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Marketplace

Vol. 35 No. 11



Francesca Dobbyn, the Executive Director of The United Way Bruce Grey, is pleased to be celebrating 25 years of the organization making a difference in our communities, but knows there is more work to be done.

Feature Story

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The United Way of Bruce Grey is celebrating their 25th Anniversary of service to our communities. Francesca Dobbyn, executive director for the past 20 of those years, shares some successes, as well as what challenges the organization sees along the road ahead.

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Marketplace

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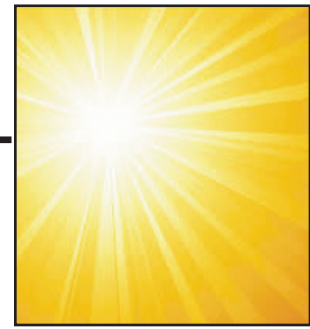
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From the Sunny Side



'Tis the season for giving. The Kincardine Christmas Hamper Program is being rebranded as Kincardine Community Services - Children's Christmas Campaign. Back to the original intent of the service that was to provide help so that children can have a special Christmas. Referrals of families (with children 18 years and younger) through social service agencies are due November 27. You can donate financially or with a gift card. Gift card envelopes will be distributed December 12. Any questions, call co-chairs Heather Finnie and Linda Bowers, 519-396-2001.

Tiverton and District Lions Christmas Bazaar is on Saturday, November 9th at the Whitney Crawford Community Centre from 9:30am to 2:30pm. Lunch available, free admission.

The SGBHC Kincardine Auxiliary are hosting their annual "Christmas Boutique and Tea Room" at Inverlyn Lake Estates Clubhouse on Friday, November 15, 10-4pm and Saturday, November 16, 9-3pm. Free admission with all proceeds will go to the hospital auxiliary.

Kincardine's Santa Claus Parade is Saturday, November 20th at 4pm.

The wait is over!!! Don't miss Kincardine Theatre Guild's "The Pirates of Penzance"! The show starts November 15th and goes until December 1st! For more information on tickets and dates visit kincardinetheatreguild.com/.

The Marketplace Cup took place on Thursday, August 27th at Somerhill. Team White challenged Team Red to relinquish their stranglehold of the Marketplace Cup. The confident captain Al Mackay of Team White once again had to check his feelings at the entrance. Captain Brad Mackay of Team Red once again devised a plan of attack that Al scoffed at as pure luck. The first four matches went the way of Team Red. Team White swiped the next two. Team Red laid the hammer down winning the next two and tying the third to seal the fate of Team White as lovable losers again! Glasses were raised high in memory of original team red captain Jim Pannell because his team was victorious.



She's here! Eden Burklee Koller, a wee sister for Eliza Lynn and Everly James - she is perfect and we all love her! And to my sweet, sweet first born, here's to another spin around the sun! Much love to you Jess xo!



...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.

Building on region's strengths

The tri-County region of Bruce, Grey and Huron, also known as Ontario's Clean Energy Frontier, has long been the hub for the province's supply of safe and reliable nuclear energy.

Building on decades of energy production and a spirit of innovation, the area is also becoming renowned for its production of cancer-fighting medical isotopes.

For more than 30 years, Bruce Power has produced cobalt-60, used to sterilize 40 per cent of the world's single-use medical devices. Over the past two years, Bruce Power has also produced lutetium-177, a targeted therapy for a range of cancers, including prostate cancer and neuroendocrine tumours. Lutetium-177 is produced using a first-of-its-kind Isotope Production System, with a second line added into production in late-October to effectively double the amount of the medical isotope that Bruce Power supplies to the world market.

Ontario has long been at the forefront of medical isotope production and innovation and the provincial government has formally recognized it in its Phase 2 of its Taking Life Sciences to the Next Level, released Oct. 15.

Part of the strategy, entitled Focusing on Ontario's Nuclear Advantage, states that "with critical investments by our government in partnership with leading Ontario universities and companies, we will continue to support reliable access to cutting-edge treatments for cancer patients and expand Ontario's nuclear medicine advantage."



John Peevers
Director, Community
and Media Relations

Bruce Power welcomes this news as it had been advocating for this formal recognition, along with the Southwestern Ontario Isotope Coalition and Canadian Nuclear Isotope Council, of which the company is founding members. And it came just before Bruce Power was able to double its production of lutetium-177 and celebrate the two-year anniversary of commercial production of lutetium-177 along with its partners Isogen and the Saugeen Ojibway Nation (SON).

The Southwestern Ontario Isotope Coalition is a network of more than 20 collaborative regional partners that aims to leverage strengths to attract public and private investment to expand the region's position within the global isotope ecosystem.

By moving the needle on important areas such as infrastructure, logistics, market adoption, economic opportunities, and labour and training, Bruce Power and its partners are helping grow from strong roots in the burgeoning field of medical isotopes, to the benefit of patients around the world.

The Canadian Nuclear Isotope Council has an ambitious vision of doubling Canada's production of isotopes by 2030, which will allow Canada to meet the needs of the growing international market and says that Canada is well poised to build on its progress, capabilities, and expertise to become a global leader. Our region will play a huge role in this growth.

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Sweetheart Jewelry: A Wartime Keepsake

Sweetheart jewelry was a symbol of connection between loved ones during the First and Second World War. It often represented a loved one serving in the military and would let others know of the solidarity of their bond. Despite their name, these tokens were made for all family members. Most often worn by women, some men would wear a small lapel pin indicating a family member in service.

Some examples can be seen during the First World War, but the idea of sweetheart jewelry boomed during the Second World War when jewelry was highly advertised. It was promoted as showing love while being disconnected. The appeal to many is that they were often small, making the jewelry easy to mail. During the War, some metals and materials were rationed or had limitations for personal use. Plastic, enamel or wood were often used to create lapel pins, brooches or necklace pendants.

The jewelry would range from simple to ornate, to handmade or store bought. Often the jewelry would have some sort of indication of a military division or a simple patriotic symbol like a maple leaf. Some would be intentionally shaped into hearts for women whose partners were serving. Others would have good luck symbols for a safe return. Adding engraved names made the jewelry more special.



The museum has a variety of sweetheart jewelry showcasing the diverse options given to loved ones. The Dickison family of Mildmay acquired a few pieces of jewelry and lapel pins from their family member Albert William Dickison while he was serving during the Second World War. Albert was an Air Bomber who was killed in action in 1943. Their collection represents Albert who served with the Royal Canadian Air Force and includes a small set of wings, a plastic lapel pin, and a necklace with a wishbone pendant. The

BY
SARAH
SLATER

BRUCE COUNTY MUSEUM
COLLECTIONS CATALOGUER



Historically Speaking

family held on to these pieces for remembrance and comfort.

Soldiers would find opportunities to send other souvenirs and gifts home while being separated for long periods of time.

Sometimes, these gifts were the last ones received and would be a reminder of those who bravely sacrificed their lives for freedom.

Sources: Supply Line Second World War Discovery Box. Canadian War Museum. <https://www.warmuseum.ca/s3/supplyline/assets/swwteacherresources/AB20.1-Eng-SweetheartJewellery.pdf>. Accessed September 17, 2024.

Kovels Antique Trader. Sweetheart Jewelry Sparkles with Love and Patriotism. <https://www.antiquetrader.com/collectibles/sweetheart-jewelry-remembered>. Accessed September 17, 2024.

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Phragmites Australis, very invasive species!!!

For a number of years, I've been fighting a war at my place. It's a conflict that I may never win, but I have won some battles. The enemy keeps coming back. It's Phragmites Australis, pronounced (frag-my-teez) and commonly referred to by nature enthusiasts as Phrag. If you haven't heard of this stuff, it's time you did, because it's the most invasive plant species ever to enter Ontario.

In Europe this plant is known as the Common Reed, but once it got loose here it's like tall grass on steroids. It can grow in shallow water or in moist soil and will out-compete even cattails. Once established, it completely takes over, growing 15 feet tall. The roots give off a toxin so that nothing else will grow.

As you travel around Southern Ontario, especially along the well travelled highways near cities, you'll notice the infestations. This is because much of the spread is from seeds stuck in the tracks of heavy equipment being transported. You'll also notice the plumes of seed pods, each having about 2,000 seeds which can be carried by the wind.

Ok, so how do we get rid of this stuff? Likely never. This plant is so invasive, and so established, it's here to stay, however there are things that can be done.

Don't plant any in your garden. Believe it or not, people are still planting this stuff thinking it looks nice.

If you have a pond or stream on your property, as soon as you see any try to kill it right away before it can get established or it will grow so thick and tall your pond will be engulfed.

The experts say that if you cut it off under water, the roots will suffocate and die. That didn't work for me around my ponds as the root system is so incredible that it travels up the bank sprouting out of water. If you cut the stalks and leave any floating in the water, it will sprout roots about every six or eight inches and continue to grow while floating across the water surface. I have pulled out pieces over 40 ft long. You have to

BY
MARSHALL
BYLE



Rooftops

gather it up and burn it. Heaven forbid if you let any develop seed plumes.

Then I decided to dig out the whole

root system using a backhoe. Works ok if its just a small infestation, but even then, leaving just a little bit of root, it will be coming back up the following year. Then you have to figure out where to dump the root mass, because any moist spot it will grow.

There are a couple of herbicides that will work, like Round-up, but will kill everything else as well. I have used it for spot spraying Phrag with some success, but not complete eradication.

The war continues.

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BY
TAMRI
COURT



Saugeen Shores

Christmas Market

The Chantry Island Cham-bettes are hosting their 5th annual Sharecrows Food Drive. Donation day is November 1st between 8am and 8pm, be sure to drop by The Boat House in Southampton with your food bank donation. The Cham-bettes will be there to receive your cash, cheque, gift cards, or food items. Encourage and challenge family, friends, co-workers, and teams to do the same. For more information contact Cheryl Pauchuk at 519-386-5399.

Remembrance Day Services will be held November 11th in Port Elgin and Southampton. Both Legions will have services at the Cenotaphs for 11am. All are welcome to attend.

The Cham-bettes have scheduled their 16th Annual Home Tour for Friday, November 15th. Featured will be seven beautifully decorated homes with a bonus stop along the way. Proceeds will go to Saugeen Memorial Hospital Foundation and the "Just Add Water" campaign for the Saugeen Shores new Aquatic and Wellness Centre. Tickets can be purchased at Accents in Port Elgin and L & Co. in Southampton. Limited tickets and advance sale only. For more information you can check out their website at www.chantryislandchambettes.com.

The Southampton Hospital Auxiliary is having their Annual Christmas Market and it will take place on Saturday, November 23rd at St. Paul's Anglican Church, 248 High St. Southampton from 10-2pm. There will be a Bake Table, Used Books/Puzzles, Antiquities and a 50/50 Draw.

Start your holiday shopping season by visiting the Southampton retailers on Thursday, November 21st for Sparkles Night. The tree lighting ceremony will be at 6:30pm. Many businesses will have extended hours and Sparkles Specials during this special shopping event. Enjoy the festive music and festivities.

Friday, November 30th Port Elgin's Santa Claus parade will begin at 7pm.

If you have an event you would like mentioned in a future article of What's Happening in Saugeen Shores, send your information to tamricourt@gmail.com or call 519 386 1400.

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United Way of Grey Bruce Celebrates 25 Years of Making a Difference



Grey County Paramedic Teresa Tibbo leading a discussion at a United Way workshop for the United Way “Stuff the Bus” event at Grant’s Independent in Hanover.

Looking back to early July of 1998 there was a lot going on. The NBA players were at the start of what would turn out to be a 204-day lockout, Harry Potter and the Chamber of Secrets was rocketing its way to the top of the best seller charts around the world, and on July 9th the United Way of Bruce Grey came into existence. Now into its 26th year serving the communities of Bruce and Grey counties, the United Way continues to live up to its motto—Change Starts Here. Francesca Dobbyn, the Executive Director for the organization for the past 20 years, details how of late the programs the United Way provides have seen demand exceeding the supply available.

“The rising poverty levels, not only here in Bruce Grey but throughout the province and country, are a source of concern for anyone that works with the less fortunate. Every year we are seeing higher numbers of people in our communities facing a crisis. Reality is that hunger has become an income issue. We are at a point where rising food and energy costs have left people unable to provide basic necessities for themselves or their families.”

Rising poverty means more people are turning to charities and community aid organizations for food support programs, with 2024 seeing an increase of more than 30% in the number of people seeking assistance from organizations already at maximum capacity. Of deeper concern is that across Ontario, statistics indicate that over 30% of children in Ontario live in a food insecure home. The solution for this crisis can not be placed solely on the charities though. While charities play an important role, broader action from the community and policy changes to support individuals and families are needed to ease the crisis, as Francesca explains.

“A good example is our Utilities Assistance Program. Ten years ago, we worked hard to have a moratorium placed on

companies cutting off electricity and heat to lower income families in the winter months, but demand for our assistance grants has exceeded what the program can support. Last year we were only able to help 242 households, but our requests far exceeded that number. Funding ran out long before the demand did. Programs such as that one, as well as our Backpack program, which helped 2686 students in 2024, rely on fundraising alone for support. There is no government funding available.”

One such fundraising opportunity is a partnership of the United Way Bruce Grey and Country 93 at the upcoming ‘Keep the lights on in Bruce Grey’ concert being held at the Owen Sound Legion on November 8th. The concert will feature artist Adam Cousins, and line dancing with Rhonda Lewis. Tickets are \$35 in advance, or \$40 at the door. Be sure to check out www.KeepLightsOn.ca for details. In addition to fundraisers, donating directly to the United Way is another option.

“When people learn about the hard reality of what is happening, the way a single disabled person is being told to live on \$1300 a month and how that struggle affects their well being, then you can better understand that your donation can make a significant difference in the life of someone who lives in your community. Donations that are earmarked for our Backpack Program, or Utility Assistance Program go to where they are indicated, but it is the unrestricted donations that allow us to move funds to programs as needed. It is always interesting to me how I will hear from people that ‘Well you are not active in my community’, but then when I review the things we are actively involved in, such as the 211 line, they are surprised.”

The 211 line is a 24 hour 7 days a week information and referral system that the community members can call for help finding community, social, health and government services, as well as volunteer opportunities, and to give donations or gifts in kind. All United Way programs, including the Backpack program that supplies school supplies to families in need each year, as well as the Utilities Assistance program are also registered and screened for through this service. Donations are not the only way you can get more involved with the United Way though, as Francesca details.

“Part of our outreach involves us being invited to speak and engage with members of the community throughout the year. If you have a service group or club that has regular meetings, we would welcome an invitation to be able to come and speak to your members, and see how we can work together to help improve conditions for everyone. We can always use people who are interested in helping out with leadership or volunteering for specific events as the need arises. Subscribing to our newsletter on the website is a great way to know what is going on and how to help. You just need to let us know what you are interested in doing and what works for you!”

For more information on how the United Way Bruce Grey is helping communities, or to make a donation visit the website at www.unitedwayofbrucegrey.com. You can also mail a cheque to United Way of Bruce Grey, 380—9th Street East, Owen Sound, Ontario N4K 1P1 or call 1-800-794-1728 to donate over the phone. You can also donate securities or include the United Way in your legacy giving plans by visiting www.donatelegacy.ca.

by John F. Adams

Healing Journey - crafting custom tailored steps to easing personal struggles

Jodie Ellenor of Healing Journey Wellness Services, offers over 18 years of experience as a Social Worker/Therapist and Functional Medicine Practitioner.

In that time, she learned that caring and trust in combination with the right approach are key for healing, "Successful outcomes start by building a trusting and strong relationship with my clients. We work together to identify and address anxiety, chronic stress, overthinking, depression... whatever it is they are dealing with. Then we create a comprehensive, custom-tailored plan to empower you to regain control over your well being."

While her focus had been helping hundreds of women with anxiety online across North America, she sees the need to help people in the local community. Her Port Elgin office offers services to anyone dealing with depression, autoimmunity, trauma, thyroid and hormonal issues, just to name a few. To her the key is identifying and addressing root causes.

"Traditional forms of healing have focused on the symptoms, not the causes or roots of the issue. Functional Medicine uses lifestyle changes and specialized testing including the DUTCH hormone test and GI MAP to get to the bottom of



treatment resistant issues, and once identified, I work with each individual and determine what the path to healing looks like, typically a combination of therapy, supplements and lifestyle changes."

While testing may not be covered by insurance, most will cover individual sessions. Gift certificates are also available for all services.

Jodie is trained in Cognitive Behaviour Therapy, EMDR, Hormones, Breathwork,

Yoga and Heartmath. Her experience and skills, coupled with a 1:1 treatment model have a simple goal for her practice:

"I want to work with clients to help them feel more at ease, resilient, and grounded as we find you a path to sustainable, lasting change for your life."

Healing Journey Wellness Services is located in Port Elgin at Unit 117 - 1020 Goderich Street. You can email jodie@healingjourneyservices.com or phone 647-898-8090. For more information as well as a comprehensive list of available services visit <https://go.healingjourneyservices.com/home-saugeenshores>.*



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Naturalists will share insights on bird monitoring

As the days get shorter and the weather turns crisp, there's no better time to dive into all the fun that Huron-Kinloss has to offer this November! We've got a fantastic lineup of events and activities that will keep you cozy, connected, and maybe even a little bit competitive.

Get ready to shop 'til you drop! The annual Holiday Shopping Pass kicks off on November 12th, encouraging you to shop local this holiday season. Pick up your pass at participating businesses in Lucknow, Ripley, Pine River, or Point Clark. For every \$10 you spend, you'll get closer to winning one of three \$150 Huron-Kinloss Shopping Sprees! Early birds who submit their pass before November 30th can also win one of two early bird prizes. Visit huronkinloss.com for more details.

Ladies, mark your calendars for the Lucknow Chamber of Commerce Ladies' Night on November 8th. Grab your friends, hit the shops, and you might just win some Chamber bucks! Don't miss Lucknow's Santa Claus Parade on November 29th - it's the perfect way to get into the holiday spirit.

BY
KRISTEN
PRENTICE



Ripley/Lucknow Happenings

Speaking of festive fun, Rosewood RVilla invites you to Skate with Santa in Ripley on December 8th. Follow "Discover Huron-Kinloss" on Facebook for all the latest updates!

For those looking to make a difference, the blood donation event at the Lucknow Community Centre on November 15th from 2-7pm needs your help to fill every appointment. Book your spot by calling 1-888-236-6283 or online at www.blood.ca.

Nature lovers, join the Huron Fringe Naturalists on November 26th at the Point Clark Community Centre. The evening begins at 7pm with social time, followed by guest speaker Erin Gouthro at 7:20pm,

who will share insights from the 2024 Forest Bird Monitoring Program.

Looking to stay active in the cooler weather? Community Services is offering a new Adult Fitness Punch Card program where you can make use of the exercise equipment at your leisure during RHCC open hours - how convenient! And new this year - Adult Lunch Hour Skates weekdays from 12-1pm are a great way to move your body during the day. Plus, Parent and Tot/Senior Skate is back weekday mornings from 9-10am - best part? This is a free skate! The Lucknow and District Sports Complex offers Adult and Tot/Senior Skate weekdays from 10-11am. The cost is \$2.50/skater.

Community Services is offering the popular St. John Ambulance Home Alone Safety Course for anyone over 10 years of age that will be spending short periods of time at home alone. The course is on Thursday, January 2nd, 2025 from 9am - 4pm at the Ripley-Huron Community Centre and is \$80/participant.

Let's make the most of this November in Huron-Kinloss - there's truly something for everyone!

Lucknow & Ripley
HOLIDAY Shopping PASS

Enter by November 30th for the chance to win 1 of 2 early bird prizes!

Beginning **November 12th**, make a purchase at one of our participating businesses and the same amount will be recorded on your card in \$10 increments.

Spend a total of \$150 and receive a chance to win one of **THREE \$150 Huron-Kinloss shopping sprees!**

Passes will be available at participating businesses in Huron-Kinloss and can be downloaded online at www.huronkinloss.com.

Contest ends December 24, 2024 at 11:59pm

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For stability and strength - Toe Yoga - try it at home!

Over the next few weeks we will find ourselves isolated more than ever and likely less active than we would otherwise like to be. In order to keep ourselves healthy (and sane!) it's important to find ways to keep moving and avoid sitting on the couch Netflixing the entire series of *The Office* for the 12th time.

Here's a fun (albeit sometimes frustrating) "Toe Yoga" routine to help with stability and strength as we move into the summer. Work through these exercises slowly, performing five-10 of each before moving on to the next one. If you get some foot or calf cramping just take a break, walk around and come back to it – it means it's working!

Sitting in a chair, try the following:

1. Heel raises - Warming up the tissue by getting blood flowing to the lower legs, think about moving straight through the big toe, rather than spilling towards the smaller toes. Raise heels as high as is available to you and lower slowly.



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

2. Big toe raises - Keeping the feet flat on the floor, attempt to raise the big toe up off of the floor without raising the smaller toes or scrunching them up. This is difficult at first (your brain may struggle to get the message to your big toe) but will improve in time with repetition. You may use your hands to hold the

small toes in place to get the movement pattern at first.

3. Small toe raises - Keeping the feet flat on the floor, attempt to raise just the smaller toes (two-five) off of the floor without raising the big toe. Once again, you may use your hands to hold your big toe in place if it doesn't want to cooperate – it will get easier with time!

4. Piano keys - Once the above

exercises are relatively easy, raise all five toes off of the floor at the same time and slowly lower one at a time (small toe to big toe AND big toe to small toe). Usually one direction is easier than the other.

Check out Align Pedorthics on Facebook for a video for some pointers and to see that it actually is possible. Good luck and stay healthy!

Laura is a Canadian Certified Pedorthist specializing in lower limb health, custom made orthotics, compression stockings and footwear modifications.

If you would like a full pedorthic assessment to address foot, knee or low back pain please call Maple Shores Health Centre at 519-832-4500 or visit www.alignpedorthics.com.*

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www.alignpedorthics.com



Christmas will be here before you know it!!

The Paisley Treasure Chest Museum will acknowledge Remembrance Day on Friday, November 8th at 7pm at the Museum. Guest speaker will be Doug Milne speaking on 'Relics of the Rueich- then and now of Nazi Germany'. Admission is by donation. If anyone wishes a tour of the Museum or has any questions, please phone 519-353-7176, leave a message and your call will be returned.

On Sunday, November 10th the Paisley Legion will attend the Remembrance Sunday Service at Knox United Church at 10am. Everyone is invited to attend. The following day is November 11th where we must take time to stop and remember the sacrifices that have been made by many to give us the freedom and peace that we get to enjoy each and every day. The annual Remembrance Day service will take place at the cenotaph in Paisley. Coffee and muffins will be available at 10am. The parade lineup begins at 10:45am followed by a service at the cenotaph at 11am to honour those who were part of WW I. Immediately after that service, the Legion will march to the arena to commemorate those that fought in World War II. Lunch will follow at the Branch. There will be a service at the Paisley Cemetery at 1pm. The day will end with

BY
SHERYL
STEINHOFF

Paisley Current



their annual banquet and awards. Social time is from 5:30-6:30 followed by dinner at 6:30pm. The guest speaker this year is Valerie Wasserfall. For more information e-mail the Branch at paisleylegion@bmts.com or leave a message at 519-353-5444.

Christmas will be here before we know it. The Paisley Christmas Market is open from November 13th to December 23rd. This market is located at 486 Queen Street (next door to the Saugies Convenience Store) and will be open everyday from 10am to 5pm; closed on Tuesdays. It's a great little market where you will be able to purchase handmade products and gifts made by many local artists and bakers.

The Paisley Chamber of Commerce will be hosting their annual Late-Night Shopping on Friday, November 22nd. This is a great way to shop locally and support our own retailers. There will also be a vendor's market at the Paisley

Legion that night. They will be serving a chili bowl supper from 5-7:30pm and will have baked goods for purchase as part of late night social.

The Paisley Concert Choir presents 'Silent Nights Joyful Lights' on Sunday, November 24th at Knox United Church in Paisley at 7:30pm. Please take note of the new concert location. Tickets are \$20 each and can be purchased from choir members or at the door.

You will want to mark Friday, November 29th on your calendar for the annual Santa Claus Parade. The theme is 'Christmas Cookie Bake Off'. The parade starts at 7pm on Queen Street. The Legion will also be open with entertainment.

Welcome to the new owners of the Paisley Freshmart, Vishal Patel and family. Please continue to shop locally. We thank Gail and Rob Fullerton for allowing us the opportunity to shop locally in our awesome grocery store. Best wishes to both of you as you begin retirement.

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.

Bill Streeter and Remembering Our Local War Heroes

For decades now, Southampton retiree Bill Streeter has been recounting the stories of men and women who served in the great wars. His histories of local war heroes have been published in the Bruce County Historical Society Yearbook. They have appeared in the Saugeen Times and the Port Elgin Legion newsletter. And each Remembrance Day, Bill can be found at schools and clubs throughout the area, talking about the lives and deaths of those who fought.



“My father landed on Juno Beach just four days after D-Day,” he tells me with great pride. “That inspired me to want to uncover and tell the stories of those from our community who went to war for us.” So, ever since his retirement, Bill has

BY
DOUG
ARCHER

Portrait of a Retiree



been researching and writing those stories.

But of all the stories he has uncovered, one in particular stands out for Bill. “I call it, Joined at the Hip,” he tells me.

On September 29, 1915, a WWI recruitment event was held in Southampton – and two young men came forward to volunteer. Although they didn’t know each other at the time, from that day forward the two would be forever entwined.

Francis Tuckfield and Oscar Vernon were about the same height; they both had ruddy complexions and auburn hair; and both were barely 18 years of age when they volunteered. Assigned Regimental Numbers only one digit apart – 127039 for Oscar and 127041 for Francis, the two were given medical evaluations by the same Southampton doctor on the same

day. They had their enlistment applications reviewed by the same army Captain, who noted that they were both ‘splendid’ candidates. And they attended basic training together, were shipped off to England aboard the S.S. Olympic – the sister ship of the Titanic, and, on May 28, 1916, were both assigned to the 13th Battalion Royal Highlanders of Canada and sent to mainland Europe.

By June the two boys were in Ypres, Belgium at the same field camp ... and soon after, in the same front line trench. Barely weeks later, under heavy bombardment from German mortars, Francis and Oscar made the supreme sacrifice, both giving up their lives on July 17.

Buried close to where they died in what is known as the Railway Dugouts Burial Ground in Belgium, Oscar is interred in Section IV, Row A, Grave 10. And as fate would have it, right beside him in Grave 11, rests Francis. The two forever together.

Bill has no plans to stop researching the lives of those from Saugeen Shores who served in the great wars. “As long as I am mentally and physically able to do so,” he says, “I will tell their stories.” Lest we forget.

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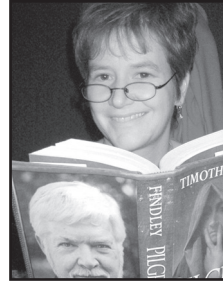
Digging into a new series and can't wait for the sixth!

First up is the new Tanya Talaga novel, *The Knowing*. Author of *Seven Fallen Feathers*, this story is more personal for Talaga as she investigates her own family's history with the Indian Act, residential schools, and Indian hospitals. "The Knowing" refers to the fact that long before the 215 graves were found at Kamloops all Indigenous people knew our relations were not coming home. Talaga uses the story of her great-great grandmother Annie to illustrate the oppression of Indigenous peoples that continues to affect us today. Well researched and excellently written, its not a quick read but it's a good one and worth the effort.

I love finding a new series and I'm happy to report I found a few to dig into thanks to my brother's reading list. First up has been the DS Max Craigie series by Neil Lancaster. There are five so far and the first one is called *Dead Man's Grave*. This is a Scottish series deserving high praise from the likes of Ian Rankin and Jane Casey. It starts with the head of Scotland's most powerful crime family being murdered and leads to corruption in the Scottish Police Service. We meet what

BY
TRACY
PRIMEAU

Between the Covers



will become a team of police and civilians that work behind the scenes to root out this corruption. You don't have to read them in order, but I would recommend it as it works better that way. I am looking forward to the sixth.

What Happened to Nina by Dervla McTiernan has showed up in my recommendations for awhile and I finally bought it. I can honestly not give it five stars, but it is an interesting read about a young woman who goes missing after a weekend away with her boyfriend. What makes it interesting is the many different voices the story is told in starting with Nina and moving to her parents, his parents, and the boyfriend himself. What happened to Nina is not the surprise, it's what happens after and how class, money,

social media, and grief lead to the climatic ending.

I bought *The Night We Lost Him* by Laura Dave since I enjoyed *The Last Thing He Told Me* so much. This one is not as good. Going back and forth in time (50 years) the story of Liam Noone and his loves is told in the form of an investigation into his past that may have answers tied to his premature death. Estranged siblings Nora and Sam work together to uncover the mystery and at the same time get to know themselves, their father and each other better. The mystery is solved with more of a whimper than a bang, but the writing is solid.

I listened to *I'm Glad my Mom Died* by Jennette McCurdy, child star from iCarly and other shows. What could have been a sad tale of a mother's abuse is well told in such a way that you are cheering for Jennette at the same time you are shocked by her young life and its surprisingly funny. I usually speed up my Audible listening to 1.2 but this one required normal speed. Easy quick listen.

Reach out to tracy.primeau@gmail.com if you'd like to recommend a perfect gift for the book lover (me) for Christmas.

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A chance to go down memory lane!

Dear Liz,

I separated from my ex-husband two years ago, and it's been mostly fine. We have two kids under 10 and we try our best to put things aside for our kids and just focus on them. Lately though, I've noticed a bit of a push-back from him. I'd like to think it isn't because I've just re-entered the dating world, but honestly, who knows.

Even when we were together we agreed no pets, not until they were at least teenagers and fully understood the responsibility they are. Imagine my surprise at our last hand-off when I was greeted with two hamster cages that I was told had to come and live at my house since my ex-husband's work schedule wouldn't allow for proper care when the kids aren't there. So, now I am sharing pet hamsters part time with my ex-husband that I am supposed to gladly tote back and forth between our houses. The kids are clearly "in love" with them, and I am in love with cleaning poop filled habitats...

Part-Time Pet Parent

Dear Pet Parent,

It's unfortunate what can happen when we let hurt and anger take the lead in our lives. Now, I cannot speculate the motives

BY
LIZ



Dear
Liz

of your ex-husband, but I can tell you that you might have to become the antagonist he is pushing you to be. You were not consulted, nor agreed, to tending and caring for live animals, and if he cannot take care of them at his house then a new home must be found for them. Be warned that going this route will come with a lot of hurt and confusion from your children, and as you are their safe place, it will most likely land on you.

Dear Liz,

It has been 12 years since I lived with my parents, so imagine my surprise when they reached out to me last week to tell me they had received mail for me. No ordinary bill or flyer, it was a letter from my childhood Pen Pal. I have not heard from, lets call her Lucy, since I was thirteen due

to growing social obligations and simply being a hormonal teenager who couldn't bother with the upkeep anymore. I thought the feeling was mutual with no hard feelings.

When Lucy wrote to say that she would be travelling to Ontario and was hoping that we would be able to meet after all these years, I was shocked, to say the least.

I'm excited to hear from someone I did write with for a couple years when I was a kid, but I feel a little unsure about possible motives, or maybe managing her expectations.

Pen Pal for Life?

Dear Pen Pal,

In today's world where hidden schemes, and information phishing scams are hunting us down in emails, texts, mail, and even though phone calls, exercising caution is always wise. If you are curious to re-engage with your formal Pal, then perhaps you can start small with becoming Facebook friends. This is always a way to check the validity of the letter and the intentions of the sender.

If nothing else, you can chalk the letter up to a chance to go down memory lane, and continue with your life.

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Fall is here and so is Fall Prevention Month

Falls are the leading cause of unintentional injury in Grey-Bruce. Local hospitals report almost 9,000 visits to emergency departments and more than 800 hospitalizations annually due to falls. That means approximately two to three people experience a significant fall each day in Grey-Bruce. These rates are one-and-a-half times higher than the average across Ontario.

Not only do falls physically hurt, but a fall can have long-term impacts on your health, like needing surgery due to sustained injuries, a loss of confidence resulting in a fear of falling, reduced mobility, or even a loss of independence.

The good news is that most falls are preventable.

Here are some ways that you can reduce your risk of falling this winter:

- Check your shoes/boots. The treads on the bottom of your shoes or boots can help to prevent slips or falls on wet, slippery, or uneven surfaces. Choose footwear that fits well, supports your feet, and has a low, broad heel. Shoes that you can tighten to fit your feet, with laces or velcro, are best.

BY
KAELA
SALES
GREY BRUCE PUBLIC HEALTH
HEALTH PROMOTER



Grey Bruce
Public Health

Seniors Situation

- Walk cautiously and pay attention. Avoid walking on wet leaves, snow, or ice, if possible. If it is necessary, walk slowly and carefully. Use walking aids, if recommended by a healthcare provider. Carrying a cane or using a walking aid can alert others that you need more time/space. Walk with your body centered over your feet (not leaning or bent over). Avoid reaching or twisting when walking or standing.

- Take medications as prescribed. Take advantage of MedsCheck - a free program for patients to have their medications reviewed by their pharmacist. This helps to better understand your medications, how to take them correctly, and how to get the most out of your medications.

- Remove or repair any hazards around your home. Ensure steps both inside and outside of your home are stable, undamaged, and clear of obstacles. Reduce tripping hazards by clearing clutter and scattering rugs as well as maintaining adequate lighting throughout your home.

- Maintain strength and balance. Try your best to do 30 or more minutes of moderate to vigorous activity at least 5 times per week. Include strength and balance activities on most days of the week; tai chi and yoga are great to challenge your balance. Do activities you enjoy! Walk, dance, garden, bike or swim.

Take Action!

Take action to prevent a fall before it happens. Your healthcare provider can help you identify reasons related to your health or environment that may be contributing to your risk of experiencing a fall. An occupational therapist can assist with a home safety assessment to identify and safety hazards at home.

Remember to always tell someone about any slips or falls you experience.

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