



HAPPY
Groundhog Day

FEBRUARY 2021

What's Happening in Howick



Community Support Helps Howick Optimist with Donations

In December, \$1,000.00 was donated to the Wingham Salvation Army-Food Share and \$1,000.00 was donated to the Listowel Salvation Army-Food Share. Pictured above is Howick Optimist President Joe Glaze presenting a cheque to the Wingham Salvation Army.

Cont'd on page 2

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HOWICK OPTIMIST CLUB "Friend of Youth"

The Howick Optimist Club would like to thank the community for your continued patronage even through these difficult times.

Unfortunately, our 2020 Lottery Draw and Casino night had to be cancelled after tickets had been printed and a few tickets were sold. Individuals who had purchased tickets had the option of getting their money back or donating the money to the Huron County Food Distribution Centre with the Howick Optimist Club matching their donation, dollar-for-dollar. Many chose to donate and a cheque for \$2,280.00 was sent to the Huron County Food Distribution Centre in Centralia. Your tremendous support for our drive-through chicken dinner was very much appreciated. 760 meals were served between 5:00 p.m. and 7:00 p.m.

The annual Optimist Club cheese sale was well supported again this year with sales of over \$14,000.00.

The proceeds from these events will allow us to continue to support minor hockey, figure skating, soccer, minor ball teams and swimming lessons. Your financial support also assists with our \$31,000.00 pledge for the construction of the pavilion at the Howick Optimist Pool.

*What a great area we live in.
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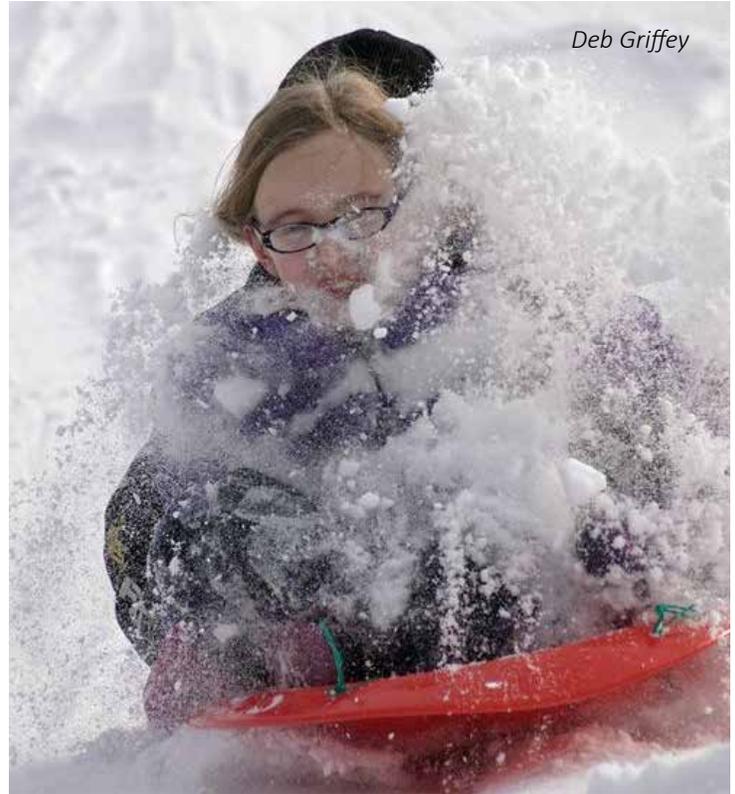
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MAITLAND VALLEY CAMERA CLUB

Even through these difficult times, the members of the camera club are taking photos and posting to our facebook page. We thank the members for continuing to post these photos. We thank club member, Cameron Yuill for posting daily information on how to, use your camera, take photos, edit and crop. These posts help us enhance our camera skills. To view our photos, check out our facebook page, Maitland Valley Camera Club and also for our latest updates.

Please stay safe everyone.



Deb Griffey



Liz Allan

Marion's Musings



As I am writing this, the month of February is just around the corner. And winter is almost half over! I am sure everyone is looking forward to Ground Hog day, which supposedly will predict how long before we can be looking forward to warmer weather! And hopefully, a downward spiral of the pandemic, and the lockdowns that we have experienced since March, 2020 will soon be at an end.

Ground Hog Day is derived from the Pennsylvania Dutch superstition that if a groundhog emerging from its burrow on this day, February 2nd, sees its shadow due to clear weather, it will retreat to its den and winter will persist for six more weeks; but if it does not see its shadow because of cloudiness, spring will arrive early.

Unfortunately, Ground Hog day celebrations in the surrounding area will be cancelled due to the pandemic this year, so will have to hope for a sunny February 2nd to see if any ground hogs around here!

And then we have Valentine Day! A good day, especially this year, to lift the spirits of those you love with messages and gifts. I still have valentines on my fridge that my grandchildren made for me last year, and every time I look at them, it makes me smile.

My wishes for one and all, Happy sunny Ground Hog Day, and Happy Valentine Day. And that everyone stays healthy and happy through all the difficult days we are experiencing.

Marion.



Deadline for submission is the 20th of each month.

Jpeg or pdf are preferred for pictures

Contact: Penny Zurbrigg

whatshappeninginhowick@gmail.com

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Council meetings are scheduled for February 2 at 9 am and February 16, 2021 at 7 pm in the Howick Council chambers at the municipal office. Agendas are posted on Howick's web-site on the Friday preceding the meeting and draft minutes are posted the Monday following the meeting.

The 2021 interim tax bills will be processed and mailed by the end of February and are due March 26th and May 21st 2021. The interim taxes are billed at 50% of your previous year's taxes. Payments can be made through various methods; dropping cheques through mail slot at the municipal office, on line banking, enrolling in Pre Authorized Payment Plan, by visiting our web site www.howick.ca and selecting "Pay Simply" allows for payments to be made by other means such as credit cards and e-transfers (processing charges are applicable).

Shift Your Spend Challenge - this opportunity is made possible by a partnership with Fight Unemployment and Community Futures Huron (with funding from Fed Dev). You will be provided with a web form which will be password protected for each business who wish to participate and will have the capability of entering their numbers each and every month until the end of 2022. This will provide CFH with rich data for the entire county and of course for each community. The data will be aggregated and no individual business' numbers will be provided. The 10% challenge infographic demonstrates how much profit can remain in your community should the citizens agree to redirect 10% of their spending to small independent businesses in their community. If interested, please contact Janette MacDonald janette@fightunemployment.org 519.859.2632 www.fightunemployment.org

Businesses can add or edit their listing on Huron County Business Map (BizMap). Please contact Huron County Economic Development Reanne Clark reanneclark@huroncounty.ca 519 441-2706 ecdev.huroncounty.ca

2021 dog invoices have been mailed to dog owners. Dog tag prices are as follows: 1st dog \$30, second dog \$50 and third dog \$100, kennel \$150. As per By-law 32-2016, in every calendar year, the owner(s) of dog(s) shall ensure that all dog(s) are registered at the Township of Howick. It will be the dog owner's responsibility to contact the municipal office if there are any changes. If an owner fails to purchase dog licence for current year, the set fine is \$100.

Township of Howick restricts on street parking to provide safe snow removal and emergency services to Township residents. As per the Traffic and Parking By-law No.

46-2020, parking is restricted from November 1st to March 31st between the hours of 1 am to 7 am. Applicable fines will apply and vehicles impeding snow removal may be towed at

owner's expense. Thank you in advance for helping winter maintenance crews plow faster and more efficiently.

Howick Public Works Department would like to remind everyone to use extra caution during the winter months as road conditions can change very rapidly. Please allow for extra time to get where you are going and drive accordingly to the conditions of the road. Staff will work diligently to provide snow removal in as timely a manner as possible. Thank you for your cooperation in this matter.

For up-to-date announcements and cancellations, contact the municipal office at 519-335-3208 or check out the web-site at www.howick.ca.



THE BARE NECESSITIES

Store Hours

Monday to Friday 8am to 9pm
Sundays and Holidays 10am to 6pm

CLOSED New Year's Day, Good Friday, Easter Sunday and Christmas

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Ontario Government Offers Main Street Relief Grant

The Ontario government is helping main street businesses stay open and stay safe by offering a grant of up to \$1,000 for the costs of personal protective equipment (PPE) with applications for the \$60 million Main Street Relief Grant available online. Small businesses with two to nine employees in the retail, accommodations and food services, repair and maintenance and personal and laundry services sectors can apply for this one-time grant. Eligible businesses, whether applying for the Main Street Relief Grant for PPE or for property tax or energy rebates in affected regions, will be able to do it all through one application on a new online portal. For more information, please visit <https://covid-19.ontario.ca/small-business-recovery-resources>

The New Ontario Small Business Support Grant <https://www.ontario.ca/page/businesses-get-help-covid-19-costs#section-4>

Applications are now open for the new Ontario Small Business Support Grant. This provincial grant will help small businesses that are required to close or significantly restrict services under the new Province-wide Shutdown effective December 26, 2020.

What you'll Get

Starting at \$10,000 for all eligible businesses, the grant will provide businesses with dollar-for-dollar funding to a maximum of \$20,000 to help cover decreased revenue expected as a result of the Province-wide Shut down. Businesses will be able to use the support in whatever way makes the most sense for them. For example, some businesses could use the support to pay employee wages, while others may need support maintaining their inventory.

Eligibility

To receive the grant, a small business must:

- Be required to close or restrict services subject to the Province-wide Shutdown effective 12:01 a.m. on December 26, 2020
- Have fewer than 100 employees at the enterprise level
- Have experienced a minimum of 20 per cent revenue decline comparing April 2020 to April 2019 revenues (or alternate time periods for businesses that were not in operation in April 2019).

Businesses that are not eligible include those that were already required to close prior to the introduction of modified Stage 2 measures, and essential businesses permitted to operate with capacity restrictions (e.g., discount and big box stores selling groceries, supermarkets, grocery stores, convenience stores, pharmacies, and beer, wine and liquor stores).

www.howicknews.ca

Businesses will have to have a business number in order to be eligible. If a business does not have a business number, they will be directed to apply for a business number before they can proceed with their application.

They also need to have information about the revenue decline and number of employees available and would have to attest to the information provided in their application.

Once the application is successfully submitted an eligible business can expect to receive payment within approximately 10 business days. Applications with incomplete or incorrect information, or that require additional review, will experience a delay and will not receive payment within 10 business days.

HOWICK LIBRARY Open Saturdays from 11:00-2:00pm for curbside appointments.

For the health and safety of staff and patrons, curbside service is available by appointment only. Patrons must first place a hold on a desired item by visiting the library's online catalogue at huroncounty.ca/library, or if you need assistance please call the library @ 519-335-6899. After the items have been reserved, library staff will contact the patron to schedule a curbside pick up appointment. All pickups will take place outside the libraries main entrance. Please have your library card handy to confirm your identity. Social distancing is required at all times so please stand 2m back from the pick up table to allow staff to come outside to serve you.



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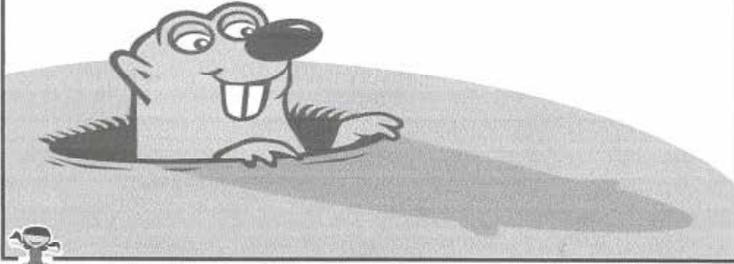


Andrew Cell: **519-291-0490**

Groundhog Day Word Search

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

CLOUDY FORECAST PREDICT SUNNY
 EARLY GROUNDHOG SHADOW WEATHER
 FEBRUARY HIBERNATE SPRING WINTER



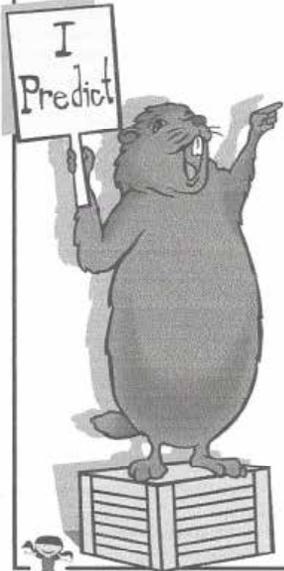
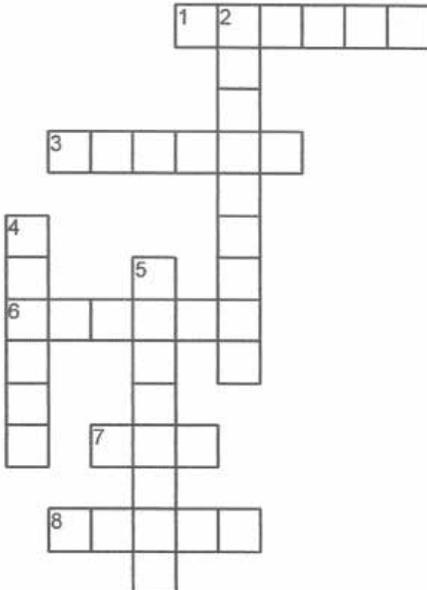
Groundhog Day Crossword Puzzle

Across

- The thing that can scare the Groundhog back into hibernation for 6 more weeks of winter.
- The coldest season of the year.
- Groundhogs are members of this family of mammal species.
- The source of light in the sky that creates shadows.
- Most people hope for a prediction of an _____ spring if the Groundhog isn't scared by his shadow.

Down

- Some animals _____ to conserve energy through the winter months when food is scarce.
- The Groundhog predicts when this season will start.
- The month when Groundhog Day happens.





COMMUNITY CHURCHES

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MCINTOSH CONTACTS:

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**We are excited to be hosting services
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**Please contact us directly for church
service information, as the province continues to
update guidelines for opening back up.**

Phone: 519.335.3500 E-Mail: info@gbfchurch.net

FORDWICH BIC Community Church

Questions contact Pastor Mike
or Terri @ 519-335-3479

e-mail: pastorbicfordwich@outlook.com

Facebook page @ Fordwich BIC Community Church

Family Worship Sundays @ 10:30-11:45

ROOTS & WINGS Sundays 11:00- 11:45

Children: ages 3 to 10yrs.



Due to COVID19, the Gorrie Wroxeter United Churches will remain closed.

Each Sunday morning at 10:30 Reverend Jeff Hawkins is live on our facebook page, Gorrie Wroxeter United Church for our church service. You may follow us on our facebook page for updated information. We thank everyone for joining us on Sunday mornings and for your continued support.

Please stay safe during these difficult times

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Let all that you do be done in love.

1 Corinthians 16:14



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Obituaries



Kenneth Carlyle Stewart "Carl"

Of Fordwich passed away peacefully at the Palmerston Hospital on Sunday, January 17, 2021 at the age of 90. Beloved husband of Joan (Vittie) for 67 years. Dear father of Doug and Kim Stewart of Baden and Greg Stewart of Waterloo. Brother of Isabel Hudson, Jim and Pat Stewart, Jean and Les Edmunds, Jack and Sonja Stewart, Roy and Sharon Stewart, Grace and John Weigel, Ray and Wendy Stewart and Cliff and Jan Stewart. Fondly remembered by many nieces, nephews and friends. Predeceased by brother-in-law Jim Hudson.

Carl was a member of the Royal Canadian Legion Branch #307, Howick, Pal Mocha Shriners, Palmerston, Fordwich Masonic Lodge # 331, Mocha Shriners, London and St. Elmo Preceptory # 22, Stratford.

The family will have a private family spring interment in Fordwich Cemetery. A celebration of Carl's life will take place at a later date and will be announced at that time.

As expressions of sympathy donations to the Howick Royal Canadian Legion Branch #307, Howick Box # 14 Gorrie, Ontario, NOG 1X0 would be appreciated by the family.



Dickison, Florence

At Braemar Nursing Home on Thursday, January 21, 2021, Florence (Campbell) Dickison of Wingham passed away at the age of 94.

Devoted wife of the late Dalton Dickison who predeceased her in 1994. Loving mother and mother-in-law of Jim & Karen Dickison of Wroxeter and Kathy Dickison of Wingham.

Cherished grandma of Angela & Lino Couto, Stephanie & Devrick Cunningham, Danielle & Jaron Townsend and Dustin Dickison, Dear great-grandma of Samantha, Hope, Christina and Jesse Couto, Brittany Dickison and Wallace Cunningham. Great-great-grandma of Amelia and James (Samantha). Predeceased by her parents Milford & Elizabeth Campbell, son Dan Dickison and grandso Jamie Dickison.

Due to COVID-19 restrictions, a graveside service will be held in the spring at Wroxeter Cemetery.

In lieu of flowers, memorial donations to the Howick Library would be appreciated as expressions of sympathy.

Shirley Snell



At Wingham & District Hospital on Monday, December 21, 2020, Shirley Snell, of Wroxeter, passed away at the age of 92. Beloved wife of Glenn Snell of Wroxeter. Loving mother and mother-in-law of Elaine & Ron Elliott and Kathy & Dave Wilson all of Palmerston, Murray & Donna Snell of Bluevale and Sherry Snell of Wroxeter.

Cherished grandma of eight and great-grandma of thirteen. Predeceased by her parents William & Emily

Dettman, her son Gerald Snell, and her in-laws Jean & Jeffrey Marston, Vern & Hope Snell and Larry Snell.

A private funeral service was held at McBurney Funeral Home, Wingham on Wednesday, December 23rd, 2020 with Reverend Larry Skinner officiating. Interment will take place at Wroxeter Cemetery. In lieu of flowers, memorial donations to Wingham & District Hospital Foundation or the Knox Presbyterian Church, Belmore would be appreciated as expressions of sympathy.



Donna Jean (Johnson) Mason

Of Listowel passed away at Listowel Memorial Hospital on Sunday, December 27, 2020, two days before her 80th birthday. Loving wife of the late Doug Mason (March 3, 2020). Mother of Todd & Carol Mason of Listowel, Carolyn & Robert Rumph of Listowel, and Troy & Shelley Mason of Mount Forest.

Remembered by her grandchildren Amber & Josh McCutcheon, Keenan & Taylor Mason, Lauren Mason, Jordan Rumph & Nicole Elg, Kaitlyn Rumph & Blake Mehring, Megan Rumph, Gregory Mason, Sarah Mason & Ruby Garza, and Tyler Mason, and by her great-grandchildren Bria, Marissa, Fenn, and Olivia. Sister-in-law of Linda & Kent Ankenman of Kurtzville, John & Rosanna Mason of Toronto, and Murray Kirkby of Listowel. Predeceased by her parents Carroll & Margaret (Williamson) Johnson, and by her sister Marlene Kirkby. A private family funeral service was held at Eaton Funeral Home, Listowel, on Friday, January 8, 2021. Due to current COVID-19 restrictions, the funeral will be live-streamed, and we ask you to watch safely from your home.

Interment in Fairview Cemetery, Listowel. Memorial donations to Arthritis Society or Canadian Diabetes Association would be appreciated. Online condolences may be left at www.eatonfuneralhome.ca



Ruth Angst

Formerly of Clifford, at Royal Terrace, Palmerston on Tuesday, January 12, in her 95th year. Wife of the late Gordon Angst, and mother of Linda and Les Stroeder, Susan and Roger Burchill, and Keith and Patti Angst.

Remembered by her 13 grandchildren, and by 27 great-grandchildren. Sister of Marion and Arnold Dally, and Gerry and Wilbert Dally, and sister-in-law of Margaret Reidt and Shirley Reidt. Predeceased by her great-grandson Bentley, and brothers and sisters Sheldon Reidt, Nelson Reidt, Celeste Ferguson, Eileen Angst, Elmer Reidt, Arnold Reidt, Ken Reidt and Doris Oehring. A private family funeral service was held on Saturday, January 16 at 1:30 p.m. The funeral will be recorded and the link available shortly after the funeral. We ask you to watch safely from your home. Interment in Clifford Cemetery. Online condolences may be left at www.hardyleefuneralhome.com

William Wallace

Our family is saddened to announce the passing of William Wallace of Standard, Alberta, on December 26, 2020 at the Rockyview General Hospital at the age of 79 years.

Bill was a very loving and devoted husband, father, son, brother, uncle, and friend. He was born in Listowel Ontario, and grew up on the family farm in Howick Township. He married Patricia (nee Ryan) on October 4th, 1969. Bill and Patricia ran the family farm together until their move to Calgary, Alberta in 1975.

Bill is survived by his daughters: Susan (Steve), Kimberly (Kevin), Cathy (Ed), and Angela (Kevin); his grandchildren: William, Rebecca (Marty), Shilo (Ryan), Megan (Jarrett), Ryan (Gillian), Kyle (Kady), Jarrett (Emilie) and his youngest granddaughters Ceira and Saoirse; and his great-grandchildren; Autumn, Kodee, Keegan, Tyler, Meric, Peyton, Casey, Calum, Myla, Zoey and Oliver. Bill is also survived by his brother Maurice (Shirley) and his sister-in-law Dorothy Wallace, as well as his many nieces and nephews. Bill was predeceased by his loving wife Patricia in 2009, his brother Bruce Wallace and his sister Jean Gallagher.

A private service was held at Wheatland Funeral Home, Strathmore, AB on January 8, 2021

The family would like to thank the incredible staff on Unit 73 at the Rockyview General Hospital for the special care provided to Bill. In lieu of flowers the family requests donations may be made directly to the Calgary Health Foundation, Rockyview Hospital, in Bill's honour.

Margaret (Ruttan) Fraser

Of Listowel, and formerly of Molesworth, passed away at Listowel Memorial Hospital on Saturday, January 9, 2021, in her 91st year.

Wife of the late Glenn Fraser (1995). Loving mother of Leanne & Don Wilson of Listowel, and mother-in-law of Casey Fraser of Listowel. Grandmother of Derek

Fraser & Sarah MacDonald of Listowel, Alex Fraser & Jordan Baylis of Hamilton, Terri & Jeff Dietrich of Clifford, and Cory Wilson & Madalyn Tworzyanski of Waterloo, and great-grandmother of Taylor Fraser. Sister of Anson & Wilda Ruttan of Brussels, and sister-in-law of Lovina Ruttan of Listowel, and Dorothy Ruttan of Wingham.

Predeceased by her son Greg Fraser (2017), and her brothers Bennett, Arthur (Clara), Russell (Mary), Leo, and Robert.

A private family funeral service was held at Eaton Funeral Home on Thursday, January 14, 2021. Interment in Molesworth Cemetery.

Memorial donations to St. Andrew's Presbyterian Church, Molesworth or Listowel Memorial Hospital Foundation would be appreciated. Online condolences may be left at www.eatonfuneralhome.ca

www.howicknews.ca

Janice Wilhelm

Peacefully and surrounded by love of her family, on Tuesday, January 12, 2021, Janice Wilhelm of Belmore passed away at the age of 50. Beloved daughter of John Wilhelm of Belmore and the late Diane (Fitch) Wilhelm who predeceased her in 2009. Cherished sister of Susan & Paul Thompson of Wroxeter and Amy & Chris Eadie of Belmore. Dearly loved aunt of Lauren, Leigha and Tianna Thompson and Austin and Amber Eadie. Cherished niece of Jean & Gary Kritz, Helen Shore and the late Ron Shore and Betty Morse. Predeceased by her grandparents Wilfred & Agnes Wilhelm and Jack & Stella Fitch. Janice was a dedicated member of her community. You could always find her at the Belmore Arena, the curling club or the ball diamond. She never missed a baseball game or a Belmore Maple Syrup Festival. No matter where she went, she always seemed to know someone—a "social butterfly" some might say. She was proud of her nieces and nephew and cherished them as if they were her own. She had a passion for baking. When she wasn't able to do it herself anymore, she made sure to still contribute by giving some constructive criticism. Her laugh was contagious and you couldn't help but smile when she was around. There will only ever be one "Chucky". Despite all life's challenges that Chuck faced, she always persevered. She remained positive and fought a courageous battle until her last moments. She truly was one of a kind and will be deeply missed. Private arrangements were entrusted to McBurney Funeral Home, Wingham. Final resting place, Wroxeter Cemetery.

Dorothy (Sothern) Hartman

Of Listowel passed away at Caressant Care, Listowel, on Sunday, January 17, 2021, in her 109th year. She was born in 1912, the third youngest of nine children to William Sothern and Suzanna McKee of Howick Township. Wife of the late Roy Hartman. Mother of Joyce Baranski of Guelph, Ron Hartman & Dorie Wagner of Listowel, and Marlene Hutchison & Gérard Héroux of Ottawa. Also survived by 7 grandchildren, 17 great grandchildren, 4 great-great grandchildren and several nieces and nephews.

Dorothy and Roy were married in 1935 and raised their three children on a farm near Gowanstown. Following Roy's passing in 1989, she continued to live at Maitland Terrace until 2008 when she moved to Caressant Care, Listowel.

She was a long time member of St Paul's Lutheran Church and a charter member of the Ladies Aid.

Predeceased by her sisters Eunice & Carl Harris, Tessie & Sanford Zimmerman, Hazel & Ira Schaefer, Nellie & Roy Simmons, and Emily & Balfour Brears, brothers Bruce & Arnetta Sothern, and Bill & Jean Sothern, and granddaughters Debra Taylor and Tracey McFarlane.

A private family funeral service was held at Eaton Funeral Home, Listowel on Thursday, January 21, 2021, with Ralph Dwarika officiating. Interment in Fairview Cemetery, Listowel. Memorial donations to St. Paul's Lutheran Church, Wallace Twp. would be appreciated. Online condolences may be left with www.eatonfuneralhome.ca

HOW TO SURVIVE A HEART ATTACK WHEN ALONE?



Let's say it's 7:25 pm and you're going home (alone of course) after an unusually hard day on the job.

You're really tired, upset and frustrated.

Suddenly you start experiencing severe pain in your chest that starts to drag out into your arm and up into your jaw. You are only about five km from the hospital nearest your home.

Unfortunately you don't know if you'll be able to make it that far. You have been trained in CPR, but the guy that taught the course did not tell you how to perform it on yourself.

Since many people are alone when they suffer a heart attack without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness.

However, these victims can help themselves by coughing repeatedly and very vigorously.

A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest.

A breath and a cough must be repeated about every two seconds without let-up until help

Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it to regain a normal rhythm.

In this way, heart attack victims can get help or to a hospital.

Tell as many other people as possible about this. It could save their lives!

Empowering Resilient Communities

A Series of Upcoming Free Educational Opportunities

As we enter into the 10th month of the COVID-19 pandemic, many local organizations, have been working tirelessly to provide support and care to our Huron residents during these troubling times. Thank you and here's to a new year.

Gateway Centre of Excellence in Rural Health is helping cultivate resilience in Huron County through offering a series of free educational opportunities through their Connectedness Coaching Project to Huron residents this February. These educational opportunities are aimed at community members who are interested in learning more about peer support, coaching conversations, and system navigation, skills each individual can use to help strengthen our communities. Gateway CERH is also inviting local social service agencies and groups to participate and attend these events to complement their invaluable work.

There is limited capacity for these educational events so if you, your colleagues and/or your volunteers are interested in attending please email Gateway CERH's Recruitment Lead @ recruitmentlead@gatewayruralhealth.ca. Alternatively, for more information please visit our website @ www.gatewayruralhealth.ca/connectedness-coaching.html.



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Practicing Self Care While You Stay at Home

By Gina Stewart, RCRT

During these unprecedented times of social distancing, self care which is the cornerstone to well-being, has become increasingly difficult. With limited to no access to wellness treatments that many people rely on for stress management, it's the ideal time to learn new at-home, DIY techniques to help you maintain physical and emotional health.

Reflexology is one of the easiest and quickest natural ways to relieve stress. It can be used anywhere, anytime, it's extremely effective, and best of all—you can do it to yourself!

A natural therapy called reflexology can help you do just that by stimulating thousands of nerve endings in our feet, which in turn help activate the body's own healing capabilities. One of the multiple benefits of touching our feet is it can help prevent stress, reduce pain, and, most importantly, improve the circulation in our body.

Reflexology is based on the principle that there are reflex points mapped on our feet that correspond to every part, organ and gland in our body.

By learning to do a few simple techniques, it not only has the advantage of being convenient, but when done regularly, can also help transport us into a state of deep relaxation. As both stress and tension are accumulative in the body, so are the benefits of the circulatory work on reflexology and the relaxation response. A person will feel its effects after a few short sessions as reflexology begins to work its magic of easing life's daily tensions.

So consider helping yourself relax and relieve stress and anxiety. It's easy to learn and it can be done while relaxing on the sofa or just before going to bed at night. Plan for about 15 minutes and add an extra 15 if you decide to start pampering yourself first with either a warm Epsom salt foot soak or bath/shower. Otherwise, clean and dry your feet thoroughly before starting this mini reflexology session.

Mini Reflexology Session

What you will need: a towel, your favourite lotion, cream or oil.

1. Get into a comfortable position, allowing your hands to have full access to your feet. Apply your favourite emollient to one foot and start the session by using a few simple relaxation techniques; gently pressing, squeezing, and Kneading. Adjust your pressure to whatever feels good for you.

2. The first point to access on your foot will be the solar plexus reflex (see diagram). Apply "thumb compression" to this reflex point and hold for 3-5 seconds. Repeat 3 times. This reflex on the center of the bottom, or plantar side, of the foot is a great starting point to relaxing yourself, as it is considered to be the nerve switchboard of the body. This technique can be accompanied with some deep breaths, in through the nose and out through the mouth, while applying the pressure.

3. On the bottom, planter side, of your foot "thumb walk" vertically from the heel to the base of each toe (imagine your thumb is a caterpillar inching its way up your foot). This technique will further induce the relaxation response while accessing our many body parts, organs, and glands that can be found on the feet.

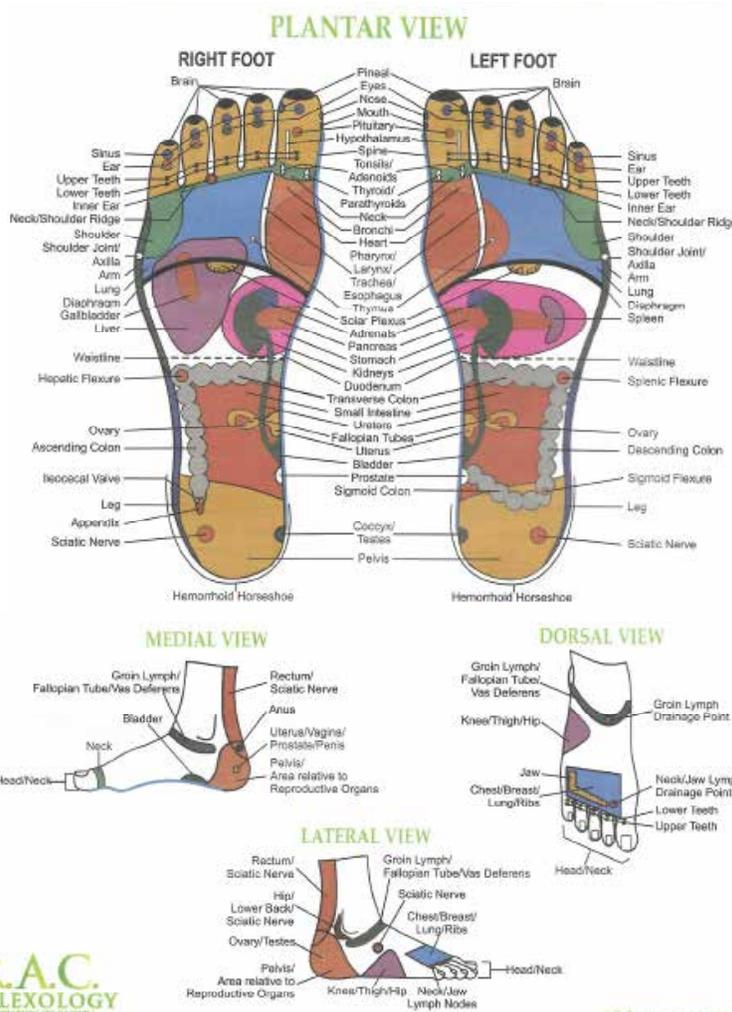
4. Now that you have practiced thumb walking you can encourage deeper relaxation by walking the spine reflex (see diagram) located on the inside, or medial side, of the foot. Start at the neck reflex which is located just underneath the big toe and work your way down to the heel. Thumb walk up and down the spine reflex 3 times. This technique covers the entire body and will gently stimulate all body parts, organs, and glands.

5. To promote clarity and positive thinking work on the brain reflex (see diagram) by applying thumb compression to the tip of each toe for 3-5 seconds. Repeat 3 times.

6. To further balance the body, stimulate the pituitary reflex (see diagram), or master gland, by applying thumb compression for 3-5 seconds, repeat 3 times to the center of the big toe.

7. While exploring your feet, if you have particular areas that are stressed or feel tender to the touch you can massage, knead, compress, hold, and release these points for 3-5 seconds, repeating 3 times. Always adjust your pressure to what feels good and end with "feather strokes". This technique is done by lightly and slowly running your fingertips over the entire foot while barely touching the skin. Repeat this several times. It is very soothing to the nerves.

8. Repeat the entire routine on the other foot.



Do not work on your feet if you have the following conditions: undiagnosed pain caused by inflammation, severe arthritis, severe pain or swelling, cuts, broken bones, bruising blisters, rashes, infections in your feet, open sores, severe varicose veins, or warts. Always work on a relaxed foot and when in doubt - don't!

Mini Reflexology sessions are safe and effective for all ages and can be done every day. If you would like to learn more about Reflexology and experience the many health benefits, seek out the skilled hands of a Registered Canadian Reflexology Therapist (RCRT) by visiting the Reflexology Association of Canada.

Gina Stewart is a Registered Canadian Reflexology Therapist (RCRT)/Licensed Canadian Reflexology Teacher.

Gina works from home in Newbridge, where she offers treatments.

519-291-7508

**Look her up on facebook
Newbridgechurch 1899**

Bruce Power donates freezer for COVID-19 vaccine to Huron Perth Public Health

TIVERTON, ON – January 22, 2021 – Bruce Power has donated a freezer unit to Huron Perth Public Health (HPPH) to assist in the safe and timely roll-out of the Pfizer BioNTech COVID-19 vaccine.

The ultra-low temperature unit, which will be housed at the Health Unit’s Clinton location, will allow HPPH to keep the Pfizer BioNTech vaccine at its necessary temperature as vaccinations in Huron-Perth for priority populations continue.

“We are grateful to have the support of Bruce Power as we continue this important phase of protecting the public against COVID-19,” said Dr. Miriam Klassen, Huron Perth’s Medical Officer of Health. “Having access to this freezer unit will facilitate the continued roll-out of our local vaccine program as it will allow us to receive vaccine directly into our community once supplies permit. As our vaccination program progresses, we ask that all residents remain safe, stay at home, and follow all provincial health guidelines. There is a light at the end of the tunnel, so let’s all do our part to get there safely.”

Bill Whetstone, a Commercial Lead with Bruce Power’s Supply Chain as well as a councillor in the Municipality of Bluewater, helped facilitate the donation of the freezer. Coun. Whetstone said this donation will help ensure the integrity of the vaccines.

“The residents of Bluewater, and everyone in Huron-Perth, has been waiting a long time for the Pfizer BioNTech vaccine, and I’m proud to work for a company that was quick to help us in our time of need,” Coun. Whetstone said. “I thank our health- and Long-Term Care workers, as well as the staff at Huron Perth Public Health, for what they’ve done during the pandemic. We all look forward to better days, when we can truly show our appreciation for all you do.”

Bruce Power has also donated a similar freezer to the Grey Bruce Health Unit as it prepares for its vaccination roll-out program to begin.

Current vaccination status in Huron-Perth
HPPH is working closely with partners to provide vaccine to all residents of Long-Term Care Homes and then Retirement Homes across Huron and Perth counties over the next few weeks.

The province has a three-phase distribution plan and an ethical framework to ensure Ontario is prepared to receive, store and administer COVID-19 vaccines as they continue to arrive over the next several months. At this time, vaccine supply is very limited. Distribution focuses first on vulnerable populations that are at greatest risk of COVID-19 and severe illness and those who care for them.

In Huron-Perth, the Mass Vaccination Advisory Committee (HPMVAC) is creating a Huron-Perth sequencing model, as well as an administration and distribution plan, based on the province’s distribution plan and ethical framework.

Currently the focus is on Long-Term Care homes and then Retirement Homes. Additional groups will be identified in the sequencing model; as vaccines become available those groups will be contacted. For the general public, this is not likely for a few months. HPPH asks the public to be patient and await further information – there is no vaccination waiting list set up for the general public.

About Bruce Power

Formed in 2001, Bruce Power is an electricity company based in Bruce County, Ontario. We are powered by our people. Our 4,200 employees are the foundation of our accomplishments and are proud of the role they play in safely delivering clean, reliable, low-cost nuclear power to families and businesses across the province. Bruce Power has worked hard to build strong roots in Ontario and is committed to protecting the environment and supporting the communities in which we live. Learn more at www.brucepower.com and follow us on Facebook, Twitter, LinkedIn, Instagram and YouTube.

For more information, contact:

Bruce Power: John Peevers – 519-386-3799 – john.peevers@brucepower.com

Huron Perth Public Health: Dr. Miriam Klassen, Medical Officer of Health – communications@hpph.ca

Wroxeter Hall News

The Wroxeter Community Hall is closed until further notice due to COVID19.



We thank you for your support and understanding.

Please follow us on our facebook page, Wroxeter Community Hall 1094 Centre Street for the latest updates.



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VOLUNTEERS NEEDED! One Care is a non-profit agency that supports individuals to stay in their home longer. We are now offering meals on wheels to individuals who live in the country as well as small towns in Huron County. We are looking for more volunteers in the northern areas. Volunteers are needed to deliver meals to seniors in the Forwich, Gorrie and Wroxeter areas. Mileage is reimbursed. Please call Grace at One Care for more information at 1-877-502-8277 or email volunteering@onecaresupport.ca

Wanted: Old local newspapers (even back to the 1800's), the older the better, or old obituaries or scrapbooks (from Huron & Bruce Counties) that you no longer want. I would love to take them off your hands for historical projects I am working on. Even if you would share them with me that would be great. I never cut articles out...just photocopy. Please call Louise at 519-335-6183.

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COMING EVENTS

Alcoholics Anonymous If you feel your drinking is a problem, please call for confidential information and local meeting times. 519-500-0278.

Take Off Pounds Sensibly is cancelled until further notice!

Gorrie and Wroxeter United Church The collection of Pop Cans is an ongoing project. We thank all who have helped with this in the past and encourage your kindness in the months to come. Pop cans, placed curbside prior to 9:00 a.m. in the villages of Gorrie and Wroxeter will be collected by volunteers on the first Saturday of each month.

**Do you have something to Sell,
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8 Ways to Celebrate Valentine's Day With Kids During COVID-19



What's nicer for kids (and adults) than a day that's set aside just for sending love? As we get through the next chapter of the COVID-19 pandemic, Valentine's Day is the perfect time for an extra boost of togetherness.

Even if your family is in quarantine, or your child's classroom is skipping their usual Feb. 14 activities, there are lots of creative and safe ways for your child to celebrate Valentine's Day right at home.

1. Get creative with DIY decorations.

If your family was sad to put away the holiday decorations, this tip's for you. Build up to the big day with DIY Valentine's Day decorations around the house. Get your child started now as a way to keep them entertained on bad weather days. (Bonus: Construction paper hearts in the windows double as love for healthcare heroes!)

2. Make Valentine's Day cookies.

Even better? Set up a video chat baking date with grandparents or other loved ones your child is missing, and have everyone decorate cookies together. Your child will get the connection they need to grow resilient, and build kitchen skills at the same time.

3. Plan heart-healthy activities.

February isn't just Valentine's Day – it's also Heart Month! So use Valentine's Day to show some love to your child's heart health: Go on-line for Indoor Activities for Heart-Healthy Kids. From living room obstacle courses to a good old-fashioned dance party, let your child choose the activity, and get ready for fun.

4. Have a Valentine's Day movie night.

You can feature a themed classic like "A Charlie Brown Valentine." Or let your child pick a movie based on the question: What does love mean to them? (Friends? Family? Batman?)

5. Have a Valentine-themed reading hour.

Libraries and librarians are incredible resources, so turn to your local branch for book suggestions. During COVID-19, many even offer curbside pick-up.

6. Get outdoors with a "Sweethearts" version of kindness rocks.

Kids get lots of health benefits from outdoor time, and this is a great activity to coax them outside. Have your child paint rocks with Valentine's Day messages – from "Sweethearts" candy classics like LOVE and XOXO to updated messages like ROCK ON and #SMILE. On Feb. 14, go on a trail walk and place the rocks in special spots to surprise other hikers.

7. Host a virtual Valentine's party.

Use your favorite video chat app and invite your child's friends. Decorate your (real or virtual) background, and have a few themed games in mind. For example? Challenge everyone to a Valentine's Day scavenger hunt: Set a timer and list off items for everyone to find in their home, like something heart-shaped, something chocolate, a Valentine card, and a lovable stuffed animal.

8. Write Valentines!

We saved the best for last. There's nothing like a traditional Valentine's Day card to make the day special – plus, it's an arts-and-crafts and gratitude exercise rolled into one. Help your child make cards for family members, friends and neighbors, including a special note about one thing they appreciate about them – for example, "You give the best hugs!" (Bonus points if you make a whole care package.)

Have fun trying out new Valentine's Day traditions! Stay safe, and have fun sending love.

HOWICK CENTRAL SCHOOL



I believe we were all looking forward to turning the calendar to see the arrival of 2021. Unfortunately, 2021 has not begun as we had hoped it would for the Howick Central Public School community. After the Christmas holidays, rather than return to in person learning the Ontario Ministry of Education mandated that we move to online learning. For the vast majority of our families and staff this was not the announcement we were hoping to hear. The first few weeks of January involved making sure our students could get logged into their virtual classrooms and making sure that families had access to technology to allow them to do so. As a school we loaned out a number of devices to families who needed them. Unlike the spring closure, the Ontario Ministry of Education has directed that students be online for live teaching for the majority of their school day. Being in a rural area, having access to consistent internet has proved to be a challenge. Occasionally, the internet fails and our students and sometimes our teachers get "kicked" out of their classrooms. Now that it is the end of January and we are on week four of online learning, we are beginning to work out some of the bugs.

Despite these hurdles, as a school staff we can't say enough about the tremendous support and encouragement we have received from the families of this school. We know this has not been easy on any of them and, like our staff, they did not sign up for online learning. We are however, making the best of it through consistent communication with their teachers. Each day, students log on in the morning and meet with their teachers in a Google classroom. We are all learning a lot about technology. Students still participate in subjects such as French, music and art in addition to the core subjects of mathematics and language. Despite the lockdown, a number of our students have "travelled to Toronto" during the school closure on virtual field trips with their classes. I was invited one day and we travelled virtually to the Toronto Zoo where we saw camels and eagles.

As we move forward, we don't know what the future will hold for the remainder of the school year. We remain optimistic and hopeful that we will return to in person learning in the near future. Our message remains the same to our families: they know their student best and what their child may need each day or each hour. We are all doing the best we can and some days we can only do so much and that is okay. Our children are not falling behind, they are living in and surviving a pandemic, and their well being continues to be our number one priority.

Howick Fire Dept Reminders for Fire Safety

The Howick Fire Department would like to remind everyone that in addition to following Public Health measures to protect yourself from COVID-19. There are a number of critical fire safety measures you must take to ensure you, your family and home remain fire safe during this time. As more and more people are working from home, home schooling, cooking at home and generally staying at home. The Howick Firefighters offer these home fire safety tips to prevent fires at home and ensure you are prepared should a fire occur.

-Ensure you have working Smoke Alarms on every level of your home and outside sleeping areas. Test smoke alarms monthly and replace alarms over ten years old.

-If you have fuel fired appliance(s) and or an attached garage. Ensure you have working Carbon Monoxide (CO) Alarms outside sleeping areas. Test alarms monthly and check the expiry date and replace as required.

-Plan and Practice a Home Fire Escape Plan with everyone in your home. Your plan should include two ways out of each room where possible and a safe meeting place outside.

-Cooking is the #1 cause of home fires. Always stay in the kitchen when cooking and always keep an eye on what you are heating.

-Smoking is also a leading cause of home fires. If you smoke, smoke outdoors and dispose of butts in deep, sturdy ashtrays, filled with sand or water and empty them regularly.

-Do not overload electrical circuits or power bars.

-Avoid the use of extension cords

-Always charge cell phones, electronics on a hard surface. Avoid charging on soft surfaces like bedding, pillows or couch cushions.

-Always use the manufacturers charging cord. Avoid using aftermarket or universal charging cords.

-Keep matches and lighters locked away and out of sight from children and talk to your kids about fire safety.

Howick Firefighters "Neighbours Helping Neighbours"

Howick Fire Department 519-335-3202

howickfire@howick.ca Follow us on Twitter @HowickFire

CELEBRATIONS



Tessa Dawn Molto celebrated her 1st Christmas with her big sister, Brindly, Mom and Dad, Alyssa and Trevor Molto.

Tessa was born on September 28, 2020.

Grandparents, Don and Mary Lou Ruttan, and Brian and Deb Molto, and many

aunts, uncles and cousins will be happy when the pandemic ends, and they can spend more time with her!



"I would sincerely like to thank all of my relatives, friends & neighbours for their Happy 80th Birthday wishes. A special thank you to my family for the video they had made. In this difficult time it was wonderful to see so many family and friends on the screen.

Many thanks again!

-Jean Price"

A follow up and huge Thank You to all of those in the community who supported my mask fund raiser. As a result of your generosity I was able to give a total of \$475 to the North Huron food Share and \$125 to Howick Central School for their enriching education Program. Also a special Thanks to Coreen and her awesome staff at Bare Necessities for all their help in promoting the fund raiser.

Thanks again, and wishing everyone a safe and better year in 2021,

Sincerely Lynne Temperly

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PUT A FREEZE ON WINTER FIRES

Home fires occur more in winter than in any other season. As you stay cozy and warm this winter season, **be fire smart!**

Half of all home heating fires occur in the months of December, January, and February.

Keep portable generators outside, away from windows, and as far away as possible from your house.

Install and test carbon monoxide alarms at least once a month.

Have a qualified professional clean and inspect your chimney and vents every year.

Heating equipment is involved in 1 in every 6 reported home fires and 1 in every 5 home fire deaths.

Store cooled ashes in a tightly covered metal container, and keep it outside at least 10 feet from your home and any nearby buildings.

Keep anything that can burn at least 3 feet from any heat source like fireplaces, wood stoves, radiators, or space heaters.

Plug only 1 heat-producing appliance (such as a space heater) into an electrical outlet at a time.

For more information on how to prevent winter fires, visit www.usfa.fema.gov/winter/ and www.nfpa.org/winter/

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