

St. Marys Independent

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Issue #1276

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WELL-DRESSED TEDDIES STEAL THE SHOW!

Children lined up with their teddy bears for the Best Dressed competition at the annual Teddy Bear Reunion, held this past Sunday, Aug. 17. See full story and photos on page 10

(NANCY BICKELL PHOTO)

St. Marys Museum offering a glimpse into historical health care with Medical Maladies exhibit

GALEN SIMMONS

Local Journalism Initiative Reporter

For most of our history as a species, the ways in which we have treated our aches, pains, illnesses, infections and diseases was remarkably crude and, in many cases, lacking in scientific understanding.

At the St. Marys Museum, Medical Maladies and Curious Cures, an exhibit running until January 2026 that was created by former museum intern Izzy Mitchell, explores that often gruesome history and the false cures and tonics that many of our ancestors and the town's founders would have relied upon when they weren't feeling their best.

"Our former intern Izzy Mitchell had an interest in early 18th and 19th century medicine, so this was part of her undergraduate degree, researching this, and we thought it would make a really great topic for an exhibit," said museum curator assistant Emily Taylor, who took the Independent on a recent tour of the exhibit. "We've done medical exhibits in the past, especially anything related to the history of the hospital and doctors in the community, but we noticed that we had a lot of weird medical cures in our collection and a lot of information related to that, so that's what this exhibit centres on."

While there are plenty of tonic bottles and medical instruments on display, including a doctor's bag from the 1930s and all of the tools and equipment a doctor would have

CONTINUED TO PAGE 9

St. Marys outreach worker calls for more compassion amid housing, mental health struggles

ALEX HUNT

Independent Reporter

Jade Orquin spends her days connecting St. Marys residents to the resources they need most, from housing applications to health care, helping people rebuild their lives one step at a time.

Orquin, the community outreach worker for the Town of St. Marys, said housing is the highest request for help she receives as residents struggle with paying their rent due to the high cost of living. Orquin says the province-wide crisis affects the community more than some may think.

"If a person is on Ontario Disability, they're receiving just over \$1,000 a month and the average rent cost in St. Marys is around \$1,800 for a bachelor apartment," said Orquin. "They're likely not able to afford it; there's not a lot of low-income housing in this town."

Orquin's role as an outreach worker is to connect residents of St. Marys to essential resources, from transportation and health care to housing applications and financial support. She enjoys helping people in a variety of ways. Over time, Orquin has built close personal relationships with many clients, seeing some daily and others weekly.

Orquin says there are a few programs in St. Marys, such as peer support, which provide

CONTINUED TO PAGE 2

CB

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COMMUNITY

St. Marys outreach worker calls for more compassion amid housing, mental health struggles

CONTINUED FROM FRONT

mental health and addiction assistance. She also hosts a women's group at the library every Monday focusing on issues that affect women in the community.

"I think just treating people with dignity and respect; at the end of the day it goes such a long way and I'm very real with the people that I work with," said Orquin. "I try not to sugar coat things and seeing them once a week really helps build personal relationships, and I coordinate with different agencies which are also very supportive."

Orquin said she believes the community can sometimes be unaware of the circumstances people with men-

tal-health challenges struggle with every day. She hopes the town can provide education to locals as a way of encouraging compassion for everyone, regardless of those circumstances.

The most rewarding part of her job, Orquin said, is helping people. When clients face setbacks, like being evicted from their apartments, many return seeking her support. She often receives messages from clients thanking her for her help. Seeing people succeed and being part of their journey is what she finds most fulfilling.

"I think our community needs to be compassionate and understanding for outreach workers as well; we are doing our jobs the best that we can," said

Orquin. "Not everyone is going to be housed when we want them to be. They are being taken care of. It comes down to not having enough housing and people not making the right decisions when they are living rough."

Orquin said her first month on the job was difficult, but having great co-workers and supportive partnerships with local support agencies helped her push through the rough days and molded her to be more effective at her job.

"That's what it is. We have to work together and teach compassion to community members as workers," said Orquin. "We are always trying to uplift clients and make sure they get their feet off the ground and sometimes people have setbacks. It's great to see people succeed but it's really hard to watch people have those setbacks and it's important for workers to push them and tell them to keep going."



(ALEX HUNT PHOTO)

St. Marys community outreach worker Jade Orquin vouches for compassion over judgment for those living with mental-health issues and without stable housing.



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Perth County embarks on three-year comprehensive zoning bylaw review

County to review zoning bylaws for all four lower-tier municipalities

GALEN SIMMONS

Local Journalism Initiative Reporter

Following the recent adoption of its new official plan, Perth County is now undertaking a review of comprehensive zoning bylaws for North Perth, West Perth, Perth South and Perth East – a process that could take upwards of three years to complete.

A comprehensive zoning bylaw is a legal document that regulates land use and development within a municipality, ensuring land is used in a manner consistent with the community's goals and policies.

As all four lower-tier municipalities' comprehensive zoning bylaws have not been reviewed or updated in more than 25 years, this review is meant to bring each of them into compliance with the county's new official plan, bring them into alignment with new provisions in Ontario's Planning Act, ensure they are consistent with the Provincial Planning Statement and have them be reflective of

current zoning trends and best practices.

"The project will be undertaken in five phases," said Moira Davidson, Perth County's senior policy planner. "The first phase involves a background review of the overarching guiding planning policies that direct how land shall be used within the province to understand the key issues and opportunities to be addressed through each zoning bylaw. Phase 2 involves the creation of discussion papers that focus on key chapters found within the zoning bylaws.

"The discussion papers will review trends and best practices for key chapters within the zoning bylaws and include a comparator analysis of similar municipalities with recently adopted zoning bylaw amendments to understand current best practices."

Based on the research conducted in the project's first two phases, Davidson says county planning staff will draft new zoning bylaws for each of the lower-tier municipalities, which will then be presented to the public through a variety of

engagement platforms, open houses and public meetings for comment and feedback.

"A mix of community engagement activities and events are to be deployed throughout the course of the project, including in-person open houses, virtual information sessions, one-on-one office hours and public meetings," Davidson said. "We will be using council meetings, the project website, social media, print media and tax mailouts to keep residents informed of upcoming engagement events. As the first phase of the project is background-research heavy, residents can check back in spring 2026 on how to get involved."

That feedback will then be incorporated, where possible, into the final zoning bylaws for council consideration and adoption. Following council adoption, the review's fifth phase will see the zoning bylaws go through the statutory process under the Planning Act for appeals and feedback before they are implemented.

As many of the recent changes to the county's official plan were made to bring the official plan into conformity with provincial policy, county planning staff will take a similar approach with the zoning bylaw review.

"This is by no means a complete list, but some of the provisions that will be looked at during this review include the expansion of permissions for on-farm diversified uses, the alignment of accessible parking provisions with the Accessibility for Ontarians with Disabilities Act and permissions for mixed-use buildings," Davidson said.

The comprehensive zoning bylaw review is a chance to ensure the zoning rules in each local municipality work for citizens who engage with the planning process, including community groups, developers and professionals.

For more information about the review, visit the project website at www.perthcounty.ca/zblreview or email zblreview@perthcounty.ca to register for regular project updates.

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EDITORIAL

Ragweed season is upon us, so I'll be staying indoors for the next two months

GALEN SIMMONS
Editor

It comes like clockwork every year. While some years are better than others, on Aug. 15 without fail, I begin suffering from what past generations called hay fever, which we now know is due to ragweed allergies.

In the bad years, which the itching in my nose is already warning me this year might be, I get all the allergy symptoms. From itchy and watery eyes, sneezing and an itchy pallet to a stuffed nose and sometimes even a swollen face, I get it all.

And allergy season can be tricky. Sometimes, I wake up feeling great – no symptoms at all – but as soon as I even breathe a whiff of outside air, I start sniffing, sneezing, crying and wheezing almost like I'd just rolled around in a field of that dirty, rotten weed.

Ragweeds are flowering plants in the genus Ambrosia and native to North America. Several species have been introduced to Europe and Asia, and some have naturalized and become invasive species.

The name “ragweed” is derived from “ragged” + “weed,” coming from the ragged appearance of the plant’s leaves. Other common names include bursages and burrobrushes. The genus name is from the Greek ambrosia, meaning “food or drink of immortality,” a name I wholeheartedly disagree with.

Ragweed pollen is notorious for causing allergic reactions in humans, specifically allergic rhinitis – a type of

inflammation in the nose that occurs when the immune system overreacts to allergens in the air. Up to half of all cases of pollen-related allergic rhinitis in North America are caused by ragweeds.

So, I try every year to seal myself off and remain indoors with the windows closed from Aug. 15 until the first frost, usually in mid-October. I take two 24-hour allergy pills every day like clockwork, as well as a steroid nasal spray once a day, and eye drops and decongestants as needed.

Sometimes, I'm so hopped up on allergy drugs, a single cup of coffee can have me so jittery, I can barely sit still. However, my work and social life don't always allow me to stay indoors. When I have to cover a fall fair, for example, or a plowing match, or if all my friends are enjoying an afternoon lounging around a pool, I simply have no choice but to take my meds and hope for the best, which is usually a day relatively free of symptoms and a full night where I feel like my head is so congested it could explode.

So, as this ragweed season comes into full swing, I am praying to the allergy gods for mercy, both for myself and all those like me who suffer needlessly.

An interesting sidenote: When I lived in Saskatchewan for a year and a half, I didn't suffer any ragweed allergies at all. I'm not sure if that's because of the drier climate or if ragweed simply doesn't thrive in the prairies the way it does here, but I was certainly very grateful.

Overheard at the Coffee Shop

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Have you heard something humorous around town that you think might be of interest to others? Either email them to us at info@stmarysindependent.com with the title "Overheard at The Coffee Shop", call 519-284-0041 or drop by the office to let us know!

Bravo	Boo
We have 2 Bravos this week. 1) Bravo to my “super heroes” that came to my rescue after I had a fall on Water Street. About five gentlemen came to my aid with ice, a chair, support and a call to the ambulance. It was greatly appreciated. 2) Bravo to Marlene Forman on another successful Teddy Bear Reunion.	We have 1 Boo this week. 1) Boo to those that don't read the newspaper but then complain on St. Marys Life that they can't find any information on an event!
*Please note all Boos and Bravos must be signed in order to be considered.	Bravos and Boos are submitted by community members and do not necessarily reflect the opinions of the St. Marys Independent.

Quote of the Week

"I am very happy with how the picnic turned out. Thanks to everyone for their help and support as we navigated being in a new location. There were a few hiccups but for the most part it was great."

- Marlene Forman, organizer of the annual Teddy Bear Reunion that was held at Lions Park on Sunday.

GRANT HAVEN MEDIA

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The St. Marys Independent

THOUGHTS OF THE WEEK

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St. Marys Community Players to host first theatrical reading of Agatha Christie's *The Mousetrap*

EMILY STEWART

Independent Reporter

A small group of both audience members and actors will participate in a theatrical reading of a classic thriller just in time to celebrate the autumn equinox.

The St. Marys Community Players (SMCP) will host their first theatrical reading event on Sept. 20 at 311 Queen St. E from 2-4:30 p.m. It will feature Agatha Christie classic, *The Mousetrap*. Participants will either have a chance to be one of the actors reading *The Mousetrap*'s script or part of the audience watching the reading.

"You don't have to act it. You don't have to perform it. Just go pick up the script and say, 'OK, you play this role and you play that role,' so people will sit around and have a beverage and just read the play," said Greg George, SMCP

board of directors member.

George said Christie's beloved whodunnit mystery is a great play to participate in as part of a community theatre table read for people of all acting talents.

"I think it's something that's not going to scare people away," he said. "It's well-known, it's easy, it's a murder-mystery, so it's a way to build community and get people involved."

Only 25 spots are available for this event. To RSVP, send an email to info@stmaryscommunityplayers.ca and indicate a preference as either actor or audience. The names of the actors will be drawn from a hat the day of the event.

In addition to the reading of *The Mousetrap*, SMCP is getting ready to present its fall production, *Hilda's Yard*, at the Town Hall Theatre from Oct. 16 to Nov. 2.



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STONETOWN CRIER

The latest municipal news
from the Town of St. Marys



GRANDPARENTS' DAY CELEBRATION

September 2 | 9 - 11 AM | Friendship Centre

The St. Marys Friendship Centre has partnered with EarlyON for an intergenerational event.

Come and enjoy face painting, story time, crafts, snacks and a mini magic show. This event is free to attend. Register via ActiveNet or KEYON.

townofstmarys.com/activenet

LIBRARY STRATEGIC PLAN

Help plan for the future!

The St. Marys Public Library Board is actively gathering feedback on its Strategic Plan, seeking insights from individuals. Their aim is to identify areas of focus to help meet the needs of the community.

townofstmarys.com/librarystratplan



SCRAPBOOKING GARAGE SALE

September 13 | 9 AM - 1 PM | Friendship Centre

The St. Marys Friendship Centre is hosting a Scrapbooking Garage Sale event with over 50 tables of products. This cash only, free to attend event is a great opportunity to shop gently used supplies tax free!

SUMMER IN ST. MARYS PASSPORT

The Summer in St. Marys Passport is back! Visit at least seven of the eleven passport sites before September 1, 2025 to get your passport stamped for a chance to win \$100 in St. Marys money. Passports are free to pick up at any of the eleven participating locations.

Contact the St. Marys Museum to learn more!
519-284-3556



SHOWER PROGRAM

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Senior of the Week



Our senior of the week is Dorothy Sterritt. Dorothy was born in Saskatchewan. She lived and worked in the London area before retiring in St. Marys. Dorothy and her husband Ken celebrated their 74th wedding anniversary on Aug. 18. They have five kids, six grandkids and 10 great grandkids. Dorothy used to spend her free time tending to her large gardens and flower beds. She still enjoys flowers and gardens. Dorothy's hobby now is crocheting.

If you would like to nominate someone for Senior of the Week, contact us at 519-284-0041 or info@stmarysindependent.com.

Tree Power returns to Perth South



(PHOTO COURTESY OF UPPER THAMES RIVER CONSERVATION AUTHORITY)

Tree Power has officially returned to Perth South as online orders opened on Aug. 19. Pick-up for trees purchased is set for Sept. 27 at the Perth South municipal office in St. Pauls.

ST. MARYS INDEPENDENT

Staff Contribution

The Municipality of Perth South and the Upper Thames River Conservation Authority (UTRCA) have once again partnered to make native trees available and affordable for residents.

The Perth South Tree Power program launched in 2021 and has been extremely well received each year with trees selling quickly.

Tree orders for this year opened on Tuesday, Aug. 19. The trees will be available for pick-up at the Perth South municipal office in St. Pauls on Saturday, Sept. 27. The goal of this project is to create a greener and

more beautiful community by adding native trees.

"Tree Power in Perth South exemplifies the successful partnerships between UTRCA, the township and Perth County. This annual event has been warmly received by our residents," said Perth South Sue Orr in a press release.

"The UTRCA is very happy to partner with the Municipality of Perth South and run the Tree Power program for a fifth year," added Rob Davies, UTRCA forestry and restoration supervisor. "It's a great way to provide residents with affordable trees. We have 10 species that are well-suited to growing in the area."

To purchase trees, visit the shop.thamesriver.on.ca/product/perth-south-tree-power-trees.

Weekend Quiz

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1. The first colour photo in the world was taken in which year?
2. What is Canada's most valuable company based on market capitalization?
3. The car crash that killed Princess Diana occurred in which city?
4. When was the last time the Blue jays won the AL East?
5. Gregor Mendel is considered to be the father of the modern study of what?
6. What is the meaning of the letter "R" on movie rating?
7. What two brothers lead the English Rock Band Oasis?
8. What is the typical pH level of pure water?
9. Is the Equator a line of latitude or of longitude?
10. From the 16th to 18th centuries, India was ruled by which dynasty?

By Jake Grant

This week's answers are found on pg. 31



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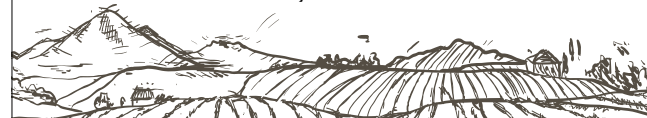
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Support for the Friends of the Library



(PHOTO COURTESY OF FRIENDS OF THE LIBRARY)

St. Marys Friends of the Library chair Reg Quinton and St. Marys Public Library CEO Sarah Andrews are pictured here with Jay Harrison from the St. Marys Presbyterian Church, who recently donated \$400 to the Friends of the Library from the church's 2025 Legacy Fund in support of the library's Newcomers' Welcome Program and other projects.



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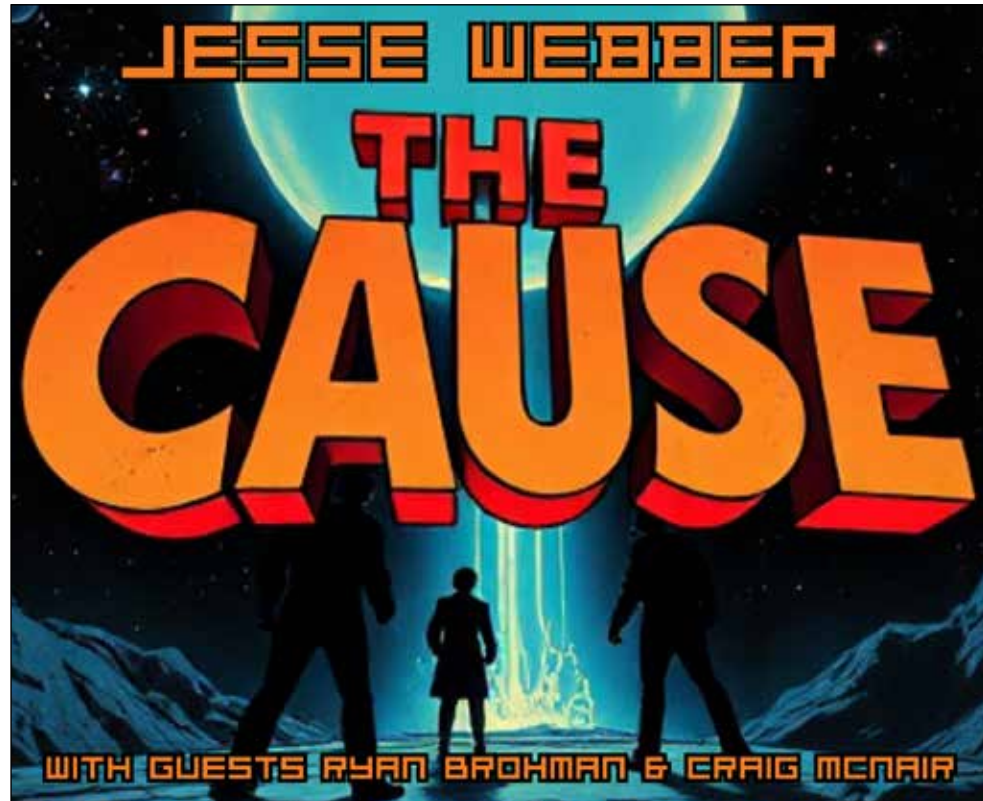
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St. Marys' Jesse Webber releases single 'The Cause,' his first crack at songwriting



Jesse Webber first wrote his newly released single "The Cause" when he was in high school as his friend was going through a difficult breakup.

(PHOTOS COURTESY OF JESSE WEBBER)

EMILY STEWART

Independent Reporter

St. Marys musician Jesse Webber's newest single, "The Cause," happens to be the first song he wrote.

"The Cause," released on Aug. 8, was first written by Webber when he was around 15-16 years old when his friend was going through a rough breakup at the time. The song is told through the perspective of his friend as a muse.

"To have it finally out in public the way I've always heard it in my mind is super great. I'm pumped about that," Webber said. "I love hearing it back and going, 'Okay, this is how it was always supposed to have been,' but I took three other tries at it to really get it to where I want it."

Webber said the first time he recorded "The Cause," he was 18 years old and wrote his first EP, but the first recording felt a bit rushed and processed because he just wanted to release the music.

"I wasn't fully aware of how to make some of these sounds come to life and I lived a completely other life since that song has been written. I'm a homeowner. I'm a dad," he said.

Webber recorded it for the second time for an EP with his band, SweetFire, but he also felt the second go wasn't where he wanted it to be and he was still just rushing to get the songs out there. He re-recorded "The Cause" and got a demo out, along with several other songs during the COVID-19 pandemic.

Now, "The Cause" is available to listen to and the production has lots of regional connections. The acoustic guitars were recorded in Webber's St. Marys home, the vocals in Elmira's Studio 7 with John Woods, electric guitars with Johnathan Knight at Waterloo's Authentic Recording and drums and bass were recorded live at Jonny Sauder's studio in Wellesley.

"There's a lot of guys named John that have worked on my music," Webber said with a laugh.

Craig McNair and Ryan Brohman are back-up vocalists on "The Cause," with Sauder on the drums, Nick Barkley on the keys and Scott Fitzpatrick on bass. Wayne Bond mixed the track, and the song was mastered by Abbey Road Studios, the same studio behind the remastering of The Beatles music.

"I wanted it to sound sparkly and very British and very '60s, so it was definitely the right call to have my mixing engineer British and my mastering guy; I want it run through the same speakers as the Beatles and all that, so it made all the sense in the world to send it there," Webber said.

Webber will be headlining the Belmont Music Festival in Waterloo on Sept. 13 under Jesse Webber and Friends. Though he's headlined other events with bands, this will be his first time headlining under his name. Webber will also perform other songs he re-

leased this year including "Built for Three" and "Miss Marshmallow Sky."

"To have an opportunity where it's my show and I'm sort of running the gambit on how the show's going to go, that's a very exciting prospect for me and I could see me wanting more of that at the finish line of all of this," he said.

"The Cause" and other newly released singles are available on all streaming platforms. To purchase Webber's music digitally at a pay-what-you-wish price, visit jessewebber.bandcamp.com.

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St. Marys Museum offering a glimpse into historical health care with Medical Maladies exhibit



(GALEN SIMMONS PHOTO)

St. Marys Museum curator assistant Emily Taylor holds Dr. Benjamin Franklin Weaver's 1907 book, *Physical Charts Illustrating Pains Aches and Tender Spots*, in one of the museum's most unique exhibits, Medical Maladies and Curious Cures.

CONTINUED FROM FRONT

kept in their bag to treat locals in their homes, one of Taylor's favourite pieces on display is a book, *Physical Charts Illustrating Pains Aches and Tender Spots* written by Dr. Benjamin Franklin Weaver in 1907.

"It's all about home remedies for different ailments, which is really funny," Taylor said. "We have a couple posted on the wall, which are some of our favourites that we saw. I love the suppositories for painful menstruation; they include cannabis, belladonna and then cacao butter. A lot of these types of home remedies were because people didn't have access to medical care at that time. We've had some huge jumps in the past 100 years in the medical care we receive, so a lot of people had to turn to home remedies to be able to help alleviate their symptoms because they

were desperate for some kind of relief.

"I think they're fascinating and I laugh at some of them, but I'm also kind of sad so many people had to turn towards them just to feel some sense of relief and some control. And I think something interesting in this exhibit that we do talk a lot about is how disadvantaged people – people of colour, women and disabled people – were left out of a lot of treatments and had to turn to these types of home remedies."

While many of the people who relied on these home remedies had conditions that required much-greater medical intervention than what was recommended in Weaver's book, Taylor said the treatment recipes made use of herbs and supplements that were far more readily available to the average St. Marys resident than more effective medical intervention, at least until the middle of the



(GALEN SIMMONS PHOTO)

A St. Marys doctor's bag from the 1930s with all its original contents is displayed as part of the exhibit. A local doctor would have used this bag to treat patients in their homes until access to health care in the community was improved in the mid-20th century.

20th century when the local hospital was established and our understanding of medicine began to advance rapidly.

Also on display in the exhibit are various "medical" tonic bottles and advertisements for "cure-alls" from the St. Marys Journal Argus newspaper.

"I think Lydia E. Pinkham's Compound is one that we see a lot of advertisements for. It really just claimed to be a cure-all for anything if you were feeling dizzy or had a fever or had issues with circulation," Taylor said, describing the alcohol-based tonic. "The difference for Lydia Pinkham's was that it wasn't harmful, at least, so the ingredients in it weren't causing active harm. A lot of these things had ingredients in them like cocaine, opium or alcohol that would mask your symptoms and make you feel better. It's kind of a smart way to sell something because

then you'd get addicted and you'd have to keep buying more."

According to Taylor, these "medicines" would be advertised by their purveyors in the local newspaper. These advertisements invited locals to meet these snake oil salesmen somewhere in town for a consultation before they moved on to the next town. Taylor says many of these cure-alls resulted in lawsuits in the years that followed their introductions to the retail market.

With plenty more medical history to explore through the items on display, the Medical Maladies and Curious Cures exhibit is a must-see at the St. Marys Museum, which is open from 9 a.m. to 4 p.m. Monday to Friday year-round, and from noon to 4 p.m. on Saturdays and Sundays in June, July and August.



(NANCY BICKELL PHOTO)

On Wednesday Aug. 13 the musical duo of Megan Brady (Megan Riley and Brady Lewis) entertained the crowd of people at the Melodies at the Museum event with their beautiful voices and wonderful music. They have been playing together for five years. They also play in a six-piece funk rock band known as Mutual Minds. They can be heard on Aug. 23 at 2 p.m. at the Stratford-Perth Museum along with several other musical groups.



(GALEN SIMMONS PHOTO)

Wicker wheelchairs like this one on display at the St. Marys Museum were standardized in the 19th century and remained in use until the middle of the 20th century.

The Teddy Bears had their reunion at a new location



Emmie Wiffen is only two days old and attended her very first teddy bear reunion. Pictured here is Emmie and her mom, Megan Palte. Marlene Forman, organizer of this special event, gave this newborn her very first teddy bear.

WENDY LAMOND
Independent Reporter

On Sunday, the 38th annual Teddy Bear Reunion took place at Lions Park in Milt Dunnell Field. The popular event had to be moved as the town works with the BAO (Bereavement Authority of Ontario) on purchas-

ing the land at the previous location at East Ward Park. The parade made its way from the gate at Milt Dunnell Field to the Lions Park where the event was being held. Organizer Marlene Forman was very happy with the turnout and how things went. “There are always hiccups, but I am

very happy,” she said. She also went on to say that if it wasn’t for help from her family and friends, she wouldn’t be able to continue with it so she is extremely grateful for everyone that was able to pitch in and make it happen and to those that generously gave donations. Any money raised goes towards purchasing teddy bears for our

hospital. Awards were given for the Best Dressed Teddy, Best Teddy lookalike, Sportsman Teddy, Largest Teddy and Teddy with the Most Friends. Thanks to everyone that came out to have some fun for a good cause. The bears will be back next year.



Five-year-old Devin Nutt was waiting patiently for his wagon full of teddy bears to be judged. (NANCY BICKELL PHOTOS)



Emmi Audet won a prize for one of the “Best Dressed” teddy bears.



Haven McClocklin was very proud to show off her very large bear at the Teddy Bear Reunion.



Three-year-old Kennedy Brewer had her favourite stuffy, a bunny who was much bigger than her, at the Teddy Bear Reunion.

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Caledon Tubing fills 10 backpacks with supplies for students in need



(PHOTOS COURTESY OF CALEDON TUBING)

Employees at Caledon Tubing recently raised funds to fill 10 backpacks with needed school supplies for students in need at Little Falls Public School.

CHRISTINE MARRIOTT
Submitted Article

As the back-to-school season kicks off, employees at Caledon Tubing, a division of Martinrea International, have come together to make a meaningful impact in their community. Through their Stuff a Backpack cam-

paign, the team successfully raised funds to fill 10 backpacks with essential school supplies for students in need at Little Fall Public School — a remarkable accomplishment for a workforce of just 50 people. Driven by a spirit of generosity and teamwork, employees contributed both money and supplies to ensure each back-



(PHOTOS COURTESY OF CALEDON TUBING)

Backpacks filled with school supplies were recently delivered to Little Falls Public School for students in need.

pack was packed with everything a student might need to start the school year off right. From notebooks and pencils to lunch kits, the backpacks were thoughtfully assembled with care. “This campaign was about more than just school supplies,” said Christine Marriott, human resources manager. “It was about showing our local students

that their community is behind them and cheering them on.” The initiative reflects Caledon Tubing’s ongoing commitment to community involvement and employee-led outreach. With the success of this year’s campaign, the team is already looking ahead to future opportunities to give back.

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Wildwood hosts spooky Bingo as part of Halloween in August



(GALEN SIMMONS PHOTO)

Kids and their families gathered inside the education centre at Wildwood Conservation Area on Saturday to play Halloween Bingo.



(GALEN SIMMONS PHOTO)

Pictured, Logan and Ryan Anderson and Grant and Corin Hoonaard mark their cards during a game of Halloween Bingo.

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SPOTLIGHT ON ARTS & CULTURE

The Order of Things: Station Gallery announces new exhibit



(DAN WELCHER PHOTO)

St. Marys artist Jane Loucks.



(DAN WELCHER PHOTO)

A waterfall painting by artist Jane Loucks.



(DAN WELCHER PHOTO)

Jane Loucks with tree painting.

DAN WELCHER

Contributed Article

“Chaos and order exist together. It is left to the artist to bring about a resolution.”

These words from the St. Marys artist Jane Loucks describe the overall mission of her work, which will be the focus of the next exhibition at the Station Gallery in St. Marys. Loucks chooses to paint from nature with abstract images of forests, lakes and waterfalls as her subjects.

“At a glance,” she says, “a forest, a waterfall, or even a single tree can seem disorderly and difficult to understand; water falling arbitrarily, all sorts of debris littering a forest floor, branches of various shapes and sizes growing every which way. But at the same time, we are aware that under all this charming mayhem there exists order; the tree is rooted in earth, gravity governs the falling water, there may be a path through the forest.”

Loucks was born and raised on a 200-acre farm in Grey County, which was established by her great-grandfather in 1853. She attended a one-room school. After high school, the guidance of a friend and mentor helped her to pursue further education at the Ontario College of Art (OCA). Until then, she hadn’t lived in a city, let alone one as vital and bursting at the seams as Toronto.

The late ‘60s and early ‘70s were a time of great turmoil in higher education, and in society in general, which only served to both intimidate and inspire the young country-born artist. During this time of unstructured education, OCA students were expected to choose one field of study. Loucks chose to work almost exclusively in drawing. For three years at the OCA, she honed her skills in life-drawing (with live models) and didn’t emerge as a painter for several more years. She still credits drawing as her strongest suit, and the underpinning of all her art.

Following her time in Toronto, Loucks moved to Guelph, took a general arts degree, got married and had four children. While she did what most mothers would do at that point – focus on raising her kids – she

never stopped working on her art.

She says now that those child-raising years were valuable not only as investment in family, but also as time to think and gather “fodder” for artwork to come. When her husband, Doug, received his first pastorate as a minister in the United Church, the family moved to South River, a small town between Huntsville and North Bay. They stayed there for 10 years, and Loucks quickly found a vibrant community of artists where she had expected a vacuum. An expat American living there named Jane Bonnell became a close friend, and an artistic mentor.

Loucks threw herself into learning the nuts and bolts of how to hang art, as well as how to exhibit, publicize and sell her work. She had two solo shows and participated in many group exhibitions during her time in South River and sold more than a few of her paintings.

The family then moved to St. Catharines, and 10 years later, to St. Marys, where her husband completed his years of ministry.

Now well-established in St. Marys, Loucks is getting her first solo show here. The Station Gallery (inside the

Via train station) will exhibit a sizeable number of her acrylic paintings from Sept. 6 to Oct. 4. The show is titled “The Order of Things.” Loucks doesn’t title her paintings.

“Every time I give a painting a title, I regret it later. Once an image has been named, you can’t un-see it,” she says.

Her work is abstract, but still relatively representational: a tree is still a tree even when the branches seem to evaporate as they grow. A waterfall is still a waterfall even if the water is falling upward as well as downward.

The show is all about conflict or polar opposites: Order vs. Chaos, Abstraction vs. Representation; Emotional vs. Intellectual. But a viewer will also see considerable beauty in the wild shapes and patterns that the leaves, branches, rivers and waterfalls create.

The Order of Things will begin with an opening Meet the Artist ceremony and reception, at 1 p.m. on Saturday, Sept. 6 at the Station Gallery, 5 James St. North in St. Marys. The reception is free and open to the public.



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St. Marys Independent **SPORTS**

U9 OBA Rockies earn gold medal at year-end tourney

SPENCER SEYMOUR

Independent Sports Reporter

The St. Marys Firefighters U9 OBA St. Marys Rockies won the gold medal at the U9 Year-End Tournament in Mitchell Aug. 8-10.

Head coach Chris Van Weiren praised his group for turning in some of their best all-around baseball of the season.

"Top to bottom, it was a team effort," Van Weiren told the Independent. "Every player brought their A-game. We had one of our best practices all year the Thursday night before the tournament started. We had won a few games in a row leading up to the tournament, and confidence was high."

St. Marys picked up wins in both of their round-robin games, edging out Goderich 14-12 before thumping Saugene Shores 19-1.

After finishing atop the standings following round-robin play based on wins and run differential, the Rockies had a rematch against Goderich, who got an early jump on St. Marys and held a 4-2 lead until the bottom of the third.

Landon MacIntosh led off the third with a single and was brought home by a Jack Becker stand-up triple. Max Bilyea and Carter Van Wieren followed with doubles. Maclean Ross, Mitchell Grant, Bryson Nairn, Will Graham, Emerson Muir and Kash Hylton all singled with the inning ending because of the seven-run mercy rule.

Solid defence led by Nairn and Grant in centre and leftfield held the Seahawks to only three more runs over the next three innings. The Rockies sealed a 17-7 win in the sixth inning by scoring six runs, including a homerun by Bilyea. Grant and Ross went four-for-four at the plate in the game.

Chris Van Weiren highlighted the team's player of the game for the semi-final, who rose to a challenge from



(CONTRIBUTED PHOTO)

Pictured in the front, from left to right, are Ryan Spearin, Will Graham, Kash Hylton, Max Bilyea, Mitchell Grant, Emerson Muir, Bryson Nairn, Jack Becker, Ryker Harrison, Landon MacIntosh, Carter Van Wieren and Maclean Ross. In the back row, from left, are Tanya Hylton, David Grant, Chris Van Wieren and Dan MacIntosh. The St. Marys Firefighters U9 OBA St. Marys Rockies captured the gold medal at the U9 Year-End Tournament Aug. 8-10.

the bench boss.

"A standout player in the tournament for me was Emerson (Muir)," Chris Van Weiren said. "Midway through the year, we started doing player of the game. Emerson had yet to be a recipient of it, and at the last practice before the tournament, I told him to give me a reason to make you the player of the game this weekend. He took that to heart and had a great tournament and got player of the game in our semi-final win over Goderich with his performance that included a homerun."

The Rockies then faced off against Clinton in the finals, who were undefeated coming into the gold medal game.

St. Marys got off to a quick start, scoring five runs in the first inning. Ryker Harrison started the inning with a one-

out single before Becker, Bilyea and Carter Van Wieren hit back-to-back-to-back triples, followed by a Maclean Ross double. Clinton was kept off the board in the first with what would have been a homerun if not for a relay throw from the outfield by Emerson Muir and Bryson Nairn, with a tag play at the plate by Landon MacIntosh getting the out.

The Rockies picked up right where they left off in the second with Muir and MacIntosh each hitting doubles before a Harrison homerun. Becker tripled and Bilyea continued the hitting with a triple of his own, then scored on a Ryan Spearin double to drive in the seventh run and put the inning into mercy.

Graham made the catch of the tournament on a line drive. Solid defence

to finish the second inning by Spearin and Hylton kept Clinton to just one run heading into the third. St. Marys scored three runs in the bottom of the third off a double from Muir and triples by MacIntosh and Hylton.

Up by 13 in the bottom of the fourth, St. Marys needed two runs to end the game via the mercy rule. Carter Van Wieren led off with a triple and was cashed in by a Ross single. With the game-winning run on first, Grant hit a ball to the outfield fence, scoring Ross from first and clinching the U9 OBA Enhanced Consolation championship for St. Marys.

Chris Van Weiren recounted how the team's commitment to working harder than everyone else allowed them to have a highly successful back half of the season, in which they went 11-3 in their last 14 games.

"Coach David Grant gave them some really good advice that works both on the ball field and in life in general," Chris Van Weiren said. "He said, 'You won't always be the best, but you can always outwork them.' This was all the spark we needed, and we rode that momentum the rest of the season."

Chris Van Weiren also credited his team for bringing a positive mentality and being able to nicely complement the skills of their teammates.

"Each player balances out the next. Some had strong arms, others could hit and others could run fast. What one player lacked, the next would pick up. When one was slumping, the rest would be at the fence chanting their name, hoping it would give them that extra push. Landon (MacIntosh) would definitely be our hype guy. Ryan (Spearin) was our glue guy, giving 110 per cent on every play regardless of the score or situation. It was rare that I would hear a grumble from any player on the bench."

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U9 HP Red Rockies capture silver medal at year-end tournament

SPENCER SEYMOUR

Independent Sports Reporter

The Royal Canadian Legion U9 HP Red St. Marys Rockies earned a silver medal at the U9 Huron Perth Fastball League (HPFL) Year-End Tournament in Stratford Aug. 8-10.

Head coach Laura Hinz told the Independent the weekend as a whole was an incredible way to cap off the team's season.

"These girls never gave up," said Hinz. "Not only was the weather hot this weekend, these girls were on fire. They continued to show up with plays, bats and cheers. The whole weekend was a great experience. The girls really learned the value of team and coming together. Ending the year with a silver is definitely a nice reward for all the work they put in this season, and we are so proud of them."

The Rockies went a perfect three-for-three in round-robin play with the final game before the semi-finals highlighted by Hinz as a pivotal point during the weekend-long tournament.

"Our third game on the Saturday versus Exeter was definitely a big moment for these girls. The girls were tired as we were playing a ball game at a majority of their bedtimes. We weren't sure what kind of enthusiasm these girls would bring to the game, but every player brought it all and then some. Everything was left on the diamond. It was an all-around great game of ball and they showcased all the skills they have learned over the season, both offensively and defensively.



(CONTRIBUTED PHOTO)

Pictured from left to right are Lenny Vergeer, Maeve Monteith, Charlotte Holliday, Natalie Hibbert, Natalie Kittmer, Adelia Verbaan, Jillian Ford, Scarlett Maddock, Madelyn Weber and Alice Hinz. The Royal Canadian Legion U9 HP Red St. Marys Rockies earned the silver medal at the U9 Huron Perth Fastball League Year-End Tournament in Stratford Aug. 8-10.

"Exeter took an early lead and this seemed to build something in our girls, and they took the lead with nine runs in the last two innings," Hinz continued. "The cheering was the loudest, the bats were the hardest and the defence was on par, and that win took us to the top of our pool and solidified our spot in the semis."

St. Marys met Listowel in their semi-final matchup and, heading into the final inning, the Rockies held a narrow one-run lead. A quick play at first base by Charlotte Holliday that earned an out followed by two strikeouts by pitcher Scarlett Maddock sealed the win and

a spot in the championship game for the Rockies.

In the final, the Rockies took on Mitchell in a hard-fought contest that ultimately saw St. Marys fall to the Hornets. However, it wasn't without strong play by St. Marys, with several notable moments in the game including Holliday, who was pitching, tossing a grounder to catcher Jillian Ford for the out at home, a play the team has been practicing.

"A lot of our girls made big impacts throughout the weekend," Hinz said. "Natalie Kittmer had a 100-per-cent on-base record for the entirety of the tournament. Lenny Vergeer, if you couldn't

see her, you would definitely be able to hear her. Her cheers were top-notch and her swings at the plate were magazine-posing worthy. All the girls showcased their skills at the plate with some solid hits and baserunning. Overall, the sportsmanship has grown immensely. I felt very fortunate to see our players just as happy to congratulate the Mitchell team for taking home the gold as if they were winning it themselves."

Hinz described what makes this team special in her eyes, mentioning the team's camaraderie and growth over the course of this season.

"This team has gone from initial skill-building only a few short months ago to taking home the silver. They have learned the value of sportsmanship and the value of playing the game and trying their hardest, regardless of ending in a win or loss. Defensively, these players have started to string plays together and are more confident in calling the plays out to their teammates during a game.

"We have players playing ball for the first time, we have players who met for the first time this year and we have players who are on different sports teams together, but when it came down to it, these girls discovered the importance of being unified as part of a team," added Hinz. "They've built each other up when someone was down and leaned on one another when they were hurting. The care they have for each other is genuine, and it's something that all humans should learn from. Watching them, I've seen a bond form that goes beyond the game. They are a true example of what a team should be."

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Foran, McVittie, Parsons win SMGCC Club Championship



(SPENCER SEYMOUR PHOTO)

Jeremy Foran, shooting a gross score of 147, captured the men's division title at the St. Marys Golf and Country Club's (SMGCC) two-day Club Championship tournament Aug. 16-17.



(SPENCER SEYMOUR PHOTO)

Rich Parsons added yet another nameplate to the senior men's plaque, scoring a 153 gross at the Aug. 16-17 SMGCC Club Championship.



(SPENCER SEYMOUR PHOTO)

Cheryl McVittie won her fourth straight ladies' title with a gross score of 175 at the SMGCC's Club Championship Aug. 16-17.

SPENCER SEYMOUR

Independent Sports Reporter

The St. Marys Golf and Country Club (SMGCC) held one of its premier events of the summer Aug. 16-17, the two-day Club Championship tournament.

Jeremy Foran was the men's club champion after shooting a gross score of 147 over the two days, narrowly edging out Darryl Sterkenburg and Nathan Wolfkamp, who ended with a combined score of 148. Sterkenburg took the 'A' flight's top prize over Wolfkamp based on retrogression.

Foran described a sense of good fortune coming out on top of the men's bracket by just a single stroke.

"It's a great feeling," said Foran. "You always want to win, so I'll definitely enjoy it. If I were to describe it in one word, it would be 'survived.' I feel like I didn't play the greatest, but I was good enough and was able to survive. I struggled a little bit towards the end (of day two), and there were some guys making a charge at me. It certainly was closer than I'd like it, but thankfully, it worked out."

According to Foran, a strong finish on the first day and a good start on the second day of the tournament were pivotal in adding his name to the championship plaque.

"I hit some good shots on the front nine (on day two), and my bounce-backs were good," Foran said. "I'd make a bogey and then make a birdie. I played pretty well (on day one), especially on the back nine, I hit a lot of good shots there and shot a couple under par, so that was probably the best I played all week-end."

The best net score in the men's division was posted by Bo Jackson, who finished with a 144 net. Alex Taylor was

awarded first place in the 'B' flight with a 158 gross score, with Mike McMullan taking second with 159. In the men's 'C' flight, Bob Hearn scored a 164 gross to finish first, while Kevin McCotter placed second with 166.

Rich Parsons won yet another title in the senior men's division, scoring a 153 gross score to take the senior championship. Tom Westerveld posted a gross score of 154 to earn the senior 'A' flight's top spot, and Steve Fisher finished second with a 157 gross.

Gord Russell finished as the senior men's net champion with a net score of 145. Scott Rinn claimed the top spot in the 'B' flight with a gross score of 163, followed closely by Graham Glousher, who shot a gross of 164.

With a gross score of 173, Fred Pinkerton emerged as the champion in the super seniors' division, while Bill Lowe's net score of 157 made him the division's net champion.

The ladies' division also saw another familiar face win the gross score title with Cheryl McVittie adding her fourth consecutive nameplate to the championship plaque.

McVittie, who shot a 175 gross, credited her short game for leading her to the win.

"I played well today," McVittie told the Independent. "I think I was chipping well. I didn't make many putts, but I didn't get into any trouble, so I was mostly in the fairways and I think my short game just kept me in it."

McVittie called the fourth straight club championship victory "humbling."

"Every year, I think I'm not going to win, so it's always a surprise to me when I do," said McVittie. "This year was probably my best score, so maybe this is the first time I really deserved to win. But this year felt really hard to win."

There was a bigger field, so there was more competition and a lot of good players out there."

Sue O'Grady shot a gross score of 185 to earn the 'A' flight title. Janis Kapp

took the prize for having the best net score with a 148 net. Lucky Player captured first place in the 'B' flight with a gross score of 205.

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Shackleton team wins SMGCC Mixed Scramble

SPENCER SEYMOUR

Independent Sports Reporter

The four-person team of Aimee King, Amie Shackleton, Derek Shackleton and Paul Shackleton scored 61, 11-under-par, and won on retrogression to take the top overall spot at the St. Marys Golf and Country Club's (SMGCC) Mixed Scramble tournament on Aug. 14.

Melanie Fisher, Steve Fisher, Kenny Hutton and Leslie Monroe finished second overall with a 61 scorecard.

Paul Shackleton noted a strong early result got the team off on the right foot for the rest of the tournament.

"Aimee (King) eagled on our second hole of the day, which was the 17th hole," Paul Shackleton said. "It was her first eagle and it was a key starting point. As a team, we had some key approach shots, leaving us in good positions to leave ourselves some makeable putts. In general, we just never got ourselves in trouble and always had a great ball to play. We never had to grind for a bogey and we always had a tap-in par if the birdie putt didn't drop."

Paul Shackleton added they got solid play out of all four members of the team.

"Aimee was driving the ball exceptionally well, which led us to have multiple great approaches to choose from.

We all had our fair share of putts drop, so that was nice, and we all equally contributed. We all mesh well together. It was certainly a team in good spirits the whole time and always feeling good about our drives and approaches, and we got lucky to avoid trouble all day."

Janet Jarrett, Jordan Jarrett, Steve Jarrett and Steve Marks finished first in the 'A' flight with a score of 62, followed narrowly by Mike Devries, Tracy Hubbell, Janine Vannoord and Mike Vannoord, who shot 63.

In the 'B' flight, first place went to Susan Dunn, Gary Van Bakel, Greg Van Bakel and Jess Van Bakel, who ended with a score of 65. Finishing in second place, just one stroke back at 66, was the foursome of Ken Bidner, Carol Damen, John Glass and Sheila Whalen.

Tim Campbell, Jen Dong, Patrick Green and Patrick Grogan put up a 62 score to finish in the top spot of the 'C' flight. Scoring 63 for second in the flight were Jonathan Allum, Leah McMullan, Mark Vandenberg and Sam Vandenberg.

The 'D' flight saw Jason Firby, Tara Firby, Anita Gregory and Mike Gregory claim first with a score of 64, followed by Dave Dubrick, Kelly Dubruck, Dan Hobson and Heather Hobson, who scored 65 to finish second.



(CONTRIBUTED PHOTO)

Pictured from left to right are Aimee King, Paul Shackleton, Derek Shackleton and Amie Shackleton. The team won the Aug. 14 St. Marys Golf and Country Club's Mixed Scramble tournament on retrogression with a score of 61.



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Lincs add to forward group as preseason approaches

SPENCER SEYMOUR

Independent Sports Reporter

With their first exhibition game coming up on Aug. 29, the St. Marys Lincolns bolstered their forward lineup with the acquisitions of David Heath and Zach Holeschek.

Heath, a London, Ont., native, joins the Lincolns after a stellar campaign with the Alliance's U16 London Jr. Knights. Heath scored 23 goals and 43 points in 28 games with the Jr. Knights and was selected in the 10th round of the 2025 OHL Priority Selection by the Kingston Frontenacs.

Lincolns' General Manager Pat Powers said the 16-year-old will make a very big impact on the team's offensive firepower.

"David (Heath) is an explosive and skilled forward with the ability to score at any time," Powers told the Independent. "He moves the puck hard, has a heavy shot, and will be hard for the op-

position to handle inside their defensive zone."

Holeschek joins the Lincolns after spending last season with the Peninsula Panthers of the Vancouver Island Junior Hockey League (VIJHL). The 18-year-old from Barrie, Ont., scored five goals and seven points in 30 games with the Panthers.

"Zach (Holeschek) will add depth scoring and be a player who has a fair bit of experience in his hockey career, so he will add some leadership," said Powers. "He has the ability to fit anywhere in our lineup, providing versatility."

The Lincolns recently announced two departures from last year's squad, including Colby Booth-Housego, who moved to the Wellington Dukes of the OJHL, as well as Ryan Cornfield, who was dealt for cash considerations to the Elmira Sugar Kings, a move stemming from Cornfield looking to be closer to his post-secondary institution.



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(SPENCER SEYMOUR PHOTO)

Reed Martin catches an incoming throw to first base while on the field for the Happy Valley Family Health Team U11 EB St. Marys Rockies.



(SPENCER SEYMOUR PHOTO)

Lachlan Thistle releases a swift pitch towards home plate during the U13 WOBA St. Marys Rockies game last Thursday.



(SPENCER SEYMOUR PHOTO)

Elliot Cociu steps into a heavy shot on target during this past Sunday's U10 Boys Tier Three St. Marys Storm game.



(SPENCER SEYMOUR PHOTO)

Erin Green launches the ball up through the middle of the field during the U18 Girls Tier Three St. Marys Storm game last Wednesday.



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COLUMNS

UKRAINIAN CORNER: An unfinished journey – Ukrainian families in Canada

ALONA VASYLIEVA

Independent Columnist

There are many anniversaries we celebrate in life, but for every Ukrainian family in St. Marys, there's a special one that marks the day they became Canadians. It's an anniversary that's both a celebration of a new beginning and a reminder of the life we were forced to leave behind.

It's been, on average, about three years since most of us arrived, and while that may seem like a long time, the adaptation period is definitely not over. We're not complaining – we're just saying it takes a minute to get a handle on this whole "Canadian life" thing. It's not like we chose to leave our homeland, but someone, unfortunately, made that choice for us. And for the incredible support we've received in St. Marys, we can't be grateful enough.

Our journey through this new life has a few distinct stages, each with its own brand of chaos and discovery.

When you first arrive, you're just grateful to be safe. You have a roof over your head and that's the only thing that matters. You take the first job offered, even if it's a physically demanding factory position that is a world away from your old life. You proudly work overtime, happy to pay the bills and see your family safe. For many of us who arrived with poor English, just having an employer give us a chance felt like winning the lottery.

After a while, the reality of a new life starts to sink in and you begin to feel like a bit of a failure. You want to be successful again, not just a bill-paying machine. You remember being a specialist in Ukraine – a plumber, a teacher, a pharmacist – and you dream of getting back to that.

But that's where the Canadian-sized obstacles pop up. You can't just pick up your old job without a Canadian diploma. So, you think about college, but then you're hit with a triple-fee bill for being an international student (even though Canada is your new home). And even if you're ready to pay that astro-



(PHOTO COURTESY OF ALONA VASYLIEVA)

For many Ukrainian families, the anniversary of their arrival in St. Marys is a complex mix of celebration and bittersweet reflection – a moment to honour the new life they've built while remembering the one they were forced to leave behind.

nomical amount, your English isn't quite at "college essay" level yet. So, you scold yourself, "Why aren't I trying harder," while juggling a night-shift job and a couple of kids. The self-doubt spirals and you're back to feeling like a failure.

Speaking of spirals, let's talk about the credit card system. In Ukraine, credit cards are for emergencies, not for everyday life. You use your own money from your debit card to prove you're good with money. Here, it seems you're supposed to spend money you don't have to prove you're good with money. It's a mind-bending concept.

You're told you need to build your credit score to do anything important, like rent an apartment or get a mortgage. And while I do appreciate the benefits – like cashback, travel points and not being held responsible when your card is stolen – it still feels like a trap. Every store wants you to get its own credit card, and suddenly you feel like you need a personal accountant just to keep track of everything and make sure you pay it all off on time. It's a

whole new level of adulting, and it's not for the faint of heart.

I have a confession to make regarding other stages of adaptation in Canada.

Our kitchen motto back home is, "If you didn't make it from scratch, did you even eat?" This has led to some truly hilarious culture shock moments.

For instance, the slow cooker. I've been told it's a "great option for busy ladies," and I'm pretty sure that's a direct translation for "a magical crock of laziness." I'm getting on board, though.

Then there's the great cheesecake crust scandal. I'll be scrolling through a recipe online, all excited, and then it says, "Now, just use a pre-made crust." My soul, which is 50 per-cent flour and 50 per-cent Ukrainian grandmother,

screams in protest. Why would I go to the store and get a weird, dry circle of sadness when I can mix some crumbs and butter myself in less time than it takes to put on shoes?

Another challenge is the difference in measuring systems. My mind, which is accustomed to the metric system, often has to do some quick conversions when a recipe calls for "cups" instead of grams. It's like a fun mental workout while I'm trying to bake!

But hey, at least I'm exploring new things! One day, I might even get so comfortable with pre-made crusts and "cups" that I finally learn to relax and embrace the ease. But until then, you can find me in the kitchen wrestling with a conversion chart and making my own crust.

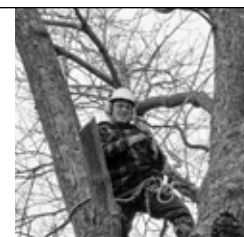
Every morning on my way to work, I talk to my mom on a video call. It's a call that grounds me. I listen as she tells me about yet another Russian rocket hitting a neighborhood nearby. And yet, she and others still find the patience and resilience to put themselves together and get ready for work.

In those moments, you realize that your little immigrant adaptation problems like figuring out the credit card system or being a specialist again are not so bad. Yes, you're exhausted emotionally, but you are physically safe. The only things that can disturb your sleep are the singing birds through your open window or the comforting rumble of a train in the distance.

The journey of adaptation is long, full of surprises and definitely not over, but every day is a step forward, and a step away from a reality that's far worse. It's an anniversary we'll keep celebrating for as long as it takes.

Ask the Arborist

By Joel Hackett | 519 272 5742 | jtsquote@gmail.com



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Thanks, Ava

Dear Ava,

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ferment in the buildup of fluid.

Unfortunately, treatment is rarely effective. Some people put in a drain at the bottom of the hollow. Sometimes you can prune the effected area out, depending on the location.

Sincerely,

The Arborist

Joel Hackett is a certified Arborist residing in the St. Marys area. Currently, he spends most of the year running Joel's Tree Service. For contact call 519 272 5742 or email jtsquote@gmail.com

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HISTORIC ST. MARYS: Local sports reporting in 1925

MARY SMITH

Independent Columnist

Many people turn to reports on sporting events as a bit of relief from the many grim and frightening stories in the news today. With swimmer Summer McIntosh and tennis player Victoria Mboko posting such terrific results, it's interesting how dominant female athletes have been in Canadian sports headlines this summer. More and more women's professional teams are getting coverage in Canada's major newspapers. Here in St. Marys, the Independent tries to balance reports of local men's and women's / boys' and girls' sports. Was this the case in local newspapers a century ago?

Recently, Cindy Sinko, Assistant Archivist at the Stratford Perth Archives, wrote an article for the Stratford Beacon Herald about women's softball in Perth County in 1925. She explained how the sport had caught on in the early 1920s. Stratford had a city league made up of young women from local churches and factories. Tournaments provided opportunities to showcase these women's increasing skill. Sinko's article reproduced a news item from the August 1, 1925, Stratford Beacon Herald. It announced a women's tournament at Dufferin Park on Civic Holiday Monday with half a dozen teams invited to participate. Admission was 25¢. Encouraging attendance, the article continued: "Girls' softball has taken a tremendous hold throughout the province, and in many centres, they play a brand of ball that is just as fast as that displayed by the men. They fight for the slightest advantage and the tournament here Monday should prove decidedly interesting. Don't miss it if you haven't decided to spend the holiday out-of-town."

On Tuesday, August 4, the Beacon Herald carried a report of the tournament. As it turned out, only three teams had competed – Stratford, Staffa and St. Marys – but it had still been an entertaining day. Two men's ball teams had filled out the program with a short exhibition match. But, as the newspaper reported, the crowd had come to see the women's teams compete and "didn't take much interest in the (men's) proceedings." The crowd was much more enthusiastic when Staffa defeated Stratford in a close game. St. Marys had apparently also defeated Stratford in a game played the week before and so played Staffa in the final. The older, more experienced team from St. Marys was the winner.

It's always exciting when a St. Marys team is triumphant – especially when this happens in Stratford! Were the results of this tournament also reported in the Journal Argus? The Beacon Herald



(PHOTO COURTESY OF THE ST. MARYS MUSEUM'S DIGITAL COLLECTION OF HISTORIC IMAGES)

This happy group are members of the McConnell Club softball team and their coaches. They played in the St. Marys Inter-Church League in the 1920s.

was a daily newspaper while the Journal Argus, a weekly, only published on Thursdays. On Thursday, August 6, 1925, this short item appeared: "The St. Marys United Church softball team who entered in the Stratford softball tournament in the Classic City on Monday carried off the honors in fine style when they defeated the Staffa entry by 17 to 10 runs after the Staffa team had outscored the Stratford nine by 17 to 15. The locals lined up as follows: F. Judd, B. Stevens, M. Stevens, H. McIntosh, F. Dale, D. Harris, M. Johnson, L. Marriott, I. Black." The Journal Argus acknowledged the Stratford tournament, but the story is disappointingly lacking in detail.

From the time that St. Marys was established and right through the 19th century, there seemed to be many options for organized team sports for men and boys. Sports-minded girls learned to skate, snowshoe and cycle but team sports were for boys. During the years of World War I, these activities had been largely suspended, but following the war, there was a renewed enthusiasm for local sports. Team competitions for both young men and women became a very important part of the community, especially in summer when these matches were held on the Flats beside the Thames River.

The town had purchased the Flats from the St. Marys Milling Company in 1919. Once it was public property, attention was directed to upgrading it as a park and an athletic field. John Grieve Lind of the St. Marys Cement Company was a big supporter. By the early 1920s, the Flats had been improved and enlarged, thanks to Lind's donation of five lots at the north end. There was a grandstand for spectators and parking

for cars along the ring road. In the early 1920s, lacrosse was still the most popular summer team sport but by 1925, while lacrosse was still being played, its popularity was in decline. Baseball, soccer and women's softball were drawing good crowds of fans, cheering their teams every evening they played on the Flats.

These competitions were scheduled through the Inter-Church League. The teams were made up not only of members of various local churches, but also from some factories and clubs. Games were played at least two evenings a week throughout the summer – Tuesday and Thursday and sometimes Friday. In 1924, there were five women's softball teams: Methodists, Presbyterians, Cheerios (from the Anglican Church), McConnell Club, and So-Cosy teams. (So-Cosy was a local shoe factory situated in the southeast corner of Cadzow Park.) The league followed the rules for softball set out by the Amateur Athletic Union of Canada. There were seven regulation innings, although towards the end of the summer, darkness brought an early finish to some games.

The men fielded soccer and lacrosse teams from the Methodist, Presbyterian, Anglican and Baptist Churches. On each scheduled evening, a game between two women's teams and another between two men's teams took place at opposite ends of the Flats. Spectators chose the match they preferred or kept an eye on the progress of both games at the same time. The Journal Argus covered these games enthusiastically, giving equal coverage to the women's and men's results.

By 1925, there were some changes in the Inter-Church League. Only three women's softball teams were entered.

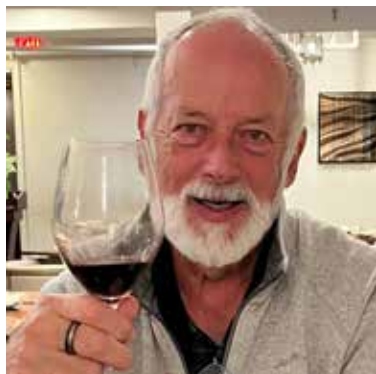
The Methodists were now the United Church. This already strong team may have absorbed some Presbyterian players following church union. The So-Cosy factory had closed but their team was replaced in the league by the De Long team, a factory on Emily Street with many women employees. There was no Anglican softball team but some of the former Cheerio Club members now played either for De Long or for the McConnell Club. The only photograph in the St. Marys Museum's collection of any of these teams is one of the McConnell Club, shown with this week's column. The players and coaches are all identified. Back row: Art Farney, Vera Weston, Frances Wilson, Eleanor Alberts, Hilda Brown, Vic Tovell. Front row: Irene Brown, Grace Jackson, Elsie Tovell, Tid Tuer, Vera Brown. The teams also played exhibition games with nearby communities such as Kirkton and Stratford, and occasionally with some very experienced women's ball teams from London.

Following St. Marys United's success at the Civic Holiday ball tournament in Stratford, the Inter-Church League decided to host a tournament of its own on Wednesday, August 12. (On Wednesday afternoons in the summer, most local businesses had a half-holiday, freeing up players and spectators.) Eight teams entered, competing for a \$20 first place prize: Thorndale, Stratford, Motherwell, Devises, Kintore, Russell, St. Marys United Church and De Long. The Journal Argus reported that the tournament "was a fine success and drew a large crowd of spectators." Unfortunately, it started to drizzle at three o'clock in the afternoon. The drizzle turned to steady rain and the final game between the two top teams, St. Marys United and Kintore, had to be postponed. Although the newspaper had given the scores of all the games played on August 12, no report of the postponed championship game could be found. In 1925, a new men's softball league was organized in St. Marys, made up of eight competitive local teams. With limited space for sports stories, their results started crowding out the women's successes. The balance in the reporting of the early 1920s Inter-Church League games was now tipping towards the men.

It is still a struggle to achieve gender balance in sports reporting, even at the local level. However, it is interesting to note that at the Canada Summer Games currently underway in Newfoundland, there have been equal opportunities for competing. Not only are there baseball and softball competitions but also soccer and lacrosse for both young women and men.

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OH, THE PLACES WE'LL GO: Discovering the freshwater shipwreck diving capital of the world



PAUL KNOWLES

Independent Columnist

Here's your trivia question for the day: Name the freshwater and shipwreck diving capital of the world.

You don't have to go too far afield, according to Guillaume Courcy. His answer would be "Kingston, Ont., and the Thousand Islands," and his evidence is pretty convincing.

Courcy, a native of Rimouski, Que., is a veteran of the Canadian Armed Forces. He served internationally and learned to scuba dive while stationed on a peacekeeping mission in Israel. His last posting was to Kingston; he came there in 2011 and joined the local military scuba club and he quickly became aware of the treasure trove of shipwrecks awaiting exploration around the Thousand Islands. He completed his diving instructor qualifications in 2019.

His wife, Martine Roux, a diving instructor from Montreal, met Courcy because of their shared interest in spending time underwater. They became life partners and in 2020, they became business partners as well.

In that infamous COVID year, they acquired their first boat, a tug called the Dorothy J. Guillaume moved straight from his military career into his new life as an underwater entrepreneur. And despite the challenges of the pandemic, Neptune and Salacia Diving prospered. Neptune is the Roman god of freshwater and the sea; Salacia, his consort, is the goddess of the sea. They opened a dive shop in 2022 and bought a second boat, a Zodiac, in 2023.

If you spend some time with Courcy, you will become convinced that the number one reason for their success is the personal enthusiasm of the owners. They live and breathe diving, and even after diving around the Thousand Islands for more than a decade, they continue to be very excited about the experiences that await them on every dive.

Courcy admits his claim about the freshwater and shipwreck diving capital of the world would be disputed by fans of the Georgian Bay waters around Tobermory, but his tongue-in-cheek goal is "to steal that title back from Tobermory."

There is no doubt freshwater divers will find unending opportunities to explore shipwrecks in the waters of the St. Lawrence River, off Kingston. The St. Lawrence starts here, feeding out of Lake Ontario. The estimate is that there are between 200 and 400 shipwrecks in the area. Many of them are ships that floundered in storms; some, like the HMS Princess Charlotte, saw military action

in the War of 1812; many more have been deliberately sunk by their owners because they were no longer seaworthy.

More recently, some, like the Wolfe Island II, have been deliberately sent to the bottom as artificial reefs and dive sites.

If you spend time on the water or in the air over the Thousand Islands, the sheer number of shipwrecks is quickly apparent. I took a helicopter tour that included flying over Garden Island where, in that small area alone, about 20 shipwrecks are easily spotted from the air.

What makes freshwater diving special for shipwreck enthusiasts is most wrecks are wooden ships. Wooden ships that sink in salt water are quickly eaten away by the salt. Courcy told me, "Cold water, fresh water, keeps these wrecks alive." The Great Lakes and the St. Lawrence River are home to the largest collection of wooded shipwrecks in the world.

There are a number of ways visitors to Kingston can get up close and personal with shipwrecks. Neptune and Salacia Diving own the first and only PADI certified dive boat in Canada – PADI is the highly recognized Professional Association of Diving Instructors.

Courcy and Roux offered scuba diving charters, scuba courses and snorkelling tours. This summer, they introduced a War of 1812 snorkelling tour.

So would-be explorers have options ranging from snorkelling above wrecks to diving to spectacular sites like the Comet, an 1864 paddle-wheeler now resting in 80 feet of water.



(PAUL KNOWLES PHOTO)

Guillaume Courcy wants to claim the title of "Freshwater and shipwreck diving capital of the world" for Kingston.

This being Canada, it turns out diving is an all-weather sport. Courcy is a certified ice diving instructor, so he takes well-insulated clients out and under all year round.

The quirky, fun side of the business is evident as he talks about their very popular feature, Zombie Apocalypse Diving, where cosplay meets scuba.

Courcy and Roux also spearhead clean-up dives on the Kingston waterfront, run by the local Rotary Club. In the first year of the event, divers collected over 800 kilograms of debris around the harbour. The event has grown to include non-divers on the shore, and in kayaks and canoes, all working to keep the harbour in pristine shape.

The business has grown sig-

nificantly through its five years of operation, but Courcy and Roux are committed to making it better, continually offering new programs and dive experiences. When I met Courcy, there were 11 moorings at dive locations – permanent mooring stations where boats can tie up, thus preventing damage to the wrecks from anchors. The goal, he says, is to have 30 moorings, opening more and more potential for exciting exploration of the shipwrecks in the waters of the Thousand Islands.

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.



(PHOTO COURTESY NEPTUNE AND SALACIA DIVING)

The Glendora is one of the many shipwrecks near Kingston that can be explored by divers.



(PAUL KNOWLES PHOTO)

The elongated shapes in the water of Garden Island are all shipwrecks

EAT AT OUR HOUSE: Wrapping up at the end of summer



LAUREN EEDY

Independent Columnist

Here are a few of my favourite recipes to help you bid farewell to the warm weather, fresh produce and summer vibes.

Crunchy coconut chicken

Serves: 6; Prep: 20 minutes; Total: 1.5 hours

A tropical take on a classic schnitzel recipe with a refreshing and zippy salad as well as a light heat from mayonnaise-based sauce. Perfect for a family meal or entertaining poolside in these last weeks of summer.

3 boneless, skinless chicken breasts

1 cup canned coconut milk

2 tbsp fresh lime juice

1 tbsp fish sauce

1 ½ cups all-purpose flour

1 tsp kosher salt

Freshly ground pepper

3 large eggs

1 ½ cups panko breadcrumbs

1 ½ cups unsweetened shredded vegetable

Vegetable oil for frying (about 2 cups)

Spicy Mayo:

½ cup mayo

2 tbsp siracha

1 tsp honey

Cabbage Salad:

1 head Napa cabbage

2 Persian cucumbers, quartered, thinly sliced

1 avocado, cubed

1 small serrano chile, thinly sliced

1 half-inch knob of ginger, peeled and finely grated

1 tsp fresh lime juice

1 tsp reduced-sodium soy sauce

½ tsp fish sauce

Lime wedges for serving

Method:

- Using a sharp knife, cut the chicken in half though the thickest side parallel to the cutting board. Place pieces between two pieces of plastic wrap in a large resealable bag on the large cutting board. Using a meat mallet or rolling pin, pound chicken to a quarter-inch thick.

- In a large bowl, combine coconut milk, lime juice and fish sauce. Add chicken and toss to combine. Cover bowl and refrigerate at least 30 minutes and up to 1 hour.

- In a large, shallow bowl, whisk flour, cornstarch, salt and a few grinds of black pepper. In a second shallow bowl, beat eggs to blend. In a third shallow bowl, stir panko and coconut.

- Working one at a time, remove chicken from marinade and toss in flour mixture. Dip into eggs, letting excess drip off then coat in panko mixture, gently pressing to adhere.

- In a large stainless-steel pan, pour oil to a depth of half and inch. Heat over medium-high until shimmering but not smoking (oil temperature should be around 350°F). Working in batches if needed, carefully add chicken and cook, turning halfway until deeply golden brown,

3-4 minutes per side. Transfer to a wire rack. Repeat with remaining chicken, adjusting heat as needed.

- For Spicy Mayo: In a small bowl, combine mayonnaise, siracha and honey. Refrigerate until ready to use. Spicy mayo can be made 1 week ahead, keep refrigerated.

- Cabbage Salad In a large bowl, toss cabbage, cucumber, avocado, chile and cilantro. In a small bowl, whisk together ginger, lime juice, soy sauce and fish sauce. Pour dressing over salad and toss to combine. Serve chicken with spicy mayo, salad and lime wedges. Feel free to use tortilla or naan and serve this handheld-style.

Banana boats!

Serves: 4; Prep: 5 minutes; Total: 20 minutes

An end-of-summer treat even the kiddos can assist with! Ideally, use ripe bananas for bread and muffins which have a ton of flavour. Here, turn them into a tasty and potassium-filled treat where everyone can make their own.

Cut a ripe banana down the middle, stuff with dream selection of toppings, wrap in foil and toss in the oven, on the grill, or in the campfire until inside is soft and perfectly sweet. Use your imagination or choose your own flavours from the list provided below:

Breakfast:

- Peanut Butter Turtle: semi-sweet chocolate chips, caramel sauce, peanut butter and toasted pecans.

- Piña Colada: chopped pineapple, cream of coconut, toasted coconut. Top with whipped



(LAUREN EEDY PHOTO)

A delicious assortment of banana boats for all tastes!

cream and maraschino cherries for serving.

- The Elvis: honey, peanut butter, roasted peanuts, crumbled bacon.

- Morning Glory: Almond butter, maple syrup, cinnamon and granola.

- S'mores: 4 tbsp mini marshmallows, 4 tbsp semisweet chocolate chips. Top with 4 tbsp graham cracker crumbs.

- Bananas Foster: ½ cup chopped toasted pecans, 6 tbsp dark brown sugar, ¼ cup dark rum *adults only*

- Banana Split: 2 large strawberries, finely chopped and divided, 4 tbsp semisweet chocolate chips, 4 tbsp walnuts. Top with whipped cream and maraschino cherries for serving.

Directions:

- Preheat oven to 350°F. Cut out four 13-by-12-inch rectangles of foil.

- Using a pairing knife, cut a slit lengthwise in the banana without cutting through the other side. Place in the centre of a sheet of foil, fill with desired filling with your desired ingredients. Crimp foil around bananas, seal with seam facing up. Repeat with remaining bananas. Transfer wrapped bananas to baking sheet. Bake until melted and heated through, 10-12 minutes. Turn on broiler, unwrap and broil, watching closely, 20-60 seconds. Top with required toppings listed above.

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Riddles

What can be cracked, made, told, and played?
A joke.

Why can't your nose be 12 inches long?
Because then it would be a foot.

What word is spelled incorrectly in every dictionary?
Incorrectly.

Why did the student eat his homework?
Because the teacher said it was a piece of cake.

Why did the scarecrow win an award?
Because he was outstanding in his field.

Why did the golfer bring two pairs of pants?
In case he got a hole in one.

Why did the banana go to the doctor?
Because it wasn't peeling well.

What has one head, one foot, and four legs?
A bed.

Why did the computer go to the doctor?
Because it had a virus.

What did one ocean say to the other ocean?
Nothing, they just waved.

Why did the tomato turn red?
Because it saw the salad dressing.

Why did the melon jump into the lake?
It wanted to be a watermelon.

- Word Search -



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The Riddle Kid OF THE WEEK



Murphy McCarthy (7)

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

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PET OF THE WEEK



Never leave your dog unattended in a vehicle, even for a short period, as temperatures inside can rise rapidly. If you must travel with your dog, ensure they have access to cool water, a shaded area with proper ventilation.



KEVIN

Our Pet of the Week is Kevin, a 3-year-old basset/beagle cross. Kevin's owners are Lisa Fewster and Braden Furtney but we met Kevin and his Uncle Robin at the dog park. They visit the park every day where Kevin has a chance to run and romp with his canine friends.



Thorndale News

A section within the
St. Marys Independent



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Transformative Thorndale CAO moves on

ST. MARYS INDEPENDENT

Staff Contribution

The Municipality of Thames Centre has reluctantly accepted the official resignation of its top staffer, chief administrative officer (CAO) David Barrick, after a term marked by notable successes in obtaining grant funding and the modernization of some municipal operations.

In a press release, the municipality said it earned its first Government Finance Officers Association (GFOA) Distinguished Budget Presentation

Award under Barrick's leadership. The municipality also introduced the use of Qwestica OpenBook software to show residents exactly where their tax dollars were going – an innovation which earned an Association of Municipal Managers, Clerks and Treasurers of Ontario (AMCTO) certificate of merit.

Thames Centre received significant grant funding over this term of council thanks in part to Barrick's work as a liaison to other levels of government and third-party organizations. These include \$1 million grants for housing-enabling water infrastructure and the upcoming

replacement of the north ice pad at the FlightExec Centre. This fall, the municipality will also be installing new EV chargers at municipal facilities with over 90 per-cent of the cost covered by third-party grants. New active living programs have been fully funded by another provincial grant.

To better serve the public, Barrick oversaw the creation of a customer service charter and expanded public engagement through town halls, online surveys and a modernized municipal website. Barrick organized, attended and spoke with residents at public fo-

runs like the Green Town Hall meetings and this year's Road Safety Open House.

"I'm proud of the work I did with council and staff, and of the results we delivered for the people of this community," said Barrick. "I'm sure Thames Centre will continue to build on the momentum."

In the press release, the municipality said council remains grateful for Barrick's support in advancing its strategic priorities and wishes him all the very best in the future.

Fire Ban issued for Thames Centre

NANCY ABRA

Independent Reporter

As of Monday, Aug. 11, the Thames Centre Fire Department has enacted a fire ban on all fires except for recreational campfires.

This is defined in the municipality's Open Air Burning Bylaw at www.thamescentre.on.ca/media/rtzezop1/023-

2014-open-air-burning-bylaw.pdf

"This decision came after consultation with fire chiefs from surrounding municipalities in both the county and the province," said Thames Centre Fire Chief Nick Dorken. "This ban is due to the extreme heat and dry climate we have been experiencing these last few weeks."

According to Canada Weather Stats,

London received 54.8 millimetres of precipitation in July, which is down significantly from the average rainfall of 81 millimetres. In the first two weeks of August, our area has not recorded any substantial rainfall to alleviate the dry conditions.

Currently, the fire ban in Thames Centre does not include recreational campfires but this may change depending on

further consultation and continued hot, dry weather, according to Dorken.

Anyone with questions about this burn ban are encouraged to contact Dorken at ndorken@thamescentre.on.ca. Follow the municipality's website for further updates to this fire ban.

Thorndale Country Mills hosts Student Appreciation BBQ



(PHOTO COURTESY OF THORNDALE COUNTRY MILLS)

On Aug. 12, employees of Thorndale Country Mills gathered for a Student Appreciation BBQ to celebrate Riley Chowen, Evan Stevens and Cooper Clark as they prepare to head off to university next month. Stevens and Clark have been part of the Country Mills team since 2021, with Chowen joining in 2022. The team at Thorndale Country Mills said it is sincerely grateful for the hard work and dedication of all its student employees, and it wishes them the very best in their academic journeys ahead.

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OBITUARY

McArthur



With gratitude for a life well lived, the family of Jane Lorraine McArthur shares her peaceful passing on Thursday, August 14, 2025, at St. Marys Memorial Hospital.

Jane was predeceased by her parents, Peter and Altha; her siblings, Doris, Betty, and Bruce; her husband, Donald;

her son, Kim; and her daughter-in-law, Carol. She will be deeply missed by her son, Shawn (Soheila), and by her grandsons Cory (Renee), Mark (Erin), Robert, Darius, and Daniel. Jane will also be lovingly remembered by her great-grandchildren Magdalene, Chloe, Maryn, Henry, Benjamin, Jack, Everett, and Annie, along with many extended family members and friends.

Jane had a gentle spirit and a gift for bringing joy to those around her. She loved spending time with her family and friends and cherished the many years she spent gathering with her "Circle" group. An artistic soul, Jane created many beautiful paintings that will be treasured for years to come. Jane dedicated many years of her life to educating children, touching many young lives with her care and guidance. She and her husband, Donald, spent the majority of their years in St. Marys, with brief periods living in Toronto and on Vancouver Island.

The family would like to extend their heartfelt thanks to Dr. Gatfield, who cared for Jane over many years and in her final days, as well as to the dedicated nursing staff at St. Marys Memorial Hospital. Also, our thanks to the wonderful, caring staff of Kingsway/Fairhill, Jane's last home. A Memorial Open House will be held at the WESTOVER INN, 300 Thomas St., St. Marys, on Sept. 14th from 2 - 4 pm with Words of Remembrance at 3 pm. If you would like to make a donation in Jane's memory, contributions may be directed to St. Marys Healthcare Foundation. Online tributes at www.hodgesfuneralhome.ca.

CORRECTION:

Last week, in our coverage of the Junior Optimists golf tournament, a photo was published of 15-18 girls' division winner Mackenzie Coleman, but was incorrectly identified as 10-14 girls' division winner Avalina Flick. The Independent has updated the online versions of the story with the corrected photo and cutline, and we apologize for the error.

CELEBRATION



Happy 50th Wedding Anniversary

Doug and Lois - August 23rd

Love Sharon, Jeff & Leeanne

IN MEMORIAM

Doyle

May the road rise up to meet you,
May the wind be always at your back,
May the sun shine warm upon your face.

The rains fall soft upon your fields
and until we meet again,

May God hold you in the palm of His hand.

An Irish toast to the late Frank Doyle who left us two years ago on August 21.

From your friends at the Independent Newspaper



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CELEBRATION



Happy 85th Birthday

Grant Barton



Community Liaison Committee

The next Community Liaison Committee Meeting will be held on **Friday, September 12th at 10am** at the St. Marys Municipal Operations Center. Members of the public who wish to observe are welcome to attend.

Residents who wish to speak in front of the Committee may submit a detailed request in writing at least 3 days prior to the meeting in writing to the Committee. The request will be considered by the Committee and approved prior to the meeting. Please submit all requests, questions, and concerns for the meeting to kara.pelissero@vcimentos.com by **Wednesday, September 10th**

Vining Cemetery DECORATION

**22157 Purple Hill Rd., Thorndale,
Sunday, September 7, 9 - 3 pm**



Donations are accepted and are used for cemetery upkeep. If you are unable to attend and would like to send a donation, please make cheques payable to Vining Cemetery and send them to Lloyd Monteith, 34542 Granton Line, Granton, N0M 1V0. Your support is appreciated

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LOOKING BACK



BY AMY CUBBERLEY

Rotary Club grows

25 years ago (2000)
The 15th annual St. Marys Teddy Bears' Reunion was held on August 20 at the St. Marys Arena. Many children arrived dressed like their favourite teddy bears.

The channels and tributaries of the Thames River, which flows through St. Marys, has joined 27 other waterways in Canada on a list of officially designated Canadian Heritage Rivers. The announcement was made on Monday by Federal Minister of Heritage, Sheila Copps. It came after almost five years of work from a volunteer committee, a coalition of the region's conservation and recreational stakeholders, and employees and supporters of the Upper and Lower Thames River conservation authorities.

50 years ago (1975)
Some people will do anything to avoid the heat. On a recent warm afternoon, a local man was seen fishing in the Thames River from the comfort of his air-conditioned car.

Sandra Murray, daughter of Mr. and Mrs. Bruce Murray leaves this Thursday by air for Japan. Sandra is going as a Rotary exchange student and expects to be in Japan until this time next year.

Mr. and Mrs. Peter Johnston of London are the new residents of the fine "Sparks Home" on Jones Street East. The former owners of the home, Mr. and Mrs. Reed Muir, moved to London late last week.

75 years ago (1950)
Chas. Noice and his Waterworks Department men have been clearing the earth away from on top of the rock in the northeast end of the West Quarry, in preparation for the building of a pump house there. The pump house will be equipped with both electric and diesel driven pump for use in an emergency or as a stand-by water supply for the town.

Britain's motor vehicle production reached a new peak in May. Output of cars was 42,794 and of commercial vehicles 22,242. The overall weekly average was 750 more than the previous top figure last March. Nearly 37,500 cars were exported, 8,800 of them to Canada and 1,600 to the US. Bus and truck exports totaled just a few units over 14,000.

100 years ago (1925)
Mr. S.J. Dunseith has been in Victoria Hospital during the past week undergoing treatment for his foot, which has given him great trouble during the past month or more. He was operated upon Thursday morning, his foot being amputated just above the ankle. He is doing nicely at the time of writing.

The meetings of the St. Marys Rotary Club grow in interest from week to week, each successive gathering being the best yet. The Club made a happy choice when Coun. W.N. Harrison was selected for its president. He is an ideal chairman when the Club is in session, and he is everlastingly on the job on the days between.



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Solutions on page 31

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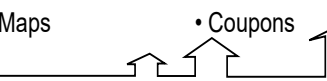
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St. Marys and Surrounding Area
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519-630-2665
spotless@write.com
spotlesscleaningplus.wixsite.com/clean

CLASSIFIED ADS

Wanted

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

Wanted to buy

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

Wanted

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

For Sale

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)

For Rent

Large 3 bedroom downtown apartment in classic building. Three story walkup above Gilly's. Newly renovated - stunning wood panelled walls, refinished wood floors, fresh paint. Includes all utilities, including A/C, Wi-Fi, laundry, parking etc. References required. Available Sept. Please call 519-697-4985

House or Pet Sitting

Weekend Away? Week at a Cottage? Let me take care of your beloved dog (s) in their familiar surroundings, all sizes. Experienced, caring, trustworthy, references available.1 or 2 days to one month. Call Janet at 226-261-3660 (Longtime St. Marys resident)

Wanted

Kakamega Kenya Children's Home (Ages 5-15) Sponsorship participants. Call Janet at 226-261-3660 for more "no obligation" information

For Rent

2 bed, 1 bath apartment. Main floor, hardwood floors, backyard & front porch. Bathroom with tub. In suite laundry and basement storage. Salina St, St. Marys. Available October.1st. Call 519-319-4239

For Sale

Small square bales of hay, \$2 each, approximately 120 pcs. Call Mel @519-229-8528

HELP WANTED



The Hitching Post (2019) is a family business servicing both urban and rural communities in the agriculture sector. We are committed to providing excellent products and customer service support. We are currently seeking a highly motivated individual to join our team in the following role:

STUDENT POSITION: Customer Service

Part time after school/Saturday mornings (hours may vary)

Duties will include:

- Counter sales and customer service
- Store and warehouse inventory control
- Lifting (55lbs) required
- General store and warehouse cleaning- bagging, sweeping, loading vehicles
- Building relationships with customers

The ideal candidate should portray:

- Agriculture background
- Public relations and time management skills
- Positive attitude and strong work ethic
- Strong communication and phone skills, message and order taking ability
- Motivated with the ability to multi-task and work as part of a team
- Reliable transportation

Those wishing to apply can drop off their resume and cover letter to our store by September 1, 2025.

We thank all those who apply, but only those eligible for an interview will be contacted

SUDOKU ANSWERS

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

St. Marys Independent THE WEEK AHEAD

SPONSORED BY: McDonald's St. Marys 752 Queen St E Founding and Forever partner of Ronald McDonald House

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

Friday, Aug 22

Lakeside Cemetery decoration day - Aug 22 to Aug 24

A.N.A.F. meat draw - 6 p.m.

Saturday, Aug 23

- Yard sale at 139 Waterloo St. S - 8 a.m. to Noon

- St. Marys Farmers Market at Milt Dunnell Field - 8 a.m. to Noon

- Dorchester High School reunion at Thorndale Community Centre - 1-5 p.m.

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

Sunday, Aug 24

- Zion Cemetery annual decoration day
- North Nissouri Cemetery decoration service - 2 p.m.

- Avonbank Community Cemetery decoration service - 2:30 p.m.

Wednesday, Aug 27

- Melodies at the Museum at Cadzow Park featuring York Street Thought Process - 7-8 p.m.



For Hall Rentals call 519-271-5343

Sun. Aug. 10 - Josh Otto, Sebringville	\$50.00
Mon. Aug. 11 - Patrick Miners, Stratford	\$50.00
Tues. Aug. 12 - Loreen Morley, Ailsa Craig	\$50.00
Wed. Aug. 13 - Jill Armstrong, Stratford	\$50.00
Thur. Aug. 14 - Steve Jacques, St. Marys	\$50.00
Fri. Aug.15 - Glenn Rounds, Lakeside	\$50.00
Sat. Aug. 16 - Ken Bettles, Tavistock	\$200.00

FRASER ASPHALT PAVING INC

FREE QUOTES 519-271-5690 www.fraserpaving.ca

QUIZ ANSWERS

- | | |
|------------------|--------------------------|
| 1. 1861 | 7. Noel & Liam Gallagher |
| 2. Shopify | 8. Seven |
| 3. Paris, France | 9. Latitude |
| 4. 2015 | 10. The Mughal Empire |
| 5. Genetics | |
| 6. Restricted | |

YARD SALE

Saturday, August 23 from 8:00-12:00

139 Waterloo Street S., St. Marys

VISIT OUR WEBSITE AT GRANTHAVEN.COM

168 SPA Nails & Waxing Acrylic/Gel Shellac Manicure Pedicure

Phone 226-661-4168 104 Queen St. E. St. Marys, On. N4X 1A3 Monday - Friday 9:30am - 5pm, Saturday 9:30am - 1pm., Closed Sunday

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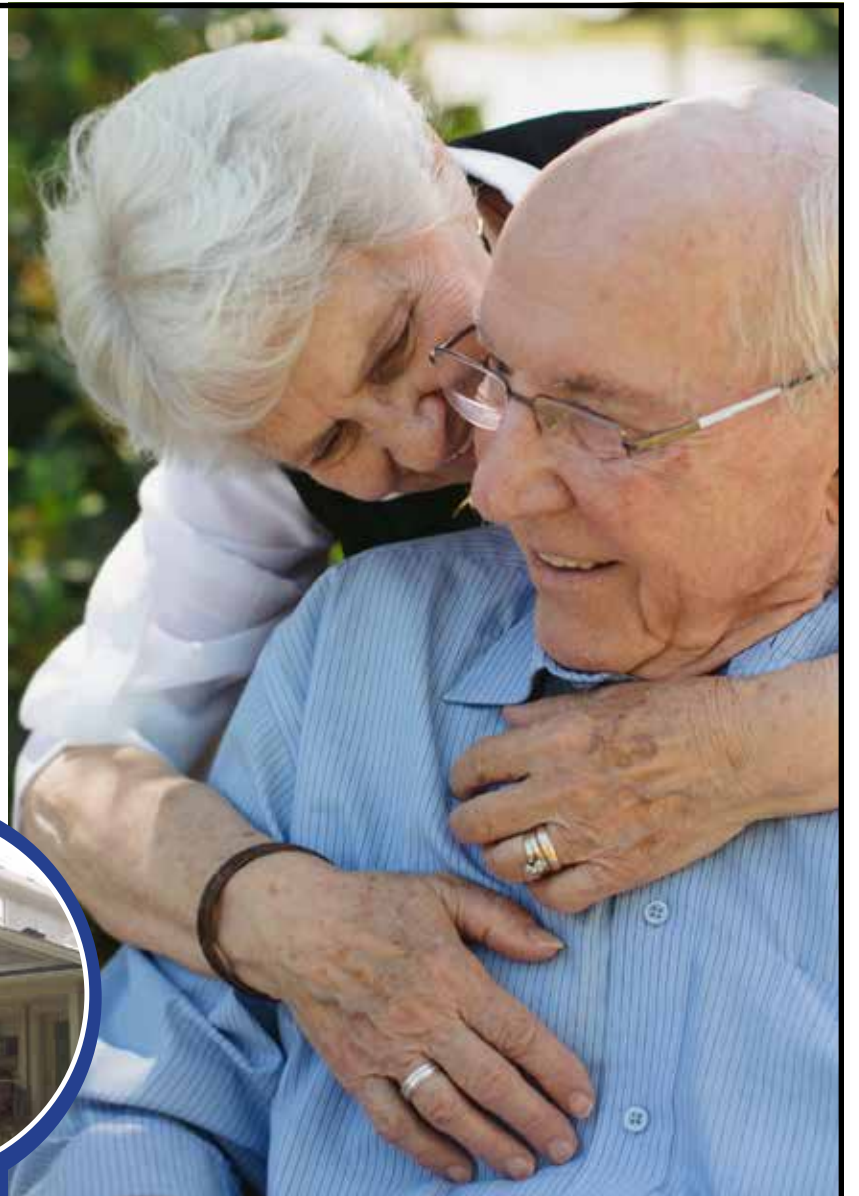


Call us to
book your visit
519-442-5621



70 King Edward Street, Paris

✉ life@queensviewrc.ca 🌐 queensviewrc.ca



TIRES AT COST



YOU PAY WHAT WE PAY ON ALL TIRES!!!

RETAIL CUSTOMERS ONLY –
NO WHOLESALERS OR
TIRE BUSINESSES PLEASE
Installation is required.

ST. MARYS
BUICK | GMC

449 Queen St W.
519-284-3310
stmarysgm.com