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Marketplace

Vol. 36 No. 03



Tiverton Lions (back row L-R) Bill Stewart, Jim McTeer, Hank Van Moorsel and Michelle Hannigan (seated) with Lucas Mullen. The Lions are working on some fundraising projects to help Lucas' family purchase an Autism Assist Service Dog.

Feature Story

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The Tiverton Lions club is actively raising funds to support the family of local boy Lucas Mullen, who is autistic, in their purchase of a specially trained Autism Assistance Dog.

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From the Sunny Side



Happy February Anniversary to us! Marketplace has been gracing your mail boxes for 36 years!

Happy Anniversary to Heather and the gang at West Shore Stone and Brick, celebrating 14 years!

Lisa and Vern Stacey are celebrating their 10th year with Clear-Vu Windows, they do great work and you won't be disappointed.

The Trudells of Kincardine Quick Lube are celebrating 18 years in business.

Tell Me a Story Book Market is on Sunday, March 9th at Grey Matter in Kincardine from 2-5pm. Come and join them as they celebrate local authors, take in some magical art and find your next great read!

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.

Kincardine Good Food Box Collective program provides a grocery bin of fresh seasonal produce at a low price. You can pre-order at Local 2222 United Brotherhood of Carpenters, 385 Queen St, Kincardine. Pre-order by: 3rd Thursday of the month. Pick up time: 4th Thursday of the month 9:30am-12 noon at Knox Presbyterian Church, 345 Durham St, Kincardine. 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. Contact Information 519-396-3736, email Food@unitedwaybg.com • <https://unitedwayofbrucegrey.com/good-food-box>.

...still walking on the sunny side.



Happy Spring

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.

We can be part of a solution

There has been a lot of sabre-rattling from the president of our neighbouring country around tariffs and while it's difficult to discern how and when these threats might be applied, it has exposed vulnerabilities that we must come together to address.

At Bruce Power, it's our hope that with governments from Canada, its provinces and their counterparts from the United States working together, tariffs can be avoided or minimized. Tariffs would be bad for Canada, but they would also be terrible for American consumers at a time when people in both countries are concerned about the impacts of inflation on their household budgets, businesses and communities.

If Ontario was a country, it would be the United States' third-largest trading partner. There's no doubt that a 25 per cent tariff, and the likely retaliation from Canada, is a major economic concern that would impact jobs and economic growth on both sides of the border.

While there is much consternation, the best way to battle the unknown is to focus on a solution.

For Bruce Power, as one of the largest producers of clean electricity in Canada and one of the world's largest producers of medical isotopes, this means we're aligning closely with the federal and provincial governments' strategy of strengthening ties between Canada and the U.S.

In fact, prior to the threat of tariffs from the U.S., the



John Peevers
Director, Community
and Media Relations

Ontario government had proposed an initiative called Fortress Am-Can. This initiative seeks to encourage U.S. lawmakers, states and the federal government to work very closely with the province of Ontario around North American energy security.

North American energy security includes a stable supply of reliable electricity. Ontario is a net exporter of electricity to the U.S. and Bruce Power continues to provide roughly 30 per cent of Ontario's electricity supply.

It also includes the availability of resources from Northern Ontario, so the United States can get critical minerals needed in their economy from the province of Ontario, instead of from China.

We also know that the U.S. is a major user of medical isotopes, including the cobalt-60 and lutetium-177 produced by Bruce Power.

We can't control what happens in terms of the president of the U.S. imposing tariffs on Canada, but we can influence what happens by working with our friends and colleagues across Canada in all levels of government to talk about how we fit in as part of a solution.

The links between Canada and the U.S. have the potential to ensure that North America is an energy powerhouse with a more reliable, cleaner and very competitive energy system. That not only includes medical isotopes and free flow of nuclear power, but greater exports of natural gas and oil from Western Canada.

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Competitions prepared 160th Battalion Wiring Team for Success

The 160th (Bruce) Battalion's award-winning Wiring Team contributed to the crucial work of Canadian Pioneer and Engineer Battalions during the late stages of WWI.

During the recruitment of over 1,300 men for the 160th (Bruce) Battalion in early 1916, Lieutenant Ernie "Paddy" Pettigrew, who worked in his family's Lion's Head livery stable, recruited many farmers, who had worked with barbed wire, to become members of his Wiring Team. It was later said that their success was partially due to special handling techniques introduced by Pettigrew.



Lieut. Ernie Pettigrew and the 160th Battalion Wiring Team, BCM&CC A2018.049.055.

Training and competitions in England prepared the team for work in combat conditions. They were also a source of pride for the Battalion during 16 monotonous months of overseas training. They placed first for the Erection of Wire Entanglements in a September 1917 Brigade Efficiency Competition. In January 1918, they won a rapid wiring competition beating all Canadian units in the UK. In February, they were chosen to build 100 yards of double apron fence in a demonstration for British War Office engineering officers. At that time, a change in strategy was preparing all troops for more mobile warfare, and they were learning to train all soldiers in rapid wiring to quickly erect quality barriers supporting defensive positions.

In February 1918, the 160th Battalion's Wiring Team transferred to the 107th Pioneer Battalion in Le Maroc, France. The 107th worked with engineers consolidating positions captured by the infantry: wiring, tunnelling, and strengthening trenches and parapets. Work parties interspersed with combat patrols. In June 1918, many were

BY
DEB STURDEVANT
BRUCE COUNTY MUSEUM &
CULTURAL CENTRE
ARCHIVIST

Historically Speaking



transferred to the 1st Battalion, Canadian Engineers, during the engineering units' re-organization which was intended to more effectively contribute to advancing tactical plans. In early September, they helped build artillery tracks enabling large

guns to move forward to cover the infantry. At the Battle of Canal Du Nord, their company followed close behind the infantry, initially to secure positions gained. One member of the team, Corp. John McDonald, was killed in that initiative.

After 1.5 years of infantry and wiring training and competitions, Peninsula farmers made important contributions to the 1918 One Hundred Days offensive which ended with German surrender.

Source: "Heroes in Waiting: The 160th Bruce Battalion in the Great War" by Alan Bartley, 1996.

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What do they really want?

I think most of us are tired of the political posturing between the Trump administration and our government officials travelling to Washington. Every time President Trump makes an off-the-cuff statement about new tariffs it causes a whole lot of pandering. This is what he loves, and he doesn't mind throwing in a few comments about taking over Canada, no matter how disrespectful or insulting it is.

It's time for our officials to remain silent, and make no response until we have to. Don't let him know what we are thinking, and what our next move will be.

We all know that a tariff war will be bad for both countries, so what do they really want?

Our resources, minerals, electrical power, oil, and water. Yes, he says drill baby drill, and that they don't need our oil, but they actually do. If he's willing to add a 10 per cent tariff on oil, we should beat him to it and do it for him, and just up the price 10 per cent.

In the end, water is their biggest need, and we have lots of it. Maybe more than any other country on Earth. Over the last century the American Southwest and Northern Mexico, where a lot of produce is grown has depleted the aquifers. This

BY
MARSHALL
BYLE

Rooftops



is common knowledge. The Rio Grande River that is the border between Mexico and the US is down to a trickle of what a mighty river it once was due to irrigation of crops.

As far back as 1951, the US Army Corp of Engineers and public officials have had their eye on Canada for water, and massive water transfer projects were considered,

In 1964 they proposed a huge system of reservoirs in the Canadian Rockies, damming the Yukon, Skeena, Fraser, Peace, and Columbia Rivers, 240 dams in total. One of the reservoirs would have the towns of Banff and Jasper under water, then pipe the water down to the American south west and Northern Mexico. This scheme again resurfaced in 1980 after a severe drought.

Here is the granddaddy project of all time. The Great Replenishment and

Northern Development Canal (GRAND Canal) plan, actively promoted by the late Quebec premier, Robert Bourassa, in 1985, was proposed by Tom Kierans, a Newfoundland engineer, in 1959. The plan proposed building a dike across the top of James Bay. Sluice gates in the dike enclosure would open at low tide and close at high tide, allowing salt water to flow into Hudson Bay while retaining fresh water from local rivers in James Bay. Within a few years, James Bay would become the largest fresh water lake in the world. Where would the rock fill come from to do this? From the canal they would dig to Lake Superior. Water would be pumped via the Great Lakes to where ever it was needed.

Although the proposal failed the Environmental Impact Assessment, some believe that it is still on a "long term" agenda.

Reference: F. Lasserre, Department of Geography, Laval University

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

How orthotics are made? Just a few steps



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

A custom made orthotic is just that, custom made, which means it comes with a waiting period between the time it is ordered and the time it is picked up and unfortunately, a heavy price tag.

The reason for this is because there are many steps that are taken to make a device that is truly 100 per cent custom to your foot and your needs. There are many off the shelf options available, but it is important to note that these aren't designed or customized for your individual needs.

Step 1: Assessment and casting

Most people come in to see me for a pedorthics assessment not knowing where we will end up with treatment. During this assessment we discuss a thorough history, I look at range of motion, strength and mobility of the feet and ankles, perform a footwear and gait analysis. If it is determined that custom orthotics are the best treatment plan, I will take a 3-dimensional mould at this time. This is usually done with foam in

my clinic, however it can also be done with wax, plaster or computer scanning.

Step 2: Manufacturing

The cast of your feet is then filled with plaster and we end up with a positive mould of your feet to work with.

The various aspects of the orthotic are built upon this mould – this is the biggest most important step to making your orthotics CUSTOM! Plastics are heated and vacuum sealed to your feet, rubbers are laminated and taken to a grinder to add appropriate support and individual elements are added based on your needs, such as metatarsal pads, heel cut outs, big toe extensions, etc.

Step 3: Fitting

Once the orthotics are built, I will fit your orthotics to the footwear you plan on wearing the orthotics in. This can be one pair of shoes or multiple, as the orthotics aren't glued into one specific pair.

At this point we'll try the orthotics to see how they feel and will make any adjustments necessary to make them comfortable. A break in period of two weeks is required and can be followed

by usually one to three adjustment appointments as needed.

And that's it! That's why we take two weeks to make your orthotics and that's why the orthotics are more expensive than an off the shelf device.

If you are looking to book an appointment with Laura Van den Borre for a full pedorthics assessment, please call 519-832-4500 or visit www.mapleshores.ca.*



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Tania offers a safe and supportive environment

In every community, individuals and families face challenges that can feel overwhelming. Whether it's struggling with mental health, navigating family conflicts, or finding your true path social workers play a vital role in providing guidance, advocacy, and compassion.

Tania Dickson is here to support you, ensuring that no one must face life's difficulties alone.

Tania's journey into social work began with her own quest for a balanced and fulfilling life. Never one to sit back and wait for things to happen, Tania has carved her own path and is passionate about helping others do the same.

Bruce County girl

Tania was raised in Bruce County and attended KDSS before attending Brock University and completing a Bachelor's degree in Community Health. Tania's journey continued, knowing there was more for her, she moved to Halifax where she obtained a Bachelor of Social Work degree from Dalhousie University before completing her studies at Carleton University with a Master's of Social Work degree.

Over the past 20 years, Tania has gained social work and real-life experience working and volunteering in a variety of settings.

Tania's clients come to see her for a variety of reasons including, relationship issues, mental health, trauma, eating disorders or simply because they feel stuck and want to build a better life.

Intuitive Eating

In 2024, Tania added the title of *Intuitive Eating Counsellor* to her repertoire. Intuitive Eating is a journey toward developing a healthy and balanced relationship with food, your mind and your body. Intuitive eating can be the path to ending the unnecessary suffering of the legacy of diet culture. The process of Intuitive Eating is all about you being the expert on you and as a Social Worker and an Intuitive Eating Counsellor, Tania will join you on this path as you regain personal trust and insight about your mind and body.

Tania's true passion is her love for the intricacies of human behaviour and working with clients within these complexities to create personal journeys filled with hope and joy.

Life Answers

Tania's light nature and authenticity will make you feel safe and secure from



**Tania Dickson,
RSW**

and support to find the path.

the beginning. Tania builds her practice on rapport and connectivity. Giving clients the opportunity to take up space and be heard. Tania truly believes that clients hold their life answers, Tania's role is to offer guidance

Benefit Programs

Tania is a Registered Social Worker with the College of Social Worker and Social Services Workers. Tania's services are covered by many employer benefit programs.

You can contact Tania by email at taniadicksonrsw@gmail.com or by phone at 519-396-7221.

Tania is also available through Lighthouse Chiropractic and Wellness lhchiro.ca. You are not alone - support is just a call away.*

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Tiverton Lions Club Fundraising to support local family in quest for Autistic Service Dog

The Lions Clubs of Canada are a service club of volunteers who believe in the motto of 'We Serve', and the Tiverton Lions are putting that motto into action with the goal of helping five-year-old Lucas Mullen of Tiverton by fundraising to help his family purchase a specially trained Autism Assistance Support Dog. Lion Hank Van Moorsel explains.

"The Lions Foundation of Canada Dog Guides program provides service animals trained in one of seven different areas. There are Canine Vision dogs, Hearing, Seizure Response, Service, Diabetes Alert, Facility support, and of course, Autism Assistance. The Foundation has placed service dogs with more than 3000 Canadians living with disabilities since it began, with 1062 active Dog Guide teams across Canada. In an ideal world the Foundation would always be able to meet the demand for dogs, but sadly, that is not the case. Typically, there is a two year wait from the time the application process starts until the family gets matched with a dog, but the demand for Autism Assist dogs is such that currently we have a four year wait, and even the wait list for the program has been closed until some of the backlog can be dealt with."

That minimum four-year wait was one that Lion Sandra Parry, Lucas' mother, felt would adversely affect Lucas, so the family searched for alternatives.

"We contacted K9 Country Inn Service Working Service Dogs by Dundalk. Their program provides two dogs every two years, and we were able to get Lucas into their program. Typically, people will get to bring a puppy home when they are about eight weeks old, but Murphy, the dog we are getting for Lucas, has to be fully trained before he joins us full time. Lucas and Murphy have spent a little time together as we start out with the program, but just as short visits. He will be able to stay with us for longer stints starting in March of 2026, but he will not be with us on a permanent basis as Lucas' Autism Assist Dog until he is two years old in September 2026."

Murphy is a Golden Retriever, and the training Sandra mentions involves many hours. Once the training is completed, Murphy will be able to sense when Lucas' anxiety increases, and help Lucas by serving as a calming and grounding point of contact, but that is just a small portion of the role Murphy will play.

Lucas has severe Autism, is non-verbal and an eloper. Being an eloper means he will unexpectedly leave a supervised safe

space or care of a responsible adult without warning. Additionally, he has a mental condition known as PICA, where he will eat items that are not edible. Once fully trained, Murphy will also be an anchor for Lucas, being tethered to Lucas when they spend time outdoors, and if Lucas tries to run away, he will sit, preventing Lucas from going too far. He will also alert an adult if Lucas tries to open an exit door, will return Lucas to an adult if he elopes, and will take items from Lucas that are inedible during a PICA incident. These skills require an immense amount of training hours, which means they carry an expensive price tag, as Sandra explains.

"With the training needed, as well as the specialty harnesses, travel, safety belts, vests, not to mention the usual expenses of having a pet like vet bills and such, our family is looking at around \$50,000 in total to bring Murphy into our home. We are excited for this journey for our family, and also so appreciative of the Lions ambition to help support Lucas."

When the Tiverton Lions learned the scope of the expense that the family would be taking on to provide Lucas with much needed support, they wanted to help in any way they could, as Lion Hank Van Moorsel details.

"The Lions are working on expanding our Dog Guides Foundation, with plans underway to construct a new Multi-Million dollar facility in Oakville in the next few years, but we understand that Lucas and

his family need support now. There is the saying that it takes a village to raise a child, so we are hoping that people of Tiverton and area will get behind our thinking that it takes a village to help out this family."

The Tiverton Lions Club are planning a fundraising Easter Bunny Sale that will offer Made in Ontario Dark Chocolate or Milk Chocolate Easter Bunnies for \$6 each, with the funds raised going toward the Autism Assist Dog for Lucas. To participate in this event, you can reach out to a member of the Tiverton Lions Club in Tiverton, or for other areas you can check the Tiverton Lions Facebook page, or call or text 519-706-5667 for more information. Hank says that is just the start.

We are planning to talk about Lucas when we open the Splash Pad, as well as donating some of the funds raised with the Catch the Ace program, and more to come. There is also a Go Fund Me set up, you can search for Autism Assist Dog for Lucas Mullen if you would like to support the family that way, or donations can be made by e-transfer to tivertonlions368@gmail.com, remember to please put LUCAS in the memo line."



Lucas Mullen gets to know Murphy, a golden retriever pup currently in training to become his Autism Assistance dog.

by John F. Adams

Stevie Vallance - All the world's a stage

Stevie Vallance retired to Southampton a few years ago. Or at least that's what she'd have you believe. But since moving to Saugeen Shores, she has never stopped acting and singing.

An accomplished actress from the age of 11, Stevie spent her career moving between Toronto and Los Angeles, appearing in movies and TV series such



as Three Men and a Baby, Road to Avonlea, Knot's Landing, The Ropers, and Night Heat. So it's only natural that since 'retiring' to Southampton, acting is still a big part of her life.

"I love performing and I especially enjoy getting back to my roots, which is singing," she tells me. "And since coming to Southampton I have felt supported by the community in all the

BY
DOUG
ARCHER

Portrait of a Retiree



creative endeavors I've undertaken. So I have no plans to stop. Besides, I'm retired," she laughs, "so there's no pressure."

Pressure or not, she has been very active. Stevie has sung with the Stardust Big Band as part of the Canadian Big Band Celebration held annually in Saugeen Shores; she is currently putting on a series of Jazz concerts at Rosina's in Port Elgin; and she proudly sang the National Anthem at the Southampton Coliseum for the Winterhawks' final home game this past January.

Stevie also wrote, directed and starred in The Night Guy Came to Town, a musical about Guy Lombardo's visit to Southampton to perform in 1935. Staged at the Southampton Town Hall in front of a full house, Stevie says "A talented and dedicated group of people all came

together to recapture the life and feeling of a 'dance night' in Southampton back in the 30s."

And now Stevie is developing a second play. Entitled My Shining Hour, it is based on her aunt, Vivien Kershaw, an accomplished painter who worked as an RCAF clerk during WWII. "The story will be told from the perspective of my aunt as a young woman who has just married her soldier love on a weekend leave," she says. "We will follow them through the war: through the loving and the leaving, the letters and the worrying, the waiting and the wondering." Portraying her aunt, Stevie will capture that period in history through the singing of love songs of WWII while photos assembled by local war researcher, Bill Streeter, show in the background.

When asked if she will ever truly retire, Stevie shakes her head. "I'm already enjoying the best retirement ever. I'm doing what I love, with no pressure and absolute creative freedom. What could be better?"

For those interested, My Shining Hour will be premiering at the Southampton branch of the Royal Canadian Legion on May 8, 2025. Tickets are available at the Southampton Legion Bar.

Love to sing? Come join the Concert Choir!

Don't forget to spring forward and turn your clocks ahead 1 hour on Sunday, March 9 as daylight saving time begins. It has been a very long winter but fortunately spring arrives officially on March 20. Welcome to the first day of spring!!

The 'Friends of the Treasure Chest Museum' are hosting a St. Patrick's luncheon and euchre on Friday, March 14 at 12 noon. The cost \$15. Come and enjoy good food and an afternoon of fun. Everyone is welcome.

As always, the Paisley Legion Branch 295 has lots of activities for everyone to join in. They are hosting a Cornhole Tournament on Saturday, March 15 at 1pm. Each team consisting of two players is guaranteed three games. The entry fee is \$50 per team. To register please contact Siobhan at 226-930-1740.

There is a 'Jam Session' every Thursday evening at the Legion from 7-10pm. It is a family friendly event open to all ages.

On Saturday, March 22 there will be an

BY
SHERYL
STEINHOFF

Paisley Current



'After St. Patrick's Day' Dance with music by the 'After Midnight Band' starting at 8pm.

The 'Prevention Through Exercise' Program continues every Thursday from 9-10am at the Paisley Legion. It is sponsored by the Brockton & 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. Weekly public skating takes place 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.

Registration is now open until Sunday, March 23 for the 2025 Paisley Minor Soccer season. Paisley Minor Soccer will take place at the Paisley Rotary Grounds on Tuesday evenings this summer. You can get more information on their Facebook page.

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

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February is brimming with activities and tournaments!

The Ripley Curling Club is hosting two mixed bonspiels this March to wrap up the season. The Elliott Fencing Mixed Spiel takes place on March 9, featuring two 8-end games for \$180 per team. To register, contact Cindy Simpson at 519-395-3510 or csimpson@hurontel.on.ca. On March 23, the Year-End Mixed Bonspiel, sponsored by Ainsdale Golf Course and other local businesses, offers another great day of curling with two 8-end games for \$200 per team. To sign up, contact Chuck Candler at 226-963-1829, Derek Regier at 519-525-2472, or email ripley.curling@hotmail.com.

The 2025 Golf Car season opens April 1st and runs until November 30th. To drive a golf car in the Township of Huron-Kinloss, your golf car must be registered in the Huron-Kinloss Golf Car Pilot Project and adhere to all provincial regulations. 2025 Golf Car Registration forms as well as the Golf Car Pilot Project Regulations and Requirements can be found online at www.huronkinloss.com. The annual fee to participate in the pilot project is \$60.00.

The Township of Huron-Kinloss is partnering with Bruce County to launch the Spruce the Bruce program, offering grant funding to enhance downtown businesses and strengthen communities. Eligible businesses and property owners can apply at sprucethebruce.com. The Township is also contributing 33% matched funding to select grants through its Downtown Improvement grant program, maximizing investment in local businesses. Funding is available on a first-come, first-served basis. For more details, visit sprucethebruce.com.

Registration for Summer Sports is open! Early bird registration for Minor Soccer and Minor Baseball runs until March 15. A \$50 late fee will be applied to registrations received after March 16th. Visit www.huronkinloss.com/RipleySummerSports/ for more information on Ripley Summer Sports or <https://lucknowrecreation.com/> for Lucknow.

March break free public skating thanks to our generous community sponsors in both Lucknow (1 to 2:50 p.m.) and Ripley (from 1 to 2:00 p.m.) all March Break long, March 10-14th.

BY
KRISTEN
PRENTICE

Ripley/Lucknow Happenings



The Bruce County Public Library (BCPL) Bookmobile is making two

stops at Pinecrest Manor in Lucknow this March, bringing a selection of books, DVDs, educational materials, and tech kits. Visit on Tuesday, March 5, from 1:00 to 2:50 p.m., or Wednesday, March 19, from 1:00 to 2:50 p.m., to browse the collection and enjoy access to a free Wi-Fi hub. The dedicated Bookmobile staff create a safe and welcoming space while assisting patrons of all ages. Check out the schedule of stops <https://library.brucecounty.on.ca/bookmobile-schedule/>

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International Women's Day is March 7th

And it is March already! Have you noticed the longer daylight hours? And with the time change just around the corner, it is bound to be more noticeable and spring will be here soon!

St. Paul's annual pancake supper will be held on Shrove Tuesday, March 4th from 5-7pm at St. Paul's Anglican Church located at 248 High St., Southampton. The menu is pancakes, sausages, real maple syrup and pies. Admission is by donation.

The Breakers Swim Team will soon be accepting donations for the annual Swim-a-Thon. The Swim-a-Thon is an annual fundraising event with the funds typically going towards new training equipment or other equipment the team may need. Check the team's website at www.breakersswimteam.com to watch for the date of the upcoming swim-a-thon.

International Women's Day is Friday, March 7th and will be held at The Walker House in Southampton. This is an event to celebrate the women in our community. This year's theme is "Accelerate Action", with discussions about "the importance of creating inclusive environments that support women's voices, equality, and

BY
TAMRI
COURT

Saugeen Shores



opportunities across all sectors." Registration begins at 7:30am. Be sure to register early online as tickets are limited, and tickets are \$35 per person for Chamber members and \$40 for non-members. A full breakfast will be served. Visit www.saugeenshoreschamber.ca and click on the International Women's Day Event.

Visit the Bruce County Museum and Culture Centre for a week's worth of fun. This March Break, each day beginning Monday, March 10th and continuing throughout 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-

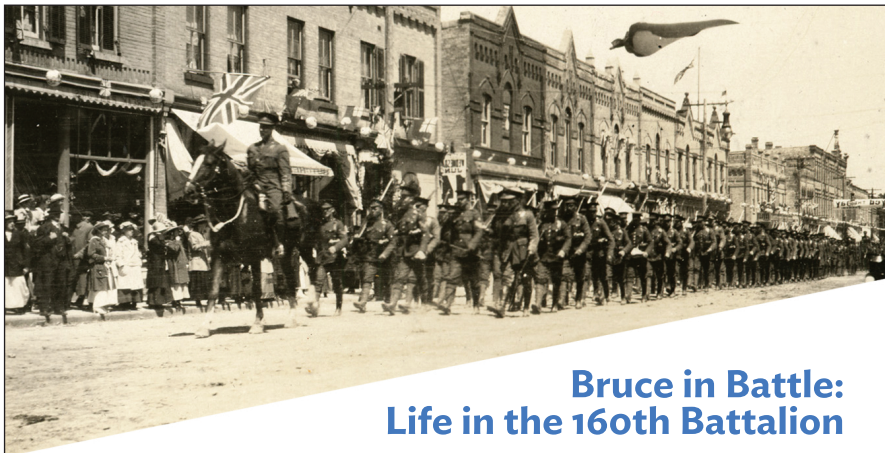
2080. Pre-registration is required for the March Break events.

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

Have you considered donating blood? One can book an appointment when visiting blood.ca and follow the on screen instructions. Canadian blood services hope all those eligible will make an appointment to donate.

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! And what a perfect way to end the day!

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.



Bruce in Battle: Life in the 160th Battalion

Explore the daily lives of Bruce County's 160th Battalion soldiers with guest speaker:

Kent Kraemer

Marathon of History's 160th Dispatch column author and founder of the 160th Bruce Battalion Facebook page.

April 12 | 2:00 PM

Free to attend. Preregistration is required.

Proudly presented by Bruce County Historical Society.



brucemuseum.ca

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What would you do if you knew your future?

Another new series unlocked! I'm sure many readers will have already discovered *The Housemaid* by Freida McFadden, but I've just read it recently. There are three books and a short story available to pick up and they are such quick reads I'm almost back on track with my reading goal for 2025.

The housemaid; Millie Calloway has a past and as a result her job prospects are somewhat limited and so she goes to work for the very difficult Nina Winchester and her family. Not everything is as it seems and it's twist after twist right until the shocking end. The next two books have a similar race to a conclusion, and you can't help but cheer for Millie and her partner Enzo through all of them. Looking for a vacation getaway book, these ones are perfect!

I haven't read a lot of Liane Moriarty's books except for *Big Little Lies* but I have watched that series and *Nine Perfect Strangers* as well. I picked up *Here One Moment* based on some good reviews (one from Stephen King) and although it was definitely slower moving, it was definitely worth the read. The premise is a woman, on a flight from Hobart to Sydney, begins predicting the age and manner of death for her fellow passengers. Then, a few months later, the first prediction comes true. Going back and forth between the present and past the book is about more than these predictions, it's about what would you change about your life if you believed it had an end date and how do we survive the grief of losing someone too soon.

My only caveat is there are a lot of characters to keep track of and that can slow the reader down, still recommend it and would read this author again.

Another author I've read a little bit of is Alice Feeney and her new book *Beautiful Ugly* is excellent. Like a twist in your stories, this one delivers along with a creepy town and also received a solid review by one of my favourite writers, Harlan Coben. Author Grady Green has just received some amazing news and when he calls his wife to share it, she has to get out of her car to check on someone on the road, and he never sees or hears from her again. A year later he travels to a tiny Scottish island trying to get his life back on track and sees a woman who looks exactly like his missing wife, Abby. Mostly told from his point of view the island and the mystery will spook you and

BY
TRACY
PRIMEAU

Between the Covers



Grady; an unreliable narrator will have you questioning his take on things. Again, the twist at the end is worth the read and I will definitely read her again.

An author and series I've read every single one of is Jonathan Kellerman's, Alex Delaware series but the new one *Open Season* unfortunately just didn't measure up. The body of an aspiring actress is found near a hospital emergency room and this crime is soon tied to another murder killed by a sniper bullet. The links begin to show up and it appears there is a serial killer previously undiscovered. I love Alex and Milo's friendship and Kellerman's humour, but the plot is weak, and it feels like Kellerman phoned it in.

Will it stop me from reading the next one? No so if you're a fan of this series you'll probably read it too.

I also read bestseller *The Let Them Theory: A Life-Changing Tool That Millions of People Can't Stop Talking About* by Mel Robbins this month and I've been recommending it to everyone. The theory seems a bit simplified at first look, but it's made relatable by Robbins' personal stories and follow up to what happens after "Let Them." I will also listen to it on Audible as I know her podcast is very popular, and I imagine this will spill over into the Audible version narrated by the author.

The Canada Reads finalists have been chosen and I'm reading them now. I've put my money on *Jennie's Boy* by Wayne Johnston mostly because it's defended by one of my favourite Canadian mystery writers, Linwood Barclay. It airs on CBC radio and television March 17th-20th and I'll be reviewing them next month.

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

Upcoming Groups from Huron Shores Hospice



Sat, March 15th 1 PM – 3 PM	Let's Talk About Grief (Drop-In Grief Group)	Huron Shores Hospice
Wed, March 26th 10 AM – 12 PM	Grief Recovery Method (8-Week Program)	Kincardine United Church
Sat, Apr 12th 1 PM – 3 PM	Let's Talk About Grief (Drop-In Grief Group)	Huron Shores Hospice
Wed, Apr 16th 1:30 PM – 3:30 PM	Are Your Ducks In a Row? (End of Life Planning Workshop)	Davidson Centre
Wed, Apr 23th 7 PM – 9 PM	Death Café	Walker House Museum

Learn More & Register (no-cost to attend):

📞 Call: 519-368-8812 | ✉ Email: barbara@huronshoreshospice.ca

🌐 Visit: www.huronshoreshospice.ca/community-programs

Welcome Mr. and Mrs. to his family's dinner

Dear Liz,

My brother "Josh" just announced he is getting married to his girlfriend of six months, "Tammy". Josh and I lost our parents at a young age, and I'm really the only family he has. There are no aunts or uncles or grandparents, just us. So obviously I really want to go to their wedding, even if I'm not over the moon about Tammy herself. She seems nice, but they haven't been dating long! And now they've told me that the wedding will be a destination wedding, overseas no less... not even the Caribbean, but a long flight to Eastern Europe. Really? The trip, which they expect their many invited guests to make, will cost over \$6000. I can't believe they are getting married halfway across the world. This seems very selfish to me. But then again, Tammy's family are all very well off, and this is probably nothing to them. I have kids. I have a job I have to go to every day. I just can't afford thousands of dollars and so much time off. I feel like this is a way to not invite me. How can I be sure to still be a part of my only family, my only brother's wedding? I'm hurt.

Sister Left Behind

BY
LIZ



Dear
Liz

all got to say something. We are leaving it to you to decide which course of action.
Plugged Noses

Dear Noses,

Either way, your co-worker is going to know it's one or all of you that has an issue. I'd take the least confrontational route - leave a well-worded and kind note.

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

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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Dear Sister,

I can't help but wonder if Tammy and Josh are fully aware that you will not be able to make the wedding. It's a huge undertaking and I agree, an unfair expectation for friends and family. Perhaps this is their way of ensuring a small, eloping-type wedding, even if they are going about it in a less than tactful way. Six thousand dollars is too much money to be a guest, only brother or not. Let them know you wish them all your best, but you won't be able to follow them to their destination. Wait until the happy couple return, and invite them to their first dinner party as Mr. and Mrs. instead; toasts and congrats all around.

Dear Liz,

There's a man at work who has terrible hygiene. He smells very badly and it's a small office so we are all suffering. There's no human resources person to go to or anything, just five of us. We've heard of people leaving deodorant on someone's desk as a hint, and we've discussed leaving an anonymous note saying more attention to personal hygiene is necessary. One person is all for saying something to his face. Either way, we've

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“Nourish to Flourish” is theme for Nutrition Month

March is Nutrition Month - an opportunity to reflect on our eating habits and food choices. Dietitians of Canada has chosen “Nourish to Flourish” as this year’s Nutrition Month theme.

Nourish, according to the Oxford dictionary, means to provide with the food or substances necessary for growth, health, and good condition, while flourish means to grow or develop in a healthy or vigorous way, especially as the result of a particularly favourable environment.

This theme confirms food is a critical component in ensuring people grow in a favourable environment and stay in good condition.

Food is fuel for the body and much more. It can also nourish the mind and spirit.

The body uses glucose energy from the carbohydrates we eat – like fruits and veggies, grain products, and plant-based and calcium-rich protein sources – to fuel every cell in the body.

We must eat these foods daily to provide a consistent energy source for the body and brain to carry out their daily functions.

Following a regular routine for eating can also help support a good mental health condition and nourish the spirit.

Remember the popularity of *Chicken Soup for the Soul*? Another book, *Braiding Sweetgrass*, explains the connection between spirit, food, and the land. These relationships are often celebrated through traditional food, dances, ceremonies, and feasts. Celebrating together and building on these connections feeds our soul and strengthens community.

While reflecting on food and food choices, it’s important to acknowledge that not everyone has what they need to flourish.

Currently, 1 in 5 Grey-Bruce households does not have the economic means to feed their families. More than ever, incomes are failing to keep pace with the cost of living. Limited income may be due to a variety of reasons, including insufficient hourly wages, precarious or seasonal employment, or inadequate social assistance rates.

We all need to advocate for structural systems changes that help families become more food secure and able to flourish.

The following resources are available to make environments more favourable:

- 811 can connect you with a Registered Dietitian;
- Ontario Student Nutrition Programs provide breakfast, snacks, or lunches in schools; and

BY
KATHRYN
FORSYTH, RD
GREY BRUCE PUBLIC HEALTH
PUBLIC HEALTH DIETITIAN



Grey Bruce
Public Health

Seniors Situation

• ChildCare Menu Planning Guidelines can support childcare centres.

Finally, we need to think about our food and food systems differently.

The book, *The Serviceberry*, talks about “abundance and reciprocity in the natural

world.” The author explains this means taking only what we need from the land and caring for that same land as part of this reciprocal arrangement. Unfortunately, society has lost much of that intimate connection with the land and our food systems. Food has been turned into a commodity for export and profit. Current world situations are bringing to light the many issues with commodifying food. Perhaps food and connection to land is what will return us to something more important than profit: the mutual flourishing among humans, plants, animals, and the land and water that nourishes us all.

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