

FREE

A WEST PERTH PUBLICATION

# the Heronry

## Issue Includes

### ***Brenda Morris: Human Sunshine***

Ordinary Extraordinary People

### ***Pippin Walker***

Animal Friends

### ***Tales of the Huron Tract***

Fryfogel Tavern

### ***Mitchell Pottery Studio: A Lifelong Dream***

County Business Stories

Vol. 2

January 2026

Photo submitted by Cheryl Prouse



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# ABOUT THE FOUNDERS

A graphic designer by trade and a potter by hobby, Christina tB Hotz is our designer and editor. She and her family have lived in Mitchell since July of 2016. She has a love for small towns and a passion for community building. You can often find her at the local pottery studio, or working outside her century home as she tries to wrangle her gardens into shape and attempts to make progress with maintaining the exterior woodwork.

Amelia McFarlane and her daughter are relatively new to West Perth, but since moving to Mitchell in 2023 she's been itching to get connected in the community. In her role as The Herony's Business Manager, and Social Media Guru, she ensures we stay organized and that people get informed about our publication! In her spare time she plays the bagpipes and loves to share her music at special events.

Bert Vorstenbosch Jr has the super official sounding job title of "General Hype Guy." He's been determinedly outspoken about West Perth's need for a community publication, and got so tired of waiting for someone else to do it that he decided he would do it himself. As the owner of several printing companies, Bert is in charge of distribution and printing, and his business, Mitchell Office Pro, is our primary sponsor.

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## Special thanks to

Christopher Creighton, Amy Hetherington, Elysha Vorstenbosch, Clare French, Angela Walker, Rosemary Minnella, Clare French, Carol Michael, Taylor Eisler, Lilly Hull, Jade Ferster, Cheryl Prouse, Visnja Cuturic, and Tina Maiert for their contributions to this issue.

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# On Impostor Syndrome

Like most people, I often take time during the holiday season to assess the direction my life is going, and to make some changes. I've never been one for big announcements regarding what those changes will be because, (I'll be honest) I'm atrocious at maintaining most of them.

I read "The Mountain is You" this past year and learned a few things from it. Apparently our brains are more concerned with keeping us comfortable than they are with growth. It has a vested interest in keeping us within the realm of the familiar because to our nervous systems "familiar = safe." This helped me feel a bit better about my lapsed resolutions, but it also gave me some tools to combat my tendency of saying "no" to big and scary changes.

When we started seriously talking about starting *the Herony*, I definitely experienced the sensation of my brain fighting back. Despite having talked about it off and on with Bert for several years, the visceral response to the idea of actually taking on the responsibility of editing a publication for REAL was that of extreme terror. I went back and forth between excitement, and overwhelming impostor syndrome.

Who was I to try become the editor of anything? Sure I did a fair amount of essay writing back in university, and yes, I've been self-employed as a graphic designer for over a decade, but does that really make me qualified to basically run a publication? Surely there were other people who would be better at it? Would people think I was getting "above myself" by starting something this ambitious?

It took a pretty intense heart to heart with my husband, a couple meetings with Amelia, umpteen chats with my neighbours, and me threatening to give it up entirely, for me to accept that this was something that I actually wanted to do (despite what my gut seemed to be telling me).

responsibilities they take on; there's always going to be a learning curve. Does that mean that we should just avoid the challenge because there might be someone who would be better at it than we are? (I'll be honest, half of me wants to scream "YES!" and run and hide under a blanket.) No matter how old I get, there's part of me that constantly feels like a ten year old who has NO idea what she's doing. It would definitely be easier to listen to my animal brain tendencies and maintain the status quo.

Despite this, I have committed to doing this job anyway. As I persevere, I'm also realizing that the doing of a thing matters more than whether or not I'm going to do it perfectly. "Progress, not perfection" I chant at myself as I attempt to write another interview summary. "Everyone has room to grow" I remind myself when I accidentally publish an impossible sudoku. Cheesy as it sounds, talking to myself as if I'm encouraging my nine year old has helped me get through some tough moments. The other thing that helps is talking through the challenges with other people.

Through conversations with friends and family, I've started coming to terms with the fact, that it doesn't really matter if I'm the "right person" for the job of editor of this publication, that ultimately, there isn't someone who is "right for the job" at all. Each person who contributes will bring their own flaws and assets to the job. This publication isn't the "Christina tB Hotz Project", the "Amelia McFarlane Magazine" or "The Bert Vorstenbosch Post" it's **the Herony, A West Perth Publication**. My job as editor isn't to be in the spotlight at all, but rather to give voice to all kinds of wonderful people who live and work here!

Ultimately, none of us really know what we're doing when we start something new. The trick is to be gentle with our sensitive nervous systems, and to surround ourselves with friends, family, and coworkers who are there to encourage us when we stumble. Here's to being impostors! Let's figure it out together.

# One Month at a Time

So we have one publication under our belt. To start my reflections, I am going to extend a few “thank yous”, first for the positive feedback we received and then to the individuals and businesses that have let us use their locations as a distribution/pickup spot for this project.

The concept for this publication was always to be a West Perth rather than Mitchell publication and to get individuals and business across West Perth to read and contribute. So how did we do? Well just like years ago when I ran for the Position of Mayor of West Perth asking for support, I drove the roads of West Perth asking businesses if they would be a pickup point for *the Herony*. West Perth is big and the good news is that we have *the Herony* not just in Mitchell, but all the way to the “four” corners of West Perth (Monkton (North), Stratford Museum (East), Fullarton (South) Kirkton (Further South) and Dublin (West) and yes within Mitchell itself. We have distributed 500 copies initially and did one more run of 100 before we started on issue two, this issue.

Why is it important that we got 600 issues out and we were able to cover the four corners of West Perth? Well it is simple: we need individuals and businesses to advertise in our publication to cover the costs of editing, administration, production, and distribution. This publication needs to be able to pay for itself or it will have been a great idea that did not last.

We've found that with this being a “New” concept and only a concept, it was challenging to get individuals to say “yes” to pledging financial support. We got lots of smiles, a few sign-ons, and promises to think about it.

Now that we have produced our first copy, (second if you count this one), and distributed 600 copies across West Perth, it is easier to show value to those we ask to invest in advertising in our publication.

We want to have this publication free for individuals to get, so yes, we will be asking for individuals,

businesses, and service clubs to support us by paying to advertise with us. By doing so, you invest in an idea that has proven successful in various small town across Ontario, and also to say yes to building community on a practical level. Look around the community for our distribution signs; many businesses have them in their windows.

I will end my rambles by sending Warm Wishes, Happy Holidays, Merry Christmas and Happy New Year to each of you.

## Distribution Locations

Our distribution locations are always expanding! Many of our partners will have a sticker in their window, letting you know that you can pick up your free copy of *the Herony* directly from them!

- Mitchell Office Pro
- West Perth Village
- Wietersen's Country Store
- West Perth Public Library
- Stratford Perth Museum
- Goettler of Dublin
- Dublin Mercantile
- Mitchell Pottery Studio
- Dublin's Family Restaurant
- Wietersen's Country Store
- Cartwright Chiropractic
- Ontario Gun Shop
- Deep Roots Collective
- Koertland Auto Care
- McDonald's Valu-Mart
- The Sugar Maple
- Eids BMR Express
- JMS Auto
- YNCU
- Monkton Diner
- Deck Dentistry
- Farm to Family
- 101 Bar and Grill
- Kirkton Market

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## Event Submission Link



Submit your club meeting or community event to the Herony and expand your reach! Submissions are due by the 15th of the month prior to publication!

# Brenda Morris: Human Sunshine

Have you ever run across someone who just radiates good humour? I'll confess that I always thought Pollyanna (the perpetually positive orphan in the classic novel by Eleanor H. Porter) would be really annoying to know in person. There's a certain type of person who can be so impossibly positive that their presence feels more like a burden than a joy. I used to accuse those people of being happy "at" me, as though they were inflicting their positivity upon me, a person who enjoys a good whine now and again.

I've nothing against complaining (up to a point). There's something about shared misery that can be incredibly cathartic. Who among us doesn't take a moment now and again to indulge in a good sulk about how the plow keeps leaving its leftovers in our driveway RIGHT after we got rid of all the snow? The state of our community social media groups is proof that I'm not the only one who can bond over shared annoyances.

There's always something to argue and gripe about, and much less attention is given to the small wins we experience every day.

Perhaps some of that negativity is due to a concern about being seen as gloating over our good fortune rather than sharing positivity. Given how much tragedy and heartbreak exists, it can almost seem rude to share good news. Publicly celebrating your new kitchen or your kids' good grades is often seen as bad taste, while complaining about everything from "the number of walnuts falling into your yard from your neighbour's tree," to the way "no one knows how to drive in the winter" is considered an

acceptable conversation starter at most social gatherings.

Given this social atmosphere and acceptance of shared annoyance, it was a huge surprise to me to discover a person whose sunny disposition is the kind that warms rather than irritates, and that the positivity wasn't the major annoyance I'd assumed it would be.

Brenda Morris is currently the holder of the "happiest person" trophy that exists only in my head. She and

her husband, Brian, live with their two children on a small farm just outside Fullarton. By every metric, they're just... normal. No one is winning big awards; no one is overly involved in community projects. Their kids are part of the swim team, participate in various sports, and often babysit their younger cousins. There's nothing on paper that screams, "THESE PEOPLE ARE AMAZING" and yet the influence they have on their community is the quiet, understated kind that deserves recognition.



Brenda Morris, taken while out snowshoeing

Brenda and her family make their home in the same stone farmhouse that her husband's grandparents once lived in. Their property isn't extensive, only a couple hundred acres (which, compared to most farms these days, is fairly small), but they enjoy the space. They also have a bit of river access across the road, complete with a bunkie that has hosted many a camp-out. Their house is the kind where you knock and walk in to find a bunch of teenage boys horsing around in the living room. It has that unmistakable "home" feeling that only comes when the parents are good people.

You'd never know it, but Brenda was apparently incredibly shy back in elementary school and high school. Growing up in Exeter, she was mostly a

wallflower, choosing to stay in the shadows rather than risk negative attention. Working for about twenty years in the kitchen at the Exeter nursing home has resulted in her overcoming some of her shyness. It put her in a position to see just how much of an impact positive interactions can have on people, and given the life stage of so many of the residents, she wants to be sure that she's making their days as pleasant as possible. She confessed to me that she sometimes has an unofficial competition with the crankier residents, trying to see if she can improve their more negative attitudes.

Brenda works the early morning shift (6 a.m. to 3 p.m.) so that she can be home around the same time her two kids get home from school. The shift also means she's available to schlep her kids back and forth to the various social and recreational activities they're involved in. The constant driving can get exhausting, and the kids occasionally complain about being so far from their town friends, but Brenda smiles about it all the same.

While my family often struggles to make it to some of the more distant *Fullarton A's* ball games, Brenda and her family are at every game, rain or shine, and are more than willing to drive my eldest son with them. Their positivity is so contagious that my once-reluctant outfielder would rather ride in their car, even when we're going to the same game! Perhaps that has something to do with the inevitable after-game treat (which they refuse to let us pay for), but I prefer to believe it's simply the sunshine that comes along with the family.

Brenda makes her kids' Halloween costumes every year and will often dress up herself. A few years ago, she chose to go as "Sadness" from the Pixar movie *Inside Out*, and I've never seen a more incongruous pairing. She would have been far better suited to dress as "Joy," because that's the emotion she naturally emanates. She smiles about the hardships that come with living "out in the boonies" (as it seems to me), laughs about the twenty-something snow days we had last year, and generally finds something positive to say about almost any situation!

When I asked whether she's always been so upbeat, Brenda admitted that she's had to work hard at it.

While things are easier now, like any parent she remembers watching the clock when the kids were small, counting down the minutes until her husband got home so she could take a break. Even then, she noticed that the attitude she displayed was often reflected in her kids. As a result, she's worked hard to develop a sense of humour about life and to avoid cynicism. She knows emotions are contagious, and she'd rather spread the positive ones than contribute to the general doom and gloom so much of the world seems stuck under.

Brenda has inspired me to work on my own attitude. While I don't consider myself a negative person, I'm also sure I don't always project the sunny influence she has had on me. Despite my usual avoidance of publicly announcing New Year's intentions, I'll go so far as to say that I'd like to be more like Brenda this year: calm and kind, gracious and giving, able to laugh gently at almost any annoyance.

People like Brenda are the ones who keep our community grounded. These extraordinary everyday folks, friendly with their neighbours, driving bonus kids around, working in their gardens, sharing produce, and plowing driveways, are the ones who inspire me most. I plan to show my appreciation more often this year, and I hope you take time to celebrate the ones in your life as well.

***Ordinary Extraordinary People*** is an ongoing series that highlights community members of West Perth. If you know of someone whose positive influence on their friends and neighbours should be celebrated, please nominate them by sending us an email.



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# Pippin Walker: Princess of Pets

Pippin is a poofy keeshond who knows exactly what her due is: pets and attention from everyone she meets! Born during the Covid shutdown, she became the lifeline of her main human, Angela, and a delight to the rest of the family. Despite being about 40lbs, Pippin is convinced that she is a lapdog. She'll do her best to convince you to let her climb onto your legs, especially if you make the decision to sit on what she considers to be her territory!

Like any royal, Pippin has trouble sharing the spotlight. It doesn't seem to matter if it's dogs or people that are being paid attention to, she will let you know when she's feeling neglected. It's not enough to give her absentminded pets while you talk to someone else - no no! You must give her your FULL attention or she will start reminding you - first with a gentle paw and head nudges, and next with two paws and barking; she doesn't like to share! Her regular court of admirers know that she has need of a particular amount of attention, and usually pay her the respect she knows she deserves.

She's a friendly pupper, not too outgoing, but willing to play when she's in the mood. She likes being around other dogs but also likes to do her own thing and to stay close by her person. She has her little group of dog friends and they walk and play together regularly.

Speaking of walks, if it gets past the usual time and her people aren't moving fast enough, she will start to harass them in order to speed up the process. Those walks happen at various locations around West Perth, but while the midday walk can happen anywhere from the West Perth Wetlands to Sawyer's Bush Lot, the 6pm hike usually consists

of several loops around Stacy Park. She and the rest of "the paw patrol"



get to romp around the trail scaring geese, chasing groundhogs, or diving into the snow after mice. All those critters and smells keep her brain sharp and her nose in shape!

Her next favourite thing is riding in the front seat of the car. Even if the passenger side is taken, she will inevitably find her way up there, because after all, it's only fair that she have the place of honour!

Pippin loves attention from humans of all sizes, but as is good practice with all pets, if you're not yet acquainted, please ask permission before petting. You can get acquainted with Pippin and Angela at the Stacy Park Trail most days around 6pm. Come prepared with treats if you want to make this princess extra happy!

## Sudoku Puzzle

Fill in the grid with digits so that every row, every column, and every 3x3 box have the digits 1-9 (no repeats allowed).

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

# Community Christmas Dinner

On Monday, December 8, 2025 approximately 178 people and volunteers sat down at the community centre to enjoy a full home cooked Christmas Dinner.

This year was special to honour the founder, Audrey Balfour, who in 1995, under the direction of Reverend Peter Bush and with a handful of other volunteers, started a small free dinner at the legion for those in our community, who might not have access to a full Christmas meal due to the lack of immediate family or funds.

From that small start, the tradition grew in numbers of attendees and volunteers so that now in its 30th year, and the 29th actual dinner (2 years were not held due to Covid restrictions), 200 free tickets are made available to the community through the local Salvation Army Food Bank, the Youth Centre and the West Perth Public Library. There are 5 local churches (Grace Lutheran Church, Knox Presbyterian Church, Main Street United Church, St. Vincent De Paul Catholic Church and Upper Thames Missionary Church) who are committed to purchase, cook and serve the meal. The local Rotary Club pays for the ham that is also served. Any donations received go to worthy local charities chosen ahead of time. This year \$1,621.30 will be split equally between the local Salvation Army Food Bank and Youth Unlimited YFC Mitchell.

Each September, representatives from the five churches meet and determine the responsibilities for each church. The role of host church rotates annually. Upper Thames Missionary Church was the

host church this year and was therefore responsible for the publicity, tickets, leasing the community centre, cooking potatoes, vegetables, buns, gravy, as well as setting up and decorating the tables, organizing the entertainment, providing a MC and directing the helpers to deal with the incoming food from the other churches in the kitchen, as well as organizing the servers.



Denise Bott serves turkey with other volunteers.

a crockpot of dressing. In addition, the provision of cranberries, coleslaw, juice, candy canes and desserts etc are divided up among the four churches, who also provide the volunteers for the actual serving of the meal.



Members of the Community enjoy their Christmas Dinner

Bruce Michael was MC, Pastor Nathan Schultz gave the message and led the carol singing along with Debilynn Den Hollander accompanied by Eric Den Hollander on keyboard. After the children present came on stage and received some treats, Jennifer Morris, Community and Family Services Manager, The Salvation Army Stratford-St. Marys Regional Community Ministries as well as Jesse Britton, Youth Unlimited YFC Mitchell spoke on their ministries and volunteer opportunities. All leftovers were dished up into individual containers and labeled to be given out at Mitchell's local food bank the next day.

## Community Events

These events are open to the general community and are free unless otherwise indicated. An asterix means preregistration is required.

# January 2026

### January 2

Parent & Tot Skating | 9am - 10am | Mitchell Arena  
Public Skating | 10am - 11am | Mitchell Arena  
Adult Skating | 11am - 12pm | Mitchell Arena

### January 3

Men's Community Breakfast | 8:30-9:45am | Grace Lutheran

### January 4

Men's Community Breakfast | 8:30-9:45am | Grace Lutheran  
Parent & Tot Skating | 9:30am - 10am | Mitchell Arena  
Public Skating | 10am - 11am | Mitchell Arena

### January 5

Play and Learn | 9:30am - 11am | Mitchell Arena  
Parent & Tot Skating | 11:30am - 12pm | Mitchell Arena  
Public Skating | 12pm - 1pm | Mitchell Arena  
Drop-in Shuffleboard | 12:45 - 3pm | Arena Event Hall  
Story Time with Teddy | 5:45pm | Library

### January 6

Active Adult Fitness Class | 10:30am | Community Centre  
Adult Skating | 12pm - 1pm | Mitchell Arena  
Parent & Tot Skating | 1pm - 2pm | Mitchell Arena  
Mahjong | 1pm | Library  
Crafter's Circle | 2pm | Library  
Hall Walking | 6pm | MDHS

### January 7

Circle of Security Parenting\* | 10am - 11am | Mitchell Arena  
Parent & Tot Skating | 9am - 10am | Mitchell Arena  
Public Skating | 11:30am - 12:30pm | Mitchell Arena  
Adult Skating | 12:30pm - 1:30pm | Mitchell Arena  
Hall Walking | 6pm | MDHS

### January 8

Hall Walking | 6pm | MDHS

### January 9

Parent & Tot Skating | 9am - 10am | Mitchell Arena  
Early ON Play & Learn | 9:30 -11:30am | Mitchell Arena  
Public Skating | 10am - 11am | Mitchell Arena  
Adult Skating | 11am - 12pm | Mitchell Arena

### January 10

Early ON Play and Learn | 10am - 11am | PCFK  
(Enter through side door closed to Upper Thames PS)

### January 11

Parent & Tot Skating | 9:30am - 10am | Mitchell Arena  
Public Skating | 10am - 11am | Mitchell Arena

### January 12

Play and Learn | 9:30am - 11am | Mitchell Arena  
Parent & Tot Skating | 11:30am - 12pm | Mitchell Arena  
Public Skating | 12pm - 1pm | Mitchell Arena  
Drop-in Shuffleboard | 12:45 - 3pm | Arena Event Hall  
Story Time with Teddy | 5:45pm | Library  
Hall Walking | 6pm | MDHS

### January 13

Active Adult Fitness Class | 10:30am | Community Centre  
Adult Skating | 12pm - 1pm | Mitchell Arena  
Parent & Tot Skating | 1pm - 2pm | Mitchell Arena  
Mahjong | 1pm | Library  
Blood Pressure Clinic | 1pm | Library  
Crafter's Circle | 2pm | Library  
Hall Walking | 6pm | MDHS  
Mitchell Lion's Club Meeting | 6:45 pm | Town Hall

### January 14

Parent & Tot Skating | 9am - 10am | Mitchell Arena  
Public Skating | 11:30am - 12:30am | Mitchell Arena  
Adult Skating | 12:30pm - 1:30pm | Mitchell Arena  
Tales & Tots | 10:15am | Library  
Hall Walking | 6pm | MDHS

### January 15

Play & Learn | 10am - 11:30am | Kirkton Community Centre  
Hall Walking | 6pm | MDHS

### January 16

Parent & Tot Skating | 9:30am - 10am | Mitchell Arena  
Early ON Play & Learn | 9:30 -11:30am | Mitchell Arena  
Public Skating | 10am - 11am | Mitchell Arena  
Adult Skating | 11am - 12pm | Mitchell Arena  
Early ON Baby Time | 1pm | Library  
Hello 2026! Party | 7pm -9:30pm | Youth Centre

## January 17

Snowman Crafts | 11am | Library

## January 18

Parent & Tot Skating | 9:30am - 10am | Mitchell Arena

Public Skating | 10am - 11am | Mitchell Arena

4H Public Skate | 12pm | Monkton Arena (Elma)

## January 19

Play and Learn | 9:30am - 11am | Mitchell Arena

Parent & Tot Skating | 11:30am - 12pm | Mitchell Arena

Public Skating | 12pm - 1pm | Mitchell Arena

Drop-in Shuffleboard | 12:45 - 3pm | Arena Event Hall

Story Time with Teddy | 5:45pm | Library

Hall Walking | 6pm | MDHS

## January 20

Active Adult Fitness Class | 10:30am | Community Centre

Adult Skating | 12pm - 1pm | Mitchell Arena

Parent & Tot Skating | 1pm - 2pm | Mitchell Arena

Mahjong | 1pm | Library

Crafter's Circle | 2pm | Library

Hall Walking | 6pm | MDHS

Drop-in | 3pm - 5:30pm | Youth Centre

## January 21

Parent & Tot Skating | 9am - 10am | Mitchell Arena

Public Skating | 11:30am - 12:30am | Mitchell Arena

Adult Skating | 1pm - 2pm | Mitchell Arena

Tales & Tots | 10:15am | Library

Drop In: Holiday Cookies | 3pm - 5:30pm | Youth Centre

Hall Walking | 6pm | MDHS

Chick'n'Rib'n'Fun Night | 5:30pm | WP Community Centre

## January 22

Play & Move | 10-11:30am | Downie Opt. Community Centre

Drop In: Paper Snowflakes | 3pm - 5:30pm | Youth Centre

Hall Walking | 6pm | MDHS

## January 23

Parent & Tot Skating | 9am - 10am | Mitchell Arena

Early ON Play & Learn | 9:30 -11:30am | Mitchell Arena

Public Skating | 10am - 11am | Mitchell Arena

Adult Skating | 11am - 12pm | Mitchell Arena

Early ON Baby Time | 1pm - 3pm | Library

Drop In: Card Writing | 3pm - 5:30pm | Youth Centre

## January 25

Parent & Tot Skating | 9:30am - 10am | Mitchell Arena

Public Skating | 10am - 11am | Mitchell Arena

## January 26

Play and Learn | 9:30am - 11am | Mitchell Arena

Seniors Book Chat | 11am | Ritz Manor Lounge

Drop-in Shuffleboard | 12:45 - 3pm | Arena Event Hall

Story Time with Teddy | 5:45pm | Library

Hall Walking | 6pm | MDHS

## January 27

Active Adult Fitness Class | 10:30am | Community Centre

Adult Skating | 12pm - 1pm | Mitchell Arena

Parent & Tot Skating | 1pm - 2pm | Mitchell Arena

Mahjong | 1pm | Library

Family Services | 1pm | Library

Crafter's Circle | 2pm | Library

Drop In: Table Games | 3pm - 5:30pm | Youth Centre

Hall Walking | 6pm | MDHS

Mitchell Lion's Club Meeting | 6:45 pm | Town Hall

## January 28

Parent & Tot Skating | 9am - 10am | Mitchell Arena

Public Skating | 11:30am - 12:30am | Mitchell Arena

Adult Skating | 12:30pm - 1:30pm | Mitchell Arena

Tales & Tots | 10:15am | Library

Newcomer Settlement Services | 1pm - 4pm | Library

Drop In: Snowman Pizzas | 3pm - 5:30pm | Youth Centre

Hall Walking | 6pm | MDHS

## January 29

Play & Learn | 10am - 11:30am | Kirkton Community Centre

Hall Walking | 6pm | MDHS

Drop In: Puzzle Piece Crafts | 3pm - 5:30pm | Youth Centre

## January 30

Parent & Tot Skating | 9am - 10am | Mitchell Arena

Early ON Play & Learn | 9:30 -11:30am | Mitchell Arena

Public Skating | 10am - 11am | Mitchell Arena

Adult Skating | 11am - 12pm | Mitchell Arena

Kids Craft Cart | 11am | Library

Early ON Baby Time | 1pm - 3pm | Library West Perth Village

## January 31

Banned Book Talk | 2pm | Library

# Fryfogel Tavern & Inn

Fryfogel Tavern & Inn is a historical stagecoach and resting stop used by European settlers to recuperate and take shelter after a long days worth of traveling as they journeyed along the corduroy road of the Huron Tract to settle on the plot of land they purchased. It was one of three stagecoach stops built by the Canada Company, a land development company based out of England, and it's the only stagecoach stop out of the three that still remains standing today.



The Fryfogel Tavern resides east of Shakespeare, ON, along Highway 8. The other two stagecoach stops would have likely stood west of Sebringville near Seebach's Hill and east of Seaforth near Harpurhey.

The Fryfogel Tavern was built in 1844-1845 by one of Perth County's first European settlers, Sebastian Fryfogel (1791-1873). In 1806, at the age of 15, Sebastian emigrated from Switzerland to Pennsylvania where he eventually met his wife, Mary Eby. Sebastian and his family, which eventually included 11 children, moved to Waterloo in 1827 where Sebastian was recruited to manage one of the stagecoach stops along the newly surveyed Huron Tract by Anthony Van Egmond, a contractor hired by the Canada Company to ensure there were stagecoach stops available for settlers to use on their journeys.

In 1828, Sebastian and his family made the journey to what would eventually be staked out as Concession 1 Lot 14 in South Easthope Township; there they lived in a surveyor shanty, a small log cabin previously used and left behind by land surveyors. For roughly 17 years (1828-1845), Sebastian and his family lived and operated the stagecoach stop

as the Fryfogel Tavern & Inn. From its conception in 1845, the Fryfogel's operated the stagecoach stop out of the new building for another 15 years until it closed in 1860. The reason for the Fryfogel Tavern & Inn's closure is primarily attributed to the completion of the Grand Trunk Railway, which ran parallel with the Huron Tract and was a quicker means of transportation than traveling by foot. As a result, many travelers bypassed the Fryfogel Tavern & Inn and business slowly declined. However, this isn't the end of the tale for this building.

After closing in 1960, the Fryfogel Tavern building was converted into a family home for the Fryfogel family. Between 1923-1937 it is believed that the building was used as storage for a cheese factory in South Easthope Township, however there is no concrete evidence validating this claim. In 1937, Amos Fryfogel, a great-grandson of Sebastian Fryfogel, rented out the building to the Rankin Sisters who opened a tearoom and restaurant called the Green Acres Tearoom. The building was later reopened in the 1950s and 60s as The Old Homestead, a restaurant, banquet hall and reception center. Many weddings and receptions were held in the building during this time period.

In 1966, the Fryfogel Tavern & Inn was turned over to the Stratford Perth Heritage Foundation where it has been maintained and continued to be restored to its original form. If you're interested in learning more about this site or visiting when they're open during the summer, you can visit their website: [fryfogeltavern.com](http://fryfogeltavern.com).

Elysha Vorstenbosch is a harp player, composer, improviser and arranger living near Mitchell, Ontario. Her writing will be featured as an on-going series as she shares her process of composing an album about the history of the Huron Tract.

# The Announcement of Photography

If I had the inclination (and cash), I could fly to Paris in about 7 hours. I could also document every step on the journey and have a couple of hundred photos on my phone to show for it. In 1839 Paris, things were quite different. Few people travelled more than about 50 kilometers from their birthplace, in their lifetimes. Walking and horses were almost the only way to get anywhere, as railways were still very much in the development stage and train travel was slow, expensive and surprisingly dangerous. Essentially, very few people went anywhere or did much that was not community based.

Until 1839, any image made by the human hand was, well, made by the human hand. Even the most realist work ultimately showed evidence of the 'hand of the maker'. Regardless of ability or intent, the image was the product of a subjective interpretation. However, soon after the announcement of photography, that all started to change. For the first time in the history of humans as creative beings, images could be made not just of nature but also by nature.

The announcement was generally met with great excitement—no longer did someone have to have superior skills to produce the most accurate images ever seen. After a few days of training (and a significant monetary investment), anyone could employ the new process(es) to produce wondrous views. It was the start of a new era in human evolution, that's how important almost everyone considered photography to be.

But of course, there were doubters and skeptics. Some thought that an image of a person didn't just look like that person but was thaperson. There was the belief that the person's soul had been taken by the camera-- hence the origin of the expression, "to take a picture". (This notion was held by some indigenous peoples-- as well as many others-- whose beliefs were spirit based rather those who relied on religious dogma.)

The next chapter in our notes series will shed light on some of the 'characters' who helped to shape

photography in the almost 200 years since its inception. Stay tuned!



*To get an idea of how far photography has progressed from its earliest days, take a moment to compare this image to one from your phone camera. This is a copy of the earliest photographic image known to exist. It was made by Joseph Nicéphore Niépce and is entitled, View of the Window and Courtyard at le Gras, 1826. Niépce was an early experimenter with photographic processes and was the partner of the man who claimed the discovery of 'Photography' for himself in 1839. The image was made by coating a pewter plate with bitumen of Judea and exposing it for an estimated 8 hours.*



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# Taylor Eisler

---



The Skull Curse. Taylor Eisler, Age 15

Taylor has a tiny bit of an obsession with the Macabre. She bases most of her drawings on creatures from the video games "The Quarry" and "Until Dawn" - which are the inspiration for the popular TV series "The Last of Us". The show is about a teenager girl who has a natural immunity to a fungal pandemic that turns people into zombies.

Recently turned 15, Taylor finds art as a helpful way of expressing her emotions. She also enjoys singing when she's alone in her bedroom, and can't wait for the summer baseball season to start again. She enjoys hanging out with the rest of the Fullarton A's team, so long as the mosquitoes aren't too bad in the outfield!

# Lilly Hull

---

Hello, my name is Lilly, and I am 14. This was a sketch book assignment in my art class, my first one this year. I have loved art for quite a long time, since I was little and wanted to draw cool pictures like my peers.

I like to work with just about anything, from paint to pencils. I would like to be something that has to do with art when I'm older, like a concept artist or a graphic designer.

I am also going to be an author, and spend a lot of my time writing. I plan on putting some of my writing work in the Herony soon. I have also been working on a novel that I will publish in the next year.



Untitled, Lilly Hull, Age 14

# Jamaican Curry Chicken

Thursday nights in my childhood home smelted of curry. Always. I could smell it as I walked up to the house after school, I knew the moment I stepped on the veranda what I was eating that evening. Excitement and joy would fill me up before a fork ever reached my lips.

My grandfather was from a small parish in Jamaica and it permeated every inch of the house. It was in the pictures on the walls and music that played on the radio. It was in his voice and the voices of ever present family. But where it shone the brightest? In the meals he cooked for us. Cornmeal porridge for breakfast, Salt Fish Fritters at noon, and in his curry. It was one of my favorite meals, and still is to this day. The first meal he taught me to cook, after rice, because no supper was complete without a pot of rice.

In every scoop of curry chicken, I taste my grandfather's love. His warmth and care was ingrained into the savoury gravy, tender chicken, and soft potatoes. It is a meal I am proud to have passed on to my son, now his favorite as well. I wonder if my grandfather's hands guide mine as a cut onions and season the pot? Is it his steady words that whisper through my ears as I brown the chicken? I am proud of where and who I come from and feel blessed that I am a part of Jamaican culture. I hope this recipe can bring comfort to your family like it always brings me.

## Ingredients:

- 2 lbs boneless and skinless chicken thighs
- 2.5 Tablespoons curry powder
- 1 teaspoon all-purpose seasoning
- 1 yellow onion chopped
- 3 green onions chopped
- 1/2 green pepper chopped
- 4 garlic cloves chopped
- 1 scotch bonnet pepper chopped, seeds removed (optional)
- 3 sprigs fresh thyme stems removed
- 3 Tablespoon olive oil
- 1/4 cup water
- 1 large russet potato chopped
- Salt and pepper to taste

## Directions:

1. Marinate the chicken for at least an hour or overnight in 1 tsp seasoning, 1 tsp curry, onion, green onion, green pepper, garlic cloves, scotch bonnet, and thyme
2. After marinating, separate chicken from chopped veg and reserve.
3. Heat oil in a heavy bottomed pot, over medium high heat. Add remaining curry powder and stir to toast for 20-30 seconds to enhance the flavour (be careful not to burn it).
4. Add separated veg to the pot. Adding Tb of water if it looks dry.
5. While veg are softening, chop the chicken into pieces about 1 - 2 inch in size
6. Add chicken and half of a cup of water to pot, reduce to medium low heat and cook, stirring occasionally for 15 minutes.
7. After 15 minutes, add chopped up potatoes and cook for another 15 minutes or until potatoes are soft and chicken is fully cooked.
8. Remove from heat and add salt and pepper to taste.



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# A Barred Owl Sighting

If you ever hear a bunch of crows cawing in one place there is a good chance an owl is nearby. They gather together and try to force predators out of their territory. Thanks to their antics, I recently saw this gorgeous Barred Owl here in Perth County.

Although I have seen and photographed many different owls in my area this was my first time seeing the Barred Owl here. That particular day he gave me lots of opportunity to observe him as the crows kept mobbing him, alerting me to his whereabouts each time he flew off.

The crows just wouldn't let him be, all he wanted was to eat his mole and they wouldn't let him alone! However their harassment kept leading me to him, which gave me a great chance to capture these images. As soon as the crows left him alone it was time for me to go too and let him get some sleep!

Keep an eye open for these incredible birds. They camouflage very well during daylight hours when they sleep. You would be surprised, they are closer than you realize and are often watching you!

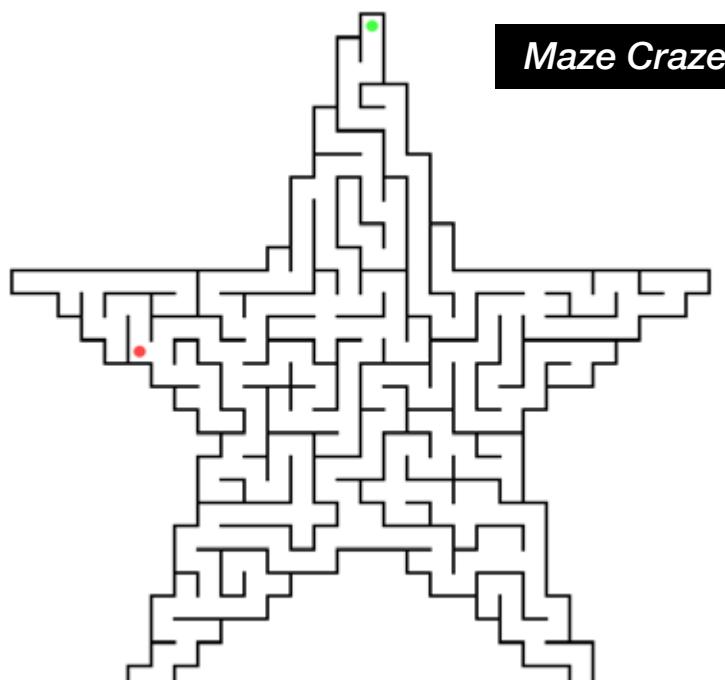


He finally managed to get a minute to eating his mole



It's so much fun watching the behaviours of wildlife

Cheryl Prouse  
west\_coast\_girl@msn.com  
@beyondthebranchcherphotography



**Maze Craze**

# Deck Dentistry's Did you know?

Did you know that your mouth is a window to your overall health? Every day we remind our patients that oral health isn't just about teeth – It's an important part of your entire well-being. Your mouth can be a mirror reflecting what's going on in the rest of your body. Here are a few examples of the oral health – whole body connection:

- **Heart Health:** Gum Disease (periodontitis) has been linked to an increased risk of heart disease. Inflammation and bacteria in the mouth can enter the bloodstream and contribute to clogged arteries.
- **Stroke:** Studies suggest that poor oral health, especially gum disease, may increase the risk of stroke. Inflammation and oral bacteria can affect blood vessels and potentially lead to blood clots or arterial damage.
- **Diabetes:** People with diabetes are more prone to gum infections and severe gum disease can make it harder control blood sugar levels – a two way street!
- **Pregnancy:** Poor oral health has been associated with premature birth and low birth weight. Expecting mothers should be especially diligent about dental care.
- **Respiratory Health:** Bacteria from the mouth can be inhaled into the lungs, potentially leading to respiratory infections like pneumonia.

## Word Search

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

• **Alzheimer's disease:** Recent research suggests a possible link between chronic gum disease and an increased risk of Alzheimer's. Oral bacteria may travel to the brain, contributing to inflammation and the development of dementia-related conditions.

• **Gut Health (Crohn's disease):** People with inflammatory bowel disease like Crohn's often experience oral symptoms such as ulcers, gum inflammation, tooth erosion and bad breath. There's growing evidence that the oral microbiome may influence gut health and vice versa.

We often are the first healthcare practitioners that see these red flags and encourage you to see your family doctor. Do you have a dental question you've always wondered about? Curious about teeth whitening, wisdom teeth, or what your dentist is really looking for during a check up? We'd love to hear from you! Send your questions to [office@deckdentistry.com](mailto:office@deckdentistry.com), and we might feature them in a future column.

Until next time – keep smiling!

- Dr Carolyn Deck

## Find these words:

RESOLUTION

CELEBRATE

MIDNIGHT

NEWYEAR

GOALS

COCOA

SWEATER

FIREPLACE

BLANKET

WARMTH

# Free Digital Resources

Welcome to a new year at West Perth Public Library! We're excited to continue to offer information and leisure items in accessible formats on a variety of topics, and we use digital resources to help make it happen. Digital resources can be accessed any time on any device with Internet, free with your West Perth library card.

## Did you know that we have:

- AccessVideo Just for Kids—a vetted, advertisement-free media platform to educate, entertain and inspire young children;
- Boukili—French learning for children ages 4 and up;
- Britannica Library—research information for all ages;
- CBC Corner and CBC Corner Kids—Canadian content from CBC and Radio-Canada;

- Consumer Health Complete—health and wellness information;
- Fiero Code—self-paced, educational, learn-to-code platform;
- LearningExpress Library Canada—skills-building, test preparation and career-related resources;
- PressReader—newspapers and magazines from around the world;
- Pronunciator—learn a new language at your own pace;
- Universal Class—hundreds of courses to gain new skills or learn new hobbies.

Check our website at [www.westperthpl.ca](http://www.westperthpl.ca) for more details, or contact the Library and ask us! You can also find us on Facebook, Instagram, YouTube and TikTok.



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# A Lifelong Dream

An immigrant child from Croatia moves to Mitchell in her retirement to live out her dream of having her own pottery studio? Hmm... Life certainly can take us in interesting directions!

I discovered pottery in the late 1970s in 4 years of Mr. Pigeon's Ceramics courses at K.C.I (Kitchener-Waterloo Collegiate and Vocational School). Should have gone to art school, but I didn't; instead, I studied French at university and worked a lot in bilingual administrative positions, changed careers and worked in the film industry, went back to school in my 40s, got a Certificate to teach English, got a Master's in Teaching, taught English as a Second Language at George Brown College and The University of Toronto, got married, and all through it, there were pottery courses, classes, pottery guild memberships. Finally, after both of us retiring, there was a move from Toronto and Schomberg to Mitchell with my husband (a retired art teacher) who also happens to look a teeny bit like my high-school art teacher. Go figure.

Moving to a small town with quirky diagonal parking on the main street was an adventure in itself. We found out that we don't just live in a house built in 1870, we live in 'the Gloor house'. The fact that we were now in a small town became clear when our car got dropped off unexpectedly in our driveway after being repaired at JMS. Amazing! Unheard of in Toronto. There is always someone who knows someone, folks always nod or say hello, even teenagers.

In 2019, I moved my pottery out of our basement and began to share a rented space that my husband had beside Quadro, and I guess I slowly took over more of the space, and he left (voluntarily, I must add) in 2023. I started giving lessons when Viola Laing, then co-owner of B&B and Office Pro, asked me. She learned to pot on the only wheel I had back then (since sold to a student). I now have six. My teaching background came in handy, and now

my two passions work together to keep me busy.

I love being a part of this community; I love seeing my sign in the Tims drive-thru, donating classes to worthy local charities, participating in events at the

Youth Centre and area schools, meeting new students that enroll in Mitchell Pottery courses and the various folks who come in for a Clay Date or Clay Buddies sessions.

This year, we upgraded our branding thanks to Christina, (my wonderful, talented assistant and apprentice) and to thanks to Artech who did a great job on our window signage. I am proud of the progress my little studio has made; we just had our second Open House and are always welcoming more newcomers to the studio. I am so grateful to be doing what I love to do. I never say, "I have to go to work today," but rather, "I'm off to the studio." It has been a blast so far, and I look forward to becoming a well-known fixture in my new community!

Colouring Page



# Community Resources

## Municipality of West Perth

Phone: 519-348-8429

[westperth.com](http://westperth.com)

## Emergency Services

### Perth County OPP

132 St George St, Mitchell, ON N0K 1N0

Administration: 519-348-9700

Emergency Services: 9-1-1

Non-Emergency Services: 1-888-310-1122

### West Perth Fire Hall

170 Wellington St, Mitchell, ON N0K 1N0

Non- Emergency Services: 519-348-9031

Fire Safety Question: 519 595 2800 Dial 4

## Local Hospitals

### Stratford General Hospital

Stratford, ON

Phone: 519-272-8210 Website: [www.hpha.ca](http://www.hpha.ca)

### Seaforth Community Hospital

Seaforth, ON  
Phone: 519-527-8404 Website: [www.hpha.ca](http://www.hpha.ca)

### St. Marys Memorial Hospital

St. Marys, ON  
Phone: 519-284-1332 Website: [www.hpha.ca](http://www.hpha.ca)

## General Health Information

### Huron Perth Public Health

Address: Stratford ON

Hours of Operation: Mon - Fri: 8:30 am - 4:30 pm

Toll-free: 1-888-221-2133

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

### Health Care Connect

A free program connecting Ontarians without a healthcare provider to providers accepting new patients.

Phone: 1-800-445-1822

### Health811

Immediate health advice 24/7 from registered nurses.

Phone: 1-866-797-0007

## Unattached Care Clinics

*Non-Emergency Care for individuals who are without a family doctor*

### Stratford Family Health Team:

Phone: 226-766-0510

### Bluewater Area Family Health Team, Exeter Medical Clinic, Maitland Valley Medical Centre

Phone: 519-870-9034

### Listowel-Wingham and Area

**Family Health Team:** Phone: 519-291-4511

## Mental Health Supports

### Ontario Structured Psychotherapy

*Provides support for Ontarians age eighteen and over with depression, anxiety, or related symptoms.*

Phone: 1-833-944-9966

### Mitchell & Area Community Outreach

*Providing supports to enable disabled or elderly people to continue living independently*

Phone: 519-348-9765

### City of Stratford: Social Services Department

Phone: 519-271-3773 ext. 200

### 211

*A helpline that easily connects people to the social services, programs and community supports they need.*

Call or Text: 2-1-1

[www.211ontario.ca](http://www.211ontario.ca)

### United Way, Stratford, ON

519-271-7730 / Toll-Free: 877-818-886

[www.perthhuron.unitedway.ca](http://www.perthhuron.unitedway.ca)

## **Canadian Human Trafficking Hotline**

Phone: 1-833-900-1010

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

## **Farmer Wellness Initiative**

24-hour support for farmers and their family members.

Phone: 1-866-267-6255

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

## **Good2Talk**

*Free, confidential support services for post-secondary students in Ontario.*

Phone: 1-866-925-5454

Text 'GOOD2TALKON' to 686868

[www.good2talk.ca](http://www.good2talk.ca)

## **Huron Perth Helpline and Crisis Response Team**

Phone: 1-888-829-7484

[www.hpha.ca/mentalhealth](http://www.hpha.ca/mentalhealth)

## **Kids Help Phone**

Phone: 1-800-668-6868

Text 'CONNECT' to 686868

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

## **One Stop Talk**

Phone: 1-855-416-8255

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

## **Optimism Place**

24/7 Support Line: 519-271-5550

Toll-Free: 1-800-265-8598

After-hours: 519-272-2294

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

## **Counseling Services**

### **Huron Perth Centre**

Accredited community-based mental health centre for children and youth.

Stratford Office: 519-273-3373 ext. 2221

[www.hpcentre.on.ca](http://www.hpcentre.on.ca)

### **Medavie Health Services**

*Mobile mental health program offering immediate help and referrals for people dealing with mental illness.*

Phone: 1-877-872-6350

Email: [ontariommh@medaviewhs.com](mailto:ontariommh@medaviewhs.com)

## **Family Services Perth Huron**

*FSPH provides individualized counseling, support services, advocacy, education and referrals.*

Phone: 519-273-1020 / Toll-free: 1-800-268-0903

[www.familyservicesperth-huron.ca](http://www.familyservicesperth-huron.ca)

## **Shelterlink**

Phone: 519-272-2294

Email: [info@shelterlink.org](mailto:info@shelterlink.org)

[www.shelterlink.org](http://www.shelterlink.org)

## **Victim Services**

Phone: 519-600-4108

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

## **Canadian Mental Health Association**

### **(CMHA) Huron-Perth**

Phone: 519-271-6819

Toll-free: 1-888-261-9350

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

## **Senior Services**

### **Alzheimer's Society Huron-Perth**

Phone: 519-271-1910

[www.alzheimer.ca/huronperth](http://www.alzheimer.ca/huronperth)

### **Mitchell and Area Community Outreach**

Phone: 519-348-9765

Email: [maco@ritzlutheranvilla.com](mailto:maco@ritzlutheranvilla.com)

### **One Care**

Phone: 1-877-502-8277

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

### **VON Perth Huron**

Listowel Office: 519-291-5898

Stratford Office: 519-271-7991

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

### **West Perth Village**

Phone: 519-348-8612

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

## Letters to the Editor

Dear Herony Staff;

Wow! I'm certainly impressed with your first edition, a copy of which a local friend passed on to me yesterday. Previous to that, I really was not aware that such a publication was available at any of the listed local outlets. Yes, I had received the earlier email announcing the intention of such a local publication, and, at that time, I had pledged my support upon receiving it. The articles are varied, informative, and of special significance to anyone who values living in West Perth and the surrounding area. Keep up the excellent work; I want you to know that I will be forwarding monetary support in the new year, because I believe fiercely that Mitchell needs a local publication such as this one.

I would like to mention a few things that I found while devouring Herony #1: P. 6 - Our local band is officially known as "The Mitchell Legion Band", even though it draws musicians from Stratford, St. Marys, and Seaforth. P. 6 - Brodhagen Band picture - This was a beginning band class, circa 1953. Names from left to right are: Ray Scherbarth (partially cut off), Ralph Gloor, Robert or Ken (?) Ahrens, Warren Sholdice, Jimmy Arbuckle, Clare French. Standing behind are two regular band members, Harry Adams on the left, and Edward Scherbarth on the right. The floor is made up of sections of the band's dance floor, which the band rented out to anyone who needed a dance floor. Community dances were common back then, often held outdoors or in sheds. The floor sections in this picture were supported on oil drums on the steps of Sholdice's general store in Brodhagen. When I was a kid, Brodhagen was the centre of our world, a thriving village!

P. 6 - The Royal Aires photo was taken in 1964, shortly after the dance band formed. Those pictured are the original members of this Monkton-based group. They are, from the left: Clare French (trumpet), Al Wagner (lead alto sax), Ed Waller (drums), Barry Smith (2nd alto sax), and Madelyn Steiss (Nee Quipp) on piano. The Royal Aires retired from playing on Dec. 31, 2008, and Barry Smith played every date with them during their active years! This picture may have been taken on the stage in the Monkton Fire Hall's second floor. The original

cardboard stands were still being used when the band played its last dance.

P. 9 - The Mitchell Band used to rehearse on the second floor above the left entrance in this photo. Just inside the door, there was a set of narrow stairs up the the band room. The band room had a stove for winter heating.

I've lots more to say, and could go on forever, but that's enough for now. I intend to work on a couple of articles of my own for your possible inclusion in future issues of "the Herony".

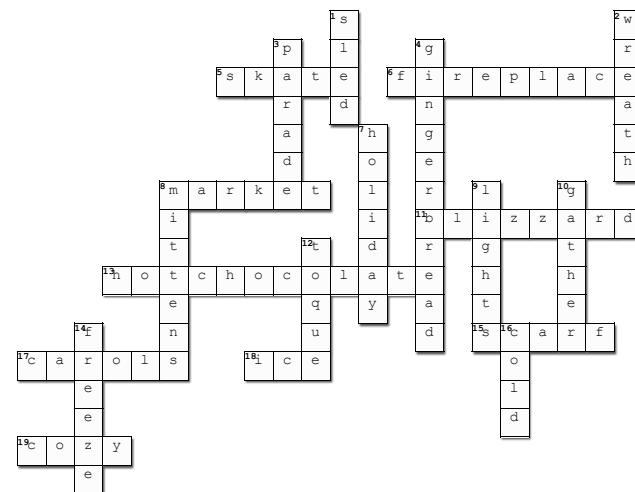
Already an enthusiastic and loyal fan, and sincerely,

- Clare G. French

## Previous Issue Puzzle Answers

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

Our previous sudoku had an glaring mistake. The highlighted 6 was put in as a 3 instead and was therefore impossible to solve. We apologize for the error!



**GADNBEROH** = Broadhegan

**LNTORALFU** = Fullarton

**ONYREHR** = Herony

**UDLBNI** = Dublin

**NKOTONM** = Monkton

**RTHEP** = Perth

**NGOLA** = Logan

**LHLTECIM** = Mitchell

**SRILDSUELEA** = Russledale

**TWHELELOMR** = Motherwell

**UNSBMOTLCA** = St Columban

**AFATSF** = Staffa

# Michele Brenneman



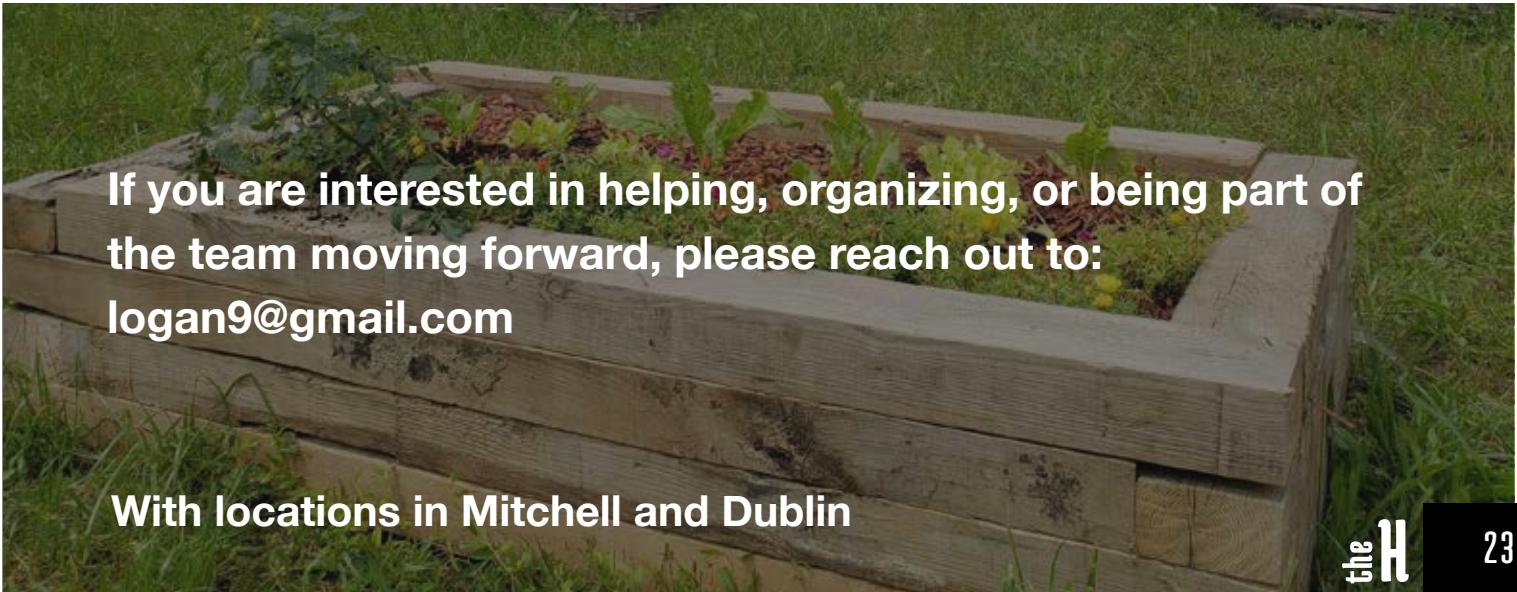
Art has always been a big part of my life. My love for nature and the outdoors is deeply connected to my journey as an artist. I absolutely love hiking, kayaking, and swimming – they let me dive into the natural world. Gardening is another way I connect with nature, bringing me peace and inspiration.

I mainly use watercolour and acrylic paints because they're perfect for capturing the vibrant and ever-changing landscapes around me. I also enjoy repurposing items in my art, giving new life to objects and materials, and adding a touch of sustainability to my creative process.

Nature fascinates me, especially the dynamic ecosystems by the water. The subtle and dramatic changes in these environments continuously inspire my work, pushing me to explore and express the beauty and complexity of the natural world through my art.

In short, my art reflects my lifelong connection with nature, my passion for creating, and my commitment to sustainability. Through my work, I hope to share the awe and wonder I experience in the natural world with others.

## Volunteers Needed for West Perth Community Gardens!



If you are interested in helping, organizing, or being part of the team moving forward, please reach out to:  
[logan9@gmail.com](mailto:logan9@gmail.com)

With locations in Mitchell and Dublin

# Calling: All West Perth!

This is a locally funded and created initiative! Reach out and get involved in this community project! If you have a story to tell, art to share, a child to brag about, or a hobby to explain, we want to hear from you! Send us your business origin stories, your poetry, and your passion projects! Showcase your work, your drive, and your community spirit! We're also looking for financial supporters to help cover the cost of print and production; please reach out for ad pricing.

Contact us at [wp.heronry@gmail.com](mailto:wp.heronry@gmail.com), stop by Mitchell Office Pro (ask for Amelia), or call and text Christina directly at 519-994-1431. We can't wait to bring you on board!

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