

# The Wilmot-Tavistock Gazette

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The new peopleCare Tavistock welcomed its first residents on Monday. The 128-bed home is located behind the former home and historic schoolhouse. Residents were greeted by applause and hugs from staff members alike. East Zorra-Tavistock Mayor Phil Schaefer posed with peopleCare's senior leadership team members and the first new residents, Bob and Cheryl. More photos on page 3. Photo by Lee Griffi

## Shakespeare residents seeking Community Safety Zones

LEE GRIFFI

Local Journalism Initiative Reporter

A pair of Shakespeare residents have started a petition in the hopes of Highway 7 and 8 through the town being designated as a Community Safety Zone (CSZ).

The process to get to that point is, however, a tad confusing.

Community safety zones are specific sections of the road where public safety is a top priority. They are designated areas recognized under provincial legislation and marked with community safety zone signs. Albert Arnott first started a push for a community safety zone in 2022 but, due to personal reasons, had to take a break. He said the time is right now to make a push.

"One day this summer, I was sitting out front of my house and I thought because of the construction at Punkeydoodles Corners, I'm going to deal with this. I drafted this petition and it is in four different spots in the village," Arnott said.

The petition can be found at the Shakespeare Brewing Company, Shakespeare Pizza, Adams Building Supply and The Best Little Pork Shoppe.

Arnott provided the Gazette with traffic-study data from the province from 2021 and said he's concerned first and foremost about the speed of vehicles coming through Shakespeare.

"As you can see, 85 per cent of the people were speeding at that point so here we are three years later and the amount of traffic has increased. Hit people where it counts, in the pocketbook."

Fines are doubled for drivers breaking

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## Oxford County unveils Housing for All plan

LEE GRIFFI

Local Journalism Initiative Reporter

Members of Oxford County council have passed a plan to provide more housing options for residents.

The document is the county's way to address the many challenges in finding a home for everyone. It sets a number of strategic directions, outlines the actions to be taken as an innovative approach to increase the supply of affordable housing and collaborate with partners to support housing stability.

Oxford manager of housing development Rebecca Smith said the focus now will be on the plan's five major goals, which are reducing homelessness through prevention, supporting housing stability through collaboration, maintaining and improving the existing housing portfolio, increasing affordable and rental housing options, and advocating for increased investment.

"We will, through each budget year, making our way through each of those items," she said.

Many of the plan's items have been carried

over from the previous one as there haven't been many changes to the actual need for housing in Oxford.

"We are still focusing on increasing housing options specifically around the affordable piece. We are continuing to work with our community partners to support housing stability," added Smith.

The county is taking an all-hands-on-deck approach to the issue and are more than open to work with all takers including the private sector.

## Aging Well In Wellesley

### Information & Active Living Fair

Wednesday November 13, 2024  
10 am - 2 pm

Bill Gies Recreation Centre  
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# Oxford County unveils Housing for All plan

Continued from page 1

"We have been doing that for quite some time through the affordable housing projects we have done in the past, but we are always looking for new partners in these things. Whether it's the private sector or non-profit, it takes more than one entity to do these projects," Smith said.

The homelessness problem in Oxford and, in particular, Woodstock, is an issue that won't be going away any time soon and appears to be worsening. Smith said the Housing for All plan does include a response strategy.

"That is more detailed in terms of the action items that may come forward for homelessness service system. So, a bit of a different avenue there and it is something coming but we just aren't quite there yet."

Smith explained the county has a number of affordable and supportive housing developments coming forward and they plan to increase their advocacy to move the needle on investment.

"That is always happening across the

board and there are many things we do the public maybe doesn't see with our own public housing and non-profit housing stock that's really providing that rent-geared-to-income housing."

Oxford County operates a total of 636 rent-geared-to-income units across all the townships and the plan indicates the county is growing. The population increased by an average of 1.8 per cent, faster than the provincial average of 1.2 per cent. It also shows for the most part, only wealthy people can afford a home as the 2023 median price for a detached home came in at an average of \$652,000.

Oxford County Warden Marcus Ryan said housing continues to be a primary concern for Oxford County and the lower-tier municipalities.

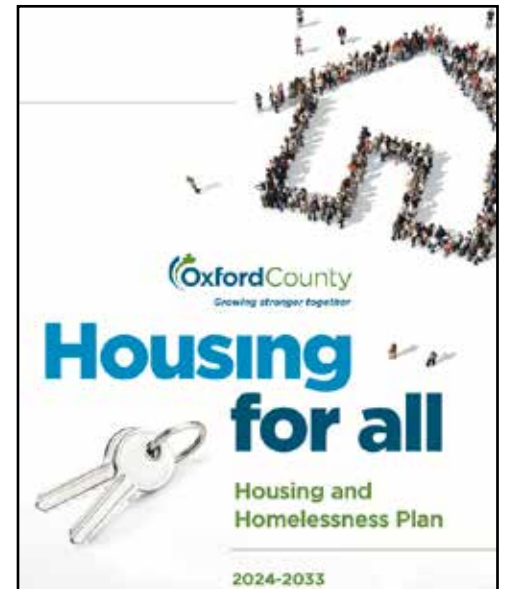
"It is arguably one of the paramount issues this council will face. We are committed to moving forward aggressively with the Housing for All plan to reduce homelessness, increase affordable housing and enhance housing stability in Oxford," he said. Smith added the homelessness and

housing plan is what drives some of the action items towards the service system but there are many partners working together.

"It's not just the county working on these types of things, it really is a community-driven need."

Widely informed by community feedback and a comprehensive housing-needs assessment, the plan builds on the county's previous 10-year Shelter Plan while considering changing market conditions, needs and financial challenges. It also outlines more than 30 actions and progress measures to track the impact over the coming years.

The Housing for All plan covers the entire housing continuum – from emergency shelters to affordable homeownership – complementing the county's official plan and the Master Housing Strategy (2022) and aligning with the ongoing development of the Homelessness Response Strategy. It was shaped through extensive community engagement, beginning in the fall of 2023, including surveys with the community and municipal partners and focus groups with local agencies, health-system partners,



The cover of the Oxford County Housing for All plan. Photo from oxfordcounty.ca

employment services, child-care providers, planners, developers and First Nations communities.

## Shakespeare residents seeking Community Safety Zones

Continued from page 1

Highway Traffic Act rules in Community Safety Zones. Arnott moved to Shakespeare in 2020 from Peterborough but feels a need to get involved here.

"I care about my community. I get involved and I am a member of a couple organizations in the area. I would like to try and get 100 signatures and I think we are half way there."

Ayden Gautreau owns the Shakespeare Brewing Company and is a volunteer firefighter in the village. He said people are simply driving to fast.

"We are probably a few hundred metres where people should be going 50 km/hr but the trucks will be right in front of here and hitting their Jake Brakes and making all kinds of noise which isn't that big of a deal. You can tell they are applying their breaks here when they see a traffic light when they were supposed to apply the breaks prior to entering town."

He added many vehicles are also in a hurry to leave town after the stoplight changes from red to green.

"You can hear them leaving town shifting through their gears and the engines are loud so it's obvious they are going over 50," Gautreau said.

When it comes to enforcement by the Perth County OPP, Gautreau said police occasionally use the fire station next door to the brewery and park cruisers in plain site.

"More enforcement would be good to get people to start realizing this is a 50 zone. I think some people don't realize how fast they are going. New cars are very quiet and powerful and when they are enclosed, they don't realize they are flying."

There is some confusion on the process involved in implementing a Community Safety Zone on a provincial highway, so the

Gazette reached out to Perth-Wellington MPP Matthew Rae for clarification. He explained it needs to start at the municipal level.

"I know there is a petition going around and safety is very important especially as Shakespeare and other communities are growing. It is through the Highway Traffic Act and the solicitor general is responsible so that office will do their due diligence when they receive those requests from across the province."

Rae added the first step is for the municipality to decide if they want to do that and then the solicitor general and ministry of transportation will work together to move it forward.

"The way the act is currently set up, the municipality needs to initiate that first then the province becomes involved. We obviously want to make sure our roads are safe especially in our growing communities and I know Shakespeare is very busy with a provincial highway going through. Always happy to work with my municipal partners," Rae said.

Perth East council forwarded Arnott's concerns to then MPP Randy Pettapiece back in 2022 regarding a potential Community Safety Zone, but it isn't clear what, if anything, was done at the provincial level.

Current Perth East Coun. Bob McMillan was not aware of the petition but said traffic has become a huge issue everywhere, not just through Shakespeare.

"You are starting to see more of these speed signs pop up everywhere you go. There is more traffic and it goes faster. People have to get to work. It certainly is a problem we are all familiar with. As far as Shakespeare is concerned, I would have to understand the ins and outs of the stretch of



Ayden Gautreau and Albert Arnott post with the petition they hope will eventually result in a Community Safety Zone on Highway 7 and 8 through Shakespeare. Photo by Lee Griffi

highway they are referring to."

Adding to the safety concern is children making their way across the main intersection without a crossing guard. McMillan said he would consider supporting a Community Safety Zone.

"It would do a couple of things. Raise awareness of what the actual speed limit is and try to slow people down. We have other areas where we have schools and a 40 km/hr zone. Most people probably are still

driving 50 or 55 but it probably has slowed them down. I see some merit if this petition moves forward."

Perth East has also just released word regarding a new all-way stop coming to the intersection of Perth Road 107 and Perth Line 33 sometime in late November. The township is advising road users to keep an eye out for new signage.



## A group of elderly people and caregivers are walking outdoors on a paved path. In the foreground, two elderly women are seated in wheelchairs. The woman on the left is wearing a pink shirt and a blue jacket. The woman on the right is wearing a dark blue jacket and is waving her right hand. Behind them, a caregiver in a black jacket is walking, and another caregiver in a purple uniform is pushing a stroller. In the background, another person is pushing a stroller. The setting appears to be a residential or care facility area with trees and a building in the background.

# Santa Claus Parade

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# New Hamburg Legion continues efforts to find information on local veterans

GALEN SIMMONS

Local Journalism Initiative Reporter

The New Hamburg Royal Canadian Legion Branch 532 is collecting information on local veterans for the 12th edition of the Royal Canadian Legion Ontario Command's Military Service Recognition Book (MSRB) to be published next October.

Local MSRB coordinator Bob Berg is looking for more information on residents who served in the military from Blandford-Blenheim Township, East Zorra-Tavistock Township, Wellesley Township and Wilmot Township. While some were born in those townships and others moved there later in life, they must have lived there at one time or another.

To help Berg in his mission to honour those military veterans whose stories have nearly been lost to time, this newspaper will regularly publish a list of local veterans' names in the hopes their family members or those who know their family will get in touch with Berg by emailing [rwberg@gmail.com](mailto:rwberg@gmail.com) so they can help him craft a military biography, share heartwarming stories and add a personal touch with photos of their veteran family members for publication. Berg also requires the family's permission to publish a veteran's photo and biography in the MSRB.

"We are only a small area of Canada and yet a big part of us left their homes in the quest for freedom thousands of miles from their homes, fought the tyrants, freed the countryside of slavery. Some lost their lives, others were crippled with injuries. They came back and rebuilt their lives and we need to preserve the memories of their intentions and document the service they gave," Berg said.

Berg is seeking family members of the following local veterans:

- Wilmot Township and Neighbouring War Dead  
**WW1**  
 •BRISTOW, Douglas Edward born in Bright, Ont.  
 •BROWN, Clifford born in Ratho, Ont.



New Hamburg Legion Military Service Veteran Book (MSRB) project coordinator Bob Berg looks through photos of local Legion charter members, some of whom he is hoping to get more information about for the 12th edition of the Royal Canadian Legion's MSRB to be published next October. Photo by Galen Simmons

- CAPLING, Milton Lewis born in Tavistock, Ont.
- CHURCH, Oscar born in Tavistock, Ont.
- DAHMER, Elmer Arthur born in Northeast Hope, Ont.
- DANIELLS, Charles Thompson born in Haysville, Ont.
- EBY, Elgin Earl born in Kitchener (Berlin) Ont.
- ELLIS, Roy Charles born in Hickson, Ont.
- ERBACH, Herbert Edward born in Baden, Ont.
- FOREMAN, David George born in Bright, Ont.
- FORLER, Alvin Jacob born in Baden, Ont.
- GOEBEL, Glennie Robert born in New Hamburg, Ont.
- HASTINGS, James Lindsay born in Plattesville, Ont.
- KASTER, Elmer John born in Blenheim Township, Ont.
- LASCHINGER, Wilfred Cecil born in New Hamburg, Ont.
- MARTY, Ivan Bernard born in Wilmot Township, Ont.
- McFADYEN, Henry Lorne born in Cambrey, Ont.
- McKIE, Frank born in Bright, Ont.
- MERNER, Albert Edward born in London, Ont.
- PERRY, Walter born in Croydon, England
- SCHMITT, George born in Baden, Ont.
- SCHULER, Theodore born in New Hamburg, Ont.
- STAUFFER, Gordon Henry born in Plattsville, Ont.
- WALKER, Clinton Tye born in Haysville, Ont.
- WIESE, Harold John born in New Hamburg, Ont.

- SHEPPARD, Leslie born in Bedford, England
- APahr, John born in New Hamburg, Ont.
- STIER, Nathaniel born in New Hamburg, Ont.
- STRAUCH/STROUD, John born in New Hamburg, Ont.
- WALKER, Clinton Tye born in Haysville, Ont.
- WILLIAMS, Russell born in Milverton, Ont.
- YONGE, Charles Douglas born in Crofton, England
- WW2**
- BIER, Nile Harold born in New Hamburg, Ont.
- DITNER, Hubert Lawrence born in St. Agatha, Ont.
- FOSTER, Samuel Wallace born in Hamilton, Ont.
- FRIED, Kenneth Laverne born in New Dundee, Ont.
- HONDERICH, Robert Wayne born in Baden, Ont.
- HOSTETLER, Charles Woodrow born in Baden, Ont.
- INGOLD, Irvin born in Wilmot Township, Ont.
- JANTZI, Earl born in New Hamburg, Ont.
- KURT, Walter Carl born in Kitchener, Ont.
- MILNE, Donald James born in Petersburg, Ont.
- REINHART, Albert George born in Wilmot Township, Ont.
- ROSS, John Kerr born in Niagara, Ont.
- SALTZBERRY, Russell Arthur born in New Dundee, Ont.
- STEVENS, Harold Wellington born in Haysville, Ont.
- STIEFELMEYER, John Henry born in Baden, Ont.
- THOM, Burkle born in New Dundee, Ont.
- WAGNER, Erhardt George born in New Hamburg, Ont.
- Korea**
- KOCH, Gerald Walter born in Kitchener, Ont.

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# Wilmot residents invited to talk crime prevention

LEE GRIFFI

*Local Journalism Initiative Reporter*

Wilmot councillors have heard from residents and local business owners across the township about an increase in crime. So much so, council is hosting an all-Wilmot Community Conversation on Public Safety to hear directly from the community. The township has partnered with the Waterloo Regional Police Service, which is sending three of their high-ranking members to share crime prevention strategies, as well as listen to and answer resident questions.

A release from Wilmot said “this is an opportunity for us to come together as a community, share experiences and learn how we can better protect our homes, businesses and one another.”

Ward 1 Coun. Stewart Cressman said the number of crimes like theft and vandalism are on the rise and the event will help residents help themselves.

“The question we had is first of all, do we have some of these incidents go unreported because people don’t feel it is serious enough to call 911; but what number should they be calling? That’s one thing there, around clarity. And what are the things I can do as a business or homeowner to ensure I’m not an inviting target?”

He added there are a number of practical ways people could make properties safer including improved lighting to make homes and businesses less inviting to potential thefts or vandalism. He said

the idea of implementing neighbourhood watch programs has also been mentioned.

“What are the aspects of that where we could be working together as a community to help protect one another? Who do you reach out to when you see a suspicious vehicle? You don’t want to report every visitor to your neighbour’s home but you want to respond to suspicious activities.”

He said it will take community members working together with the police to reduce the amount of crime in New Dundee.

Cressman, a farmer, admitted he isn’t as familiar with the issue as those living in the town, but a recent incident of vandalism did hit home.

“Our church, Bethel Missionary, had four-window screens slashed but no one gained entry. Was it vandalism or did someone decide against breaking in? Maple Heights, the seniors’ apartment, had screens slashed as well. I would almost lean to the aspect of vandalism as opposed to someone attempting a theft.”

He added people don’t see police cruisers as often as they would like, but they can’t be everywhere at once and it is expensive. “This is more about looking at the things you can do to help yourself in terms of your residence and be of assistance in a general sense to your neighbours.”

The Region of Waterloo sets the police budgets for its lower-tier communities and uses tax dollars collected from them to pay for it. Coun. Harvir Sidhu said he’s constantly hearing from residents in Baden

growing increasingly concerned of car thefts and crimes.

“I am happy to see the police coming to conduct a community meeting. However, I believe ultimately, we need to see more presence in Wilmot. Criminals know that rural towns have less presence and they take advantage of the small-town lifestyle that many are accustomed to.”

Wilmot Township is also not represented on the region’s police services board and has little to no say in how police patrol the area. New Hamburg’s police station was closed in 2022, and Coun. Kris Wilkinson

told the Gazette the perception from the public is there is less of a police presence.

“My constituents in Petersburg and St. Agatha are worried and concerned. We often hear about vandalism, theft, and speeding seems to be a big problem as well. Our police do great work, we would just like to see more of them on our roads.”

The event will take place on Monday, Nov. 18 from 7-8:30 p.m. at the New Hamburg Community Centre at 251 Jacob St. The township is asking people to pre-register, if possible, at <https://bit.ly/WilmotCommunityConversationPublicSafety>.

## WRPS respond to a fatal collision in the Township of Wilmot

WILMOT-TAVISTOCK GAZETTE STAFF

*thewtgazette@gmail.com*

The Waterloo Regional Police Service (WRPS) is continuing the investigation of a fatal motor-vehicle collision in Wilmot Township.

On Oct. 24 at approximately 9:20 p.m., emergency services responded to the area of Bleams Road and Nafziger Road for reports of a major collision.

A Ford SUV entered an intersection and collided into a Hyundai SUV causing extensive damage to both vehicles.

The driver of the Ford, a 55-year-old man from Exeter, was transported to an

out-of-region hospital with significant injuries. The driver of the Hyundai, a 60-year-old man from Zurich, was also transported to an out-of-region hospital.

A passenger in the Hyundai, a 61-year-old woman from Zurich, was pronounced dead at the scene.

The intersection was closed for several hours for the investigation. The investigation is ongoing, and charges are anticipated.

Anyone with information is asked to contact police at 519-570-9777 ext. 8856. Anonymous tips can be provided to Crime Stoppers at 1-800-222-8477 or online at [www.waterloocrimestoppers.com](http://www.waterloocrimestoppers.com).





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# Sultans of String to host premiere of visual album, *Walking Through The Fire*, in New Hamburg

GALEN SIMMONS

Local Journalism Initiative Reporter

Following their whirlwind cross-country tour performing from their latest audio album, *Walking Through The Fire*, with many of the Indigenous musicians and storytellers featured on the album, Sultans of String is premiering the video version of that album, sharing even more of the diverse musical traditions, stories, cultures and histories of Canada's Indigenous peoples with more audiences from coast to coast.

*Walking Through the Fire: Visual Album* is a musical-film experience unlike any other. From Métis fiddling to an East Coast kitchen party, rumba to rock, to the drumming of the Pacific Northwest, the visual album showcases the beauty and diversity of music from Turtle Island with Elder and poet Dr. Duke Redbird, the Métis Fiddler Quartet, Ojibwe/Finnish singer-songwriter Marc Meriläinen (Nadjiwan), Coast Tsm'syen singer Shannon Thunderbird, The North Sound from the Prairies, blues singer Crystal Shawanda, heavy wood guitarist Don Ross, the Northern Cree pow wow group, Dene singer-songwriter Leela Gilday, Inuit throat singers and more.

As part of the film's premiere tour, Sultans of String bandleader Chris McKhool, Thunderbird and New Hamburg's own John "Beetle" Bailey – the Juno and Grammy award-winning sound engineer and producer who made it possible to bring so many artists from across the country together for the album, the live show and the visual album – are bringing the visual album to Zion United Church in New Hamburg for a premiere screening Nov. 14 at 7 p.m.

"John and I are both more-is-more people and, as he likes to say, every project becomes like a series of escalating dares making each project more complicated but also more awesome and multi-layered than the last," McKhool said. "This was something that we learned through the process of the Refuge Project where we

did the *Refuge* album and the *Sanctuary* album, then we took it on tour and we had it orchestrated with symphonies, and by the end of it, we had so much incredible B-roll and interviews with the artists as we went along. And this was in the pandemic when we released the *Refuge* album ... and we were like, 'What are we going to do with all this incredible video,' and we decided to make a film out of it.

"... So with this one, we thought from the get-go, we know these artists are going to be exceptional, these stories are really important, it's really important for Canadians to hear their own history, hear the truth of the Indigenous experience in this country, so let's capture the interviews as we go along. First and foremost, we were creating a CD and when we started the CD project, we thought that's all it was going to be because that's complicated enough when it involves artists from coast to coast to coast."

For the album, live show and visual album to work, it meant recording performances over Zoom since some of the artists, especially those who are older or live in remote communities, were unable to record in person with Sultans of String. As anyone who has used Zoom knows, syncing up sound and ensuring it is of the highest possible quality can be a problem, but for every problem there is a solution and that solution came in the form of some serious technical innovation by Bailey.

"It's a very complicated problem to solve. It's funny, it was literally the *Refuge* project that sent me down this rabbit hole. We had just finished the *Refuge* album and I had my ill-fated flight to Saskatoon and back in one afternoon (in March 2020) because the Junos were cancelled that year, and I was immediately on the phone with all my engineer friends trying to figure out, 'What are we going to do? How do we do this?' It's like planning a wedding; Chris had put so much work into planning this CD-release concert that was going to be at Trinity-St. Paul's (United Church) in



The poster for *Walking Through The Fire: Visual Album*. Contributed image

Toronto. We delayed and eventually had to cancel, so we had to figure out how we could have a meaningful live performance with everybody together.

"I very quickly figured out the internet is not gear driven, it's belt driven and it's very slippery so things are moving around all the time, everything is best effort, there's no core synchronization to anything. Basically, I was complaining to a bunch of my engineer and producer friends and next thing you know the whiteboard comes out and I accidentally started a software company – another series of escalating dares. ... People tend to build things that is a solution in search of a problem; in our case, we were building a solution for a real problem."

Without getting into too much technical detail, Bailey managed to come up with software and a sound system that not only synchronized the musicians on Zoom with Sultans of String in the studio, but also made it sound and feel like the musicians in studio were performing in-person with those Indigenous artists from across the country.

That technology also translated to the live shows, allowing those who couldn't perform in person to perform via video conference with the musicians onstage

while also implementing cutting-edge surround-sound technology to make audiences feel as though they weren't just watching a performance, they were immersed in the middle of it all. That full immersive experience will also translate over to the visual-album premieres, including the one at Zion United Church, which Bailey will outfit with top-of-the-line sound technology.

According to Thunderbird, that immersive experience not only offers a thrilling, fun, emotional and sometimes funny listening, concert or video experience, it also opens the door to greater cultural, musical and historical understanding – and, ideally, appreciation – of the diversity of Indigenous experiences in myriad communities across the country.

"The songwriters, including myself, I think, were very thoughtful about our music," Thunderbird said. "In my case, I sing the saddest song on the CD ('Lost and Found'), there's no question about it, and it was a song that came out of a dream at four o'clock in the morning two days after the bones of the children were found in Kamloops. ... The truth is just the bald truth; it just happens to be set to music. When you listen to the lyrics of a number

Continued on page 7



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Continued from page 6

of the tunes on the album, it's just the truth.

"If you don't have truth, you can't reconcile. ... We have busted the door open on a lot of people's very narrow interpretation of who an Indigenous person is and what they do. That's why I think a show like this has just opened the eyes of the average public. They speak to us after the shows ... and with 'Lost and Found, everybody's crying and they're crying at the end when I go out for the meet-and-greet stuff. We talk about these things and (they say), 'I didn't know,' and, 'I had no idea that it was that bad. I didn't understand and that song made me understand.'

"That's huge when they can make that leap to the lyric and get it, and all the songs on the album are like that."

While the *Walking Through The Fire: Visual Album* explores the truth and legacy of horrendous parts of our collective history like residential schools and The Indian Act, McKhool, Thunderbird and Bailey said it also offers a lot of positivity and

an example as to how Indigenous peoples and their allies can work together to share those truths in a meaningful and impactful way, and move forward with recognition of those truths towards a better future for all people in this country.

The film-premiere screening on Nov. 14 at Zion United Church in New Hamburg is free of charge and presented by The Wilmot Ecumenical Working Group on Indigenous/Settler Relationships. Following the screening, McKhool, Thunderbird and Bailey will participate in a question-and-answer panel.

There will be a freewill donation at the door. The building is accessible but parking at the church is limited to those with mobility issues. Street parking is available on Peel and Wilmot streets plus at the Sobeys Plaza. Seating is limited so people are being asked to reserve a spot at <https://walkingwilmot.eventbrite.ca>.

To watch the trailer for *Walking Through The Fire: Visual Album*, visit [www.youtube.com/watch?v=wWSZUduo5Kk](https://www.youtube.com/watch?v=wWSZUduo5Kk).



Sultans of Swing bandleader Chris McKhool and New Hamburg sound engineer and producer John "Beetle" Bailey. Contributed photo



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# A final blaze of autumn



One of the most colourful trees this time of year has to be the autumn-glow or autumn-blaze maple tree. After a couple of heavy frosts in the area lately and winds becoming stronger, the beautiful fall colours in the countryside won't be here to enjoy much longer. The autumn blaze tree is a hybrid of the silver and red maple and native to North America. The tree shown in the photo, already losing its leaves, can grow two feet a year and can be more than 60 feet tall when fully mature. Tree specialists say they are pollination tolerant and therefore can grow along roadways and bushes with no fear of cross pollination with other species of trees. Photo by Gary West

## Optimist Club of Downie Inc.

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# Let's Tree Wilmot celebrates 1,600 new trees and a successful season



At Haysville Community Centre, Let's Tree Wilmot (LTW) held the last tree-planting event for 2024. Every settlement in Wilmot Township has had tree plantings now. LTW planted a total of 1,600 trees this year. Its volunteers have been busy watering since the fall has been very dry. Join LTW on Tuesday, Nov. 19 at the Wilmot Recreation Complex at 7 p.m. to celebrate the year's accomplishments, volunteers and to enjoy a presentation by Kenton Bossy of Reep Green Solutions entitled Nurturing Nature: Saving Seeds for Future Forests. It will be a great evening and free. Planning starts at the end of November for 2025. LTW is always looking for people to join the team. Many opportunities aside from planting such as education events, communications and updating the LTW website are available. To follow LTW, visit [letstreewilmot.ca](http://letstreewilmot.ca) and its Facebook page.

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# Perth County farmers recognized as veteran breeders at the Perth County Holstein Club banquet

GARY WEST

Gazette Correspondent

A prominent dairy farming couple from South Easthope Township in Perth County were recently recognized with a 50-year, veteran-breeder gift and pin for being a member of the Perth County Holstein Club and Holstein Canada for five decades.

Bob and Winnie Trachsel were dairy farmers for life, milking purebred, registered Holsteins on Perth Line 29 between Tavistock and Stratford while raising their family and having been involved in various organizations in the community.

The couple would be the first to say that starting a dairy farming life was not easy and a lot of work, but they never regretted a minute of it.

The following was an excerpt taken from Perth County Holstein Club past President Andrea Cnossen, who presented the couple with a 50-year recognition of breeding Holstein cows under the Robwynn prefix.

"Bob bought his first farm with the help of his grandfather, when he was just shy of 21 years of age. Soon thereafter, he and

Winnie were married and, at that time, he said they 'had no money, so you should've seen the place.' The house was so rundown that Winnie cried when she first saw it. But they worked hard, fixed it up and renovated the existing barn to make it suitable for milking dairy cows.

"They began with a grade herd of cows and things were going really well for them as Bob credits much of their success to hard work and fantastic neighbours in South Easthope Township.

"He said back in the day, everyone just helped each other out and to him, farming was never a job, it was a way of life that he lived.

"To this day, he'd rather stay home and work than go on a holiday.

"Unfortunately, after only 10 years, things took a turn for the worse as they lost the entire herd to a disease known as Brucellosis.

"Bob's friend and neighbour, Tony Danen, knew of someone selling a really good purebred herd of cows in Oxford County, along with the quota, and encouraged him to purchase it. So he did and

started the Robwynn prefix.

"Bob focused his breeding on butterfat and mammary systems (udders), and he would bring cows to the Perth County Holstein Show, but with a chuckle says 'that he went more for the good times than the ribbons!'

"Nevertheless, they had quite a few class winners and even won the coveted Breeders Herd class at the county show, representing the high quality that the Robwynn herd were then known for.

"Bob is proud that their son, Tim, joined them as a partner in the farm 27 years ago. That is when they built a new freestyle barn and milking parlour and changed

their breeding strategy a bit towards more of a freestyle-type cow. He is also quick to add that their daughter, Tarra, became an accomplished teacher.

"Bob Trachsel's advice to any young dairy farmer is not to be too quick to believe what the experts tell you. Sometimes your best information will come from a seasoned farmer, because they are the ones that actually have experience from doing the work."

In later years, Bob and Winnie Trachsel were able to own a boat on Lake Huron and enjoyed their leisure time fishing while taking time to relax away from the farm for a day or two.



Bob and Winnie Trachsel are shown receiving their 50-year Veteran Breeder award from Perth County Holstein Club past president Andrea Cnossen. Photo by Gary West

## SHOW US YOUR WILMOT



This photo of the sun setting over the Nith River was recently shared to the Show Us Your Wilmot Facebook page by Heidi Lowrick. Photo courtesy of Show Us Your Wilmot



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## Tavistock Memorial Legion Branch 518



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# The importance of Women's Institutes locally

JEFF HELSDON

Gazette Correspondent

Although Women's Institutes are known for many things associated with history, the group still significantly contributes to the community today.

Ontarians can see the results of the group's work over more than the last 120 years. Pasteurization of milk, painted lines on highways, sex education in schools and flashing lights on a school bus are a few of the many policy items Women's Institute can take credit for. History buffs will also know of the Women's Institute role in creating the Tweedsmuir history of many rural areas.

The Women's Institute movement was started by Adelaide Hoodless and Erland Lee in 1897 in Stoney Creek.

"It was started as an education and social thing for rural women," said Nancy West, a member of Brown's Women's Institute in northwest Oxford County and one of the organizers of the Oxford district meeting in Mt. Elgin on Oct. 19.

Money raised by the group helps local charities such as the Canadian Cancers Society and MS. After a rural house fire, the Women's Institute provides financial assistance.

"There's a huge component that helps children's hospital," West added.

Other initiatives the Women's Institute assists with are raising awareness of



A silent auction at the Oxford District meeting of the Women's Institute is one of the fundraising tools for the group. Nearly 80 women turned out for the event, but the group is in need of new members. Contributed Photo

human trafficking, awareness of Lyme disease and ticks and lobbying for affordable homes. The Oxford group recently made a \$1,000 donation to Welkin, a mental health organization in Woodstock.

Members participate in sewing bees for hospitals to make bags for ice packs and receiving blankets. They also prepare kits for those admitted to the hospital who have nothing with them.

At the Oct. 19 meeting, Bryan Smith of the Food Rescue Federation of Oxford spoke to the 79 ladies in attendance about reducing kitchen waste and using green cone food digesters in the backyard. He suggested that individuals audit their home garbage and make one improvement at a time. He also runs a pumpkin rescue Facebook page, organizing pick up to provide waste jack-o-lanterns for animal feed.

Smith also presented some food statistics West found startling: 40 to 60 per cent of food produced in Canada is wasted, and 19 per cent of people in Oxford don't have food security.

Scholarships are another local effort, often done in conjunction with 4-H. At the meeting, local student Pieter Sutherland was presented with the Maryn Pardy scholarship. He is studying electricity at Fanshawe.

Recommending policies for improving rural life is still an initiative of the Women's Institute. West said recommendations are made locally and then move up to the Federated Women's Institutes of Ontario and Federated Women's Institutes of Canada. There is also an international blanket organization that is tied in when necessary. And the groups still record their local history.

Sadly, like many service clubs, Women's Institutes are suffering from the aging of their members and not enough new members joining. Many branches have closed in Oxford but are still present in Tavistock, Plattsville, Cornell, Mt. Elgin, Brown's and Lakeside. The St. Marys branch, which was responsible for starting the local museum, has closed.

West encouraged those who want to make a difference to join the Women's Institute. Information is available at [www.fwio.on.ca](http://www.fwio.on.ca)

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### The Hickson Lions Club would like to extend a HUGE THANK YOU

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**For Our Brunch:** T N T Swine TJ & Victoria Murray, Egg Farmers of Ontario Zone 3, The Butcher Barn

**Volunteers:** Scott Hohl, Kristy Fishback, Danica & Preston Jones, Caroline Jackson, Allison Cross, Rob McLaren, Gwen & Dave King, Kris Hohl, Melissa Baer Samantha Richardson, Lorna Gardner, Dan Lovie, Kim Zigler, Jax, Cam & Kristen Atkinson, Candice Smith, Nicole Oliveria, Gary Counsell  
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**The Hickson Lions Club would like to thank all those who participated in our auction.**

*We sincerely apologize to any donors we have inadvertently missed.*



# Parks Livestock building bigger with an expansion north of Milverton

GARY WEST

*Gazette Correspondent*

With Perth County known as one of the areas of the country famous for its production of pork and pork products, Parks Livestock broke ground on a new expansion last week that will see thousands of pigs per year run through the new and more efficient facility.

Parks Livestock has been a part of the Perth County landscape after purchasing the Milverton Livestock Sales Barn in 2004 from the Nicholson brothers, who had managed the sale since 1976.

According to Hayden Parks, project manager, the new building north of Milverton on the Barker farm “will allow the Parks’ company to further expand their sales of swine and assemble their pigs in a larger space to complement the other locations they already operate in Canada and the United States.”

The new building, with site excavation underway by Stratford’s Wilhelm Excavation, will measure 132 feet wide by 180 feet long and will make it easier to load and unload pigs in a top-notch, humane and bio-secure way.

According to Audrey Nicholson of Parks Livestock, area producers will send their swine to their yard.

When the trucks deliver to them, they will pay the producer and then find the appropriate market to move them as soon as possible for health reasons of the animals as well.

They assemble, weigh and sort the pigs. Sows are weighed and sorted by quality and size. Hogs/barbecued pigs and boars



**Lawrence Parks along with son Hayden Parks at the location of their new livestock facility north of Milverton in Perth East.**

are also weighed and sorted by quality and size – this market is totally different than the sow market.

Different packing plants want particular types and that is why they need to be sorted before delivery to them.

Some want fatter sows for their sausage. Others want leaner ones. Some have the school breakfast program, so they want more of the pork products during the school year, but Nicholson says it is crucial for the border to stay open for export as the biggest market for processing pigs and pork products is in the U.S.

The Parks’ companies are a true family owned and run business.

They began their journey in livestock

marketing in 1976 when Lawrence Parks, president of the Parks’ companies, learned how to buy and sell livestock as a young boy from his grandfather, Lloyd Parks, and his father, Gary Parks, and have been doing so successfully ever since.

The guidance from Lawrence Parks’ family inspired him to create his own swine-marketing business after establishing the business in his hometown of Oakwood, Ill.

He went on to purchase two additional locations in Illinois in 1987 and 1994 and then expanded to North Carolina in 1995 and Westward to Iowa in 1998. After Iowa, it was very logical to continue the western growth plans with additional operations in Nebraska in 1999 and two locations in Canada in 2000 and one in Minnesota in 2002.

The Parks’ companies currently have 18 livestock-marketing facilities operated and located in the United States and Canada.

They market all types of livestock, but

specialize in swine marketing with a focus on cull sows, market hogs and feeder and wiener pigs.

The company has also diversified itself through operations in livestock transportation, trailer-wash facilities, roaster-pig harvesting and swine-finishing buildings.

Linda Weitzel who lives with her husband, Glen, on the western edge of Tavistock, said she worked for Parks Livestock for about 12 years. During that time, she worked out of the London office and bought and sold feeder pigs and early weaning pigs across North America.

She said she got to know John and Audrey Nicholson at the Milverton sales yard, because if a customer was needing to move some cull pigs, she would refer them to the Milverton yard.

Linda Weitzel said she thoroughly enjoyed working for Parks Livestock through the years, even though it is a very large company with the number of offices and yards in many states and provinces. It is still a family owned business and Lawrence Parks was always just a phone call away whenever she might need him.

Perth East Mayor Rhonda Ehgoetz when contacted said “it is great to know that the Parks family want to continue to be in Perth East with their Milverton expansion. They are building an agricultural facility that is needed in our area and expanding what they already have using a Perth County builder, FCG Construction.”

She said the new facility will also help in creating more jobs that is good for the economy of the Perth County area.

Hayden Parks said they have outgrown their Milverton sales-barn location for assembling pigs, but at the same time, will continue to have a weekly sale, including calves at their Milverton location where local farmers can still sell their livestock that they have grown accustomed to since the early ‘70s.



**In Milverton last week are Audrey Nicholson and Hayden Parks showing what the finished barn will look like by March of 2025.**



**At last week’s sod turning of the new Parks swine facility included, from left, Perth East Mayor and Perth County Warden Rhonda Ehgoetz, Lawrence Parks and Hayden Parks, Perth-Wellington MPP Matthew Rae and Perth East deputy mayor Hugh McDermid.**



# More fun to come at Pursuit Climbing in November's Just Show Up event

JULIA PAUL

Gazette Contributor

Wellspring Stratford has officially launched its Just Show Up program, a monthly gathering for children who have a parent, guardian or grandparent affected by cancer.

On Saturday Oct. 19, the Wellspring team set up their first event, which was pumpkin carving for the children. It was a great success, with refreshments and a storyteller, too.

"We're building a great ambience to host these events," said Todd Goold, registered social worker with Wellspring Stratford. "I'm really thankful for the Falstaff Centre, that they allow us to come here free of charge to host these amazing events. I would have brought a speaker so I could blare this Halloween music all

over the place. That's one thing that's on my checklist for next time."

The next Just Show Up date is Saturday Nov. 16 at Pursuit Climbing. Rock climbers from ages six to 14 can attend from 9-11 a.m.

"I'm happy and I'm excited for next month at Pursuit Climbing," said Goold. "I hope we get a lot of kids that want to come in. They climb the climbing walls and challenge themselves with that. It's going to be a lot of fun."

For more information or to register, please contact Lisa Stacey at [lisa@wellspringstratford.ca](mailto:lisa@wellspringstratford.ca) or call Wellspring Stratford at 519-271-2232. Just Show Up and all of Wellspring Stratford's programming is open to residents across Perth, Huron and Oxford counties.



Hailey Jackson carves a bat into her pumpkin with the assistance of the Wellspring Stratford's Lisa Stacey at the October's Just Show Up event.

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## OBITUARY

### Shirley (Ritz) Unrau

Passed away peacefully in her 92nd year, on October 27, 2024, at Nithview Community New Hamburg with her dear friend Nancy Brodrecht, and cousin Judy Seyler at her side.

Reunited in her passing with her father Lorne William Ritz (1974), mother Frieda Catherine (Brodrecht) Ritz (1972) and her loving husband Frank Unrau (1994) who she married in 1979.

Although she was an only child, Shirley grew up surrounded by the love and friendship of many aunts, uncles and cousins on both sides of her family. She will be fondly remembered by those left behind, and many others who knew her; by her students and colleagues whose lives she touched during her teaching career, by her Trinity Evangelical Lutheran Church family, by friends and staff in her Nithview community, and by many others whom Shirley helped in so many meaningful ways making their lives easier when they were in times of need.

Shirley was born and raised in New Hamburg, graduated from the New Hamburg Continuation School and then went on to graduate from Stratford Normal School, what we now call Teachers College. She began her teaching career at No. 11 Wilmot School on Bleams Road in 1953, transferring to No. 6 Wilmot School Haysville, in 1959 and remained there until 1972, when she left to care for her aging parents. She did return to teaching as a supply teacher at Holy Family School, and worked at the New Hamburg, Baden, Wellesley libraries on a standby basis.

She loved birds, animals, children, walking, gardening, theatre, reading, volunteering and travelling. Her extensive travels took her many places near and far in Canada, the USA, (she especially liked Alaska and Hawaii), many countries in Europe and even to Australia and New Zealand where she held a koala.

Shirley was a devoted member of Trinity Evangelical Lutheran Church. She was always a willing and loyal volunteer, assisting with the Day Programs at Nithview Community for 20 years, serving as the president of the Evangelical Lutheran Women for 30 years, teaching Sunday School, serving on committees, canvassing for and contributing to various charities over the years.

After a life well-lived, Shirley chose to engage the gift of MAID. She died as she had lived - thoughtfully, with purpose and dignity.

Visitation will be held at the Mark Jutzi Funeral Home, 291 Huron Street, New Hamburg, on Sunday, November 3, 2024, from 1 – 4 p.m. A Funeral to celebrate Shirley's life will be held on Monday, November 4, 2024, at 11:00 a.m. at Trinity Lutheran Church, 23 Church Street, New Hamburg with fellowship to follow. Interment to be held at Riverside Cemetery, New Hamburg. Pastor Tanya Varner to officiate.

Those who wish to pay their respects but are unable to attend are encouraged to reflect on the cherished moments shared with Shirley, celebrating the love and caring she brought into our lives. The service will be available on-line at <https://www.facebook.com/Trinity.NewHamburg/>

Funeral arrangements are entrusted to the Mark Jutzi Funeral Home, New Hamburg.

Condolences can be left on the funeral home website at [www.markjutzifuneralhomes.ca](http://www.markjutzifuneralhomes.ca)

In lieu for flowers, please consider a donation to any of the following:

Lutheran Association of Missionaries and Pilots (L.A.M.P) <https://www.lampministry.org/>  
Canadian Lutheran World Relief (CLWR) <https://www.clwr.org/>  
Trinity Evangelical Lutheran Church  
Wilmot Family Resources  
Tri-County Mennonite Homes - Nithview  
or a charity of your choice

## OBITUARY

### ELSIE LILLIAN HAFFNER



**Sunrise 1935 - Sunset 2024**

It is with heavy hearts but grateful souls for a life well lived. We, the family of Elsie share her passing on Monday October 28, 2024 with family at her side. Elsie (nee Ruthig) was the daughter of Isabella and Reuben Ruthig. She married Ronald K. Haffner in

1951 and he predeceased her in 1993.

Elsie was a member of Holy Family RC church in New Hamburg, as well as a member of the CWL. In her more active years, she held a term as president. Elsie loved quilting, knitting and creating puzzles, many of which adorn the walls of her present residence. She will be missed by her children Sandy (Terry), Debbie (Keith), Ron (Shell), Randy (Faith), Rick (Karen), Kathy (Dale), Rob (Leanne). Mom's eldest daughter Judy predeceased her in 2022 and her husband Ron remains a vital part of our family. Also surviving mom are her 20 grandchildren and 31 great-grandchildren who all loved her. She will be missed by her sister Mim and brother-in-law Doug as well as her special brother Bob and his wife Gwen. Passing before Elsie were her sister Janet Miller and her brother Karl Ruthig, in-laws Pat Ruthig, Shirley and Joe Weber, Mildred Binkley and Margery Haffner. Many aunts, uncles and cousins have all played a role in shaping the woman our mother became.

Visitation is at the Mark Jutzi Funeral Home 291 Huron Street, New Hamburg, on Friday November 1, 2024 from 1pm to 4pm and 6pm till 8pm. Parish prayers to be read by Father Bob Love at 7:45pm.

Funeral service at Holy Family RC Church, Saturday November 2, 2024 at 11:00 am. A private family interment will be held following the service at Riverside cemetery, Mom will be laid to rest beside Dad, together again.

To everyone always remember that death is an important part of living.

"When you were born, you cried and the world rejoiced. Live your life so that the day you die, the world cries and you rejoice." Robin Sharma from Who Will Cry When I Die.

As expressions of sympathy and in lieu of flowers, memorial donations can be made to Holy Family Roman Catholic Parish or Wilmot Family Resource Centre Food Bank and can be done through the funeral home.

Personal condolences and donation information can be placed at [www.markjutzifuneralhomes.ca](http://www.markjutzifuneralhomes.ca)

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.



## WORSHIP IN WILMOT TOWNSHIP

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<https://www.stgeorgesnewhamburg.com>

### St James Chapel of Ease

4339 Huron Rd Wilmot Township  
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Rev Margaret Walker; Office: 519-662-3450  
[sgacnewhamburg@gmail.com](mailto:sgacnewhamburg@gmail.com)

### St Agatha Mennonite Church

1967 Erb's Road St Agatha 519-634-8212  
Pastor Jim Brown  
Worship service 10am followed by coffee hour and sermon discussion. All are welcome

## OBITUARY

### LEU: Kenneth Eugene "Sawbuck"



Passed away unexpectedly at the St. Marys Memorial Hospital on Tuesday, October 22, 2024. Ken Leu of St. Mary's and formerly of Manitoulin Island and New Hamburg in his 79th year.

Beloved husband of wife Merretta Lynn (Robinson) Leu who predeceased him

April 27, 2021. Dear father of Jason (January 21, 2017) (and Tammy Bowerman) and Chris (Tracy Harbach) of St. Mary's. Sadly missed by his grandchildren Jarret, Malcolm and Dakota. Survived by his sister-in-law Tracy & husband Matt Irwin of Campbell River, B.C., and brother-in-law Brad Robinson & wife Joanne of Desbouro and by many nieces and nephews.

Predeceased by his parents John & Almeda (Forler) Leu, brothers Fred & Mary Ann Leu and Jim Leu and brother-in-law Darcy "Brant" Robinson.

All funeral arrangements will remain private and have been entrusted to the Mark Jutzi Funeral Home, 291 Huron St. New Hamburg.

In lieu of flowers, donations can be made to the charity of ones choice. Personal condolences can be posted at [www.markjutzifuneralhomes.ca](http://www.markjutzifuneralhomes.ca)

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# Glen Zehr, an accomplished New Hamburg pastor and author

GARY WEST

*Gazette Correspondent*

There are many talented people in New Hamburg and the surrounding Waterloo region, and Glen Zehr is among them, having just compiled 60 years of memories from Hillcrest Mennonite Church on the hill at the western edge of New Hamburg.

This is not Zehr's first book but his third, following up his last book from 2019, written along with his wife Mary Ellen, called *Partners: Pastures, Pastoring and Pastimes*.

His latest book is called *Hillcrest Mennonite Church: 60-year anniversary from 1964-2024*.

In the 280-page book, Zehr reflects on the stories of people who made up Hillcrest Mennonite Church over the past 60 years.

Even though he was a pastor of the church from 2000-2002, he didn't want the focus to be on himself, but the people of the congregation that worked so hard to make Hillcrest Church what it is today.

In a recent interview, he wanted to express thanks to the many people who responded to his request for stories and pictures about their involvement and experiences, and who shared how members of the

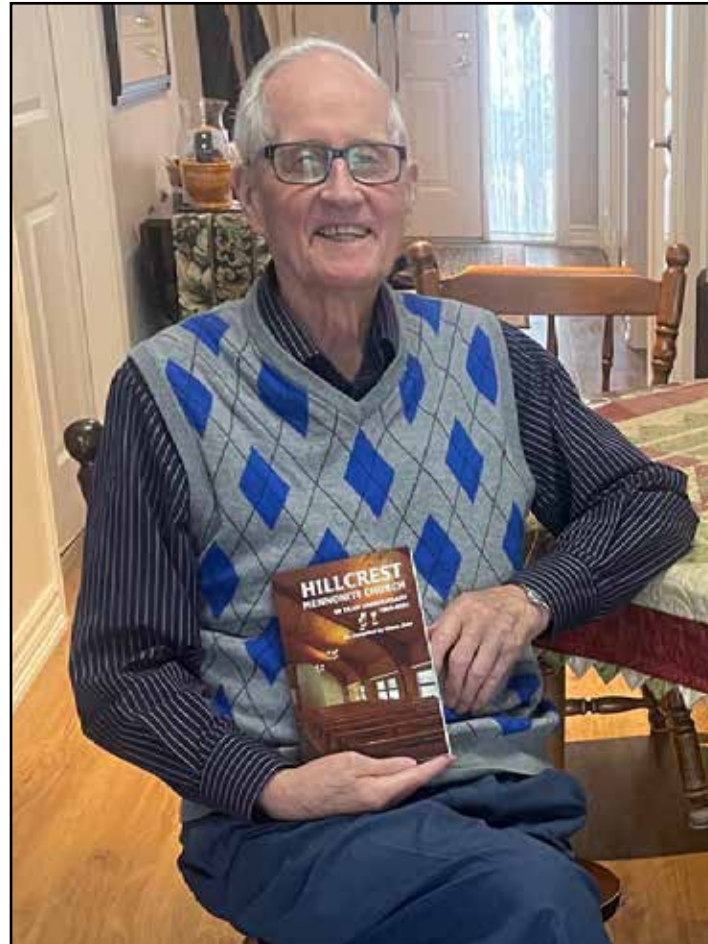
local congregation were able to put their faith into action in the local congregation, the local community, across the street and around the world.

He is dedicating the book in memory of Ron and Ruth Zehr, his brother and sister-in-law who both were involved and active in the Hillcrest congregation from its beginning until their passing. Their names appeared constantly in the printed documents that he had perused.

Ron Zehr was the foreman for both major building projects and Ruth Zehr was the historian for more than 40 years. In addition, they both served on many committees and participated in all congregational meetings during their lifetimes.

Ruth Zehr's passion for spinning words together into a number of books later in her life gave Glen Zehr the courage to attempt to compile the history of the Hillcrest congregation in his latest book.

He and his family would like to invite everyone to his book signing on Sunday, Nov. 17 at 11 a.m. at Hillcrest Mennonite Church, and pick up a copy of the *History of Hillcrest Mennonite Church*, followed by a potluck lunch.



Glen Zehr holds a copy of his latest book, which he hopes everyone interested will pick up and read about the history of and families who contributed to Hillcrest Mennonite Church over the past six decades. Photo by Gary West

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131 Wettlaufer St., Tavistock 655-2581

Sunday Worship services begin at 9:45am, with coffee and fellowship to follow at 11am. Masks welcomed but not required.

All Ages JRSS will follow after the worship service.

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stpaulstavistock@gmail.com

Pastor Rev. Michael Mayer

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## The Wilmot-Tavistock Gazette Weekly Quiz

1. Which Halloween candy was originally referred to as chicken feed?
2. Jason wore what type of mask in the Friday the 13th film series?
3. Who wrote The Legend of Sleepy Hollow?
4. What is a carved pumpkin called?
5. Who penned the 1962 song "Monster Mash"?
6. Where is Transylvania located?
7. True or False. Pumpkins classified as fruit?
8. What do witches traditionally ride on?
9. Michael Myers debuted in what movie?
10. What day does All Saints' Day fall on?

Answers found on page 26

## HAVE A STORY IDEA?

SEND IT TO OUR EDITOR

GALEN SIMMONS AT [GALEN@GRANTHAVEN.COM](mailto:GALEN@GRANTHAVEN.COM)



# The Wilmot-Tavistock Gazette SPORTS

## Royals win third straight game

LEE GRIFFI

*Gazette Correspondent*

Following their season-opener, the Tavistock Royals have won three straight games to pull into a three-way tie for first place in the Ontario Elite Hockey League standings with Seaforth, Ripley and Georgian Bay.

Assistant coach Tyson Zehr said, considering the amount of turnover from last year, the start to this season has been fantastic.

"The young players have stepped right into the lineup and are contributing on both ends of the ice. We're keeping our game simple and playing responsible in our own end. On offence, we're getting traffic to the net and generating more high-danger chances than we were last year. That's reflected in a few high-scoring games to start the season."

Jensen Van Boekel has been sidelined with what the team is calling a lower-body injury meaning former New Hamburg Firebird netminder Graham Noye will play a major role with the team going forward.

While losing their number-one hurts, Zehr said Noye is fully capable of stepping in.

"Losing Jensen is a significant blow to the team, both on the ice and his leadership in the room. However, we're fortunate to have three excellent goalies on our roster. Graham had a big playoff run with the Firebirds in the spring, wrapping up an impressive junior career, and he has seamlessly transitioned into the senior level looking strong in net."

He added veteran Zach Shomphe will also play a crucial role as the season progresses.

"He is more than capable of taking on additional minutes. Of course, we are hoping for a speedy recovery from Jensen and looking forward to getting him back between the pipes, but in these situations, it's a coach's dream to have the goalie tandem that we have."

The Royals have three of the league's top-10 scorers with Drew Gerth, Patrick Vulcan and Trevor Sauder lighting it up early in the season, something that doesn't come as a surprise to Zehr.

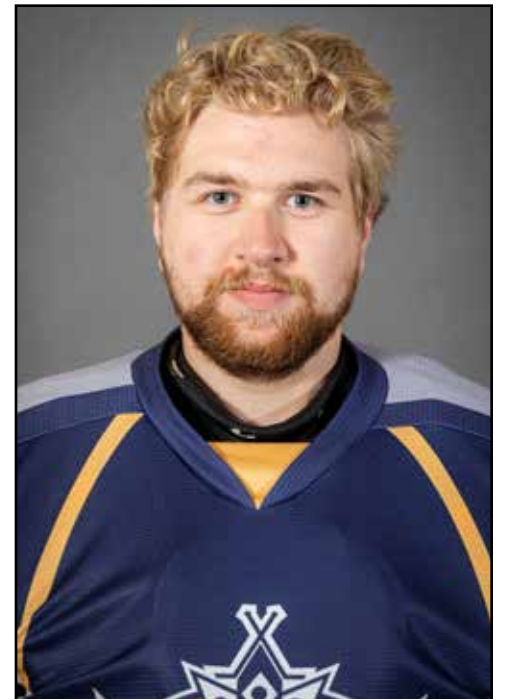
"Drew and Trev both received a

well-deserved 'A' on their jersey this season, so it's good to see them step up and lead by example on the ice as well. Patty has been playing incredible also; we missed him last year and we're thrilled to have him back this season. Even though they're not rewarded on the scoresheet like the top-line guys, everyone is doing the little things right. Over a full season, we're hoping that translates to wins, which matters more to the guys on the team than goals and assists."

There is a good chance the Royals will only get better once they have a full roster on the ice. For Saturday's win in Creemore, they had just 12 skaters and have yet to have a full bench.

The Royals picked up a 3-2 win in Creemore Oct. 26. Gerth scored the game-winner on the powerplay with just under five minutes to play in the third period on a setup from Vulcan and Deven Kropf. Lucas Bast and Kropf scored the other Tavistock markers.

Next action for the Royals is in Ripley for a 5 p.m. game Nov. 2.



Former New Hamburg Firebird Graeme Noye will play big minutes for the Royals as Jensen Van Boekel deals with a serious lower-body injury. Contributed photo

## Firebirds Thanksgiving Food Drive acknowledgments

MORGAN MILLER

*New Hamburg Firebirds*

The New Hamburg Firebirds always strive to do their best in giving back to the community and this is why we truly need you to be part of our team to help us help the Wilmot Family Resource Centre.

This is what was needed, YOU! And boy did you come through, again! A community that has a well-deserved reputation for its welcoming attitude and kindness, one of the things that makes Wilmot Township such a great place to live is the way residents come together to assist and support each other if the need presents itself. I see this evidence in every part of the community, especially this time of year.

The New Hamburg Firebirds Hockey Club and its players would like to give special thanks and list all assists that got them to their goal.

Thanks to Bill and Jill Fleming from Sobey's and Dave Mackay from Mackay's NoFrills along with both their amazing staffs for having the Thanksgiving Early Bird Meet the Players Day at their locations, which brought in 1,650 pounds of non-perishable food donations.

Thanks to Dave Bender and his staff at B-W Feed and Supply for letting us use their scale to weigh after each pickup at the schools that participated in the Shopping Cart Challenge as well as the final weighing on game night.

Thanks to Mike Roth who volunteered

his vehicle, trailer and day collecting the donations from all the participating schools. Thanks also to Anna-Maria, Hannah and Emily who collected and packed all the donations as well as handed out tickets and stickers on game night. Great job again, you three!

To the participating schools in the Shopping Cart Challenge, a huge thank you to staff and especially their students at Baden Public School, Sir Adam Beck Public School, Forest Glen Public School, Grandview Public School and New Dundee Public School for their donations and having pickups so well organized. Another year of being overwhelmed by the response from the students and their help! A total of 5,908 pounds of non-perishable food items was collected – Shopping Cart Challenge's best-ever year, again! Kids helping community; what a reward! Absolutely incredible!

To all the volunteers from Wilmot

Centre Church and the Junior Firebirds for giving their time on a Friday night of a long weekend to unload 7,598 pounds of donations from the schools and what was collected at the game.

The New Hamburg Firebirds Thanksgiving Food Drive's huge success only becomes reality because of the phenomenal help of people in a community that just continues to give. A total of 270 pounds of food was collected at the Poor Boys Luncheon, 1,650 pounds at the Early Bird Meet the Players Day, The Shopping Cart Challenge brought in 5,908 pounds from the participating schools and 1,670 pounds was collected on the night of the game. The grand total for this year is 9,498 pounds of food for those in need as well as over \$2,709 in monetary donations.

One last thing; the game was attended by 1,100 fans and 939 of them had the special food-drive ticket, and we won! What a night! Great job everyone!



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 \$30 per person includes door prizes  
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# PJHL Roundup: Applejacks to host Prospects Game

LEE GRIFFI

*Gazette Correspondent*

The Wellesley Applejacks are hosting one of the Provincial Junior Hockey League's (PJHL) Prospects games, showcasing the best 16 and 17-year-old players in the league.

The games take place on Saturday, Nov. 2 in Wellesley and Parkhill.

"The PJHL is excited to announce the hosts for this year's Prospect Games," said league commissioner Terry Whiteside. "Our young stars will have a chance to showcase themselves to both fans and scouts at each event."

Derek Lebold and his staff are coaching the south team and he jokingly admitted he is a competitive guy, maybe to a fault, and winning is on the agenda for Saturday.

"We want to go out there and give the players we are coaching a bit of a game plan to give them some strategy. It's a great opportunity and we are really appreciative our entire staff got the nod. It means a lot and to me, it is an acknowledgement of all the hard work we have put in this season. Not just the coaches and bench staff, but the organization in general."

Lebold and his group will be battling the Eastern Conference's best young players, coached by the New Hamburg Firebirds bench staff, minus head coach Shane Gerber.

Forwards Jordan Abbott, Hudson Parker and Landon McGrath will represent the Applejacks. Lebold said Abbot, a Waterloo

native, has a great combination of size and skating ability.

"He's a big body for his age but really skates the game well, north and south. We worked hard with him early on to improve his mechanics in terms of stickhandling and positional play. He's really taken it upon himself to learn the game at this level," Lebold said.

He added they have given Abbot, who stands at six-foot-two and 195 pounds, room to be creative at the offensive end and he uses his size to his advantage on the forecheck.

"His work ethic is off the charts but his skating ability at that size is what impresses me the most."

Parker resides in Kitchener and Lebold explained while not a big body, he brings a lot of skill to the team.

"His skating ability and skill is what separates him. He's been fantastic for us as a 17-year-old playing on our second powerplay unit. He's getting a lot of different looks in various situations, where we are up or down a goal, defensive-zone faceoffs, things like that. What really impresses me is his ability to play in traffic. He handles the puck really well in and out of the neutral zone."

He added Parker does a great job reading gaps in play which creates a lot of opportunity for his linemates.

"He's a creative kid and has a hell of a shot. His wrist sets him apart and he gets it off fast and beats a lot of goalies when they aren't expecting it."

The third forward is McGrath from Cambridge who stands at six-foot-one and 183 pounds. Lebold said he just joined Wellesley in a trade with Paris and was a player Wellesley wanted to see in an Applejacks uniform.

"He's another salt-and-pepper type player. He works very hard in between the dots and take away a lot of middle ice. As we see a lot with younger guys coming into the league, they can all skate the game really effectively, with or without the puck. He isn't the biggest guy but plays very physical. He does a great job getting defensive position and bumping guys off the puck."

A number of junior scouts from all levels are expected to attend the games and Lebold said he believes his kids as well as the rest of the team are fully capable of moving up the hockey ranks.

"I absolutely do. And that's what I love about this event and the PJHL in general. I have always thought this should be a development league and I think in the past five or six years has done a better job of marketing it as that."

He said back when he played it wasn't necessarily the end of the road for players, but it was an older demographic.

"Ten years ago, it was 19, 20 and 21-year-olds and most of the guys were coming down from Junior B to finish out a few years. Now it's a catchment for younger kids to gain experience and move up to B or other hockey. That's what I hope we can do with some of the young guys in

our room. We would like to see them in B camps if that's their interest."

He added getting experience playing against bigger, stronger and older players at a fast pace is only going to benefit them.

Also playing for Lebold's team is Tavistock forward Grady Murphy and New Hamburg defenceman Bobby Tsilogianis.

The puck drops at 1:30 p.m. and the Blueline Club and concessions will be open.

Wellesley had a disappointing weekend, losing both of their games. They dropped a 5-4 decision in Woodstock and then suffered a 5-4 overtime loss to Paris.

**Firebirds win streak snapped as Braves losing skid reaches seven**

New Hamburg lost for the first time in seven games Saturday, coming out on the losing end of a 6-4 loss in Woodstock on Friday. Antonio Pasqualino scored twice for the Firebirds, his fifth and sixth of the season. The Navy Vets are now the hottest team in the division, going unbeaten in seven games.

Tavistock continues to struggle after a 6-3 loss in Norwich on Friday. Blair Stokes, Nathan Brenneman and Jack Hodge scored for the Braves who trailed 5-2 after 40 minutes and gave the Merchants eight powerplay opportunities. They were only able to capitalize once but Tavistock leads the Doherty Division in penalty minutes with 299 in 13 games. They also have the division's worst goals against, giving up 62 markers so far this season.

## Wilmot Aquatic Aces compete at Walker Invitational Meet

LEAH VUSICH

*Wilmot Aquatic Aces*

What a great start to the 2024-2025 season for the 55 members of the Wilmot Aquatic Aces who showed up to race at Brock University for the Walker Invitational Meet Oct. 25-26.

For many, it was their first-ever swim meet. Having all ages together on deck for the weekend, cheering each

other on and bonding as a team was amazing. Congratulations to all who got on the blocks and raced their hearts out.

We finished second in the race for the Walker Cup with a team total of 879 points, edging out the loud and proud team from ROC who finished third with 827 points. Brock made full use of their home-pool advantage and finished first with a total of 2,076 points.

Highlights of the weekend:

1. Of the 32 swimmers in the prestigious Walker 400, 12 of them were Aces! Congratulations to Bailey Ewanchuk and Silas Campbell for taking second place!
2. The Aces brought home 71 individual medals (28 gold, 19 silver, 24 bronze).
3. We had 18 relays and won three relay gold medals.
4. Coach Ethan won the 50-metre coaches race in a time of 25.76 seconds. Coach Alex was third in a time of 27.30 seconds.

The gold medalists from swim meet were Angela Levac, Anna MacDonald (six), Campbell Golem (five), Drew Currah (four), Duncan MacDonald, Evelyn Vusich, Grace Bach, Lilah Bergman, Mabel Harcourt (two) and Silas Campbell (five).

The silver medalists from the swim meet were Angela Levac (two), Bailey Ewanchuk, Benjamin Sos, Duncan



55 swimmers from the Wilmot Aquatic Aces competed at the Walker Invitational Meet at Brock University in St. Catharines Oct. 25-26.

MacDonald, Elizabeth Pfeifer, Evelyn Vusich (two), Katie Maund, Leslie Levac, Lilah Bergman, Robert Pop (four), Silas Campbell, Tessa Whitelaw (two) and Tyler Johnson.

The bronze medalists from the meet were Bailey Ewanchuk, Benjamin Sos (three), Campbell Golem, Duncan MacDonald (two), Dylan James (two), Elizabeth Pfeifer, Eric Wall (three), Evelyn Vusich, Grace Bach, Leslie Levac (two), Liam Dompierre (two), Lucy Levac, Robert

Pop, Taylor Murphy, Tess Weyers and Tyler Johnson.

Other Aces who finished in the top eight included Abigail Jessop, Addison VanHorn, Addison Wills, Alice Arsenault, Ben Bride-McCune, Claire Sachs, Cole Ferris, Emile Grimes, Gracie Kutschrutter, Madelyn Kovarik, Medley Ingram, Olivia Schaub, Sadie Black and Samuel Bride-McCune.

Our next meet is Nov. 16 and 17 at home in Wilmot!



Wilmot Aquatic Aces head coach Ethan Scheerer and coach Alex Buehlow competed in the 50-metre coaches' race at the Walker Invitational Meet. Scheerer won the race with a time of 25.76 seconds and Buehlow came third with a time of 27.30 seconds.



# What I learned from completing “75 Medium”

## FROM THE PUBLISHER'S DESK

By Stewart Grant



Back in January, I wrote about my New Year's plan to get in shape. The turn of the calendar combined with my 50th birthday four days later was really going to motivate me to make some positive health changes. Yeah, whatever; that program lasted about two weeks.

Like a bull run on the stock market, my Fitbit's daily weight chart has ups and downs but has been on a consistently upward trend for the last decade. Whenever I hit a new 52-week high on the weight chart, I suddenly find

motivation for a few days before falling back into the same old habits.

In August, the cycle repeated itself and I declared to my family that I was “going on the program.” This time, my daughter Sydney called BS, saying, “You always say that, but you never actually do anything.”

Sydney suggested I try something called the “75 Soft” program, which has four simple rules to follow over a 75-day period:

1. Work out at least 45 minutes

every day.

2. Plan your meals each day. Regarding alcohol, only consume in social situations.
3. Drink three litres of water each day.
4. Read at least 10 pages of a book each day, preferably non-fiction or self-improvement.

There is also a “75 Hard” program which I deemed too extreme, because it required not just one, but two 45-minute workouts per day. Another aspect of “75 Hard” is to have zero alcohol for the 75-day period.

I decided to upgrade my challenge to “75 Medium” by going with zero alcohol, and by adding in a 10,000 daily step requirement.

Long story short, I took on the challenge. I bought a special scale that not just measured weight but other factors as well (because it's not all about weight).

The results? In 75 days, my overall weight dropped from 208 to 193 lbs. while my body fat percentage dropped from 26.8 per cent to 22.9 per cent. Plus, I know that I can still make progress from here with some of the habits I have formed.

I thought the no-alcohol part would be the most difficult aspect, but I learned there are some excellent zero per-cent beers and mocktails out there and this made it much easier in social situations. Sometimes you just want to feel like you have a drink in your hand.

Waking up at 5:30 a.m. and going to the gym when it opened was the best way for me to fit my workout into an already busy schedule. Even when it was hard to drag myself to the gym, it always felt worth it afterwards. When I needed extra motivation during workouts, I'd listen to David Goggins' audiobook, *Can't Hurt Me*. My son, Jake, told me

once about David Goggins and listening to this guy's incredible life story is truly inspiring.

Before the 75-day challenge, I hadn't run any distance in over a year out of fear for my bad left knee. But I eased into it and eventually found my way again, and as my weight dropped, it also became easier. By the end, I had worked my way up to doing a 10K.

The challenge of reading 10 pages a day was also worthwhile because it helped encourage the concept of continuous learning. Even 15 minutes a day can make a difference in the long run.

The most impactful thing I learned is that you don't have to be stuck in the same old rut. You can change your life and make new habits. Personally, I'm so thankful I learned about this 75-day challenge and I know there are certain aspects of it I will carry on with to live a better, healthier life.

## Surviving or thriving this winter

### INTERFAITH COUNSELLING CENTRE

By John Dinner

The story of this fall is almost written. Pumpkins this, that and seemingly everything are making way for more of a focus on the Christmas season. Some of us are starting to think beyond the New Year to the months when we seek to survive January and February's onslaught of snow, ice, freezing rain and slipping and sliding while behind the wheel.

As a northern country with an extended season of cold, the prospect of winter quickly shifts our thinking from the cool, fresh, colourful days of autumn to a sense of dread for some as winter takes over.

Winter can sometimes seem like the season during which we simply seek to survive.

What about shifting from surviving to thriving this winter? Can you imagine embracing winter? I spoke recently with a young woman whose whole life up to early adulthood was lived in a country known for year-round, summer-like weather. She's looking forward to winter for her own reasons: the coziness of heavy sweaters, playing games inside and the beauty of snowfall. For those of us who have called Canada our homes most or all of our lives, there may be a lesson to be learned from this winter enthusiast. Much of it has to do with how we think about snow and ice.

Of course, things are never this simple. Winter can pose serious mental-health challenges. Having less exposure to daylight can negatively impact sleep and interest in activities and foster greater fatigue and irritability. Spending time outdoors and in nature can have a positive impact on our moods. The snow and cold doesn't have to change that. Here are some tips for thriving instead of just surviving the com-

ing winter season.

1. **Enjoy winter's playground:** Understanding that physical health and mental health are connected, it's important to stay active. The key is to find an outdoor activity you look forward to and enjoy in winter.
2. **Cozy up and relax:** Colder temperatures and shorter days naturally encourage us to slow down. Use this time to engage in relaxing activities like reading, meditation, or simply enjoying a warm beverage. These activities can lower stress levels and improve sleep quality.
3. **Think about gratitude:** The start of the calendar year may be a good time to reflect and make space for feelings of gratitude. Often when we are dealing with difficulties and challenges, we tend to focus on what's not going right. Take a few minutes to think of the things for which you are grateful.
4. **Stay connected:** Winter can make it challenging to stay connected. Try new ways of staying connected with

family and friends as a way of maintaining and growing important relationships.

5. **Keep healthy habits and routines:** Prioritizing the healthy habits that you normally have, such as getting enough sleep, eating healthily and exercising regularly will help. Routines – and knowing what to expect in the day – can be especially helpful to foster personal well-being.
6. **Learn from Indigenous communities:** When it comes to thriving in the outdoors, we have a lot to learn from Indigenous communities. Getting outdoors is an opportunity to reflect on our roots and connect with nature. Being outdoors and being connected to the land is a reminder that we are part of something bigger and we do have meaning here.

*John Dinner is a registered psychotherapist who works as a counsellor at Interfaith Counselling Centre in New Hamburg. He skis downhill, likes hiking across frozen lakes and loves winter ... until about mid-March.*

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# Style is just fashion filtered through your personality

## DRESS SHARP. SPEND SMART.

By Scott Dunstall



We as humans view the world through two lenses. One is the empirical world we view and report on; blue is the same blue we all see, I think. There is also the world we view through all the experiences and upbringing we have gone through. That is where bias takes over and blue becomes a shade of gray in another's eyes. And when it comes to presenting yourself to the world every day, you are presenting your style whether you know it, don't know it or don't care. How you show and frame that blue sweater or red socks is you.

And this is the message I have today. What is style? To me, style

was an elusive thing I wish I could have found earlier in my life. But I really didn't even understand what style was and after chasing after this fashion game for a few years, I was able to summarize it one sentence.

"Style is just fashion filtered through your personality."

It's true. Having a sense of style is using two raw materials; the clothes hanging on the rack at the store and your personality.

"But Scott, I don't even know where to start when I walk through the men's department at my local Bay. And I feel overwhelmed and intimidated when I walk into a men's store. Most of all, am I

going to spend my hard-earned money on something that doesn't fit well or doesn't work with the other clothes in my closet?"

I have repeated this mantra in the past but here it is again. Don't panic and don't feel like this is something you can never master. Just start slow. Work on some simple basics. I rarely wear anything but jeans, but I spend a lot of time looking for the right kinds. I wear Guess, RW & Co., 34 Heritage and Hilfiger. I have a few ink-blue dark for the fall/winter months and several lighter shades for the warmer months. There is no set rule for the colour of jeans you wear at different times of the year. That is just a part of my own style.

Are you getting it?

And for those of you following the bouncing ball, then you know the other "table stakes" I demand from my jeans is their length. I am snakey about this. It takes a couple of simple actions to make sure your jeans (pants) don't bunch up at the bottom where they touch your shoes. First, try to find the right fit off the rack. Take the shoes you most likely will wear

with those jeans with you when you try on jeans. The first thing most guys do (I was one) when they try on jeans is look to see if they are dragging on the floor without considering how much of it is piled up on top of your shoes.

To me, nothing looks more unkempt than that. You could be sharp all the way down to the shoes (and I've seen it), then you have this literal, wavy rock pile at the bottom. The other simple thing you can do is take them (and your shoes) to any number of tailors in our community that will shorten them to your wishes. This simple act will make a huge difference in the way you look.

Again, this is my style and my preference and it's a great example of what I mentioned above. Style is a combination of two raw materials – fashion on the rack and your personality. Maybe your style is bunched-up jeans on top of your shoes and that is what makes you comfortable. Whatever your style is, be confident and rock it.

The other thing you should consider when buying jeans is (and this is for older or more rotund

men like me) try to get ones that have a percentage of spandex in them. Your gut and butt will thank you and the great thing about spandex is it hugs and shapes so the missus will be happy too. And if mama happy, everybody happy.

Keep it simple and follow me on Facebook for more life and style ideas @life&stylewilmot.

Scott Dunstall has been on a stylistic journey for over 10 years. His belief is that every guy has a style of their own. When it's discovered, it empowers and builds confidence. Scott has appeared several times on Rogers TV Kitchener as a guest on DAYTIME. His writing has been republished by LinkedIn Top Influencer and INC. Magazine contributing editor, Jeff Haden. He has also written several pieces for the Baden Outlook. You can follow Scott on Instagram @everydaystylebyscott or on LinkedIn @scottdunstall or Life & Style Wilmot on Facebook. Feel free to ask questions or propose collaborations: everydaystylebyscott1@gmail.com.

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# The illusion of a happy duck: An update on the Mill Block Community

LISA DOHERTY

*Love Your Neighbour Community*

"Why is nothing happening? Has the project stalled?"

We are hearing that a lot these days.

I like to think of the reality of the situation as "the illusion of a happy duck." While everything at the Mill Block looks peaceful, quiet and barely moving – like a duck floating – underneath we are paddling madly.

What an education this has been for us! Our board and executive director have a broad range of skills, experience and expertise, but we have learned just how much it takes to get something like this up and running from humble grassroots origins. The army of experts we have surrounded ourselves with have been nothing short of miraculous in getting us this far, this quickly.

Excuse me? Did you say "quickly?"

Yes, I did. There are many stages and many laps around the duck pond that were needed to get us where we are today.

## Ideation and feasibility

To build a mission, vision and organizational structure, we relied on lawyers, accountants and business experts. Our board completed a 16-week incubator program for non-profits run by York University, and Love Your Neighbour Community

(LYNC) began to take shape. After ideation, we needed a feasibility stage. We engaged experts in the field of building affordable housing. We were extremely fortunate to engage SHS Consulting and Invizij Architects for the project. They provided professional services such as needs analysis, financial-sustainability models, guiding design principles and space requirements, initial site-plan designs and floor plans.

What do accountants, lawyers, consultants and architects need?

Time and money.

## Building financial and community support

To no one's surprise, we moved swiftly into our next stage, building financial and community support. To say the least, we could not have gotten this far without the dynamic support of our community for both financial support and vision. You might have seen us around a lot over the last year. Our duck feet have been paddling at fall fairs, church services, Santa parades, ladies' shopping nights and cruise nights.

We've heard story after story of real people who are experiencing first-hand the housing affordability crises. Some are experiencing food insecurity due to paying for unaffordable housing or are lonely and crying out for community. We continue to

be humbled by the generosity of courageous people who believe we can make a difference and donate to LYNC.

## Site-plan approval

Site-plan approval was the next major milestone for us. Here is the laundry list of some of the requirements we've submitted: environmental site assessment, engineering reports on structural soundness and topographical surveys, safe access analysis for flooding, heritage recommendations and minor variances for setbacks and parking.

Are you starting to catch my theme of "time and money?"

The exciting news is that thanks to our diligent and supportive township leaders and staff, we now have that hard-earned site-plan approval. We're over-the-moon ecstatic about this. We are so close to building that we can smell it, we can feel it in our bones. We have our amazing construction managers, Nith Valley Construction, poised and ready to put up that beautiful construction fence.

The reality is, we have one more stage before that long-awaited yet elusive building stage.

## Funding lock-in phase

Before we can put shovels in the ground, we need to get our major funding solidified. All of this pre-work was needed before we could even begin to make

applications and seek support from major funders. We did it, we got this far together and we are so proud and thankful. We'll keep paddling fiercely under the surface while our Mill Block glows red and green during the holidays.

Time and money; vision and passion.

That's what we've needed all along and that's what will get us to the end. Thanks to our community of caring individuals and courageous business leaders, we have raised almost \$2 million to cover almost two-thirds of the mortgage and these necessary pre-build soft costs.

You did that! We did that!

Please continue to give generously as we take this important lap around the pond. We'll be running a campaign soon to pay off the remainder of our mortgage and meet any ongoing needs before we solidify support from government agencies such as CMHC and FCM for our major building costs. Exactly one year ago, we were handed the keys to the B-W Feed Mill. We are asking you to keep the vision and the passion alive for equitable housing, food security and a place to belong in Wilmot!

LYNC will host a community update meeting on the Mill Block project in New Hamburg on Nov. 10 at Zion Lutheran Church from 2-4 p.m. Everyone is welcome to come, learn more and ask questions.



# JOIN A COMMITTEE!

## Recruitment Open for Citizen Members

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**Heritage Wilmot and Castle Kilbride Advisory Committee**  
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## LETTER TO THE EDITOR: Exercise caution at new Punkeydoodles Corner intersection

Every day, I leave my home in town and go to our family's farm within sight of Punkeydoodles Corner.

I've observed that, since the pylons were taken away last Friday, traffic has been quite reasonable. Drivers have been approaching the curve with caution. While I have no doubt it won't stay this way, it's been a relief. I haven't seen anything dangerous and I'd like to keep it that way. Here's what I want all of us to know.

Be aware of speed. New passing lanes mean drivers don't need to stop for those turning off the curve, and the speed limit has not been lowered. It is more important than ever that we watch out for drivers turning onto the curve. It's easy to go faster on the curve and on the roads leading to it. Please don't.

Be patient. There's a good chance that once regular traffic returns, we'll have vehicles lined up on turn lanes and on Oxford 5 at peak traffic times. Getting impatient will not help. Exhale and wait your turn.

Be respectful. This is a densely populated rural neighbourhood with a lot of lane-ways and driveways near the intersection. Watch out for residents leaving or returning home.

Stay in your lane. A lot of drivers are hitting the new rumble strips on the shoulder side of the white line. That is going to get

very annoying for you, and for everybody else, but the rumble strips serve a purpose, to keep drivers in their lane. This is especially important because drivers need to respect bike lanes and protect cyclists.

Which leads to a reminder that in this agricultural area, drivers will encounter everything from bicycles to tractors. We need to share these roads safely.

Most of all, look out for each other.

We need to remember this in general as a society, but in this case, a complex intersection has been made simpler but faster and more intense. Literally all roads lead to Punkeydoodles and everybody is simply trying to reach their destination.

Nobody's trip is worth anybody else's life.

I've been disappointed by people during the road closure, often infuriated, but I believe most people aren't intending to behave dangerously.

Not one of us is more important than every other person on the road. Please let's keep each other safe.

Tell your neighbours, friends and loved ones.

Go in peace.

*Heidi Yantzi Bailey,  
New Hamburg*

## LETTER TO THE EDITOR: Transparency and accountability needed in the region's approach to farmland expropriation

As a citizen of Wilmot Township, I'm deeply concerned about the Region of Waterloo's handling of the farmland-expropriation issue. While industrial development may be necessary, the ongoing lack of transparency and public engagement has caused significant mistrust within our community.

The region's recent decision to discuss key issues – like the destruction of standing crops and the non-disclosure agreement with the province – behind closed doors has only worsened the public's sense of alienation. In a democracy, transparency is crucial, especially on matters that directly affect people's land and livelihoods. Keeping these discussions hidden from public view only distances the council from the very people it was elected to represent.

Moreover, the council's handling of the expropriation process has raised serious questions about accountability and respect for property rights. The ongoing threat of expropriation, despite clear and ongoing community opposition, has left

local residents feeling ignored and disrespected. The physical and emotional toll of this unresolved issue is real, and it's taking a significant toll on affected landowners and their families. Wilmot residents deserve answers and a fair, open process, not closed meetings and secrecy.

Without transparency, the trust between citizens and their local government erodes quickly. The Region of Waterloo has an opportunity to rebuild this trust by pausing the current process, opening up discussions and actively engaging with the community in a truly democratic manner.

Preserving farmland is essential, but preserving democracy is critical as well. I urge the region to reevaluate its approach, honour the principles of transparency and accountability, and work with Wilmot's citizens to develop a solution that respects our community's voices and values.

Sincerely,

*Anne Loeffler,  
New Hamburg*

## Gazette Puzzles

### HALLOWEEN

P	T	E	K	A	W	A	P	M	I	J	K	K	F	L	H	V	Y	H	G
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**Black Cat**  
**Broomstick**  
**Cobwebs**  
**Fright Night**  
**Ghost**

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**Hauntedhouse**  
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## Pet of the Week

### SPARKY

Meet Sparky, the perfect addition to your family and the perfect pet of the week for Halloween! This charming black cat may start off a little shy, but once he warms up, he's a playful and affectionate companion who loves to snuggle and brighten up your day. Sparky is sure to enchant your home with his loving personality! For more information on Sparky or other animals available for adoption, visit The Humane Society of Kitchener Waterloo and Stratford Perth's website at: [kwsphumane.ca](http://kwsphumane.ca)



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# Pumpkin perfection in a pinch

## HEAPS OF HEALTHY TIPS

By Mercedes Kay Gold



The power of pumpkin is hard to ignore. From farmers' markets to big box stores and of course the lure of a pumpkin spice latte, autumn is awesome!

We all love the petit pie cuties, but go for a ginormous jack-o'-lantern or a wonderous white Cinderella! There are piles of pumpkins to ponder. As a holistic nutritionist, I am big on fast facts and to be clear, a pumpkin is also known as a winter squash and wow, it's wonderful. Whether you stuff or slurp or sip in a smoothie, pumpkin is stocked with slews of health benefits. This plump, orange beauty is boatloads of vitamins, minerals and anti-oxidants.

With Halloween tonight and chocolate cravings in overdrive, here's a healthier treat.

Pumpkin is the super star and I am delighted to showcase fresh, local pumpkin love from Fall Harvest Farm. Busy bees may choose canned but using pure pumpkin is key.

Happy Halloween! Yes, of course, leftover mini chocolate bars thanks to the in-house superheroes' stash are superb but choose the plain options. As a

rule, most milk chocolate has added sugar. Be mindful, maple syrup should be then adjusted to half of my recipe.

Dark chocolate has more benefits thanks to polyphenol and the higher the cocoa mass, the more benefits. Aim for at least 70 per cent but 85 per cent or greater should be your goal. Yes, it's a tad bitter, so seek a percentage that talks to your taste buds for heaps of health benefits!

The recipe uses healthy fats found in nutrient-dense nut or seed butter to add plant protein. Conquer chocolate cravings and hit the hunger pangs with satiating super snacks for a quick pick-me-up anytime!

### Pumpkin protein treat

#### Ingredients:

- 1/3 cup pumpkin puree
- 1/3 cup of all-natural peanut, sunflower or almond butter. Tahini, a sesame paste, is perfect too.
- 1/3 cup **Wagler Maple Products maple syrup**
- 1/2 tsp pure vanilla extract
- 1/2 tsp Himalayan Sea salt
- \*1 cup oat flour
- 100-gram chocolate bar of



A perfect, pumpkin, protein-packed snack. Photos by Mercedes Kay Gold

- choice
- Coconut oil or butter for roasting.
- \*Optional 1/2 tsp pumpkin spice

#### Directions:

1. Preheat the oven to 375 degrees Fahrenheit.
2. Cut the pumpkin in chunks. Remove the seeds and stringy bits. Generously coat the flesh with coconut oil or butter.
3. Roast in the oven until very soft. Scoop out the flesh.
4. Using a blender, puree a

third of a cup of pumpkin. Mashing works too. The leftovers freeze well.

5. Mix the maple syrup, nut or seed butter and salt in a bowl. Add in the pumpkin and whisk until smooth.
6. Fold in the oat flour and combine well.
7. Pat into a small glass Pyrex 8x6-inch dish or silicon cups.
8. Melt the chocolate in a microwave-safe bowl.
9. Pour the melted chocolate over the pumpkin mixture

and place in the freezer to harden.

10. Run a sharp knife under hot water and cut into squares or remove from silicon cups.
11. Store in the freezer and remove ten minutes prior to serving to thaw.

\*Substitute with chocolate or vanilla protein powder or almond flour for more protein.

Happy Trick-or-Treat snacking all year round!



Roasting fresh pumpkin comes with heaps of health benefits.

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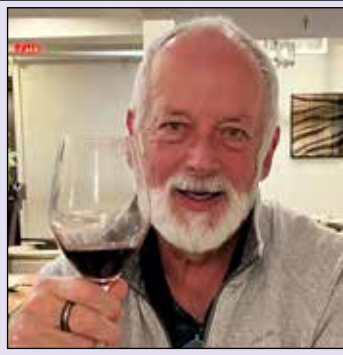
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# Alexandria, Virginia: a wonderful surprise!

## OH, THE PLACES WE'LL GO

By Paul Knowles



Okay, I am going to be honest here. When a travel writer is invited to visit a new destination, it is incumbent upon him or her to do some research, and usually I do – really.

But our stop in Alexandria, Va. was near the end of a multi-destination US road trip that lasted more than a month. So, I had planned to do the advance research while en route, but I didn't, which meant that Alexandria, the small city just across the Potomac River from Washington, D.C., was a surprise – a really, really great surprise because we quite fell in love with this historic community.

Alexandria is rich with history, but is also a neighbour to the space-age wonders of the Steven F. Udvar-Hazy Air & Space Museum in Chantilly, Va.

Let's go back in time first. Alexandria is eminently walkable and your walking tour of Old Town Alexandria will include a stroll down cobblestone streets lined with houses built in the 1700s.

You'll also see the Spite House, described as "the skinniest historic house in America" at just seven feet wide with a tiny area of 325 square feet. It wasn't built, first of all, to be a residence – although it is still occupied today – but it was erected in 1830 to block an alley, in which loiterers were, well, loitering and bothering the neighbours.

The streets of Old Town Alexandria lead to the busy waterfront where there are terrific restaurants – we dined at Julia's on the Potomac with the wonderful view the name promises – and a unique art facility, the Torpedo Factory Art Center. The Torpedo Factory was just that, a munitions plant in World War II, and there is a disarmed torpedo just inside one entrance to underline this heritage. But today, the centre is home to 72 juried-artists studios and 10 galleries. The artists are there creating their works and happy to stop and chat with interested potential patrons.

Perhaps our biggest pleasant surprise in Alexandria was the Stabler-Leadbeater Apothecary

Museum. This very small museum, just one of the storefronts on Fairfax Street, didn't seem very promising when we entered but, as is often the case, I was dead wrong. It was a fascinating tour with an added level of delight for any fan of the Harry Potter stories, which I definitely am.

The apothecary, founded in 1792, was operated by the same family for 141 years and then became a museum in 1939. In something of a miracle when it comes to preserving the past, almost everything in the two-story museum is original to the pharmacy – even some of the ingredients are still in the bottles. One unique item is a handwritten request to pharmacist Edward Stabler from Martha Washington, wife of George.

"Mrs. Washington desires Mr. Stabler will send by the bearers a quart bottle of his best castor oil and the bill for it. Mount Vernon, April 22, 1802."

It didn't help much at all as Martha passed away exactly one month later.

On the second storey, in the area used for warehousing and preparation of ingredients, there are still storage boxes with their original labels, and here is where Harry Potter enters the picture because there are boxes bearing the names "Dragon's Blood," "Unicorn Root," "Mandrake Root" and other terms familiar to fans of the young wizard. For the pharmacists of the 19th century, these were the fanciful names of natural ingredients, which they used in their medicines with varying degrees of success.

But leaving the 18th and 19th centuries behind, let's travel ahead to the 20th and 21st centuries and venture off this planet entirely at the Steven F. Advar-Hazy Air & Space Museum.

This facility is home to about 200 aircraft from some of the earliest attempts at flight to thoroughly modern aircraft. Visitors can get up close to classic

craft like a Sopwith Camel, a World War I British fighter bi-plane, or, on a much larger scale, to the Space Shuttle Discovery, which sits in the midst of a gigantic hangar filled with all manner of artifacts from space exploration, including the Canadarm.

I found it especially intriguing that the collection of aircraft here includes "enemy aircraft" such as World War II planes flown in battle against the Allies by Japan and Germany, some of the latter still bearing the swastika emblem. It ain't pretty, but it's authentic.

Visitors will spend several hours as they explore even a portion of the fascinating exhibits at the air and space museum which, by the way, is just one of two such facilities under the umbrella of the Smithsonian. The sister museum is in Washington.

Alexandria has been honoured as one of the "best cities in the U.S." and as a "top-three best small city in the U.S." by leading travel media. Not having visited every small city in our neighbour to the south, I cannot be an accurate judge.

But I can say Alexandria quickly became one of our favourite destinations anywhere, and having read this article, you are now much more prepared for your visit than I was. You're welcome.

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



The Spite House, only seven feet wide.



The fascinating Apothecary Museum – an unexpected delight. All photos by Paul Knowles



Cobblestone streets and historic homes in Old Town Alexandria.



The Space Shuttle Discovery.



Some of the 200 aircraft at the Steven F. Udvar-Hazy Air & Space Museum, including the mysterious, matte black reconnaissance aircraft, the Lockheed SR-71A Blackbird.



# Condos as a retirement option

## EXPERT REAL ESTATE ADVICE

By Isabel Livingston



Entering into the glorious years of retirement can be a thrilling and exciting time. You'll find yourself done with the years of working a job and into the years of enjoying your days doing whatever it is that makes you happiest from travelling the world to enjoying neighbourhood walks, partaking in various hobbies and sports, and of course spending time with

family and friends.

We all know that homeownership, although amazing, can pose many unwanted tasks during this time with all the routine upkeep and maintenance. I want to offer an alternative idea that I hope you will consider. Condo living; let's dive in!

Gone are the days of working, so why spend your time working

on the numerous maintenance tasks accompanied with home ownership. With no more mowing the lawn, weeding the gardens or worrying about snow removal during our cold winters, your time is available to do the things you want to do! Lock your door and enjoy a week in the tropics knowing that the snow will be gone when you get back, or head up to the cottage for a few weeks and come home to freshly cut grass and beautiful summer blooms.

Accessibility to local services is typically higher when living in a condo. Condos tend to be located in the city, in a somewhat central location, thus providing a handful of amenities such as local stores, restaurants and other entertainment options that are

typically conveniently nearby. Yes, retirement frees up more time but that is no reason to waste it on longer commutes.

The daily socializations with past coworkers will be just that, a thing of the past. A condo environment promotes connection and socialization with other residents in the building. Connect with residents who share mutual hobbies and interests with the added ease and convenience to enjoy them together, by being neighbours! And for when you go away on that vacation, count on them to water the plants and watch over your condo while you are gone!

Now is that soft spot to get into the market while rates continue to drop and before prices go up – yes, they will go up! It's a wash

really, selling for less means buying for less and buying for more means selling for more. Does now make sense for you to make your move into downsizing? Talk to your lender or mortgage agent about what kind of penalties you may have and what kind of financial benefits you might gain from downsizing into a condo building. Your future self will thank you for not holding off!

You never know what possibilities are out there and that is why I am here to help! For questions or future article suggestions, please feel free to reach out to me at 226-232-4236 or [ilivingstonsells@gmail.com](mailto:ilivingstonsells@gmail.com).

*Isabel Livingston is a sales representative with Gale Group Realty Brokerage Ltd. and the Jennifer Gale Real Estate Team.*

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Not Intended to solicit buyers or sellers already under agency contract.

## The Wilmot-Tavistock Gazette

**Deadline: Tuesday prior at 3 p.m.**

**Contact: [thewtgazette@gmail.com](mailto:thewtgazette@gmail.com)**

## PROMOTE YOUR EVENTS WITH US! HERE'S HOW:

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



# St. Clements house fire results in estimated \$800,000 in damages, no injuries

GALEN SIMMONS  
*Local Journalism Initiative Reporter*

A St. Clements family is safe after a fire ripped through their home on the evening of Oct. 24, resulting in an estimated \$800,000 in damages.

In a press release issued by the Waterloo Regional Police Service at 9:30 p.m. Oct. 24, police said emergency services responded to the fire on Church Street in Wellesley Township at around 6 p.m. that evening.

“The (home) was fully involved,” said Wellesley Township district fire chief for

the St. Clements fire station Brad Dietrich. “The fire had started in the garage and worked its way through the attic of the main house. It was pretty bad.”

Dietrich said 10 trucks from three stations and roughly 45 firefighters responded to the fire, which took about three hours to extinguish fully.

He said fire crews had some challenges gaining access to the roof since they couldn’t get onto the roof itself, but they were able to cut holes through the home’s gables – the triangular section of wall between the edges of intersecting roof pitches – to properly extinguish the fire in the

attic.

Though the official cause of the fire is undetermined, Dietrich said, based on conversations with the family, that it could have started in the family’s lawnmower, as it had just been used to cut the grass.

“He had just finished mowing his lawn, parked it in the garage and went in the house to shower, and then his kids came in and said the garage was on fire,” Dietrich said, adding that is only speculation as there wasn’t enough evidence to determine the cause of the fire one way or the other.

While the family was inside the home at the time, everyone was able to get out of

the house and no one was injured.

“This house definitely was suited properly up to code with working smoke alarms on every floor of the house and they were all active throughout the evening,” Dietrich said. “We knew they were working and that’s a huge benefit to early alerts and getting everybody out safe.”

As the home is currently unliveable, according to Dietrich, he said the family was able to find other accommodations with family and friends in the area, and they received support through their local church.

“We hope the family can rebuild and move on,” Dietrich said.

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## COMMUNITY CALENDAR - NOVEMBER 2024

<b>SATURDAY, NOVEMBER 2</b>  <b>Movie Day: The BFG   Drop by for a movie and free popcorn!</b> 12 - 2 p.m. Tavistock Public Library 40 Woodstock St., Tavistock	<b>MONDAY, NOVEMBER 11</b>  <b>Garden Wilmot: Growing Native Plants from Seed - Winter Sowing</b> 7 p.m. No charge to attend. Wilmot Recreation Complex Program room 1291 Nafziger Rd, Baden	<b>Fire at Zion United Church</b> 7 p.m. Contact ecumenicalworkinggroup@gmail.com Zion United Church, 215 Peel Street, New Hamburg	<b>WEDNESDAY, NOVEMBER 13</b>  <b>Tales for Tots   Join Miss Kathy for storytime!</b> 10 - 11 a.m. Tavistock Public Library 40 Woodstock St., Tavistock
<b>SUNDAY, NOVEMBER 3</b>  <b>Southern Gospel Music Concert featuring the Master's Four Gospel Quartet.</b> 6:30 p.m. Free Will Offering Rosebank Church 1434 Huron Road, Petersburg	<b>TUESDAY, NOVEMBER 12</b>  <b>After School Hangout: Succulent Planting   Drop by after school to decorate a pot and plant a succulent to take home</b> 4 - 5 p.m. Tavistock Public Library 40 Woodstock St., Tavistock	<b>FRIDAY, NOVEMBER 15</b>  <b>LWF 4th Annual Christmas Market</b> 5:30 - 8 p.m. See ad on page 26 Living Water church, 45 Hincks St. New Hamburg	<b>FRIDAY, NOVEMBER 22</b>  <b>Learn about life-saving skills and become certified</b> 6-10 p.m. Contact Ben to register at red5st@live.ca or phone 519-590-2147 Shakespeare Optimist Hall 3976 Galt St., Shakespeare
<b>MONDAY, NOVEMBER 4</b>  <b>Wilmot Council meeting</b> 7-11 p.m. Council chambers 60 Snyder's Road West Baden	<b>WEDNESDAY, NOVEMBER 13</b>  <b>Aging Well In Wellesley: Information &amp; Active Living Fair</b> 10 a.m. - 2 p.m. Contact 1-855-664-1900 or 519-664-1900 to RSVP Bill Gies Recreation Centre 1401 Queens Bush Road, Wellesley	<b>SATURDAY, NOVEMBER 16</b>  <b>Tavistock &amp; District Historical Society Open on the 3rd Saturday of every month from 1 p.m. to 4 pm</b> 37 Maria St, Tavistock	<b>SATURDAY, NOVEMBER 23</b>  <b>Tavistock Book Sale   We are currently accepting book donations up until this sale!</b> 10 a.m. - 2 p.m. Tavistock Public Library 40 Woodstock St., Tavistock
<b>WEDNESDAY, NOVEMBER 6</b>  <b>East Zorra-Tavistock Council meeting</b> 9 a.m. Council chambers 89 Loveys Street, Hickson	<b>Tales for Tots at peopleCare   Join Miss Kathy at the new peopleCare facility for an intergenerational storytime!</b> 10 - 11 a.m. peopleCare 28 William St S, Tavistock	<b>LWF 4th Annual Christmas Market</b> 4 - 8 p.m. See ad on page 26 Living Water church, 45 Hincks St. New Hamburg	<b>TUESDAY, NOVEMBER 26</b>  <b>Wellesley Council meeting</b> 6:45 p.m. Council chambers 4805 William Hastings Line, Crosshill
<b>TOPS - Taking off Pounds Sensibly meets Wednesday at 10:30 am</b> A non-judgmental weight loss support group. For info call Cathie 519-662-9273 St. James Church 66 Mill St, Baden	<b>THURSDAY, NOVEMBER 14</b>  <b>The Wilmot Ecumenical Working Group on Indigenous/Settler Relationships is hosting a free screening of Walking Through The</b>	<b>SATURDAY, NOVEMBER 16</b>  <b>Tavistock &amp; District Historical Society Open on the 3rd Saturday of every month from 1 p.m. to 4 pm</b> 37 Maria St, Tavistock	<b>After School Hangout: Bad Art   Put your lack-of-skills to the test and make a disaster-piece!</b> 4 - 5 p.m. Tavistock Public Library 40 Woodstock St., Tavistock
	<b>The Wilmot Ecumenical Working Group on Indigenous/Settler Relationships is hosting a free screening of Walking Through The</b>	<b>TUESDAY, NOVEMBER 19</b>  <b>After School Hangout: Sphero Derby   Get your hands on little robots!</b> 4 - 5 p.m. Tavistock Public Library 40 Woodstock St., Tavistock	
		<b>Let's Tree Wilmot Fall Celebration</b> 7 p.m. Details at letstreewilmot.ca/events Wilmot Recreation Complex 1291 Nafziger Rd, Baden	



## CLASSIFIED ADS —

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May the Sacred Heart of Jesus be adored, glorified, loved and preserved throughout the world now and forever. Oh Sacred Heart of Jesus, pray for us; St. Jude worker of miracles, pray for us; St. Jude helper of the hopeless, pray for us. Say this prayer nine times a day, by the eighth day this prayer will be answered. It has never been known to fail. Publication must be promised. S.F.

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## Weekly Quiz Answers

- |                       |                  |
|-----------------------|------------------|
| 1. Candy Corn         | 5. Bobby Pickett |
| 2. Hockey Goalie Mask | 6. Romania       |
| 3. Washington Irving  | 7. True          |
| 4. Jack O'Lantern     | 8. Broomsticks   |
|                       | 9. Halloween     |
|                       | 10. Nov. 1       |



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