

Kett cousins are Stars and Kings

To The Haldimand Press

HAGERSVILLE—If you're at a rink in Haldimand this season, you might think you're seeing double, triple or quadruple. The 2024/2025 season rounded out with all four Kett cousins in the crease full time. On the weekend of December 21 and 22, 2024, all four Ketts (two sets of Kett brothers and their teams) earned shutouts in home rink starts.

In the 2024/2025 season, Ethan Kett is net-minding for Haldimand U18B and Holy Trinity Varsity AA; Carter Kett for Haldimand U14A; Ellis Kett for Cayuga Stars LL2 U13; and Conner Kett for Haldimand U10A.

Ellis started the weekend of December 21 in Cayuga with a 5-0 win vs Hagersville. Conner and the U10A team had a dominating victory over Glancaster on

December 22 with a 10-0 win. Ethan was up next, stepping on the ice Sunday evening in Cayuga, and pulled out a gritty 2-0 win vs Pelham. It was up to Carter to round out the donut and close out a perfect weekend for the Kett boys. Carter took the ice in Caledonia for the last game vs West Niagara, pulling out the 3-0 win.

It was a big weekend for the boys as they headed into Christmas break and started prepping for playoffs and new year tournaments.

Both Carter Haldimand U14A and Conner Haldimand U10A advanced to the International Silver Sticks in Newmarket on the January 16 weekend. Ethan and the Holy Trinity Titans AA high school team currently hold second place as they have two games left before rounding out playoff positions.



HALDIMAND—On December 21 and 22, within 48 hours, all four Ketts earned shutouts. Shown from left: Ethan, Carter, Ellis, and Conner Kett. —Submitted photo.

Zyma on receiving King Charles III coronation medal

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Reflecting on the achievement, Zyma expressed gratitude to those who supported the event, including then-Mayor Ken Hewitt and a dedicated team of volunteers.

He is also the Grand Knight of the local branch of the Knights of Columbus.

"The chili cook-off has always been a labour of love, bringing people together, raising funds for good causes, and fostering community spirit," Zyma said. "It's moments like these that remind us of the power of collective effort."

The nomination for the prestigious award came from Andrea Poirier, another active member of the Caledonia com-

munity.

The King Charles III Coronation Medal carries deep symbolic significance. Its design includes a crowned effigy of King Charles III on the obverse and frosted triangular shapes on the reverse, representing Canada's provinces and territories. The circular arrangement symbolizes inclusivity and unity, values Zyma has consistently championed through his work.

When asked about what drives his passion for volunteering, Zyma responded with humility: "It's about giving back. We're all part of this community, and we all have a role to play in making it better. Whether it's organizing events, supporting local causes, or simply lending a hand to a neighbour

in need, every little bit counts."

The King Charles III Coronation Medal ceremony serves as both recognition and encouragement for volunteers across Canada. It reminds everyone of the power of service and the difference one person can make in their community.

As Caledonia celebrates this honour, Michael Zyma remains focused on what he does best: serving his community with dedication and passion. Looking ahead, he hopes the recognition will inspire others to step forward and contribute.

"Volunteerism is the heart of our community," Zyma said. "It's not about recognition or awards; it's about knowing that we've made a difference in someone's life. That's what truly matters."

Tips for keeping your New Year's resolutions

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Szymezko said many of her clients deal with extreme loneliness; something that can seem insurmountable from the offset when trying to find ways to break out and meet people. For others, physical fitness, or improving on budgeting skills might be the goal, but the drive behind those goals is often similar.

"It's really important that you have a 'why.' Why are you doing this? Why are you getting out more? Why are you trying to lose weight? I think when you run into pitfalls, if you can look back and remember your 'why,' there's a good chance you'll keep going," Szymezko said.

Goals and resolutions are never a straight shot to the top, and Szymezko advised people to give themselves grace while trying to improve.

"Be kind to yourself, recognize that it's one step at a time," she said. "Oftentimes, something goes wrong, and we just give up on it ... just take a step back and figure out what you can learn from this."

She added, "Whatever you're trying to change or give up likely didn't come up overnight, and it's not going to change overnight. It was those steps at a time, those challenges and struggles. At the end of the day, that's what makes it all worth it."

One of the most popular (and failed) resolutions every year centers around an improved diet.

Public Health Dietitian Laura Goyette with Grand Erie Public Health said, "If you have goals related to diet or health, consider health promoting behaviours, such as sleep, diet, physical activity, alcohol consumption, stress, social relationships etc. and choose one area to focus on first."

She advocated for adopting the SMART

goal approach to resolution setting: specific, measurable, achievable, relevant, and time bound.

"SMART goals break down your objective into more manageable parts, making your goal easier to achieve," said Goyette.

"What is achievable for one person may not be achievable for another. For example, if you currently do not eat any vegetables, setting a goal of eating five servings per day may not be realistic. Instead, try starting with the goal of eating one green vegetable per day."

From there, she said you can start to tweak those goals as you become used to them, advising, "allow yourself to feel proud of what you've already accomplished."

Some achievable diet-related goals shared by Goyette include:

- Drinking more water
- Increasing the number of hours you sleep per night
- Making half your plate fruits or vegetables at a meal
- Decreasing your consumption of alcohol
- Cooking/eating at home one more night per week than you do currently
- Going meatless at least once a week

"It is also important to ditch the all or nothing approach to health, which isn't a supportive mindset for people looking to make a change," said Goyette. "Humans are not perfect, life can throw you curveballs, and not everyone has the same 24 hours in the day. When we come at life with an all or nothing approach, it's easier to throw in the towel on our goals because we didn't do them perfectly. Instead, think of progress over perfection. Ten minutes of physical activity, one serving of vegetables and six hours of sleep are all better than nothing, and tomorrow is another day to try again. It doesn't have to be January

1st to make improvements to your health."

She reminded readers that registered dietitians can be accessed freely through Health811, by simply dialling 8-1-1, or using their chat function on their website.

Goyette called food "so much more than just nourishment. It can be a part of our culture, our social connections and bring us so much enjoyment. Part of having a healthy relationship with food is being able to participate in life without food causing undue stress ... if you restrict something in your diet you are probably going to want that food even more ... Cake on birthdays and ice cream cones in the summer can be fun, enjoyable activities that have room in a healthy lifestyle."

She said the best way to meet nutrition goals is through eating regular, balanced meals containing carbohydrates, fats, and protein.

"This combination gives us energy and leaves us feeling satisfied and fuller for longer," she said.

She sang the virtues of adding more fibre to your diet, promoting bowel regularity and keeping cholesterol in check, suggesting fruits and vegetables, nuts, seeds, legumes, and whole grain foods as good sources.

Also, protein is essential in keeping blood sugar levels where they should be. A healthy amount of beans, lentils, nuts, seeds, meat and poultry, fish, shellfish, eggs, and some dairy products will do the job.

Lastly, Goyette targeted stress management, which she called an important factor in a person's desire to eat.

"Your diet might not always be your top priority, but practising healthy habits regularly will help you keep a good foundation to get through the waves of life."

Paul Staats, personal trainer with Pro-Fit Health Club, also advocated for using the

SMART system to approach fitness resolutions in the new year.

"When people make New Year's resolutions about fitness goals, they should clearly identify what exactly they are trying to accomplish," said Staats, listing weight loss, building muscle or strength, and improving cardiovascular training as specific fitness goals a person might set.

He said measuring progress is essential in working towards a successful goal, and advised for making sure fitness goals are realistic and within a person's capabilities.

"This measure will ensure that fitness goals are enjoyable, safe, and productive."

Finding a personal trainer to help set and measure goal setting can be a great tool for a newcomer to the fitness lifestyle, Staats said, noting how the expense adds to a sense of accountability in reaching goals.

He said that booking an orientation session at a gym before committing is a good way to get to know what type of equipment and environment the location offers.

"The more comfortable a person is with the equipment the more confidence they will have in using the equipment and they will have less anxiety with being in a gym environment."

Another essential element of a healthy fitness lifestyle is exercise recovery.

"Everyone, particularly people who are new to a fitness lifestyle, will experience muscle soreness," said Staats. "However, there is a difference between a healthy soreness and an aggressive overtraining schedule, which can lead to negative effects on multiple body systems, such as fatigue, a decline in performance, risk of injury, and burnout."

Whatever your goals for the new year might be, The Press wishes you success, happiness, and improvement in 2025.

RECREATION

Don't get iced out this season

Haldimand County's arenas offer a variety of skating programs like:

- Public Skate
- Shinny (various age groups)
- Child Hockey Skate (up to grade three)
- Open Figure Skate
- Adult Skate (ages 18 and up)
- Open Walking Track

Find our arena schedules online:

Locations:

Haldimand County Caledonia Centre
100 Haddington Street, Caledonia

Cayuga Memorial Arena
55 Thorburn Street South, Cayuga

Dunnville Memorial Arena
275 Ramsey Drive, Dunnville

Hagersville Arena
36 Sherring Street North, Hagersville

Visit [HaldimandCounty.ca](https://www.haldimandcounty.ca) to find your local arena schedule

