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May 2024 \$2.50



Celebrating Birds!

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Ten years ago, my wife and I packed up our young family, quit our jobs and moved to Kincardine for a better life. Ten years later with spring in the air our 2024 range includes your favorite Penetangear brands together with some new additions.

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We're excited to have Queen Street back to celebrate our 10 years in business and invite you to our 10 CHARITY CHALLENGE.

Ten events with ten charity partners to raise awareness and money for great causes. We continue our support for charities such as, Lucknow Adoptapet Rescue, Kincardine Refugee Committee, and the Bruce Botanical Food Gardens. Visit www.penetangear.com or scan the QR code for more details of our 10 CHARITY CHALLENGE and our other events.



and bags. Created in 1974 in California, Osprey are known for their lightweight bags, super breathable harness, and their Almighty Guarantee.

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This summer we welcome the heavy-duty Transporter range of duffle bags, the waterproof dry sack range, and ultralight Osprey Stuff Packs. Whether you're looking for a carry-on travel daypack, a hike backpack, or everyday bag with lots of organization, Penetangear has lots of options for you. The ultimate day-hike bag is the 20ltr Osprey Talon/Tempest Stealth daypack. Available in a women's and men's specific harness, flexible back panel and lightweight design. Packed with features for hiking, bikepacking, and multi-sports. This is one of the most versatile and technical packs created!

The first of our 10 CHARITY CHALLENGE events will be with the Kincardine & Community Health Care Foundation at the Rock with your Docks on June 21st.

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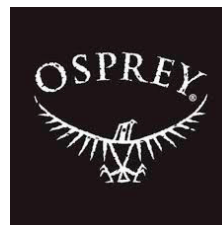
\$230 OSPREY BACKPACK and WAIST BAG

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Marketplace

Vol. 35 No. 05



Birders focus on another sighting of a feathered friend at the Huron Fringe Birding Festival.

Photo Courtesy of: Lynne Richardson

Feature Story

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Calling all birders! Over two four-day weekends, May 24 to May 27 and May 30 to June 2, the internationally recognized Huron Fringe Birding Festival (based out of MacGregor Point Provincial Park) will feature over 90 events that are sure to enthrall both bird enthusiasts and those who can't tell a barn swallow from a bald eagle.

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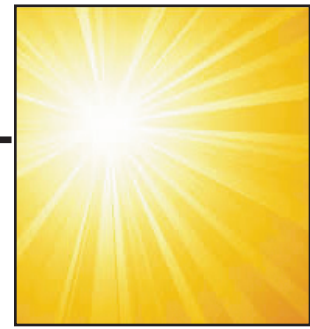
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From the Sunny Side



Come out and support Hike for Hospice, Saturday, May 11th - hike as little or as far as you want! Meet at the Davidson Centre in Kincardine at 9:30am. Scan QR for more!



The Tiverton and District Lions Annual Community Garage Sale is at the Tiverton Annex, starting Friday, May 10 from 6-9pm and Saturday, May 11 from 8am to noon. There is a barbecue Friday at 5 pm.

Don't miss the Tiverton Craft and Vendor Spring Show Saturday, May 11th! It takes place at the Tiverton Sports Centre, hosted by Tiverton Agricultural Society. They are also accepting vendors! If you want to show off your wares contact karenballok@gmail.com the space is only \$55 for a 10x10 space!

A shout out to Darrel and his crew at Penetangear celebrating 10 years in business.

The Bookmobile is a mobile Bruce County Public Library branch. Come aboard to browse, register for a card, pick up holds, return library materials or connect to the internet!

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. Bookmobile staff are dedicated to creating a safe and welcoming space and assisting patrons of all ages.

Wednesday: KTT Public School 12:10-12:50pm
 Thursday: Underwood Community Centre 9:30-10:10am

- Kincardine Municipal Building 10:45-11:25am
- Friday: • Tiverton Park Manor 9:45-10:25am
- Trillium Court 10:55-11:35am
- Kincardine Housing 12:30-1:10pm.

Every Monday all summer long you can find Market in the Park beginning May 20 until September 2nd! Victoria Park in Kincardine from 9am-2pm - for more visit kincardinewelcomes.ca/Markets

And to Kylee Emma and sweet Everly James, a very 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.

Spreading the isotopes for hope message

At Bruce Power, we're proud of the role we play in our communities and in powering Ontario toward a clean energy future.

Beyond the economic and low-carbon benefits of nuclear generation, however, is our industry's unique ability to produce cancer-fighting, and in many cases life-saving medical isotopes. This has positioned Canada as a leader in the research, development, and production of medical isotopes for decades, contributing to the fight against cancer and transforming patient experiences.

Through our world-class nuclear expertise and achievements, Canada is paving the way in medical imaging, cancer therapy, disease prevention, and medical device sterilization, all using medical isotopes. With these advancements in modern medicine, the demand for critical isotopes is on the rise. As a result, the global market for medical isotopes offers a significant opportunity for Canada to maximize its production capacity and demonstrate its leadership.

Isotopes produced right here in the Clean Energy Frontier Region and throughout Ontario and Canada, are used around the world every day in the diagnosis and treatment of cancer, and in tackling some of our greatest global health sciences challenges including equipment and PPE sterilization, fighting the Zika Virus, and in medical and pharmaceutical research and advancements.

We all know someone who has been affected by cancer. Medical isotopes offer new hope to cancer patients around the world through minimally invasive procedures that provide patients with fewer treatments, fewer hospital visits, and shorter recovery times than traditional cancer treatments. For patients who were



John Peevers
Director, Community
and Media Relations

previously considered palliative, radiopharmaceuticals using medical isotopes are beginning to provide a new range of treatment and diagnostic options.

Bruce Power is a proud member of the Canadian Nuclear Isotope Council (CNIC), a group of more than 85 members from across science, academia, health care and nuclear-sector organizations, all pulling together to maintain Canada's position as a global leader in the production of medical isotopes.

Bruce Power's James Scongack, Executive Vice-President and Chief Development Officer, also sits as Chair of the CNIC and recently helped to launch the CNIC's podcast series, Isotopes for Hope, sharing the message that 'The World Needs More Canada' as we have unique capabilities, people and infrastructure in our Canadian Isotope ecosystem that no other country in the world can offer.

The 10-part podcast series shares perspectives from Canadians who are inspiring leaders, delivering important progress on their work to establish and maintain Canada's position as a global isotope superpower.

Please take the opportunity to learn more about medical isotopes and the role Canada plays in the production of them by checking out the podcast series, available free on Apple Podcasts, Spotify and YouTube by searching 'Isotopes for Hope.'

YouTube: <https://www.youtube.com/playlist?list=PLAhYhs0xN81OnIG7ozgJjgV21wYV9dnME>

Apple Podcasts: <https://podcasts.apple.com/us/podcast/isotopes-for-hope-podcast/id1735579091>

Spotify: <https://open.spotify.com/show/2kyhGpxbgN0sH4sXH6qaxt>

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A glimpse into Bruce County's Shipwrecks

Bruce County is notorious for its many shipwrecks and is a main attraction to visitors in the area. Whether exploring the wrecks by SCUBA diving or getting a view from glass bottom boats, there are many interesting shipwrecks that are still visible.

There are over 200 shipwrecks that surround Bruce County. Each of these shipwrecks have their own stories of heroism, tragic loss of life and ghost ships of those that went down with all souls and could never be found. To help tell these stories are fragments and objects that give a glimpse into life of the ship.

The schooner Altair sank on the shoals of Chantry Island in November 1864 on its way from Chicago to Goderich. Its crew were rescued by that of another ship taking refuge behind Chantry Island. On the same night, the scow American Eagle also came to grief on the shoals and its crew were rescued by Lightkeeper Duncan McGregor Lambert and family. Found on Chantry Island during the refurbishment of the lightkeeper's home, it is thought that this stencil was used to mark the lifeboats or cargo of Altair.



Another object that tells the story of a shipwreck is the boiler of the Erie Belle. During a storm in November 1883, Erie Belle was dispatched from Windsor to Kincardine to aid another ship, John N. Carter. A steam tug used for salvage and tow; Erie Belle began its aid efforts on November 21, 1883. Around 3:30 p.m. it was reported that a large boom was heard – the Erie Belle's boiler had exploded. Unfortunately, four men lost their lives in the explosion, and the survivors were rescued by the Kincardine lifeboat crew. The cause of the explosion was attributed

BY
SARAH SLATER
BRUCE COUNTY MUSEUM &
CULTURAL CENTRE
COLLECTIONS CATALOGUER



Historically Speaking

to the water pump being clogged and the water running low in the boiler. Erie Belle's exploded boiler ended up on the beach – lending its story to the name of Boiler Beach.

This is just a small glimpse into some of Bruce County's shipwrecks with many more stories to tell. With new advancements in technology and dedicated individuals, shipwrecks are still being discovered today.

Sources:

Weichel, John. "Forgotten Times: Marine history of Southampton & the Bruce Coast." Southampton: Bruce County Museum & Archives, 2002. Print.

Kohl, Chris & Joan Forsberg. "Canada's 150 Most Famous Great Lakes Shipwrecks". Seawolf Communications, Inc., 2017. Print. Accession file 2006.004.001

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Just a few ideas of what to do when you retire!

Someone once said, retirement is not the end of the road – it is the beginning of an open highway. And what a highway it is. Like an open road, four lanes wide. Offering the opportunity to take paths less travelled. To go in new directions. To explore endless destinations.

Without a map, though, that open highway can seem daunting. That's why a number of the retirees who I have written about over the past decade periodically take time to check the direction they're headed in and to chart out what else they'd like to do while traveling along the road. And I recently asked some of them what new destinations they had set for themselves.

Many said they wanted to spend more time with family and friends, take up new fitness activities, and see more of the world. Some that they wanted to learn a new language or write their story. And a few had specific recommendations that I thought I would list here for all to consider.

Learn to play an instrument. Performing music is like a workout for the cranium. It has been found that practicing music and playing an instrument can strengthen brain functions and even help stave off dementia. So play on.

Go back to school. Even pensioners should never stop learning and retirement is a great time to take courses on anything and everything that might be of interest. Besides, with the availability of online learning through most colleges and universities, even classes in the middle of a Bruce County winter are not a problem.

Get involved in politics. Every retiree has an endless supply of suggestions for how to govern this country, this province, and the towns they live in better. Running for councilor, joining a municipal committee, or lending support to someone else's campaign can be a way to positively channel those suggestions.

Volunteer More. Whether it is helping to build Habitat for Humanity homes, sorting dry goods and produce at local food banks, or directing cyclists at a

BY
DOUG
ARCHER



Portrait of a Retiree

charity ride for hospitals, volunteering is a way to give back to the community. More than that, studies have shown that volunteering provides a sense of purpose,

reduces loneliness, and can improve mental health and wellbeing.

Map your family history. Many pensioners trace their genealogy in retirement, seeking to preserve family stories for their children and grandchildren.

Start a blog or a podcast. Blogging and podcasting are ways to share ideas, thoughts, or just plain rants, with a small group of friends or the world at large. Online programs are readily available to help you get started.

Remember, it is the beginning of an open highway. Make the journey as fulfilling as possible.

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It's spring and "Clear-Vu Window Services" is talking foggy windows

Spring is the time of year many homeowners do a thorough cleaning. Specifically windows. If your windows look dirty even after you've cleaned them, it could indicate seal failure, or what we refer to as "foggy windows."

For the last 20 years, Vern and Lisa Stacey have been the experts to call when your energy efficient windows lose their seals. They have been saving clients hundreds and sometimes thousands of dollars on window replacements by successfully making foggy windows look new again.

"This time of year more and more people ask questions about foggy windows and what it is we do" says owner Vern Stacey. "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, not only can it look unsightly, it can also be an inconvenience, frustration and expense."

Over time 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 window and it will eventually cause the



Vern

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 noninvasive 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, if your windows have seen better days and you are tired of looking through an ugly fog.

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Romeo wants to rid the neighbourhood of rivals

We had a very interesting situation develop at our home over the last few weeks. A very Catholic bird took interest in our windows. A Cardinal, actually, a male Cardinal that I have named Romeo. When he discovered that he could see a rival in his reflection the games began. My worry was that Romeo could hurt himself, or even just wear himself out. He was being very persistent to say the least.

Of course, google had some great ideas, NOT, like taking a candle and rubbing the wax all over the window to block the reflection. Likely would work, but how do you remove the wax later?

I started covering the window he was going to the most with plywood, well, the bottom half. You guessed it, he was then standing on the top of the plywood admiring his deflexion in the top half. Got some cardboard and covered the top half. This should do it, nope, the piece I used was a little short and left a 2-inch space at the top. Yes, Romeo found this, use more tape.

By now my wife is laughing at me because he has moved to the next window. We have a lot of windows, and

BY
MARSHALL
BYLE



Rooftops

since catholic means “all encompassing,” Romeo is challenging each and every one. By the end of the day our home looks like we are preparing for a hurricane. Now Romeo is constantly singing by each window. He’s so persistent and convinced that we are harbouring a rival, that he still pecks at the plywood.

By the way, he has a mate that is not the least bit interested in his endeavour to rid the neighbourhood of rival males.

The good part is that after a few days, Romeo has given up on his reflection and has gone back to courting his mate.

A little more on the life history of the Northern Cardinal which is the official name today. These days we are inundated with information about species dwindling

or threatened with extinction. Cardinals are a success story, and the fact that they are so beautiful and sing so nice, and frequent human settlement, make it noteworthy.

They are now a familiar garden bird in Southern Ontario, but this is relatively recent. They were considered a Carolinian species, and the first recorded nesting in Canada was at Point Pelee in 1901. From there they started to move east and northward, and were first recorded in Toronto in 1922. When I settled in Inverhuron 50 years ago there were no Cardinals here. They are now a common bird.

Some would believe this is evidence for climate change, but research appears to point out the widespread availability of optimum habitat.

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

Celebrating Birds!

The birders are coming!

Every spring for the past 26 years, birders from around the world migrate to MacGregor Point Provincial Park to celebrate birds, birding and nature. And this year is no different. Over two -four-day weekends, May 24 to May 27 and May 30 to June 2, the internationally recognized Huron Fringe Birding Festival (HFBF) will feature over 90 events that will enthrall both bird enthusiasts and those who can't tell a barn swallow from a bald eagle.

As Norah Toth, Chair of the Huron Fringe Birding Festival Committee, puts it, "The Festival is a celebration of spring, when the forests and fields along the Lake Huron shoreline and up into the Bruce Peninsula are bursting with migrating and nesting birds. Anyone with an interest in learning more about birding, botany, geology or the cultural history of this area, will be sure to find the Festival interesting, informative and fun!"

Birding is big business. Thanks in part to the COVID years, which saw a surge in outdoor hobbies, and the movie, *The Big Year*, about a competition among birders to identify as many species of birds in a single calendar year as possible, birding has become one of the fastest growing recreational activities in the world. In Canada and the U.S. alone, it is estimated to contribute more than 70B\$ to the economy annually.

And it's an activity for every age. While Baby Boomers and Generation Xers represent the largest group of bird watchers, studies show that birding is growing in popularity with everyone, aged 6 to 86.



An American Redstart, the mascot of the Huron Fringe Birding Festival.

*Photo Courtesy of the Huron Fringe Birding Festival Committee.
Photographer: Doug Martin.*

This year it boasts an incredible 90+ events. Events with names like Sex and the Single Warbler, Birder Murder Mysteries, Beaks and Brushes, Birding on the Fringe, Magical MacGregor, Birds of the Bruce, Birding 101, Exploring Nature with a Camera, and After Dark in the Park. Running in the mornings, afternoons and evenings, participants can choose to attend one event, some, or enjoy a full-Festival package. And all of the events are led by local, provincial and global experts. Morning coffee and noon-hour BBQ lunches are also available daily, says Norah, and participants can stay in nearby towns or camp in MacGregor Point Provincial Park

by Doug Archer

along the beautiful Lake Huron shoreline.

While the base for the HFBF is MacGregor, events explore not only the niches of the provincial park, but venture along Lake Huron's shoreline, both north and south, essentially following what is known as the 'Huron Fringe', an area left behind by a prehistoric glacial lake called Algonquin.

Internationally renowned, people come from around the world to attend the HFBF, Norah tells me. "We have had birders from India, Australia, Brazil, and, of course, from across Canada and the United States. And no one who comes is disappointed. Over the years of the Festival, more than 250 different species of birds have been spotted!"

It's not just birds and binoculars, either. The opening Saturday of the Festival, May 25th, features a dinner banquet, silent auction, and a keynote presentation by a punk rock birder named Paul Riss.

A legend on the Ontario birding scene, Paul embarked on his own Big Year in 2011 – and tattooed the name of every bird species he spotted on his body. More than 240 of them! Needless to say, he caught people's attention and has since used that celebrity to advocate for winged creatures. He was recently featured in the CBC documentary, Rare Bird Alert, where he journeyed across North America and explored how climate change is affecting birds.

"Of course, none of these events, dinners and keynote speakers would be possible without the support of our volunteers and sponsors," says Norah.

Partnering with Friends of MacGregor Point Park (a non-profit organization dedicated to enhancing the educational, recreational and research opportunities at MacGregor Point Provincial Park), the Festival receives generous support from businesses and organizations within the community. "Companies like Bruce Power and Ontario Power Generation, as well as Quest Nature Tours, Vortex, Southampton Rotary, Hills Insurance, and so many more."

And Norah can't say enough good things about the volunteer members of the organizing committee and the time and energy they dedicate to the HFBF. "The committee spends an entire year planning for the Festival," she points out. "And when the Festival begins, countless more volunteers come out to support the committee members in overseeing and supporting all the events." With a smile she adds, "Of course, we can always use more volunteers. Especially new members on the committee."

So, whether you are a seasoned birder or a new comer to this growing hobby, grab your binoculars and camera and sign up for one of the many events offered by the Huron Fringe Birding Festival starting on May 24th. It could be the start of your own Big Year.

To register for a Festival event, visit www.huronfringebirdingfestival.ca and follow the drop down menu. Those interested in volunteering, can contact Norah at huronfringebirdfest@gmail.com.



Dave Brewer showing a Cedar Waxwing to fellow birders.

Photo Courtesy of: Sarah Smith

BY
TAMRI
COURT



Saugeen Shores

Hike for Hospice

The senior games in Saugeen Shores continues to run until May 17th. There will be 10 different events held at various locations. Plan to pick up a schedule to visit some of the events and cheer on the participants.

The St. Paul's Marmalade Tea will be held on Saturday, May 4th beginning at 10am. Come and enjoy their Marmalade and Jellies with delicious homemade tea biscuits. The marmalade, apple jelly, grape jelly and cranberry claret will be for sale. For more information call 519-797-3672.

The Southampton Hospital Auxiliary annual day at Armen's Cafe will be held Saturday May 4th from 11am to 2:45pm or so at 224 High St. Southampton. Each year Armen Higgins, who owns and operates Armen's Café, hosts a one day event and donates the profits of the day to the Southampton Hospital Auxiliary. The Auxiliary uses the funds to purchase equipment needed at the hospital for the comfort and care of the patients. Plan to come out and support the Auxiliary.

The Chantry Island Chambettes are hosting an Afternoon Tea on Saturday, May 11th at 2pm at St. Paul's Anglican Church in Southampton. Tickets can be purchased at Accents in Port Elgin. Plan to visit with family and friends while enjoying tea and treats! For more information call 226-435-2155.

This year's Hike for Hospice annual event that aims to raise awareness about Hospice and palliative care while honoring loved ones who have passed away will be held Saturday, May 18th at the Long Dock Pavilion in Southampton. Registration begins at 10am, or online at www.greybrucehospice.com. The opening ceremonies will take place at 11am. The hike goes along the Boardwalk and participants can hike to the flag post and back or anywhere in between. Please come and join in support of Hospice of Grey-Bruce-Chapman House. For more information contact Brenda Vanderploeg bzinn@bmts.com or Joanne McDonald jmcdonald@greybrucehospice.com.

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



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Plantar fasciitis and custom made orthotics

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 further aggravation of the condition.



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

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.

For a full pedorthic assessment please call 519-832-4500 or visit www.mapleshores.ca*



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Don't miss Paisley's Blues Festival

Just a reminder to all that 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 6:15pm with refreshments provided before the show. Shawn and Julia from 'Country 93' will be the 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 or at Paisley Freshmart, Paisley Pharmacy and ManeTamer Hair Styling by Katie.

Upcoming activities taking place during the month of May at Orchards Landing are a 'Leather and Wood Show' on May 3rd and 4th followed by 'Glass, Resin and Paper Workshops' on May 10th and 11th. Their Spring Market is also gearing up. There will be asparagus, rhubarb, wild leeks (ramps) and tender cattail shoots available beginning Friday, April 26th. They are open Fridays 11-7pm and Saturday 8-1pm. They are also going to be serving soup by takeout on Fridays from 4-7pm. In addition, fresh donuts will be available most Saturdays at 10am. For more information go to www.orchardslandingpaisley.ca.

Paisley Current

BY
SHERYL
STEINHOFF



[orchardslandingpaisley.ca](http://www.orchardslandingpaisley.ca).

Everyone is invited to join the Paisley Royal Canadian Legion Branch #295 on Saturday May 4th at 11am for a 'Quilt of Valor' presentation for 5 local veterans Gordon Becker, Jim Cullen, Donald Lake, John Noble and Mike Beaulieu. Tundra Lee will be presenting the honoured recipients with a quilt made by the New Millenium Quilters Guild of Walkerton. A donation will also be presented to the quilting group so that they can continue to produce quilts. A reception will follow the presentations.

The Paisley Beautification Committee is hosting their annual Perennial Plant Sale on Friday, May 24th from 4-7pm and Saturday May 25th from 9am-2pm at the Dr. Milne Pavilion located at 61 George Street,

Paisley. This is a great opportunity to get your spring planting started with great plants that are reasonably priced. There is friendly and knowledgeable service available if you have any questions. Cash only.

The Paisley Concert Choir presents 'Waves of Song' on Friday, May 24th at St. Matthew's Lutheran Church in Hanover at 7:30pm; Saturday, May 25th at St. Andrew's Presbyterian Church in Owen Sound at 2pm and Sunday, May 26th at the Paisley Missionary Church at 7:30pm. Tickets for all concerts are \$20 each and can be purchased from choir members or at the door.

The annual Paisley Blues Festival takes place on Friday, May 31st and Saturday, June 1st at the Paisley Community Centre. For more information regarding the Lineup and details can be found at www.paisleyrocks.com.

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.

Discovery Guide keeps you up-to-date

Exciting news! The Township of Huron-Kinloss will be hosting a Back Forty Bazaar (open-air market), on Thursdays from 3-7pm in Lewis Park in Ripley and Caledonia Park in Lucknow, alternating locations, running from June 20th to August 29th. Register to become a vendor today! Visit <https://www.huronkinloss.com/explore-and-play/back-forty-bazaar/> for info.

The Discovery Western STEM Day Camp is happening once again this year in Lucknow, August 12th to 16th for grades 4 to 6, and registration is open now! This camp is a dynamic summer camp focusing on activities surrounding science, math, environmental, engineering and technology initiatives. Campers can experience hands on projects, scientific demonstrations, swimming, games, and STEM activities! If your child loves science, this is the camp for them. Sign up at <https://www.huronkinloss.com/summercamps>.

The 2024 edition of the Huron-Kinloss Discovery Guide has been mailed out to residents. You can pick up a copy at the Municipal Office or view online on our website. The Discovery Guide provides municipal information, attractions and events, recreation programs, community

Ripley/Lucknow Happenings

BY
KRISTEN
PRENTICE



contacts and the Huron-Kinloss business directory.

Leave your mark in Point Clark! The Point Clark Boat Club's initiative, the "Bill and Shirley Boyd Boardwalk" is being

created at the Harbour, and the Community can have their names or memorial messages professionally engraved in the boardwalk planks. All money raised will go towards the continued beautification and maintenance of the Point Clark Harbour. For inquiries contact Monica Hartman at mehartman@hotmail.com.

Looking for Community Events: <https://events.huronkinloss.com/>. Don't miss the Ripley Reunion Kick-Off Dance on May 11th, the Ripley Agricultural Society's Fish Fry on May 12th, or the Sunday Tea Dance at the Point Clark Community Centre on May 26th.



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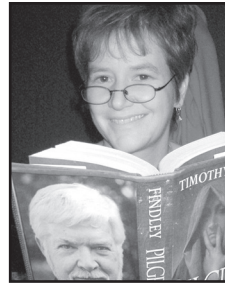
I must say Canada Reads was a real disappointment this year although my pick *The Future* by Catherine Leroux, translated by Susan Ouriou and defended by author and previous winner, Heather O'Neill took home the "one book to carry us forward" title. What attracted me to this book is it's set in a Detroit that remained a part of Canada and French too. The residents are dealing with pollution, poverty, racism, and a reinvention of society. I especially enjoyed the "Lord of the Flies" like society set up by the children in the woods near the city where the adults are trying to work together to survive. But here is the issue, the book itself is choppy, there is some character development but with so many characters and storylines it's difficult to follow them all. It is beautifully written and has an optimistic feel for the future unlike many dystopian novels.

Meet Me at The Lake by Carley Fortune was the first (and maybe the last) romance novel to be championed on Canada Reads. It was also the first book voted off. It was well defended by fashion influencer Mirian Njoh as a feel-good book we could all use right now. I completely agree it is a feel-good story and has some substance as well, but it is not the book to carry us forward. I enjoyed this book although full disclosure I skipped a few bits that didn't really add to the plot, and I loved the setting at a family-owned resort in Muskoka. I wouldn't read this author again but only because this is not my genre, I'm happy to recommend her to fans of romance. Njoh did not really take the opportunity as a free agent to champion any other books left which was a loss to the debates in my opinion.

The next book to be voted off was *Denison Avenue* by Christina Wong. This was unfortunate because it deserved to be in the final two and had the best defender Naheed Nenshi, former Calgary mayor. Set in Chinatown-Kensington Market, this is a book about loss, aging and neighbourhoods changing with the times. I loved the combination of illustration and narration, beautifully done. This is a story about our elders and as such could have been the book to win. Nenshi was a great defender for all the books and perhaps that is why his was voted off surprisingly early.

I read *Bad Cree* by Jessica Johns some time ago before it was chosen by Canada Reads as a finalist. It was because of this that I didn't pick it as a winner, but had it been defended better it could have won. Defended by Dallas Soonias, athlete, and CBC sports contributor this Indigenous horror story was a lot more than that. Mackenzie is a young Cree woman haunted by the death of her sister who must go home to deal with the imagined and real demons affecting her family after her Kokum's

BY
TRACY
PRIMEAU



Between the Covers

death. The strength of the women in this novel is well championed by Soonias but the rest of the story is not. This book touches on many familiar Indigenous stories in a different way and we cheer on Mackenzie and her family in their fight for justice and

healing. As stated probably could have won.

The final two were *The Future* reviewed above and *Shut Up You're Pretty* by Tea Mutonji and defended by actor Kudakwashe Rutendo. This collection of short stories that tie together made it to the final round because the defence was so strong. This would have been my first pick of books to vote off. It is definitely a very impressive debut but as one of the debaters stated read like a book of stories trying to be a novel. A quick easy read I'm happy to recommend.

Next! Lighter reads, my granddaughter has been visiting from Australia so it may be *Hello, Little Bunny* or *Ocean Friends*. Recommendations? tracy.primeau@gmail.com.

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How to ask my mom and not hurt her feelings

Dear Liz,

I am 16 and my parents have been divorced for ten years now. I live with my Mom and Stepdad in a small town nearby. I visit my Dad every two weeks in summer and I spend a weekend with him once a month. There would be more visits but it's not easy getting back and forth because he lives in the city over two hours away. I feel trapped and like I don't have as many opportunities in my town as I might have in a city.

Even though I love my Mom and my Stepdad very much, I would like to try living with my Dad. I asked him about it on our last visit and he seemed open to the idea. He said it would be up to my Mom though. I asked him not to mention it until I can talk to her.

I don't know how to bring up this subject without hurting her feelings very much. I know she'll be upset and take it personally even if she believes me that it's nothing to do with her or my Stepdad. I feel bad hurting her but also I want my life to be more exciting, have more friends, go to a different school, and have so much more to go out and do for hobbies and

BY
LIZ



Dear
Liz

sports and shopping. I need to get out of here.

Please help me come up with the right way to ask my mom, and not have her mad at me, or hurting. This is just something I really feel like I need to do.

Yikes!

Dear Yikes,

Sit down during a quiet, non-stressful time and have a heart-to-heart. Mom will undoubtedly be upset; no matter how old you are, you're her baby, and trust me, the thought of you moving out has already been looming in her mind, and she likely thought she had a few more years to come to terms with you being gone. Tell her the things you've said here; you want more opportunity and more excitement. Then,

actively listen to her concerns as well. This is a mature decision, so be sure to participate well in an adult discussion. This is a matter for both your parents, so there should be a conversation involving all of you together as well. Mom wants what is best for you, and if this is truly what you think will be good for you, hopefully she will be understanding and helpful. Be sure you have a true idea of what it will be like living with Dad in the city; it may seem glamorous at first, but you might not love it after all. Suggesting a trial period might be a good bet. If you move, be sure to visit Mom as often as you can... the bus is your friend!

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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Sun and shade policies directly impact public health

In honour of National Sun Awareness Month, Grey Bruce Public Health is shining a light on Sun and Shade policies, crucial for protecting public health, promoting comfortable outdoor spaces, and supporting environmental sustainability efforts. Shade policies are guiding documents that contain strategies for encouraging, maintaining, and increasing shade in outdoor settings.

Sun policies, meanwhile, encourage and promote sun safety and protection.

Sun and shade policies directly impact public health by reducing the risks associated with excessive sunlight exposure.

Canadian Journal of Public Health research emphasizes the importance of shade provision in outdoor settings to mitigate heat-related illnesses and prevent skin damage.

Sun and shade policies contribute to the creation of comfortable outdoor spaces, such as parks and playgrounds, which are vital for physical activity and social interaction. Canadian Parks Council studies have shown that access to shaded areas in parks encourages greater use of outdoor spaces and promotes community well-being.

Additionally, green infrastructure initiatives, such as urban forestry programs and forest and tree policies, play a crucial role in providing shade and enhancing environmental resilience. What actions can be taken to encourage the implementation of effective sun and shade policies?

- Advocate. Evidence-based practices suggest advocating for the integration of sun and shade considerations into local planning regulations. The Canadian Institute of Planners emphasizes the importance of incorporating shade requirements in municipal bylaws and development guidelines to create healthier and more livable communities.

- Engage. Engaging residents in the decision-making process is essential for identifying priority areas for sun and shade intervention. The Canadian Environmental Law Association highlights the importance of community consultation and participatory planning in shaping sun and shade policies that reflect local needs and preferences.

- Partner. Collaborate with local organizations, municipalities, businesses, and community groups to enhance the effectiveness of sun and shade initiatives, such as local Tree Trusts, Municipal Tree or Shade Policies, and other green infrastructure projects.

BY
SARAH
MILNE
GREY BRUCE PUBLIC HEALTH
HEALTH PROMOTER



Grey Bruce
Public Health

Seniors Situation

Tips for supporting success

- Plant trees and participate in tree-planting programs to increase shade provision in residential areas and public spaces.

- Practice protection by following sun safety guidelines recommended by the

Canadian Dermatology Association.

- Advocate for change and engage with local elected officials and community leaders to voice support for sun and shade initiatives and urge them to prioritize evidence-based policies.

- Promote sustainable practices, such as xeriscaping (a type of gardening/landscaping that requires minimal amounts of water) and native plant gardening, to conserve water and create shade, while enhancing biodiversity.
- Lead by example by incorporating sun and shade considerations into daily routines and encouraging others to join.



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