

FREE

A WEST PERTH PUBLICATION

the Heronry

Issue Includes

John Drummond: A Devon Obsession

Ordinary Extraordinary People

Blueberry Stuffed French Toast

Community Recipes

The Seiberts of Logan

Our History

Wighty's Repairs

County Business Stories

Vol. 4

March 2026

Photo submitted by Michele Brenneman



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ABOUT THE FOUNDERS

A graphic designer by trade, 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 helping out at the local pottery studio, or working outside her century home as she tries to wrangle it, and her extensive gardens into shape.

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 Heronry'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.

Special thanks to:

John Drummond, Jacob Vorstenbosch, Christopher Creighton, Cheryl Prouse, Dr Carolyn Deck, Visnja Cuturic, Angie Moore, E.K. Johnston, Cathy Hutson, Jennifer Bar, Pam Morgan, Michelle Brenneman, Cheryl Ward, Rimsha Pervaiz, Rita Christie, Ken Faust, B. Lannin, Amelia Faust-Groen, Lauri Leduc, Dianne Josling, and Amy Heatherington

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The Enthusiasm Contagion

Every time I meet a person who is passionate about their work or their art, I find myself tempted to dive into a brand new career. Over the last few years I've considered giving up design work entirely. Sometimes I want to quit because I'm tired of being creative "on demand" and sometimes it's because it's a drag to constantly be looking for new clients, but usually it's because I miss the way I feed off other people's enthusiasm!

The new careers I've considered include: going back to school so I could work as an electrician (courtesy of Ed Mohr letting me assist with ripping the knob and tube out of our house a couple years back), working as a carpenter and applying those skills to redoing half my house (thanks to Reg Ogilvie from Hoffmeyer's), and becoming a potter/pottery teacher.

The latter ended up being a bit more feasible than the first two. Thanks to Visnja at Mitchell Pottery Studio, I've actually been dabbling in teaching this past season. This February, though, I got the itch to be a farmer that specializes in land restoration using plants and cattle.

I came home from my two-hour visit with John Drummond and Jacinta Willems, full of a renewed desire to plant *even more* fruit trees (we already have 3), build a greenhouse, and raise chickens. Of course, I'd also love a Devon cow or two, but while I can imagine a future where the West Perth bylaws might allow for a few *quiet* residential chickens, I highly doubt they're ever going to sign off on letting in-town residents keep cows!

As I get deeper into my role here at the Heronry, I'm realizing that my wandering career eyes are being put to the perfect use as editor! I get to spend my time listening to people tell their stories, and then use the enthusiasm that they spark in me to share those stories with the community! I never planned on being a writer, but there's something special

something that I haven't been able to replicate elsewhere.

For starters, when writing up an interview, I don't have to be the expert on anything (which means that my impostor syndrome tendencies are quiet) I just have to share what the experts are saying! Talking to people from all walks of life also means that I get to "scratch" the part of my brain that's constantly itching to learn new information! And best of all, I get to see the positive impact I can have, both on the interviewees, and on the readers of the interviews.

There's an amazing thing that happens when you give people the chance to share their stories and expertise. If you truly are interested in what they have to say, their face takes on a kind of glow. When you share an interest, or are at least fully invested in hearing someone share, there is a kind of magical chemistry that results. Happiness is magnified, and sorrows are decreased. People feel connected in a way that provides emotional safety, and a comfort that cannot be understated.

In my role as editor I get to experience this magic every time I conduct an interview. I also get to experience it from the other side when I speak about the goals of the Heronry to local organizations and service clubs! When the Rotary Club asked me to speak about the goals of the Heronry, I didn't anticipate the energy that would be generated by my talking about all the good things we hope to accomplish! Apparently my enthusiasm is contagious too!

As we publish our fourth issue, it's our hope that the Heronry will work as a vector to keep spreading this "contagion" around. We aim to inspire the rest of you to share your art, listen to each other's stories, and celebrate the things we have in common! Let's infect each other with the desire to spread that community feeling around West Perth!

The Planning Process

As I've written previously, I'm developing an album for solo harp called *Tales of the Huron Tract: The Whispers That Lay Dormant No Longer*, at this time I'm currently in the research phase. Fundamentally, that means mostly I'm reading books related to the history of these historical sites and the general history of the Huron Tract. I will be using the knowledge I gain from this research to help inform the decisions I make to best capture the essence and characteristics of the historical sites which I will then attempt to incorporate into my compositions.

Come spring/summer, the second phase of my research will be visiting each of these sites where I plan to record my reactions and impressions of these locations; I will also be taking photos of the sites. This information will provide new context that will inform and may change the way I plan to compose these pieces.

I've visited a few locations in person the past few summers, including the Fryfogel Tavern, the Goderich Gaol and Tiger Dunlop's Tomb / Gairbraid, so I've collected some research and photos at these locations already. However, prior to or during my visits this spring/summer, I plan to connect with the site staff and local historical organizations about my project to inquire about additional resources and support, as well as potentially schedule time to compose in these spaces.

Based on my research so far, below are a few of my ideas for four out of the eight pieces I plan to write about. Once I visit these sites and begin the composition process, my initial ideas may evolve and change.

Fryfogel Tavern

I envision this piece as starting with an upbeat and dancelike section - capturing the excitement and uncertainty of pioneers travelling to their new plots of land for a new life. Then, I picture a transition into a slow section that reflects on the poor and challenging living conditions that pioneers would have faced on their travels, including facing lots of

wildlife and bugs, long and bumpy carriage rides or walks, scarce or unappealing food, and lack of privacy. I plan to incorporate elements of Alpine folk music, including Ländler and polka music, to honour the Swiss owner of the Fryfogel Tavern, Sebastian Fryfogel.

Blacksmith Fountain

I plan to write this piece as an atmospheric soundscape with two contrasting sections. The first section will depict the original landscape of the Huron Tract full of trees and wildlife. A motif for the cutting down of the first tree will signal the transition into the second section of the piece depicting the development of civilization on the Huron Tract.

Van Egmond House

I envision this piece to be a rhythmic-based composition inspired by jazz music that transitions into a section inspired by contemporary classical music that keeps building until the end. The initial jazzy section will reflect the rebellious history of Anthony Van Egmond (who joined the rebellion of 1837 where he was captured and passed away shortly after being confined) before fading away like a memory. We'll then shift to the present where Constant Van Egmond, Anthony Van Egmond's son, is successfully building Egmondville, despite losing everything due to his father's involvement in the rebellion.

Goderich Gaol

For this piece, I plan to write a slow, somber lament that captures the dark history of the building and the stories of its residents. As there are so many people and stories associated with the Goderich Gaol, I may not be able to include all of their stories in this piece, and instead, I may have to focus on the general characteristics and history of the building itself. After visiting the Goderich Gaol, I've been playing with the idea of writing a collection of pieces about specific individuals who resided in the Goderich Gaol and their stories as a future project.

John Drummond: A Devon Obsession

From what I understand, John Drummond is fairly well known around these parts, but you'll get conflicting stories about what kind of guy he is. To some he's the owner of Greenbelt Farms and "nutso about the environment," while to others he's the father of the Drummond Brothers (the owners of a local landscaping company). Some will tell you about his ability to "plant trees like stink!" and others will complain about his judgment of "normal farming practices."

Everyone seems to agree that John Drummond is a man of passionate ideals. He's got strong opinions about what it means to be a good steward of the land, and he isn't afraid to let you know that he thinks you're doing it wrong. This of course means that he's none too popular with the type of people who are stuck in their ways, but that doesn't bother him, John knows that everyone and everything grows and learns at their own pace. But it doesn't matter who you talk to, they all pretty much agree on one thing: the man loves his Devons.

If you have the time, he'll tell you the full story of his favourite cattle breed. The man will orate about how the Devonshires went from being the wild cattle of England, to being famous for their quality of milk (Devonshire Cream anyone?) and how, once domesticated, they were so reliable as the small farmer's staple animal for meat, milk, and power that they were present on the ships of the English colonists. He'll explain that the breed was a vital part of the colonists surviving those new English colonies – even though it took several tries before they were properly established.

John will shake his head as he talks about "some aristocrat dude" who changed the focus on English cattle so that they were raised primarily for beef (rather

than nurturing them for all three benefits) and how that ultimately resulted in the Devonshires being bred out of existence in England. The shortsightedness that some people exhibit when it comes to putting profits over basically everything else is something that drives John crazy. That shortsightedness meant that by 1970 the breed was almost extinct.



John giving back scratches to his primary bull, Arbutus

John is anything but shortsighted. In the two hours I spent with him, walking around Greenbelt Farms, seeing the cattle's winter quarters and some of the enclosed areas where they pasture-graze in the summer, he shared so many strategies that he uses to ensure that his land and his animals end

up better off than they were when he started. From trees to food forests, every decision he makes is a conscious choice – made with intention.

His foray into the world of Devons was no different. He and his partner Jacinta had some land that had been severely depleted by what John calls "selfish farming practices" and it needed rehabilitation. All the research pointed to forage-based manure (vs "liquid pickle" the common term for manure in the area) as being the best and fastest way to rebuild that precious topsoil. Jacinta ran across a reference to the Devonshire breed, and was insistent that they were the way to go!

The temperament and multi-use of the Devon breed was appealing – as was the mission of increasing the genetic diversity and number of the breed. While the Devons were no longer as much in danger of extinction as they had been back in the 70s, there was still a lot of work to be done. And so John and Jacinta bought a couple cows from Mount Forest, added a few from Quebec and have been raising breeding stock ever since.

Given the need to build the soil, as well as a desire to ensure he has the healthiest animals possible, John's Devons don't eat anything but their natural forage. Grass, hay, and whatever else they find in the field or amongst the trees is all they eat. He doesn't want the hassle or sickness that comes with feeding a European grazing animal on a crop that didn't exist anywhere near them until they were brought by ship to the new world. John says, "Their digestive system is complex, but it's meant to digest grasses, not modern day corn!"

John also gives his cattle choices! During the winter it's up to them whether they are inside or out. Sure, the man still uses fences to help keep the animals safe, but at night they have full control over whether they want to be inside a barn – or whether they want to sleep outside in -22 degree weather. Even when inside, that glorious fresh air is still blowing through their shelter, reducing the risk of pneumonia and other diseases. Of course, cattle who are exposed to the elements 24/7 eat twice as much as indoor cows, but as John sees it, he doesn't need fans running to constantly dehumidify their space, their hooves don't need as much trimming, and they don't get sick nearly as often – so he saves on equipment, maintenance, and antibiotics what he spends on extra hay.

John views his relationship with his Devons as a reciprocal partnership. He takes care of them, providing safe and consistent forage, ensuring they live long, happy, and comfortable lives. They in turn bless the farm with their nutrients, milk, genetics and, sometimes, beef. He and Jacinta both admit that slaughter day is always a struggle. They know and love each animal they care for. Because they choose to keep their herd at a size where they can manage without many extra hands or fancy machinery, they know their animals on a level that most farmers cannot.

John gets right inside the pens with both the cows and bulls. Giving them big long scratches down the

centre of their spines, he snuggles right up to them – no fear, no fuss. He knows their lives in detail, and he's just full of stories about their intelligence and even their compassion.

According to John, your average beef cow lives eighteen months, and a dairy cow rarely lives longer than about five years; at Devonside, the herd matriarch is just about nineteen and still has a calf every year! John attributes that longevity to the various practices outlined earlier, but the results aren't anything they planned for. The thing that amazes him the most is the way that she teaches and protects the rest of the herd.



The young bulls were feeling a bit shy

"She's always on point for the herd. Always teaches the others. There was one particular point when we had the herd down at Jacinta's Farm, which is over in Fullerton Township. We would go through every Sunday morning

and we'd take handfuls of diatomaceous earth, to put along the backbone of the animals as a preventative for lice. We got the cows back to the main farm one day – and there we have a sort of a cafeteria style feeder of various minerals including kelp, and diatomaceous earth. Next thing we knew there she was, taking her nose, throwing the diatomaceous on the ground, taking her hooves and throwing it up over her back - Giving herself a diatomaceous dust bath. Three days later, the others were doing it as well."

You might think John's a bit of a nut. You might admire his dedication to his principles, laugh at his ideals, or you might not think of him at all. No matter which way you see him, it's impossible to deny that life for John's Devons is pretty much the best life any animal could ask for. How could it be any different when he loves them so darn much?

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.

Echos

Amelia Faust-Groen (Age 11)

You look the same, but I can't even
remember your own name

And it's the best thing we could
do now I'm losing you

Now my mind is flowing like a river,
cause the ice is getting thinner

Wanted you to see that you belong with me forever

Echoes of laughter fade in empty rooms

The exact same of what we did

What is a poem?

Edith F. M. Naylor

A poem is a mood, a sweet fragile thing
Like stardust, or cobwebs, or a frail fairy's wing
A poem is a truth—life lived to the core
Love, hatred, revenge, war.

You can lock a poem in the vault of your heart
'Tis a treasure rare you'll never need part.
I live in the land of poetry
A good deal of the time,
And while others are dealing in gold and dross
Counting their gain and lamenting their loss
I am dealing in rhyme.

A poem is immortality.

*Published with permission of her great-granddaughter
(one of our editors), Amy Hetherington*

Helping Hands

Amelia McFarlane

the Heronry

Local Food Banks

Food banks do a lot for our communities. Often people think about them during the holidays, but they are active all year long. Many families rely on them when unexpected bills pop up or life gets a little harder than expected.

The Monkton Food Bank is a great example of neighbours helping neighbours. It's a community run service organized by Erin Mayer. She keeps track of clients, organizes the food that comes in, and arranges deliveries. What makes the Monkton Food Bank unique is that it operates entirely by delivery. Many of the people they help live in rural parts and don't have means to get to other food banks; this service makes sure they are still able to access support when needed.

In Mitchell, the food bank is run by the Salvation Army and is located in the same building as Upper Thames Missionary Church (80 Rowland St). They operate

on a set schedule (found in our community calendar, online, and on-site). They prefer that their clients make appointments by calling 519-284-2760 so they can get organized before arrival. They organize seasonal food drives throughout the year to help keep their shelves stocked.

Food banks are always in need of donations. Items like canned goods, toiletries, cleaning products, rice, flour, and seasonings are the most useful. Food banks often have arrangements with local grocery stores which allows them to get discounts that your average person does not; this means financial donations often go farther than physical goods - but of course they're happy to receive any items that aren't expired!

Food banks are a vital service for all communities. They're available to anyone who might need a little extra help - short term or long. We're thankful to have these helping hands within our community.

A Kitten Named “Milk”

It’s always hard to describe a pet without sounding super corny, even more so when it’s a kitten. It turns into sounding like a problem child that you’re desperate to convince those around you that they are the best thing that has happened to your life while simultaneously making it sound like the worst mistake ever made. Milk fits that description quite nicely, as he’s my 7-month-old kitten named after the goofy white moustache he has on his little black body. I could’ve named him anything, but seeing him at two months old with a goofy moustache made me immediately think “I could do the funniest thing right now.”



It’s been a strange time adjusting to someone with both the ability to tire me out by just watching him due to how much energy he has, and the ability to lose a fight to a cat that is almost 20 years older than him. Yet it’s that goofiness that makes him so sociable and approachable. I can’t wait for the future as I foresee writing a story about how he gets stuck in the wall for an hour and I’m only made aware of this after hearing funny chirps when I turn on the TV.

Unlike my old geriatric cat, Milk fits the description of ‘cat you got because your first cat was so well behaved only it turns out that second cat is a maniac’. He fits the stereotypical idea of cats with his aloof nature, desire to climb everything taller than him, and greed for food that could topple nations. While he cannot meow for some reason (even though he tries) you can hear his chirps increase in volume and speed when a fork is grabbed or the fridge is opened, and he’ll begin to run circles in place in the vain hope that whatever I’ve grabbed is for him.

On the other hand, he’s also the clumsiest guy I’ve met; he constantly falls off of objects no matter the durability and strength of it. After all, he believes himself to be light as a feather, when in reality he falls like a rock. He also plays fetch. Sort of. With his hilarious waddle of a run, he’ll chase after anything thrown no matter if it’s a toy or a piece of garbage, and then pick it up to carry it. Unfortunately he rarely brings it back, and usually takes it farther away to attack it some more before boredom kicks in.

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).

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

West Perth Community

These events are open to the general community. An asterisk means preregistration or an appointment is required. A dollar sign indicates the event is not free.

March 1 - Sunday

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

March 2 - Monday

Early ON's Play & Learn | 9:30am - 11:30am | 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
Dungeons & Dragons* | 5:30pm - 8pm | Youth Centre

March 3 - Tuesday

Active Adults | 9:30am | West Perth Community Centre
Adult Skating | 12pm - 1pm | Mitchell Arena
Parent & Tot Skating | 1pm - 2pm | Mitchell Arena
Mahjong | 1pm | West Perth Public Library
Mitchell Foodbank* | 1:30pm - 4:30pm | 80 Rowland St
Crafter's Circle | 2pm - 3pm | WPPL (Library)
Drop In | 3pm - 5:30pm | Youth Centre
Mitchell Lions Club | 6:45pm | 160

March 4 - Wednesday

Parent & Tot Skating | 9:00am - 10am | Mitchell Arena
Tales & Tunes | 10:15 - 10:45 | West Perth Public Library
Public Skating | 11:30am - 12:30pm | Mitchell Arena
Adult Skating | 12:30pm - 1:20pm | Mitchell Arena
Lucky Charm Bars | 3pm - 5:30pm | Youth Centre

March 5 - Thursday

Paperbag Princess Day | 5:45pm | West Perth Public Library
St Patrick's Day Crafts | 3pm - 5:30pm | Youth Centre
Grade 5 Spelling Bee | 6:45pm | WP Municipal Office

March 6 - Friday

Parent & Tot Skating | 9:00am - 10am | Mitchell Arena
Early ON's Play & Learn | 9:30am - 11:30am | Mitchell Arena
Mitchell Foodbank* | 9:30am - 4:30pm | 80 Rowland St
Public Skating | 10am - 11am | Mitchell Arena
Adult Skating | 11am - 12pm | Mitchell Arena
Oreos & Milk Day | 3pm - 5:30pm | Youth Centre

March 8 - Sunday

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

March 9 - Monday

Early ON's Play & Learn | 9:30am - 11:30am | 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
Dungeons & Dragons* | 5:30pm - 8pm | Youth Centre

March 10 - Tuesday

Active Adults | 9:30am | West Perth Community Centre
Adult Skating | 12pm - 1pm | Mitchell Arena
Parent & Tot Skating | 1pm - 2pm | Mitchell Arena
Mahjong | 1pm | West Perth Public Library
Free Blood Pressure Clinic | 1pm - 3pm | WPPL (Library)
Crafter's Circle | 2pm - 3pm | WPPL (Library)
Mario Video Games | 3pm - 5:30pm | Youth Centre

March 11 - Wednesday

Parent & Tot Skating | 9:00am - 10am | Mitchell Arena
Public Skating | 11:30am - 12:30pm | Mitchell Arena
Adult Skating | 12:30pm - 1:20pm | Mitchell Arena
Rainbow Fruit Kabobs | 3pm - 5:30pm | Youth Centre

March 12 - Thursday

St Patty's Games & Activities | 3pm - 5:30pm | Youth Centre

March 13 - Friday

Parent & Tot Skating | 9:00am - 10am | Mitchell Arena
Early ON's Play & Learn | 9:30am - 11:30am | Mitchell Arena
Mitchell Foodbank* | 9:30am - 4:30pm | 80 Rowland St
School Skating | 10:15am - 11:05am | Mitchell Arena
Adult Skating | 11:30am - 12:50pm | Mitchell Arena
School Skating | 1pm - 1:50pm | Mitchell Arena
Early ON's Baby Time | 1pm - 3pm | WPPL (Library)
No Drop-In | Closed | Youth Centre

March 14 - Saturday

Family Day Public Skating | 11am - 11:50am | Mitchell Arena
Irish Music at the Library | 1pm | West Perth Public Library
St Patty's Day Fun: Irish Stew and Green Beer at Noon
Live Music from 2pm - 5pm | Mitchell Legion

March 15 - Sunday

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

Events: March 2026

March 16 - Monday

Early ON's Play & Learn | 9:30am - 11:30am | 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
Dungeons & Dragons* | 5:30pm - 8pm | Youth Centre

March 17 - Tuesday

Active Adults | 9:30am | West Perth Community Centre
Leprechaun Slime Making* | 11am - 12pm | WPP Library
Adult Skating | 12pm - 1pm | Mitchell Arena
Parent & Tot Skating | 1pm - 2pm | Mitchell Arena
Mitchell Foodbank* | 1:30pm - 4:30pm | 80 Rowland St
Mahjong | 1pm | West Perth Public Library
Crafter's Circle | 2pm - 3pm | WPPL (Library)
No Drop-In | Closed | Youth Centre

March 18 - Wednesday

Parent & Tot Skating | 9:00am - 10am | Mitchell Arena
Elephant & Piggie Crafts | 11am | West Perth Public Library
Public Skating | 11:30am - 12:30pm | Mitchell Arena
Adult Skating | 12:30pm - 1:20pm | Mitchell Arena
No Drop-In | Closed | Youth Centre
Bat Lab on Location (10+) | 6pm | West Perth Mun Office

March 19 - Thursday

Mega Seek and Find | 11am | Start at the Library
Early ON's Play & Move | 10am - 11:30am | Downie Opt. C.C.
No Drop-In | Closed | Youth Centre

March 20 - Friday


Parent & Tot Skating | 9:00am - 10am | Mitchell Arena
Early ON's Play & Learn | 9:30am - 11:30am | Mitchell Arena
Mitchell Foodbank* | 9:30am - 4:30pm | 80 Rowland St
Public Skating | 10am - 11am | Mitchell Arena
Citizen of the Year Submission Deadline (see page 31)
Adult Skating | 11am - 12pm | Mitchell Arena
Lego Lounge | 11am | West Perth Public Library
Early ON's Baby Time | 1pm - 3pm | WPPL (Library)
No Drop-In | Closed | Youth Centre

March 21- Saturday

Early ON's Play & Learn | 1pm - 3pm | Perth Care for Kids

Nominations are now being accepted for

2025 CITIZEN OF THE YEAR

AWARDED BY THE
Rotary 
Club of Mitchell
IN RECOGNITION OF
VOLUNTEER WORK WITHIN OUR COMMUNITY

Submissions must include:

Nominee's Name	Your Name
Address & Phone #	Address & Phone #

A detailed explanation outlining the reasons why your nominee is deserving of the 2025 Citizen of the Year Award. The information provided will be the only information the club will use to make their decision.

Submit nominations to the Rotary Club of Mitchell,
via Mail: PO Box 225, Mitchell, Ontario N0K 1N0
or Email: rotaryclubofmitchell@gmail.com

DEADLINE:
FRIDAY MARCH 20, 2026

March 22 - Sunday

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

March 23 - Monday

Early ON's Play & Learn | 9:30am - 11:30am | 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
Dungeons & Dragons* | 5:30pm - 8pm | Youth Centre

March 24 - Tuesday

Active Adults | 9:30am | West Perth Community Centre
Adult Skating | 12pm - 1pm | Mitchell Arena
Parent & Tot Skating | 1pm - 2pm | Mitchell Arena
Infant Massage Class Begins* | 1pm - 2:30pm | PCFK
Mahjong | 1pm | West Perth Public Library
Crafter's Circle | 2pm - 3pm | WPP Library
Spring Crafts | 3pm - 5:30pm | Youth Centre

Calendar Continued on Next Page

March 25 - Wednesday

Parent & Tot Skating | 9:00am - 10am | Mitchell Arena
Public Skating | 11:30am - 12:30pm | Mitchell Arena
Adult Skating | 12:30pm - 1:20pm | Mitchell Arena
Tales & Tunes (Age 0-3) | 10:15 | West Perth Public Library
Easter Cookie Cake | 3pm - 5:30pm | Youth Centre
Newcomer Services | 1pm - 4pm | WPPL (Library)

March 26 - Thursday

Early ON's Play & Move | 10am - 11:30am | Kirkton C. C.
Agile Employment Services | 1pm - 4pm | WPPL
Drop-In | 3pm - 5:30pm | Youth Centre

March 27 - Friday

Parent & Tot Skating | 9:00am - 10am | Mitchell Arena
Early ON's Play & Learn | 9:30am - 11:30am | Mitchell Arena
Public Skating | 10am - 11am | Mitchell Arena
Adult Skating | 11am - 12pm | Mitchell Arena
Early ON's Baby Time | 1pm - 3pm | WPPL (Library)
Mitchell Foodbank* | 9:30am - 4:30pm | 80 Rowland St
Night Drop-In | 7pm - 9:30pm | Youth Centre

March 29 - Sunday

Parent & Tot Skating | 9:30am - 10am | Mitchell Arena
Public Skating | 10am - 11am | Mitchell Arena
Senior Book Chat | 11am - 12pm | Ritz Manor Lounge

March 30 - Monday

Early ON's Play & Learn | 9:30am - 11:30am | Mitchell Arena
Mitchell Optimist Music Festival | 12pm - 3pm | MDHS
Parent & Tot Skating | 11:30am - 12pm | Mitchell Arena
Public Skating | 12pm - 1pm | Mitchell Arena
Drop-in Shuffleboard | 12:45 - 3pm | Arena Event Hall
Dungeons & Dragons* | 5:30pm - 8pm | Youth Centre

March 31 - Tuesday

Adult Skating | 12pm - 1pm | Mitchell Arena
Mitchell Foodbank* | 9:30pm - 4:30pm | 80 Rowland St
M.O.M.F.: Dancing | TBD | Mitchell: Crystal Palace

Event Submission Link



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

Service Clubs

Mitchell Optimist Music Festival

In 1947, Ern Harley started the first community music festival, a one-day event featuring seven local church choirs. Over the years, the festival expanded to take in the local rural and in-town schools where Mr. Harley taught school music.

Many local volunteers held the festival together over the years. At one point, the now-disbanded Jaycees were sponsors of the festival. In 2002-03, the Optimist Club of Mitchell became the stewards of this long-standing, revered community event.

The 2026 Mitchell Optimist Music Festival begins Monday, March 30 from noon until 3:00pm at Mitchell District High School.

On Tuesday March 31, step-dancing and dance performances take place at the Crystal Palace, 155 Wellington Street, Mitchell.

April 7, the venue is Knox Presbyterian Church, 92 St. Andrew Street, Mitchell.

Upper Thames Elementary School, 165 Frances Street East, Mitchell, is the venue for Wednesday April 8, Thursday April 9, as well as for April 10, 7:00pm in the evening for the Concert of Stars.

More detailed scheduling will happen once registrations are in. **Deadline for registering is Feb. 28.**

Visit www.mitchelloptimists.ca for updated information, check out our Facebook page - Mitchell Optimist Club or connect with any Mitchell Optimist.

Dianne Josling

Optimist Club President

Intro to Alternative Processes

There was a time when digital photography did not rule. I think that it's safe to say that virtually all photographs made today are the result of digital technology and it's remarkable how quickly traditional methods were replaced by electronic means.

Of course, this makes sense, as most people find digital cameras (especially if they happen to be stuffed into their phones) to be faster, easier and cheaper than film. As well, industry has wholly embraced the digital revolution, as it has streamlined image production on a global scale.

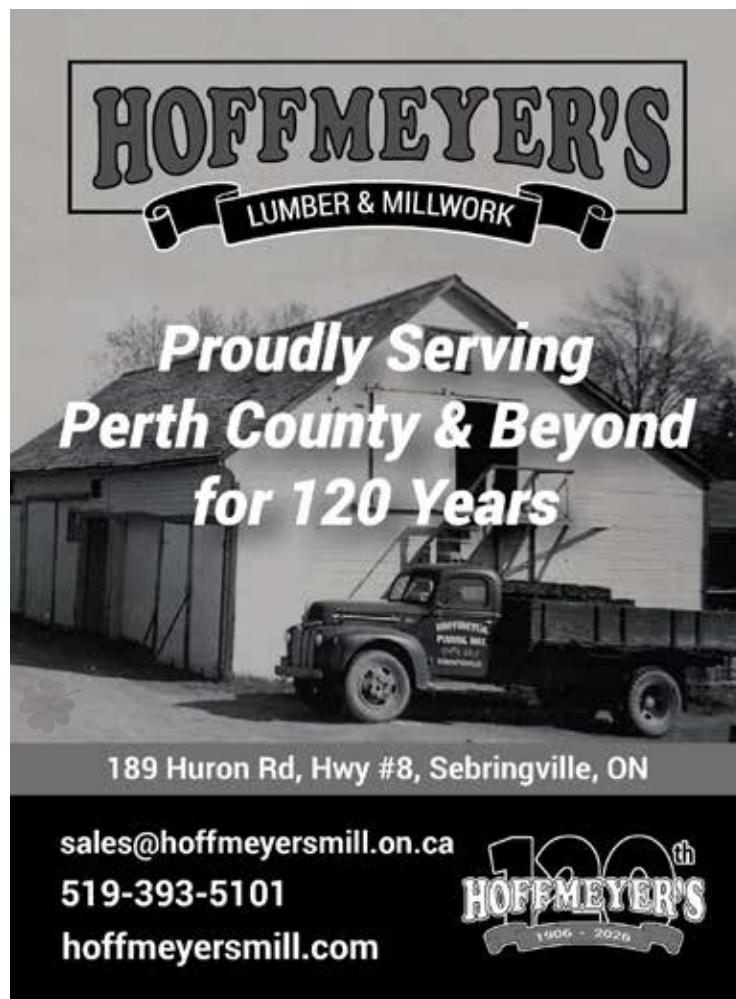
And yet, despite this revolution, greater numbers of people are turning to traditional photography as a means of self expression. Whether the result of finding an old camera in a junk store or an attic - and by using still available films and commercial development services to record thoughts and

events, this trend is gaining favour. And by going a bit further down the rabbit hole, sourcing black and white films and papers that can quite easily be developed and printed at home is piquing the interest of the adventurous few. (I'm a photographic "Luddite" who chose not to pursue digital photography. The challenges and experiences of using long-out-of-date equipment and processes is complicated, rife with problems and frustrations but just too alluring not to do.)

In future I would like to discuss the ways and means for anyone who may have an interest in and willingness to try some of the popular Alternate Processes available today. These will include making an enlarged negative (making a negative the same size as the print that you want to make) from your favourite digital image. That chapter will be the last time that we will deal with digital photography. I promise.

We will also plan for and make a pinhole camera which we will, hopefully, use to take pinhole photographs. This is just about as low-tech as photography can get- no lens, no need to focus and a hunk of black tape for a shutter. We'll also delve into the world of historic printing processes that served generations of photographic artists well in the past. These will include (for a start), Cyanotypes (commonly known as blueprints) and Gum Bichromate (gum) prints.

In addition to the processes and practices, I will include tidbits of information that gave photographic history colour and interest. Plus a few scandals to liven things up a bit. Photography is so much more than the picture of your lunch and I hope that you'll stick around for our adventure and I hope that you'll enjoy it.



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March Bird Bingo

Spot these birds as spring arrives in West Perth



Horned Lark



Canada Goose



Mallard Duck



Redhead Duck



Wood Duck



Black Capped
Chickadee



Cardinal



Sandhill Crane



Bufflehead



Hooded Merganser



Turkey Vulture



Merganser



Snow Goose



Common Pigeon



Ring-Billed Gull



Common Goldeneye

Check off each bird you spot. Get a row for BINGO.

★ = Lucky Sighting



SUBMIT YOUR PHOTO

Send us a photo of you with your bingo card or share your bird photos and get featured!



Blueberry Stuffed French Toast

The kitchen is truly the heart of a farmhouse. Prior to the year 2012 when I opened the door to our home and my kitchen to the public, I had been fortunate to inherit a vast collection of treasured recipes from both my Mother and my Grandmother. They were fabulous cooks!

Over the course of time while I was operating Windbreak Farm Bed and Breakfast there were many requests for these recipes. In 2016, after five years of precious time spent copying and sending these out, I decided to publish a cookbook! Since breakfasts were the meal that everyone savoured here, I called it "Savour the Morning Flavours."



I've always felt that treasured recipes are a lot like our busy days. They begin with early mornings, turn into experiences, become memories, and finally, treasures that we hold and share.

This recipe was always a favourite with everyone and I'm so happy to share it with you!

Ingredients:

1. 12 slices of Texas Toast (white with crusts removed and cut into 1" cubes)
2. 1 (8 ounce) package of cream cheese (cut into small cubes)
3. 2 generous cups of fresh or frozen blueberries
4. 9 eggs (beaten)
5. 2 cups milk
6. 1/2 cup maple syrup
7. 1 tsp cinnamon

Directions:

1. Grease a 9" x 13" pan generously with butter and dump in the bread cubes.
2. Top this with the blueberries and cream cheese (can cover and refrigerate at this point if you wish to cook the next day)
3. In a bowl, combine the eggs, milk, maple syrup, and about a teaspoon of cinnamon
4. Whisk well and pour over the bread mixture evenly
5. Bake at 350 fahrenheit for approximately 45 minutes (until a knife inserted in center comes out clean)
6. If it is browning too much you can cover lightly with foil for the last 10 mins of baking.
7. Let dish stand for about 10 mins before serving.
8. Serve warm with fresh whipped cream.

The Sugar Maple Restaurant

89 A Ontario Rd, Mitchell ON (519) 348-0953

Open Tuesday - Saturday

Serving Breakfast & Lunch

Specializing in Homemade
Soups, Sandwiches & Salads
Burger & Fries,
Donuts and Other Baked Goods



FOLLOW US  

Tufted Titmouse

What is a titmouse? It's a cute lil bird that looks like a grey cardinal! They are so cute! I love their big dark eyes and the tuft! That upright 'mohawk' you see is not decoration, it signals alertness, dominance, and readiness in a bird that survives by being bold.

Tufted titmice are close relatives of chickadees and share the same fearless behaviour. You will often see them together at backyard feeders in winter. The crest helps communicate mood and awareness to other birds. They cache seeds constantly, relying on memory to survive food shortages. Winter favors confidence backed by preparation. Caching, awareness, and strong territory defense keep this bird alive when resources are low.



The titmouse is not loud by accident. It survives by being seen, heard, and ready. It has the sweetest, unmistakable call/song. Just like the chickadees, some will even eat from your hand once they are familiar with you. They love peanuts and sunflowers. Keep an eye out for these sweet guys at your feeders!



Please submit your bird and wildlife photos to this publication!

Email us at wp.heronry@gmail.com



Horned Lark: Submitted by Rita Christie

Our Backyard

By Cheryl Ward

Our backyard is all about nature and helping the survival of those who need us. Once you start to feed a critter, it is important to continue all year round. We have dependents, and in return we receive the love, and peace that nature brings us.

Planting a variety of flowers and bushes is necessary for bees, butterflies, fireflies, blue jays, orioles, and so many more species.

When we give to nature, nature gives us so much in return - including love and beauty for our eyes.



Black Squirrel: Submitted by Amelia McFarlane



Bald Eagle: Submitted by Rita Christie



Snowy Owl: Submitted by Rita Christie

Community Resources

Municipality of West Perth

Phone: 519-348-8429
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

Seaforth Community Hospital Seaforth, ON
Phone: 519-527-8404 Website: www.hpha.ca

St. Marys Memorial Hospital St. Marys, ON
Phone: 519-284-1332 Website: 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

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

United Way, Stratford, ON

519-271-7730 / Toll-Free: 877-818-886
www.perthhuron.unitedway.ca

Canadian Human Trafficking Hotline

Phone: 1-833-900-1010

www.canadianhumantraffickinghotline.ca

Farmer Wellness Initiative

24-hour support for farmers and their family members.

Phone: 1-866-267-6255

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

Huron Perth Helpline and Crisis Response Team

Phone: 1-888-829-7484

www.hpha.ca/mentalhealth

Kids Help Phone

Phone: 1-800-668-6868

Text 'CONNECT' to 686868

www.kidshelpphone.ca

One Stop Talk

Phone: 1-855-416-8255

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

Counseling Services

Alcoholics Anonymous

If you want to drink, that's your business, if you want to stop, that's ours.

1-800-706-9833

Meeting locations found at web@aad4.org

Alateen

Support for teenagers with alcoholic adults

Online meetings every Wednesday on Zoom

HopePrevailsAlteen@gmail.com

Huron Perth Centre

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

Stratford Office: 519-273-3373 ext. 2221

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

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

Shelterlink

Phone: 519-272-2294

Email: info@shelterlink.org

www.shelterlink.org



Victim Services

Phone: 519-600-4108

www.victimserviceshuronperth.ca

Canadian Mental Health Association (CMHA) Huron-Perth

Phone: 519-271-6819

Toll-free: 1-888-261-9350

www.cmhahuronperth.com

Senior Services

Alzheimer's Society Huron-Perth

Phone: 519-271-1910

www.alzheimer.ca/huronperth

Mitchell and Area Community Outreach

Phone: 519-348-9765

Email: maco@ritzlutheranvilla.com

One Care

Phone: 1-877-502-8277

www.onecaresupport.ca

West Perth Village

Phone: 519-348-8612

www.westperthvillage.ca

The Seiberts of Logan

There are places in Ontario where the past still lingers in the fields, and the wind seems to carry the memory of those who first broke the soil. Once known as Logan Township, tucked into the northern stretch of Perth County, is one of those places. Now known as a greater part of West Perth, its earliest roads were once little more than rough trails through dense hardwood forest.

Among the first to carve out a life here were the Seiberts, a family whose story has become woven into the quiet fabric of the township's early years.

Franz (Francis) Seibert (1803 – 1897) arrived in 1837, settling on a corner lot surrounded by dense unexplored wilderness. This lot was listed as Concession 1, Lot 1, on the 1851 agricultural census. His name is noted here as Sibert, keeping in mind that spelling and handwriting sometimes leaves much to be desired when researching records.

In 1837, the land was thick with maple and beech, the kind of forest that swallowed sound and made a person feel very small and alone. Thankfully, he was not alone. Together with his wife, Catherine (Gordner)(1809 – 1890), and at least one daughter (Margaret, 1832 – 1919) in tow, they set their sights on the new world. Franz and Catherine hailed from Bayern, Bavaria, Germany, where they married in 1832, prior to their decision to come to Canada.

Although it is unsure if they made the journey together, records show that Catherine's parents, Johann Georg

Gordner (1783 – 1860) and Margaret (Langacker (1784 – 1855) also joined them in Logan township. Whether they were following dreams of their own or supporting their daughter and her young family, we will never know. But the call of a new world was loud and inviting.

The Seiberts, like so many pioneer families, carried with them a stubborn faith that the land would reward their labour. The promise of hope and prosperity were weighed against the hard work and struggles that lay ahead; it was a gamble they were willing to take.

From the very first day, hard work welcomed them with blistered hands. They needed to build a cabin, clear enough ground for a first crop, and slowly begin the work of turning forest into farmland. To ensure they earned their land, a set number of acres were required to be cleared each

year; failure to do so could result in forfeiture and loss of the property.

In those days, life was measured in seasons, by the steady rhythm of planting and harvest, sunrise and sunset with no reprieve on frozen mornings. While they were working, they were also adding to the growing community. Their family welcomed sons: Frederick (1839 – 1909), Franz (1841 – 1869), George (1843 – 1869), Phillip (1845 – 1924), and daughters: Katharina (1846 – 1869) and Anna Maria (1853 – 1919).

What set families like the Seiberts apart was not only their endurance but their willingness to build community where none yet existed. When the first



Map of Logan Township

township meeting was held in 1844, it was settlers like the Seiberts and others who gathered to discuss roads, schools, and the shared responsibilities of a growing settlement. Their decisions were practical, shaped by the realities of frontier life, but they were also hopeful. They imagined a township that would outlast them, one where their children and grandchildren could thrive.

As more families arrived from the British Isles, Pennsylvania, and the German states, the Seiberts became part of a network of neighbours who relied on one another for survival. Barn raisings, harvest gatherings, and shared labour were not just traditions but necessities. In those early decades, a family's prosperity was often tied to the strength of the community around them. The Seiberts contributed to that strength in quiet ways: offering help when illness struck, lending tools, sharing seed, and opening their home to newcomers who needed a place to rest before claiming their own land.

Over time, the township changed. Roads improved, mills were built, and the dense forest gave way to open fields. Children who had grown up in log cabins longed to attend proper schools, and as the first churches rose on land donated by the very families who had once worshipped in their kitchens.

Through all of this, the Seiberts remained rooted in the place they had helped shape. Their descendants spread across the township, marrying into other pioneer families and carrying forward the values of hard work and neighbourly care. All contributed to building a community, but there are always a select few that stand out and make their mark a little darker or deeper.

From the Seiberts brood, it was Phillip, securing land and remaining in the area. Records show Phillip and his brother Frederick shared a farm and a saw mill, located on Concession 3, lot 5. A portion of this property would be sold to erect a school for local children. More details can be found in "A Historic look at The Township of Logan Perth County, Ontario Pride in our Past – Faith in our Future" by James L. McCallum.

His writings mention Phillip and his connection

with the S.S. #9 and reads as follows: "The first schoolhouse of S.S. #9 was built in 1877 on the east side of the road and south from the present school house of "Gordner's Hill". It was built on Lot 5, concession 3, one hundred rods north of the corner on a half acre of the farm then owned by Phillip Siebert. The land was purchased from Mr. Siebert for \$50 by the trustees John Ingram, John Busch, and Samuel Harris on November 9, 1878. The school was 38 x 26 and of a brick construction. There was no gate but there were steps up and down each side of the fence. It had ten windows, four rows of double seats, and a box stove. It was built on sand and the foundation crumbled, forcing the replacement of the school. This building was sold to Charles Bain and brick was used in a home in Mitchell." Which home, I do not know.

The second mention of Phillip Seibert, in the same publication honours him as acting Deputy Reeve in 1879, showing further his interest in contributing to a growing community and nation. Thus, solidifying the family's place in early days of West Perth and finding their place on the list of Pioneering families that we pay our respects to.

Today, most of the family remains together with members resting peacefully at the First St. John Lutheran Cemetery, in Sebringville, Ontario. As you walk the grounds you will find the stones and Franz and Catherine Seibert, Johann and Margaret Gordner, her parents, and their children Francis, George and Katharina. Phillip was laid to rest in Mitchell at the Grace Lutheran Cemetery with most of his family. The eldest daughter Margaret seems to have traveled the farthest - taking her last breath surrounded by her family in Brandon, Manitoba.

Today, when one drives through what was once Logan Township, it is easy to overlook the traces of those early years. The farms are modern, the roads smooth, and the hardships of the 1830s and 1840s feel impossibly distant. Yet the legacy of families like the Seiberts is still present. It lives in the layout of the concessions, in the old stone foundations hidden in the woods, and in the stories passed down through generations. It lives in the quiet pride of those who still call this place home.

Wighty's Repairs

A brother and sister running a powersports repair shop together wasn't the initial plan, but for John Wight and Teresa Schoonderwoerd it somehow makes perfect sense now. Both were raised just outside Mitchell on Line 39 where chores came before anything else and "free time" usually meant there was more work to get done. Their parents both held full-time jobs on top of farm life, so John and Teresa both learned early that if you wanted something, you worked for it.

Turns out, that's basically the job description for small business owners. If you had told Teresa years ago that she'd be running a repair shop with her brother, she would've laughed pretty hard. "Never in a million years and definitely not together," she says.



John always had a knack for anything with a motor. He went to school for small engines in Peterborough and worked at many local dealerships before starting his own. Teresa's path looked completely different. She went to college in Windsor and had a career as a Dental Assistant, eventually managing a dental office in Stratford.

But life had other ideas then she did. She went on maternity leave and jobs in her field dried up. Around the same time, John decided he was done working for someone else and figured he'd try opening a small repair shop. Teresa offered to help. "Just with the books for a bit," she says. Almost twenty-five later, she's still "helping" with the books. Funny how things work out.

Withing the first year, John realized this wasn't just a side gig. He got busier than the rented shop could handle, so he took a leap. He bought land on the west end of Mitchell and built the shop many locals know today.

Those early days weren't exactly glamorous. Long hours, tight finances, and a lot of "lets figure this out" moments. Good thing hard work wasn't new to them, they just kept showing up.

For John, the passion has always been the machines and making them run like they should. For Teresa, it's the people. "Our customers have become our friends, we've really put our heart and soul into this place," she says. You can honestly feel that the second you walk through the door. They jokingly call it a bit of a 'Cheers' type atmosphere. Regulars are greeted by name, conversations happen at the counter, and it's not unusual for someone to stop by just to say hello. More than a few customers have even said they'd rather make the drive there than deal with

a big-city dealer. That kind of compliment sticks with you.

Day to day life at Wighty's depends entirely on what rolls through the door. Some mornings they're busy before they even unlock, and lunch doesn't happen until someone finally notices it's 3:00pm. Other days are a little calmer and give them time to catch up on the never-ending to do list. With a small team everyone jumps in wherever they're needed and covers for each other. There's usually a coffee or tea nearby, music playing in the background (sometimes louder than it should be, Teresa admits), and the occasional popsicle from the freezer. Nothing fancy. Just real life and lots of work getting done.

Despite what most people say about working with family, they actually make a pretty great team. "He knows when to leave me alone on a bad day or pick up my slack," Teresa says, "and I'll do the same. No questions asked. After this many years, you don't

really need to explain things. You just know.”

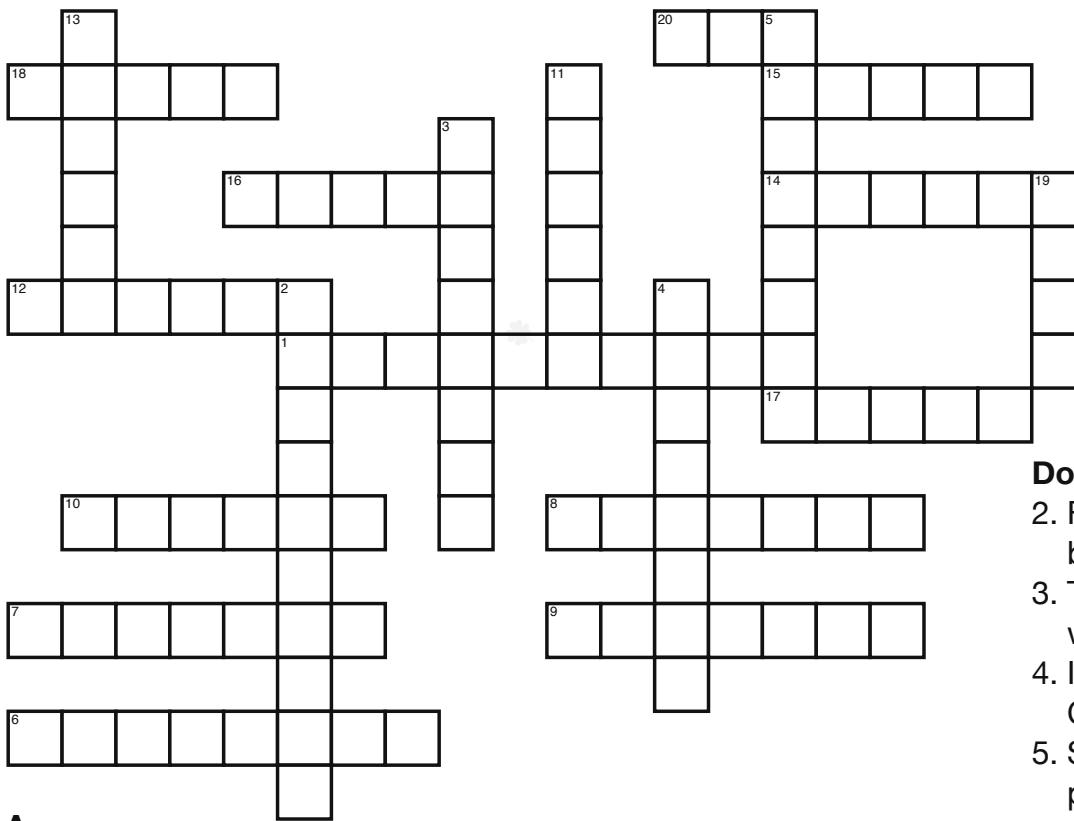
Staying in Mitchell was never a question. It’s their home. Always has been. They believe strongly in supporting local, whether that’s donating to teams and charities or simply doing their best to shop close to home. Because small towns only work when people look out for each other.

This October, they are celebrating 25 years in business. Running a small business isn’t easy, but for John and Teresa it’s been worth every long day and greasy pair of coveralls.

When asked what they hope people feel when they walk through their doors, Teresa keeps it simple: “Friendly and comfortable. Like they want to come back.” For many of their customers, that’s exactly how Wighty’s feels: Good people, doing honest work, with a bit of laughter mixed in.

Do you have a West Perth Business? We publish your origin stories for free! Write your own, or contact us for help! Submission deadline is the 15 of each month.

Crossword Puzzle



Across

1. Mischievous fairy said to guard a pot of gold (10)
6. Traditions passed down through generations (8)
7. Nickname gem representing Ireland’s lush green landscape (7)
8. Mythical path leading to hidden treasure (7)
9. Country honored on the holiday (7)
10. Plant often mistaken for a lucky shamrock (6)
12. Cultural heritage tied to Ireland and Scotland (6)
14. Season that begins in March (6)
15. Feeling or charm associated with four-leaf clovers (5)
16. Month when St. Patrick’s Day is celebrated (5)
17. Color most worn to avoid getting pinched (5)
18. Playful penalty for not wearing green (5)
20. Traditional Irish social gathering spot (3)

Down:

2. Four-leaf variation believed to bring extra luck (10)
3. Three-leaf symbol associated with Irish luck (8)
4. Instrument commonly heard in Celtic celebrations (8)
5. Short wish for good fortune or protection (8)
11. Traditional Irish language (6)
13. String instrument common in Irish folk music (6)
19. Treasure at the end of the rainbow (4)

Every Day vs Everyday

What's the difference, you say? Well...

Every day is a time expression. For example:

Some people drink coffee **every day** at the Sugar Maple.

Valu-mart has specials **every day**.

And this:

Every day provides an opportunity to learn something new.

Every day, we can learn something new about English.

BUT: Everyday (one word) is used to describe a thing:

I wear my **everyday** clothes to work, but my fancy clothes to weddings.

Caviar and filet mignon are not **everyday** foods for most of us.

It's just another English thing!

SHAMROCK HUNT



We've hidden shamrocks all over this issue in honour of St Patrick's Day! Can you find them all?

Kid's Corner

LOGIC PUZZLE

Three people live on a street. Each person has a different job and different hobby. Can you figure out the pets and hobbies that go with each name?

- Sarah does not have a dog
- The cat belongs to the person who likes fishing
- Mike enjoys painting
- Linda is not the gardener
- The parrot is owned by the gardener

Person	Pet	Hobby
Mike		
Sarah		
Linda		

Word Search

Q R C X F P T H O C A K K I S Y V T A Q D Z L L B M E M M N
D M K S M Q T S O M F V Q X P H W I N D Y K H G A F H B F P
P Z B Q F L T Z C C X Y J E R D A Z J D C K W D H T O T P L
K T G N T T S X E I L O B W I D N F V O G E C E P B H S V R
M I H O I R H L A E N T G R N U O S T H P E Q E G T W E E Y
P Z V Y T A H E N R I N O E G Y Z T W M A Z S I D O S V Q
F R M T E S I P C A C Y X N J V G P G H V E B E R R H M G Q
G H C Z N F C R A U B K F E W O X A P Y O A Z D A M F G X D
R H S P R Q C E G E U L L W I I A T G O O B I E I C E P F W
W D Q A W G G C I W A U L A Q M N R R D T B C M N N Z Q I G
A W X X J O R H W G J S J L O A W I L Y B O Z C I D J J W J
G S A X D C A Y U D A T F X R S C H D V W F Y E X S F O M
K C F H D D S U L H P L S E S C O K A A M R R G R X C W B C
S W D P L A S N J E S B T M R H H S I O Q P H C O C P G D G
E Q Y T M Y J K K K O J O U C J R D A F F O D I L L H R O L
R G C X U L B U Q C W N R C C L Z A A M C X H D K M D E U U
X F E J D I G C V Y B B M G Z Z K Y J K E Q I N Z C L E L C
T I L P R G T I V D N S S T S E O J Y W C C C A D L E N E K
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| Awakening | Green | Renewal |
| Blossom | Growth | Shamrock |
| Daffodil | Leprechaun | Showers |
| Daylight Savings | Luck | Spring |
| Easter | March | StPatricksDay |
| Flowers | Pot of Gold | Windy |
| Fresh | Rain | Storms |

AI: The Environmental Cost

Welcome back to The Heronry's ongoing series about issues surrounding the use of AI, with the hope of raising awareness of how it works and how you can use it safely. Today we're going to talk about the environmental cost of Generative AI.

The first thing to understand is that there's no such thing as "the cloud". We think of the internet as this ethereal digital place that doesn't really exist, but the truth is that every part of it has a real physical location somewhere in the world on something called a server. A server is a massively scaled up version of your computer's memory, but it can only hold so much, so we need a lot of them. A collection of servers is called a server farm or a data centre (if you want to sound classier, I guess). This is where the problems start.

Computers generate heat as they work. That's why your laptop warms up and why your Xbox needs a fan. This heat is usually pretty manageable when it's just your own devices, but imagine a warehouse full of them, chugging away and producing heat as they go. Even with the AC cranked, the servers can't be kept cool enough to stop them from overheating (usually when a computer overheats, it just shuts down, but eventually it can incur physical damage), so we have to do something else.

This is where the water comes in. Water is excellent at transferring heat, so it seems like the perfect solution. Cool water is piped through the server farms, around the individual servers, and thanks to thermodynamics, the heat moves from the server to the water. Then it's piped away where 80% of it evaporates and the rest is waste. Even if a data centre has recycling capabilities, they still lose the bulk of their water every time.

And it's a lot of water. It is estimated that asking ChatGPT to write a 100 word email is like pouring a bottle of water straight into the ground. A medium-sized data centre uses as much water every year as 1000 households over the same amount of time. Server farms draw both their electricity and water

from existing grids. If we got a data centre in West Perth, our water system and wells would jump from supporting 4500 people every year to supporting the equivalent of 5500. The same is true of electricity. There are already places in the US where data centres are causing brown outs in communities. Worse, many of the companies who built these centres were given the utilities as an incentive, meaning that local residents cover their bills. Generative AI puts strain on the grid and limits the access of local communities of their own resources, and it's the communities who pay for it.

The water use thing isn't exclusive to Generative AI. As stated above, "the cloud" uses it, and we all use the cloud for a lot of things. You might also remember the controversy over the glass plant that happened in Stratford

However, as we move forwards, it is important to consider the best way to use our resources—like how we don't water our gardens during a drought—and I remain unconvinced that Generative AI is it.

Source: <https://www.eesi.org/articles/view/data-centers-and-water-consumption>

In future issues of the Heronry, we will look at three more issues to be aware of with regard to Generative AI: the unsustainable business model, the social problems, and the effects on other developing technologies.



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Community Garden History

West Perth had a small community garden space behind the Perth County Operations building for several years already when Andrew Fournier convinced his work (Faddis, an Ekho Company) to provide the supplies needed for him to use that space. He spent the summer planting, weeding, and watering – ultimately proving to his bosses that community gardens could work. The experiment was a success and his fellow employees loved the fresh produce, however the increased traffic caused by his use of that space made Perth County uneasy. Due to safety concerns about having more people in the Operations Yard, and they asked him to relocate.

The following year in his position as a municipal councilor, Andrew worked with the local conservation authorities (UTRCA and the ABCA), and acquired permits to use Scheme 43 lands in Mitchell and Dublin for the project. With the pre-existing support of Faddis Concrete Products, and the cooperation of the Municipality and armed with West Perth Public Library's Seed Library, he had enough materials and financial backing to build more than thirty planters!

Garden Chairperson and Coordinator Logan Brinn joined the initiative in 2025 to help Andrew ensure the gardens operate effectively. He took on the task of managing social media and general communications, and also focused on increasing outreach efforts. Through his efforts, community engagement has grown and their impact has increased visibly.

Today, the gardens are still 100% volunteer-run and supported entirely by community involvement. All donations go directly back into maintaining and expanding the gardens, with the shared goal of improving local food security. As grocery prices continue to rise and food access becomes more challenging for many, the gardens aim to provide meaningful, immediate support to those who need it most.

The West Perth Community Gardens are always looking for volunteers to help tend the gardens and support ongoing efforts. Community support has been essential to the success of this project, and we are deeply grateful for everyone who has contributed their time, resources, and encouragement.

Our website launched recently and includes information on current garden conditions, volunteering, and donations. To get involved, please visit www.westperthgarden.ca or email westperthgardens@outlook.com.

Together, we can continue building food security and strengthening our community. **One garden at a time.**



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Seasonal Transitions and More

The page on the calendar has turned. The “season” is turning. March in Rural West Perth is indeed a time of transition: a welcome transition for some, like myself, who hope we are soon to be done with bundling up from head to toe, shovelling, checking the weather radar before every trip to town, carrying a pail of hot water along a challenging path to my chicken coop every morning. But, oh, as March assuredly shifts us towards spring, there is a promise for much to look forward to.

In mid March of 1990, our “family” began a transition. Having recently moved to Southwestern Ontario from a place in the far North, we were still searching for a new place to settle, call home, check all the boxes, so to speak. We had made the 700 mile trek from Hearst to Oxford County a few months prior but the “feel” just wasn’t right.

The timing of the annual March school break seemed right for my school teaching husband, our two children and myself to contact real estate agents to help us search out a country home. Luck would have it that March of 1990 in West Perth (then known as Fullarton township) was unseasonable warm. Roads were bare and landscapes were revealed as white no longer blanketed all from view. Snowbanks had retreated, warmth winning the battle for open space.

Our “wish” list contained some criteria: rural properties only, enough acreage to pasture my two horses, grow a garden, plenty of space for our children to play and grow, close enough to a town but private and on a quiet road. Oh, I should mention that I was carrying our third child who would arrive within the month!

After more than twenty years spent in the far North,

life in the South was vastly different for us, but we embraced the changes as a time of transition... much like how the month of March is a time of change, a promise for the freshness of a new season. We anticipated new beginnings for our family lifestyle.



Following a time of much searching, discussing, comparing and decision making we finally “signed on the dotted line”. The old red brick farmhouse along with its encompassing two acres of land was ours! The property, both the buildings and the land were in need of some TLC. Yet, all of it overflowed with potential.

Ideas and excitement fought for space in my thoughts. We all knew that in time, this place would “check all the boxes”. Yes, we would have to physically remain in Oxford County until the school year drew closer to an end in June, but our purchase was secured and we were thrilled! Fullarton township, here we come!

The March of 1990 was a month that turned the old saying: “in like a lion, out like a lamb” upside down. The earlier days of the month had come in like a lamb: to a point where the persistent fog was so unrelenting, one felt like their face was buried in the coat of a warm, fuzzy lamb! The persistent fog swallowed our senses with an opaque silence. But, alas, as the days of March wore on, the winds of transition blew in.

Crystalline skies appeared. A brief return of winter was unleashed, including the famous snow squalls of West Perth growling like a lion as those last few days of the month played out. By the end of March the annual transition of winter to spring was almost finished! The Hutson transition to a family of five was complete but there were other changes to come!

Library Program News

With any luck, the winter will begin to wane shortly and spring will arrive. By the time you read this, we will have welcomed our new CEO to the West Perth Public Library. Please pop in to say hello the next time you are downtown.

That is not our only big news though. We have a month loaded with activities here at the library. Hey Dragon!! Dress up as your favourite princess or dragon for our fourth annual Paper Bag Princess Day. This year we will enjoy a reading of the Robert Munsch classic on Thursday March 5, at 5:45pm. Join friends for the story, crafts, and more. This is an all ages, family event. For the babies and tots, Tales and Tunes restarts on March 25, at 10:15am, join Pam for music, stories and fun.

Not all of our programs are for the kids! March brings a plethora of programs for the entire family! We have Irish Music at the Library- March 14, at 1pm. Local music with an Irish flair. All ages are welcome. Senior Fitness continues through the spring. Join us each Tuesday from 9:30-10:30 at the Community Centre for some FREE Fitness. This program is ideal for ages 55+ and led by local instructors, trained by the Canadian Centre for Activity and Aging. *Please be aware that there will be no fitness class on March 17.*

To aid in your job search, Agilec Employment services will now be joining us on the 4th Thursday of each month. Drop in between 1-4:40pm to access this fantastic service.

March Break will be bustling this year at the library! Our headline event is **Bat Lab on Location**. Join scientists from the McMaster University Bat Lab as they tell us all about their work with bats, and then get up close and personal (but no touching) with the bats from this amazing lab! This event is ideal for people ages 10+ and will take place at the Municipal Office on March 18. Registration is required, so book your spot early! Registration details can be found at www.westperth.recdesk.com.

Our other exciting March Break events are happening in the library, March 16-20, daily, at 11am. Join Pam and I, for STEAM Stations, Leprechaun Slime (register online for this one), Elephant and Piggie Crafts, Mega Seek and Find, and LEGO Lounge. Check out details about ideal ages and registration on our website: www.westperthpl.ca.

Remember, the Constructors Cupboard and Game Cabinet are open whenever the library is. Bring the kids down to do a puzzle, build with our magnet-tiles, or meet up with a friend.

If getting out of town is on your plan for March Break, the library can help with that too! Download our Libby app to listen to books while you travel. Or, check out one of our community passes and enjoy free access to a local park, conservation area, or museum.

Keep an eye on the library website for information about our April programming, the opening of our Seed Library and of our Pollinator Garden Bed. We cannot wait to see you in the library this month!



The Murder of Jessie Keith

It was a regular day on the Keith family farm near Listowel on October 19, 1894. Jane Keith was making a pot of stew, and she ran out of barley, so she asked her 13-year old daughter Jessie to make the two mile walk into town to get some more. After a few hours, Jessie hadn't returned. Mrs. Keith was growing worried, so she asked her husband, Willam and their sons if they had seen Jessie. They reported that they had not. After some more time passed, Jessie still had not returned so Mr. Keith and one of the sons walked into town to try to find Jessie.

They checked with local merchants and talked to some people they knew, and they all reported that Jessie had been spotted in town and that she had been to various stores and made purchases. But there was no sign of her. So, the men headed home in the hope that they would find Jessie waiting there. However, when they got home, they found that she still wasn't back.

In the fall darkness comes early, so Jessie's parents asked some friends and neighbours to help them find their daughter. People walked up and down the railway tracks, the path that Jessie took into Listowel, hoping to find her. With lanterns and torches they looked for the girl – calling out her name and searching in vain. Then someone made a startling discovery – they found poor Jessie's body in a shallow grave. She had been the victim of a brutal crime and left for dead in the swampy woods.

The police were summoned and the investigation began. John Hossie, the Perth County Sheriff, took a train from Stratford to Listowel that very night to help with the case. When the Sheriff saw the crime scene, he was shocked. The crime was so distressing that the police speculated that perhaps Jack the

Ripper had made his way to Listowel, Ontario.

A detective with the Province of Ontario named John Wilson Murray was called in from Toronto to aid with the investigation. Murray was well-known for his pioneering investigative techniques, (he is the basis for the character William Murdoch in the popular CBC drama, Murdoch Mysteries).



Jessie is pictured in the middle.
Photo courtesy of the Stratford Archives

The investigation quickly focused on a stranger who arrived in Listowel a few days before Jessie's murder – a hobo of sorts who rode the rails and went from town to town seeking food, work and shelter. Five days after the grizzly discovery of Jessie's body, an arrest was made near Guelph. Amedee Chappelle, a drifter born in Quebec, was arrested for the crime. He was transported to the

Stratford Jail to await justice.

The trial took place and Chappelle was found guilty of the murder of Jessie Keith. He was sentenced to death by hanging. On May 31st, 1895, he was the first person to be hanged in Perth County. The crime and the trial captivated not only Perth County but the entire country. Journalists from across North America descended on Listowel after the murder took place and they flocked to Stratford a few months later when Chappelle was put on trial.

The tragic murder of Jessie Keith and the trial of her killer is one of the darker stories in our history. There are many spooky tales associated with this crime; if you are interested in learning more information about our less savory past, follow along in future editions of the Heronry or join us on a walking tour around Stratford or St Marys.

The Truth about Bad Breath

We've all been there - discreetly breathing into our cupped hands before a meeting or a first date. Bad breath (or halitosis, if you want to be fancy) is something we all worry about but rarely talk about.

As dentists here in town, we get asked about this daily (mostly by parents concerned about their kids). Here's a professional secret: we wear masks all day long and work just inches away from people. If we can't smell your breath through our masks, you're likely doing just fine! But if you feel like you're constantly reaching for a mint, it might be time to look at what's actually going on.

Where does it come from? About 90% of the time, the "smell" starts right inside the mouth. Think of your mouth as a tiny greenhouse. It's warm and wet—the perfect place for bacteria to hang out. When those bacteria break down leftover food, they release sulfur (which, as we know from high school chemistry, smells like rotten eggs).

If you have "morning breath" or your mouth feels like a desert because of certain medications, you don't have enough saliva to wash those smells away. Other times, bacteria are hiding in tiny pockets caused by gum disease or a cavity that a toothbrush just can't reach.

Tired of masking it with gum? Try these habits instead:

Clean your Tongue: Most bad-breath bacteria live on the bumpy surface of your tongue. Using a tongue scraper or even just gently brushing your tongue every morning makes a world of difference.

Hydrate, Hydrate, Hydrate: Drink plenty of water to keep your saliva flowing. If you have chronic dry mouth, look for an alcohol-free mouthwash; alcohol actually dries your mouth out more!

Floss Like a Boss: If you aren't flossing, you're leaving about 35% of your tooth surfaces dirty. That's like washing your car but leaving the doors covered in mud. Leftover food sitting between teeth is a primary source of odor.

You know to avoid garlic before going out, but some offenders are more sneaky:

Coffee Breath: Coffee is high in sulfur, and the caffeine dries your mouth out creating a stagnant environment where bacteria thrives.

The Keto Effect: On a strict low-carb diet? Your body burns fat for fuel and produces chemicals called ketones. This can give your breath a fruity or metallic smell that brushing won't fix.

Sugar: Bacteria love sugar as much as we do. High-sugar snacks are a literal feast for the microbes that cause both decay and odor.

A Quick Tip: Reach for crunchy, high-fiber snacks like apples, celery, or carrots. They act like natural toothbrushes, scrubbing away plaque and getting your saliva moving while you chew.

If you've stepped up your hygiene and the odor still won't budge, its time to see a dentist. Persistent bad breath can sometimes be a warning light that's pointing to underlying issues like gum disease, sinus infections, or even digestive problems.

Have a question for the dentist? We'd love to hear from you! Send your dental questions to office@deckdentistry.com and we might feature them in an upcoming column.

Citizen of the Year

The West Perth Citizen of the Year is a long standing tradition that has been celebrated longer than we have records for. While it's been handed back and forth between service clubs over the years, the general premise has remained the same. The Rotary Club's mandate is: "Service above Self" and that's what we focus on with this event.

Our purpose with Citizen of the Year is to recognise everyday citizens who go above and beyond for their community, not looking to do it for themselves, they do it to fill a gap in our community. They see the need, made a positive impact, culture of giving, build trust in our community. This includes things like, taking meals to shut-ins, driving cancer patients to appointments, and volunteering in their community whether at municipal events, in a service group, church organizations, or on behalf of sports teams.

Once we have received all the nominations (**the deadline is March 20th**), the submissions are reviewed, weighted and voted on. I would like to say this is simple but it rarely is. Everyone that is nominated is worthy of the title but unfortunately only one person or couple can be chosen.

Once a nominee is elected, the next hard part occurs, setting a date to celebrate. If possible, we like to surprise the winner! Andy Bader and the Mitchell Advocate have helped us start the celebration each time they've been present to report on the presentation!

Next we set a date; this seems simple but trust me it's not; we try to get a date that works for the nominee, nominator, nominees family, friends and associates etc - all that wish to celebrate with our Citizen(s) of the Year.

With the hard part done, the fun starts - advertising, selling tickets, and extending an invite to any dignitaries for the evening! The evening itself is a "formal" meet-and-greet with our winner, including a catered meal and - yes, speeches and usually

some form of musical interlude. The evening concludes with the presentation of the Citizen of the Year Award, pictures, and some social time.

Do you know an individual that you want to nominate? If you do, put it to paper and send it to the Rotary Club of Mitchell. You can mail, email, or hand deliver it to us.

Submissions must include the following information:

Nominee's Name:	Your Name:
Nominee's Address:	Your Address:
Nominee's Phone #:	Your Phone Number:

And most importantly you must include:

An explanation about why your nominee is deserving of the Award. While we may know the person you are nominating, it is our job to pretend that we don't. This means that we are only supposed to make our choice based on the information YOU provide. Go with more information rather than less!

The deadline is March 20th! Get your submissions in today! Email us at rotaryclubofmitchell@gmail.com.



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Located in Seebachs Hill, the Jacobs family isn't technically part of West Perth, but we decided to include their lovely igloo submission anyway. They built it as a fundraiser for a friend who is battling breast cancer.



Photo taken by Karen Clarke and shared on facebook

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 Heronry* directly from them! If a distribution location is out of copies, please text Amelia at: 519-955-3210 so we can deliver some as soon as possible! You can also find us online at theheronry.ca and wpheronry.substack.com

- Mitchell Office Pro
- West Perth Village
- Wieterson's Country Store
- West Perth Public Library
- Stratford Perth Museum
- Edward Jones Financial
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MONTHLY RIDDLE

A farmer has 17 sheep.
All but 9 run away.
How many are left?

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I knew Ted as I grew up in Mitchell, but lost track of his adventures until they moved back to Mitchell and started the van-scaping business at the north end of town. He was a talented cabinet maker and converted vans into camper vans.

One day a person came into my Home Hardware store at the back entrance; he was from out town. I asked him if I could help with what he was looking for. He said he was looking for this garage that was owned by a Dutch guy. I said, "what's the owner's name?" He said "Vanscaping". After a second or two I realized he was probably looking for Ted's business!

Was Ted ahead of the curve? Maybe. Was he looking for the next business venture? Maybe. To me it seemed like he was always looking for that pot of gold at the end of the rainbow. Another Mitchell character.

- Ken Faust

For sometime I have considered documenting childhood memories. For fear of missing names I delayed putting this in print, but here goes. Starting with elementary school teachers, transportation drivers, and student family names.

From grade one we were always driven to school by drivers, Fergus Lanin, Jack Belfour, and Earl Roney – all taking turns.

My grade one was in a small schoolhouse on Ann Street in Dublin. The teacher was Ruth Moore who became Mrs. Glenn Diegel in the same year. She was followed by Miss Blanche Westcott, followed by Barb Dixon, and Bob McGregor. Family names were Kumm, Barker, Green, Steinback, Kleinfelt, Annis Roney, Smith, Pepper, Aikens, Darling, Wilson Trottor, Pugh Jones, Dill, Whetham Friend, Poland, Simonsen, Pathick, Hansen, Robinson, Lannin Britton, Malcom, Burchill, Kirkham, Mitchell

Following Mrs Diegel, we moved to USS#1 Hibbert, which was located beside the Louwagie family farm on Hwy 8. By this time there were enough students for Mr. Roney to purchase a 1950 Dodge school bus. I cannot remember missing school from there being too much snow. There were no PA days either.

There was a school Inspector that called sometimes twice a year which meant long noon hours or recesses! The community was called Zion as there was the Zion United Church east of Dublin. This church had a basement with a stage where, on occasion we would hold our Christmas concerts. We got our drinking water from a house across the highway – the same house that we had to go to if a phone call had to be made. In the winter we would play hockey in the basement (without breaking any windows that I remember) but the central furnace definitely took a beating! Good old days by all means!

- B. Lannin



West Perth Volunteer Appreciation Evening

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Previous Issue Puzzle Answers

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

FEBRUARY CROSSWORD ANSWERS

Across

1. Sweetheart
7. Flurries
9. Mittens
11. Candles
12. Icicle
14. Market
15. Hearth
17. Arena
18. Frost
19. Scarft
21. Heron
22. Roses
25. Date

Down

2. Chocolate
3. Community
4. Printshop
5. Valentine
6. Snowbank
8. February
10. Bouquet
13. Skates
16. Spirit
20. Crush
23. Cupid
24. Thaw

Raising Support

KEEP WEST PERTH IN PRINT!

Here are some ways you can help keep the Heronry going!

- **Submit your art, poetry, and stories!** We're here to share the good things that are all around us but it's much easier when we have a bank of submitted content to choose from! Encourage your friends, family, and neighbours to submit their good things too!
- **Talk about our publication!** Whether discussing it with your friends and family, sharing and commenting on our social media posts, forwarding emailed articles, or tagging us in selfies of you holding up the magazine when you're on vacation - every part helps!
- **Encourage Local Sponsorship.** Suggest that businesses you work at or frequent advertise in the Heronry and, more importantly, thank the ones that do advertise with us for supporting this initiative!
- **Take out an advertisement or write a sponsored column.** If you're a business owner or someone who

has a side-hustle, you can contribute to good things in your community by becoming a regular submitter of content or advertisements. Our readership is constantly growing and residents love to see local businesses celebrating the good things and people found in West Perth.

- **Donate directly to *the Heronry!*** We've enabled donations on our online substack (scan the QR code to be taken to our donation page), but like all online payment services, a cut of the substack payments goes to the service provider. The best way to donate will be to send or bring your donations directly to Mitchell Office Pro. We're looking into ways to represent individual sponsors and welcome your ideas! (T-Shirts anyone?)



We want to thank every person who has called or written to let us know how much they enjoy the Heronry! Your support is so encouraging and we appreciate every one of you!

Rimsha's Resin

My name is Rimsha, and I moved to Mitchell in 2024. I am a housewife and a full-time mom, did my Masters in Biochemistry but now just creating resin pieces at home. When I moved here, everything was new and I found myself without close friends or family nearby. During that time, I felt the need to do something creative to keep my mind busy and positive, and that's the point where my journey with resin art began.



Wedding flowers preserved in resin, follow her at: ResinReveriebyeam

Cheryl Ward

Cheryl Ward loves to create art of all kinds. She says she doesn't usually have many pieces on hand as they usually end up being given away to friends and family as gifts. She's super excited about *the Heronry* and has been outspoken in her support!

She created this piece in celebration once the pandemic lockdowns were finally over. It's also been featured at the Mitchell Fair!

What started as a simple way to stay occupied soon became something very meaningful to me. Creating resin pieces brought me comfort, peace, and a sense of purpose. I now create personalized handmade items such as coasters, name letters, keepsakes, and preserved flower art. Each piece is fully handmade at home and carries special attention to detail. I love turning memories and simple ideas into something beautiful and lasting that people can cherish or gift to their loved ones.

Resin art truly makes me happy. It allows me to express creativity while caring for my family and home. I am still learning and exploring resin with each pour, and that is what makes this journey so special, every piece teaches me something new and helps me grow as an artist.



"Free" Acrylic on Canvas, by Cheryl Ward



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