

Woodstock Ingersoll Echo

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Ingersoll music festival taking shape

LEE GRIFFI

Local Journalism Initiative Reporter

The Town of Ingersoll is buzzing with anticipation as the Good for the Soll Music Festival approaches.

The free event, booked for Aug. 21 at Memorial Park, is the brainchild of Ingersoll native Jay Panaseiko who owns Studio73 Digital Media. His interest in the music industry came naturally.

“My dad promoted Kiss, Rush, the Rolling Stones, the Eagles and Foreigner, so I grew up in that world. I don’t think he ever wanted me in it and kinda pushed me away. I ended up taking a job at Cami right out of high school for eight years, took a buy-out and went to Europe for a year. I wound up teaching English in Taiwan for 20 years.”

Panaseiko said it felt like something was missing in his life so he came home and opened his company when he had the idea of starting a music festival.

“It would be my Woodstock. Not Woodstock ’99 but the original one,” he joked. “I was working on it but I didn’t know where to go. I started working for different bands and it just morphed. I took on some work for a merchandise company and designed for The Trews, April Wine, Lee Aaron, these types of people, and Helix and I are partners in a lot of stuff.”

Helix is the headliner for the festival that also features Canadian rocker Sarah Smith and Ingersoll’s own Oneway Streets.

“Lead singer Brian Vollmer and I are good friends and we filmed a documentary during COVID called The Golden Age of the Canadian Bar Circuit. When I told the band I wanted to do this they said they would help me out and I came up with Good for the Soll.”

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(RON YUZARK PHOTO)

PIZZA PARTY

Attendees filled downtown Ingersoll during the third annual Pizza Fest that took place in July. Story on page 12.

Affected patient not pleased with Woodstock Hospital privacy breach

LEE GRIFFI

Local Journalism Initiative Reporter

The Woodstock Hospital has released some details about a privacy breach that occurred between January and May of this year. The organization put out a statement on social media late last week and has sent letters to 56 patients who had their privacy breached.

“At Woodstock Hospital, we are committed to safeguarding our patients’ personal health information and take any breach of privacy very seriously.”

It went on to say through its regular auditing processes it identified an employee viewing patients’ health information without a valid work-related reason.

“Through our investigation, we confirmed that this

was, indeed the case, and this employee no longer works at our organization. As per Ontario’s Personal Health Information Protection Act, we reported it to Ontario’s Information and Privacy Commissioner and notified the patients impacted by this incident.”

It added several measures are in place to protect patient health information.

“These include monthly audits, with both targeted and random checks, to ensure compliance with privacy standards. Access to patient information is also carefully monitored and controlled based on the specific needs of each staff member’s role. We sincerely apologize to the patients affected by this breach.”

Woodstock resident Ryan Purdy is one of the 56 people affected by the privacy breach.

CONTINUED TO PAGE 2

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Ontario Privacy Commissioner investigating

CONTINUED FROM FRONT

He is questioning the hospital's public statement as the person accused of accessing patient records without cause did so while "several measures are in place to protect health information." The alleged breaches took place between January and May of this year, something Purdy has trouble understanding.

"I don't like that at all. They clearly said in their statement they do monthly checks for random and targeted occurrences and mine and the other 55 people would have been a targeted incident. So why did they let this person go for five months?"

He did receive a call from the hospital's director of health information and privacy officer, Libby General.

"According to their servers, nothing was downloaded but she couldn't guarantee me the person didn't use a phone to take pictures."

Purdy added he did approach the Woodstock Police Service to see if there is potentially a criminal aspect to the incident but unless the hospital initiates an investigation, nothing will be done. He said as far as he knows that has not occurred.

"When I talked to the police (earlier this week) they told me they were surprised no one from the hospital reached out to them. That's exactly what they told me. I told them there were 56 of us and they thought that was strange (the hospital) wouldn't reach out to police."

He explained he has been a regular user of the emergency room at the hospital over the last 24 months due to anxiety, depression and panic attacks.

"When I got COVID I got heart palpitations and ever since then when I get them, I go to the ER to make sure I'm not having a heart attack. Is it ok to do that now? Is there a relation between the other 55 people? Were they looking up people who had the most visits, or were they looking at people suffering from mental health issues? Is there some kind of similarity between the 56 of us?"

Purdy added he is contacting a lawyer who deals with privacy breaches to see where it goes and said General assured him the person who accessed his infor-



(WOODSTOCK HOSPITAL PHOTO)

mation was not a member of the ER team.

"She said the person who checked my file wasn't in the department. She was on a different floor."

He added he was offered the name of the former employee but expressed concern for her privacy. The last time Purdy went to the ER in Woodstock he was told by medical staff that any time his record is accessed a card needs to be used which keeps a record of who is looking at his information.

"That's what I am trying to get at. If they knew this person was doing this over the course of five months, why did it take so long to finally do something? Even the doctor and crisis worker told me the second they pull up my file it shows who is looking at it. The are allowed to because I am in their care."

He said General told him most of the people targeted were ER patients. Purdy said he asked why the hospital wouldn't have noticed the activity since the now former employee wasn't in that department.

"She said she didn't know what happened. She didn't know why it was

missed."

The Echo was able to obtain the letter sent to Purdy by General. It said, "The employee was not involved in your care and had no work-related reason to be looking at your personal health information." It added that anything outside that is considered inappropriate and is contrary to the hospital's privacy policy.

Another concern for Purdy is if his health card number has been compromised.

"I don't know if my number is out there somewhere. People sell them on the black market to maybe an immigrant wanting to come over here who doesn't have health care. What if my number gets flagged and my health care gets suspended pending an investigation?"

Purdy said he'd like to talk to the other 55 people affected.

"There is strength in numbers."

The Echo reached out to Chelsea Fagan, the hospital's communications and public relations officer, and Perry Lang, president and CEO, and asked several questions including if police would be contacted. The reply was brief.

"Thank you for your inquiry. At this time, we do not have any additional comments beyond what has been shared on our official channels." The hospital did not send out a news release but put the statement on their social media channels only.

Patrice Hilderley is chair of the hospital board and provided a statement.

"The Woodstock Hospital Board of Trust is aware of the recent privacy incident. The hospital has taken all necessary steps to address the situation, and the investigation is now being handled by the Information and Privacy Commissioner's Office. As a result, we are unable to provide any further comments at this time."

While Ontario's Information and Privacy Commissioner couldn't comment on the Woodstock Hospital case directly, Patricia Kosseim did provide a written

statement.

"Woodstock Hospital notified our office about this incident on July 15. Given that our investigation is ongoing, we cannot provide additional details at this time. We cannot speculate on the length of our investigation but would be pleased to follow up with you when there are further developments."

She added the probe will examine the hospital's processes.

"When we investigate a privacy breach, we look to establish whether the breach has been contained, whether the appropriate people have been notified, and whether corrective action has been taken to address the underlying causes of the breach and reasonable safeguards have been put in place to prevent future breaches."

Kosseim added unauthorized access to personal health information, or snooping, erodes patients' trust and confidence in the health care system.

"Whether motivated by mischief, personal gain, or sheer curiosity, snooping is unacceptable and can have devastating consequences for patients and health care professionals. All health care providers in Ontario must have the necessary safeguards in place to detect, prevent, and reduce the risk of unauthorized access to personal health information."

The maximum administrative penalty for breaking privacy laws in Ontario is \$50,000 for individuals and \$500,000 for organizations.

"Our office takes a proportionate approach depending on the severity of the contravention and will consider a number of factors in determining the appropriate amount of penalty to impose in a given case."

Kosseim added if a person's actions or inactions are serious enough to amount to an offence under the act, they could be subject to prosecution and fines of up to \$200,000 for individuals and \$1 million for corporations, and possible imprisonment.



Business financing and community economic development

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Community support for Good for the Soll on the rise

CONTINUED FROM FRONT

The next step in the festival's evolution was asking for sponsorship from local businesses but Panaseiko knew he couldn't knock on doors for himself. He needed help.

"I had to get a service club and the Ingersoll Lions Club stepped up. All the money raised needs to go to the festival and they are going to make money selling refreshments. We are also having a 50-50 draw and will be accepting donations. All of the money goes to the club which in turn will go back into the community. We are going to take a portion of it and use it for seed money for next year."

Two platinum sponsorships have been secured and a number of other local businesses have also come on board. A list of sponsors and other details are available on the festival's Facebook page at <https://www.facebook.com/Goodforthesoll>. Community Futures Oxford has also provided a \$2400 grant. Panaseiko is hopeful next year he will be able to tap into provincial and/or federal grants and added excitement surrounding the event is becoming contagious.

"As far as I can tell people are talking about it. Ingersoll needs this. We are trying to make some money for the town. People will need to eat, they'll want to buy stuff."

Helix is a Canadian hard rock and heavy metal band. They formed in 1974 in Listowel and are best known for their 1984 single "Rock You". They have toured with bands such as Kiss, Aerosmith, Rush, Mötley Crüe, Alice Cooper, Whitesnake, Night Ranger, Heart, Quiet Riot, W.A.S.P. and Motörhead. They also played at the Ingersoll Hotel, now town hall, in 1974.

Panaseiko explained he met Sarah Smith virtually during the pandemic when every musician was sitting in front of a computer playing their guitars.

"It sounded awful. I had the tools and knew how to get studio-quality audio to go out over the internet. We met over the Internet and I taught her how to do it and we became really good friends. The record label I work with sometimes is just about to release her greatest hits. Helix and Sarah have been friends for years."

He added Vollmer calls Smith his sister and Panaseiko calls her his cosmic sister.

"This whole thing is a big family and community event. That's the vibe I was going for."

Oneway Streets appeared on Panaseiko's radar a few years ago when they competed in a high school battle of the bands at the Forest City London Music Awards, a contest he was doing some work with.

"Last year they came in second. They are starting to get some traction and I'm going to do what I can to promote them. I had about five other bands ask me for this spot but it's their hometown."

The Town of Ingersoll is a platinum sponsor along with the Business Improvement Association, both pitching in \$10,000. Council has also made the festival an event of municipal significance and agreed it be hosted in Memorial Park.

"People need ways to come together as a community. COVID really stopped a lot of those important activities, so the town needs to support those willing to make them happen," explained mayor Brian Petrie.

He added people, including businesses, seem to be rallying behind it.

"Is this something Ingersoll has been lacking in terms of a big event? Ingersoll has a history of having summer entertainment in the park and it's certainly been missed. I think the support for this, from all corners of our community, really speaks to that. Not

having to leave our community to have a great night of entertainment is just great,"

Petrie added he can't thank you enough to all the amazing local businesses that have stepped up to make this a free event for the community.

"A special thanks to the Ingersoll Lions Club for hosting the festival. We are extremely lucky to have so many dedicated service clubs in Ingersoll that are always ready to step up for the community. They are all great partners to the town."

Echo

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Nominations open for prestigious King Charles III Medal

LEE GRIFFI

Local Journalism Initiative Reporter

Oxford County Member of Parliament Arpan Khanna is encouraging residents to nominate others for the King's Coronation Medal.

"I am honoured to announce that nominations are now open for Oxford residents to receive the prestigious King Charles III Coronation Medal. Through community nominations, 20 residents of Oxford who have demonstrated remarkable contributions to our community and country, bringing credit to Canada, will be awarded the Coronation Medal."

He added Canadians from all walks of life who exemplify the spirit of service and commitment to the betterment of society will be recognized.

"The King's Coronation Medal is a unique opportunity to honour the exceptional individuals who have impacted our community and beyond. Let us celebrate their dedication and achievements together."

Eligibility Criteria:

• **Significant Contributions:** Nominees must have made notable contributions to the country, province, territory, region, or community. Achievements abroad that bring credit to Canada are also considered.

• **Residency:** Nominees must currently reside in Oxford.

• **Alive on May 6, 2023:** The award can be made posthumously if the candidate was alive on May 6, 2023.

Nomination Details:

• **Deadline:** Nominations close at 11:59 pm EST on Tuesday, October 1, 2024.

• **Submission:** Nominations can be submitted online through arpankhannamp.ca/coronationmedal

• Due to the anticipated high volume of submissions, only those nominations that make the shortlist will be contacted. We appreciate the community's understanding and enthusiasm in recognizing the extraordinary contributions of our residents.

King Charles III Coronation Medal

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Nominate a Oxford resident who has made significant contributions to our community and country to commemorate the Coronation of His Majesty King Charles III.

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Woodstock Ingersoll Echo

Guiding Principles

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

Heaps of Holistic Happiness at the Fair!

MERCEDES KAY GOLD

Echo Correspondent

The Holistic Healing Fair is a one-stop shop bringing people together on a journey of wellness thanks to Vanessa Wilson. In 2016, she was feeling a little lost. With so many unanswered questions, outside modern medicine, Vanessa began a journey of self-discovery starting with hypnosis. More often than not, a medical doctor prescribes medication as the solution and a naturopath focuses on herbal supplements but what about the other essentials needed to thrive? Sunlight? Sleep? Water? Nutrition? Mindfulness? Living your best life is about living in a state of homeostasis. Balancing the mind, body and spirit is healing inside and out. The shows help people embark on a transformative journey.

On Sunday, July 28 the Oxford Auditorium was home to The Holistic Healing Fair. There were over 50 vendors of various local alternative therapies, natural remedies and wellness practices, each one offering something unique to discover. A special shoutout to super show sponsors, Holistipedia and Rose Saroyan. The event was fabulously free, and the first 50 attendees received sensational swag bags.

Throughout history, man has em-

braced meditation, herbal healing, the ancient art of cupping, crystals, and balancing chakras for optimal well-being to name a few. The wellness fairs are about exploring new avenues. It's not about abandoning Western medicine but rather blending different ideologies to live your best life.

It was amazing. There were gads of good vibes and exhilarating energy filled the space.

There was something for everyone from candles to clothing to chakra cards and even Reiki. There were lineups for tarot cards, mediumship, and psychic readings. The slew of shiny magical crystals, baubles, beads, and heavenly handmade jewelry was a humungous hit.

Vendors were from all over the region from London, Kitchener, Brantford and Niagara Falls to name a few. With so many booths, I will spotlight a couple.

Coffee is this writer's language of love and I can't wait to try Cafezia, a slow-release, low-acidity caffeine that eliminates heartburn and jitters associated with a cup of regular java.

It was easy to fall in love with exceptional essential oil products by the brand, for the love of oils. This holistic nutritionist loves the idea of swapping toxins for wellness.

CONTINUED TO PAGE 12

Woodstock Memorials



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Woodstock Police briefs

LEE GRIFFI

Local Journalism Initiative Reporter

City man arrested after incident

One person is facing charges after throwing a metal hose at a vehicle in the city.

On Sunday, July 21 at approximately 4:15 p.m., the Woodstock Police Service responded to the area of Dundas Street and Huron Street after a mischief report.

The investigation revealed that an individual threw a metal hose at the front passenger window of a vehicle stopped at the traffic light then fled the area on foot. Police say a 31-year-old city male was ar-

rested two days later.

He faces one count of mischief by interfering with any person in the lawful use, enjoyment or operation of property under \$5000, and one count of failing to comply with a probation order.

Police lay two impaired driving charges

Woodstock Police said a 48-year-old driver blew four and a half times the legal limit on July 22.

Police responded to several reports of a suspected impaired driver swerving all over the road. They attempted to conduct a traffic stop when the driver went through a red light.

On July 20 an officer conducted a routine traffic stop on Vansittart Avenue near Dundas Street after hearing a vehicle honking its horn at 1:55 a.m. Police say the driver was found to be impaired by alcohol and provided a breath sample indicating they had more than double the legal limit of alcohol in their system.

As a result, the 23-year-old from Woodstock, is facing a 90-day licence suspension and a 7-day vehicle impound.

The Woodstock Police Service would like to remind drivers to find a safe alternate way home rather than getting behind the wheel if they have been drinking.

Streetfest assault

On Saturday, July 20 just before 2 p.m., a concerned citizen approached Woodstock Police Service officers on foot patrol downtown regarding an individual causing a disturbance in the area of Dundas and Graham Streets. As police approached, they observed the accused threaten and push another citizen.

As a result of the investigation a 25-year-old Woodstock native was arrested and is facing charges of one count of causing a disturbance, two counts of uttering threats to cause death or bodily harm, one count of assault, one count of assault a peace officer and one count of fail to comply with probation order.



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LEE GRIFFI

Local Journalism Initiative Reporter

Police investigating fatal collision

A two-vehicle collision in the Township of Zorra has claimed the life of a young Ingersoll man.

On July 25 at approximately 12:15 p.m., members from the Oxford detachment of the OPP, with assistance from Oxford County Fire Services and Oxford County Emergency Medical Services, responded to a two-vehicle collision at the intersection of the 17th and 19th Lines.

A commercial motor vehicle and a motorcyclist collided. The motorcyclist, a

20-year-old resident of Ingersoll, was pronounced deceased at the scene. The truck driver was not injured.

Oxford OPP members along with Technical Collision Investigators and Traffic Incident Management Enforcement Team are continuing with their investigation and there is no word on any possible charges.

If you have any information that may help with the investigation, including dash cam footage, please contact the Oxford OPP at 1-888-310-1122.

Woodstock male arrested in Brant County

On July 17 just before 5 p.m., members

of the Brant County Ontario Provincial Police received complaints about an individual taking merchandise from a retail business on Grand River Street North in Paris. A description of the suspect was provided to the police.

Upon arrival, officers observed a male matching the provided description. He was detained and subsequently arrested.

A 46-year-old male from Woodstock has been charged with theft under \$5,000 and failure to comply with a probation order. The accused has been released and is scheduled to appear in court on August 29 at the Ontario Court of Justice in Brantford.

OPP briefs

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Big Brothers Big Sisters in Oxford looking to attract mentors and other help

LEE GRIFFI

Local Journalism Initiative Reporter

September is Big Brothers Big Sisters Month (BBBS) and the Oxford group is inviting local businesses to celebrate mentorship and raise awareness about the critical need for mentors in the county.

The organization is experiencing an unprecedented surge in youth enrollment in its programs and a growing number of Adverse Childhood Experiences (ACEs) among young people. Statistics show the significant impact that one additional supportive developmental relationship can have on a child's life.

Liz Wismer-Van Meer is the group's Manager of Communications and explained the types of situations BBBS can help with.

"Children who experience mental health issues, a family separation or divorce, abuse whether domestic or to the child, and it could also be incarceration, things like that they experience in their childhood. We are seeing those

numbers increase from the 13 we measure. We see more children answering yes to six or more of those ACEs."

She added the numbers started to change for the worse as society came out of the pandemic a few years ago.

"A lot of young people lived through social isolation and that's when they started to experience mental health as contact with friends and family was restricted. The pandemic is definitely part of what we think is contributing to these numbers but it's also just more young people understanding themselves a bit better."

Wismer-Van Meer wants to assure anyone interested in becoming a mentor will be trained and not be left on their own.

"Whenever volunteers are being brought into the program, professional case workers oversee every match and group program. These people are experienced and have the knowledge to ensure we train our mentors and volunteers with the tools they need to support a young person."

CONTINUED TO PAGE 22



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Food truck owner frustrated by absence of arrest following third break-in

LEE GRIFFI

Local Journalism Initiative Reporter

Todd's Dogs has been a staple of the food industry in Woodstock and area for 21 years but after a third break-in, its owner is having doubts about staying in business.

Todd Ellerby had already gone through the fire at the fairgrounds, his first major insurance claim, and the theft of a generator, but the thefts at his Home Hardware location in Woodstock has him fuming.

"Actual break-ins, the first one was fourteen months ago then I had another one two weeks later. The first time he came through the door, it was the same guy. I reinforced the door and fixed everything. Two weeks later to the day he came back and went through the roof because he couldn't get in the door."

Ellerby said the suspect stole food and pop on each occasion. He added more cameras after the first crime but that didn't deter the thief.

"He couldn't open the door so he came in through the exhaust fan. He stole a lot more product and we were closed for three weeks afterward because he smashed the suppression system. That time I made an insurance claim because I was out three weeks worth of revenue and my employees were out of work."

Between the fire, generator theft, and break-ins, Ellerby figures he is \$50,000 out

of pocket. He thought about closing up shop last year and added some days it is a struggle to even show up to work.

"I don't know why I haven't yet. I don't even like coming to work anymore, that's a problem. When you are in the customer service industry you need to enjoy what you're doing and I don't enjoy it because of these break-ins. Every morning when I get out of bed and driving down here, I'm thinking, well, is everything going to be okay?"

Nothing has ever happened to his food truck, not to be confused with the trailer on Dundas Street.

"I do well with the food truck. (The trailer), it's covering itself by the time I pay for the damages."

Ellerby said his main frustration comes from the fact no one has been arrested and held accountable for their crimes. He said he knew the person responsible and had surveillance video, but Woodstock Police did not talk to the suspect let alone charge him.

"They were unable to make a positive identification. I went and pounded the pavement, spoke to all of the local homeless people and showed them a picture on my phone. Every single one of them instantly named who he was by his nickname. No one at the police department knows who he is."

The most recent break-in was through the trailer's door two weeks ago and Ellerby

believes it is the same person as the first two.

"This time he took my Square POS system which cost me over a thousand dollars to replace the next day because I can't operate a business without it. He took a Wi-Fi tablet, maybe \$150, emptied my meat cooler, took bags of cheese curds and blocks of cheese. He made three separate trips out of the trailer."

He admitted taking the law into his own hands does cross his mind and if he ever caught a suspect in the act he would deal with it.

"What are my choices? Hey, how are you, take all my stuff. We are bordering on a lawless society here. I hate to even say it, but it's true. Property crime means nothing to the government and it means nothing to the police department anymore. Their excuse is it happens everywhere but it doesn't have to. Somebody has to step and say let's do something."

He added he is going to keep taking his issues up the chain at the Woodstock Police Service if nothing gets done. He is adamant he can identify the culprit, one he believes is the same in all three crimes.

"I have a gentleman who is willing to go on record and identify him to the police and they still haven't called him after 10 days. What's going on? Do your damn job. That's all I am asking."

Ellerby said his insurance company has

told him that one more claim will result in Todd's Dogs needing to find a new provider. He added the food truck industry is a niche market and no one wants to insure it.

"My current company insures a tonne of food trucks so they are reaping the award but don't want to pay out. They still owe me money."

As for what's next for the business, he may close down early this season and he is floating the idea of selling.

"Just for my own sanity. It's not because I can afford to retire because I can't. I have probably another three or four years realistically that I want to work but when I can't sleep at night because I'm worried about this nonsense on top of everything else I put up with as a small business owner, it's too much."

He added if someone came along and made him an offer he couldn't refuse, he'd take it but at the same time is grateful for his loyal patrons.

"The community has been fantastic. I can't say anything more positive. I do just about every single factory in town for corporate events, places like Woodingford Lodge across the county. My staff knows all the regulars. Every time something happens the community is there to support me but they shouldn't have to."

Ellerby said he doesn't want people to feel sorry for him. He just wants to provide a service for the community.

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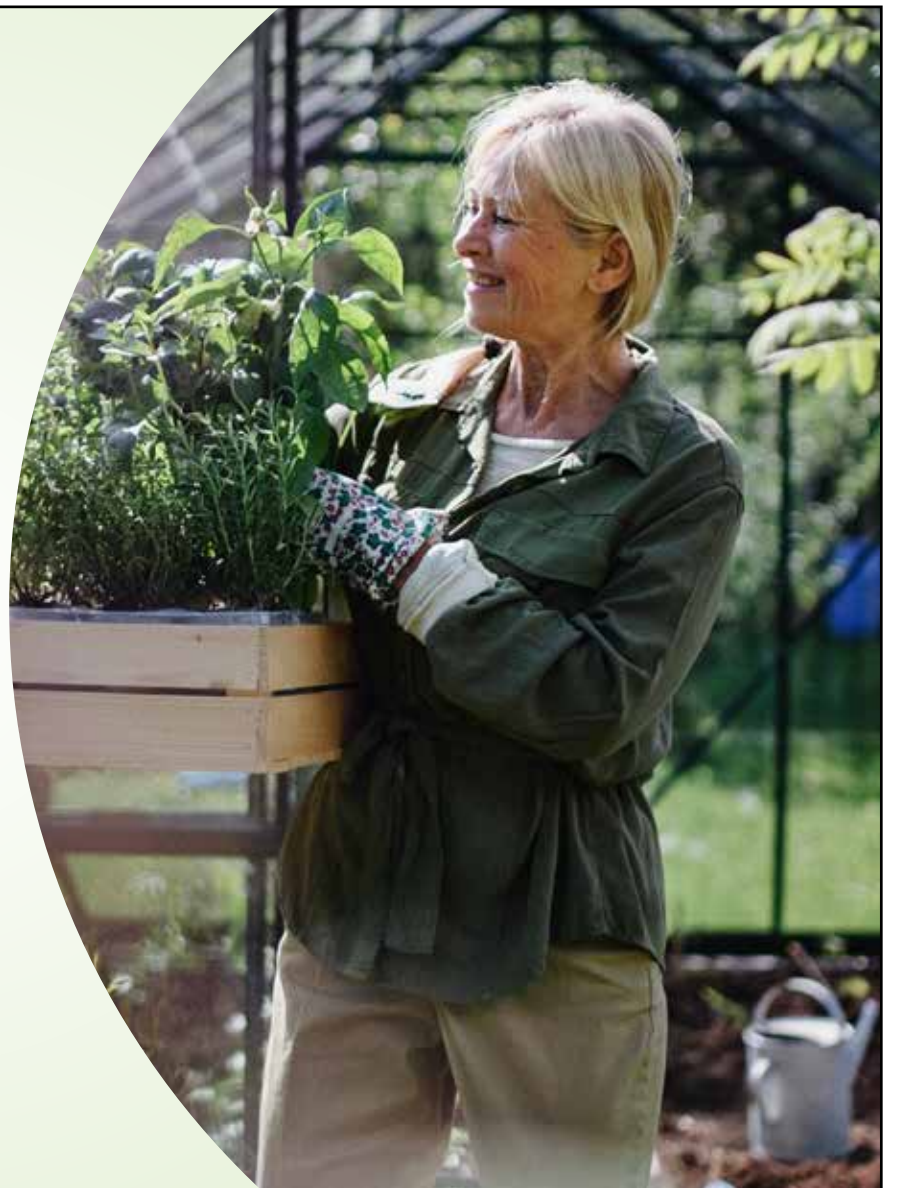
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Mayor Acchione's deep respect for DASO, Ingamo Homes based on personal experience

JEFF TRIBE

Echo Contributor

On March 8, 1985, City of Woodstock Mayor Jerry Acchione's life changed forever.

That day, a ten-year-old Acchione found his mother waiting for him and his four siblings following the school day, station wagon packed.

"We were 'Going to visit my grandparents,'" he recalled, throwing school bags into the vehicle, and joining his siblings. "And we were gone."

What wasn't clear at the moment, what has only come into focus with the passage of time and subsequent discussion with his mother, was that after multiple attempts to leave her marriage along with her children, that goal would finally be accomplished through transitional housing at a secret location in Guelph.

Mayor Acchione's participation in the Ingamo Family Homes Inc. 35th anniversary open house on Thursday, June 20th, struck close to home, emotion clear in his voice during his address. The mayor's history is not something he's hidden, but not something that comes up routinely.

His willingness to share deeply personal memories reflects the call to action inherent in his mayor's task force on community and social well-being. The initiative is based on a lived experience highlighting crucial roles filled by organizations like Ingamo, Canadian Mental Health Association, Big Brothers/Big Sisters, Welkin, United Way, Operation Sharing, The Salvation Army, DASO and DART.

"To someone that hasn't been through it, there's no way to explain the importance of having access to a DASO, an Ingamo. That transition point where they can go and feel safe and begin to rebuild their lives."

His mayor's task force reflects the realization others may not be as fortunate, lack support at home, be economically challenged, or unaware programs exist and how to access them.

"You can see where some kids fall through the cracks."

Everyone's success looks different and few will end up seated in the mayor's office, however, Acchione envisions a wide range of better social and economic outcomes attainable in a world where every child believes they have an opportunity to write their own future.

"With a little bit of assistance, because I don't think anyone can do it on their own."

To borrow a cliché, Acchione is not a fan of feeding people fish but rather providing the tools and education so they learn to fish themselves.

"Let's mentor our youth, our single parents the best we can. Give them the resources needed to not only survive but hopefully succeed."

He stands as a huge supporter of volunteerism and community support, be that in time or money, one of which most can offer.

There is also an element of offering the promise of a brighter future while removing stigma or shame for others experiencing their own challenging journeys.

"I would like to say thank you to the brave mothers, and let the kids know this is just one chapter of their life. There is hope."

Life not playing out as neatly as a holiday movie, Acchione and his family's initial exit was far from the end of their challenges. He would celebrate his eleventh birthday shortly after with a bunch of strangers in an Ingamo equivalent. Housing was elusive then just as it is now and challenged affordability for a single mother of five in the 1980s. The family of six transitioned through a hot summer in a trailer park to a country home rental through a farm family's support and that of the Plattsville Missionary Church.



Mayor Jerry Acchione's task force on community and social well-being is working with volunteers and community partners to ensure all Woodstonians, including youth, are supported and have access to services that support their health, social wellbeing and housing needs. This focus on giving back and fostering community support harkens back to his own experience as one of five siblings parented by a courageous single mother. (JEFF TRIBE PHOTO)

Financial reality related to his mother's employment at a convenience store in Plattsville meant regular trips to the thrift store.

"We'd go and pick out an outfit," said Acchione, eventually clueing in that shopping day was his mother's way of disguising trips to the food bank. "It took a lot of years to realize that was the real purpose."

He remembers all five siblings sleeping together on his electrically heated waterbed when the heating oil tank ran dry one winter. Birthdays and Christmases happened only through the support of aunts, uncles and grandparents from both sides of their family in addition to the community and their church.

"We didn't have much but we had everything we needed. I see that now."

A talented athlete who enjoyed soccer, wrestling, cross-country skiing and football, he cited the importance of mentorship from coaches including Lorne Jenkins and Al Huras, and the fathers of friends who showed him what a healthy relationship could look like. A fullback and inside linebacker during the Woodstock Huron Park Huskies' glory days, Acchione was invited to Hamilton Tiger Cats and Toronto Argonauts training camps.

Time and the reflection that goes with it have only emphasized how important that broader support was, and how grateful Acchione is in retrospect for all he and his family received. They had good family values, his mother's courage pointed them in the right direction, and the community supports were there.

"They really came through when we needed them."

In high school, it became evident just how poor their family was. Acchione was more than willing to counter this, beginning with farm labour before graduating to full-time at Sobey's. He fell into evening or night shifts, typically 11 p.m. to 7 a.m., leaving just enough

time to go home and shower before heading to classes at Huron Park.

"To this day I'm not a sleeper, it's probably why," says Acchione, nicknamed Midnight Jerry because his email stream reveals just how much work he does between the hours of 12 and 2 a.m.

Laughing wryly, he can still recall his first purchase of a pair of Edwin jeans, the in brand of the moment.

"It sounds corny, doesn't it?" he smiled.

If Acchione has a regret, it may be the elevated work ethic driven in part by memories of financial insecurity, 12-hour shifts at work that cost time with his own family and wishing he had been there more for them.

"I lost some good years."

Amongst all the drama and trauma Acchione and his siblings remained extremely close, Jerry officiating at one sister's wedding, walking another down the aisle and counting his brother as his best friend. Beyond a continued focus on family is everything all have also been successful in life.

"It wouldn't be hard to imagine another outcome," said Acchione. "It's tragic to think about the different directions we could have gone in."

He credits their shared journey beginning with their mother's courage.

However, Acchione also realizes the important role safe, transitional housing played, a point brought home with Ingamo's anniversary celebration. Speeches both given and received were based on far more than a respectful representation of his office, on personal experience around their positive potential impact.

"I was lucky. Mom gave me the opportunity by leaving that situation. She saved us, no question in my mind. It pointed us in the direction of our success," he concluded quietly. "I can't stress that enough - it literally saved us."

OFA celebrating Ontario's local bounty on Food Day Canada

LEE GRIFFI

Local Journalism Initiative Reporter

With a wide range of foods being grown and raised in Ontario, there's a big menu to choose from to mark Food Day Canada.

Recognized on the first Saturday of August, Food Day Canada is a grassroots effort to inspire Canadians to shop, cook and dine Canadian. In doing so, they support our farmers, fisheries, butchers, chefs, restaurants and of course, our home cooks.

This year, Food Day Canada falls on Saturday, Aug. 3.

"Put simply, local food tastes better, is good for the environment and supports local economic growth," says Drew Spoelstra, President of the Ontario Federation of Agriculture. "This is the easiest time of year to eat local, with food from Ontario farms available at farmers' markets, countless roadside farm stands and at grocery stores, if you take your time and read the labels."

With a network of 180 farmers' markets across the province, Ontarians are in a ripe spot for enjoying local produce. Sweet fruits like peaches, watermelon, cherries, strawberries and plums are currently in season. Staples like green beans, sweet corn, cucumbers and peppers are currently being harvested. Along with root vegetables such as beets, potatoes and radishes. Ontario meats and poultry, farm fresh eggs, dairy products and preserved or frozen products continue to be always in season.

Beyond patriotism, there are several reasons to make sure local foods become essential items on your grocery list:

Good For You & Tastes Good — Fresh fruits and vegetables are packed with essential vitamins and minerals like vitamin C, potassium, and folate, which are vital for overall health and bodily functions. Eating locally encourages consumption of seasonal produce, which is usually harvested at its peak ripeness and flavour.

Good for the Environment — Food miles — Local food typically has a smaller carbon footprint since it

requires less transportation and often involves fewer packaging materials.

Good for the Economy — The agri-food sector drives the Ontario economy, employing more than 750,000 people (that's more than 10 per cent of the province's workforce) and generating more than \$47 billion in GDP. Every piece of Ontario fruit, every Ontario vegetable, every egg produced, every dairy product processed, and every cut of meat or poultry purchased from an Ontario farm drives economic activity.

Good for Farms — According to the most recent Census of Agriculture, Ontario is losing an average of 319 acres of productive farmland every day. This is a worrisome decline for what is arguably the province's most essential natural resource. The arable land with which we feed people. Buying local food bolsters local farms and helps ensure farmland remains for growing fruits and vegetables and raising livestock.

"Connecting Ontarians and Canadians to the food on their plates is something I've always been passionate about and Food Day Canada provides that great opportunity," explained Spoelstra. "We know that fresh, local food carries a different meaning for everyone, so being able to help produce the food that brings people and communities together is what makes farming rewarding."

Many farmers' markets are open on Saturdays where you can meet a farmer, talk to a local chef and pick up ingredients for your evening meal.

The OFA and Farmers' Markets Ontario are collaborating on an innovative partnership to build consumer awareness about farmers' markets across Ontario. In this first-ever partnership between the two organizations, the OFA created a \$50,000 fund for marketing and awareness projects that promote and support local farmers who are participating at farmers' markets. Find a farmers' market near you by visiting farmersmarketsontario.com.

Find out what other Ontario-grown products are in season right now by checking out www.homegrown-ofta.ca/whats-in-season.



Drew Spoelstra is the President of the Ontario Federation of Agriculture (SUPPLIED PHOTO)

Ingersoll Barn Boogie

On Friday, July 19, attendees were welcomed into the vibrant atmosphere of the inaugural Ingersoll Barn Boogie. The evening was filled with en-

tertainment at the Ingersoll Cheese and Agricultural Museum, featuring dancing, tasty food & beverages, and sheer delight. Residents came together

to shimmy and boogie. Entry was by donation, all money raised will aid in completing crucial repairs for the museum.

(RON YUZARK PHOTOS)

Right: Local live entertainment by "Floyd" aka Paul VanSanten

Below: No Barn Dance is complete unless there's a Square Dance, called by Don Rumble



"Yawl Come" and they did to Boogie the night away



Ingersoll ready to get on board with Flix for trips to London, Toronto and beyond



EMILY STEWART

Echo Correspondent

Oxford County residents have another transportation option for trips to and from Toronto and London.

FlixBus, a low-cost bus service with 5,600 bus stops across over 40 countries on four continents, launched bus stops in Woodstock and Ingersoll. Passengers can either go to the Tim Horton's on Culloden Road in Ingersoll, or 566 Norwich Avenue, Woodstock, to board the bus. Roundtrips to Toronto from both Oxford County locations are under \$20 before tax, or less than \$10 before tax going into London.

"We're excited to be part of the new FlixBus route," said Curtis Tighe, director of Economic Development and Tourism for the Town of Ingersoll.

Ingersoll is close to the Highway 400 series and Highway 19 and has a VIA Rail station. So far, Tighe said Ingersoll residents are looking forward to using Flix to travel, with some remarking on their positive experiences during their travels in Europe with the company. He also said the launch of the FlixBus stop will bring in lots of opportunities to Ingersoll.

"We see this as an opportunity to increase tourism to our community and experience all of the great things that Ingersoll has to offer, from our historic downtown core, our fantastic shops, restaurants, and accommodations to our award-winning cheese museum."

He added the town sees this as an opportunity for business travel.

"Being located within the heart of Canada's industrial heartland, numerous world-class businesses are located within Ingersoll. We see this as a great service to our residents and those within our region to connect to other major regional hubs, all while supporting environmental goals by travelling by bus and not individual vehicles."

FlixBus joins T: GO, Middlesex County Connect and VIA Rail as alternative transportation methods for leaving town without using a personal vehicle.

"These services provide alternative means of travel to allow people to save money, reduce their carbon footprint, increase their social inclusion, and connect with their communities while providing a greater level of service and access to other communities," explained Tighe.

"These services also allow individuals in other communities to experience all of the great things that Ingersoll and our region have to offer."

Andrew Schloss, Government Affairs and Strategic Partnerships Manager at Flix North America said the Ingersoll and Woodstock stops are part of the company's goal to increase intercity transit to rural areas without it.

"Southwest Ontario is a high priority for us, and we are committed to meeting the growing demand for intercity bus service across the region. There will be more bus stops that are part of FlixBus' 2025 expansion plans."

For more information and to book tickets, visit www.flixbus.com.

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Ingersoll Pizza Fest

Hundreds of people turned out for the third annual event in downtown Ingersoll on July 25th, featuring live music by Blind Dog Joe, street performers including The Pizza Chef, various vendors, extended store hours, children's activities,

the Hands On Exotics Safari Adventure, and, naturally, pizza. The winners of this year's Pizza Judging Contest were - Best Pepperoni Pizza, Pizza Hut and Best Creative Pizza, Tito's Pizza.

(RON YUZARK PHOTOS)



Enjoying their pizza with Pizza Hut Mascot were Jessi McLellan and Kendall Kuchma while Huston looked on



The event featured long lineups for the best pizzas in town.



The Conn Family with Emmett and Austin attended Pizza Fest along with the Flynn Family with Zoey and Baily

Heaps of Holistic Happiness at the Fair!

CONTINUED FROM PAGE 6

Totally to the moon learning about Tucan Holistic, the name behind a group of regenerative organic farmers producing black garlic. The health benefits of black garlic are mind-blowing, and the products to purchase include balsamic vinegar, oil, syrup, and of course garlic bulbs.

The small local business Higher Self Seeker hails from Woodstock and I explored my divinity with a sacred pouch of white sage, sweet grass, sema, and

cedar. Like all showgoers, I too was mesmerized by crystals. We all want to feel protected, and they are one way to connect us to our highest power.

After eight years, more than 30 cities and over 75 events showcasing 3000 plus exhibitors, Vanessa is on the road again. The Ancaster show is on August 11 and August 25 takes place in Kitchener. Follow on social @holistichealingfair to "Illuminate your path to a conscious and self-nurturing life."

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Deep Purple Lavender Farm a unique rural destination with retail benefits



Deep Purple Lavender Farm's lavender honey is a particularly popular item available through the on-farm retail outlet near Embro

(JEFF TRIBE PHOTO)

JEFF TRIBE

Echo Contributor

The depth of Chris and Donna Schurman's commitment to lavender's colourful, scented beauty is without question, even if their initial concept was a little hazy.

"Never a plan," laughed Deep Purple Lavender Farm's Donna Schurman. "Never - family, life - anything. Not even what's for supper."

Born and raised 'Embronians', Donna and husband Chris' decision to launch a lavender farm at 50 dovetails with an unconventional life journey, launched in Grade 8.

"He took the valedictorian to graduation," laughed Donna.

"Got to hang out with the cool kids for a night," responded Chris with a smile.

Married at 30 and beginning their family at 34, Deep Purple's foundation was instigated by a move around the corner from their one-acre Embro-area property to Chris' parents' 355548 35th Line, Embro farm, south of the community. Its name recognizes that while Donna is a little bit country, Chris' musical tastes run to classic rock, some form of 'purple haze' also under consideration.

A majority of the farm is rented out, however the question arose of what to do with a low-lying four-acre corner, separated by a creek. Reluctant to embrace Donna's suggestion of pumpkins, Chris Goo-

gled profitable crops on one acre, which returned lavender and bamboo.

"I tell people there's not many pandas around here," he smiled. "So, it made the decision easy."

An initial 300-plant science project has roughly been doubled annually, overcoming modest losses one cold winter to a current total of 3,200, featuring a varietal balance between oil and culinary production. Initially, they considered a U-pick operation, but that has organically evolved around their jobs into a unique rural destination with retail benefits.

COVID's unwelcome arrival in year two proved a double-edged sword. The interruption did allow the family to nurture the lavender and groom the surrounding property into its current meticulously maintained, and accessible state.

A simultaneous Rural Oxford grant also supported the development of a website, online store and branding.

"I think that was a pivotal point," said Donna.

"Point of no return," added Chris with a smile.

Social media promotion combined with people's desire to escape pandemic restrictions created a perfect storm of guests once they eased for outdoor activities.

"In two weeks we probably had 800 people come through," said Donna, who at the time sold dried lavender, essential oils and lotions on a little table. Retail operations have since expanded into the former home

Donna (left) and Chris Schurman have converted a former Arctic Cat snowmobile outlet into an on-farm retail outlet featuring a wide variety of cosmetic, skincare and culinary products

(JEFF TRIBE PHOTO)

of an Arctic Cat dealership.

Social media promotion backed by word-of-mouth has contributed to growth. However, its products, the property and importantly its people also sell themselves.

Lavender has historically been used as a natural sleeping aid, its scent shared under the pillow or in sachets. Beyond aromatherapy, hung, dried, stripped lavender or lavender oil is also an integral ingredient in a wide variety of cosmetic, skincare and culinary products. The Deep Purple website (<https://deppurplelavender.ca>) and retail outlet offer sprays, body whips, washes and scrubs, facial cleansers, lip balm and lotions, along with culinary lavender and extremely popular lavender honey, created in their eight on-farm hives. They also grow lemongrass and peppermint as in-combination infusion options. Deep purple lavender is sourced by Sixtythree restaurant in Woodstock and a Stratford chocolatier as well as an ingredient in simple syrups, tea and Donna's mother Dianne's famous shortbread cookies and fudge.

Their products are also available at Kintore Coffee, Your Farm Market in Woodstock, Zenfire Pottery in St. Marys, Bickles Orchard Park Farms, and Plattsville Home Hardware.

"I think our slogan should be, 'It's not your grandma's lavender,'" Donna smiled.

The farm provides a uniquely attractive destination, particularly with neat rows of lavender in full, scented bloom, typically peaking through July. Their property has hosted weddings and other events, is rented by professional photographers, and is home to thrice-weekly yoga sessions.

Chris and Donna have been asked to speak to horticultural societies and also hosted a busload of master gardeners, who cleaned the store out before it opened for the day.

"I was like, mom, 'Nana Lavender,' get going," Donna laughed.

Construction of a bunkie to provide small group sleeping options in the lavender field is also under consideration, along with ongoing improvements including creekside walking trails.

"It's the whole experience," said Donna. "People ask if there is admission," added her husband. "We say no, but it would be nice if you support the store."

It is open year-round, although hours of operation and property access vary. Visitors are advised to check the website or call 519-535-4361 for up-to-date times before coming.

The operation is very much a family one, Chris' dad Dave, who moved off the farm at 89, continues to enjoy cutting the grass, making repairs and puttering at 93. Daughter Katie, a fourth-year university student and son Lannie, an 18-year-old high school graduate heading to college in the fall, are both involved. Chris works around his job selling fire truck equipment, particularly in July, while Donna's semi-retirement from 20 years as a charter bus line manager to a school bus double-run leaves her free between 10 a.m. and 1 p.m.

Planning may not be the couple's strong suit, but their Deep Purple Lavender Farm experience has proven enjoyable, far exceeding any initial expectations.

"It seems to be working out pretty well," Donna concluded.

Woodstock Ingersoll Echo **SPORTS**



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Wildcats show hockey is for everyone

EMILY STEWART

Echo Correspondent

The Woodstock Wildcats Girls Hockey Association provides opportunities for girls to play hockey and represent the Oxford County area. At the same time, the group makes the sport more accessible while providing growth opportunities.

The Wildcats will host their annual pre-season Summer Camp between August 26 and 29. It is an opportunity for athletes to lace up their skates and practice their hockey skills on the ice before their season begins in September.

The camp will be led by Kelly Paton, head coach of the Wilfred Laurier Golden Hawks women's hockey team, and Laura McIntosh, former Professional Women's Hockey Players Association (PWHPA) coach and founder of LMcIntosh Hockey. The participants will spend an evening on the ice for an hour during drills and skill sessions. The pre-season camp is open to any Wildcats player signed up for the 2024/2025 season.

"This is a really good opportunity for girls to get back on the ice if they are interested, but it is completely optional," said Carey Yungblut, registrar for the Wildcats. "We know and hope all our players are having busy summers, playing other sports and soaking up the last bit of summer before school and hockey season is back in full swing."

Paton's leadership in the summer camp comes after she received the BFL Women in Coaching Award. It demonstrates possibilities to the young players of where their hockey career can take them.

"For decades, boys playing hockey have had the opportunity to dream about where the game could take them," Yungblut said. "Having Kelly as a role model and mentor for the Wildcats is one piece that supports the movement that is girls' hockey, finally giving girls an equal opportunity to



The Woodstock Wildcats Girls Hockey Association will have one more opportunity to hit the ice before the 2024/2025 season begins, during a pre-season summer camp from August 26 to 29. (CAREY YUNGBLUT PHOTO)

dream big."

Yungblut also said that the Wildcats organization grew tremendously over the past decade and now provides programs for all competition levels. The players throughout the years demonstrate the significance of the team in their lives, from taking graduation photos on the ice to returning as coaches and event volunteers. Before the current Wildcats team structure, girls in the Oxford County area who wanted to play hockey either had to play on co-ed teams or travel outside of the county.

"Hockey is for everyone. Having local hockey makes the sport accessible for girls in the Woodstock Area and

Oxford County to play."

According to Canadian Women in Sport, about one in three girls leave sports in adolescence, compared to one in 10 boys. Yungblut said that while the goal of the Wildcats is to certainly spark an interest in hockey, the organization also wants to provide the girls with a fun environment where they are encouraged to stay involved.

"We all recognize that sports, in general, provide some critical benefits specifically for girls and young women," explained Yungblut. "There are a variety of health benefits, but it's the other things that I think are most important. Increased self-esteem,

more self-confidence, improved organizational and priority setting skills, ability to function as part of a team, self-discipline. The list is endless."

She added that as an association, the hope is all girls can find a sport or activity that appeals to them and that they enjoy. "The Woodstock Wildcats Girls Hockey Association provides a great opportunity for girls to be involved in sport and stay involved in sport."

The organization also has grants and other financial aid programs available for families facing financial barriers. More information can be found by visiting <https://woodstockwildcats.com>.

**Send in your sports recaps, stories, and photos to
info@theecho.ca**

Solid season for Woodstock Strikers U14



MAC ROBINSON

Coach

The Woodstock FC U14 Strikers team consists of 18 girls and has been playing competitively for only two seasons. Girls come from all directions of Woodstock to help form this team, including Tillsonburg, Norwich, Drumbo, Springford and Ingersoll.

It has been a tough go putting this team together as we had a team all geared up and ready to go before COVID hit and then the league got shut down. The first year we were allowed to play again we didn't have enough interest to form a squad.

The team finally had enough interest in 2023 to get back on the pitch and under the coaching staff of Tony Wilson and Kevin Clarke the team was entered in the Elgin-Middlesex District Soccer League U14 Tier 3. Despite the majority of the team being a year younger than what they were playing, the girls pushed through the season claiming first place in their debut season!

The team reformed for the 2024 season with a few new faces and under coaches Kevin Clarke and Mac Robinson who pushed the girls to advance to the U14 Tier 2 league. They have entered tournaments in Peterborough and Kingston this year playing large center Tier 1 teams from as far away as Ottawa where they recorded their very first tournament game wins ever.

They have also successfully made it past the preliminary rounds of the EMD-SL District Cup for the first time playing in the semifinals on Aug. 17 and looking to win the cup championship on Aug. 18 in London.

This past weekend the team entered the St. Thomas Girls Soccer Fest Tournament with high hopes of continuing their successful season. They surprised even themselves winning their preliminary

round-robin pool with an undefeated record of two wins and a tie.

The girls knocked out Strathroy in the quarterfinals in penalty kicks after another 1-0 shutout win!

In the semifinals, the girls found themselves down fairly early, but they never gave up and found an equalizer off a corner kick in the second half forcing another knockout game into penalty shots. This time they were not so lucky and were defeated by a team from Belle River.

This year has seen many firsts and many triumphs for a team that has only been playing together for 2 seasons. We are proud of the improvements the girls have made and look forward to keeping this team going.



Dieleman's bike ride fundraising for Dayspring



Former businessman Bob Dieleman will be cycling from Montreal to Charlottetown from August 18 to 31, raising money for Dayspring Pregnancy and Family Support Centre and the Blue Sea Foundation.

(BOB DIELEMAN PHOTO)

EMILY STEWART

Echo Correspondent

A former Woodstock businessman will be riding from Quebec to Prince Edward Island to raise money for Dayspring Pregnancy and Family Support Centre and Kitchener's Blue Sea Foundation.

A press release from Dayspring sent on July 10 announced that Bob Dieleman, a retired accountant who ran Dieleman and Associates for over three decades, will be participating in the Love, Sweat, and Gears cycling fundraiser from August 18 to 31. Dieleman will be biking from Montreal, Que. to Charlottetown, PEI during the two-week trek.

The Blue Sea Foundation offers peer-to-peer fundraising events for social services. Everyone participating in Blood, Sweat, and Gears, got to pick an additional charity of choice.

Dieleman picked Dayspring, which provides faith-based pregnancy and parenting support, as the non-profit's mandate aligns with his values. The retiree is looking to raise \$10,000 as part of his ride and has raised \$9,575 as of July 28. He also wants to give back to Oxford County as much as possible.

"I had my own business in Woodstock for 35 years and the community supported me. It's time to give back as much as I can, so I want to do that. It's important to me to give," Dieleman said. "Even when I was running my business, but now I can give more of my time and other resources, so it's wonderful to be able to do that."

Dieleman is riding his bike four to five times a week to gear up for the journey. He said that the two-week trip will involve cycling for an average of 120 km a day. Dieleman is also training to adjust to long-distance rides and completed a 93 km ride and a 75 km ride on different occasions. He will also be doing a 100 km organized bike ride in Sarnia before Love, Sweat, and Gears.

Vanessa Janzen, development coordinator for Dayspring, said that she is pleased that Dieleman selected the centre as his charity of choice.

"We were just really excited to hear that he was willing to do this as well as bring awareness to our work and what we're doing for the community of Woodstock and Oxford County," Janzen said.

She also wants more residents to follow Dieleman's example and consider hosting and/or participating in third-party fundraisers for Dayspring. For those who cannot attend the fundraising events or banquets run by the centre, Janzen said that bake sales, yard sales, bike rides, and birthday parties with donations in lieu of gifts are all great ways to fundraise.

"I encourage more people who have the capacity to do some form of fundraising for us to just approach us, let us know what you're interested in doing, and we're here to support whatever initiatives are taken," she said. "I think it's just a great way for people to give back to their community."

To donate and to find more information, visit <https://tinyurl.com/love-sweat-gears>.

Best of the best of the best Canadian 13U baseball players competing in Woodstock

JEFF TRIBE

Echo Contributor

They will be teenage boys wearing multi-coloured representation from across Canada, rather than men dressed uniformly in black.

But the 200-plus baseball players contesting the Baseball Canada (BC) 2024 AAA 13U National Championships championship in Woodstock Aug. 22 through Sunday, Aug. 24 will have something in common with the heroes of the movie of that name.

"You're going to see the best of the best," said Woodstock Wranglers 13U manager Jeff Shapton, head non-parent bench boss for the hometown entry in an extremely talented 12-team draw. "There will be kids who will be looked at to be drafted for sure."

A total of 24 teams were scheduled to vie for two Ontario berths in the draw over the Civic Holiday weekend in Vaughn, Woodstock rounding out three entries from a province with a deep talent pool. Two more are coming from Quebec, with rosters representing Newfoundland, Nova Scotia, New Brunswick, Manitoba, Alberta and British Columbia also slotted into the Canadian championship mix.

Woodstock automatically receives a berth as host, however determination to not merely participate but compete represents a three-year journey culminating on Southside's East and West diamonds.

Shapton began coaching the Wranglers 11U rep team two years ago, finishing with a 60-2-2 won/lost/tied record, victories in every tournament they entered, as well as an Ontario Baseball Association (OBA) A championship in Niagara Falls.

"Last year was a very good year for us too," said Shapton, of a 45-5-4 mark which included tournament victories and moving further up from Woodstock's B designation to an OBA AA title in Niagara



Woodstock Wranglers 13U manager Jeff Shapton is looking forward to representing Woodstock Minor Baseball Association and the city at Baseball Canada AAA National Championships scheduled for Thursday, August 22 through Sunday, August 24 at Southside East and West Diamonds (JEFF TRIBE PHOTO)

Falls. In preparation for this year's nationals, the Wranglers 13U squad has stepped up to the AAA level for tournament play, compiling a solid 14-6 mark in Inter-County Baseball Association (ICBA) AA-AAA regular season play. Although not as physically large as many of their opponents, Shapton credits a shared competitive nature, high baseball IQ, and pitching and defence among team strengths.

"We're super scrappy and very talented."

Tournament rules allow each Ontario entry to pick up six additional players from among those not qualifying on their own teams. Shapton and four additional members of the Wranglers 13U coaching staff have been assembling a draft board list of 40 or so players, which they will finalize through a weekend of scouting in Vaughn.

"Pitching is everything in this tournament," he said, noting a couple of 70-mile-per-hour arms would be welcome additions to the roster.

Baseball Canada nationals use a pitcher's mound to home plate distance of 48 feet and basepaths of 70 feet, two and five feet shorter respectively than ICBA league dis-

tances. As a result, Woodstock's Tip O'Neill Park will be taken out of play for the tournament, but a facility Shapton puts up against any other field he's had the pleasure of playing or coaching on, will host a combined barbecue/home run contest the evening of Wednesday, Aug. 21. A snow fence will mark the boundary for a competition featuring one representative from each 13U tournament team, followed by a slo-pitch challenge featuring some of that sport's heavy hitters, who say Shapton can reach out to 450 feet.

"They hit some mammoth shots."

Admission is free and beyond barbecue options including hot dogs, hamburgers and french fries, a licensed refreshment tent will be onsite.

The Wranglers open their tournament Thursday at 11 a.m. against Manitoba, taking on New Brunswick following opening ceremonies scheduled for 5 p.m.

"We'd love to fill the place," said Shapton, hoping for several hundred fans to support their hometown squad.

Woodstock Minor Baseball Association (WMBA) Past President and Umpire-In-Chief Ron Burns has been selected as the Ontario



Beautifully constructed and maintained diamonds including the signature Tip O'Neill Park allow Woodstock to bid for and host events including the upcoming Baseball Canada 13U AAA National Championships (JEFF TRIBE PHOTO)

representative on an officiating crew compiled from across Canada.

"It's a selection thing," Shapton emphasized. "You have to be qualified."

On field play is scheduled to wrap up on Sunday, although Monday, Aug. 25 is pencilled in as a rain date, if necessary. The Baseball Canada website will have a full schedule, results and updates as they become available at <https://baseball.ca/?fd=champ&evt=13u&lang=english>.

The games will feature 13-year-old players who will make mistakes, but Shapton strongly believes people will be both surprised and impressed at the level of play.

Beyond an estimated 216 players (12 18-member rosters), he anticipates a tournament-based influx of up to 1,000 coaches, family members and non-related fans taking advantage of the opportunity to catch national championship-calibre ball. The tournament represents a significant economic impact for Woodstock, but there is also an element of pride at showing off the city's beautifully manicured and meticulously maintained facilities.

"Woodstock has the nicest di-

amonds in the province, period," Shapton declared.

His 'credit where credit is due' list extended beyond committed city staff to a sponsor sheet including Ontario Sports Hosting Fund, Boston Pizza, Scott's No Frills, Rawlings Canada, Mizuno Canada, The Toronto Blue Jays and Culligan Water. Shapton also cited the WNBA executive and members, scores of required volunteers, and his own team's parents, a supportive group embracing a final focussed push toward nationals.

The Wranglers had a couple of league games to finish off the final week of July, leading into a busy practice schedule and ICBA championships the weekend prior to nationals. Looking forward to that challenge, Shapton summed up an ambitious goal for a team created out of the vision to be able to compete, not just host and show up - a goal that is also open to colour-based variation.

"I'm not worried about colour, but our goal is to come home with a medal," Shapton concluded, eschewing a gold or bust approach. "If we come home with bronze, I'm not going to allow anyone in this city to feel bad for us, because to come home with any medal is a huge, huge accomplishment."

Busy summer at the Woodstock Lawn Bowling Club

JEFF TRIBE

Echo Contributor

The club is in the home stretch toward hosting the Ontario Lawn Bowls Association Mixed Pairs Championships on Saturday, August 11, and Sunday, August 12. A total of 32 teams from around the province will be competing in eight four-team pools, beginning at 8:45 a.m. The top two teams from each pool will advance to Sunday's round of 16 also beginning at 8:45

a.m. Practice is scheduled for Friday, August 9 from 3-7 p.m. Woodstock's Sue Roth and Ingersoll's Garret Fisher will be representing District 3A. Other area bowlers include Rob Eakins from Simcoe, Delhi's Andrew Brightman, and Larry McLellan from St. Marys. Additional local contributions will come from championships Convenor Derek McKie and Head Event Umpire Jim Roth of Woodstock, both of whom regularly act in these roles at other clubs throughout Ontario.



Roth, WLBC President Lorraine McLean and McKie are pictured on the club's opening jitney (social evening). (JEFF TRIBE PHOTO)

Route to the Past – The Honourable James Sutherland

SCOTT GILLIES

Contributor

While walking through the Presbyterian Cemetery in Woodstock listening for whispers from the dead, I met James Sutherland MP. Well, not literally, but I did discover his gravesite. The imposing gray granite monument is somewhat hard to miss although there are others of equal grandeur nearby. Fortunately for this history detective his stone offers several clues about his story and his character. What follows is a brief summation of the life and times of the Honourable James Sutherland, Member of Parliament for Oxford County.

James was born near Ancaster in 1849, a son to Alexander and Allison Renton Sutherland. His father had emigrated from Caithness Scotland and settled in the Scotch Block near Hamilton. His mother was daughter of John Renton, an established farmer in the same area. Tragically she passed away at the age of 28, just two years after James' birth.

Following this tragedy the family moved to East Zorra Township where Alexander took up farming on the 10th Concession but even his days were numbered. Alex died when James was only eight. Somehow James overcame these challenges, attending the local country school and then later walking daily into Woodstock to get an education at the local grammar school.

At the age of 15 he left his schooling behind, to begin a new form of education working for the Woodstock firm of Forrest & Company. John Forrest owned and operated the Great Western Mills on Dundas Street since 1865. He was also a grocer who sold food items as well as wine and liquor. At the age of 20, young James Sutherland

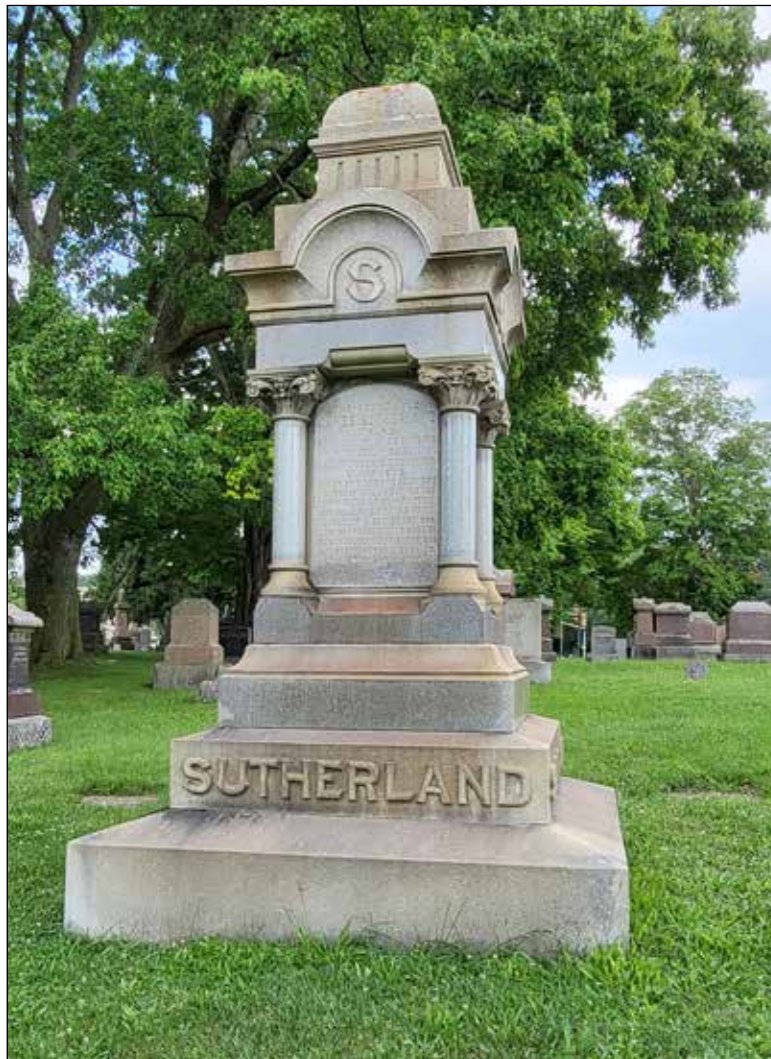
purchased the retail business from his former employer while Forrest appears to have kept the grain operations.

An interesting aside discovered in the 1870 Oxford Directory is that the Woodstock Mechanics Institute – the forerunner to public libraries – was situated above Forrest's store. In this way, young James could have continued to pursue an education at his own pace by reading some of the 1200 volumes along with the daily, weekly and monthly newspapers and magazines in circulation.

The 1874-75 Directory and Gazetteer for the County of Oxford shows wine and spirit merchant James Sutherland operating his china, glass and crockery store on Dundas Street, while living on Light Street. However, by the time that he was 24 he sold this enterprise and went into the banking and investment business, taking over from the late Joseph Mackay and around the same time he purchased the Ontario Vinegar Works in Hamilton. No doubt, he was already keenly aware of the Canada Vinegar Works that had been successfully started in Norwich.

His business career seems to have been determined by caution and careful study of the markets. Another venture which placed him in good stead was becoming a partner with another Oxford County entrepreneur Thomas "Carbide" Willson who had developed the process for manufacturing calcium carbide for the manufacture of acetylene gas.

In the late 1870s, James threw his hat into the ring of municipal politics by becoming a councillor for the Town of Woodstock. From 1877 until 1879 he was Reeve of the Town and then in 1880, he was elected Mayor and was appointed a trustee on the



(SCOTT GILLIES PHOTO)

local Board of Education, the Woodstock Hospital Board and was a charter member of the Woodstock Board of Trade.

His success in local affairs was short-lived in that in the same year as his mayoralty win, he was elected Member of Parliament for the riding of Oxford North in a by-election following the sudden death of MP Thomas Oliver.

For the next 24 years, James Sutherland represented the interests of the citizens of Oxford North, as Oxford County at the time was split into two separate ridings...and both were staunch-

ly Liberal! Notably for a politician he was never defeated in any election.

Besides being active in government affairs, Sutherland also found time to fulfil his militia duties, serving as an officer with the 22nd Battalion of the Oxford Rifles. He also became a member of the oldest fraternity in the world, joining Oxford Lodge in Woodstock. Keeping his highland roots close to his heart, James Sutherland became Royal Chief of the Order of Scottish Clans in North America. As such he was able to find opportunities for his fellow team mates

on the Zorra tug of war team to compete in the United States. On August 14, 1888, the team soundly defeated the top North American contenders from Buffalo and Rochester, and again in 1891, however he was not part of the 1893 World Champion team.

In 1891, he was appointed chief Liberal Whip; a position he held for the next 8 years apparently due to his tact and good nature winning the esteem of colleagues on both sides of the House. During this period in his life, he also played a key role within the party which resulted in their winning Federal elections in 1896 and again in 1900.

Chairing the House Committee on railways showed his ability as a leader of men and so he was able to rise, rung by rung, up the political ladder until he was appointed to the Privy Council, then Minister of Fisheries, and later the Minister of Public Works. His first appointment was jubilantly celebrated in Woodstock by thousands of constituents of both stripes lining the streets from the CPR station up town.

A contemporary at the time wrote, "Possessed of caution, keen perception, and rare executive ability, Mr. Sutherland has now won for himself an honourable place in the House...the man who quietly can go along in an unostentatious way and achieve honour for himself and his country..."

In 1901, Sutherland purchased the large home and 36 acre property known as 'Altadore' and made extensive renovations and additions to it all. Sadly, he passed away on May 3, 1905, leaving this grand mansion to his niece and her husband who now also lie in rest next to James in the Woodstock Presbyterian Cemetery.

Weekend Quiz

1. Who shot Donald Trump?
2. What color of uniform do the Queen's Guard primarily wear?
3. What NBA Franchise has won the most championships?
4. What is the fastest fish in the world?
5. Who discovered America?
6. "Porcus" is the Latin word for what?
7. The process of cell duplication is known as what?
8. Who played Rick Grimes in The Walking Dead?
9. How many different kinds of triangles are there?
10. When did the Prohibition era start and end?

This week's answers are found on pg. 27

Worship With Us



**GRAND RIVER
MENNONITE
CHURCH**

Princeton

We invite you to
worship with us.
Sunday School 9:30 am
Sunday Worship Service 10:30 am

Pastor 519.521.3491

**Old St. Paul's
Anglican Church**

723 Dundas St., Woodstock

Join us for worship, music
and fellowship

With our new Interim Priest
Rev Mark Kinghan

Sundays at 11am
followed by coffee hour.

Sun Aug 11: soloist Paul Ward

Sun Aug 18: soloist Donald Hastie

Historic Old St. Paul's: Celebrating 190 years

Thamesford News

Thamesford's Calming Rituals Spa offers reboot button to stressed clients

JEFF TRIBE

Echo Correspondent

Ewa Reeves strives to provide a mentally and physically restorative multi-sensory experience through her Thamesford-based Calming Rituals Spa.

"People come here burned out, overwhelmed with all the different stresses in their lives," she smiled. "That reboot button has to be pushed and here I am to help make that happen."

Reeves was born and raised in Poland under repressive communist rule including food rationing, emigrating to Canada at the age of 16.

"I feel so spoiled here," she confessed, surrounded by bounty inconceivable during her formative years. Despite all the trappings of material comfort, Reeves has never lost childhood appreciation for the small things in life, visits to the country and connection to nature emphasized by the fact she celebrated her August 2022 wedding in bare feet.

"It was very grounding. You are connected to the earth."

Employed within various aspects of the health care system, Reeves discovered her desire to contribute to holistic healing through a reflexology course taken while on maternity leave following the birth of one of her three daughters. She considers physical and mental rebooting an essential component of human health, as important in their way as food and shelter.

With the maturation of her daughters, Reeves was able to realize a dream years in the making by opening Calming Ritual Spa to female customers in the lower level of her 154958 15 Line, Thamesford residence in November 2022.

Among her range of services are Swedish relaxation massages, a full-body approach that does not include deep-tissue massage; Indian head massage, a centuries-old Southeast Asian relaxation technique focussing on the scalp, neck, upper back, shoulders, arms, and face; and facials, a steam-powered deep cleansing which includes massage.

Her goal is to take those services beyond their base description and into the realm of experience, a multi-sensory session encompassing sight, smell, sound and the power of human touch.



Ewa Reeves realized a dream years in the making with the opening of Calming Rituals Spa in the lower level of her 154958 15 Line, Thamesford residence. She seeks to provide clients with a rebooting experience along with services including Swedish massage, Indian head massage and facials.

(CONNOR LUCZKA PHOTO)

Her effort begins with a descent lit by tea light candles and entrance into an aromatic, candlelit space meticulously constructed with minute attention to detail, aurally accompanied by natural sounds including birdsong.

"As soon as they come in, they're in a different world," said Reeves.

There is a massage table and other functional items, but the decor and broader spa also feature a dedicated sensory area, a zone where stresses or concerns may be inscribed on bay leaves and symbolically incinerated, and a quietly bubbling 'wishing pool' framed by rocks. She also places several drops of an essential oil chosen by clients on a cloth as accompaniment for their treatments.

Upon entry, clients are seated on a live-edge walnut bench, acclimatizing to their surroundings as Reeves opens treatment with a complimentary scented hand scrub. Beyond a metaphoric cleansing, the exercise provides an introductory, grounding touch, forming a connection while she explains the specific process related to clients' choices. She desires to amplify the efficacy of the session by putting people at ease.

"These are cues telling the body to relax."

Each session is unique, Reeves following an established routine but also allowing her intuitive interpretation to follow signs clients are consciously or unconsciously providing. The default setting is a silent appreciation for care-

fully selected background music and sounds, but she is also happy to converse with clients who choose to do so.

"It's never 'one size fits all,' she smiled. "Each session is different."

Reeves' price points are targeted towards those without access to medical insurance. As a reference point, an hour-long Swedish massage is priced at \$55, a half-hour Indian head massage at \$40 and facial options begin at \$45.

"I get it, I don't have benefits," said Reeves, whose motivation includes offering her services to as wide a range of clients as possible.

"It's all about the experience."

More information is available on the spa's website at <https://www.calm-ingrituals.com>.

visit us online at www.theecho.ca

Shaye's 2nd Annual Superhero Memorial 5k Fun Run



From left to right- Sheila Weir, Rowan Weir, Melissa Ashworth, Hailey Ashworth and Linda Ashworth

(SHEILA WEIR PHOTO)

SHEILA WEIR

Echo Contributor

Organizers of the event said they are overwhelmed and appreciative of the support at the 2nd Annual Fun Run in Thamesford.

The run is not only for the memory of my daughter but for other children we lost way too early. We have collected this year to date, \$3,695.00, which includes a donation from the Thamesford Lions Club of \$1000.00. A total tally will be posted in the near future. Thank you to all the sponsors for the prizes that were given

out to the winners and teams that participated and to the volunteers who came out to help as it could not of been as successful without everyone's help.

Donations are still open here if you missed getting it in before the event: <https://childhealth.donordrive.com/index.cfm>.



Jeff Dewitt from Dewys Auto on Milton Street in Thamesford snapped a photo of what appears to be a funnel cloud on Tuesday. There were no reports of any damage as a result.

(JEFF DEWITT PHOTO)

Woodstock Ingersoll Echo

Pick Up Locations

WOODSTOCK

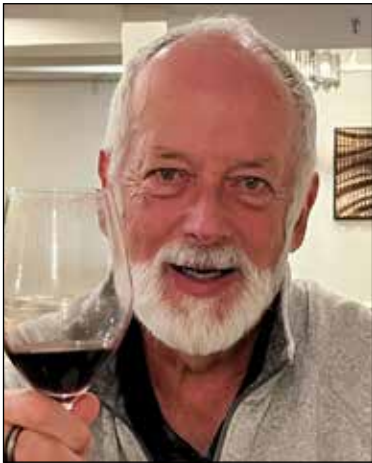
- Tim Hortons - 805 Vansittart
- Tim Hortons - 942 Dundas
- Tim Hortons - 857 Devonshire
- Tim Hortons - 715 106 Oxford Rd 4
- Tim Hortons - 566 Norwich
- Coffee Culture
- Early Bird Coffee - 375 Dundas
- Early Bird Coffee - 815 Juliana
- Beantown Coffee
- Subway - 385 Springbank
- Crispy's Fish & Chips
- Jack-O's Sports Bar
- Reel Treats
- Dino's Dining Lounge
- Two Guys & A Whisk
- Chuck's Roadhouse
- Quesada Burritos
- McDonald's - 980 Dundas
- McDonald's - 499 Norwich Ave
- Norwich Pub
- Zehrs
- Foodland
- Sobeys
- Scott's No Frills
- Your Farm Market
- Shoppers Drug Mart - 333 Dundas
- Food Basics
- WalMart
- Friendly City Tire
- Canadian Tire
- Woodstock Ford
- Woodstock Toyota
- Gord Anderson Automotive
- Woodstock Anderson KIA
- Woodstock Nissan
- Woodstock Hyundai
- Honda Woodstock
- Dubois Mazda
- Woodstock Jeep

- Pioneer Gas Station
- Sunrise Variety
- 7-Eleven
- Daisy Mart
- 110 Beale Apartments
- 325 Lakeview Drive Apartments
- City Hall
- Civic Centre Arena
- Woodstock Ag Society
- Woodstock Public Library
- Oxford County Building
- Royal Canadian Legion
- Woodstock YMCA
- Woodstock Moose Lodge
- Canada Post - 1074 Parkinson
- Reeves Community Complex
- South Gate Centre
- Fanshawe College
- Chartwell Oxford Gardens
- Woodingford Lodge
- Cedarview Retirement
- Woodstock Watershop
- Woodstock Home Bldg Centre
- Prime Barbershop
- Ocean Spa
- Wellington Street Denture Clinic
- Goodwill Community Store
- Peavey Mart
- Haight's Garden Centre
- 236 Norwich Ave, Unit 2
- Holiday Inn Express
- Days Inn by Wyndham
- Quality Hotel & Suites
- Best Western Plus
- Pharmasave - 310 Juliana
- Woodstock General Hospital - 310 Juliana
- Pittock Conservation Area
- INNERKIP**
- Innerkip Kommunity Food Market

- Innerkip Family Pharmacy
- Innerkip Seniors Apartments
- Innerkip Wing House
- Tim Hortons
- BEACHVILLE**
- Beachville Museum
- INGERSOLL**
- Riverside Minimarket
- Canadian Tire
- GOJU RYU / Ingersoll Karate
- Circle K
- First Choice Hair
- Shoppers Drug Mart
- Island Breeze Laundromat
- Louie's Pizza & Pasta
- McDonald's
- Miss Ingersoll
- Subway (174 Culloden Rd)
- Pita Pit (174 Culloden Rd)
- Elm Hurst Inn
- Tim Hortons (75 Thames St S)
- Tim Hortons (10 Samnah Crescent)
- Evergreen Coffee Lounge
- The Olde Bakery Café
- Post Office
- Cooperators
- McFarland Rowlands
- Foodland
- Tremblett's Independent Grocer
- Salvation Army Thrift Store
- Kraft Korner
- Hometown Style
- Frank's Convenience
- King's Variety
- Ingersoll Variety
- Ingersoll Barber Shop
- Benjamin Moore / Rietta's Décor
- Ingersoll Public Library
- City Hall
- Oxford Manor Retirement Residence

- Ingersoll Creative Arts Centre
- Alexandra Hospital
- Ingersoll 50+ Centre
- Woodingford Lodge
- Gardens of Ingersoll
- Home Building Centre
- Comfort Inn
- Ingersoll Cheese & Ag Museum
- THAMESFORD**
- Circle K
- Thamesford Variety
- Thamesford Arena / Hall
- Shell Gas Station
- Pioneer Gas Station
- Thamesford Pizza
- Tim Hortons
- JC Graphics
- EMBRO**
- Embros Food Market
- Kintore Coffee Co.
- Highland Restaurant
- Embros Hub - Fuel & Coffee
- Camrocourt Manor
- Embros Pharmacy
- TAVISTOCK**
- Sam's Independent Grocer
- Shell Gas Station
- Quehl's
- D&D Homestyle Café
- Tim Hortons
- Renaissance
- HICKSON**
- Hickson Post Office
- HUNTINGFORD**
- Esso on Highway 59
- ST. MARYS**
- St. Marys Independent

OH, THE PLACES WE'LL GO: Bratislava: a city of contrasting emotions



PAUL KNOWLES

Echo Contributor

Bratislava is a city that engenders a complex collection of emotional reactions. A visit to this capital city of Slovakia leaves the visitor thinking about a whole gamut of human experiences, from longing to despair to sheer, silly joy.

For me, all of this added up to an immediate and deep-seated affection for this city, probably out of proportion to the limited time I spent there. But I came away loving Bratislava.

A bit of history; like a lot of the nations of Europe, the name, boundaries and political realities of Slovakia have changed dramatically over the decades. It only became a separate, independent country in 1993 when the former Czechoslovakia (which was created in 1918) was subdivided into two separate nations – Slovakia and the Czech Republic or Czechia.

For many years, Czechoslovakia was behind the Iron Curtain, ruled by a communist regime that was loyal to the

U.S.S.R. Only in 1989-1990 did communist rule end.

And therein lies the sense of suffering and longing that a visitor to Bratislava inevitably feels. The first stop on most tours will be Bratislava Castle, towering above the city and overlooking the Danube River. When you stand on the ramparts of the castle, you can see both Hungary and Austria, and guides may tell you of their own, personal experiences before 1989 as they stood in those very spots, locked behind the invisible but very real walls of the Iron Curtain, longing for freedom that lay just across the river in Austria.

These are poignant moments for any visitor as you stand imagining what it must have been like for people trapped inside a dictatorial regime unable to escape. This is not ancient history in Bratislava – it is recent, living memory – and it's a very good thing for those of us who take freedom for granted to be reminded that this is often not the case in human experience.

But then your tour will take you through the streets of the old city, where you will find an entirely different vibe. Many European cities are well supplied with sculptures and statues, but it's hard to find one with as much sense of whimsy and laughter as you'll discover in Bratislava.

There are amusing statues everywhere. Perhaps the most famous is Cumil the Sewer Worker, a bronze sculpture set low on a street corner. It depicts a life-sized worker emerging

from a sculpted manhole and attracts innumerable visitors seeking selfies with the unusual figure.

And there are more – a soldier leaning on a bench in the city square and a jolly, life-size sculpture of Šöner Náci, a man who strolled the streets of the city in top hat and tails.

There are also some rather surprising sculptures in the heart of the city – golden, armour-clad statues who suddenly bow to the visitor, engendering shrieks of surprise, and hopefully inspiring tips. These stock-still buskers always amaze me with their ability to remain immovable for minutes at a time.

There are also musical buskers offering street-front entertainment to strolling tourists.

Of course, not all of the street art in Bratislava is humorous. There are sculptures commemorating key events including some during communist times, and others that are simply excellent works of art on public display.

And speaking of public art, as in many European countries, much of the architecture must also be considered public art. The layers of history in Bratislava are impressive – this was a prehistoric settlement, later occupied by Celts, Romans and Slavs who arrived in the eighth century.

The buildings of this city span centuries of construction, from ancient gates and towers to the UFO-shaped restaurant high above a modern bridge. And speaking of spanning centuries, when you visit Bratislava



A town square in Bratislava. Notice to the right, the sculpture of a soldier leaning over the shoulders of a seated couple. Photos by Paul Knowles

va Castle, first built in the ninth century, your tour bus will park in front of the impressive Slovakian Parliament, a massive building right next door built in 1986.

Visitors to Bratislava have plenty of culinary and cultural options awaiting them – museums and galleries, and many street-front restaurants and cafés where you may want to sample Bryndzové halušky, a dish of potato spaetzle/gnocchi topped with a sheep's milk cheese sauce and fried bacon, which tastes as good as it sounds and is about as healthy a diet as you might imagine.

We visited Bratislava while on our romantic Danube Viking river cruise. It was an optional tour, which means you pay extra for it compared to the

daily tours of cities like Vienna or Budapest that are already included at no charge. But the day trip to Bratislava is definitely worth it. It's an opportunity to visit another country and Bratislava is a fascinating destination. How many people actually get to spend time in Slovakia?

One word to the wise; when your guide mentions that former NHL star Zdeno Chara is from Slovakia, don't boo even if you are a Leafs fan. I may not be allowed back into the country.

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.



Bratislava Castle, dating back to the eighth century.



A street entertainer captures the attention of some touring school children.

Woodstock Summer Music Series

The summer music series at Woodstock Music Square kicked off on July 18th and offers lunchtime concerts. This series is made possible by a grant from the Music Performance Trust Fund, whose mission is to deliver live, high-quality music without admission

fees, performed by professional musicians to diverse audiences across the United States and Canada. Organized by the Central Ontario Musicians Association, the series will showcase a variety of musicians from different genres every Thursday.

(RON YUZARK PHOTOS)



Arin Sullivan Trio Blues Band kicked off the weekly series



Fun challenges for the kids as well

Hickson 4-H club wins county level of "Go for the Gold"



Standing are the Gold winners from the Hickson 4-H club, Jade Dill, Erin Shrigley, Jacob Bergsma and Owen Pletsch. Sitting are the Silver winners from the Brooksdale B team consisting of Sarah Bean, Lauren Ball, Ryan Ball and Nathan Bean. Representing Ontario Mutuals, the event sponsor, are Denise Tew (left) and Valerie Gerber who both are members of the Board of Directors for North Blenheim Mutual Insurance Company. (LAURA GREEN PHOTO)

LAURA GREEN

Echo Contributor

Oxford 4-H Go for The Gold (GFTG) competition was held on July 23 at the Salford Community Centre with 4 teams competing. Each team played 3 games of 50 trivia style questions base on selected 4-H Provincial projects, general 4-H knowledge and local general questions like who is Oxford County's Warden.

It was an exciting final game with the score being 10 points difference before the last question. Congratulations to the Hickson 4-H Club and the Brooksdale

4-H club (Brooksdale B) teams who are advancing to the Region 6 GFTG August 15 in Lambton County.

North Oxford Dairy 4-H Club and Community 4-H Club also had teams participating in the Oxford 4-H GFTG.

The evening of 4-H fun was organized by Brooksdale Life skills and Oxford Swine 4-H Clubs

Thank you to all the volunteers who were adjudicators, judges and scorekeepers and the parents and others who came to watch and support the youth.

Thank you to Ontario Mutuals for its sponsorship.



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Big Brothers Big Sisters in Oxford looking to attract mentors and other help

CONTINUED FROM PAGE 7

She added the programs aren't meant to be counselling for young people but instead offers additional support outside a family situation, something critical for clients. The time commitment is something manageable for adults looking to make a difference and they are needed across Oxford.

"We have young people, not just in the Woodstock, Ingersoll and urban parts of the county needing to be placed. There are those in rural areas needing to be matched. It can be an hour or two over a week over seven to 10 weeks in one of our group programs or it could be two to three hours once a week as a one-to-one mentor. We have a wide variety of options for people to get involved."

The benefits of youth having mentors in their lives is something BBBS said is measurable and something they believe strongly in.

"One of the things we know is the addition of a consistent and supportive developmental relationship can help offset the effects of ACEs. There have been a lot of studies done over the years and a lot of our information comes from research institutes," she explained.

There are two ways people and businesses can get involved in the September festivities:

Turn the Town Teal

Local businesses can register for a Turn the Town Teal kit, which includes

teal-coloured décor to help raise awareness for BBBS Month and highlight the need for mentors.

"Whether you display it in your front window, office entrance, lunchroom, or waiting room, we look forward to seeing your creativity and a wave of teal across Oxford County," explained Wismer-Van Meer.

"The kit will also contain information to display in your business and share with your employees, aiding our volunteer recruitment efforts. We encourage you to expand and personalize your décor, adding your unique touch of teal to the display."

Mirror Mirror

Support BBBSOC by displaying Mirror Mirror decals on windows, mirrors, doors, or any other visible spots during September and beyond.

"As a Mirror Mirror partner, you will help us raise awareness about the crucial role of mentoring and assist in recruiting volunteer mentors for the children on our waitlist by showcasing that "You're the One We've Been Waiting For - Become A Mentor Today!" In addition to the decals, we will provide FAQ sheets and brochures to distribute to potential volunteers," said Wismer-Van Meer.

Visit www.oxford.bigbrothersbigsisters.ca/event/bbbsmonth2024/ to register for the kits. They will be delivered in August, to decorate for September.



Turn the Town Teal is one way Big Brothers and Big Sisters Oxford is trying to get the community more aware and involved in their mentoring programs, crucial for the mental health of young people on the community

(BBBS PHOTO)

"There is no cost to register and no obligations, we simply need the community's support in raising awareness

and celebrating with us. Registrations will close on Friday, Aug. 9," she explained.

info@theecho.ca

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Ingersoll Poker Run

The Ingersoll Lions Club hosted their inaugural Poker Run fundraiser on July 28, starting from their club's facility. The journey spanned approximately 2 and a half to 3 hours and traversed Oxford County, starting and ending at Wild Wing in Ingersoll. Open to all, not just classic cars, participants could join regardless of their vehicle type. The proceeds will support local community projects and prizes awaited at the finish

line. Ian Robertson clinched the prize for the best poker hand, along with a \$50 gas card, with a straight of 2,3,4,5 and 6. A poker run is a creative and engaging event where attendees visit several checkpoints, collecting a playing card at each, aiming to assemble the best poker hand by the end. This fun, innovative, yet familiar fundraising model is gaining popularity in the non-profit sector.

(RON YUZARK PHOTOS)



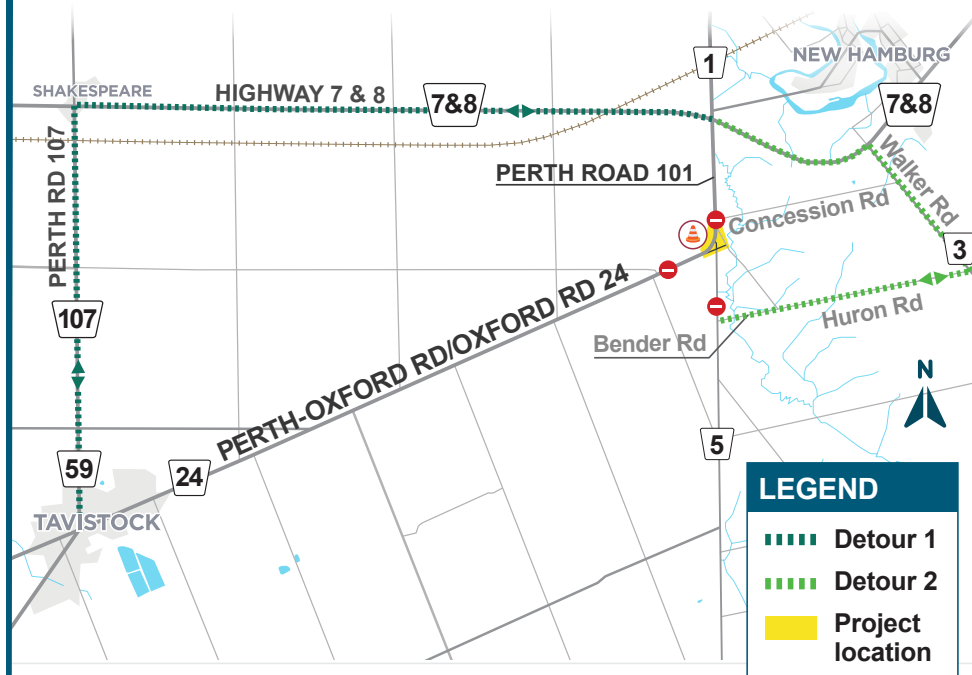
Secretary and Organizer Peggy Myall (center) displays the winning poker hand of Ian and Paulette Robertson (right) while Jim and Debra Yates join in



At the completion, participants gathered at Wild Wing for a good time, food and refreshments



Growing stronger together



Construction Punkeydoodles Corners

July 2024 - November 2024

Construction has started at Punkeydoodles Corners. During construction, Road 101A and Perth Road 101 (Oxford Road 24) east of Line 33 to Concession Road will be closed to through traffic. Access will be limited to local residents, businesses and emergency services. All other traffic must follow the two detour routes.

Eastbound detour 1: Huron Road/Bender Road, Walker Road, and Highway 7 and 8

Westbound detour 2: Perth Road 107 and Highway 7 and 8

Work includes reconfiguration of the current intersections, pavement reconstruction, deceleration lanes, additional street lighting and enhanced signage.

Following construction, the west leg of Punkeydoodles Avenue at Perth Road 101 and the north leg of Township Road 11 at the intersection of Township Road 11 and Perth Road 101 will remain permanently closed.

Learn more at speakup.oxfordcounty.ca/punkeydoodles

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 Myles Gunnel, Ingersoll Firefighter
 Heather Dunbar, Ingersoll Woodstock Echo, Grant Haven Media
 Doug Collins - Pipe Major, Ingersoll Pipe Band
 Randi Crawford, OPP

TO OUR VOLUNTEERS,
 David Cripps, Lisa Janssen, Mayor Brian Petrie, Oliver Williams, Alitta Fulop, Vanessa Williams, Kerrie Gill, Dalton Beseau, Callie Armstrong, William Anger, Thomas Anger, Gordon Lesser

TO OUR TICKET SELLERS
who are not for profit organizations that will receive the proceeds from the evening's festivities.
 Ingersoll Creative Arts Centre
 Ingersoll Salvation Army
 Ingersoll Lion's Club

Please accept our apologies if we have missed someone, it was not our intent.

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 Nature Store



Looking for outdoor activities for the kids this summer? Come in and explore Beyond Your Backdoor!



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Riddles

Why did the cowboy die with his boots on?

Because he didn't want to stub his toe when he kicked the bucket

What did the fireman's wife get for Christmas?

A ladder in her stocking

What lies at the bottom of the sea and shivers?

A nervous wreck

What do you call an American drawing?

Yankee doodle

Have you ever seen a man eating tiger?

No, but in the cafe next door I once saw a man eating chicken

What do cannibals eat for breakfast?

Buttered host

What do you call a cat with eight legs that likes to swim?

An octopuss

What is the best way to communicate with a fish?

Drop it a line

What do you call Rodents that play Hockey?

Rink Rats

Why do Hummingbirds hum?

They've never learned the words

Sudoku

by PeterS 2024

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

Solutions on page 27

Basic (12)

Featured Pet



DUG

My name is full name is "Douglas Fir" but my family calls me "Dug" like the dog in the movie "Up"! I love curiously chasing butterflies and barking at suspicious-looking trees. I love showing off my stuffed animals to everyone I meet and I love my family almost as much as they love me!

Nominate your pet to be a Featured Pet by emailing info@theecho.ca

Word Search

SUMMER OLYMPICS

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

- Archery
- Badminton
- Baseball
- Basketball
- Boxing
- Diving
- Football
- Golf
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- Tennis
- Triathlon

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www.caringheartssupportnetwork.com.

One-on-one grief support is also available.

REPAIR CAFÉ

4th Saturday of each month; 10:00 a.m. - Noon

Hosted by East Oxford 403 Anglican Churches

St. John's Church, 685860 Oxford Rd. 2, Woodstock

Repairs to clothing, textiles and minor non-electrical household items by donation. Also offered: learn how to make your own repairs.

CEMETERY TOUR

August 10th; 10:00am

603809 Cemetery Lane, Ingersoll

Join local historian Scott Gillies for a free walking tour of the Ingersoll Rural Cemetery, 603809 Cemetery Lane off of Pemberton Street north of the Thames River.

CRUISE NIGHT

Monday, August 19th; 5 p.m. - 7 p.m.

Cedarview Retirement Home, 511 Finkle Street, Woodstock

MEMORIAL SERVICE

Sunday, September 8; 2 p.m.

Old Log Church Cemetery, 435310 43rd Line, Embro

Theme is from the Highlands of Scotland to the hills of Zorra. Join us to honour our history, our heritage and those who are no longer with us (people from every walk of life and culture). Featuring: Speaker Local Historian, Steve MacDonald; Piper, Ron Marshall; Drummer,

Wendy Marshall; Soloist, Elaine Northmore; Keyboard, Paul Tree. For more information contact, Ron Marshall, Secretary of Board (519-475-4646); Rev. Marg Murray (519-859-6274). Invite your family. Bring a lawn chair.

LOOKING FOR SOMETHING NEW TO TRY?

Monday, September 9; 7 p.m. - 9 p.m.

Ingersoll Pipe Band Hall, 108 Wonham St. S., Ingersoll.

Modern square dancing is a great way to learn something new, have some fun, meet new friends, and get some exercise! At Thames Valley Dance Club, we dance on Monday nights from 7:00-9:00pm. All you need is comfortable shoes and casual clothing. No experience or partner required and all ages are welcome. We will be starting our 2024-2025 season on Monday, Sept 9/24 at a new location: The Ingersoll Pipe Band Hall, 108 Wonham St. S. Ingersoll. First night is free, and after that \$7.50 per person each Monday. For more information, contact Doug at 519-537-9037 or Lois at 519-535-2884. Hope to see you on Sept 9th at the Ingersoll Pipe Band Hall!

ST. JAMES' ANGLICAN CHURCH INGERSOLL PRESENTS RICK KISH & FRIENDS

Friday, September 13th; 6 p.m.

From Sinatra to Bubl , this upcoming dinner show presented by St. James' Church Ingersoll will celebrate songs made famous by some of the greatest crooners of all time.

Rick Kish and Friends will be appearing at the Unifor Hall in Ingersoll on Friday September 13th. Get ready for an early fall scrumptious turkey dinner with all the trimmings catered by Janice's Fine Country Dining followed by swingin' tunes and great stories in this high-energy trip down memory lane.

Your evening will begin with cocktails at 6:00 pm (cash bar); dinner at 6:30 pm, and, concert at 7:30 pm. Tickets for the evening are \$60.00 and the venue is the Unifor Local 88 Hall on Victoria Street in Ingersoll.

So act now and call the church office at 519-485-0385 to reserve your tickets.

BUS TRIP: FALL COLORS MYSTERY TOUR

Tuesday, October 8th

Ingersoll 50+ Activity Center, 250 Ingersoll St. S

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Register by Sept 4th at 519-485-3869 or 250 Ingersoll St.

WOODSTOCK MOOSE LODGE EVENTS:

690 Sutherland Drive, Woodstock

SATURDAY CLASSIC CAR SHOWS

Aug 24 and Sept 21;

10 a.m. to 3 p.m.

CAR SHOW - SWEABURG

Lions Club Park

Aug 3; 10 a.m. to 3 p.m.

CAR SHOW - BEACHVILLE

Lions Club Park

Aug 25; 10 a.m. to 3 p.m.

RANDY THOMAS COUNTRY ROCK SHOW

August 10th; 7 p.m. - 11 p.m.

WOODSTOCK'S OWN COUNTRY SWEETHEART

August 31st; 8 p.m. - 11 p.m.

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August 9; 5:30 p.m.

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KARAOKE ELVIS THEME

August 10; 7 p.m.

BBQ CHICKEN WITH BAKED POTATO AND SALAD

August 23; 5:30 p.m.

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STEAK BBQ WITH BAKED POTATO, CAESAR SALAD, DESSERT

September 14; 5 p.m.

Call 519-423-6363 to order

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Monday August 5; 4:30 p.m. to 7:30 p.m.

Proceeds supporting Tavistock Home and School Ass'n (new playground equipment) enjoy delicious food prepared by: Born2Eat, The Wild Boar and BeaverTails

Monday August 12; 4:30 p.m. to 7:30 p.m.

Proceeds supporting Camp Bimini enjoy delicious food prepared by: 'Fo Cheezy, Moreish Ice Cream and Ish n Chips

Monday August 19; 4:30 p.m. to 7:30 p.m.

Proceeds supporting Tavistock Assistance Program (TAP) enjoy delicious food prepared by: Crystals Fries, Born2Eat and The Food Truck Conestoga

Monday August 26; 4:30 p.m. to 7:30 p.m.

Proceeds supporting Grace United Church enjoy delicious food prepared by: Ish n Chips, SWAT and Moreish Ice Cream

ROYAL CANADIAN LEGION EVENTS: 642 Dundas Street, Woodstock

SATURDAY EVENING ENTERTAINMENT

August 3rd; 7 p.m. - 11 p.m.

Mike Thorpe

August 10th; 7 p.m. - 11 p.m.

2 for the Road

August 17th; 7 p.m. - 11 p.m.

East Hill

August 10th; 7 p.m. - 11 p.m.

DJ Wizard

MEAT DRAW

August 17th; 3 p.m.

SUMMER DART LEAGUE ON TUESDAYS & THURSDAYS

EXECUTIVE MEETING

August 13th; 7 p.m.

MOVIE NIGHT AT THE LEGION

August 7th, 21st, 28th; 7:15 p.m.

STEAK DINNER

August 26th; 5 p.m. - 6 p.m.

with baked potato, salad. \$22

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

QUIZ ANSWERS

1. Thomas Matthew Crooks
2. Red
3. Boston Celtics
4. Sailfish
5. Christopher Columbus
6. Pig
7. Mitosis
8. Andrew Lincoln
9. Six types
10. 1920-1933

CLASSIFIEDS

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FOR SALE

Custom t-shirts, starting at \$15. Call or text 519-573-5195.

THANK YOU

The family of the late Dorothy Hawken wish to thank everyone for their many acts of kindness, thoughts, floral arrangements, cards and donations to the Alzheimer's Society. A special thanks to Reverend Joy Cowan and McBeath-Dynes Funeral Home staff for their assistance and kindness and the caring staff at Secord Trails Nursing Home.

FOR SALE

La-Z-Boy recliner chair and love seat. Dark brown. \$600 o.b.o. 2 door Upright freezer, 5'2" high \$400. Call 519-285-3671

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SERVICES

Have you been affected by someone else's drinking? Al-Anon Family Groups could help YOU! Call for time and place. 1-800-706-9833 or App Available

OBITUARY

RUTLEDGE-WAYMOUTH, Mitchel



"Mitchi" was taken from us following a tragic motorcycle accident on July 25, 2024 at the young age of 20

Loved son of Jen Waymouth-Rutledge. Precious grandson of Ann Waymouth and Don (1999), and Heather and John Rutledge. Cherished nephew of Ed Mitchell. Also survived by his father, Jake Rutledge (Chantel Bowman). He leaves behind the friends he loved so dearly, Codey, Jayden, Domi, Colin, Nicholas, Kurtis, Ethan, Kyra, Blake, Justin, Owen, Kenzie and his special friend Kaydance, as well as many others. Mitchel was a motorcycle enthusiast, and loved being on the open road. His family and his friends were everything to him, and he will be forever loved and missed. A celebration of Mitchi's life is being planned for a near future date. For those who wish, memorial donations in his memory could be made to a charity of one's choice.



Contribute to your local community newspaper! Send articles, sports or event recaps, and photos to info@theecho.ca

R&RMTs

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(See website for details on each RMT specialities)



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- Fascial Stretch Therapy Level 3 Master - Carli
 - Reflexology - Jess, Brooke, Kate
 - Reiki - Kate, Jess, Jenna (RMT)
- Ionic Foot Baths & Frequency Therapy - Kate
 - Indian Head Massage - Jess
 - Aromatherapy Massage - Kate, Jess
 - Self love mastery (using eye movement integration) & Eye movement integration, NLP coaching & Energy Work - Brooke
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www.rebecca-RMT.com

@rrmts on instagram

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