

THE Marketplace

June 2025 \$2.50

MAGAZINE



Ground We Grew Up On

FRIDAY NIGHT DANCE



Check out these Five-Star reads!

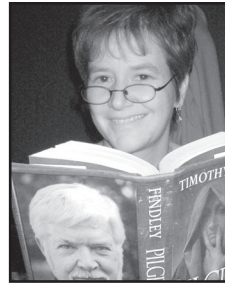
I read three books over the last couple of months that are five-star reads, and I don't give them out freely.

The first was *More or Less Maddy* by Lisa Genova who also wrote *Still Alice*. I learned so much about mental illness and specifically bi-polar disorder written by this trained neuroscientist while at the same time rooting for the main character Maddy Banks. In her freshman year at NYU Maddy finds herself feeling the pressure like any other student. But for some reasons her highs are very high and her lows harder and harder to get out of until she spirals out of control and after a Thanksgiving dinner no one will forget she has diagnosis. The story illustrates the full effect on Maddy and her loved ones and as she explores the world of comedy throws in some needed humour along with her harrowing journey.

A second one was *Lula Dean's Little Library of Banned Books* by Kristen Miller who also wrote *The Change*, another 5-star read I reviewed a couple of summers ago. This novel is a must for book lovers and offers a list of books to read if you're interested. In a tiny town in Georgia Lula Dean and her arch enemy Beverly Underwood are fighting over books, none of which Lula has actually read but wants to ban from the local libraries. She starts

BY
TRACY
PRIMEAU

Between the Covers



her own lending library with "appropriate" books which somehow have their dust jackets placed on other books. This starts a series of events that will change the whole town. This book is both funny and relevant with a dash of warranted rage. Highly recommend as your summer read.

The last one is *The Three Lives of Cate Kay* by Kate Fagan, a new writer to me and to everyone as this is a debut novel as well as a Reese's Book Club Pick. This is a book about female friendship, and I adored it. As a young woman Cate and her best friend have big plans to move to California to become movie stars when tragedy strikes and through a series of miscommunications lose each other for many years. Although the story is Cate's it also includes other women's life stories as well as romance, ambition and coming out. Because the reader wants so much to see a reunion you will find yourself reading it in no time at

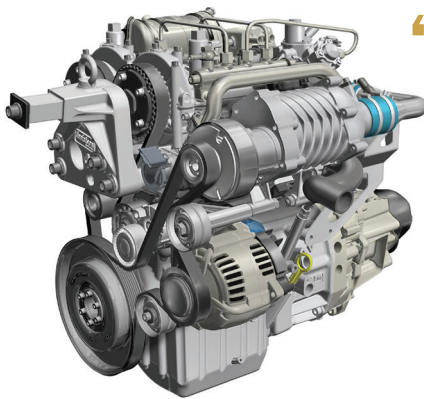
all. I read it in about two days.

I also read a couple of four-star worthy books *Looking for Smoke* by K. A. Cobell was also a new discovery for me and it's also a Reese YA Book Club Pick. Set on a Blackfeet reservation, Mara and Loren find themselves thrown together as two young women are taken by a killer. This is a great thriller and another debut novel. It truly explores the real-world costs of Missing and Murdered Indigenous Women and Girls and is a fast-moving story taking place only over a couple of days with a couple of twists right up until the end. As YA I would recommend 12 and up but perfect for adults of course as well.

I'll finish up by mentioning a *My Daughter is Missing* by J. D. Kirk. I'm a big fan of his serial books so I was happy to pick this one up and it's quite different. Told from an unreliable narrator, nine-year-old Hollie is missing, her mother is panicked but yet hiding something from her past. Another real page turner I could not put down and although I had figured it out before it ended it was not much before and still added in one more twist. Great quick summer read!

I've a lot more recommendations to share, hopefully I find another five-star or two!

As always tracy.primeau@gmail.com.



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Marketplace

Vol. 36 No. 06



Ripley 2025 Reunion volunteers are working hard to make this Reunion the best ever. L to R: Candice Paul, Amanda Walden, Rachel VanHardeveld, and Sarah Phelan.

Photo Courtesy of Matt Farrell.

Feature Story

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Mark your calendars! This August long weekend – from July 31 to August 4 – a once-in-a-decade event is happening in Bruce County. There'll be dances and dinners and beer gardens. Golf tournaments, volleyball games and tug-of-war contests. Not to mention activities and entertainment for the kids, bed races, and the biggest parade Bruce County has ever seen! It's the Ripley 2025 Reunion and everyone is invited!

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From the Sunny Side



Huge shout out to Doug Archer who has been writing for us for 11 years! Thanks so much!

Kincardine Scottish Pipe Band begins Saturday, June 21st! Take part in the beloved summer tradition!

Kincardine's Pride Parade and Celebrations begin at 11am with a parade on June 21st. A celebration of family-friendly activities will commence. All are welcome. For more: kincardinepride@gmail.com.

Cruise Nights are back in downtown Kincardine starting on Friday, June 27th, 5:30-8:30pm. There's free admission for vehicles and spectators with vehicle registration on arrival. For more 519-396-2731.

"Through the Garden Gate" is a self-guided tour of eight property gardens in the Kincardine area. The event is the main fundraiser for the Kincardine and District Horticultural Society. The event is June 29th from 12-4pm, visit <https://gardenkincardine.weebly.com/events.html> for more information.

Saugeen Shores by Tamri Court:

Everyone is invited to the 2nd annual Saugeen First Nation's night market, held every Thursday evening through the summer from 4-7pm at the Band Office in Southampton. For more information contact Brittany at 226-930-1932.

The Tolmie Presbyterian Church in Port Elgin invites everyone to their free community lunch held from 12-3pm on the third Tuesday of every month. For more information contact the Church at 519-389-4818.

The Marine Heritage Artisans and Tastes Market will be held Fridays from 9am-2pm beginning June 27th. The outdoor market will be located at 26 Albert St, Southampton. Visit www.chantryisland.com.

The Bruce County Bash is back in Saugeen Shores this Canada Day long weekend to be held on Saturday, June 28th. Held at the Southampton Coliseum the event is featuring award winning artists Finger Eleven and The Trews. Come out and support the annual Hospital Foundation fundraiser and enjoy the best live music the area has to offer. Tickets are very limited due to the small venue space. Visit www.threesheetsbrewing.ca.

Wishing my son Braeden an amazing 25th birthday!

If you have an event you would like mentioned in a future article send your information to tamricourt@gmail.com or give me a call at 519-386-1400.

So much to celebrate this month, happy anniversary to Evan and Kylee and to Mimi - happy birthday! ...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.

Staycation with us this summer

With many shifting summer plans to include staycations, it's a great time to reacquaint yourself with the Bruce Power Visitors' Centre or introduce your friends and family to the clean energy powerhouse right in your backyard.

While the Bruce, Grey and Huron region is renowned for its beautiful beaches and spectacular sunsets, quaint towns and villages, and fantastic local fare served in area restaurants, we're also known as Ontario's clean-energy frontier.

Whether you work at Bruce Power, live in the surrounding communities, or have never been anywhere near its site, it's always impressive to drive west toward the lake and see one of the world's largest operating nuclear sites appear on the horizon. It's even more impressive to look out over the site from the observation deck at the Bruce Power Visitors' Centre after you've taken in the cool exhibits showing how 30 per cent of Ontario's power and a large supply of cancer-fighting medical isotopes are produced right there.

Impress your family and friends with a trip to our Visitors' Centre and learn more about the production of nuclear energy, medical isotopes, and our Life-Extension Program and Major Component Replacement Project, one of the largest clean-energy infrastructure projects in Canada.

You can also participate in the Summer Bus Tour Program, which allows you to go through the gates of an operating nuclear site for a closer look and to learn about the company's history and commitment to safety and the environment.



John Peevers
Director, Community
and Media Relations

Bus Tours run once daily, Monday to Friday, in June, and expand to three tours a day, seven days a week in July and August. Please note, there are no tours on statutory holidays of July 1 and Aug. 4. We're also closed for our annual FunFest celebration on Saturday, July 5.

The public is encouraged to pre-register for the free site bus tours, which kick off June 3 and run through Aug. 29.

Starting at the Bruce Power Visitors' Centre, located at 3394 County Rd. 20, north of Tiverton, guests will have the opportunity to explore the Exhibit Hall before hopping on a bus for a one-hour narrated tour.

For more information on the Visitors' Centre, visit www.brucepower.com/visit and to register for a bus tour, visit www.brucepower.com/bustours.

Community organizations and school groups are welcome to join us for a site tour any time of the year. To arrange a tour for larger groups, call 519-361-7777 or email BNPDDVisitorCentre@brucepower.com.

FunFest in July

Bruce Power's annual FunFest is scheduled to take place Saturday, July 5, at the Southampton Coliseum.

This free event features fun for the entire family and includes live entertainment, free food, and activities for all ages. It is capped by a fireworks display at Southampton's beach, beginning at dusk.

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Erin Nichol, M. Cl. Sc.
Audiologist

Close to the Heart - sent to his mom with love

This sweet little piggy pendant was carved from Connemara marble, a green stone found in the Galway region of Ireland. One of the more unusual necklaces in the BCM&CC collection, the quirky appearance of this piece belies the poignant circumstances behind it.

Over the course of 1914 and 1915, a young soldier named Victor Tranter wrote several letters to his mother Annie. His writing conveys a tone of youthful optimism alongside a yearning for the people and places back home. He relished copies of the Southampton Beacon he received, and longed to attend services at St. Paul's once again. In May of 1915, he wrote: "I received several letters from you all once today, and they were certainly like five-franc notes to me."



Just a couple of months later, on June 10, 1915, Sergeant Wm. Victor Tranter passed away from injuries he sustained during the Battle of Festubert. Earlier that year, however, he sent his mother a very special gift in the mail: a pair of green marble pigs acquired during furlough in Ireland.

Annie turned them into earrings, and when one was lost, she put the remaining pig on a gold chain to wear as a pendant. While jewellery can be a compelling outward expression of one's identity or style, its proximity to the body also renders it a powerful vessel for personal

BY
SHAUNA TAYLOR
BRUCE COUNTY MUSEUM &
CULTURAL CENTRE
CURATORIAL ASSISTANT

Historically Speaking



meaning. Touching the skin or resting close to the heart, a particular necklace may foster a sense of physical connection to someone. Or perhaps a certain pair of earrings serves as a reminder of

something, framing your face every time you look in the mirror. Undoubtedly, wearing these mementos as jewellery held profound significance for Annie Tranter.

In a note to the Museum upon its donation, Annie's granddaughter wrote "I think Victor would like to see it saved, as it was sent to his mom with much love."

Sources: *Letters from Victor Tranter, BCM&CC Archives A967.052.018-21; Necklace, BCM&CC Collection, 2019.017.002a/b.*



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Solving murder cases using birding skills!

The recent Huron Fringe Birding Festival was again a huge success. This was the 27th year, and attended by over 400 participants from many distant places.

A few years back, we invited the popular author, Steve Burrows to be the key note speaker at the festival banquet. Steve is known for his Birder Murder Mystery series of books. The stories are set in a small coastal town in England. The lead character is the chief detective at the local constabulary. What makes him unique, is that he is a Canadian, a birder, and is known for solving murder cases, often using his birding skills.

Since Steve was our speaker, I was volunteered to lead a real-life Birder Murder Mystery Tour as one of the events for the festival. This shouldn't be too difficult, ah, what do I do? Like, I might need some dead things, like dead birds, dead animals murdered by birds. Could I find a friend willing to be a mystery corpse and lie still while Turkey Vultures start to congregate.

Here is a little murder mystery quiz. The crime scene is a pair of legs wearing leotards protruding out from under a small house. Off course there are ruby slippers on the feet, and a broom stick nearby. If the poor wicked witch of the east while flying through a tornado was distracted by birds that led to her demise, what species would they be? (Answer at the end)

One day I blocked a lane of traffic while the Bruce Power workers were heading home. With my 4 ways flashing I'm stuffing road kill into a bag. These people are thinking I'm picking up something for dinner LOL. My wife is afraid to look in the freezer, there are creepy things in there.

This tour has been so popular that we have just executed (yes, that's a pun), year three. It's been a lot of fun, but does not always go as planned. Last year I came up with a scenario where mice were impaled on thorns of a hawthorn bush. This was to enact how Loggerhead Shrikes store and hold their prey while devouring it. A shrike is a bird of prey about the size of a Blue Jay that has a hook on its bill, but feet without talons, hence the need to impale their food on thorns or a barbed wire fence. Because of this, Shrikes are often referred to as butcher birds. And yes, I collected mice that were caught during the winter. I had everything set-up just right, except when the tour got to the crime scene, there were no mice. The crows had eaten the evidence.

BY
MARSHALL
BYLE



Rooftops

But that also was a bird mystery.

Other crime scenes went perfectly. I had staged a group of feathers along a trail. As we were searching for the murderer, a

Merlin which is a small falcon came screaming overhead right on cue. Of course, I knew we were near its nest and was hoping for such a response.

Quiz answer; It was those darn Bluebirds flying over the rainbow!

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

Foggy windows Clear-Vu Window Services will restore your view

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Clear-Vu Window Services is the name to remember if your windows have seen better days and you are tired of looking through an ugly fog. For the last 21 years, Vern and Lisa Stacey have been the experts to call when your energy efficient windows lose their seal. They have been saving clients hundreds and sometimes thousands of dollars on window replacements by successfully making "foggy windows" look new again.

"Foggy windows are best described when condensation, mist or water droplets get trapped between the panes of a thermal unit indicating a ruptured seal in what was once an energy efficient airtight unit," says owner Vern Stacey.

Over time all insulated glass units (or simply put, all windows) will lose their airtight seal and the window will become cloudy or foggy on the inside. Once the moisture or condensation gets trapped inside it is no longer an energy efficient



Vern

window and it will eventually cause the window to permanently look foggy or dirty.

At Clear-Vu Window Services they replace the thermal unit and not the entire encasement. "It's a non-invasive process" says owner Vern Stacey, "we remove the thermal unit with the ruptured seal and we replace it with a brand new energy efficient airtight thermal unit. We install it back into its original casing and it's like new again". The process is

considerably less expensive than replacing the entire encasement and it's backed by a 10 year warranty with a turnaround time of about six weeks.

Remember the name Clear-Vu Window Services, servicing Kincardine, Ripley, Lucknow and Saugeen Shores. Give them a call at 519-396-1500 for more information or to set up a free quotation.

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Volunteering this Summer? Consider this...

Volunteer-led organizations are the backbone of Bruce County - sports leagues, heritage societies, charity boards, and local event committees. These groups are powered by people who give their time to help others.

But even if you're not paid, you can still be held personally liable for decisions you make as a volunteer leader. That's why Directors & Officers (D&O) Liability Insurance is so important.

Why "We're Just Volunteers" Isn't Enough

Many people think that because their group is small or community-driven, they're not at risk. But under Ontario's Not-for-Profit Corporations Act (ONCA), volunteer directors and officers can be held personally responsible—even when acting in good faith.

Legal claims against volunteer boards happen more often than you'd think. And without proper insurance, the people making decisions could face out-of-pocket legal costs.

What Is D&O Insurance?

D&O insurance protects people in leadership roles—like board members and committee chairs—if they're sued for things like:

- Mismanagement of funds
- Breach of duty
- Discrimination or harassment claims
- Failure to follow bylaws or policies

It covers legal defense costs, settlements, and damages. Even if a claim has no merit, defending it can be expensive.

Common Scenarios

- A sports board suspends a coach; the coach sues for defamation.
- A heritage group spends a donation incorrectly; the donor claims misuse.
- A housing co-op denies a member request; the member files a human rights complaint.

In each case, volunteers were just doing their best—but still faced legal action.

What D&O Doesn't Cover

It does not cover:

- Bodily injury or property damage (that's general liability)
- Criminal acts or fraud
- Claims made before the policy begins

Depending on your activities, your group may also need event insurance, property insurance, or general liability coverage.

Get the Right Protection

D&O insurance helps:

- Protect personal assets
- Meet funding requirements

BY
TODD
FARRELL



Are You Covered?

- Attract quality board members
- Show your organization is responsible and prepared

We share this to inform, not to alarm.

Our community thrives because of the amazing people who generously give their time and talent. Volunteers are the heart of what makes our organizations strong, compassionate, and effective.

But even with the best intentions, unexpected things can happen. That's why it's important to talk with your insurance broker. The right coverage ensures you can focus on doing good—confident that you, your team, and the work you care about are protected.

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Plantar fasciitis is the most common foot condition that I see as a pedorthist. It is characterized by inflammation of the plantar fascia, a thick band of tissue that runs across the bottom of your foot and connects your heel bone to your toes. This condition often causes stabbing pain near the heel, especially with the first steps in the morning or after prolonged periods of rest.

Orthotics are frequently recommended as part of a treatment plan. Here's how orthotics can help manage plantar fasciitis:

Support: Orthotics offer additional support to the arch of the foot, which can help distribute weight more evenly and reduce strain on the plantar fascia. By stabilizing the foot, orthotics prevent excessive stretching and tearing of the fascia, promoting healing.

Cushioning: Many orthotic inserts are made from materials that provide cushioning and shock absorption. This helps to reduce the impact on the heel and the plantar fascia during walking and other activities.

Alignment correction: Orthotics can also correct biomechanical imbalances in the foot, such as overpronation (rolling inward) or oversupination (rolling outward). By improving foot alignment, orthotics reduce tension on the plantar fascia and prevent



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

further aggravation of the condition.

Pressure redistribution: Certain types of orthotics, such as those with metatarsal pads or deep heel cups, redistribute pressure away from the painful areas of the foot. This can help to relieve discomfort and promote healing by reducing the strain on the inflamed plantar fascia.

Customization: While over-the-counter orthotics can be beneficial for many individuals with plantar fasciitis, custom-made orthotics offer a personalized solution. I can assess your foot structure and gait pattern to create orthotics

tailored to your specific needs, providing optimal support and comfort.

It's important to note that while orthotics can be effective in managing plantar fasciitis, they are often part of a comprehensive treatment plan that may include stretching exercises, icing, and other inflammation reducing treatments. Additionally, wearing supportive footwear with orthotics regularly is crucial for long-term relief and prevention of recurrence.

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Ground We Grew Up On

Mark your calendars! This August long weekend - from July 31 to August 4 a once-in-a-decade event is happening in Bruce County. There'll be dances and dinners and beer gardens. Golf tournaments, bed races and tug-of-war contests. Road hockey for the kids, a foam party and children's entertainers. Not to mention a Masked Singer Show, a volleyball tournament, music galore and the biggest parade Bruce County has ever seen! It's the Ripley 2025 Reunion and everyone is invited!

"Whether you're a long-time resident of Ripley and Huron Township, a returning local, or a first-time visitor to the area, there's something for everyone during this incredible weekend," says Matt Farrell, Chair of the Ripley Reunion Committee. "We've planned a variety of events and activities that will celebrate our rich history and give friends, family and neighbours a chance to come together for a weekend of connection and celebration!"

The Ripley and Huron Township Reunion is not without history. Back in 1952, the community organized a "Lewis Centennial", reuniting descendants of the 109 families who settled in this area from Scotland's Isle of Lewis in 1852. That started a tradition. "The next Reunion was held in 1975," Matt says, "and ever since then a Reunion has been held every 10 years on the first weekend in August to make memories enough to last the next 10 years."

And the 2025 Reunion is no exception. "This year the theme is,



The Mammoth Parade will be filled with themed floats, classic cars and marching bands.

Photo courtesy of Matt Farrell.

Ground We Grew Up On," says Matt. "The event will be a way for everyone who grew up in Ripley and Huron Township, or lived here for a time, to celebrate their roots. We want to honour the places, memories and experiences that make Ripley a special place to grow up. And of course, we want to have a lot of fun doing it!"

That won't be a problem. Right from the opening ceremonies, the 2025 Reunion will be a whole lot of fun.

The festivities kick off on Thursday, July 31 at the Ripley arena with a Reunion Ambassador competition, citizenship awards ... and a Masked Singer Show. As Matt puts it, "the show will be filled with fun and hilarity as local celebrities dress up and perform for the audience and the judges."

On the Friday there will be a golf tournament at the Ainsdale Golf Course, with morning and afternoon tee times. There will be trivia games, children's activities, and a Beer Garden with live music. And as the day winds down, don't miss the Burger Pub Night and the first of four weekend dances.

When the long weekend proper gets under way, the Reunion fun really kicks into high gear. From a road hockey tournament, bouncy castles and a foam party for the kids, to tug-of-war



The bed races have long been a tradition of the Reunions.

Photo courtesy of Matt Farrell.

contests, hypnotist shows, volleyball tournaments, a beard contest – including a chance to bid for the opportunity to give participants a close shave, endless eating, and dancing into the night to the sounds of fabulous local musicians.

Oh yes, there will also be bed races.

A Ripley Reunion tradition, participating teams transform old bedframes into elaborate racing vehicles, mounting them on wheels and pushing them down Ripley's main street in a wild sprint for fame and fun. Each team is made up of five members – one driver and four pushers – all dressed in costumes and vying for bragging rights as the fastest bed runners in Ripley!

But the biggest event of the weekend will be the Mammoth Parade on Saturday, August 2. In 2015, the parade drew a crowd of 8000 people from across the area-and this Reunion it's expected to attract even more. From vintage tractors and classic cars to marching bands and themed floats, the Ripley Reunion Parade is a can't-miss experience for all ages. And everyone is welcome!

Of course, none of this – the bed races, the Mammoth Parade, the golf tournament, the kids' activities, the dances and Beer Gardens, the burgers and pulled pork and chicken dinners – would be possible without the sponsors of the 2025 Ripley Reunion. Sponsors like the Lucknow & District Kinsmen Club, Lions International, Acacia Fine Cabinetry, Bill & Tom Kempton Construction, Remax of Kincardine-Point Clark, Ainsdale Golf Course, and a host of other local businesses, organizations and individuals. "The support has been overwhelming," Matt enthuses. "Countless businesses and service groups have stepped up to ensure that this Ripley Reunion is one of the best ever."

Volunteers have stepped up, too. Over 200 of them! Helping with everything from the three years of planning it takes to organize the Reunion, to assisting with the events over the course of the August long weekend. "We are so thankful for our volunteers," says Matt. "It is their time and energy and enthusiasm that helps ensure the Reunion a memorable event for everyone." With a smile he adds, "And for anyone interested, we're always looking for more volunteers – just go to ripleyreunion.ca and send a message to Sarah Phelan, Volunteer Coordinator."

As the August long weekend approaches, there is added excitement surrounding the 2025 Ripley and Huron Township Reunion, Matt says. He thinks it's because the township has grown quite a bit over the past decade, with a lot of new families in the area now who are thrilled to be attending their first Reunion. For his part, Matt is also especially excited for this year's event. And not just because he is Chair of the Reunion Committee. "I have wonderful memories of attending past Reunions as a kid, and this time around I get to attend with my own two children. I can hardly wait to share the fun and excitement and memories with them."

For more information on the Ripley and Huron Township Reunion, the schedule of events, or to purchase tickets for the dinners and dances, please go to ripleyreunion.ca.

by Doug Archer

10 marketplace june 2025

Donations are open for the Point Clark Pickleball Court Project

You're warmly invited to an Open House co-hosted by the Township of Huron-Kinloss and Acacia Fine Cabinetry on Thursday, June 13th from 3-7pm at 45 Angus Street in Ripley. Enjoy guided tours of Acacia's custom cabinetry facility and the Ripley Industrial Park, learn about available lots and business incentives, and connect over light refreshments. Contact Amy Irwin at 519-395-3735 for details.

Coffee with the Mayor!

Join Mayor Don Murray for the second Morning Break with the Mayor of 2025 on Friday, June 20th from 10-11:30am at the Point Clark Community Centre. This casual drop-in event is a chance to chat with the Mayor over light refreshments - no decisions, just conversation.

Also on June 20th, Rock with your Docs returns to the Davidson Centre in Kincardine, raising funds for the Kincardine Hospital. Choose from dinner and the show for \$60 or come at 8pm for the last two bands for \$30. The night features live music, auctions, and food, emceed by James Scongack and Nancy Shaw. Tickets available at

BY
KRISTEN
PRENTICE

Ripley/Lucknow Happenings



www.rockwithyourdocs.ca or locally at The Bruce, Bar Down, Grey Matter, Microage Basics, and McKechnie Pharmacy.

Handmae Items and More!

Vendor markets are coming to the Point Clark Community Centre this summer! On Sunday, June 22nd, July 20th and August 17th from 11-3pm stop by for a selection of handmade items, art, and jewellery and more! Interested vendors can contact Heather Barger at greenthumb1605@hotmail.com.

Wrap up your weekend with St. Andrew's United Church's annual BBQ Ham Supper on Sunday, June 22nd from 5-7pm at the Ripley-Huron Community Centre. Tickets are \$25 for adults, \$10 for kids 6-12, and free for children

under five. Pay at the door or contact ripleyunitdtreasurer@gmail.com.

Don't miss the ultimate summer kick-off-Canada Day Fireworks at Lighthouse Park, hosted by the Ripley Lions and the Point Clark Beach Association on Saturday, June 28th at dusk. Bring a blanket and enjoy the show with family and friends.

Lawn Bowling!

Looking for a new hobby? Join the Lucknow Lawn Bowling and Social Club! Games run Wednesday and Thursday evenings from 7-9pm through October, with a seniors-only league and free lessons Thursday mornings. No experience or equipment needed! Contact Rick at 226-222-6558.

Finally, donations are open for the Point Clark Pickleball Court Project, a \$527,000 community effort to build six new multi-use courts. Donations over \$100 are eligible for tax receipts. Visit <https://www.huronkinloss.com/explore-and-play/parks-and-trails-plan/> or contact the Community Services Department at 519-395-2909 or recreation@huronkinloss.com to learn more.

Looking to grow your business? Come Discover Ripley!

JOIN US for an open house and tour of Acacia Fine Cabinetry & the Ripley Industrial Park

June 13, 3-7 pm at 45 Angus St. Ripley



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for more information

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'Touch a Truck' gives kids a great experience

Coffee with the Mayor will take place on Tuesday, June 3 from 10-11:30am at the Paisley Community Centre. This is your opportunity to meet with the Mayor of Arran-Elderslie.

The annual Paisley Blues Festival takes place on Friday, June 6 starting at 5pm and Saturday, June 7 at 4pm at the Paisley Community Centre, 391 Queen Street North. Admission is by donation. Headliners for the Friday show are the MacKenzie Blues Band and the Smokewagon Blues Band, along with other performing artists. The Johnny Max Band, the Vaudevillian, Ginger St. James and Alfie Smith will be some of the performers on Saturday. Proceeds from this year's festival will go towards new playground equipment in Paisley as well as the Paisley Central School Music Program. For more information regarding the full lineup and festival details can be found at www.paisleyrocks.com.

'A Tribute to the One Room School' featuring memories from former school teachers Gwen Maxwell, Merle MacKay and Aileen Wilkinson takes place at the Treasure Chest Museum, 407 Queen Street North in Paisley, on Tuesday, June 10 at 7 pm. This is a great opportunity to hear from these wonderful ladies about how school was taught in days gone by. Perhaps you have your own memories to share about the one room schools so plan to attend.

Happy Father's Day to all on Sunday, June 15.

Summer officially begins with the solstice on Friday, June 20; the longest day of daylight. I hope that you can get outside to enjoy this day.

The 'Caitlyn Cobean Community Crusaders' will be in Paisley on Saturday, June 21 for 'Touch A Truck'. This great experience allows kids both young and young at heart the opportunity to get up and close with their favourite big trucks. The Paisley Fire Department is sponsoring this event that runs from 10am until 2pm at the Fairgrounds located at Riverside Park, 293 James Street. This is a free event but donations are greatly accepted. There will also be a BBQ put on by our local firefighters.

The Legion will sponsor a BBQ at the Volkswagen Riverfest on May 31st from 11-2pm. It's not too late to take part in Line Dancing classes at the Paisley

BY
SHERYL
STEINHOFF

Paisley Current



Legion on Wednesday, June 4 and 11 from 7 - 8:30pm. The cost is \$10 per class. On Saturday, June 20 from 2-6pm

there will be a retro live music dance with PJ Mack. The cost is \$15 per person. The very popular Liam Secord Jam Session and Open Mic takes place every Thursday from 7-10pm. Admission by donation. Everyone is welcome to come dance, listen, play or sing.

If you have an event that 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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Taking multigenerational trip in retirement

'To travel with family is to embark on a journey of discovery – of the world, of each other, and of ourselves.'

-- Unknown

My wife and I have spent our retirement years travelling to a lot of countries on this planet-75 of them to be exact. And after travelling to the four corners of the globe, our favorite place in the world is still right here at home in Canada. Newfoundland. We love the rugged coast, the endless hiking trails, the fish and chips and, especially, the people. Warm and welcoming, they are fun loving and funny to the core. And every Newfoundlander you encounter wants to invite you into their home for a meal and a drink five minutes after meeting them. We love NFLD so much that we recently decided to take the whole family there-all three generations!

It was fabulous! We ate moose meat stew and lobster bisque, touched icebergs that had drifted ashore, and stood on the deck of a boat as whales kept pace beside us, spouting geysers of water from their blowholes. We trekked the Skerwink Trail – this grandpa proudly carrying our

BY
DOUG
ARCHER

Portrait of a Retiree



young grandson in a carrier on my back, gazed on colonies of puffins nesting in coastal cliffs, picked partridgeberries, sampled cod tongues (a delicacy in Newfoundland), and even kissed the cod. And this trip to Newfoundland was our best ever, because we were with our sons, their significant others, and our grandson.

Multigenerational travel is becoming more and more prevalent. Tour companies promote it, travel magazines are writing about it, and families are pooling their resources to do it.

Life often pulls family members in different directions and to new locations. Kids and grandkids may be scattered to different towns, different cities... even different countries. But connections are vital to a healthy, happy family dynamic.

That's where multigenerational trips come in. By bringing generations together in a vacation setting, a world of opportunities is created for meaningful family connection that may not be possible through any other family get-together.

By exploring unknown places, trying different foods, and participating in new activities together, grandparents and their children and grandchildren can build shared experiences that will create memories-and maybe even traditions-to last a lifetime.

So whether it is a long weekend at a summer cottage, a trip to Eastern Canada, or an all-inclusive in the Caribbean, time away with the whole family can be wondrous. We're already looking at another multigenerational trip for next year-maybe renting a stone house in Wales overlooking a centuries-old castle...



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You know the reality of the situation!

Dear Liz,

When I was a teenager my younger brother had a turtle, and I hated it. He wasn't good at keeping the tank clean, it always smelt, the turtle itself was always angry, it was just all-around an awful time.

But of course, my brother forgets all those parts of keeping a turtle, and continues encouraging my son telling him how great it is, and then the two of them get on my case. Simply put, I will not have a turtle in the home. I don't want to come out of this as a monster, but I'm having a hard time shutting this down.

No Turtle Allowed

Dear Turtles,

You are the adult, and your home is your home. It is certainly a difficult situation when other adult family members are not respecting your boundaries, and having a turtle and encouraging your son about having a turtle sounds like a big one. If you haven't already, I would encourage you to discuss this with your brother openly, and inform him how you stand on the matter. As you said, he remembers all the fun parts of having a turtle, and that's great for him, but you know the reality of the situation and it is not a responsibility you want in your home. If turtles are something that your son and brother bond over, then that's great for them, there are many other outlets for them to express that in, such as going to the zoo, collecting books, watching videos.

Dear Liz,

I think my manicurist is trying to dump me. I have been going to the same lady for nearly four years, and like to think that we have a good back-and-forth. I'm never late, always tip, and can't think of any altercations that would warrant her not returning my phone calls. The past month I have left her several messages between voice mail, text, and Facebook, and still nothing.

I'm a loyal client, but at this point, my only choice is to take my business elsewhere. It is just so unprofessional to not even take the time to let me know she can't book me in. Part of me feels like reaching out online to see if others are also struggling with her.

Left at the Salon

Dear Salon,

It is unfortunate that you haven't been able to get a hold of someone with whom for four years kept up a tight schedule

BY
LIZ



Dear
Liz

with you, I hope they are okay. I can understand it is hard to not get answers, but it sounds like she might be going through something, and just can't seem to

keep up.

It seems you have done all you can, she knows how to reach you, so perhaps instead of thinking of this as a "dumping", consider it more like, "separating on good terms". Give her space, and wish her well, while you now get the opportunity to find someone who is going to work for what you need.

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

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Health equity and the social factors that impact health

This article is the first in a series of five that looks at the social determinants of health and how they influence the overall health and well-being of Grey-Bruce residents and its communities.

When we think about what makes us healthy, we often think about things like visiting the doctor, exercising, and eating well.

But there's much more to it.

Many factors shape individual and community health.

Our health is also shaped by factors like where we are born, live, work, and age, and broader economic, political, and social contexts. These non-medical factors, known as the social determinants of health, have the strongest impact on our health and well-being.

What are the Key Social Determinants of health?

- Income
- Employment
- Education
- Housing
- Food security
- Early childhood development
- Social connections
- Physical environment
- Disability
- Indigenous ancestry
- Gender
- Immigration
- Access to services
- Race, culture, and language

How do these Factors Impact Health?

Imagine our health as a vegetable garden.

Our daily choices, like visiting a doctor, exercising, and eating well, are the seeds we plant and tend to.

But, just like a garden, thriving health depends on more than individual effort.

The garden's soil represents early life experiences, such as early childhood development, education, and social connections. Fertile soil helps plants grow strong, while poor soil makes it harder for seeds to sprout.

Water and sunlight symbolize safe housing and food security.

The environment represents broader societal influences, like economic stability, government policies, and systemic inequalities. A garden can flourish in a supportive environment,

BY
LISA
ALGUIRE
GREY BRUCE PUBLIC HEALTH
PUBLIC HEALTH NURSE

Seniors Situation



Grey Bruce
Public Health

but harsh conditions make it difficult, no matter how carefully someone tends to it.

Social determinants of health interact and influence one another to affect health. For example, a person who has a secure job and lives in a neighborhood with safe parks, social supports, good schools, and nearby grocery stores is more likely to have better health outcomes than someone living with low income in an area with limited access to nutritious food, pollution, and poor housing conditions. Living in poverty is a risk factor for many health conditions, such as heart disease, adult-onset diabetes, and respiratory disease.

Who is Impacted?

We are all impacted by social determinants of health, either positively

or negatively. Many people in our community face barriers and require more support to achieve the same level of health as others.

For example, in 2020, 11.5 per cent of Grey-Bruce residents were low-income. Income is arguably the most important social determinant because it affects our ability to afford safe housing, healthy food, transportation, and overall living conditions.

What is Health Equity?

Health equity means that everyone has a fair chance to be as healthy as possible, no matter where they live, how much money they have, or who they are. Health equity is not about treating everyone the same. It recognizes that people have different needs and circumstances, and no one should be disadvantaged by social, economic, and environmental conditions.

By understanding and addressing the social determinants of health, we can work toward a future where everyone has a fair chance at being as healthy as possible.

<https://www.publichealthgreybruce.on.ca/>



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