to progress toward excellence in literacy and mathematics," said Mary Helen Van Loon, chair of the HPCDSB.

"We are proud of their achievements but recognize there is still work to be done. As a board, we remain diligent in our efforts to provide the support and resources necessary to reach these goals."

Public Health Offers Preventative Measures While Respiratory Illness Season is in Full Swing

KATHLEEN SMITH

Editor

While respiratory illness season is in full swing, Huron Perth Public Health (HPPH) provides residents with simple prevention measures that can help protect the health of the entire community.

According to HPPH, current surveillance data show influenza activity continues to be high across Ontario, including the region of Huron and Perth counties.

HPPH reminds residents that vaccines are the best way to protect against severe illness from respiratory viruses.

"Getting immunized, washing hands frequently, covering coughs and sneezes, wearing a mask when appropriate, and staying home when unwell will help limit the spread of respiratory illness," explains Dr. Miriam Klassen, HPPH medical officer of health.

It's not too late to get immunized. Ontario residents aged six months and older are eligible to receive annual influenza and COVID-19 immunizations.

Select high-risk groups are eligible to receive RSV immunization, including adults aged 75 and older.

Infants and high-risk children can get the RSV monoclonal antibody through hospital maternal child units and primary care providers.

HPPH will continue to offer COVID-19 and influenza immunizations to children four years of age and younger.

"Limiting the spread of illness helps to reduce the burden on our healthcare system," added Dr. Klassen.

Public Health Ontario provides up to date, thorough information on influenza, COVID-19 and RSV activity through the Ontario Respiratory Virus Tool: <https://www.publichealthontario.ca/en/Data-and-Analysis/Infectious-Disease/Respiratory-Virus-Tool>

Within that tool, respiratory virus data can be reviewed, such as number of cases and hospitalizations, for Ontario and for Huron and Perth counties.

Additionally, HPPH posts active outbreaks in Huron Perth on the Outbreak Summary 2025-2026 website: www.hpph.ca/outbreak

This summary includes all open and closed respiratory and enteric outbreaks in Huron and Perth long-term care homes, retirement homes and hospitals.

HPPH encourages residents to contact their healthcare provider or local pharmacy to ask about receiving these vaccines.

To learn more about how to prevent the spread of respiratory illnesses, including information about immunizations, visit www.hpph.ca/reduceillness

Huron County Museum Launches Oral History Project to Preserve Local Stories

GODERICH SUN STAFF

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Huron County Museum is launching a new oral history initiative to help preserve local stories, memories and lived experiences for future generations.

According to the Museum, to kick off the project, hands-on community workshops this winter will be held to teach participants how to plan and conduct their own oral histories.

"We know many of these stories live in the community, not just within the Museum's walls," said Elizabeth French-Gibson, Senior Curator.

The project also includes a free and publicly accessible Oral History Guide and Best Practices online tool.

According to the Museum, this guide is a practical, beginner-friendly resource that will walk users through every step of recording an oral history.

Participants of the workshops will gain early access.

The Museum explains that community members are invited to participate as potential interviewees, sharing their knowledge and experiences as part of the County's historical record.

French-Gibson says the initiative focuses on collecting memories and ex-

pertise that deepen the stories behind objects in the Museum's collection.

"This project gives residents the opportunity to add their voices to Huron County's shared historical record," added French-Gibson.

The Museum is interested in hearing from individuals connected to historic or former local businesses including historic bakeries, dairies, Champion/Volvo and former manufacturing companies (clothing, organs, pens, etc.).

French-Gibson explains the project is also seeking community knowledge and lived experience related to Huron County sledge hockey, pre-1960s dental equipment, COVID-19 experiences, high school experiences from the 1950s-1960s, the 2011 tornado, and prohibition or the dry years.

This project is supported through funding from the Young Canada Works Building Careers in Heritage grant program through the Canadian Museum Association, Government of Canada.

To learn more about this exciting new project visit <https://tinyurl.com/mrbe53r3>

Two virtual sessions will be held on January 22 and February 19.

An in-person session is scheduled at the Museum for February 5.

SUBMIT YOUR LETTER TO THE EDITOR TO US!
CALL 519-655-2341 OR EMAIL
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Probus Club of Goderich Plans for the Year Ahead

ANN TOTTEN

Sun Contributor

Probus Goderich is a not-for-profit, non-political, social club that is part of a worldwide network of Probus clubs, founded by Rotary.

Its membership is retired or semi-retired individuals gathering monthly to hear inspiring speakers or join in interesting activities.

It is an inclusive group with a focus on fun, making new friends, learning, staying active and maintaining important social connections as people age.

Each month the club listens to a guest speaker, followed by a short business meeting.

The Probus Club of Goderich has been quite active over the season since resuming in September.

During a recent meeting the club members discussed the stories that interested its members and upcoming events in town.

Since September, at the club's meetings members heard from a former Argonaut football player who regaled us with tales of professional sports and some of us got to try on his Grey Cup ring.

The club also heard the story of the Farmerettes, who played quite a part in keeping the farms going here in Ontario when our young men were away fighting in the war. It was fascinating to learn that young ladies could work that hard in the fields.

Starting up a company is not an easy task, but Probus Club members have come to learn that Coastal Coffee is filling a niche in our community.

The Celtic Festival is a cornerstone of the summer activities here in Goderich and we were grateful to have heard about how it all started and the legacy of the beloved music festival in this town.

There are many more stories just waiting to be told and we have some interesting speakers coming over the winter and into the spring.

The Probus Club has more than guest speakers.

We have been part of events such as touring the interactive murals, mostly in Clinton. This led us to discover the Van Egmond House in Seaforth and Ever-spring Farms Ltd.

The tour through the farm was so informative, especially with such an emphasis



(CONTRIBUTED PHOTO)

A snap from the cookie exchange in December. (L-R): Penny Norkett, Bruce Totten, Janet Laws, Barbara Desjardins, Lynda Rotteau, Linda Lindfield and Keith Landell.

on healthy eating now.

In December we decided to bring back something from the past – a cookie exchange. It was a huge success as we all want a variety of cookies and squares but how many can one or two people eat?

We gathered to

have a lovely Christmas luncheon at the Legion for our Christmas party.

Probus is a social club, and we are a non-profit organization which does zero fundraising.

The Probus Club of Goderich meets once a month on the first Tuesday of the month at Knox Presbyterian Church at 10 a.m.

Most meetings follow the schedule of listening to our guest speaker for the month, followed by a business meeting. For those wishing to go, we carry on to a local restaurant for lunch.

If you think this is a club you would be interested in, please come out to a meeting.

Gateway Brings Volunteers Together for Appreciation Lunch

GODERICH SUN STAFF

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Gateway Centre of Excellence in Rural Health (CERH) hosted a volunteer appreciation lunch, bringing together dedicated volunteers for an afternoon of connection and recognition.

The lunch on January 9 provided an opportunity to thank volunteers for their commitment. This luncheon also provided an opportunity to strengthen relationships across the Gateway CERH community.

"The gathering was about recognizing the people who make our work possible," admitted Nyden Greenfield, a Research Assistant at Gateway CERH.

"Our volunteers are essential partners in driving meaningful impact, and we're grateful for their time, expertise and dedication."

During the lunch, volunteers and members of Gateway engaged with one another, reflecting on their collective impact, while learning about ongoing and upcoming initiatives.

One Gateway volunteer reflected on the lunch, stating that being part of the organization means being part of a community that truly values collaboration and service.

Leaders at Gateway expressed appreciation for the vital role volunteers play in advancing its mission and supporting rural health research, education, and communication efforts.

Gateway CERH looks forward to continuing to engage and support its volunteers throughout the year.

If interested in volunteering with Gateway CERH, please contact info@gatewayruralhealth.ca or 519-612-1053, or visit www.gatewayruralhealth.ca



(CONTRIBUTED PHOTO)

Members of Gateway CERH and its volunteers gathered for a lunch to recognize the tireless and collaborative efforts of its volunteers.

Weekend Quiz

By Jake Grant

1. What is a second full moon in a month called?
2. What was Alaska called before 1867?
3. What King of England had 6 wives?
4. Legendary American frontiersman "Buffalo Bill" died where?
5. Eczema affects which organ of the body?
6. How many individual 1x1 squares are on a chess board?
7. What animal has the largest ears?
8. The Archipelago Sea belongs to what country?
9. What year did actor Heath Ledger die?
10. What company created Clash Royale?

This week's answers are found on pg. 23

Trail Talk: Hiking Local Trails in Subzero Conditions

PATRICK CAPPER

Sun Contributor

The recent cold spell reminded me of hiking in the subzero conditions. My first experience of a Canadian winter was when I landed in Labrador City on January 1, 1968. My first purchase was a Canadian Parka.

The temperatures sometimes went down to -40°C. One week the temperature never got above 0°F (-18°C). It was not too long before I adapted to the cold.

At school in England, we were forced to wear a cap which I hated, so when skiing in Labrador I did not wear a hat, just earmuffs, until I was finally convinced that a toque helped keep the whole body warm, not just the head. I still found that, after about one hour of downhill skiing in very cold weather, it was time to warm up in the chalet.

There was quite a cold snap on January 15 with temperature down to -14°C. Five of us braved the cold and started out on the Maitland Trail on the east side of Sharpes Creek Line.

When we reached the wooded section, we decided to keep in the woods where we were out of the wind, as the trail down to the top of snowdrift hill is very exposed to the northerly wind.

I often think about climbers on Mount Everest who face bitter cold and strong winds, so obviously the trick to staying warm is what clothing etc. you wear.

Some older people have heart problems or other conditions, resulting in medical recommendations to avoid going out for long periods in cold weather.

In my old age I needed hearing aids and have lost one of them while taking off or adjusting a toque. This means that I am reluctant to wear a toque when wearing hearing aids and instead make do with a hat with flaps.



(CONTRIBUTED PHOTO)

One of the many local snowy trails.

To keep my body warm I have thermal underwear, but I rarely wear thermal underwear now as I don't like the feel of them, so instead I wear over trousers and sweaters. I have a pair of quilted warm up over trousers that skiers use before making their downhill run. These are excellent, but I did not need them in Huron County.

Keeping my hands warm has been an increasing challenge as I age. I noticed when working on the ski hill in Atikokan I could only last about an hour, while another worker could stay out for two hours. My solution was to get hand warmers. I found that the ones you shake to activate when stored too long often did not work, and ones that you boil to reactivate were fine, except I forgot about them and the water boiled dry.

This resulted in finding rechargeable

hand warmers that I slip into my gloves or mitts, but they only lasted 30 to 40 minutes. Now I am trying out heated mittens with a rechargeable battery that is reported to last several hours.

I have found my hands get colder than most other hikers, who I see taking their gloves off when my hands are still cold.

I found my feet got cold only when skiing as my boots did not allow for thick socks. Now I only hike or snowshoe.

Therefore, consider braving the cold and going out for a walk or hike in nature, which is known to have numerous benefits.

COMING EVENTS:

Saturday, January 24 and Sunday, January 25 at 1:30 p.m. - Ski the trails at the Maitland Cemetery. **NOTE THE CHANGE OF VENUE.** This area near Goderich has lovely trails that wind

through reforested areas. Carpooling is suggested for this event. If the snow conditions are not good for skiing, we will hike. For more information, please contact Con Melady at 519 - 524-8730 to pre-register and for details about location and carpooling. This is a Level 2, moderate pace, 1.5 hours hike or ski.

Saturday, January 31 at 11 a.m. - Mindfulness Walk. Meet at the Millennium Trail in Goderich, Nelson Street East entrance. Designed for those who want the benefits of meditation but prefer to move. For more information and to confirm your attendance, please contact Tanya at redroofrecovery@gmail.com or text 519-616-3636.

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

Friday, February 6 from 7 p.m. until 8:30 p.m. - Candlelight Walk in the Maitland Woods. The Maitland Trail Association organizes this annual event as part of the Town of Goderich's Winterfest, and it is always a magical adventure. A one and one-half kilometer portion of the trail in the Maitland Woods will be transformed by the flickering beauty of candlelight. Participants can set out from the trail entrance at the east end of the Columbus Centre parking lot (Parson's Court) anytime between 7 p.m. and 8:30 p.m. Trail closes at 9 p.m.

Tuesday Trompers meet at 9 a.m. on Tuesday to hike for about an hour. If you wish to be on this email list, send an email to mta@maitlandtrail.ca

Midweek hikers meet at 9 a.m. and hike for 1.5 to 2 hours on Wednesdays and Thursdays. Contact Patrick Capper at pcapper99@gmail.com

LIFE hikers meet every Friday for a hike of about 1.5 hours, with a choice of pace, striders moving a little faster than the strollers. The hikes now start at 9 a.m. and can be joined through One Care.



(CONTRIBUTED PHOTO)

On the Sugar Bush Trail on Jan. 10.



(CONTRIBUTED PHOTO)

LIFE Hikers on the G2G Trail.

SUBMIT YOUR LETTER TO THE EDITOR TO US!
CALL 519-655-2341 OR EMAIL INFO@GODERICH.SUN.COM

Landowners Can Purchase Trees Through New Online Portal for Spring Planting Projects

KATHLEEN SMITH

Editor

To encourage residents in the Ausable Bayfield Conservation Authority (ABCA) area to become part of a long legacy of local tree planting, landowners may purchase trees through an online portal.

This new online tree ordering option will make it easier to purchase trees this spring, adding to the efforts to contribute to clean air and water, reduce soil erosion, protect flood plains, enhance farmlands and create habitat and travel corridors for birds and wildlife.

"Despite the increase in tree costs, people continued to plant trees," said Ian Jean, ABCA Forestry Specialist.

"The importance of biodiversity is widely recognised, and people today are more likely to plant a variety of trees than just one type."

There is a long legacy of tree planting in local watersheds. Large-scale tree planting began locally during the 1950s and 1960s.

Tree cover was lower than today and there was a great public concern for topsoil erosion by wind and water. The provincial government at the time operated tree nurseries and related infrastructure,

in addition to providing funds to purchase land for reforestation.

"Tree seedlings grown at the government nurseries were provided at very low cost, a few cents per tree, to landowners willing to reforest large blocks of land," added Jean.

During the 1950s and 1960s, properties were purchased by ABCA and planted primarily with conifers, mainly White Pine, at six feet apart, or about 1,200 trees per acre.

According to Jean, during the 1970s and 1980s changes to farming saw the proportion of land in pasture decrease, row cropping increase and crop fields grow larger.

A shift to windbreak planting occurred to protect the larger fields from wind erosion.

"The ABCA tree program started around that time to fill the need for windbreak planting," explained Jean.

According to ABCA, the provincial tree nurseries and related government tree planting ended during the 1990s, while conservation authority tree planting programs continued.

Today, ABCA region offers a wide range of trees through its spring tree planting program. Jean encourages interested landowners to visit abca.ca for the



(CONTRIBUTED PHOTO)

Ausable Bayfield Conservation Authority (ABCA) encourages residents to join the long legacy of local tree planting in the area through the new online tree purchasing portal for a spring order.

spring tree order form, or to call Jean at 519-235-2610 to discuss projects.

"We can help with project design and help you apply for funding for eligible projects," added Jean.

According to Jean, funding programs

are available in many areas for windbreaks or naturalization dependent on the type of project, location and specific program details.

Visit <https://www.abca.ca/forestry/treorders/> or <https://abcashop.ca/>

Huron Shores Area Transit Bus Stop Comes to Brucefield

GODERICH SUN STAFF

info@goderichsun.com

A new bus stop has been added to the route for Huron Shores Area Transit (HSAT) in Brucefield, within the Municipality of Bluewater.

With this new stop, HSAT expands access to affordable and accessible public transit for area residents and places the service within easy reach of nearby communities such as Clinton and Vanastara.

Located on Ellen Street South at Mill Road, the new bus stop will be served by Route 3 (Grand Bend to Goderich via Bluewater) starting Monday, February 2.

According to HSAT, Route 3 operates on Monday, Wednesday and Friday afternoons stopping in Brucefield around 12:39 p.m. and 3:19 p.m. when travelling toward Goderich, and 1:53 p.m. and 4:33 p.m. on return trips to Grand Bend.

Other stops along Route 3 include St. Joseph, Zurich, Hensall and Bayfield.

Passengers can travel to Goderich and return the same day by taking the 12:39 p.m. bus from Brucefield and returning on the 4 p.m. bus from Goderich.

According to HSAT, the Goderich stop is located at the RioCan Plaza on Huron Road near the Walmart entrance. This provides convenient access to major retailers including Walmart, Zehrs, Pet-Valu, Canadian Tire and Mark's Work Warehouse.

When Route 3 returns to Grand Bend at 5:12 p.m., the bus switches over to operate Route 2 to London, via South Huron with stops in Dashwood, Exeter, Huron Park and Centralia.

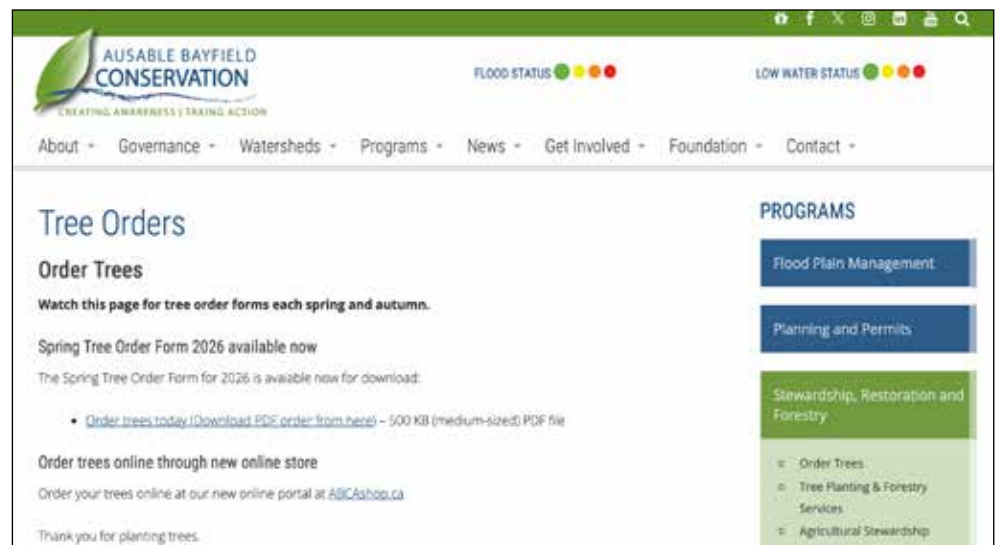
This allows travel from Brucefield to London. Currently, same day return service from London to Brucefield is not available.

Fares are \$6 to Grand Bend and \$12 to Goderich and London.

A bike corral is scheduled to be installed at the Brucefield stop in spring 2026, enabling passengers to bike to the stop and securely store their bicycles before boarding the bus.

Four complete details on routes, schedules, fares and Smart cards, visit HuronShoresAreaTransit.ca

To speak with a live operator about trip planning, call 1-888-465-0783 between 9 a.m. and 5 p.m. daily.



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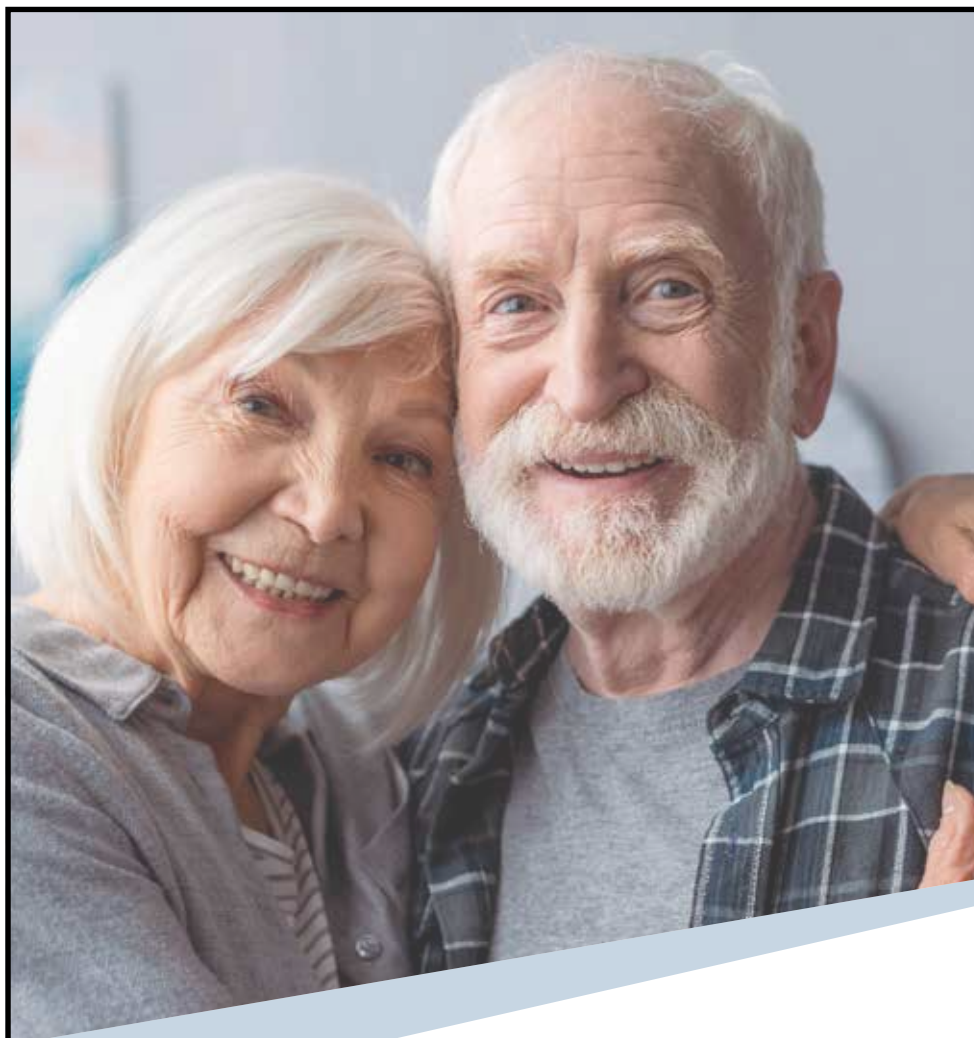
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Holding Onto Light Through Seasonal Affective Disorder

PAMELA CLAYFIELD

Sun Correspondent

As we approach what so many people refer to as “the dead of winter”, many people notice their mood dipping among other things.

For some, this shift feels like more than just the “winter blues” but, unless you discuss it with a healthcare professional, it's often left unnamed.

It's a recognized form of depression called **Seasonal Affective Disorder (SAD)**, which is a condition generally caused by less sunlight which impacts the hormones serotonin and melatonin.

Though it's in the same family as depression or major depression, SAD follows a seasonal pattern, most often appearing in late fall and winter.

Symptoms can include low mood, fatigue, difficulty concentrating, increased sleep, changes in appetite and a loss of interest in activities that normally bring joy.

While SAD is cyclical, its impact is very real to those who suffer.

Why It Happens:

While the exact cause isn't fully understood, reduced sunlight is believed to be the major cause. Shorter days and lack of sunlight can:

- disrupt our internal clocks.
- lower serotonin levels, which cause a decrease in mood and/or mood swings.
- alter melatonin production, which is the hormone that regulates our sleep.

All these biological shifts can combine to create a significant emotional impact, one that goes far beyond simply disliking winter.

Who Is Affected:

Anyone can be affected by SAD. It doesn't pick and choose based on age, education or profession.

Studies consistently show a clear pattern in depressive symptoms across Canada, and the evidence is strongest for increased symptoms in winter months, especially in regions where daylight is limited.

Not everyone who feels those “winter blues” meets the criteria for SAD but many Canadians experience some degree of seasonal mood changes.

What You Can Do:

If you or someone you know is experiencing symptoms or has been diagnosed with SAD, there are several general approaches you can discuss with your healthcare professional. These include:

- **Light exposure strategies**, which include either spending time outdoors or purchasing a special UV light.

- **Lifestyle adjustments** including regular physical activity, structured routines and social connections, all of which can be difficult when you want to hide away inside or lack energy.

- **Professional support** like speaking with your healthcare provider to get an official diagnosis and explore treatment options that are best for you.

SAD is a form of depression so it's important for anyone experiencing significant or persistent symptoms to reach out to a medical professional for guidance and support.

Understanding the condition, recognizing its patterns and knowing that it's both real and common can make the season feel a little less isolating.

As someone who lives with Seasonal Affective Disorder, I understand how heavy the winter months can feel. It isn't simply a matter of disliking the cold or missing the sunshine — it's a shift that settles into the body and mind in ways that are hard to explain unless you've felt it.

There are days when even small tasks feel huge, getting out of bed impossible and moments when the season seems to press in a little too closely. But knowing that SAD is real, common, and treatable has helped me navigate these months with more compassion for myself because I know it will improve with the change of seasons. If you're someone who feels this way too, you're not alone.

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Goderich Sun SPORTS

Goderich District Collegiate Institute Athletics Report



(FACEBOOK PHOTO)

The Junior Girls' Volleyball team placed second during an outstanding performance on the court at the local tournament on January 10.



(FACEBOOK PHOTO)

The Junior Boys Basketball team earned a huge win on January 8 against South Huron. The Vikings won 38-28.



(FACEBOOK PHOTO)

GDCI's 7A team won the Grade 7/8 Dodgeball tournament led by Coach Mann.



(FACEBOOK PHOTO)

The Senior Boys Basketball team crushed South Huron in a 62-34 win on January 7.

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FRIDAY, FEB 6

- Fri, Feb 6, 10 AM - 4:30 PM
Make A Mess! Indoor Play for Kids
Huron County Museum
- Fri, Feb 6 - Sun, Feb, 8
BIA Cinnamon Bun Trail
Downtown Goderich
- Fri, Feb 6, 7 PM - 8:30 PM
Candlelight Walk
Maitland Woods Trail
- Fri, Feb 6, 5 PM - 7 PM
Meat Draw & Live Music
feat. **Jim Otterbein**
Goderich Legion

SATURDAY, FEB 7

- Sat, Feb 7, 10 AM - 4 PM
Winterfest Outdoor Activities at Courthouse Park
- Sat, Feb 7, 10 AM - 4:30 PM
Movie Day! Huron Public Library
- Sat, Feb 7, 11 PM - 2 PM
Goderich Ice Crusher Ringette at Maitland Recreation Centre
- Sat, Feb 7, 11 AM - 1:30 PM
Rotary Chili Cook-off at Goderich Fire Department

SATURDAY, FEB 7

- Sat, Feb 7, 12:30PM - 5:30PM
Open Gym
Maitland Recreation Centre
- Sat, Feb 7, 1 PM - 4:30 PM
Make a Mess! Indoor Play for Kids
Huron County Museum
- Sat, Feb 7, 2 PM - 4 PM **Open Swim** at Maitland Recreation Centre
- Sat, Feb 7, 5 PM - 7 PM
Meat Draw & Live Music
feat. **Cheap Thrills**
Goderich Legion

SUNDAY, FEB 8

- Sun, Feb 8, 11 PM - 2 PM
Goderich Ice Crusher Ringette at Maitland Recreation Centre
- Sun, Feb 8, 12:30 PM - 3 PM
Open Gym at Maitland Recreation Centre
- Sun, Feb 8, 1 PM - 3 PM
Sunday Bingo at Goderich Columbus Centre
- Sun, Feb 8, 3 PM - 4 PM
Open Skate at Maitland Recreation Centre
- Sun, Feb 8, 4 PM - 11 PM
Super Bowl Watch Party
Goderich Boston Pizza



FOR MORE INFORMATION VISIT: WWW.EXPLOREGODERICH.CA/WINTERFEST

Goderich Duplicate Bridge Club Results

North/South

- 1st – Doug Elliot and John Archbold
2nd – Mary Lapaine and Joan Lounsbury
3rd – Mary Lynne Telford and Paul Spittal
4th – Michele Hansen and Alje Kamminga

East/West

- 1st – Joyce McIlwain and Kay King
2nd – Nancy Crain and Tom Rajnovich
3rd – Cal Scotchmer and Penny Peters
4th – Stephen Jacob and John Legate

The club also met on January 13, directed by Bob Dick:

North/South

- 1st – Mary Lapaine and Joan Lounsbury – 64.88%
2nd – Bob Dick and Keith Allen – 57.74%
3rd – Robert McFarlane and Annabell Sorbara – 51.79%
4th – Mary Lynne Telford and Paul Spittal – 46.13%
5th – Frank Martin and Arnie Parker – 44.64%

East/West

- 1st – Joyce McIlwain and Kay King – 59.23%
2nd – Cal Scotchmer and Evy McDonagh – 58.94%
3rd – John Archbold and Tom Rajnovich – 54.46%

The Goderich Duplicate Bridge Club meets every Tuesday at 12:45 p.m. at the Christian Reform Church on Mill Road in Goderich.

If you are interested in playing, the club welcomes new members.

If you have a partner, you can simply arrive to play. If you need a partner, we will do our best to find someone from our spare list.

For more information, please call Club President, Michele Hansen: 519-441-3275.

Strong Turnout at First Annual General Meeting Signals Community Excitement for Clinton Radars' Return

BRITTANY MCKAY

Sun Contributor

A return of Junior C hockey to Clinton is already generating strong community interest, following a well-attended annual general meeting held on January 14 at Libro Hall.

According to Ryan Olmstead, president of the Junior C hockey club, the meeting went well, and it was exciting to see the amount of people show up.

"I believe there were over 50 people in attendance, which was great to see," said Olmstead.

"It really showed the excitement in the community to bring Junior C hockey back to Clinton."

With the name change from Goderich Junior Flyers to Clinton Radars, a familiar hockey identity has been revived.

The decision to revive the name was rooted in the team's historic success and deep community ties.

"As an executive, we felt it was a great idea to revive the name," Olmstead added.

"The senior Radars hockey club was extremely successful and had great community support over the years they were playing."

Olmstead explained that discussions were held with Gord Lavis and representatives from Radar Auto Parts to continue that tradition.

According to Olmstead, Lavis and Radar Auto Parts have stepped up to be the title sponsor of the new Junior C hockey club and will revive the name.

Work is already underway on the team's visual identity.

"Over the next few weeks, we're working with a graphic artist and some jersey manufacturers to come up with some new and exciting logos for the team," he added.

"Our hope is to shortlist three or four logos, put them on

our social media pages, and get the community's input on what the new team will actually look like."

While the club remains in its early stages, Olmstead said the level of community support has already been encouraging.

The organisation hasn't been in a position yet to proactively reach out to potential sponsors or identify fundraising events because the focus remains on setting up the executive.

Olmstead noted that the previous senior Radars executive has already made a significant financial contribution, along with several additional sponsors who will be announced later.

"To better answer the question about sustainability, the hockey club will be 100 per cent not-for-profit," Olmstead explained.

"We will rely on community partnerships, sponsorships, and fundraising goals, which will be a huge part of our overall operational budget."

CONTINUE TO PAGE 14



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Weekly Flow Tai Chi Aims to Improve Mental Wellness

ALEX HUNT

Sun Correspondent

Weekly drop-in Flow Tai Chi focuses on breathwork and living in the present moment.

Red Roof Recovery (RRR) founder Tanya MacIntyre is hosting drop-in Flow Tai Chi classes at Goderich Martial Arts every Monday from 12 p.m. to 12:30 p.m.

MacIntyre, a certified Tai Chi instructor, also trains with the Mental Health Fitness Alliance, a division of Red Roof Recovery. Drop-in sessions are \$10.

MacIntyre said that the classes are a movement meditation that focuses on breathwork and gentle rhythmic movements. The exercise is aimed at relaxing the mind and body.

"It helps with my back issues and carpal tunnel syndrome, and it's a great form of exercise without feeling like exercise," said MacIntyre.

"We as humans have been programmed to provide and perform. We're always told to go, go, go and win at any cost, constantly moving forward. For me, Flow Tai Chi and mindfulness help me stay in the present moment. A lot of our suffering comes from ruminating on the past, and a future that doesn't exist yet."

MacIntyre said that mindful breathing is something that people don't do enough.

There are many benefits that people can gain from practicing breathwork, such as reducing stress and improving anxiety.

"For me personally, the emotional benefits of breathwork are countless," she said. "It provides inner peace and calmness. I don't react to things anymore," said MacIntyre.

"Taking a moment to respond instead of react changes everything."

Red Roof Recovery is a personalized program for individual who wish to improve their mental health or address substance challenges.

Participants move into MacIntyre's residence and dedicate 12 hours a day to a personalized program for a week. A participant receives their own apartment and food accommodations.

"With the Mental Health Fitness Alliance, I started a training division so I can bring these tools to the community at large," said MacIntyre.

"Hopefully, we can prevent mental health addictions by learning from these tools early, before they manifest further. I started it with the intent that it would be an alliance of like-minded people."

On Jan. 13, a Mid-Winter Wellness Gathering for women will be held at Goderich Martial Arts from 9:30 a.m. to 4:30 p.m. The event will feature Flow Tai Chi, meditation, journaling, tea and reflection.



(CONTRIBUTED PHOTO)

Tanya MacIntyre instructing her weekly Flow Tai Chi class at Goderich Martial Arts.

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Strong Turnout at AGM Shows Excitement for Clinton Radars' Return

CONTINUED FROM PAGE 13

Olmstead emphasized that the Radars' role in Clinton will extend well beyond game nights.

The club will get involved in the community and attend special events like the Santa Claus parade, Remembrance Day ceremonies, and Canada Day celebrations.

The organisation also hopes to build strong connections with local schools and minor hockey programs.

"Having our players attend school events or help with minor hockey development will show that our players and staff are committed to the community and want to give back to the game they still enjoy," he commented.

There are early signs of economic and community impact, with the turnout at the AGM showing how the team could benefit the broader community, including local businesses.

Olmstead believes the hockey club doesn't exist without community involvement.

The AGM showed the excitement that's already there. Executive positions have been filled and almost 20 people signed up to be part of the booster club.

These early results are proof the community wants to be involved and has already adopted this team.

To support growth the organisation has created key executive roles.

"We've identified a director of sponsorship

and a director of fundraising," Olmstead said.

"Those positions will reach out to potential sponsors and fundraising partners and plan some really exciting fundraising events."

Looking ahead, Olmstead said the executive's priority is to build a hockey club Clinton can be proud of.

The executive members come with a great deal of experience and passion to make this team a success.

Olmstead explains that first and foremost, the executive members want to make this club a cornerstone in the community, a hockey club the community can be proud of.

On the ice, expectations are high.

"We understand how competitive and successful the former senior Radars hockey club was, and we want to be held to that standard," Olmstead stressed.

"We want to put a product on the ice that's exciting to watch, successful, and competes for a divisional championship right out of the gate."

Fan experience will also be a priority.

"We want to ensure a positive fan experience every game," Olmstead added.

"We want to create an environment that's welcoming to all residents and a place where they can enjoy a night out and cheer on their hometown Clinton Radars."

Goderich Co-Op Gallery Hosts Students from Three Huron County High Schools as Guest Artists

CAROL McDONNELL

Sun Contributor

The Goderich Co-op Gallery is pleased to host art students from three Huron County high schools during January and the first half of February.

This strong showing highlights both the talent of our young artists and the strength of the art programs and educators who support them.

Goderich District Collegiate Institute (GDCI) offers visual arts from Grades 9 to 12 and supports student creativity

through an active Art Club.

Among other projects, club members have contributed to the community by painting the butterflies seen on the sidewalks around The Square.

Central Huron Secondary School (CHSS) is presenting a variety of mediums including relief-cut prints created by Grade 10 Visual Arts students.

Students designed their images, carved them into softoleum, and printed editions of five, gaining hands-on experience with one of the oldest forms of printmaking.

St. Anne's Catholic Secondary School has contributed a selection of artworks

created by its visual arts students. The works reflect a range of media and techniques developed through courses that emphasize skill-building, art history, and personal expression.

Visitors are also invited to view artwork by 37 gallery artists including members artwork on the feature wall, currently showcasing works under the theme "Gathering In."

Winter hours are Tuesday through Saturday, 10 am–4 pm and every second Wednesday, 12–4 p.m.

The gallery is located at 54 Courthouse Square, lower level, downstairs from Elizabeth's Art Gallery.



(CONTRIBUTED PHOTO)
Submissions from three students from GDCI.



Two submissions from CHSS.

(CONTRIBUTED PHOTO)

See two more prints on page 20.

Nominations Open for Conservationist of the Year Award

KATHLEEN SMITH

Editor

Since 1984, Ausable Bayfield Conservation Authority (ABCA) has presented the Conservationist of the Year Award, recognizing outstanding achievements in conservation and stewardship.

In what is ABCA's 80th anniversary, the public is invited to nominate a person, business, farm, community group, or organization for the award.

For more than four decades this award has been presented to rural landowners, residents, agricultural producers and farms, service clubs, community organizations, companies, nature group and municipalities.

This award is one of the ways the conservation authority can thank local stewards for protecting and enhancing local watershed resources.

"We are thankful for the land and water stewardship by watershed landowners, residents and community groups," said Ray Chartrand, Chair of the ABCA Board of Directors.

"Our conservation authority began in 1946 and in our 80th year we are pleased to present this award of recognition once again. We encourage the public to nominate worthy nominees for this award."

According to ABCA, individuals, organizations and companies who either reside in or have completed conservation work in the ABCA area are eligible to win the Conservationist of the Year award. Current ABCA staff and directors are excluded.

This award acknowledges an individual or group per year, who demonstrates positive, sustainable conservation principles.

According to ABCA, the nominee must have undertaken conservation efforts over a few years showing long-term benefits for nature and society.

Examples include improving local water quality, conservation farming, reforestation, conservation education, providing wildlife and fish habitat, and promoting awareness and action for soil, water and habitat for all living things.

The winner of the award will be presented with a hand-crafted gift and a donation will be made in their name towards a tree and plaque at a Commemorative Wood site, maintained by Ausable Bayfield Conservation Foundation.

Nominations will be accepted up until February 15.

To submit a nomination, visit <https://www.abca.ca> for the nomination form at the Conservation Award link: <https://www.abca.ca/involved/award/>



(CONTRIBUTED PHOTO)

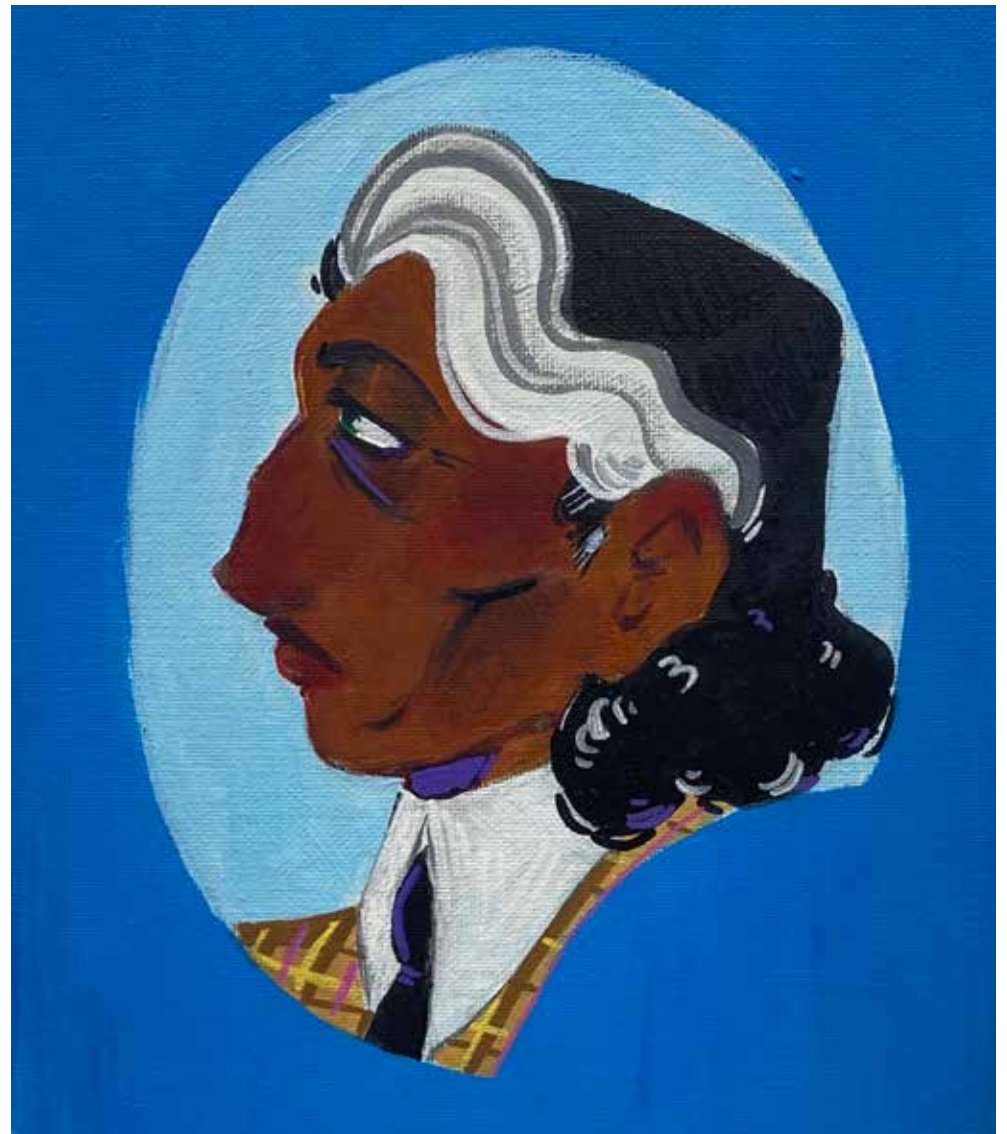
In what is ABCA's 80th anniversary, the public is invited to make nominations for the Conservationist of the Year Award.

Goderich Co-Op Gallery Hosts Students from Three Huron County High Schools as Guest Artists



(CONTRIBUTED PHOTO)

St. Anne's submitted work.



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

Ask the Vet: How can I help my pet lose weight?

DR. SOPHIE FARRELL

Sun Contributor

Since January is the month for making resolutions to eat better and hit the gym, this seems like a great time to answer common questions about helping your pets shed extra weight.

How do I know if my pet is overweight?

When I'm evaluating a pet's weight, I look for three things:

1. Can I feel the ribs easily? They should feel like the bones in the back of your hand between the wrist and the knuckles. If you're not sure, turn your hand over and feel your knuckles through your palm - if the ribs feel like this, they're too padded.

2. Is there a tuck behind the ribs? Looking at the pet from the side, there should be a noticeable "abdominal tuck" behind the ribcage.

3. Is there a tuck at the waist? There should be a noticeable narrowing at the waist looking at the pet from above.

If the answer to any of the above is "no", then there is more of your pet to love than there should be.

Why should I get him to lose weight? He seems happy!

It's been shown that lean pets live longer. Fat produces hormones that increase inflammation in the body and increases the risk of health issues such as joint problems, respiratory problems, cancer, high blood pressure, anaesthesia risks, intervertebral disc disease (in dogs), and diabetes and lower urinary disease (in cats). Keeping your pets lean, means keeping them longer.

How can he be overweight? He gets lots of exercise!

Unfortunately, exercise alone isn't enough to lose weight. As they say in the fitness world: "you lose weight in the kitchen; you gain muscle in the gym" and "you can't outrun your diet".

The sad truth is that weight loss is 90 per cent diet and 10 per cent exercise - it's incredibly difficult for exercise alone to burn off more calories than you take in.

Weight loss **needs** restricted calories.

This doesn't mean that your pets don't need exercise. Our pets get the same benefits from exercise as us: better moods, stronger bones, increased muscle strength, better cardiovascular health - and a better bond with their humans.

If your pet could use more exercise, start slowly and gradually build up to reduce the risk of injuries (if your pet has a health condition, talk to your vet to come up with a safe exercise plan).

Choose activities that you can do consistently and add in others for some variety and fun - pick something you also enjoy, and you can work on your New Years resolution at the same time.

Activities that keep your pet's body and brain busy are always great (e.g. agility or tricks training, scavenger hunts, playdates with other pets).

In bad weather, there are lots of indoor activities that can keep pets active and hold off boredom.

I'm feeding her diet food! How is she still overweight?

Is it really a diet food? When it comes to pet food labeling, terms like "low calorie" or "light" usually mean "lower calorie than our regular formula", not "low enough in calories to produce weight loss", so we often see pets that aren't losing weight even though their very frustrated humans have been diligently feeding them a "diet" food.

Losing weight requires a bigger calorie deficit than most people realize. It takes very few calories to maintain fat tissue, so a "low calorie" food may still be enough to maintain the fat that's already there.

Also, the feeding guides on most commercial pet foods often recommend amounts that are too high for significant weight loss.

Can I just cut back how much I'm feeding?

Unless your pet only needs to lose a little weight, cutting back the amount they get can cause nutritional deficiencies. By reducing the volume fed, you're not just cutting out calories, you're also cutting out macro-and-micro-nutrients, which can cause problems long term.

Also, cutting the food amount back too drastically won't let your pet feel full, so they'll always feel hungry.

If I need to reduce a pet's weight by more than a small amount, I'll switch them to a prescription weight loss diet.

Feeding a prescription diet that is designed for weight loss will reduce their calorie intake, make sure that they're still getting all the nutrition they need, and still feel full and satisfied.

How do I know how much to feed?

Weight loss requires eating fewer calories than are burned. The calories in number will be different for each individual and will depend on their body condition score.

See your vet so that they can determine your pet's body condition score, calculate their required calorie intake for weight loss, and recommend a diet to help you reach that goal.

They can also factor a treat budget into the daily calorie amount so that your pet isn't missing out. Once they know your pet's calorie requirement and what diet will be used, they can tell you how much to feed.

Finally, they can recommend a safe rate of weight loss since losing too much too quickly can also create problems.

I've tried all those things, and my pet still isn't losing weight! What's going on?

Some of the most common pitfalls I see with weight loss are:

- **Treats.** If treat calories aren't tracked or someone is sneak-treating the "poor starving baby", it's going to be hard to get the extra weight off - success requires everyone in the house to be on board. Even a few extra treats can throw off a weight loss program: calories scale much more in pets than we think they do - for example, one potato chip for an average-sized cat is the equivalent of half a hamburger for a person!

- **Inaccurate measuring.** There's a big difference between "one cup" of food where the kibble is measured in a kitchen measuring cup and leveled off (the correct method), and "one cup" where the kib-

bles are rolling off a mound sticking up out of the cup (that's closer to one and a half cups). The best way to avoid this is to use a kitchen scale to weigh your pet's meals. Otherwise, either have one person responsible for feeding (who knows how to measure correctly), or "meal plan" by pre-portioning the correct amount of food into containers so that anyone can feed the pet without giving too much.

- **Gulping food and still acting hungry.** It takes some time for the body to "realize" that it's had a meal and send out an "I'm full" signal which is why human weight loss programs recommend eating slowly. Use puzzle feeders or toys that are designed to drop small pieces of food as they're played with; there are tons of fun options available. As a bonus, they can get pets moving more and keep their brain busy. Get a few and rotate them regularly to keep them new and interesting. You can also try a slow feeder bowl or split their meal into several small bowls and hide them throughout the house like a treasure hunt.

- **Stealing food from housemates.** The easiest way to avoid this is to feed the pets in separate areas, on a schedule, and pick up the bowls after mealtime. You can also try blocking the "hefty" pet's access to the other pets' food. Some automatic feeders will open only when the pet with a special collar tag is near it, although you will need one feeder per pet to make sure that everyone's getting the right amount.

- **Health problems.** Some health problems can cause weight gain, so if your pet's weight loss isn't progressing, see your vet to rule out any underlying health issues. They can also help you work through any hiccups in the weight loss program.

Wishing you all the best for 2026 and success in all your resolutions, no matter what they are.

Do you have a question about pet care? Send it to reception@clintonvet.ca and it may be featured in a future column.

Dr. Sophie Farrell is a veterinarian at Clinton Vet Services in Clinton, Ontario. She practices small animal, emergency, and honeybee medicine.

Addressing Symptoms Immediately with Achilles Tendinopathy



MEGHAN SCOTT

Sun Contributor

Achilles tendinopathy (previously called tendonitis) is a common condition near the ankle.

The Achilles tendon is a strong band of tissue that connects the calf to the heel bone.

Achilles tendinopathy can present in the middle of the tendon (mid-portion) or at the bottom of the tendon near the heel (insertional).

It usually arises from repeated stress or overuse, rather

than a single traumatic event.

Some common contributing factors are a sudden increase in activity, tight or weak calf muscles, poor footwear, or biomechanical factors such as foot shape.

Depending on the stage and severity of the condition, individuals may experience pain at the back of the heel or along the tendon that is usually worse with activity, stiffness after periods of rest or in

the morning, tenderness when touching the area and reduced strength or difficulty walking or pushing off with that foot.

If the condition is more chronic, symptoms may become constant rather than just with activity.

Most cases respond well to conservative treatment, which may include activity modification, strengthening, stretching, supportive footwear and shockwave therapy.

Addressing symptoms immediately is important, as it can reduce the time it takes to recover.

If you have questions about this condition or think you may be experiencing this, reach out to a local physiotherapist immediately.

Meghan Scott is a physiotherapist (PT) at Physiotherapy Alliance Goderich

Visit us online at www.goderichsun.com

Better Mental Health: Surfing the Waves of Life



TANYA MACINTYRE,
RED ROOF RECOVERY

Sun Contributor

Recently, I developed a program called MIND MOJO, a combination of Cognitive Behavioural Therapies (CBT) and mindfulness to help manage unhelpful thought patterns and balance the nervous system.

Every day, we process thousands of thoughts and most of them are negative. That's how our brain evolved – it's like Velcro for negativity and Teflon for positivity.

Trying to force negative thoughts away usually results in

frustration. Thoughts are persistent and they will keep coming.

Thoughts can be like weather patterns. Sometimes we can experience clear, calm days when everything feels spacious and manageable.

For more often, there are cloudy days, turbulent days, and emotional storms that roll in without warning. Thoughts of worry, regret, self-judgment, and fear can be stuck on a loop.

I often use the metaphor of waves, when helping people better understand the trials and tribulations of life.

Living next to this fresh-water ocean of Lake Huron, we can appreciate how volatile the waves can be. Some days they're very choppy, and some days it's calm. We can't control the weather or the waves, but we can control how we relate to the weather and the waves.

I use a happy light near my desk every day to help boost my mood through these grey days of winter. There are lots of tools we

can use to manage moods and unhelpful thought patterns.

I've compiled a few that are invaluable to me, and I offer them to you as a gift. Follow this link: <https://mentalhealthfa.ca/toolkit>

Many people believe mindfulness means clearing the mind or sweeping thoughts away to achieve some blissful, thought-free state.

Meditation and mindfulness are not about eliminating thoughts, it's about changing your relationship with them.

When you recognize that you are not your thoughts, and feelings are not facts, you can meet them with a more compassionate awareness.

You can notice how many thoughts are charged with negativity, fear or shame. You can see how easily they hook you, and how exhausting it can be to live inside them.

When you don't engage, resist or try to fix a thought, when you can simply allow it to be held in awareness, it often dissolves on its own.

Awareness itself has a liberating quality.

When you can notice your unhelpful thoughts, you can think of them like touching a soap bubble and poof. The thought doesn't need to be argued with or analyzed to death. The emotion doesn't need to be suppressed.

The simple act of noticing our thoughts, with kindness and self-compassion, is often enough.

Remember, what we practice grows stronger. If we can overthink the worst, there's no reason why we can't overthink the best.

I love the practice of Flow Tai Chi, which is more like Qigong, a gentle, rhythmic movement designed to settle your mind and relax your body.

It's a form of meditation for people who prefer to move.

Even though it looks easy, Flow Tai Chi quietly and gently strengthens your balance, your hips, your back, legs and deep core muscles.

It's an excellent form of exer-

cise, without feeling like exercise.

Join me, Tara deJong and Jillian Walden on Saturday, January 31 from 9:30 a.m. until 4:30 p.m. for 'Radiance Within – A Women's Midwinter Wellness Gathering'.

You can experience MIND MOJO, Flow Tai Chi, and other supportive practices that honour rest, regulation and a soft return to the body.

Spots are limited. Admission is \$60, which includes lunch.

Registration and e-transfer to goderichmartialarts@gmail.com

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

DISCLAIMER: *This content is not intended to constitute, or be a substitute for, medical diagnosis or treatment. Never disregard advice from your doctor, or delay in seeking it, because of something you have watched, read, or heard from anyone at Red Roof Recovery.*

Buy Canadian should fund Canadian jobs and news, not U.S. Big Tech

A Message from Canada's news publishers

To the Government of Canada,

We applaud the Government of Canada's ambition to build Canada strong, and commitment in the forthcoming Budget to Buy Canadian.

Last year, the federal government including agencies and Crown corporations spent over \$100 million on advertising. Most of it went to U.S. Big Tech.¹

Why are we funding American tech monopolies that extract tens of billions a year out of Canada -- largely untaxed -- at the expense of local journalism and culture, and whose platforms have become vectors for division and disinformation?

Let's reinvest our ad dollars in Canada. In Budget 2025, the Government of Canada should follow Ontario's lead and set aside a minimum of 25% of its advertising budgets for Canadian news media.

At no additional cost to taxpayers, the government can support local jobs while getting its message out in a brand safe environment. Far fewer Canadians trust ads on Facebook and Instagram than those published by Canadian news media.²

Buying Canadian advertising in Canadian news media is both the right and smart thing to do.

Respectfully,
Canada's news publishers



SOURCES

¹ Annual Report on Government of Canada Advertising Activities 2023-2024, combined with proprietary industry data.

² Totum Research Canada, January 2025. Canadians 18+, n=2418.; Pollara for the Dais. 2025 Survey of Online Harms. Canadians 16+, n=2502.

OH, THE PLACES WE'LL GO: Enjoying a tropical destination in the centre of Canada



PAUL KNOWLES

Sun Columnist

As we enter the heart of our beloved Canadian winter, a lot of us are dreaming about visiting tropical destinations; places like Barbados, Cuba, Costa Rica or ... Winnipeg.

Winnipeg?

Okay, I admit Manitoba's capital city is better known for what Randy Bachman highlighted in his song, "Prairie Town." "Portage and Main, 50 below," he sang. But a few months ago, I discovered a tropical paradise in the heart of Winnipeg. It's called The Leaf and while you might not want to travel to this prairie city in January or February, The Leaf is definitely a must-see in Winnipeg in the warmer months.

The attraction offers one more excellent reason to visit Assiniboine Park, also home to the Assiniboine Park Zoo and in the wonderful district that includes The Forks shopping and dining area, the Canadian Museum of Human Rights and the Children's Museum.

In locating all of these attractions in the same area, at the forks of the Assiniboine and Red rivers, Winnipeg has definitively demonstrated the right way for a city to create public spaces that are compelling destinations yet also provide opportunities for leisure and relaxation. Visitors to Winnipeg will inevitably find their way here and they



Austria moved way up on this year's Safe Countries list, to be rated as the third safest country for travellers. Shown, the main square in the city of Linz.

(PAUL KNOWLES PHOTOS)

will be mingling with many, many local residents, for whom the area is a perfect getaway. Personally, I love it there.

The Leaf is the latest addition to this district – and "latest" may be the operative word, here. The \$130-million attraction had a lengthy growth period; it finally opened two years behind schedule in December 2022.

And what is The Leaf, exactly? It's best understood as two distinct parts. The heart of the attraction is the soaring, swirling, steel and glass building that houses four distinct "biomes" which are home to plants and trees from around the world.

And outdoors, all around the building, are many hectares of unique gardens as well.

Let's start indoors – an area that is open all year round.

The unique, individual spaces in The Leaf building include a tropical biome, a Mediterranean biome,

a "display house" and a butterfly garden.

The tropical biome – officially the "Hartley and Heather Richardson Tropical Biome" – is the most dramatic, in part because it features a six-storey indoor waterfall that plays a role in keeping this space at the right level of humidity – "right" meaning "really high."

The "welcome" sign posted near the waterfall says a lot about the multiple aims of The Leaf. "Welcome" is stated in three languages – English, Cree and Ojibwe, reflecting both Manitoba's heritage and the province's current multi-cultural reality. There is an educational note about the tropics: "The tropics cover a large part of the world and include a variety of environments such as rainforests, seasonal forests, grasslands, savannas and more." The sign points out everyday products we consume

that come from the tropics like coffee, tea, spices and fruits. And the welcome also makes the point that "many recent immigrants to Winnipeg come from tropical regions, including Central America, the Caribbean, Africa, parts of the Middle East and Asia." I quote this information at some length because I think this "welcome" tells us a lot about the intentions of the people who planned and built "The Leaf." It's more than an educational institution, it's an inclusive, welcoming space.

We strolled around the tropical biome, marvelling at the beauty of the flowers and foliage, and quite impressed with the size of the plants that soared over our heads. We learned that many of them were full-size when they were transported to The Leaf.

We moved on into the Mediterranean biome, where eager docents

are happy to tell visitors all about the plants, including "Dinosaur Trees" – actually Wollemi Pines from Australia, prehistoric conifers which were thought to be extinct until they were discovered in Australia in 1994. Today, offspring of those rare, ancient trees are growing right here in Winnipeg.

Everyone loves an enclosed butterfly garden, and the "Shirley Richardson Butterfly Garden" at The Leaf is no exception. Children and adults alike enjoy watching the many tropical butterflies, and everyone, of course, hopes a flying friend would come to rest on their shoulder.

The Leaf does not end at the exit from the impressive building. Outdoors, there are six gardens to explore, including the Indigenous Peoples Garden, a Kitchen Garden, a Sensory Garden, the Performance Garden, the Seasonal Garden and "The Grove." Some of the outdoor gardens are open 24/7, others from 9 a.m. to dusk, and all the outdoor spaces are of charge. Admission to the biomes is \$17.20 for adults, \$9.40 for kids three to 17, and \$14.90 for seniors. You can save a buck or two in each category by buying in advance online. And there is another advantage to buying online because admission to The Leaf is by timed tickets, so having tickets in advance guarantees prompt entry.

Do you want to visit Winnipeg when it's 50 below at Portage and Main? Maybe not – although if you do, the biomes will feel like paradise. But in the warmer months, The Leaf and all of its neighbours in Assiniboine Park and The Forks will make for a day full of delight.

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



Canada is rated fifth safest country (of 195 nations in the world); shown are Newfoundland lobster fishers.



Travel by Canadians within Canada increased by as much as 10% in 2025, a trend welcomed in every province, including Saskatchewan (shown).

COMING EVENTS

Email to inquire
info@goderichsun.com

MACKAY CHORISTERS

On Thursday mornings from 9:30 a.m. until 11:30 a.m. at Lakeshore United Church.
Looking for a choir family? Come join the MacKay Choristers, Huron County's daytime choir.
Weekly rehearsals every Thursday morning.
For more information: singers@mackaychoristers.ca

UKELELE STRUMMERS

On Thursday mornings from 11:30 a.m. until 1 p.m. at Huron County Library in Goderich.
Drop in to learn and play the ukelele. All are welcome and no experience needed.
Admission is free.

TECH 101: CERTIFICATION WORKSHOPS

On Thursday evenings from 6 p.m. until 7 p.m. at Huron County Library Branch in Goderich.
Ages 13 and older.
Registration required.
Get certified to use the library's technology, learn safe usage in a Tech 101 Workshop and enjoy open access to create anytime at the library.
Admission is free.

TECH TIME

On Friday mornings from 11 a.m. until 12 p.m. at Goderich Library.
Registration required.
Book a 30-minute session to get help with how to use library e-resources, your new device or your email account.
Admission is free.

FREE SKATE IN GODERICH

On Sunday, January 25 and Sunday, February 8 from 3 p.m. until 4 p.m. at Maitland Recreation Centre (MRC).
Sponsored by the Town of Goderich.
Please, no sticks or pucks. Admission is free.

MOVIE DAY AT THE LIBRARY

On Monday, January 26 from 10 a.m. until 4:30 p.m. at Huron County Library.
Drop in to the library for a cosy Winterfest escape. Warm up inside while enjoying a magical lineup of short shows and story screenings featuring all your favourite characters including Arthur, Paddington and the loveable crew from Busytown. Sip hot chocolate, munch on popcorn and relax in a festive, family-friendly space.
No registration required, just stop by.
Admission is free.

LGBTQ2S+ YOUTH SOCIAL

On Monday, January 26 from 5 p.m. until 6 p.m. at the Goderich Branch – Huron County Library.
Join for a welcoming evening of friends, activities and meaningful conversations about identity and lived experiences.
Enjoy pizza and snacks each month.
Registration is encouraged but drop-ins are welcome.
This collaborative program is proudly led by members of the community in partnership with the Goderich Library and the Tanner Steffler Foundation and supported by the Town of Goderich.
Admission is free.

ENGLISH CONVERSATION CIRCLE

On Monday evenings from 6:30 p.m. until 8 p.m. at Goderich Library.
Make friends and practice speaking English while talking about culture, family, food, movies or anything you like.
Hosted by the Huron Welcome Hub for newcomers.
Admission is free.

KNITTER'S CLUB

On Tuesday mornings from 11:30 a.m. until 1 p.m. at Goderich Library.
No registration needed. Knit, relax and meet fellow knitters each week.

GODERICH CHESS CLUB

On Tuesday evenings from 6 p.m. until 8 p.m. at the Goderich Library in the activity room.
This club warmly welcomes all chess enthusiasts of any age to join. Whether a seasoned player or a newcomer eager to learn the game, this is the perfect opportunity to immerse yourself in the world of chess.
Participants may come and go as they please during this timeframe. Admission is free.
Equipment will be provided.

COMMUNITY SAFETY AND WELLBEING SEMINAR

On Thursday, January 29 from 2 p.m. until 3 p.m. at Goderich Place. Join guest speaker Michaela Johnston for this free seminar.
RSVP 519-524-4243 or email salesgp@hurontel.on.ca

PA DAY AT THE LIBRARY: FAMILY LEGO FREE PLAY DROP-IN

On Friday, January 30 from 1 p.m. until 4 p.m. at Goderich Branch – Huron County Library.
Bring the whole family and drop in for some LEGO fun at the library.

We'll provide the bricks, and you bring the creativity.
This unstructured, hands-on program is perfect for kids and parents to build and play together at their own pace.
Admission is free.

SMART RECOVERY MEETINGS

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

ADULT CRAFT NIGHT: FREEDOM TO READ MINI BOOKSHELVES

On Wednesday, February 4 from 6 p.m. until 7:30 p.m. at Goderich Branch – Huron County Library.
Registration required. Ages 16+.
Celebrate Freedom to Read in the most creative way.
Build and decorate your own tiny bookshelf, then fill it with miniature versions of famously banned or challenged books.
A fun, hands-on reminder of the importance of intellectual freedom. Admission is free.

GODERICH WINTERFEST OUTDOOR ACTIVITIES

On Friday, February 6, Saturday, February 7 and Sunday, February 8.
Courthouse Square transforms into a winter playground packed with family-friendly fun.
Jump right in with a variety of exciting outdoor games and attractions, including mini stick hockey, connect-four basketball, a larger-than-life maze castle, and an axe throwing cage.
Whether testing your skills, cheering from the sidelines, or just soaking in the festive atmosphere, there's something around every corner to spark a smile.
Keep your eyes peeled for special giveaways throughout the day. Visit <https://exploregoderich.ca/> for more information on Winterfest.

MAKE A MESS! INDOOR PLAY FOR KIDS

On Friday, February 6 from 10 a.m. to 4:30 p.m. at Huron County Museum.
Unstructured indoor play for primary-aged children.
It's the perfect place for kids to explore, create and burn off some winter energy. Admission is free.

LEGION MEAT DRAW

On Friday, February 6 from 5 p.m. until 9 p.m. at Goderich Legion.
Get there early and enter for your chance to win some meaty prizes and be whisked away by the cosy vibes of Jim Otterbein.

CONTINUE TO PAGE 23

Worship With Us



**Invite readers
to your worship
services.**

**Contact
info@goderichsun.com**



Berea Lutheran Church
326 Gibbons Street, Goderich
www.berea-zioncc.ca • bnz@hay.net
Rev. John Trembulak 519-524-2235,
(cell) 519-878-0327

Family Worship Service
2nd and 3rd Sunday of the Month
2:00 pm
All other Sundays of the Year
8:30 am
Facebook: @bereagoderich



YOU ARE INVITED!
This Sunday @ 10:00am
231 Bayfield Road
Goderich, Ontario
N7A 3G5
519-524-6445
www.cbcbgoderich.com

9 Victoria S. N., Goderich
519-524-7512

**KNOX
PRESBYTERIAN
CHURCH**

Rev. Amanda Bisson
Livestream Services

Sunday at 10:00 am

[Knox Presbyterian Church Goderich - YouTube](https://www.pccweb.ca/knox-goderich)

Worship materials available online
www.pccweb.ca/knox-goderich

Riddles

- What did the squirrel say to its Valentine?
I'm nuts about you!

What do you call two birds in love?
Tweetharts.

Why did the banana go out with the prune?
Because it couldn't find a date!

What did one volcano say to the other?
I lava you.

Why did the boy bring a ladder on Valentine's Day?
Because love is on another level.

What did the stamp say to the envelope?
I'm stuck on you.

What do you call a very small Valentine?
A valen-tiney!

Why did the teddy bear say no to dessert?
Because it was already stuffed with love.

What do farmers give their wives on Valentine's Day?
Hogs and kisses.

What kind of flowers do you never give on Valentine's Day?
Cauliflowers.

Sudoku

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

Solutions on page 23

Featured Pets



KEVIN

Kevin is a seven-years-old tabby cat and is a beloved member of the Grant family.



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

petvalu®

Sponsored by:
35400 Huron Rd., Goderich
519-524-5443
www.petvalu.ca

Word Search

VALENTINE'S DAY

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

- ADMIRER
- ADORATION
- AFFECTION
- BOUQUET
- CANDLELIGHT
- CARD
- CHERISH
- CHOCOLATE
- CUPID
- DEVOTION
- EMBRACE
- FLIRT
- HEART
- KEEPSAKE
- LETTERS
- LOVE
- PASSION
- PROPOSAL
- ROMANCE
- ROSES
- SENTIMENT
- SOULMATE
- SWEETHEART
- VELVET

CLASSIFIEDS

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OBITUARY



JOHN "DOUGLAS" HAYS REID

November 30, 1936 – January 8, 2026

On Thursday, January 8th, John Douglas Hays Reid—known to family and friends simply as “Doug”—passed away peacefully after a brief illness at Victoria Hospital in London, Ontario, just weeks after celebrating his 89th birthday. Born in Stratford, Ontario, on November 30, 1936, Doug was the beloved son of Reginald Sutherland Reid and Janet Agnes (Hays) Reid. He will be fondly remembered by his niece and nephews: Jane and Stan Uher of Blenheim, Stephen and Grace Benedict of Mitchell, and Mark and Lisa Benedict of Goderich. Doug was predeceased by his sister Barbara Ann Benedict and her husband William James Benedict of St. Thomas. Doug was a proud lifelong bachelor who lived life on his own terms, embracing adventure and independence. His love for the water was unmatched. Over the years he built, bought, and sold numerous large sailing yachts, spending countless summer days anchored in his favorite harbors of Bayfield and Goderich. The lakes and oceans were his sanctuary. Doug also had a passion for cars. He appreciated both their beauty and performance, and he was often seen cruising around the town square in his distinctive purple Dodge Challenger—a sight that always turned heads and sparked conversation. Driving was more than transportation for Doug; it was an expression of his individuality and zest for life. A passionate football fan, Doug followed both the NFL and CFL with enthusiasm. Family gatherings at Christmas or Thanksgiving often found him sneaking away to check the scores—until someone caught him in the act with a smile. Doug’s professional life was dedicated to banking, with a career that spanned CIBC, Beneficial Finance, and most notably, the Bank of Nova Scotia, where he held key management positions across Ontario. Cremation has taken place, and a private interment will be held at Maitlandbank Cemetery in Seaforth, where Doug will rest alongside his parents and family on what was once the family farm. A celebration of Doug’s life will be held in the spring when the roads and waterways are clear. In lieu of flowers, donations in Doug’s memory may be made to the Alexandra and Marine Hospital in Goderich. The family extends heartfelt thanks to the caregivers and medical staff at the Goderich Hospital and Victoria Hospital Ortho Trauma Unit in London for their kind and compassionate care. Doug will be deeply missed—most of all on summer Saturday evenings at 4:00 p.m. sharp when he would arrive at the cottage to gather with family and friends to share a cold beer, good company and a home-cooked meal. “The sea, once it casts its spell, holds one in its net of wonder forever.” – Jacques Cousteau. Arrangements entrusted to McCallum & Palla Funeral Home, 11 Cambria Road North, Goderich. Family and friends may sign the book of condolences at www.mccallumpalla.ca.

OBITUARY



ARMSTRONG: WILLIAM KENNETH (ARMY)

Suddenly at Alexandra Marine and General Hospital in Goderich on Monday, December 29, 2025.

Ken Armstrong of Goderich in his 93rd year. Dearly loved husband for 47 years of Marlene (nee Middaugh). Dearly cherished father of David (Shirley), Tami (Geoff), Cheryl, Bill, Mardell (Mike), Laurie (Al), Leanne (Darryl), Ann-Marie (Sean) and Rod (Cari-Lin). Lovingly remembered by his 21 grandchildren and many great-grandchildren whom he adored. Also missed by his nieces and nephews. Predeceased by his parents, John and Gladys Armstrong, his sister Doreen and her husband Glen Carter, and his sons-in-law Rick Taylor and Robin Jackson. Ken was a proud 32 year veteran of the OPP. In his retirement, he was a passionate farmer and loved all animals. He was also a valued friend and employee of Falconer Funeral Homes as a funeral director’s assistant. In keeping with Ken’s wishes, cremation has taken place. A Memorial Service was held at Falconer Funeral Homes - Bluewater Chapel, 201 Suncoast Drive, East, Goderich on Saturday, January 10, 2026 at 11:00 a.m. Following the service at the funeral home, all were welcomed at the Knights of Columbus Centre, 320 Parsons Court, Goderich for a come and go Celebration of Life Reception from 12:30 - 4:00 p.m. As expressions of sympathy, memorial donations to the Heart and Stroke Foundation or the charity of your choice would be appreciated. Messages of condolence for the Armstrong family are welcome at www.falconerfuneralhomes.com

FOR SALE

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

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

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COMING EVENTS

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CONTINUED FROM PAGE 20

MTA CANDLELIGHT WALK

On Friday, February 6 from 7 p.m. until 8:30 p.m. at Maitland Woods Trail.

As evening falls, lace up your walking boots and enjoy the magic of the Candlelight Walk through Maitland Woods presented by the Maitland Trail Association (MTA). Wander the beautifully illuminated 1.5 km trail, where the natural landscape glows softly by candlelight. Guests are welcome to bring their own lanterns. Admission is free.

ROTARY CHILI COOK-OFF

On Saturday, February 7 from 11 a.m. until 1:30 p.m. at Goderich Fire Department.

Take a trip to the fire hall for the annual Rotary Chili Cook-off.

Returning and new teams take on the challenge of Best Chili in Town. Donations will be accepted at the door.

SUPER BOWL WATCH PARTY

On Sunday, February 8 from 4 p.m. until 11 p.m. at Boston Pizza.

Grab your friends and head to Boston Pizza for the NFL Super Bowl Watch Party.

SHROVE TUESDAY SUPPER

On Tuesday, February 17 from 4:30 p.m. until 6:30 p.m. at Berea-By-The-Water Lutheran Church in Goderich.

Join for an all you can eat pancake and sausage dinner with dessert.

Pay at the door: \$15 per person or \$35 per family.



Auburn & District Lions Club Valentine Breakfast

Auburn Memorial Community Hall
Sunday, February 8, 2026

8 a.m. - 11 a.m.

\$15/Adults, \$6/Child, Free/Preschool

Pancakes, eggs, toast, sausage & hashbrowns

Thank-You To our suppliers:

Robinson's Maple Products, Huron County Egg Farmers, Green's Meat Market

Proceeds for: Community Betterment



Deadline: Friday prior at 3 p.m.

Contact: info@goderichsun.com

PROMOTE YOUR EVENTS WITH US! HERE'S HOW:

- The Community Calendar is for non-profit organizations to promote their free admission events at no charge. Event listings can include your event name, date, time and location as well as a phone number, email address or website.
- If your event is not free admission or you would like to include more details than stated above, you have the following options:
 - Coming Events Word Ad in Classified section (50 word max.) - \$10 + hst
 - Coming Events Boxed Word Ad in Classified section (50 word max.) - \$15 + hst
 - Display Ad - Sizes begin at a classified business card size for \$35 + hst

BUSINESS DIRECTORY

Email to inquire
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SUDOKU

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

QUIZ ANSWERS

1. Blue moon
2. Russian America
3. Henry VIII
4. Denver, Colorado
5. Skin
6. 64
7. African Elephant
8. Finland
9. 2008
10. Supercell

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newsmediacanada.ca

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Sunsets of Goderich



A silhouette of the iconic Goderich beach tree during sunset on January 13.

(EMSIE WILLIAMS PHOTO)

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

Boost your business brand at Bannister Park!

Want to connect with our vibrant community? Seize the chance to showcase your business brand with the Town's Banner Advertising Program.



Make a splash by purchasing a custom 4' x 8' mesh banner to be displayed on the baseball or soccer field fencing at Bannister Park.

Here's how it works:

Cost

A one-time purchase of your banner, plus an annual advertising fee of \$500.

Placement

Choose between the outfield fencing of the high-traffic Hyundai diamond or the sideline fencing of our soccer field.

Commitment

Enjoy this unique exposure with a 3 year commitment.

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