

Marketplace

February 2025 \$2.50



Invovled in the Community

Pool or Resort! SWIMWEAR at PENETANGEAR



NEW SEASON SWIMWEAR has arrived at PENETANGEAR. Winter in Ontario marks the opening of pool season and for locals escaping the cold weather to resorts.

Our focus is **ONE-PIECE CHLORINE RESISTANT SWIMWEAR**. As always, we carry a head-to-toe range of swim equipment and swimwear.

At Penetangear discover swimwear that's Chlorine Resistant, Quick Drying, offers UV Protection and Shape Retention. For 2025 we celebrate the growth of Australian brand **FINZ SWIMWEAR** including:

- Sizes 6 to 26
- Sleeveless one-piece suits
- Mastectomy swimwear
- C-DD support

Not all swimwear styles fit all sizes! Finz Swimwear is available in a variety of styles to fit a variety of sizes and body shapes.

Enjoy our warm, private change rooms and let us help you discover the swimsuit that's **PERFECT FOR YOU!**



Join us this winter for our **FREE AQUA FITNESS CLASSES**

For dates and details visit www.penetangear.com/community, scan the QR code, or visit us on facebook and Instagram.

PENETANGEAR

791 Queen Street, KINCARDINE

www.penetangear.com

Talk: 519.396.7791 Text: 519.706.0335



Kent Boys and the Purple Heart Project

When he retired from teaching several years back, Southampton resident Kent Boys decided to enroll in a woodworking workshop. It would become a life-changing moment.

It started simply enough. "I watched some instructional videos on YouTube given by Rob Cosman, a Canadian master woodworker," Kent says. "I got so interested I decided to apply to one of the in-person 'Training the Hand Workshops' he teaches from his home in New Brunswick. And I got in!"

But it wasn't learning how to square the edges of a plank of wood, or cut a dovetail joint by hand, that changed Kent's life. It was meeting the war veterans who participated in the workshop with him.

"Of the 14 participants at the workshop, seven of them were combat wounded vets," Kent tells me. "They were there as part of what is called the Purple Heart Project."

A non-profit charity that attracts veterans from Canada, the United States, and around the world, the Purple Heart Project selects and funds veterans to attend Rob Cosman's Training the Hand Workshops. Its mission is to introduce physically and mentally wounded veterans still suffering from the

BY
DOUG
ARCHER

Portrait of a Retiree



negative effects of combat, to the joy and peace that can be found through traditional hand tool woodworking.

"Listening to the stories of what these veterans had been through, and seeing how the workshop helped them, and the positivity it generated, was awe-inspiring," Kent says. "I'm not a war veteran myself, but I knew from the first day of that workshop that I wanted to be part of the Purple Heart Project."

He got what he wished for. Kent now volunteers as a member of the Purple Heart Project's Board of Directors, he coordinates the organization's social media, and he is a tireless advocate for the support and benefit that war wounded veterans receive through the Training the Hand Workshops.

And the support doesn't end with the

workshops. Each veteran receives a set of hand tools and a workbench from the Purple Heart Project, so they can continue to woodwork at home. And through the workshop, they become part of a woodworking community that never stops providing help and encouragement.

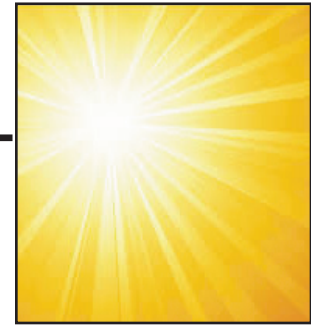
"The veterans who attend the workshops say they find therapeutic relief from the pain they struggle with by immersing themselves in the craft of woodworking," says Kent. "And I've seen it firsthand. It's amazing to see how they react when they create something in the workshops. To see the pride and joy they feel in their woodworking efforts. It's just a wonderful program."

To learn more about the Purple Heart Project, or to donate, go to purpleheartproject.org.

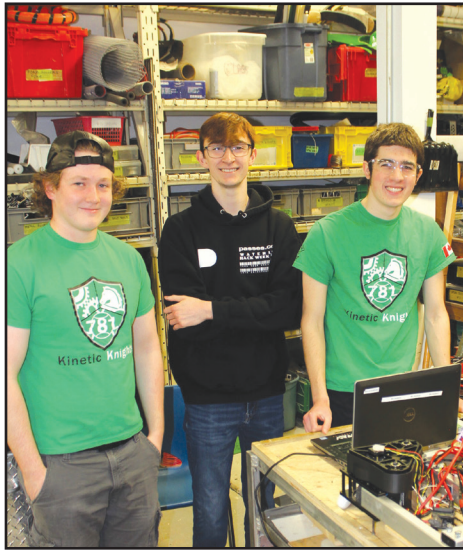


Marketplace

Vol. 35 No. 02



From the Sunny Side



Kinetic Knights (L to R) Josh Adams, Nathan Pollock, and David Ertel stand with the team robot currently under construction for the 2025 FRC season.

Feature Story

Page 9

FRC Team 781, the Kinetic Knights, have grown since the pandemic, drawing high school students of varied interests to join the community based robotics team. While that growth has been great for the team, it has also brought some challenges--including the increased expense of existing. The team has taken on some new directions for fundraising this year and are looking for help.

Portrait of a Retiree . . . 2	Ripley/Lucknow 10
Historically Speaking . . 5	Paisley Current. 12
Rooftops 6	Saugeen Shores. 12
Psychology Today 7	Between the Covers. . 13
Feature 8	Dear Liz 14
Are You Covered 9	Seniors Situation 15

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.

Founding Publisher James Pannell

Publisher Deborah Pannell
Design/Prod Heidi Burger
Editorial Staff Doug Archer
 Sarah Chisholm
 John. F. Adams
Production Brenda Fabry
Contributing Editor Jeska Curry

The Marketplace Magazine
 908 Queen Street, Box 523
 Kincardine, Ontario N2Z 2Y9
 Phone and Fax: 519-396-9142

1-877-396-9142

email: marketplace@bmts.com www.themarketplacemag.com
 Pub. Mail Agreement #40032950 * Paid advertisement.
 Locally owned and operated since 1989.



We've hit another milestone for the Marketplace, we are celebrating our 35th year of publishing. We love being a part of our community, and I love that the legacy of Pops carries on!

Big Brothers Big Sisters is hosting a Carnival Extravaganza at the Davidson Centre on Saturday, February 8th! There are two sessions! They'll be games, crafts, food and raffles with a bouncy castle and face painting. Get your tickets for either 10-12pm or 1-3pm at <https://bbbs-carnival.plenty.com/>.

The Canadian Blood Services is holding a clinic at the Davidson Centre on Wednesday, February 12th from 1-6pm. As they say, "it's in you to give", so book your appointment today online at blood.ca, using the GiveBlood app, or by calling 1-888-236-6283.

Don't miss the Tiverton Winterfest, February 13-17th - fun filled weekend with activities for all ages! Stay updated on all the events by following on facebook.

Paints and Pints! Wednesday, February 19th at 7pm at Grey Matter Beer a fundraiser for Women's House Serving Bruce & Grey. A fun evening of canvas painting, guided by the lovely, Lisa Farrell. To reserve a spot or need more details, contact fd@whsbg.on.ca or call 519-396-9814 X225.

Join the Coldest Night of the Year fundraiser on Saturday, February 22, 4-6pm, to support vulnerable individuals and families in Kincardine. Proceeds will benefit United Way Bruce Grey's "From Poverty to Possibility" initiative, addressing food insecurity, utility assistance, homelessness, and school supplies for low-income children. In 2024, the event helped the Kincardine Good Food Box Neighbour to Neighbour Program distribute 395 free boxes of fresh produce to local families. Walk and help make a meaningful difference in our community. Kincardine Legion, 219 Lambton St, Kincardine fundraiser@unitedwaybg.com.

The Grey Bruce Good Food Box Program is in full swing, it's a collective buying program that provides a grocery bin of fresh seasonal produce at a low price and encourages healthier eating. It's a long link but check it out! www.publichealthgreybruce.on.ca/Your-Health/Eating-Well/Community-Nutrition-Programs.

...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.

Unit 4 MCR Outage Begins

Bruce Power's Unit 4 was taken off-line Feb. 1 for its Major Component Replacement (MCR), kicking off a decade of overlapping MCR outages as the company supports Ontario's growing electricity needs by extending the operation of its units and continues to produce cancer-fighting medical isotopes through 2064 and beyond.



John Peevers
Director, Community
and Media Relations

The Unit 3 MCR, which started in March of 2023, continues to progress on plan and on schedule with a return-to-service date for the renewed unit on the horizon for 2026. The overlapping MCR outages will continue until 2033, including a magnitude of work on the Bruce site that no other utility in the world has faced.

Bruce Power's \$13-billion refurbishment is Canada's third largest infrastructure project (behind British Columbia's Peace River Site C hydroelectric project, and Ontario's Go transit expansion), and is Ontario's largest clean-energy infrastructure project. Bruce Power's Life Extension is unique in that it's being funded through private investment.

"To execute a project of this scale and complexity, it takes an ecosystem of nuclear professionals working together toward a common goal," said Laurent Seigle, Bruce Power's Executive Vice-President, Projects. "We're committed to returning these units to service safely and successfully to meet Ontario's clean energy needs well into the future."

The company, its partners and skilled tradespeople are hitting full stride, building on the strength and innovation garnered through the successful completion of the Unit 6 MCR and the putting those lessons learned into each successive MCR outage

to see performance improvements along the way.

Innovative new tooling implemented in the Unit 3 MCR outage, including the first robotic tooling used on a reactor face anywhere in the world, has ensured the tradespeople can return the units to service safely, successfully and on schedule. With the Ontario Independent Electricity System Operator (IESO) 2025 demand forecast predicting electricity demand could increase by 75 per cent by 2050, these renewed units will continue to power the province when it needs this clean energy the most.

Bruce Power currently produces 6,550 megawatts (MW) of peak clean energy and that output will increase to more than 7,000 MW in the 2030s, following the completion of the MCR program and other Life-Extension projects.

The Life-Extension Program and MCR Projects will extend the operational life of each reactor by 30 to 35 years and, as a result, help mitigate the predicted increase in greenhouse gas emissions intensity of the electricity grid.

The program and ongoing site operations create and sustain 22,000 direct and indirect jobs annually and contribute approximately \$4 billion in annual economic benefits in communities throughout the province, particularly here in the Clean Energy Frontier region of Bruce, Grey and Huron counties.

This privately funded investment into Units 3-8 will also allow the company to continue to produce a stable and reliable source for Ontario's clean energy mix and supply the world market with cancer-fighting medical isotopes.

Accents

The Perfect Gift. Everytime.

Rolife / BOOKNOOK & WONDERLAND

Garden House

CREATIVE ASSEMBLY BOOK NOOK

Bring the Holiday Garden House into your world and witness the blossoming of romance and tranquility!

Villa

Ramona

Made with soft pebbled vegan leather

Cupid's Crush

this bar is a beautiful blend of sweet & citrus.

Artwork · Hoodies · Shirts · Candles · Novelty Items

764 Queen St. Kincardine
519-396-3434

Monday - Saturday 10-5pm • Closed Sunday

647 Goderich St. Port Elgin
519-832-GIFT (4438)

Tues-Fri 10-5 • Sat 10-4pm • Closed Sunday

THE KING'S PEARL
PUB & EATERY

Open Every Day
starting at 11am
Breakfast Menu
Saturday and Sunday 11-2pm

Superbowl Sunday
February 9

Valentine's Day
February 14
Call for Details & Reservations Recommended
Live Entertainment
John Stewart 5-9pm

CLOSED FEBRUARY 17- FAMILY DAY

St. Patrick's Day
Monday, March 17
The Happiest Day of the Year

Where **great food**
and **great friends** come together!

71 King Street, Tiverton
519-368-7171
www.kingspearlpub.com

Victorian Women and DIY crafts

The Victorian woman was an avid DIYer, creating pieces of art to bring beauty into her home. Popular magazines boasted that women could do it themselves no matter their skill level. Metalwork and wood carving are some of the surprising mediums which demonstrate that the average Victorian woman was not as delicate as once perceived.

Craft time was a way of entertainment. Magazines produced tutorials on different crafts with instructions and drawings. Some provided templates allowing the creator to add in their personal touch. There were the typical embroidery and needlework categories, but one could also learn photography, bent ironwork, and how to paint on different surfaces. These magazines also gave women of different classes a chance to see how everything they used could be repurposed. The budget-minded woman could still spruce up a discarded basket with scraps of fabric or found objects in nature to add a sense of whimsy and beauty.



Foraging for material in nature gave many options for craft projects. Dried flowers, pinecones, shells, and feathers could be turned into an assemblage or used in scrapbooks. Depending on how they were used or displayed, these materials could last over time or be changed out seasonally. Leftover flower petals could also be used to create handmade beads. The petals would be grinded to create a pulp-like consistency, which could be formed into beads of any size. Depending on the flowers used, the beads would be a variety of colours and textures.

An example of a Victorian craft using found materials in nature can be seen in this assemblage art piece of Chantry Island, created by Lousia Lambert ca. 1880. This sculptural piece has many materials including stones, wood, shells, flowers, and crayfish bones that she collected on the island. She then used these pieces along with her own personal

BY
SARAH
SLATER

BRUCE COUNTY MUSEUM
COLLECTIONS CATALOGUER

Historically Speaking



items to create a replica of her house and lighthouse.

In a Victorian home, all surfaces were open for some sort of decorative flair. A way to occupy time and keep busy,

Victorian women were savvy and resourceful at making their house a home.

Sources: *Victorian Arts, Crafts & Needlework*. *Victorian Voices*. *VictorianVoices.net*. <https://www.victorianvoices.net/topics/crafts/index.shtml>: *Victorian Arts, Crafts & Needlework*. Accessed December 6, 2024

Traditional Victorian Crafts. *Victorian Crafts and Creative Pastimes*. <https://www.homemade-dessert-recipes.com/victorian-crafts.html>. Accessed December 6, 2024.

Accession 980.007., Bruce County Museum & Cultural Centre.

2025
K4

FROM **\$26,544** +HST • **4.99%** FINANCING AVAILABLE

KIA
Movement that inspires

5 YEAR
100,000 KM
WARRANTY

- Powertrain
- Roadside Assistance
- Comprehensive
- 100% Transferable

- Military Benefits
- Mobility Assistance
- Grad Rebate

Kia of Owen Sound
519-371-4447 | www.kiaowensound.ca
f Follow us to learn more.

The Perfect Area Rug to Tie the Whole Space Together.

Check Out Our New Display!

Ellis
Floor Coverings

Ellis Floor Coverings
4190 Hwy #9, Kincardine (Kinloss) • 519-395-3990
www.ellisfloorcoverings.com
Family owned and operated business in Kinloss.

Food for thought - what if we stayed home?

Lots of people my age will remember the famous song by *The Guess Who* from Winnipeg.

Here are a few words from *American Woman: I don't need your war machines, I don't need your ghetto scenes, coloured lights can hypnotize, sparkle someone else's eyes.*

Donald Trump has publicly stated that due to a trade deficit with Canada, the U.S. is subsidizing us to the tune of 100 billion dollars annually. To start, his numbers are totally exaggerated, but stop right there. This is not a subsidy. They are buying goods from us and getting value for their money.

We could argue that Canadians are subsidizing Florida, Texas, Arizona, California, the Carolinas, and other states as over a million snowbirds winter there spending lots of money. An educated guess is about 20 billion annually, and let's call it a subsidy since Mr. Trump doesn't appear to know what a subsidy is. Maybe Canadians should be encouraged to stay home for a winter, I'm game for that. Even if one-tenth stayed home it would be a lot of money that stayed in Canada.

We do in fact sell them crude oil at a subsidized rate, that likely accounts for most of the trade deficit.

BY
MARSHALL
BYLE



Rooftops

I'd be ok to not buy Florida orange juice.

We could mix Canadian apple juice with vodka and call it a "Roberston Screwdriver".

He has also made bold statements that illegal immigrants and drugs are pouring in from Canada. I'm not sure if this is true, but the last time I passed through the border, they check you on the way in, not the way out on either side. Ok, maybe people are walking across fields or forests and entering. They could start building an 8,891 km wall.

It seems to me that the problem may be the opposite. As he imposes rules to chase illegals out of the U.S., many will try to enter Canada. For sure we are going to have to tighten our border security. What is the U.S. doing to prevent guns entering Canada?

The sad part about all this is that there

are so many good things about our long-standing relationship. The 8,891 km is the longest unprotected border between two countries in the world.

Our economies and business relationships are so entwined that even considering a tariff war is a completely foolish idea.

Keep in mind that I am writing this well before the inauguration, so what will happen is a guess. But in all likelihood, there will be tariffs. My belief is that in the long run, we will be better for it.

As for the 51st state, even joking about this is inappropriate and should never have happened.

I just wonder if Donald Trump has seen "Come From Away"?

Marketplace
Do you want your ad to be seen?
Use the power of direct mail.
Marketplace Magazine is delivered to over 13,000 home owners & businesses by Canada Post for maximum impact.
marketplace@bmts.com 519-396-9142
www.themarketplacemag.com

Premium Electric Fireplace Insert

Save up to \$650 until March 9th
Introducing the first-ever Electric Insert from Regency. The Ei29LCD puts choice at the forefront while maximizing installation options and styling.

Heritage Fire Co.
519-368-5274
www.heritagefirecompany.com • info@heritagefirecompany.com
Bruce Rd 15, 2km west of Tiverton
We install Natural Gas Conversions & Hook-ups, Furnaces & Water Heaters!

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

BY
GWEN
RANDALL-YOUNG



Psychology Today

"Nothing is predestined: The obstacles of your past can become the gateways that lead to new beginnings." ~Ralph Blum

Again and again in my practice I see how the events of one's childhood or adolescence can continue to affect feelings, reactions and behaviors well into adulthood, and perhaps for an entire lifetime.

The child who felt unfairly treated may continue to see the life events in terms of fairness or see the world as an unfair place. The teen rejected by peers may, as an adult, have difficulty entering new situations. One who was hurt may be reluctant to trust others.

If we are to be truly ourselves, manifesting our potential in all areas of life, we need to transcend the limiting beliefs and behaviors we have carried with us for so long.

Sometimes these limitations are unconscious - we do not realize we are living out an old script. Generally, those closest to us do see these behaviors, and recognize where they come from. If you are getting this feedback, consider that there may be some truth behind it.

Individuals can become so attached to the story of the past, that they still have anger and resentment about things that happened decades ago. Every time they revisit the past with others, it is like picking at a wound so it never can heal. It also brings up negative feelings which are known to increase stress hormones and weaken our immune system. Further, when we live in the past, we miss out on the present.

Even when we are aware that we are re-living our past largely because of our perceptions, it can be hard to change. Things that happened long ago can become deeply embedded in the subconscious mind. In this case a therapeutic process involving guided meditation or hypnosis can speed up the process.

We may not have had a choice about how we lived as a child, but as adults, we can consciously choose a different path, and create a different, more positive reality for ourselves. Now, it is up to us.

Gwen Randall-Young is an author and award-winning Psychotherapist. To obtain books, cds or MP3's, visit www.gwen.ca.

Building. Renovating. Landscaping.

**WEST SHORE
STONE & BRICK INC**

South of Kincardine,
1.5 km E of Hwy 21 on Conc. 12
519-395-2747
www.WestShoreStoneandBrick.com

KITCHEN SUITE Savings EVENT

JANUARY 30 - MARCH 5, 2025

Buy any 2 qualifying kitchen appliances, **SAVE \$100*** | Buy any 3+ qualifying kitchen appliances, **SAVE \$300***

DEPENDABLE SAVINGS EVENT

JANUARY 30 - MARCH 5, 2025

SAVE \$150*

with the purchase of 2 qualifying Maytag® major kitchen appliances

KITCHEN AID® RED HOT SAVINGS

Buy any 2 qualifying freestanding major kitchen appliances. **Save \$200**
 Buy any 3 qualifying freestanding major kitchen appliances. **Save \$300**
 Buy any 4+ qualifying freestanding major kitchen appliances. **Save \$400**

Lake Huron HOME
Appliances | Furniture | Mattresses

665 Philip Place (Sutton Park Mall) Kincardine 519-396-8513
 MONDAY - FRIDAY 9AM - 5:30PM • SATURDAY 9-4PM
www.lakehuronhome.ca • home@lakehuronhome.ca

Free Delivery & Removal of Old Appliances
CONDITIONS APPLY

FRC Team 781 -The Kinetic Knights community based youth on a mission

The Kinetic Knights, Kincardine's FIRST (For Inspiration and Recognition of Science and Technology) Robotics Competition Team 781, is busy this month working to finalize construction of this year's task designed robot for the upcoming season that will see them compete at two regional events this March, with the goal of moving on to the Provincial Championships in April, and then qualifying for the World Championships held in Houston, Texas. The team started designing their robot back on January 4th when this year's game, REEFSCAPE, was announced to the world with a live webcast. Starting on that day, teams of high school aged participants and their adult mentors have been designing, building, testing, adapting, and practicing operating their robot to produce the most effective way to score points in the game. While nearly 3500 teams start the competition season, only 600 teams will qualify for Worlds. In addition to the game challenge, essay submissions, team presentations and awards, there is another hurdle facing teams—the rising costs of existing.

The Kinetic Knights have grown since the pandemic. When competitions stopped in March 2020, the team had 18 members. That dedicated group had been guided and taught not only by the adult mentors of the group, but several team alumni, as had been team tradition. Post pandemic was a different story. When everything restarted in 2022, that gap in team history resulted in the Knights losing out on knowledge typically passed on from team to team. That year the team had 8 members, each of whom held multiple roles on the team. That group focused on recruiting, encouraging friends, as well as sparking interest in their siblings to join the team. This year the team has 32 members—four times what they had in 2022. The team draws members with interests beyond robotics though. Team members do writing, business plans, marketing, computer assisted designing, as well as working in the machine shop and even construction throughout the year. While that certainly shows the appeal of the team to teens interested in STEM (Science Technology Engineering and Math) and more, it has also meant that team expenses have grown...but at a pace that has not been met by increased funding.

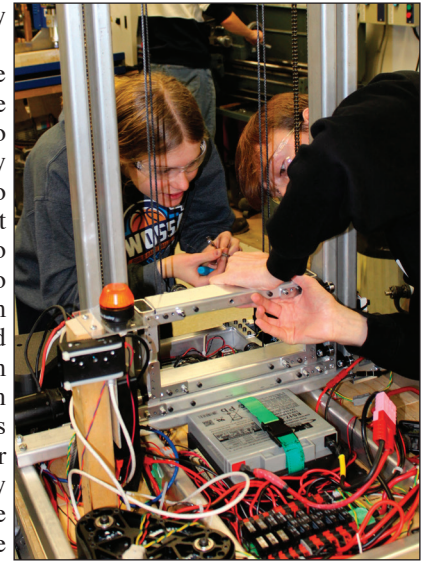


Carter Frook machines a part for the team's robot on the lathe

When the team was founded back in 2001 through the generous help of Bruce Power and the Power Workers' Union Training Inc. it was based in the Kincardine High School. The 2012 Ontario Teacher's Strike resulted in the team changing to a community-based team, and in 2014 they became the first FRC team to be recognised as a registered charity. With funding being cut from a number of school boards across the province, other teams have followed suit, but several teams have also folded. The current iteration of the Kinetic Knights has been working hard to increase their fundraising to ensure

this year's team has every opportunity to succeed.

Each season, the Knights needs to raise enough money not only to build their robot and pay participation fees to FIRST and each event they attend, but also to pay for transportation to and from events, team meals, and rent and utilities for their team headquarters on Lambton Street. The team's operating budget this year is \$90,000. Every day things are getting more and more expensive - the same holds true for Team 781. As an example, before the pandemic, travel costs to an event in



Riley McKechnie (L) and Nathan Pollock work at adding an elevator assembly to their robot.

Ontario were around \$2000 to participate in a three-day event. Since then, transportation costs have more than doubled for Ontario events alone. Should the team qualify for the World Championship, trip costs are estimated to over \$100000, more than the team's annual budget for a single event!

The Knights have used many tried and true methods - approaching local businesses and individuals to participate as sponsors with a number of support levels available, garage sales, Halloween chip sales, bottle drives, and their popular Bake Sale during Kincardine's Hometown Christmas. While effective, the team have also been searching for new ways to raise funds.

This year the team admin lead, Carter Frook, helped spearhead the team's 18 grant applications through various sources, and are waiting to hear the results. They also organized a tree sapling sale in January, and also had some team SWAG available, including hats, hoodies, and even jerseys in two different styles—one with their current shield logo, as well as a team designed alternate logo featuring Knights and Gears. Carter knows more support is needed.

"The grant applications were a start, but they are not a fast process, and there are a lot of different groups all going after the same pool of funds. We need to look for other ways to bring in funds to make sure not only that we can go to Worlds if we qualify, but that we have solid financial backing to keep 781 active for years to come."

The Knights continue to be involved in their community throughout the year, volunteering at things such as the Terry Fox run, Tree planting campaigns, community clean up events and more—they are always easy to find in their green shirts! If you would like more information on how to become a member or mentor for the Kinetic Knights, or if you would like to help support the team in their quest to reach the World Championships this year, they invite you to visit their website at www.kineticknights.org for more information. Go Knights!

by John F. Adams

8 marketplace february 2025

Weather events significantly affect insurance premiums

The effects of climate change are leading to more frequent and severe weather events across the globe. These events can significantly affect insurance premiums, even in regions like Ontario, which may not experience the same risks as areas like California. Here's how:

Extreme Weather in Ontario: Ontario has been experiencing more frequent instances of heavy rain, flooding, windstorms, and even tornadoes. These events result in higher claims for water damage, roof repairs, and structural damage. Water damage is now the leading cause of home insurance claims in Canada, because heavy rainfall and flooding have become more common.

-Example: Sudden rainstorms can overwhelm urban drainage systems, causing sewer backups and basement flooding.

-Insurers have responded by increasing premiums for water damage coverage or introducing specific water-related endorsements (e.g., overland water or sewer backup coverage).

Global Catastrophes: Events like wildfires in LA or hurricanes in the U.S. Gulf Coast contribute to the overall increase in insurance payouts, which raises global reinsurance costs.

Higher Rebuilding Costs:

-Climate-related disasters often lead to spikes in the cost of materials like lumber, and cement. After a major event, demand for these materials can soar globally, even in unaffected regions, making home repairs everywhere more expensive.

-Labor shortages caused by large-scale disasters also contribute to rising reconstruction costs, which affect claim settlements and premiums.

Redefining Risk Assessment: Climate change has forced insurers to rethink how they calculate risk. They are now factoring in long-term risks associated with extreme weather patterns.

-For example, homes in flood-prone areas in Ontario might see higher premiums, even if they've never experienced flooding, because future risks are deemed higher.

Rising Reserves: Insurers are setting aside larger reserves to prepare for future catastrophes, which can lead to higher premiums for policyholders.

Impact of LA Wildfires: Wildfires in LA and other parts of the world affect the global insurance market because insurers

BY
TODD
FARRELL



Are You Covered?

purchase reinsurance to cover catastrophic risks. When these events result in significant payouts, reinsurance becomes more expensive, and those costs are shared across all markets, including Ontario.

Flood Mapping and Risk Transparency: As climate risks become more evident, governments and regulators in Ontario are implementing stricter requirements for floodplain mapping and risk disclosure. This has prompted insurers to reevaluate their pricing models, leading to higher premiums for at-risk properties.

What Does This Mean for you?

•If your home is in a flood-prone area, you may face rising premiums or additional costs for overland water or

sewer backup coverage, however homes with better protections against extreme weather (e.g., sump pumps, backflow valves, upgraded roofs) may receive discounts. The increase in extreme weather events has governments and insurance industry groups discussing ways to offset rising costs, such as flood mitigation programs or public reinsurance pools, but these solutions are still in development.

How to Mitigate Rising Costs

•Upgrade your home to reduce the risk of damage from local weather threats (e.g., flooding or ice storms).

•Ensure your policy reflects your current needs without unnecessary add-ons.

•Explore increasing your deductible to offset premium costs.

•Take advantage of any local or federal programs designed to help homeowners adapt to climate risks.

•Different insurers may assess climate risks differently, so compare rates and coverage options.

As always review your policy with your local insurance broker to make sure you're properly covered.

CYBER INSURANCE ISN'T JUST FOR BIG BUSINESS.

Ensure that your business's network and digital assets are protected.

MILLER
INSURANCE BROKERS

www.millerinsurance.ca

February is brimming with activities and tournaments!

The Ripley Winter Carnival is back, kicking off on Friday, February 14th at 6:30pm with the Costume Skate, sponsored by the Ripley Agricultural Society and the Ripley Lions Club at the Ripley-Huron Community Centre. Don't forget to dress to impress - fantastic prizes will be awarded for the best costumes!

The fun continues on Saturday, February 15th with a full day of activities including the beloved Pancake Breakfast, Ripley-Huron Fire Department truck display, public skating, ice painting, the hockey skills competition, euchre and bridge tournaments and more. For a complete schedule of events, visit www.huronkinloss.com/RipleyWinterCarnival or the Huron-Kinloss Facebook page. We can't wait to see you there!

Though it may not feel like it outside, summer really isn't too far off! Now is the perfect time to start thinking about work placements for students. The Summer Employment Program offers a variety of exciting opportunities, and it's a great time to share these prospects with the students in your life. Visit www.huronkinloss.com/Careers to learn more.

Summer sports registration is now open! In Ripley, sign up your young ones for Minor Soccer and Minor Baseball before March 15, 2025 to take advantage of early bird pricing. After that, a \$50 late fee will apply (excluding Blastball and T-ball). Visit www.huronkinloss.com/RipleySummerSports/ to register or for more details. If you have any questions, feel free to contact the Community Services Department at 519-395-2909. In Lucknow, early bird registration for Minor Soccer and Minor Baseball is also available until March 14th. To register, visit <https://lucknowrecreation.com/programs/>.

Looking to add some extra fun to their summer holidays? Don't miss out on registering the kids for Lucknow Summer Sports Camp or the Ripley Wolf Cub Adventure Camp! Registration for both is now open, and you can learn more about these active, adventurous camps at <https://www.huronkinloss.com/explore-and-play/summer-camps/>.

Mark your calendars for a delicious Shrove Tuesday Pancake and Sausage

BY
KRISTEN
PRENTICE

Ripley/Lucknow Happenings



Supper at the Lucknow Presbyterian Church on Tuesday, March 4 from

5-7pm. This eat-in-only event offers a hearty meal of pancakes, The Beefway farmer's sausage, maple syrup, apple sauce, pie, fruit, and a beverage, with gluten-free options available. Admission is \$17.50 for adults, \$8 for children 12 and under, and free for kids under 5.

For more community happenings, be sure to check out the Huron-Kinloss Community Events Calendar at <https://events.huronkinloss.com/>. We look forward to seeing you at these events and many more throughout the season!



- Septic Tank Pumping Service
- Septic and Holding Tanks
- Sewer • Water • Drainage Products
- Aggregate and Decorative Stone
- * Ready Mix Concrete

Porter's
4 Washington St.
RR # 1 Lucknow, NOG 2H0
www.porters.ca
519-528-3537 • Fax: 519-528-2025

Manufacturer of
Precast Concrete Products



Lucknow Auto Parts Supply
37521 Amberley Rd.
Lucknow
519-528-2220
lap@porters.ca

Queen Street South Auto Parts
252 Queen St.
Kincardine
519-396-1515
spikes@porters.ca

HUGE INVENTORY OF CAR & TRUCK PARTS
Wheels • Rims • Body Shop Supplies • Batteries • Hand Tools



New Name - Same Location with Great New Services!!!

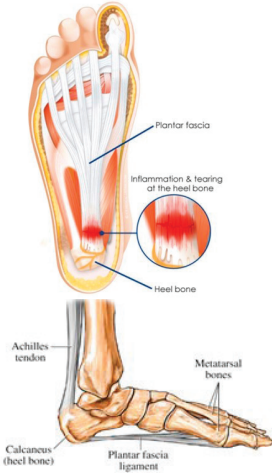
QUEEN STREET
AUTO GLASS

& DETAILING
226-396-2266
252 Queen Street Kincardine

Heel Pain: Why do I limp in the morning?

Plantar = bottom of the foot, fascia = fibrous tissue, -itis = inflammation

Plantar fasciitis is the inflammation of the thick, fibrous band that runs along the bottom of the foot. It can cause a sharp pain on the inside part of the heel after sleeping or sitting for long periods.



The plantar fascia starts at the heel bone and ends at the ball of the foot. During a "normal" walking pattern, the plantar fascia acts to absorb shock with every step. If this doesn't happen properly, the plantar fascia will begin to

get tiny microtears near the heel, which can result in a lot of pain and inflammation. During activity the tissues are warmed up allowing them to be looser. After sleeping for seven-nine hours the plantar fascia has had a chance to tighten up (and begin to

heal), so those first steps out of bed are like ripping a band aid off and starting all over again!

Possible Causes

•**Poor foot mechanics** - pronated feet, knees pointing inwards etc. can affect how the forces are distributed through the foot

Improper footwear - can cause pain in the foot by putting stress on the plantar fascia

Too much too fast - increasing activity levels too quickly in a short amount of time can cause microtears in the plantar fascia because the body doesn't have time to adjust accordingly

•**Weight** - increased weight = increased stress on the lower body, including the plantar fascia

Treatment

•**Rest**, reducing or modifying current activity

•**Stretching** the calf muscles and plantar fascia about three - five times a day, 30 seconds a side

•**Strengthening** small intrinsic muscles in order to support the plantar fascia properly

•**Warming up** properly before movement after sleeping, sitting, driving, etc. to get the blood flowing to the plantar

fascia

•**Inflammation management** to reduce irritation - Ice! Ice! Ice!

•**Replacing footwear** with something that has appropriate features for your feet and gait style

•**Custom-made orthotics** to address any problems with gait mechanics. Overpronation, oversupination, too rigid or too mobile of a foot are all issues that can be addressed with an orthotic.

If you feel you have tried everything to manage your pain at home but you still aren't getting relief, custom made orthotics may be the last piece of the puzzle to becoming pain free. Laura Van den Borre, Canadian Certified Pedorthist or C. Ped (C), can perform range of motion testing, weight bearing analysis and gait analysis to assess if custom made orthotics may be beneficial for you.*



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


Maple Shores
HEALTH CENTRE
593 Mill St. Port Elgin
519-832-4500
www.alignpedorthics.com
www.mapleshores.ca

North Star
CARPENTRY

Custom Homes * Cottages
Garages * Sheds * Barns

**Large or Small -
We Build Them All!**

Windows • Doors
Siding • Soffit • Fascia

Shingle & Steel Roofs
Custom Carpentry
Seamless Eavestroughing
Concrete Foundations,
Walls, Floors, etc.

  **STEEL TILE**
METAL ROOFING SYSTEMS *Your Dealer & Installer*

Call us today for your next project!
519-364-6470

Anniversary Sale!
February 1st-25th

SUPERSTYLE
FURNITURE LTD.

15% OFF
SUPERSTYLE

PALLISER®
20% OFF
All Palliser

10% OFF
All Rugs &
Home Decor

 **STEARNS & FOSTER**  **SUPERSTYLE** Crafted by Canadians since 1957  **AMISCO**  **PALLISER** 

 **Lake Huron HOME**
Appliances | Furniture | Mattresses
665 Philip Place (Sutton Park Mall) Kincardine 519-396-8513
MONDAY - FRIDAY 9AM - 5:30PM • SATURDAY 9-4PM
www.lakehuronhome.ca • home@lakehuronhome.ca

Free Delivery & Removal of Old Appliances
CONDITIONS APPLY

"LOCALLY OWNED AND OPERATED"

Love to sing? Come join the Concert Choir!

If you enjoy choral singing, consider joining the Paisley Concert Choir. The spring session for 2025 begins on Wednesday, February 5th. This four-part adult choir practises every Wednesday at 6:30pm at Knox United Church in Paisley. For more information contact Carolyn at 519-353-5466 or Sheryl at 519-353-7202.

The Paisley Curling Club is having a 'Mixed Fun Spiel' from Friday, February 21st to Sunday, February 23rd at the Paisley Curling Club. Each team will play 3 six-end games. There will be snacks on Friday evening, lunch on both Saturday, and Sunday as well as dinner on Saturday evening. The cost is \$320 per team. To register please text or contact Deanna McDonald at 226-930-1566.

The 'Friends of the Treasure Chest Museum' are hosting a Valentine Luncheon and Euchre party on Friday, February 14th at noon. The cost is \$15. The Treasure Chest Museum will be open on Family Day, Monday, February 17, from 1 till 4. There will be games, a mystery hunt and treats. Anyone wishing to research heritage is also welcome to check out the Archives. There will be other activities taking place at the arena to celebrate Family Day so be sure to

BY
SHERYL
STEINHOFF



Paisley Current

follow 'Grow Paisley' on Facebook and the Municipality of Arran-Elderslie website for more details.

The Paisley Quilting Group continues to meet every Tuesday and Wednesday from 10am-4pm until the end of February at Westminster Presbyterian Church. You will be able to work on quilted or tied quilts. Bring a bag lunch; tea and coffee will be provided. Everyone is welcome. If you require any further information, please contact Carolyn Hodgins at 519-353-4252 or Edith Beech at 519-353-5937.

The Legion has just had the addition of a second pool table. They will be hosting some of the home games for our local CPA pool players, commencing in February. Scheduled nights of play will be 2nd, 4th or 5th Tuesday nights. The Lounge will be

open to the public who would like to view the competition. They are looking forward to hosting a couple of pool tournaments in the future. Thank you to Dan Hettrick for doing the legwork on this endeavor. Regular event information for the Legion can be found on their 'Paisley Royal Canadian Legion Branch 295' Facebook page, under the "Events" tab. There is always lots happening at the Legion including weekly Euchre, Crokinole, Darts, Knit / Crochet classes, Qi Gong Exercise etc.

The 'Prevention Through Exercise' Program continues every Thursday from 9-10am at the Paisley Legion. It is sponsored by the Brockton and Area Family Health Team. The classes are free.

Don't forget that weekly public skating times at the Paisley Arena are every Sunday 6:30-7:30pm, Adult and Tot skating is Tuesday and Thursday 9:30-10:30am and public skating is Tuesday and Thursday 12-1pm. The cost is \$4 per person or \$9 per family.

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

You can help support school breakfast programs!

Southampton Community Suppers are back! Enjoy great meals and fellowship with your friends. Suppers take place on the second and fourth Wednesdays of the month between January and May, from 5-6:15pm at St. Paul's Anglican Church, 248 High Street, Southampton. Admission by donation. Everyone welcome! Bring your friends! Contact the church 519-797-2984 for more information.

The Canadian Blood Services offers many ways to donate besides donating blood. You can volunteer your time, give a one-time or recurring financial donation, organize group donations in collaboration with another organization or community, or even sponsor a donation event. If you are able to donate blood this is very important to the Canadian blood bank supply. 1-888-2 DONATE or visit www.blood.ca.

The annual Winterama kilometre challenge goal is the North Pole this year, with students tracking their distances, school-by-school, class-by-class and by individual as they try to cover the distance from coast-to-coast. This winter activity

BY
TAMRI
COURT



Saugeen Shores

fundraiser is presented by the Port Elgin and Southampton Rotary Clubs. Participate in some winter exercises and raise funds for the Grey Bruce youth projects, including school breakfast programs. You can get out and enjoy a variety of winter activities. Join in the fun and support local youth projects! Contact the Rotary at 519-797-1818 for more information.

Monday, February 17th is Family Day at the Bruce County Museum & Cultural Centre. The Museum often organizes many special events for the day. When was the last time you toured the museum? Check out their everyday exhibits and the new ones while there. The cash lunch counter with hot food and drinks will also be open so you can have your lunch there too.

There are so many things to do and see at the Museum so be prepared to spend the day! Members are free for family day and the general admission rate for the public applies. Family day is a great day to get your family memberships. Contact the Museum at 519-797-2080 for more information.

Head on over to the Port Elgin Legion on Tuesday, February 18th between 4 and 7pm for the Saugeen Shores Career and Job Fair. Meet with employers in the area that are hiring for current and summer employment.

The Coliseum in Southampton and the Plex in Port Elgin have sponsored and public skating during February. Contact the Town Offices at 519-832-2008 for dates and times.

The Centennial Pool offers sponsored and public swims during the month of February. Contact the pool at 519-832-2627 for dates and times.

Happy 4th Anniversary to my daughter Courtney and son-in-law Luke!

If you would like your event mentioned contact me via email tamricourt@gmail.com or give me a call me at 519-386-1400.

A few of my Christmas faves to share!

This month, a few books I received for Christmas and a new series I'm really enjoying. First up is the DS Cross series by Tim Sullivan. The seventh book was just released this month and you can pick up the first six in a box set for a reasonable price on Kindle. George Cross has autism spectrum disorder and investigates homicides in Bristol. He doesn't rely on gut feelings or hunches but his logic and determination to find the truth is what makes him so successful. He also has trouble getting along with others and is not very likable yet as you continue through the series you will warm up quickly. The first in the series is called *The Dentist*, they are easy reads but often have a surprise twist and I do recommend reading them in order if you'd like to follow along with the character's growth. As mysteries they definitely stand alone. I'm currently reading the seventh, *The Bookseller*. Thanks to my brother for adding Sullivan to my list.

I received *Good Material* by Dolly Alderton for Christmas from my daughter-in-law Natalie; it was recommended on Book Tok apparently. This is not normally my genre (somewhere in romance I thought) but I was proven wrong. Andy and Jen have just broken up and this is the story of his heartbreak, his stand-up career and eventually Jen's story as well. Very well written, the humour is really well done and as frustrating as Andy is as a character, you will remain invested in him eventually growing up. This book went to the top of my books to share with friends who can handle but funny and tender on the same page, aimed at the 30 something but enjoyed at any age.

On the non-fiction side of things, I finished *What She Said: Conversations About Equality* by Elizabeth Renzetti. You may have read Renzetti's columns at the *Globe and Mail*, or her other books, this one doesn't disappoint. In this book she gets more personal about her own journey as a journalist following the path of women's rights and where we are today. What I love about her style is she can share the most rage inducing story with humour and empathy as well as a rallying cry for a better future for our daughters and granddaughters. There's a lot of honesty in her writing but it's like a great chat with your smartest friends, highly recommend. Full disclosure, I bought this one for myself.

I also received *The Serviceberry*:

BY
TRACY
PRIMEAU



Between the Covers

Abundance and Reciprocity in the Natural World by Robin Wall Kimmerer, illustrated by John Burgoyne from Ethan and Sarah, and it's my first five-star review of the year. This author of *Braiding Sweetgrass* has offered this short book about the

serviceberry and in so doing sharing her vision on how to live our lives around gratitude, reciprocity, and community. What makes this more impactful is that it's based on the lesson the natural world offers us if we just pay attention. At under one hundred pages with beautiful illustrations, you can take the opportunity to read it in an afternoon and then return to it when you need to fill up again.

I'm going to recommend *The Serviceberry* as an audiobook, having listened to Kimmerer before, she has a lovely relaxing way of delivering her stories.

Reach out to tracy.primeau@gmail.com.

GIFTS, HOME DÉCOR & MORE!

*Jacqueline Kent *Suzie Blue *Caracol
*Lug *Louenhide Purses
*Ireland's Eye/Aaron Craft Knits
*Mucros Weaver Purses/Wallets *Baby Ganz *Willow
Tree Figurines *Papillion *Catherine Lily White,
*RD Style/Second Skin + *Parkhurst Fashions

LUCKNOW
622 CAMPBELL STREET
LUCKNOW, ON | 519-528-3004

PHARMASAVE
Open M-F 9-6, Sat 9-5

MACHINE SHOP SERVICES

- lathe and mill work
- custom fabricating, plazma cutting and welding
- steel, aluminum and stainless utilizing Stick, MIG and TIG processes

Industrial supplies including:

- Gr.8 bolts in national course
- national fine & metric threads

We are a stocking depot for Canada Steel to supply you with all your raw steel needs.

Kincardine's Huronia Welding Supply depot stocking pressed gases and welding consumables.

Cottrill
HEAVY EQUIPMENT
244 Queen St., Kincardine
519-396-3330
wmshop@cottrill.ca

DON'T GET CAUGHT WITH YOUR PANTS DOWN



GIVE US A CALL

BLUEWATER SANITATION INC.

- RESIDENTIAL
- COMMERCIAL
- INDUSTRIAL

- CONSTRUCTION OR SEASONAL PORTABLE WASHROOMS
 - PORTABLE TOILETS DELIVERED SANITIZED
 - SPECIAL EVENT UNITS
Wedding Trailers • Wash Stations
Accessible Units

OVER 40 YEARS OF RELIABLE SERVICE
R.R.#1 Tiverton
519-368-5529
TOLL FREE 1-888-805-6481
bws@bmts.com
Fax: 368-7817

It's okay to take care of yourself first

Dear Liz,

My son is useless. God love him, but I've created a twenty year old man-child. I blame my husband. There are plenty of positive traits to him; he's kind, of average intelligence, and seems to have no shortage of action in his social life. However, lately I feel like he's working real hard to keep me fully employed as a house cleaner. If it was just a bit of laundry I could move past this, but he destroys the kitchen during his midnight feast and I get the pleasure of cleaning it in the mornings before work. His room is gross, but that's his space to live in filth, I don't really care. Sure, I wouldn't mind not holding my breath every time I walked past his room. He'll use the car, and drain the tank. Though, in all fairness, he does leave me just enough gas to get to the gas station- so kind.

I'm losing my mind, and my cool. Isn't he supposed to get easier with age?
Cleaner for Hire

Dear Cleaner,

Sadly, the answer is not an easy one. Time to start holding some accountability and hosting open conversations about equally contributing to the home. It can be tough switching from teenager to adult, and I get you wanting to help ease that by cleaning around his existence, but if your consideration is going unnoticed, or underappreciated then changing your approach could help.

When he asks for the car, it is no longer available- unless, he can contribute \$20 a week (or however much feels right) to gas. If he doesn't have the mindset to go and put the gas in himself, then setup an automatic deposit for that amount each week. It's easy to start, and end those as needed.

Instead of puttering away at his mess in the kitchen before work, leave it. Yes, it will be tough. Inform him of your expectations for shared space in your home while also giving him a timeframe to execute the task.

I'm sorry the answer isn't an easy one, and might sound like more work for yourself, because at first it will be. We teach those around us how we would like to be treated, and it's time to communicate that with your son. Good luck!

Dear Liz,

How do I get my sister to call less? Since our mother has passed back in March of last year we have grown much closer than we ever were. However, it

BY
LIZ



Dear
Liz

seems that when she calls, no matter what we were originally talking about, she always goes back to mom, which then usually ends in tears. I miss her too, but I don't want to live in sorrow anymore. I need to be able to move on - or more-so, keep on living. I know she feels a lot of regret since she moved away years ago, and wasn't as close to mom as she once was, and yeah, that does suck, it's awful to feel that. I will always miss my mom, that doesn't mean I have to always be sad. Sometimes it feels like if I'm not getting into it with her, then she gets even more upset and wants me to "feel" something.

Ultimately, I want to be there for her without it costing my own progress in grief.

Grieving Sister

Dear Sister,

I am terribly sorry for your loss. The stages of grief take people at their own time. It does sound like you and your sister, sadly, aren't on the same step which can be taxing. While you're asking the question of getting your sister to call less, the question I'm really reading is, "Is it okay to try to take care of myself right now instead of her?" And the answer is, absolutely. If you are feeling like you're giving too much of yourself in a time when there isn't much to give, then self preservation is needed. Fill your bucket before you can fill someone else's. I'm not suggesting cutting your sister off, but perhaps just establish a boundary for yourself. If you don't have it in you to answer the call, then don't. When you talk, in times when it starts to shift darker, redirect. It won't always be easy, but ultimately, you want to keep your growing relationship something you won't resent. All the best.

Any questions or concerns? Write Liz at: Dear Liz c/o Marketplace Magazine, Box 523, Kincardine, ON N2Z 2Y9 or email: marketplace@bmts.com.

HELP WANTED

LANDSCAPE LABOURER

**Pay Commensurate
with experience**

- interlocking stone
- retaining walls
- sod
- planting
- water features
- natural stone installation

Experience and passion in this field is necessary!

Email resume to: scenicalterations@gmail.com

Valid driver's license required

scenic alterations COMPLETE LANDSCAPE
LANDSCAPING & DESIGN SERVICES

519-396-4433 • HWY 21 KINCARDINE • scenicalterations@gmail.com

Check us out on

Reducing the harms of cannabis use

In the five years since the legalization of cannabis in Canada, health officials have highlighted risks for various age groups.

Children, for example, can experience serious health impacts if they accidentally consume cannabis edibles. Locally, there has been a concerning increase in children ending up in emergency departments or being hospitalized due to cannabis poisoning since legalization. The Ontario Poison Centre has also identified an increase in cases of children unintentionally eating edible cannabis products and requiring hospital admission. In many cases, these products were unregulated, looked almost identical to popular brands of candy, and contained many more milligrams of THC than approved by Health Canada.

It's important to keep cannabis products locked away, up high, and away from other foods products.

Seek medical attention right away if you suspect a child has eaten edibles or call the Poison Control Centre at 1-844-764-7669.

For youth, rates of cannabis use have remained stable since legalization, with just over 17 per cent of Ontario youth using cannabis in the past year. Grade 12

BY
BROOKE
TOMSETT
GREY BRUCE PUBLIC HEALTH
HEALTH PROMOTERS



Seniors Situation

Grey Bruce
Public Health

students have the highest rate of cannabis use among youth under 19 with 34% using in the last year. Some products, like oils used in vaping devices, have high levels of THC, which puts young people at greater risk of addiction and other mental health concerns, such as cannabis-induced psychosis.

For anyone planning for or expecting a baby or breastfeeding, it's important to refrain from using cannabis as it can affect a growing baby and THC can be passed through breastmilk.

For older adults, it's important to know that our bodies process substances more slowly as our metabolism changes with age.

If legally able to use cannabis, it's important to consider the health and safety risks.

The following are some strategies to

reduce the harms of cannabis use:

- Talk to your doctor or pharmacist about how using cannabis could interact with your medications.

- Avoid using cannabis with other substances as this can cause amplified effects.

- Keep in mind that addiction is a risk for any age group. Avoid using every day or even every week. Cannabis Use Disorder means people have developed a psychological dependence, but also physical and may experience irritability, anxiety, upset stomach, sweating and disturbed sleep if they stop use.

- If you choose to use, start low and go slow. This means low THC products.

- Avoid smoking cannabis. If you do smoke it, avoid inhaling deeply and don't hold smoke in.

- Cannabis vape products can contain high amounts of THC - only take a puff or two at a time and wait for effects.

- Do not operate an on or off-road vehicle after using cannabis.

If you have made the choice to use cannabis, plan how you will reduce your risk and assess when, where, how and why before you go ahead.

THE ONLY AUDIOLOGIST IN TOWN

with over 5 years of experience.

Services that we offer :

- Hearing Assessments
- Central Auditory Processing Evaluations
- Custom Ear Molds
- Ear Wax Removal
- Tinnitus Management
- Home Visits

Book your appointment **ONLINE**
We **MATCH COSTCO PRICES** call us
for more details at 519.396.5777



Lake Huron Audiology

Your Hearing is Our Concern

519.396.5777

910 A - Queen Street
Kincardine
lakehuronaudiology@gmail.com



www.lakehuronaudiology.com

Erin Nichol, M. Cl. Sc.
Audiologist

Trillium Court

RETIREMENT RESIDENCE

Recounting memories
and making new ones

Call to visit us today
519-396-4400



Independent Living | Assisted Living | TrilliumCourtRetirement.com



**Our favourite features available
Every Day!**

Philly Cheese Steak

thinly sliced beefsteak and melted cheese on an onion hoagie

Smoked Ham & Swiss Melt

deli smoked ham with swiss on a croissant

Tuna Cheddar Melt

tuna salad with cheddar on a kaiser

Double Smoked BLT

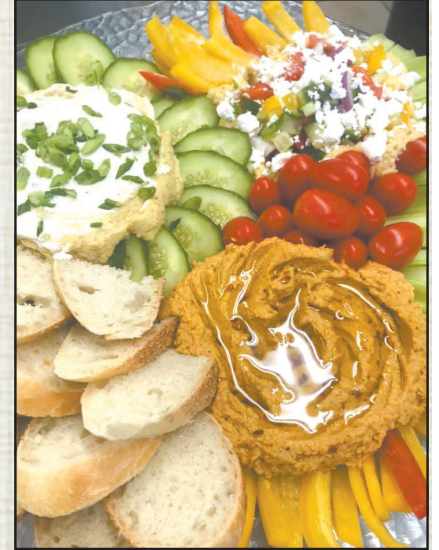
double smoked bacon with cheddar cheese, lettuce, tomato and mayo

Reuben on Rye

corned beef, swiss cheese, sauerkraut, reuben dressing on rye

Chicken Parmesan on a Ciabatta

deli cooked chicken parmesan, marinara sauce topped with parm petals



HOT DINNERS • Personal and Family

Monday
Pot Roast

Tuesday
Turkey

Wednesday
Ham

Thursday
Ribs & Chicken

Friday
Meatloaf

Made Fresh Daily

Don't be disappointed! Call ahead to reserve.

AVAILABLE FOR PICK UP ~ MONDAY-FRIDAY BETWEEN 4-6PM



**BURKE'S
CATERING
& DELI**

519-396-2111

Kincardine Avenue, Kincardine
Monday-Friday: 11-6pm

burkescatering@hurontel.on.ca

