

THE Marketplace

March 2024 \$2.50

MAGAZINE



Lots of Socks

Discover your local TRAVEL EXPERTS at PENETANGEAR

Let the March escape begin! After a long process of reviewing many brands, Penetangear is loaded up with NEW 2024 travel clothing, beachwear, hats and luggage. Our luggage focus for 2024 is with Osprey and Fjallraven carry-on sized roller bags, backpacks and smaller convenience bags including waist, tote and sling bags. Ask about our luggage's **ALL MIGHTY LIFETIME GUARANTEE.**

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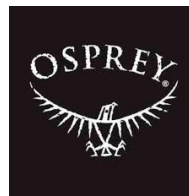
Our must-have travel purchase is the NEW OSPREY ULTRALIGHT STUFF PACK range of daypacks, totes and waist bags.



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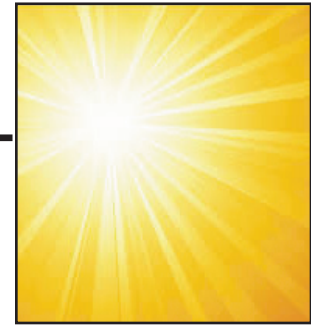
Marketplace

Vol. 35 No. 03



Adam taking a cruise on the beach!

Photos by Jamie Edwards of JME Photography Studio, Kincardine



From the Sunny Side

Happy February Anniversary to us! Marketplace has been gracing your mail boxes for 35 years!

And Happy first anniversary to Sadie and Dan of Lake Huron Home! (February!)

Happy Anniversary to Heather and the gang at West Shore Stone and Brick, celebrating 13 years!

Lisa and Vern Stacey are celebrating their ninth year with Clear-Vu Windows, they do great work and you won't be disappointed.

The Trudells of Kincardine Quick Lube are celebrating 17 years in business.

Don't forget to get your ticket for Kincardine Legion's Catch the Ace. Each week the jackpot is growing! Join in on the fun while also supporting Kincardine Legions, Huron Shores Hospice and Tiverton Lions. Tickets are available around many local businesses and at www.kincardineace.com.

There will be a Job Fair and Career Expo on Wednesday, March 6th from 3-7pm at the Davidson Centre. Learn more about our local industries, businesses, skilled trades, and job training. Explore part-time, seasonal, and new career opportunities! Businesses and Industry: this is your opportunity to present your company to the community and potential employees! Whether you're looking for new hires or to aid the workforce in career exploration, we need you as an exhibitor at this event. Reserve your booth and get more information at www.kincardine.ca/jobfair.

Kincardine Good Food Box Collective program provides a grocery bin of fresh seasonal produce at a low price. You can pre-order at Century 21 (330 Durham Market St S), Kincardine. Order on the 3rd Thursday of the month and pick up on the 4th Thursday at Knox Presbyterian Church, 345 Durham St, Kincardine from 9:30am-12 noon. For those who would like to pick up in Ripley, please indicate this when ordering and pre-paying. Tiverton sign up location is Patz Pizza and pick up is 10am at Knox Church in Tiverton.

Bruce County is excited to launch Explore the Bruce Rewards, a new tourism app that features destinations within Bruce County and focuses on culinary tourism, hiking trails, prominent landmarks, and other attractions. Visit! Earn points! Get rewards! <https://www.brucecounty.on.ca/news/2024-feb-12/new-explore-bruce-rewards-app-launches-encourage-destination-discovery-bruce>.

...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.

Feature Story

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March sees the return of the Worldwide Down Syndrome Day on March 21st, with Community Living Kincardine and District joining with area businesses to create window displays featuring Lots of Socks, and community members with Down Syndrome to show that we are all more alike than different.

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Marketplace

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

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email: marketplace@bmts.com www.themarketplacemag.com
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Innovation drives MCR success

A lot of progress can be made when you've got thousands of skilled workers teaming up toward a common goal.

Last year, Bruce Power's Unit 3 Major Component Replacement (MCR) outage began and today, the unit is on track to return to service in 2026. Like Unit 6, which was returned to service in September of 2023, the renewed Unit 3 will provide clean, reliable energy to Ontario for decades to come.

Bruce Power's Life-Extension Program and MCR Project is one of Canada's largest infrastructure projects and is Ontario's biggest clean-energy initiative, which will see Units 3-8 refurbished, allowing the eight-unit site to continue to contribute to decarbonization goals and produce cancer-fighting medical isotopes through 2064 and beyond. The privately funded projects drive the local and provincial economies, and support 22,000 jobs directly and indirectly.

As part of Bruce Power's agreement with the Independent Electricity System Operator (IESO), the company is committed to bettering its performance in each



John Peevers
Director, Community and Media Relations

successive MCR outage. This is already happening through lessons learned and innovation from Unit 6 being applied to Unit 3, and in planning for Unit 4, which is scheduled to begin in 2025.

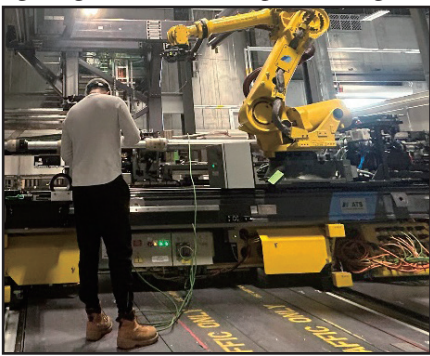
This was seen early in the Unit 3 outage when the defuel campaign was completed 16 days ahead of schedule using lessons learned in Unit 6. The 27-day defuel program, which saw 5,748 fuel bundles removed from Unit 3's reactor core, was completed 31 days faster than the same program on the Unit 6 MCR.

Cutting-edge innovation is happening right here in our backyard. Bruce Power's state-of-the-art facility in Kincardine is being used to train tradespeople on the use of new tools that will be used to improve safety and schedule performance in MCR outages.

Over the past three years, Bruce Power's Tooling and Innovation team, Shoreline Power Group, ATS Industrial Automation, and MDA have been developing an ecosystem of first-of-a-kind tooling that will first be deployed during the Unit 3 inspection and installation series this year.

This summer will mark the first time robotics are used on a nuclear reactor face, saving dose to the skilled tradespeople operating the tooling outside the vault, while also driving efficiency through time and schedule savings.

Bruce Power tagline is Innovation at Work and we're working every day to leverage technologies such as Artificial Intelligence (AI) and advanced robotics to enhance safe operation and performance.



Innovation drives MCR success.

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Baby Boomers don't always see eye to eye with other gens

We will soon be an entire generation of retirees. I'm talking about the Baby Boomer generation. That population cohort born after World War II – specifically between 1946 and 1964 – during the mid-20th century birth boom.

With every Boomer now between the ages of 60 and 78, it will only be a few short years until we've all reached the age of 65 – making us, even if not actually retired, at least officially seniors.

For those of you who haven't been keeping track, we Baby Boomers are sandwiched just about in the middle of the seven generations currently in existence. Right after the so-called Greatest Generation (those born between 1901 and 1924) and the Silent Generation (1925 – 1945). But before Generation X (1965 – 1979), Millennials (1980 – 1994), Generation Z (1995 – 2012), and the youngest generation, Gen Alpha (2013 to the present).

And while the jury is still out on how positive the impact of the Baby Boomer generation has been on the world, there is little doubt that we Baby Boomers don't always see eye-to-eye with Millennials and Generation Z. This often puts us on the receiving end of jibes and jokes.

For instance, according to these younger generations, the Baby Boomer culture is about owning hand towels that no one is supposed to use. It's having six remotes, one of which actually serves a purpose. And it's having our cell phone alarm go off at full volume in public and then taking a full 30 seconds figuring out how to turn it off.

Baby Boomer culture is asking the youngest person in the room why the Internet isn't working – and getting upset when they don't know. It's clicking on pop-up ads and unsolicited emails and then blaming the company that manufactured our computers when we invariably pick up computer viruses. It is sending eCards for special occasions.

BY
DOUG
ARCHER



Portrait of a Retiree

Owning a printer. Using car keys to scratch the inside of our ears, giving step-by-step directions to someone who has just said they use Google Maps, still

having a landline ... the jokes goes on.

Then there is the fact that the catchphrase, 'OK Boomer', has become a classic meme among younger generations, a simple way for them to roll their eyes at the outdated things Baby Boomers do and say.

But while we are often the butt end of Millennial and Generation Z humour, Baby Boomers can take solace in the fact that we are all retired – or soon will be – and can spend long hours shopping for more hand towels we won't let anyone use ... or figuring out those remotes.

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“Why do I feel so sleepy after I get the fire burning?”

During my career in the fireplace and heating business I've seen some pretty interesting situations and solved a few mysteries as well.

Many times, I've been questioned by people with wood burning equipment that are worried about the fire using up the oxygen in the room. Of course, a burning fire requires oxygen to burn, but there is no mechanism that allows only the oxygen to enter the stove leaving the rest behind. In actual fact, as air is drawn into the stove, fresh air is pulled into the house through air leaks in the structure. Even in well built new homes there is usually enough air leakage to satisfy a woodstove. On one such occasion, after explaining this to a customer, he asked; well, why is it then, after I get the fire burning, and relax in my chair, I get so sleepy? I answered, because you're getting old. This was much to his chagrin, but delighted his wife and friends that were present.

On several occasions, I have seen homes with a serious soot issue. I'm not talking about soot in the chimney, everywhere in the home. In one home, when we pulled the furnace filter it was

BY
MARSHALL
BYLE



Rooftops

caked with black soot. If we wiped any window with a tissue, it was black with soot. In this case, the furnace was electric, and the only combustion appliance in the home was a direct vent gas fireplace. The homeowner just assumed that the soot had to be coming from the fireplace. A direct vent appliance is sealed from the room, and we quickly determined that there was no sign of leakage from the fireplace. As we moved about the home, we noticed quite a few candles burning. Aha, mystery solved.

In another home we had pretty much the same situation, but in this case, they had a woodstove, which burned perfectly. A woodstove cannot spill out soot without filling the home with smoke. Again, candles were the culprit.

Once we were called to sweep a chimney for a woodstove. The homeowner had been sweeping his own flue for years, but admitted that there was no way to access the bottom of the chimney to get the soot out. Also, the breach pipe that went through the masonry had a bend way back in, that prevented access as well. Now it reached a point that he could no longer burn his stove without filling his home with smoke. This chimney structure also had an open fireplace and chimney as well. I started to set-up in front of the fireplace, and he informed me that it didn't need sweeping as he seldom used it. I said, you're right, but I have a hunch. I removed the damper of the fireplace, and in the large smoke chamber was the clean out for the woodstove flue. Not too common but I'd seen it before.

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

BY
TAMRI
COURT



Saugeen
Shores

Happy days!

And it is March already! Have you noticed the longer day light hours? With the time change just around the corner, spring will be here soon!

International Women's Day is Friday, March 8th and will be held at The Southampton Golf & Country Club in Southampton. This is an event to celebrate the women in our community. Registration begins at 7:30am. Be sure to register early online as tickets are limited. A full breakfast will be served. Visit www.saugeenshoreschamber.ca and click on the International Women's Day Event or call 519-389-1881.

Visit the "Bruce County Museum & Culture Centre for a week's worth of fun for the whole family! This March Break, prepare to be awed by magic, science, snakes, and things you never knew about life in Medieval times." Each day beginning Monday, March 11th and continuing through out the week, the Museum offers a variety of interesting planned events. While there, continue your day with viewing the exhibits as well. For a complete list of March Break events visit www.brucemuseum.ca or call 519-797-2080. Pre registration is required for the March Break events.

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 5-6:15pm, located at St. Paul's Anglican Church, 248 High Street, Southampton. Admission is by donation. Everyone is welcome and bring your friends. For more call 519-797-2984.

Have you made your way down to the beach in Port Elgin or Southampton for the beautiful sunsets? With the sunset time getting later, it is much easier to work it into your evening. We all know we have the most beautiful sunsets in the world!

Wishing you a wonderful Easter! If you have an event you would like mentioned in a future article please send an email to tamricourt@gmail.com or give me a call at 519-386-1400.

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The Polfuss Pony - made for his first grandson

Artists and craftsmen find inspiration in a multitude of sources including direct experiences, emotions, and the stories of others. This inspiration is expressed in many forms including music and art. It is interesting the many ways a single item, and its story, can then in turn further inspire.

An example of this is a rocking horse within the collection of the Bruce County



From the Collection of the Bruce County Museum & Cultural Centre, 986.036.001

BY
LAURA LEONARD
BRUCE COUNTY MUSEUM
& CULTURAL CENTRE
CURATORIAL ASSISTANT



Historically Speaking

Museum & Cultural Centre, known as the Polfuss Pony. The Polfuss Pony was made ca.1900 by Gerlach Loos of Mildmay for his first grandson John Henry Polfuss Jr. Though rocking horses were popular children's toys and could be purchased, Gerlach took the time to hand make the rocking horse. Loos was a blacksmith by trade, settling in Neustadt by 1871 and then Mildmay by 1881. It is noteworthy the only metal on the horse are the stirrups and bit, attesting to Gerlach's craftsmanship in several mediums. In 1902, Loos left Mildmay to run a hotel in Clifford, but returned at the end of 1906, just a few months prior to his death in 1907.

Gerlach's daughter Elizabeth married John Polfuss Sr. in 1896, and John Jr. was born November 1898. John Jr. spent his

life on the family farm on the 14th and 15th Concessions of Carrick Township in an area known as Otter Creek. John Jr. purchased the family farm in 1944, and he, along with the pony, stayed there until 1978, when he retired and moved to Walkerton. John Jr. was the second of eleven children born to John Sr. and Elizabeth. It isn't hard to imagine the countless hours of unbridled imagination spent on the Polfuss Pony and the playtime adventures it inspired. When the Polfuss Pony was donated to the museum it was 86 years old, and arrived just two years prior to its original rider, John Polfuss Jr.'s death.

Today, at over 120 years of age, the Polfuss Pony continues to inspire, and spark imaginations. Part of a larger exhibition, the pony is currently exhibited alongside a textile art piece created by artist Toni Major that it was the inspiration for.

Sources:

Mildmay-Carrick Historical Society. "Historical Walks through Carrick and Mildmay." Mildmay: Mildmay-Carrick Historical Society, 1989. Print.

Accession File 986.036.001

BRUCE COUNTY
museum & cultural centre

Stories of
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CLKD is hoping for another successful Lots of Socks campaign

March 21st is World Down Syndrome Day, and for the ninth consecutive year, Community Living Kincardine and District (CLKD) is raising awareness by encouraging businesses to sign up for the Lots of Socks Window Display contest. Catherine Evans, the Communications and Marketing Coordinator for CLKD, is hopeful that this year's campaign will exceed last year's.

"Last year we had 85 participants for our window decorating campaign, so we would really like to see that number grow for this year's competition. Our sign up continues into the first week of March, and we ask that businesses have their displays up and windows decorated by March 15th, with our voting being done online through our website on March 21st. We are looking forward to seeing what everyone comes up with this year as they contest for The Golden Sock."

Down Syndrome occurs naturally in people of every race and economic level throughout the world with no known cause. In Canada there are an estimated 45,000 Canadians with Down Syndrome, which works out to roughly one in every 800 births. Down Syndrome can cause varying degrees of physical and intellectual disability, and associated medical issues. The Lots of Socks campaign started back in 2013, with CLKD joining the movement in 2015. Through the campaign, communities are encouraged to come

together and have conversations that raise awareness, inclusion, and celebrate community members who have Down Syndrome. This is done by wearing, decorating with, and showcasing brightly coloured socks of all shapes, sizes and styles. Socks were chosen as the symbol as if you place a pair of socks heel to heel, they resemble a chromosome! Since Down Syndrome is a result of a person being born with an extra 21st chromosome (three instead of two), each year on March 21st, we are encouraged to wear the loudest, brightest, patterned or even mismatched socks you have as a way of encouraging people to ask about what the campaign is about. These conversations and outreach help to show that those with Down Syndrome are more alike than different from others in the community. Community Living Kincardine and District began asking local clients to appear as models as part of the campaign a few years ago, and continues

that tradition, as Christine explains.

"Everyone wants to have a sense of belonging as a member of our community, and people with Down Syndrome are no different. We all have that need to see people like us represented in the media, social media, advertising and more. We feel one of the ways to help reach that goal is by utilizing portraits and posters featuring community members with Down Syndrome as part of our campaign. This year we have 14 portraits, compliments of Jamie Edwards of JME Photography, who just does a great job working with everyone involved. As well, a special thank you goes out to Bruce Power, who handles all of our printing needs for the portraits and posters. They have been amazing, and with our goal of beating last year's total of 85 participants, the smoother our process goes, the better."

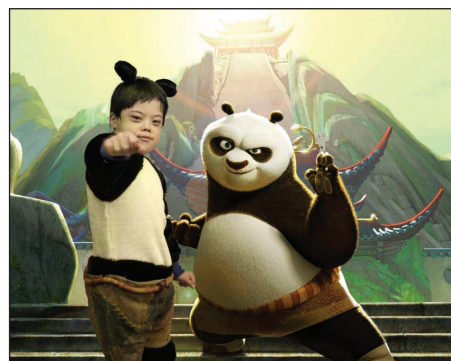
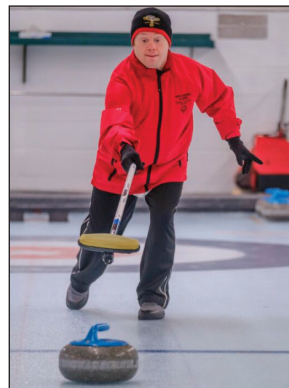
Catherine explained that rather than have a set look or theme for each of the posters, Jamie works with each individual participant to find something that is important or enjoyable to them. He then builds the shoot around each individual's preferences to showcase them in a situation that they are not only comfortable in, but is also important to them.

"Jamie is just great being able to help their spirit shine through in the photos. That way, we can not only show people that folks with Down Syndrome are capable of so many things, but that we can all share interests and abilities as common ground. The more we see and understand that each person is unique,

the more we will realize that we are more the same than different."

Businesses interested in participating need to contact CLKD by the first week of March, and can email their business name and address to cmc@clkd.ca, who can then arrange to drop off a poster and portrait for them to use in their display. Your window then needs to be decorated by March 15th, and you can submit your photos and videos for judging. The deadline for photo entries is March 18th, and then on March 21st the voting begins.

"Our winner of the Golden Sock is always based on how the community votes. We will have photos of all our participants up on the website for voting on March 21st, World Down Syndrome Day, so be sure to drop by www.clkd.ca and click the link for Lots of Socks, and pick your favourites by clicking on the heart under each photo. The window with the most votes is then declared our winner! We look forward to seeing all kinds of great socks that day!"



Photos by Jamie Edwards of JME Photography Studio, Kincardine

by John F. Adams

10 marketplace march 2024

Orthotic and Pedorthic services return to Port Elgin



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

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(1:30-3:30pm)

Port Elgin Library
Tuesday, April 9
(1:30-3:30pm)

Kincardine Library
Thursday, April 11
(1:30-3:30pm)

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INFO & REGISTRATION
www.huronshoreshospice.ca/community-programs
barbara@huronshoreshospice.ca | 519-385-5787

Two-step, tea, skating and bookmobile!

The Community Well-Being Program in Huron-Kinloss is now open and accepting applications until March 11th. The CWBP offers financial assistance to eligible community groups for initiatives that contribute positively to the well-being of the Township. Interested organizations are encouraged to review the program guidelines and submit their applications to program coordinator Mike Bartlett at mbartlett@huronkinloss.com. Find out more by visiting www.huronkinloss.com/Community-Well-Being-Program/.

Drop-In Adult Bowling League at the Lucknow Bowl and Games Centre is held every Friday at 1pm. Cost is \$12.75 for three games, plus \$1 for shoes. For more information contact Rich at 519-395-4468.

Lucknow Line Dancing and Two Step Every Friday night from 7:30-9:30pm at the Lucknow Legion, \$10 per person per class. Contact 519-889-9011.

Join in the Sunday Tea Dance for an afternoon of dance and socializing at the Point Clark Community Centre on March 10th from 1-4pm. A relaxed afternoon

BY
KRISTEN
PRENTICE

Ripley/Lucknow Happenings



of dancing and socializing, guided by our playlist featuring ballroom classics, social dances, and line dance grooves. Dance, socialize, and enjoy the laid-back atmosphere. Questions or special requests? Feel free to reach out to 5.6.7.8@nym.hush.com.

Registration for Ripley Summer Sports is now open! Early bird registration for Ripley Minor Soccer and Ripley Minor Baseball runs until March 15. Visit www.huronkinloss.com/RipleySummerSports/ for more information or to register today! If you have any questions, please contact the Community Services Department at 519-395-2909.

March break free public skating thanks to our generous community sponsors in both Lucknow and Ripley all March Break long, March 11-15th.

Bruce County Public Library Bookmobile stops in Huron-Kinloss: Patrons can expect a collection of books, DVDs, and educational materials, including tech kits. The Bookmobile is also outfitted with a free Wi-Fi hub. The Bookmobile staff are dedicated to creating a safe and welcoming space and assisting patrons of all ages. Check out the schedule of stops <https://library.brucecounty.on.ca/bookmobile-schedule/>.

The Township of Huron-Kinloss is prioritizing safety and respect with its recent introduction of the RZone policy. This initiative is designed to prevent and address inappropriate behaviour or violence within Township-owned properties, ensuring a safe and supportive environment for all staff, volunteers, user groups and members of the public. For more information about the RZone policy and what it means for you, visit www.huronkinloss.com/RZone.

Paisley celebrates a milestone birthday

Don't forget to spring forward and turn your clocks ahead on Sunday, March 10th as daylight saving time begins. Spring officially arrives on the 19th. Welcome to the first day of spring!!

The Treasure Chest Museum is hosting a St. Patrick's Luncheon and Euchre on Friday, March 15th at 12 Noon. The cost is \$15. Come and enjoy good food and an afternoon of fun. Everyone is welcome.

The Village of Paisley is 150 years young this year. There are a number of activities being planned to celebrate this momentous occasion. In recognition of Paisley's 150th, the Friends of the Treasure Chest Museum are hosting the 'Through the Years' Fashion Show on Tuesday, May 7th at 7pm in the Paisley Curling Club. Doors open at 6:15 with refreshments provided before the show. Shawn and Julia from 'Country 93' will be our MC's for the evening. This will be a celebration of the fashions dating back to the late 1800s. Tickets are available from Judy MacKinnon at 519-353-5638.

Orchard's Landing Event Centre is hosting 'Celebration of the Maple Tree' from March 14-16th from 10am-4pm. Children and youth are invited to attend and boil some sap with the organizers and

BY
SHERYL
STEINHOFF

Paisley Current



take home some maple candy. All makers of maple syrup are invited to represent themselves at this event. Need help online? The spring 'Step it up online' workshop takes place on March 28th from 1-4pm. Every visitor at these events gets a \$3 coupon for a Saturday produce purchase this summer. Orchards Landing is located at 486 Queen Street. For more contact www.orchardslandingpaisley.ca or 519-379-7284.

The Paisley Legion is hosting a ceramic paint night on Thursday, March 7th from 7-9pm. 'Catfish Gumbo' will play at the Paisley Legion on March 15th. There will be Irish Stew and a Shenanigans Dance Party. A special appearance by Paddy Mack will provide authentic Celtic music, during the band's intermission. Tickets

can be purchased through E-transfer to paisleylegion@bmts.com

You can livestream or watch on demand any events such as hockey that take place at the Paisley Community Centre. Save 10 per cent when you use the promo code: MOAE-LIVE - visit www.livebarn.com.

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 offered free of charge.

Winter is winding down which means the ice will be going out in late March. Be sure to get in your skating at the weekly public skating every Sunday 6:30-7:30pm, Adult & Tot skating is Tuesday and Friday 9:30-10:30am and Adult skating is Tuesdays and Fridays 12-1pm. For more information contact programs@arran-elderslie.ca or call 519-363-3039 ext. 117.

If you have an event you would like mentioned in the next issue, please contact me at 519-832-7496 or email me at thesteinoffs@hotmail.com.

Until next month, please remember to be kind to each other and be happy and healthy.

Making peace with food in 2024

Canadians are regularly bombarded with messaging about diets. Over the years, diet culture - which promotes thinness as ideal and labels foods and associated behaviours as either 'good' or 'bad' - have led many people to limit or restrict the foods they love.

Dieting teaches people that body shapes and sizes should be controlled and that this is achievable if they can control themselves around food. This creates guilt and deprivation that leads to negative relationships with food and can harm health.

Labelling foods as "good" or "bad" results in negative associations with food. When we eat food we consider "bad," we may start feeling guilty or worthless. These feelings can negatively affect our self-image, self-confidence and overall physical and mental health. Alternatively, we may feel pressure to eat only "good foods," which can lead to mealtimes feeling like an unpleasant chore.

March is Nutrition Month in Canada, an annual opportunity to celebrate the work of dietitians in our communities and raise awareness of the importance of making informed food choices and developing healthy eating habits.

BY
ANNA
FORSTER
GREY BRUCE PUBLIC HEALTH



Grey Bruce
Public Health

Seniors Situation

To counter the harms perpetuated by diet culture, Grey Bruce Public Health's dietitians are encouraging residents to "ditch the labels" associated with food. No longer labelling foods as "good" or "bad" is a first step in making peace with food and embracing what food can do for us instead of what it does to us.

So how do we do this? We have seen diet culture in the forefront of media for decades, so it may take some time to rewire our brains.

Give yourself permission to eat what you want, when you want. anything you want at any time. While this may seem counterintuitive and not the "epitome of health," give yourself permission to enjoy in moderation rather than instead of automatically restricting yourself. While this may seem counterintuitive, giving yourself permission to enjoy food is a

necessary step in countering restrictive eating patterns. Determine why you want to eat and how much of it you are actually going to eat.

For example, I always have a tub of ice cream in my freezer. Everyone I tell this to says something along the lines of "wow, a nutrition student eating ice cream?" When did having a little bit of dessert occasionally become so taboo or "bad"? What my training has taught me, is that in recognizing ice cream as just another food, without any labels, I gain the ability to listen to my body's wants and needs and make food choices that are right for me at that time.

Making peace with food means freedom. Freedom from restriction, freedom from rules, freedom to have a positive relationship with our bodies and to have a life filled with food to enjoy.

At the end of the day, all food fits. Nourish yourself in a way that works best for you. Nutrition is not and has never been 'one size fits all.'

Therefore, we need to stop buying into these fad diets, lifestyles, and labels.

Be kind to yourself and allow food to be comforting, loving and a way of expressing yourself.

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Is she a book thief or just forgetful?!?

Dear Liz,

There has been a group of us at work that play pool every week. Everyone knows about it, we never ask anyone to join, people have to reach out to us. This is how its always been. That way we know they're serious about playing, and so far it's been working out well.

This guy, let's call him Mark, had been asking multiple members about playing, and we had him on as a spare for a bit, but now we have a more permanent spot available. Suddenly, he's not around to play. He doesn't even tell us he's not coming, he just doesn't show up. Then at work, he always has a thousand excuses. A few people want to confront him, while others want to avoid the conflict. How should we go about dealing with Mark?

Battling Billiards

Dear Billiards,

Confrontation does not always have to mean conflict. It all depends on what you are hoping to gain from talking with Mark. It certainly sounds like circumstances have changed for Mark.

As it sounds like you keep a dedicated team that holds each other accountable, simply put, Mark is not reliable. Instead of

BY
LIZ



Dear
Liz

setting yourselves up to be disappointed for Mark to not come, maybe it's time to offer the spot to someone else. Maybe all the commitment that he can handle right now is just as a spare. Open discussions, without putting blame would help keep conversations professional at work. All the best!

Dear Liz,

I love reading, and sharing my love of reading. It's a great feeling having someone to talk to about a really good book, I love it! I've been sharing books with my neighbour, a fellow book enthusiast, for a couple of months now. She likes the same genre, but it's been like pulling teeth trying to get my books back. I am really struggling with it. I know some people pass the books along, but I'm a collector, I want my

books. Every time I ask for a book back she always forgets. I'm starting to wonder if she really is forgetting, or if it's intentional.

Book Thief

Dear Book,

We never want to think the worst of our friends, but I do understand your frustration of your wishes not being respected.

Regardless of her true intentions, there appear to be two choices to make. First option, stop lending her your books, just let her know what you've been reading and let her procure them on her own. This option will certainly slow down your book chats, but you will keep all of your books.

Second option, you stay the path of having someone to share your love of books with that will be returned eventually. This probably isn't the answer you want, but you can't control your friend and change them. You could help them by making a "book return" box for her to put your books into, and then you can pick them up from her house on an agreed upon day. It still isn't a guarantee that you will get all of them back, maybe a mixture of the two options would be best.

Questions? Answers? Comments!? Feel free to email or write Dear Liz.

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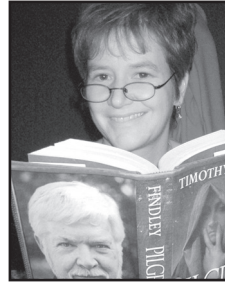
I mentioned last month two new series I've recently discovered. The first is the Slough House series by Mick Herron which currently has eight in the series. I have really loved this from the first one *Slow Horses* to the latest *Bad Actors*. This motley team of MI5 agents is brought together by the fact they have all screwed up royally and ended up in Slough House. However, they all want to be back in the action and each book allows them an opportunity to do so. The first one was written in 2010 and they all use the UK politics of the time to inform the plot line. The characters are consistently well drawn but definitely not always likeable and Jackson Lamb their boss consistently surprises his team and the reader at the same time. There were no five-star picks here for me but every book is a definite four. Check them out, it's definitely better to start at the beginning as there will be spoilers if you don't.

The second series is the Karl Alberg series by L.R. Wright. As mentioned, this one is set in British Columbia in a small coastal town called Sechelt. There are nine of these available and the first was written in 1985. Alberg is the RCMP Staff Sergeant who has moved from the city, the town is full of characters and it's the librarian Cassandra who ends up helping solve the mysteries as their relationship evolves. I've only read two of these and am not sure I will continue yet. They read a bit dated to me although the author does an excellent job in describing the "why" behind the crimes and keeping the tension high. I'll let you know if I delve back in the first in the series is *The Suspect* and the second is *Sleep While I Sing*.

Two of my favourite writers from across the pond released new books as well. *The Longest Goodbye* by Mari Hannah brings back Kate Daniels to track down the killers of fellow officer Georgina murdered three years earlier. This is the ninth book in the Kate Daniels series and Kate, her partner and her team continue to change and entertain. In this one there is a dual murder investigation the cold case and the murder of the prime suspects which is twisty enough to keep you reading. But on top of that it has a lot of emotion as the characters deal with their own grief and the ending is fantastic. *This Little Piggy* by JD Kirk is his second in the new DI Heather Filson series. Tammy Jo Swanney from the original Jack Logan series has joined Filson's team in Glasgow and the coupling

BY
TRACY
PRIMEAU

Between the Covers



is perfect, filled with humour and action. Two police officers have been murdered and Heather and her new sidekick are hunting the killer. Once again podcaster Ace gets involved adding much needed humanity to the main character. This is only number two in this series but the Jack Logan series by JD Kirk has many more.

Another couple of great reads include *The Hike* by Lucy Clarke and *First Lie Wins* by Ashley Elston. In *The Hike*, four friends hike out into the Norwegian wilderness. All of them are going through some challenge of some sort in their personal lives and these struggles are interwoven with the story of a local woman whose gone missing in the recent past. Told from different points of view, it allows you to really get to know all of the

main characters and connect with them as well. Tons of twists and turns and the setting is also very well described which is not always the case in these types of thrillers. I will definitely read more by this author.

First Lie Wins is a Reese's Book Club Pick, it features Evie Porter who appears to have a perfect life but is pulling the ultimate con. Unfortunately, she's fallen for her mark Ryan Sumner but her past is catching up with her and people are getting hurt. It's fast paced, action packed and the main character although majorly flawed is fun to cheer for. Another four-star read.

Still listening on Audible to *Rez Rules: My Indictment of Canada's and America's Systemic Racism Against Indigenous Peoples* by Chief Clarence Louie read by him. Hearing good things about *My Effin' Life* by Geddy Lee so that's next.

The Canada Reads finalists have been chosen and I'm still working my way through them. I've put my money on *The Future* by Catherine Leroux, translated by Susan Ouriou and defended by author and previous winner, Heather O'Neill. I'll be reviewing them next month.

Let me know what you would pick if you are a fellow listener, send to tracy.

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