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December 2024 \$2.50



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Marketplace

Vol. 35 No. 12



With the support of local refugee sponsorship groups, families such as this one from strife-ridden Afghanistan, are finding peace, safety and a new life in Grey-Bruce. From L to R: Romal, Behnaz, Farah, Maliha and Mahnaz.

Photo Courtesy of Cathy Thomson.

Feature Story

Page 12

Conflicts and unrest throughout the world are leaving countless families and individuals facing persecution, violence, human trafficking, and worse. But local refugee sponsorship groups are trying to make a difference. With the support of donations and volunteers, they are working to bring refugees from strife-ridden countries to Grey-Bruce communities, where they can find safety, help and hope.

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Marketplace

is published the first of each month and is distributed by mail to 13,000 homes and businesses, reaching Kincardine, Tiverton, Ripley, Lucknow, Point Clark, Holyrood, Paisley, Port Elgin and Southampton.

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Pub. Mail Agreement #40032950 * Paid advertisement.

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From the Sunny Side

James Pannell

December 7, 1936 - December 21, 2016

Linda Pannell

June 21, 1947 - December 7, 2023

It's that time of year that resonates with traditions, celebrations and family. And this one is mine, to pay tribute to my dad and now my mom. I chose their wedding day picture because if you know their love story this is where it began. They didn't have a long engagement, they met and married - three weeks later! Then the adventures began and went on for over 53 years. I may not see them everyday but they are never far from my thoughts. Roots and family were paramount to my mom and she was always so proud that all her family was close by and we talked everyday (I was fortunate enough to work with my parents everyday). Now, even in her absence we continue to grow our families and honour their traditions. When I run into people I love it when they tell me their "one time with Jimmy" story or how much they adored my mom. The love still grows.

Christmas Day Community Meal is on Wednesday, December 25 at St. Anthony of Padua Church Hall. Doors open at 12:30 with dinner at 1pm. Freewill donation at the door. Anyone not spending time with family or friends is welcome. Reserve your spot by calling Sam at 519-396-2001 by December 20.

Happy Anniversary to Vicki and the gals at Playful Piper it's been seven years.

Happy 28th Anniversary to Sleepers Bed Gallery and rockstars Heather and Sadie. If you need a good night's sleep look no further!

Big Brothers Big Sisters of South Bruce North Huron - Ripley Huron Community School is looking for passionate mentors to inspire and support younger students. If you're ready to make a difference, gain valuable experience, and have fun, join us as an In-School Mentor. You can email erin.frook@bigbrothersbigsisters.ca for more information.

The Community Catch the Ace - supporting Royal Canadian Legion Branch 183 Kincardine, Huron Shores Hospice and Tiverton & District Lions guarantees a winner each week! For tickets and more info: www.catchtheacehsh.ca. A great way to have a little fun and help out!

Remember, shop local!!!

...still walking on the sunny side.

Our columnists are selected for a knowledge in their subject areas. Their statements and opinions, therefore, are their own and not those of the publisher.

Help bring festive joy this season

What should be a season of joy and festivities for all can be stressful for many people in our communities.

While the fortunate are decking their halls and celebrating the holiday season with friends and family, some people are struggling to find warm accommodation and clothing and put food on the table.

It's well known that the cost of living has skyrocketed over the past few years and a recently released report from Grey Bruce Public Health shows this harsh reality is hitting close to home.

The report, entitled The Cost of Eating Well and the Urgent Issue of Food Insecurity (available to view at publichealthgreybruce.on.ca), highlights that almost one in five Grey-Bruce households face food insecurity.

The report determined the cost of groceries for a family of four in Grey-Bruce in 2024 was \$289 a week or \$1,250 a month. This cost will force struggling families to make impossible choices between shelter, food, medications, transportation, and other needs. Food insecurity is an important social determinant of health that leads to heightened risks for infectious diseases, injuries, poorer mental health, and chronic diseases. These health impacts result in early mortality and inflated health-care costs.

Bruce Power and its supplier partners are helping through their annual holiday outreach program, a joint effort that this year will provide \$320,000 in support for food banks, warm winter clothing initiatives, local homeless shelters and soup kitchens, and grocery store gift card donations through schools and women's shelters in Bruce, Grey and Huron counties.

As part of the holiday outreach, Bruce Power and the United



John PeEVERS
Director, Community
and Media Relations

Way ran their annual toy and hamper program during the month of November to raise \$55,000 to support local toy drive and hamper programs, including:

- Beaver Valley Outreach
- Chippewas of Nawash Unceded First Nation
- Dorrell Young Christmas Program, Bruce County
- Dundalk Food Bank
- Durham and District Food Bank
- Flesherton Food Bank
- Huron County Christmas Bureau
- Kincardine Community Services, St. Anthony's
- Markdale Food Bank
- Meaford Food Bank
- Paisley Missionary Church
- Port Elgin Salvation Army
- Ripley Lions Club
- Saugeen First Nation
- Salvation Army Food Bank Hanover
- Salvation Army Food Bank Owen Sound
- Tiverton Lions Club
- Walkerton Optimist Club
- Women's shelters in Bruce, Grey and Huron counties

If you're able to, please consider donating time, money or food to any of the charities and organizations mentioned in this column, or the many other worthwhile causes throughout our communities.

This holiday season, think of others who may not be as fortunate as you and seize the opportunity to make someone else's day. The gift of giving and the value of compassion will help to make sure the season is bright for everyone.

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Hockey = Being home during WW1

Hockey transported Bruce County men, like Port Elgin's Melville "Mike" Gourlay Black and Elwood's Robert "Bobby" Stephenson, home when they were an ocean away from Bruce County. Sports, ranging from informal pickup games of hockey and baseball through to formal field days where Battalion teams from across the Fifth Division heaved and strained against each other, were approved ways of spending leisure time while training in England.

"The 160th's first winter in England was a cold, miserable season when frost got in the ground and the ponds froze over. Skates had been left behind in Canada and there were no hockey sticks or pucks. The Canadians used tree limbs for sticks, lumps of ice for pucks, turned their hats front to back to designate competing teams and ran back and forth across the local sheets of ice playing a game as close to hockey as they could manage." (Bartley, p. 78-79)



Port Elgin Hockey Team with Bowman Trophy. Top row (L-R) Dr. Powers, A.E. Nelson, R. Stephenson, J Morton, B. Munro; Middle row (L-R) R. Thompson, J. Stanton, C. Currier, F. Howe; Front row (L-R) Mike Black, Shee Lee, P. Hendry.

by Samuel H. Langford, BCM&CC A2008.004.005

Bobby Stephenson enlisted with the 34th Battery Canadian Field Artillery in August 1915. In his January 27, 1916 letter, published in the Port Elgin Times, he mentions noticing in the paper that Mike Black had enlisted. Mike played with the Port Elgin Hockey Team which won the Bowman Trophy shortly before enlisting for military service. Bobby writes: "I wouldn't mind being in Port for a game of hockey but it's funny I hardly ever think of it. I wish I had some of the boys from old Port Elgin with me. We have all kinds of fun. I wish I had Mike Black on one of these horses."

Mike Black enlisted with the 160th Bruce Battalion on January 1, 1916 and was still writing of hockey over two years

BY
DEB STURDEVANT
BRUCE COUNTY MUSEUM &
CULTURAL CENTRE
ARCHIVIST



Historically Speaking

later, after a transfer to the 78th Battalion and the front lines. In his May 9, 1918 letter published in the Port Elgin Times, he says: "I never had a chance to play any hockey this last winter, and the hockey they play up in the front line is a lot different than what

I have been used to." Mike returned home in December 1918, with the paper reporting "Pte. Gourlay Black, well-known as our own "Mike" of hockey and other fames, is back from the old war. Mike was badly squeezed in one of the Arras battles. A badly wrenched side has given Mike a long holiday and likely to give him some more. "Things look good to me here," said Mike to The Times, 'and while I would not have missed the experience for the world, I am glad to be back.'"

Sources: Bruceremembers.org, Bartley, Allan. "Heroes in Waiting: The 160th Bruce Battalion in the Great War." Port Elgin, Ontario: The Brucedale Press, 1996.

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Should we be careful of what we plant?

Last month I wrote about the invasive reeds that I am fighting, trying to rid them from our ponds. They are called Phragmites Australis, and it seems that I will likely always be at war with this invasive species.

A number of people that read the article asked me some questions about these reeds or grasses, so here is a little bit of perspective.

One person asked if it was similar to Purple Loosestrife which was first deemed an invasive species back in the 1930s. Other than both species grow in wetlands and wet soils, they are not related. Loosestrife, which has beautiful purple flowers, has been here since the 1800s. The Canadian and U.S. governments released two species of beetle that prey on Loosestrife that appear to be working so far. They have admitted that these beetles will also eat other plants.

By the way, the governments have also released a moth species that apparently only eats Phragmites, but it's too early to see any effect.

Phragmites is much more of a problem than Purple Loosestrife ever was. On a recent trip around the Finger Lakes in New York State, the infestations are incredible, much worse than here in Southern Ontario.

Will it get to that here is a question to be asked?

Others have asked me about the huge clumps of ornamental grasses that they have planted in their gardens. Could these become invasive as well?

Please make these observations. To start, these grasses are in the same family. Have you noticed that each year the clump gets bigger, and no weeds grow in amongst these grasses. That's because the root system gives off a toxin to keep other plants away, just as Phragmites Australis does.

If you take a drive south of Goderich along some of the County roads, you may notice that there are infestations of more than one species. You can tell by the leaf colour and the type of seed plumes, that some patches are different. So far, the commonality is that they all seem to like wet areas in ditches and wetlands.

What if, the ornamental varieties that grow in relatively dry conditions also started to become invasive? Could this happen? Is there any evidence, well, maybe?

In Kincardine, if you drive to Boston

BY
MARSHALL
BYLE

Rooftops



Pizza, you'll notice quite an infestation of Phragmites Australis in the ditch around

the parking area. As you leave, notice that there are ornamental grasses in a nearby garden that are self-seeding across the drive in a field. Not a wet area, quite dry. I'm no expert, but couldn't help notice.

We have many garden plants from other places in the world that spread profusely. These include goutweed, periwinkle, several ivy's, Lilly-of-the-valley, just to name a few. I guess we should be careful what we plant. You can never go wrong planting indigenous species.

Merry Christmas and Happy Holidays!

From our families (and Stevie) to yours.

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*The statements and opinions are of the columnist and as such, are not reflective of Heritage Fire Co.

Happy holidays and the warmest of wishes for 2025!

As we reflect back on what was yet another unusual and challenging year in the world of real estate, I would first like to take this time to thank all my past, present and future clients for their loyal patronage and wish them all the Warmest Holiday Wishes and a Prosperous and Healthy New Year in 2025!



Dave Patterson

Determining the value of property in this ever-changing market has continued to become more and more difficult particularly with what has seen the overall market trend downward as a result of over two years of steady interest rate hikes.

Finally some relief arrived in June with the first rate cut in over four years and that trend has continued downward over the fall months.

Twenty twenty-five could prove to be a productive year in real estate with a combination of continued rate drops and the supply of inventory keeping relatively low.

If you're considering a move in the New Year, catching the spring market at the optimum time is a vital tool in your marketing strategy as well as working with

an experienced Realtor to ensure you have the best representation to give you the most stress-free results. As your Realtor, all listings will be fully exposed to the market through MLS, Facebook, Instagram, Twitter, personal website, Re/Max website and local print media complimented with professionally done pictures, video, drone, virtual tours and floor plans.

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Troy Vollmer

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Tips for Building Landlords: Keep Your Investment Safe

As a landlord, managing rental properties can be a good investment, yet it comes with inherent risks that could impact your financial stability and reputation. Various factors, such as tenant disputes and property damage, can pose significant challenges to maintaining a steady rental income. Implementing a proactive risk management strategy is crucial to protecting your property, financial health, and standing within the community. This article provides valuable risk management tips for building landlords, offering guidance on how to address potential issues and mitigate risks, ultimately creating a secure environment for both tenants and property owners. Here are five risk management tips for building landlords.

Tenant Screening - Renting to the wrong tenant can lead to a host of problems, including late payments, property damage, and even criminal activity. To mitigate these risks, conduct thorough tenant screenings that include credit checks, references, and background checks. This can help you identify reliable tenants who will respect your property and fulfill their rental obligations.

BY
TODD
FARRELL



Are You Covered?

Property Inspections - Regularly inspecting your rental property can help you identify potential issues before they escalate. Look for signs of wear and tear, damage, or maintenance needs and address them promptly. By maintaining your property in good condition, you can reduce the risk of accidents, injuries, and liability claims. Ensure there are working smoke detectors and carbon monoxide monitors in all units/on all levels.

Insurance - Insurance is an essential part of any risk management strategy. Ensure that your property is adequately covered by a comprehensive insurance policy, including general liability, property damage, and loss of rental income coverage. Review your policy with your local broker to make sure it reflects any changes in your rental business or property value.

Lease Agreements - A lease is important for both landlords and tenants to understand their roles. Write down rules for paying rent, who fixes things, and who is responsible for snow removal. To protect everyone, make sure your tenants have their own insurance in place for their belongings and any accidents they might cause. This way, if something goes wrong, their insurance can help cover costs they are liable for.

Stay Updated on Regulations - Landlords must comply with various regulations related to property management. Stay informed about changes in relevant laws and regulations and ensure that your property and policies remain compliant. This can help you avoid fines, penalties, or legal disputes.

By implementing these risk management strategies, you can protect your rental property, finances, and reputation as a landlord. Remember that proactive risk management is an ongoing process, so be prepared to adapt and respond to new challenges as your rental business evolves.

As always, reach out to your local insurance broker and they can guide you through your coverage options.

*Wishing you
the best of
the season...*

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Dybosia - celebrating life's milestones through food

"Everything about food and drink, the smell, the taste, the atmosphere, the company in which it is enjoyed, evokes memories. Food brings us back to a place in time, a place where laughter erupts, stories are told, traditions are upheld, and milestones are celebrated. Dybosia reflects family meals and a wholesome sense of togetherness around my parents' dining table that I will always long for. Glasses clink and we exclaim "dybosia", a term that seems lost in translation but was always remarked by my grandparents".

The owner of Dybosia, Jaclyn, grew up in a remote town in Northwestern Ontario, though feels embraced by the communities that currently surround her in Huron and Bruce Counties. Based out of Amberley, Dybosia serves all surrounding counties, and beyond. Since establishing Dybosia



three and a half years ago, Dybosia has become a part of many special celebrations such as small-scale weddings, holiday parties, bridal showers, bachelorettes, and corporate launch parties. She has also hosted public events alongside other local businesses including wine seminars, picnics in lavender fields, whisky seminars and harvest dinners.

Dybosia offers private chef experiences in the comfort of your home; whisky and wine

seminars that encompass education and curated food pairings; gourmet picnics; charcuterie boards; mid-size caterings; and a line of home goods.

The line of home goods offers beautiful, naturally made products designed by Dybosia, which are crafted with sustainable ingredients by local artisans.

Just in time for the holiday season, Dybosia's ever-expanding line includes tallow skin therapy, hand stitched leather potholders, small batch gourmet marshmallows, tyndall stone coasters as well as beeswax and tallow bars. Prefer to gift experiences instead? Gift cards are available for any of Dybosia's services, allowing you to make memories with those that are closest to you.

To explore the full range of services and home goods, visit www.dybosia.com and follow along on social media @ [dybosia.co](https://www.instagram.com/dybosia.co).*



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Psychology Today

Understanding burnout

Once gave a talk on the subject of “burnout”, and afterwards one of the participants indicated that what she had really been hoping for was a quick fix.

Burnout is a little like the process of gaining weight. It happens little by little, over time. Crash diets don’t work, and what is really required is a change in dietary habits and lifestyle. You might lose some weight by starving yourself for a few weeks, but unless you have made major changes, the weight will come back. Think about burnout as the result of “bingeing” on work, or stressful situations. The quick fix mentality may actually make burnout worse, just as the crash diet exacerbates the weight problem. If we are satisfied with quick fixes, we may never address the real issues.

It is worth the effort to learn to live life in a way that feels good, and that honours both ourselves and others. However, doing so involves many challenges. The biggest challenge just might be self-honesty. It can be hard to discern how we really feel in the face of a lifetime of conditioning as to how we should feel. We may experience differences in family or personal relationships and feel that expressing them will create discomfort. Burnout is ignited in that space between what we really want, and what we feel is expected of us. The bigger the space, and the longer it exists, the more we get burned.

If we are merely “coping” with life, if we are living at the emotional “survival” level, then perhaps we are on a wrong path. Or on the right path but doing it the wrong way. If our house were burning down, we would call for help to douse the flames. If our energy, our life, laughter and spirit are burning out, there is a tendency to suffer in silence. We must remember though, there are always choices. Doing nothing is a choice. Going for a quick fix is a choice. Dipping into the deep wisdom of your own soul is also a choice. Choose carefully; the quality of your life depends upon it.

Gwen Randall-Young is an author and award-winning psychologist. Visit www.gwen.ca. Follow Gwen on Facebook for inspiration.

Merry Christmas!




Luke in Houston



Amilia in Calgary & Sofia in Whitehorse



Sloane and Weston in Nashville

Heartfelt thanks from Grandma to all clients and colleagues for another great year. Christmas is all about family, friends and a cozy home in which to enjoy them all; we wish you all of the above... stay safe, stay well.



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Holiday season footwear can cause pain



Laura
C.Ped(C)
B.A. Kin

The holiday season is upon us and we all know what that means: work parties, family gatherings, general merriment and joy. It also means dressing up and unfortunately for our feet, that tends to mean high heels, narrow toes and thin soles.

I'm not here to scold you about your dress wear. I understand that your Birkenstocks and New Balance runners don't pair well with your three piece suit or that sparkly cocktail dress. Trust me, I want to be able to dress up as well. I'm here to tell you, if we are going to cram our feet into dress shoes for the sake of beauty then we need to do things to at least REDUCE the short (and long!) term effects.

So here we go:

#1. Heel height – A heel more than two inches increases the pressure on the ball of your foot drastically so avoid anything higher if possible.

#2. Heel width – Stay away from the thin stiletto heels. A wide chunky heel (or even better a wedge) will give you a wider base of support and will disperse forces more evenly making it easier on your feet.

#3. Toe width – A rounded toe is going to be more comfortable into the wee hours of the night than a pointy toe.

#4. Post-dress shoe rehab – This is the MOST important thing you can do. The following day or the night of (or even better, both) should consist of trying to spread out those toes again. This can be done by rolling on a lacrosse ball or a golf ball (especially across the ball of the foot), massaging the bottom of the foot, wearing spacers (or putting your fingers between your toes), and spending time in your bare feet to let them breathe!

If pain persists longer than 24 hours after your celebrations please visit www.alignpedorthics.com to schedule your pedorthic assessment.

Laura is a Canadian Certified Pedorthist at Maple Shores Health Centre in Port Elgin. Please call 519-832-4500 for more information.*



I want to thank you for making 2024 an amazing year and trusting me with your foot health.

Wishing you and your family a season of love and laughter.

From my family to yours.



**Merry
Christmas
AND
Happy
New Year!**

**BEN LOBB MP
Huron—Bruce**

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One Family at a Time

"I walked for three days with little water and no food. I was with a few other children, but no adults. We wanted to reach Ethiopia but could only guess where it was. We had to cross the desert, only travelling by night, terrified of wild animals, soldiers ... and human traffickers..."

This disturbing tale was recounted by Sham, a refugee from Eritrea in East Africa. But as tragic as his story is, it has a happy ending. Sham made it to a refugee camp at the Ethiopian border and, with the help of the Owen Sound Alliance Church's Refugee Sponsorship Program, was rescued and brought to Canada.

Sham is not alone. He is one of many refugees who have been given a chance at a new, hope-filled life by two local refugee sponsorship groups operating under the auspices of the Owen Sound Alliance Church and the Kincardine Knox Presbyterian Church.

The refugee sponsorship program at the Owen Sound Alliance Church began shortly after 2014. That's when the church welcomed their first refugee family – a father with his two young children and his mother. Now, a decade later, and in partnership with other local churches (the Calvary Missionary and First Christian Reformed), six families and a number of individuals have been rescued from persecution through the sponsorship program. And there are plans to rescue more.

"Community support has been overwhelming," says Donna Jansen, Chairperson of the Alliance Church Refugee Sponsorship Committee. "We've had countless volunteers come out over the past ten years to help with the program. Donors have contributed furniture, funding, clothes, diapers, and more. Landlords have stepped up with discounted rents. Employers in the area have provided employment opportunities. Educators even set up an ESL (English as a Second Language) program that runs out of the church basement!"

And the refugees have flourished. They have found work. Some have purchased their own homes. Many have become volunteers with the local Junior Optimist Club, the Mission Thrift Store in Owen Sound, and the Owen Sound Police Service. And over half have obtained their Canadian citizenship, with the rest in process.

"The stories we hear from our refugee families are heart-wrenching," admits Donna. "Some were subject to torture in their home countries. Some were kidnapped. Many faced malnutrition, were separated from their families, and were denied access to health care and education. Seeing them find new hope here as employees and volunteers and citizens of our Grey-Bruce community has been tremendously rewarding. The remarkable resilience they demonstrate is truly inspiring."

Sham is a case in point. That young boy is now a young man. After arriving in Owen Sound, he learned English, graduated from high school, and now works for Barry's Construction and Insulation Ltd. in Allenford. He is also training to become a welder through the Sparks Training Center in Saugeen Shores. Calling him resilient might be an understatement.

This year also marks the 10th anniversary of the Kincardine Refugee Sponsorship Committee. Since 2014, they have sponsored

by Doug Arhcer



A citizenship ceremony for proud new Canadians.

Photo Courtesy of Donna Jansen.

three refugee families, bringing them out of Iran, Syria and most recently, Afghanistan.

"The Afghan family was in dire need of safe harbour," says Cathy Thomson, Chair of the Committee. The Taliban had killed the family's father and were threatening the rest of the family with death as well. So the mother fled to Pakistan with her four children. From there, the Kincardine refugee program was able to sponsor them to Canada in the spring of last year. "Over the past year, the family has astounded us not only with their determination to become successful within our community, but with their willingness to help others. Two of them have even joined our Refugee Sponsorship Committee so that they can provide insight and help to others in need."

Cathy is quick to point out that none of the good work of the Kincardine Refugee Sponsorship Committee would be possible "without the open hearts of the community." Neither the Committee nor the sponsored refugee family receives any funding from the Canadian Government, she explains; yet the Sponsorship Committee is required to financially support the family for a period of one year. "This costs between \$17K for one person, to \$60K for a family of six. That money comes from community donations."

And it is not just money that is donated. "Doctors and other health care professionals have provided care for the families," Cathy goes on. "Teachers have supported their learning. And countless volunteers have touched their lives in a positive way along their journey."

The Kincardine Refugee Sponsorship Committee has another sponsorship in process right now. Two Syrian refugees, a man and his wife, are currently in Lebanon, desperately awaiting the completion of their security and other checks. The Committee is also in communication with a young Afghan mother. The woman has fled to a neighbouring country with her two small children and hopes to come to Canada to make a new life. But Cathy tells me that moving forward with the sponsorship of this young family will not be possible until the Committee raises additional funding.

"Now more than ever, natural disasters, conflict and war are creating misery for people who only want to live and raise their families in peace," Cathy says. "We are doing our best to help them, one family at a time."

Anyone wishing to support the continued work of these local refugee sponsorship programs can go to alliancechurch.net and click on 'give' to donate to the Owen Sound Alliance Church Refugee Sponsorship Committee. Designate your donation to the Refugee Fund. For the Kincardine sponsorship program, e-transfers can be made to knoxtreasurer@gmail.com, or cheques can be mailed to Kincardine Knox Presbyterian Church, 345 Durham St., Kincardine, Ontario, N2Z 1Y6. Put Kincardine Refugee Committee in the message or memo line.

Steve Santini and his collections

Steve Santini is what you might call an avid collector. And we're not talking about accumulating old coins and stamps. Steve has Canada's largest private collection of artifacts from the Titanic tragedy. He has assembled relics from the days of the Vikings and the ancient Norse people. He even has items that were once owned and used by Harry Houdini, the famous escape artist.



"I tend to live by the words of the classic horror movie actor, Vincent Price, who once said, 'A man who limits his interests limits his life'," Steve says. With a smile, he adds, "That sums me up fairly well."

Steve's interest in collecting began when he was a boy. "One rainy afternoon at our cottage when I was very young," he says, "I watched a British movie on TV about the Titanic called, *A Night to Remember*. Then a year or two later, my dad took me to see, *The Poseidon Adventure*. Together, those two movies cemented my interest in shipwrecks – and the Titanic in particular."

By the age of 14 Steve acquired his first Titanic related item – a postcard from 1912 – at an antique shop. That purchase sent him on a lifelong search for other authentic Titanic objects.

Now he has over 300 artifacts from the doomed ocean liner, many of them on display in museums across the United States and as far away as Australia. He lectures about the ship's history. And he has written two books on the Titanic, using the artifacts he has collected to illustrate the story of the ship from construction to destruction and beyond.

Even in semi-retirement, as he calls it, Steve is still collecting. Not just Titanic relics, either. With the help of his wife, Vera, he has put together a variety of artifact collections on topics such as the history of criminal punishment, famous witch-hunts and witchcraft trials, and the

BY
DOUG
ARCHER



Portrait of a Retiree

Hindenburg zeppelin disaster. He has collected relics from other famed shipwrecks, including the Edmund Fitzgerald. And he has amassed a world-class collection of objects from the life

and career of legendary aviatrix Amelia Earhart.

"I am always drawn to objects that tell us a distinct and decidedly human story, whether that story be good, bad or even on occasion, ugly," Steve says. "My favourite relics in the various collections are the ones that elicit an emotional reaction from their close attachment to a charged event or period in human history."

Steve intends to keep on collecting, too. "I am always looking for special items to add to the collections," he tells me. "But frankly, I am running out of space to store and display what we already have!"

Dinners, fellowship, fundraisers and music

The Southampton Santa Claus parade is scheduled for Friday, December 6th to begin at 7pm. Have your canned goods ready for the volunteers who will be collecting for the local food banks along the parade route. The parade route will journey along High Street.

The Southampton Curling Club Cookie Walk will be held Saturday, December 7th from 9:30am-Noon or when cookies are sold out. Make up your own dozen and bring your own containers. The cookie walk will be held upstairs at the Southampton Curling Club. Come early for best selection. Proceeds will help the Curling Club.

The Southampton Community Suppers are a wonderful opportunity to enjoy great meals and fellowship with your friends. Suppers in December will take place on specific Wednesdays from 5-6:15pm at St. Paul's Anglican Church, 248 High Street. Contact 519-797-2984 to find out the dates. Admission is by donation.

Every Friday in December enjoy Southampton's Festive Friday between 4:30pm and 8pm. Shop for all the ones you love in Southampton and enjoy free horse drawn wagon rides. Sign up in person on the day of at Larkspur Books on High Street and the donation of a non-perishable food item for the local foodbank would be appreciated.

The Chantry Centre located at 35 Grey Street South in Southampton is a meeting and activity place for adults aged 50 plus. For more information on becoming a member, programs and more, contact the Centre at 519-797-3096.

On Saturday, December 14th from 6-9pm, Three Sheets Brewing in Port Elgin is hosting the 2nd Annual GIV'ER Gift Drive. The evening will include music, drinks, family, and friends, all with one goal, to give families the Christmas they deserve. Help give the gift of hope and inclusion to families in need. With music from local artists Amber May and Jason Lawson, drink specials, 50/50 draw, door prizes, a fun evening, and a joyous Christmas for those who need it most.

The Bruce County Museum and Cultural Centre in Southampton offers a variety of activities throughout the month as well as their exhibits and Museum displays. Plan your visit by calling 519-797-2080 for more information.

The Coliseum in Southampton and The

BY
TAMRI
COURT



Saugeen Shores

Plex in Port Elgin will have sponsored as well as public skating during December and January. The Centennial Pool will also have public and family swim times available. Give the Town a call at 519-

832-2008 for dates and times.

The Port Elgin and Southampton Libraries often have an interesting list of events that are being held each month. Check in with both and see what they have planned. There are always fun activities planned that the kids will enjoy over the Christmas holidays.

From my family to yours I wish you a Merry Christmas and all the best for the New Year!!

If you would like your event mentioned in a future article in the 2025 magazine contact me at tamricourt@gmail.com or 519-386-1400.



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We love this time of year as we reflect on the new and returning customers of our events - whether they were here at the barn or off-site, we are so very grateful for all the opportunities working with the community.

Twenty-twenty-four was a year full of great success entailing Hometown Christmas, Harvest Dinner downtown Kincardine, weddings, backyard parties, wellness workshops, new experiences and lessons. We thank you for having us for your event rental needs!

We are humbled by everyone of you and wanted to give our gratitude to the Kincardine and surrounding area - have a blessed season ahead. We look forward to 2025 and what the year will look like for Willow&REN. We are open for bookings!

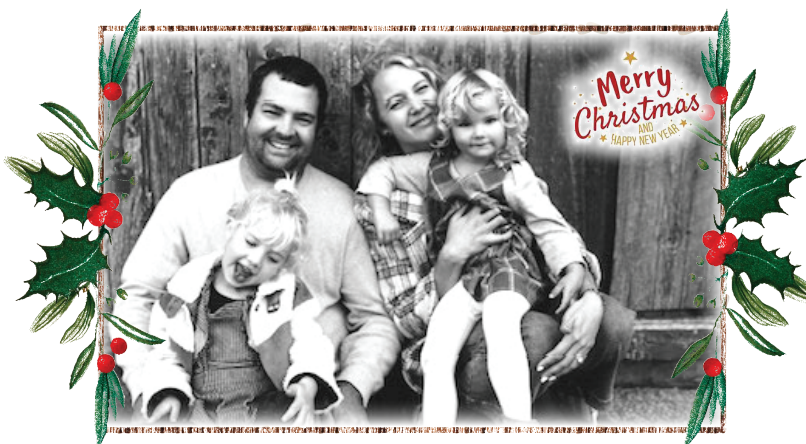
Micro events, reunions, luxury dinner parties in the willows, ceremonies, birthdays and anniversaries - we're

here for you.

Thursday, December 5th we are hosting the final workshop of 2024, as a local florist from Mildmay, Carrie Lynn, will be leading Christmas centerpieces in the barn for clients to create. The Industry Room will be there as well serving a cash bar! Please email willowandren@gmail.com for your ticket inquiry.

Let us make your party memorable! Hosting Christmas this year? willow&REN can decorate your table this season with dinnerware, glassware, napkins, linens and centrepieces. From tablescape decor to festive layouts we're here for you! Don't hesitate to reach out to Willow&REN for your party planning, decorating needs, on-site or off!

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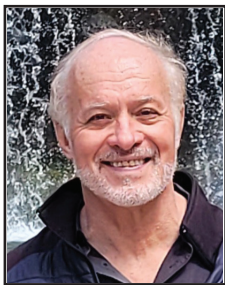
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Mexico City has three modern art museums

My second day in Mexico City, I visited the National Museum of Modern Art. There are three modern art museums. A Mexican acquaintance suggested I see the Remedios Varo collection. I found many of the exhibits interesting, but Remedios Varo, who I had never heard of, was a happy discovery. She was a Spanish-born surrealist painter, who spent most of her later life in Mexico. A rather unlikely thing happened. I was looking at a painting entitled "Woman Coming out of Psychoanalyst's Office". It struck me as being playful and made me laugh. I turned to the man standing beside me and said, "This is too much!" He proceeded to point out several things in the painting. He drew my attention to a mask that was down over her upper chest. That I had noticed. He pointed to a tiny sign on the doorway, that said, "JFA". I had not actually seen the letters. He explained that this meant "Jung Freud Associates". He then pointed to a head that she was carrying, wrapped in clear fabric, and dropping into a well. He commented that that was her father's head, and that was what most people needed to do, symbolically at least. She was carrying a basket, and I couldn't make out what was

BY
DONALD
SMITH, MD



The View from Here

in it. He said it was a clock, as she was afraid she might go over her allotted time. I asked him "Have you studied Remedios Varo?" He answered, "No, I am a Psychoanalyst, and most Psychoanalysts in Mexico have a copy of this painting in their offices." What are the chances of this happening?

That museum has in its collection "Las Dos Fridas (the Two Fridas)" by Frida Kahlo. I had seen photos of it, but seeing it in person was a whole different experience. It was very much larger than I imagined, taking up a significant portion of one wall. The Frida on the right is dressed in an indigenous style. This Frida is Frida before Diego left her. He used to dress her in indigenous dress. She has a small photo of Diego as a child in one hand and a vein runs from that image to her heart (which

we see painted on her anterior chest) and across to the other Frida beside her. The Frida on the left is Frida after Diego left. He took up with her sister, of all people. She is dressed in a rather austere, formal white dress. The vein continues across and lies against her dress, dripping blood which she is trying to staunch with a haemostat (Frida had wanted to be a doctor), so that she won't exsanguinate. Blood has fallen on her lower dress, where it forms patterns of birds and flowers. This painting is nothing less than spectacular.



Las Dos Fridas, by Frida Kahlo, National Museum of Modern Art, Mexico City.

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*from Marketplace Magazine staff and
Every, Ella, Lily, Eden, Jess, Kate, Eliza and Kylee*

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Crime Stoppers of Grey Bruce Seeks Volunteers

Crime Stoppers is a civilian community organization devised to acquire information that assists law enforcement agencies in the resolution of crime. Crime Stoppers pays cash rewards of up to \$2,000 for information leading to the arrest of criminals, recovery of stolen property and seizure of illegal drugs while maintaining total anonymity to the caller and complete confidentiality of the tip.

Crime Stoppers of Grey Bruce and your local police services are asking for the public's assistance in solving the following crimes.

•Sometime between 6:30pm on October 4th and 2:30pm on October 7th, two Seadoos and a Seadoo trailer were taken from a property along Second Avenue South on the Saugeen First Nation.

The Seadoos are described as an orange 2016 Seadoo GTI and a blue 2017 Seadoo Wake 155. The Seadoo trailer is a Karav T6G double personal watercraft trailer bearing plate V7161Z. The stolen Seadoos can be viewed on the Crime Stoppers of Grey Bruce website and Facebook page.



1-800-222-TIPS (8477)
www.crimestoppersgb.ca

•On October 18th around 4:15pm a fail to remain collision occurred northbound on Bruce Road 3 near Saugeen Shores Concession 8.

The offending vehicle is a maroon four-door sedan that will be missing its front and rear bumpers. There were no licence plates attached to the vehicle. Police are asking drivers in the area at the time of the incident to check their dashcam video.

•Sometime between October 1st and November 10th, a green 2010 Polaris 500 Sportsman ATV was stolen from a residence along Jewel Bridge Road in South Bruce Peninsula.

A photo of the stolen ATV can be viewed on the Crime Stoppers of Grey Bruce website and Facebook page.

•Crime Stoppers of Grey Bruce and the

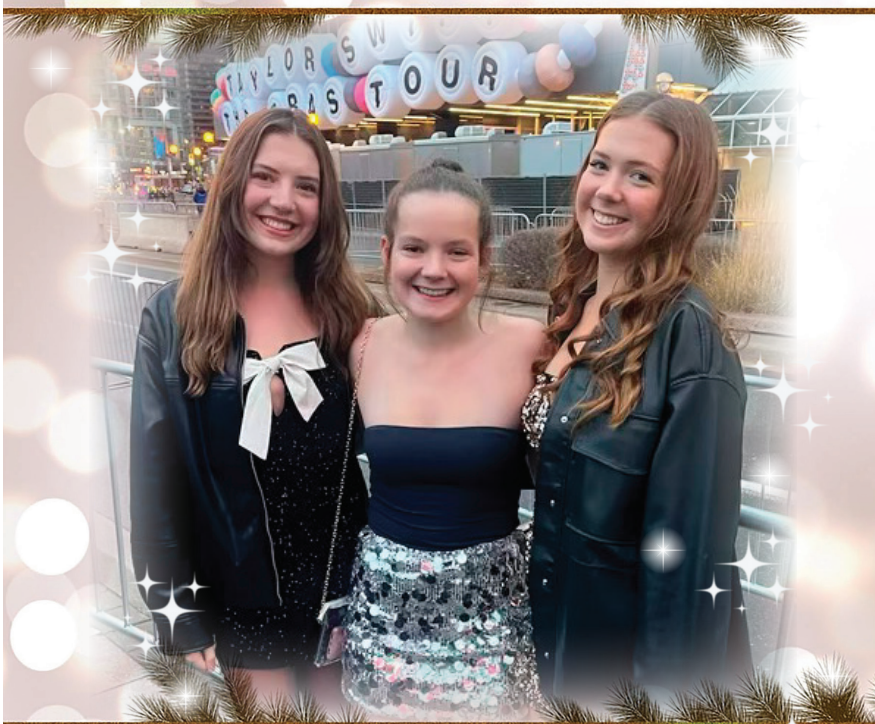
South Bruce OPP are seeking the public's help in solving a series of mischiefs in the Municipality of Kincardine.

Police have received reports of graffiti and litter under the Durham Street bridge, and intentionally cut and downed trees along a section of the Bruce County Rail Trail in the Municipality of Kincardine.

If you have any information about these crimes you can call Crime Stoppers at 1-800-222-TIPS (8477); or submit a secure Web-Tip at www.cstip.ca; or get the P3 Tips Mobile app.

You won't be asked to identify yourself, you don't have to appear in court and you may be eligible for a cash reward of up to \$2,000.

Remember Crime Doesn't Pay – But Crime Stoppers Does!



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Lily, Ella, Kate, Melissa and Anthony

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Holiday season is upon us with so many activities!

The holiday season is in full swing, and there is much left to enjoy this December in Huron-Kinloss!

Kick off the season with the Lucknow Community Carolfest on December 4th at the Lucknow United Church. The event starts at 7:15pm, and all are welcome to join in singing traditional carols. A freewill offering will be collected in support of the Salvation Army in Wingham and Goderich. For more information, please reach out to Jim Finnegan at 519-441-2903.

On Sunday, December 8th, the Ripley-Huron Community Centre will host its annual Christmas Celebration and Skate with Santa! Come cheer on the Ripley Wolves at 3pm, where families can enjoy cookies, hot apple cider, and hot chocolate while the kids take part in crafts and cookie decorating. Santa will make his appearance from 4:30-6:30pm in the Social Room, and the evening wraps up with a free public skate from 5:30-6:30pm. This fun-filled event is generously sponsored by Rosewood RVilla, the Ripley and District Lions, and the Ripley Wolves.

The Lucknow Legion invites everyone to its annual Christmas Meat Draw and Ugly Sweater Party on Saturday, December 14th. Doors open at 2pm, and there will be meat draws for turkeys and hams, as well as a 50/50 draw. Don't forget to wear your best ugly Christmas sweater to join in on the festive fun!

Join in on the tradition and help the Ripley Grade 8 Class to fundraise for their graduation activities! The annual Christmas Turkey Dinner fundraiser is on December 16th. Order a takeout meal by emailing ripleygrads@gmail.com.

In Lucknow, Skate and Shoot is happening every Friday from 4-5pm for \$5/skater. And don't forget to check the sponsored skating schedule for the entire 2024/2025 ice season; all of the public skating times are sponsored and FREE to attend, thanks to all of our business owners and service clubs for their generous support. Visit <https://lucknowrecreation.com/programs/public-skating/>.

During Christmas break, be sure to stop by the Ripley-Huron Community Centre for sponsored public skating and shinny sessions. You can also take advantage of Parent & Tot/Senior Skate every weekday morning from 9-10am. For full details and schedules, visit www.huronkinloss.com/recreation.

BY
KRISTEN
PRENTICE



Ripley/Lucknow Happenings

Do you have a child 10 years old or older that will be spending short periods of

time at home alone? Be sure to sign them up for the St. John Ambulance Home Alone Safety Course that will run on Thursday, January 2nd from 9am-4:30pm. Cost is \$80/participant.

Looking ahead to the new year, mark your calendars for January 6, when registration opens for Ripley Summer Sports 2025 and the Ripley Wolf Cub Adventure Camp.

Enjoy the season and take part in these great community events that celebrate the spirit of the holidays!

It's a time to show our thanks to so many

With the festive season in full swing be sure to come to Paisley and visit the 'Gingerbread Village'. Gingerbread theme decorations can be seen throughout the village. While you are here be sure to look at all of the beautifully decorated store windows. As always, shopping locally is great for everyone. Please continue to support your local merchants.

Just a reminder to everyone that the Paisley Christmas Market is open until December 23rd with many different local artisans taking part. It's located at 486 Queen Street. It will be open everyday with the exception of Tuesdays from 10-5pm. The 'Children's Christmas Coin Sale' takes place every Tuesday in December from 4-7pm. Children are invited to come and do their Christmas shopping.

Paisley Legion Branch 295 has lots of activities planned for the month of December. On Saturday, December 7th dance to the music of the 'Catfish Gumbo Band' from 2-5pm. Dinner to follow ~ \$25 per person; on Saturday, December 14th there will be Family Games and a Potluck meal from 3:30-6pm; 'Darts for Meat' takes place every Sunday at 1pm; Monday nights there are knitting and crochet classes for all skill levels from 7-9pm with admission of \$2 per person; Friday nights you can take in 'cornhole' and food is available for purchase; On Tuesday, December 24th the Legion is open for their annual Christmas Eve Social starting at 3pm. You can end the year by attending the Legion's 'New Years Eve Games' night. Bring an hors d'oeuvre and join in the fun. This is an adult only event.

Attention quilters: the Paisley Community Quilters will start Tuesday January 7th. The group meets every Tuesday and Wednesday from 10 am until 4 pm each day until the end of February. Bring a bag lunch and a hot beverage will be provided.

If you are only able to come for a morning, or an afternoon, one day or both, all are welcome. The program takes place in the basement of the Westminster Presbyterian Church in Paisley. Paisley Community Quilters mission is quilting or tying quilts for those less fortunate. If you require any further information, please contact Carolyn Hodgins at 519-353-4252 or Edith Beech at 519-353-5937.

Looking ahead into 2025, the annual Robbie Burns Luncheon and Cards will be at the Paisley Treasure Chest Museum

BY
SHERYL
STEINHOFF



Paisley Current

on Friday, January 17th at noon. Be sure to drop in for a great afternoon of fun.

As 2024 draws to a close it is time to reflect and look back on all of the things that have happened this year. It is also a

time to show our thanks to the many people who have volunteered their time in so many capacities within our community. It is these people that make Paisley and area such a rich and vibrant place to live. In closing I would like to take this opportunity to wish everyone season's greetings and health and happiness in 2025.

If you have an event you would like mentioned in the next issue, please contact me at 519-832-7496 or email me at thesteinhoffs@hotmail.com. Until next month, please remember to be kind to each other and be happy and healthy.




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Amazing selections for gift giving!

I'm happy to start off my annual holiday column with a solid recommendation for *The Grey Wolf* (Chief Inspector Armand Gamache, #19) by Louise Penny.

I was a latecomer to the *Three Pines* series (thank you Linda) and it never disappoints. Starting with a series of strange and seemingly unrelated events in both *Three Pines* and *Montreal*, the story soon spreads to northern Quebec, the US and Europe as Armand and his team race to stop an act that will bring tragic consequences to thousands. As usual, Penny's stories are complex, well researched and still incredibly difficult to put down. What's more there is also a parable to be discovered about good and evil, how we respond to hate and politics and always topically on point. As you can probably tell, highly recommended!

Other fictional recommendations I will offer include *This Summer Will Be Different* by Carley Fortune and *Funny Story* by Emily Henry for the romance lovers, *The Women* by Kristin Hannah and *Here One Moment* by Liane Moriarty (author of *Big Little Lies*).

I've read a few more new mystery/thrillers I'm happy to recommend including *In Too Deep* (Jack Reacher #29) by Lee Child and Andrew Child, *To Die For* (the 6:20 man 3 of 3) by David Baldacci and *The Waiting* (Ballard and Bosch #6) by Michael Connelly.

In non-fiction I have to again recommend *Revenge of the Tipping Point* by Malcolm Gladwell which I listened to on Audible and then purchased so I'd have it to refer to forever.

The Serviceberry: Abundance and Reciprocity in the Natural World by Robin Wall Kimmerer and John Burgoyne is on my list (hope someone is reading this).

I also think that *From Here to the Great Unknown* by Lisa Marie Presley and Riley Keough looks interesting, I'm going to try it on Audible so I'll follow up with a review soon.

Flying off the shelves is *Nexus: A Brief History of Information Networks from the Stone Age to AI* by Yuval Noah Harari.

Looking for something Canadian, there is lots to choose from including topical reads *The Handmaid's Tale* by Margaret Atwood and *Looking for Jane* by Heather Marshall in the fiction becoming reality genre.

In non-fiction, *Home and Away* by Mats Sundin with Amy Stuart offers his

BY
TRACY
PRIMEAU



Between the Covers

journey from Sweden to the Toronto Maple Leafs and Sarah Chapelle's book *Taylor Swift Style* is a gorgeous hardcover for the Swifties you may know.

Indigenous leaders have also continued to offer insights and stories to us all, including as reviewed last week, *The Knowing* by Tanya Talaga, *Who We Are: Four Questions For a Life and Nation* by the Honourable Murray Sinclair (Mazina Giizhik) with Sara Sinclair and Niigaan Sinclair and *Reconciling History* by Jody Wilson-Raybould and Roshan Danesh. I will review these last two in the new year.

Don't forget the kids, Christmas is a great time to instill an early love of reading. There is a new installment in the *Diary of a Wimpy Kid Books #19: Hot*

Mess by Jeff Kinney and *The Wild Robot*, now out in theatres and streaming would be a popular pick. My kids always enjoyed getting the newest Guinness World Records books or the latest hockey trivia books (dependent on the kid). For little ones you really can't go wrong right now with Bluey or the any Dr. Seuss classic.

Looking for something to buy the person who's on the road a lot or likes to walk, consider a subscription to Audible or set them up with Libby.

I've a few non-fiction books on my holiday pile so you may see a few of those in my next column and I'm close to meeting my end of year goal, let me know how you are doing with yours at tracy.primeau@gmail.com.



May your holidays
be filled with
light, laughter, and love.

Wishing you a safe and joyous
holiday season spent
with family and friends.

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Maybe I don't have to give a gift?

Dear Liz,

Since our parents have passed my sister and I have always gathered at my house for Christmas dinner with her children, and now grandchildren. I live an hour away, and they have nearly always made the trip over. I cook dinner, they would all stay the night as we would have drinks and play games. This year, my sister has suggested that I now come to them, even though I've always hosted. I understand that with the grandchildren that travelling might not be the most enjoyable, and I am working past my own feelings about it all. But here is my problem, if I come over, I would need to stay over night as I cannot be expected to drive home in the dark alone (and stay sober). That means that I would also like to bring my cat with me. This is proving to be a problem for my sister. So now I must decide between spending Christmas alone with my cat, or being bitter all night with my family while my cat is home alone.

Bitter Christmas

Dear Christmas,

I sometimes think that as we grow older we cling to the idea and structure of traditions as a way to hold onto the past. As a way of living in those memories forever. However, as life changes, and families grow, the tighter you hold on to those old ways, the easier it is for one to lose sight of what made those traditions become something you wanted to repeat year after year.

If you cook up a feast, pour the wine, setup the card table, and no one is there to enjoy it, is there any magic? Was it really doing those things or the people you were with that made the night enjoyable?

Find a sitter for your cat.

Dear Liz,

I love the spirit of Christmas! I love the snow, the lights, the time with family, and especially seeing the joy when someone opens up a gift given with love. I have always been crafty, I knit, I sew, I needlepoint, I've even started my journey into felting adorable little cats. It makes me happy to think of the person I am gifting, while I am working on their present with my own two hands.

I also happen to be retired and with my husband now gone, it provides a wonderful past-time to make new friends and craft together. Everyone loves my gifts, or so I thought. I've recently learned that my niece rarely keeps anything I've made her. I can't speak to why she would need to get rid of a cozy scarf, or a framed needlepoint picture of a garden, but one of her cousins

BY
LIZ



Dear
Liz

let it slip. Now I'm torn. Should I just be making these items for me, or charity, and be buying items that won't even last a season of wear and tear? I'm obviously hurt, but I can't not give her a gift, can I?

Sorrowful Crafter

Dear Crafter,

It is easy to get lost in the materialism of the season, and forget about what makes it so special.

It sounds like you have a firm grasp on what it means to you, and the joy it gives back to you is immense. If every year you make everyone's presents, I don't see a need to change that. Give the gifts you make for your loved ones that make you think of them.

As for your niece, I feel like a good heart-to-heart is in order. This could be a misunderstanding that has been morphed into something it is not. All the best!

Seasons Greetings to All

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GBPH offers tips for staying safe this holiday season

The holiday season is a time for celebrating with family and friends, reflecting on the year that was, and manifesting for the year to come.

No matter how you celebrate, Grey Bruce Public Health encourages everyone to do so safely.

Here are 10 tips for staying safe this holiday season:

- Know the risks of alcohol consumption. Canada's Guidance on Alcohol & Health recommends two standard drinks or less per week to limit alcohol-related consequences for yourself or others.

- Stick to standard drink sizes. A standard drink is considered: a 12oz bottle of beer, cider, cooler or ready-to-drink beverages (5 per cent alcohol), a 5oz glass of wine (12 per cent alcohol), or a 1.5 oz shot of spirits (40 per cent alcohol).

- Try being "sober-curious," which means being more mindful of alcohol consumption and questioning the reasons why you consume alcohol.

Non-alcoholic

- Make yourself a non-alcoholic holiday drink, like eggnog or mulled cider to mix it up.

- If you are planning to drink or consume drugs, don't drive. There are lots of alternatives, such as:

- Planning to have a designated sober driver.

- Pre-booking a taxi or Uber.
- Staying overnight.

In 2023, the Grey Bruce OPP charged 28 drivers with impaired driving.

- Keep your vehicle's windows clear. Use an ice scraper to keep your windows clear of snow and ice. To keep your windshield clear, use winter washer fluid and swap your wiper blades if they are leaving streaks across your windshield.

- Use winter tires. Winter tires have better grip on snow and ice and can help to prevent a collision.

- Keep your gas tank above half.

- Test your headlights and taillights to make sure they are working, bright and not foggy.

- Keep an emergency kit in your vehicle. Some suggested items to include are a flashlight, blanket, matches, shovel, non-perishable snacks, water, jumper cables, toolbox, and first aid kit.

BY
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Seniors Situation

- Try to travel while the sun is still up.
- Wear winter boots with good tread to prevent falling on ice or slippery surfaces when walking. You can check the rating of your boots on Rate My

Treads.

- Leave early. Allow for extra travel time if road conditions or visibility are poor.

References:

Paradis, C., Butt, P., Shield, K., Poole, N., Wells, S., Naimi, T., Sherk, A., & the Low-Risk Alcohol Drinking Guidelines Scientific Expert Panels. (2023). *Canada's Guidance on Alcohol and Health: Final Report*. Ottawa, Ont.: Canadian Centre on Substance Use and Addiction

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