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MAGAZINE

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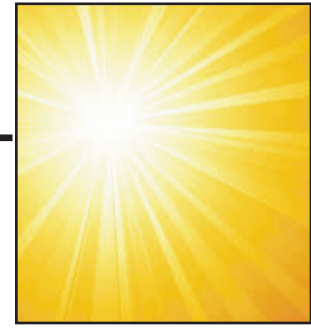
# Marketplace

Vol. 35 No. 09



Jen McCullough is ready to ride at PRANCE Therapeutic Equestrian Centre in Saugeen Shores. Sitting atop Babe, one of the facilities special horses, she sets out to walk the PRANCE trails with the support of volunteer, Emily Ryan.

*Photo Courtesy of Ann Marie Johnston*



## From the Sunny Side

The 32nd Annual Crime Stoppers of Grey Bruce Golf Tournament held in June at Saugeen Golf Club, was yet another resounding success. A total of 152 golfers took part along with Todd Gill, Les Binkley, Paul MacDermid and Kendrick Nicholson. At the end of the day, \$15,000.00 was donated to Crime Stoppers of Grey Bruce, bringing the 32-year total to over \$620,000.00!

Kincardine Fall Fair is 'Deep Roots and New Shoots!' The Kincardine. Don't miss out on all the exhibits and events starting Friday, August 30th with the Ambassador of the Fair. For the schedule visit [www.kincardinefallfair.com/schedule](http://www.kincardinefallfair.com/schedule).

Friday, August 30th is the last Drifters Cruise Night from 6-9pm in downtown Kincardine.

The last Market in the Park for the year is Monday, September 2 at Victoria Park, Kincardine. Don't miss it!

The Kincardine Farmers Market provides locally produced food and goods every Saturday at Connaught Park from 9am-Noon.

The last Summer Sing-a-Long is September 1st from 7:30-9pm and features Richard Knechtle. Join us at Dunsmoor Park in Kincardine with a backdrop of a Lake Huron sunset.

Mark Sunday, September 15th for the Annual Terry Fox Run. Walk, run or bike! Check out <https://terryfox.org/terry-fox-run/>.

It's not too late to get a West Jet raffle ticket to win one round trip flight for two! Draw is September 18th and is a facebook live event! This is hosted by Big Brothers Big Sisters of South Bruce North Huron.

Back-To-School is right around the corner... Become an In-School Mentor with Big Brothers Big Sisters of South Bruce North Huron. Volunteer for only one hour a week throughout the school year! Contact Erin today for more information at 519-396-3565 or [erin.frook@bigbrothersbigsisters.ca](mailto:erin.frook@bigbrothersbigsisters.ca).

And of course a very happy birthday to my nieces Lily, Kate James and Ella - where did that time go!?! Also a huge milestone, Everly James starts JK! Watch out world!

...still walking on the sunny side.

*Publishers note: August Feature should read photo credits as follows: Photos by Adel Middleton.*

*Our columnists are selected for a knowledge in their subject areas. Their statements and opinions, therefore, are their own and not those of the publisher.*

## Feature Story

## Page 10

For over three decades, PRANCE - Therapeutic Equestrian Centre has been using the power of horses to improve the lives of countless individuals and families throughout Bruce and Grey Counties and beyond. But now, more than ever, PRANCE needs the community's support to continue its work.

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# Marketplace

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# Participate in Bruce C Impact Assessment

Bruce Power has submitted its Initial Project Description (IPD) for a proposed Bruce C to the Impact Assessment Agency of Canada (IAAC), and you have a chance to learn more and provide comments in this important process.

The Bruce C IPD is part of the federal impact assessment (IA) process to create the option of adding up to 4,800 megawatts (MW) of electricity production at the Bruce Power site. You can read the IPD on the IAAC's Canadian Impact Assessment Registry, where opportunity for public comment is available (the first comment period in the process ends Sept. 12).

Bruce Power is continuing with Bruce C pre-development work as laid out in the province's Powering Ontario's Growth Plan in 2023, which set forth several clear actions to meet increasing demand for clean energy in the coming decades, including the possibility of new nuclear at the Bruce site.

"As we look to expand energy generation, our government remains committed to nuclear refurbishments, a clean energy source that well positions Ontario as a clean energy leader in the world," said Hon. Stephen Lecce, Minister of Energy and Electrification. "Ontario is forecast to double its electricity grid by 2050. Bruce Power plays a vital role in expanding our electricity system so that we continue to deliver clean, reliable, and affordable energy to Ontario families."

In February, Hon. Jonathan Wilkinson, Canada's Minister of Energy and Natural Resources, announced a historic



**John Peevers**  
Director, Community and Media Relations

\$50-million federal investment to advance pre-development work for the Bruce Power project.

"The Government of Canada is taking historic action to unlock Ontario's clean power potential, including through investing in large-scale nuclear, refurbishments, Small Modular Reactors (SMRs), renewables, grid-modernization, and cutting-edge research," Wilkinson said. "Through the Clean Economy Investment Tax Credits and NRCan's strategic investments, federal support is helping Bruce Power and many other partners across the country to advance projects intended to create

good-paying energy and manufacturing jobs for generations to come, while we combat the climate crisis and meet the energy needs of Ontarians."

Bruce Power is putting a strong focus on engaging with Indigenous Nations and Peoples, local municipalities and the public, and this will be an important priority at every stage of the process.

While the IAAC's first comment period ends Sept. 12, Bruce Power is committed to proactive, open, and transparent engagement and will provide multiple opportunities for input, both in-person and virtually. Bruce Power will keep the public informed and engaged throughout the IA process and will provide regular updates about the proposed Project through events, website, news releases, newsletters, social media, and videos.

To learn more on the Bruce C project visit: The Bruce C Project ([brucepower.com](http://brucepower.com))

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Erin Nichol, M. Cl. Sc.  
Audiologist

# Brachiopods, Cephalopods and Trilobites, oh my!

Though there are hundreds of shipwrecks in Lake Huron, you won't encounter a ferocious Kraken - or even a squid or an octopus - roaming these freshwaters. You may, however, find some fossils of their ancient cephalopod ancestors. Cephalopod fossils are identifiable by their spiral or cone shaped shells divided into many chambers.

The fossils pictured here were discovered by Maurice Dalton while working in the yard of his property in Northern Bruce, around 2012. Preserved in the rock, we see the impressions of two cephalopods (upper left and right) and a trilobite (lower middle). Though trilobites went extinct around 250 million years ago, cephalopods evolved and thrived, developing into the approximate 800 species of octopi, squid, cuttlefish and nautili that exist now.



Most of the fossils in Bruce County date to about 480-350 million years ago, when warm seas periodically covered the land of Southern Ontario. Due to the abundance of limestone deposits which formed here during this time, many fossils have been preserved along the shores of Lake Huron and the Bruce Peninsula. Paleontology expert Dr. Peter von Bitter has even stated that "the fossils of the Bruce Peninsula are the best-preserved fossils in Ontario, and are among the best in the world". Alongside cephalopods and trilobites, you may observe fossils of brachiopods, gastropods, various types of coral, and many other ancient marine creatures.

In order to protect the natural history and safeguard the natural future, many parks prohibit the removal of any material (including rocks and fossils) from their

BY  
SHAUNA  
TAYLOR

BRUCE COUNTY MUSEUM  
CURATORIAL ASSISTANT



## Historically Speaking

grounds. Instead, snap a picture or try making a rubbing on paper with charcoal or crayon. How marvelous is it that the traces of these extremely early lifeforms exist alongside the plants and animals

that animate the landscape today?

Sources:

"Fossils of Ontario". University of Waterloo Earth Sciences Museum. <https://uwaterloo.ca/earth-sciences-museum/resources/fossils-ontario>

"Cephalopods". Smithsonian National Museum of Natural History. <https://ocean.si.edu/ocean-life/invertebrates/cephalopods>

"Geology Magazine Publishes Two Articles Co-authored by ROM Palaeontologists". ROM news release, October 2007. <https://www.rom.on.ca/en/about-us/newsroom/press-releases/geology-magazine-publishes-two-articles-co-authored-by-rom>

Fenton, Carroll and Mildred Fenton. *The Fossil Book*. New York: Doubleday, 1958.

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# Most forests with Ash trees are deciduous

Recently there was a discussion on a local chatline about the fire hazard of all the dead Ash trees in our forests. For sure, any dialogue about this issue is worthy of talking about. I'm glad that people care about our surrounding environment, and want to talk about what's happening.

We all know that the dead Ash trees are due to the Emerald Ash Borer, a beetle that came here from Asia. The larvae live under the bark, and when the tree dies the wood is actually not touched and could be used for flooring, furniture, hockey sticks, baseball bats, and a list of products, as long as the tree is used soon after it dies.

Of course, most of these dead trees are left standing, but even though the wood is pretty sound, the roots begin to rot as they are in moist soil. The result is that the trees will fall during a wind storm. Even at this stage, the solid wood is an excellent fuel for wood heating. I'm actually surprised that more people are not taking advantage of the firewood opportunities, in many cases it's free for the taking with a little work. But since this involves fire, let's talk about the original discussion

BY  
MARSHALL  
BYLE



## Rooftops

about the hazard of forest fires.

This year there are hundreds of forest fires raging in many parts of Canada. The devastation in Jasper Alberta is fresh in our minds, so it's understandable that people in Kincardine and surrounding area may be paranoid about the abundance of dead trees.

For us in Southern Ontario, the worst affect from fires we have had in recent years is the smell of smoke. We typically don't have dry enough weather, and the correct type of forest to be the recipe for forest fires. Most of the raging forest fires are in predominately coniferous forests in dry areas. Most forests with Ash trees are deciduous and are much more resistant to fires, not impossible, but unlikely.

I guess the big question is, what should we do about all the dead Ash trees? Obviously, any trees that threaten to fall on buildings, power lines or streets, must be taken down.

Leaving the trees to mother nature is likely the best choice from an environmental view. In nature, there is no waste. As these trees die and open the forest canopy, other tree species will take advantage of the light. Trees that have fallen in a chaotic jumble to us, is habitat for many birds and animals. A log on the forest floor is food and home for many creatures as it goes through its decomposition process, and eventually becomes soil. There's already evidence that the dead and dying Ash trees are helping the threatened Red-headed Woodpecker.

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

BY  
SHERYL  
STEINHOFF



## Paisley Current

The 168th Annual Paisley Fall Fair returns this year and takes place on Sunday, September 8th at the Paisley Fairgrounds - the theme is 'Homemade Pies & Harvest Skies'. This year the 'Astronomy in Action Planetarium' will be at there. Fairgoers will have the opportunity to enter the 20-foot-high structure and be able to explore the fascinating world of astronomy. On Sunday, there will be musical entertainment throughout the day as well as line dancing, free events and interactive exhibits. The day ends with a BBQ at the Palace starting at 5:15pm. There are so many things happening please get more information at [www.paisleyfair.ca](http://www.paisleyfair.ca).

Come and enjoy 'Harvest of the Arts'. On Friday, September 27th 'Paisley Artifacts' takes place at the Paisley Mill at 7pm. This is an exhibit featuring young artists inspired by podcast interviews with Paisley Seniors who have shared their memories about artifacts from the museum.

The 'Festival of Lost Arts' takes place on Saturday, September 28th from 11am-3pm at the Treasure Chest Museum. There will be blacksmithing, demonstration of clock makings, log sawing, rope making and apple peeling. Admission is by donation. The day concludes with 'P150: The Community Play' a vibrant play featuring storytelling, music, the Paisley Youth Theatre and 'Sam' Pat Kelly's tale about the village's founder Samuel Rowe. This takes place at the Paisley Town Hall at 7pm.

The weekend concludes with 'Fill Your Bowls' on Sunday, September 29th at the Community Centre from 12-2pm. Culinary enthusiasts go head-to-head showcasing their delicious and creative soup recipes. Taste their creation and vote!

If you enjoy choral singing, consider joining the Paisley Concert Choir. This four-part adult choir practises every Wednesday at 6:30pm at Knox United Church in Paisley. For more - contact Carolyn at 519-353-5466 or Sheryl at 519-353-7202.

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](mailto:thesteinoffs@hotmail.com). Until next month, please remember to be kind to each other and be happy and healthy.

**MAYTAG**

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# September is for fairs, workshops and more

Everything is for Fall Fairs! The Lucknow Fall Fair is September 13th to 15th and the theme is Fall Leaves and Flannel Sleeves! Gates open at 5 p.m. on the Friday night with food trucks, Ultimutts Dog Show, live music and pie auction all in the mix. Saturday don't miss the parade at 11 a.m.! Then the gates open to Lucknow's Family Fun Zone with something for everyone until 4 p.m. Sunday morning breakfast from 8:30 - 10 a.m. Visit <https://www.lucknowagsociety.com/> for details!

The 161st Ripley Huron Fall Fair runs from September 27th to 29th, featuring the theme "Fall Trees and Honey Bees." Highlights include a Saturday parade at 11:30 a.m., a car show, the Wild Ontario exhibit, an antique tractor show, and a tractor pull. Live bands and Adventure Park attractions will ensure a lively weekend. Visit <https://www.ripleyfair.ca/> to find entry forms and details!

Don't miss the Lucknow Firefighter's Breakfast on Saturday, September 14th from 8 to 11:00 a.m. at the Lucknow Fire Department. All the fixings for \$15! Kids 6-12 \$10, 5 & under eat free! Takeout will be available.

Are you interested in saving your own seeds but are unsure how? Join the Bruce Botanical Food Gardens at their Seed Saving Workshop. Learn about cross pollination, collection and storage for your seeds. You will leave with seeds to take home that you collect from the gardens in Ripley! September 21st from 11 a.m. to 2 p.m. Visit <https://www.facebook.com/BruceBotanicalFoodGardens> to register.

Winter is approaching, and it's time to register for the Learn to Skate program in Lucknow. Open to children aged 3 to 10, the program offers classes for new skaters, juniors, and seniors, running Saturday mornings from October to February.

The Township of Huron-Kinloss, in partnership with plural, is developing a comprehensive Parks and Trails Plan and we need your input! Join us at the final open house and meet with the project team on September 21st which will be virtual online. A link to the meeting will be available at [www.haveyoursayhk.ca](http://www.haveyoursayhk.ca). This is your chance to directly influence how our parks and trails will look and feel in the future.

New programming at the Ripley-Huron Community Centre this winter!

BY  
KRISTEN  
PRENTICE

## Ripley/Lucknow Happenings



Join the Ladies Rec League – A fun, non-competitive weekly hockey league for

ladies over 35. Games are played Sunday mornings from 8:30 - 10 a.m. at the Ripley arena. Cost is \$210/player.

Huff n' Puff Shinny Hockey– Returning this winter is weekly Huff n Puff shinny for men over 50. Games are played Mondays/Fridays at the Ripley arena. Cost is \$200/player. Register for one or two days a week.

Visit [www.huronkinloss.com/recreation](http://www.huronkinloss.com/recreation) or email [recreation@huronkinloss.com](mailto:recreation@huronkinloss.com) for more info!

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# Foggy windows? Book before October 18th! Last chance before the snow flies!

How old are your windows? Are the seals worn out? Do they look dirty even after you've cleaned them? Bet you're thinking you need to replace them. Well, if your casement is good think again!

Clear-Vu Window Services is the name to remember if your windows have seen better days and you are tired of looking through an ugly fog. For the last 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.

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

Over time all insulated glass units (or simply put, all windows) will lose their airtight seal and the window will become cloudy or foggy on the inside. Once the moisture or condensation gets trapped inside it is no longer an energy efficient 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 non-invasive process" says owner Vern Stacey, "we remove the thermal unit with the ruptured seal and we replace it with a brand new energy efficient airtight thermal unit. We install it back into its original casing and it's like new again". The process is

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

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

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# Improving Lives Through the Power of Horses

*H*orses carry the wisdom of healing in their hearts and offer it to any humans who possess the humility to listen.

-- Author unknown

For over three decades, PRANCE - Therapeutic Equestrian Centre has been using the power of horses to improve the lives of countless individuals and families throughout Bruce and Grey Counties and beyond.

Everyday people with disabilities learn to horseback ride, improving their strength, balance and coordination – not to mention their self-confidence and independence. Individuals with mental health issues learn to heal by working with specially selected horses under the guidance of a registered clinical therapist. And at-risk youth, survivors of domestic violence, First Responders, and so many others, turn to PRANCE's equine programs to find a special kind of support and counseling.

As Ann Marie Johnston, Executive Director of PRANCE puts it, "Through a variety of programs, we have been connecting horses and humans to open up a world of opportunity for growth, discovery, healing and recovery."

But now, more than ever, PRANCE needs the community's support to continue its work.

Located between Port Elgin and Southampton, on acres of beautiful woodland and pasture, PRANCE is equipped with a covered arena, outdoor paddocks, an open pavilion where the Centre's mental health support program is offered ... "and a barn that is home to ten majestic equines that are at the core of our rehabilitation and treatment programs," says Ann Marie.

Therapeutic horseback riding is one such program. Working with certified instructors and volunteers, children and adults with disabilities participate in 10-week-long sessions, riding atop horses in order to promote core strength and balance. As the horse walks or trots, riders get a workout as if they were taking a walk themselves. Their ligaments and tendons relax, their muscles strengthen, and their breathing and circulation improves. "And that's without even mentioning another incredible benefit riders experience," says Ann Marie. "A boost in self-confidence and independence."

Jen McCullough and her father Chris agree. Currently 43 years old, Jen has lived her life with Ryes Syndrome, which has severely limited the functioning of the left side of her body. Despite this, she has been riding horses at PRANCE for years. "It has helped tremendously," says Chris, "not only with her fitness, but with her self-esteem ... and her commitment to staying healthy." He tells the story of how during COVID, Jen gained weight due to lack of activity, but as soon as she was able to get back to PRANCE she went on a diet. "When friends or family offered her junk food," Chris tells me, "she would turn it down, patting her stomach and telling them she wanted to be lighter for riding her favourite horse, Babe, at PRANCE."

But not everyone needs to get on a horse to experience the beneficial impact of working with these beautiful animals.

Equine Facilitated Wellness involves activities that incorporate interaction with specially selected and trained horses, but no riding.

*by Doug Archer*

10 marketplace september 2024



**Jessica Jensen with King and volunteer Richard Mommersteeg.**  
*Photo Courtesy of Ann Marie Johnston.*

These activities may include brushing a horse, taking it for a walk on a lead, or guiding the animal through an obstacle course.

"There is a significant body of research," says Ann Marie, "that supports the value of horse-human connections in increasing self-awareness and confidence, promoting wellness, and helping people find their best selves." To that end, PRANCE provides Equine Facilitated Wellness team-building sessions, women's workshops, stress relief seminars, youth programs, and more, where participants carry out activities with horses as they focus on issues such as bullying, body image, suicide-awareness, and self-esteem.

PRANCE also offers a very unique form of psychotherapy known as Equine Assisted Therapy. Facilitated by a mental health professional and an equine specialist, clients are helped to deal with a variety of emotional and mental health issues through interaction with horses.

"For someone dealing with childhood trauma, we might have them work with two large horses and a smaller one," explains Rebecca Brown, a licensed social worker and certified Equine Assisted Therapist who coordinates the program. "The horses represent the family," she says, "and the client is able to voice their issues to the larger animals as if they were a mother and a father. Research has shown that this is much more effective than just coming into an office and talking to a therapist."

Of course, none of these potentially life-changing programs and services would be possible without the support of PRANCE volunteers and the generosity of sponsors, emphasizes Ann Marie. And now more than ever, community support is needed.

"Since COVID, costs have gone up 30 to 40%," Ann Marie explains, "and our program fees cover only one third of the cost of our operations. PRANCE is a registered charity that relies heavily on community support to maintain our facility and care for our horses."

Companies, organizations and individuals wishing to help can take advantage of unique opportunities to sponsor PRANCE. Supporters can cover the cost of a new therapy bridle or saddle, they can fund ten therapy sessions for an individual or family in need, or they can essentially adopt a horse, by providing for the feeding and care of one of PRANCE's animals for a month, six months, or even a year. And everyone is encouraged to sign-up for PRANCE's first annual Golf Tournament to take place on October 4th, or to attend their Halloween Open House on October 27th.

Help PRANCE continue to improve local lives through the power of horses! To learn more please contact Ann Marie at 519-832-2522, or email her at [prance@bmts.com](mailto:prance@bmts.com).

# Terry Fitzgerald and electric vehicles

To say that retiree Terry Fitzgerald has an interest in cars would be an understatement. From the time he was a teenager, he has been passionate about four-wheel vehicles. Driving them, fixing them, building them. He even spent decades racing cars like Corvettes, Camaros and Porsches. And now that Terry is a pensioner, his interest hasn't waned. But it has taken on a new focus: electric vehicles (EVs).

Since he retired, Terry has test driven hundreds of EVs, debunked myths and misconceptions about them, and recently published a book on what anyone interested in buying an EV should know before purchasing. As the name of his website implies, Terry is now an expert on Kilowatt Kars.

His sudden love for electric vehicles happened quite by accident, when a friend invited Terry to an EV car show back in 2017. "I got to test drive a BMW," Terry tells me. "And it was a hoot! Suddenly I wanted to know all about EVs."

He got his wish. Shortly after his visit to the car show, some recruiters he met there from a company called Plug'n Drive, contacted Terry about working part-time at the Electric Vehicle Discovery Centre (EVDC) in Toronto. A not-for-profit organization focused on accelerating the adoption of electric vehicles in Canada, Plug'n Drive established EVDC to provide support to those curious about electric vehicles.



"In my new role with the Centre I had to learn about EVs fast," says Terry. "And I quickly discovered that all my experience with combustion engine cars was of little use," he laughs. "I

basically had to start learning from scratch." But learn he did. During his time at EVDC Terry conducted hundreds of interviews – and even more test drives – with potential EV buyers, developing not only an expertise in EVs, but gaining invaluable insight into buyers needs and goals regarding the vehicles.

Then COVID hit. "Suddenly we couldn't interact with people, so I wasn't needed at the Centre anymore," he shrugs. But Terry still wanted to be an advocate

BY  
DOUG  
ARCHER

## Portrait of a Retiree



for EVs. So he decided to write a book.

Originally entitled, What You Really Need to Know About Electric Vehicles,

the book came out in 2020, and proved to be quite popular. So this year Terry completely re-wrote and updated it. He even renamed it, *Choosing the Right EV*. In the book he rates over 315 models of EVs, assesses their affordability, and provides information on everything from operating and maintaining the vehicles to locating public charging stations.

He's not done yet, either. Terry has plans to develop a website that would provide daily updates on all things EV related. "I just need to find the time ... and the energy ... to set it up," he smiles.

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# Canadian Big Band Celebration three days of jazz!

Happy September! With the kids heading back to school and the summer holidays coming to an end, things around town will be a bit quieter. There is still many local events that are scheduled.

The Labour day festivities will be held at the Port Elgin Beach on Sunday, September 1st. Fun, music and entertainment will be held at the Main beach until fireworks at dusk. Look for donation opportunities around town and at the festivities that evening.

On Monday, September 2nd the Labour Day parade will head down Goderich St in Port Elgin beginning at 11am.

Walk-it for Parkinson's will be held on Sunday, September 8th with registration at 1pm and the walk beginning at 2pm at North Shore Park in Port Elgin. The Parkinson's Society is hosting the annual walk for Parkinson's. You can participate as an individual, part of a team, collect pledges or volunteer. After the walk everyone is welcome to join for food, refreshments & entertainment. For more information contact 1-888-851-7376.

The Southport Horticultural Society September Meeting will be held on Tuesday, September 17th beginning at

BY  
TAMRI  
COURT



## What's Happening

7pm (doors open at 6pm) at the Port Elgin Legion. Grow your own Native Plants will be this month's discussion. New and experienced horticultural enthusiasts are welcome. Annual memberships are available. For more info contact southporthorticulturalsociety@gmail.com.

The Canadian Big Band Celebration weekend will be held Friday, September 13th to Sunday, September 15th in Saugeen Shores. Events include "Friday Night Jazz & Blues" at four different venues in Port Elgin and three in Southampton. "Saturday Afternoon Big Dance Event" at the Lakeshore Recreation Centre beginning at 1:30pm. Saturday Evening Big Dance Event at the same venue beginning at 7pm and 8pm. Sunday Jazz Brunch at the Southampton Golf and

Country Club is between 11am and 1:30pm. For more info contact 1-800-387-3456. www.canadianbigband.com.

A local youth, in aid of resources to provide wonderful care for bunnies at the Rabbit House and Sanctuary, in Saugeen Shores, has organized a Fundraiser to be held Saturday, September 28th at 391 Falconer St., Port Elgin, from 1-4pm. Enjoy a refreshing glass of lemonade, a bake sale, and every kid's favourite; freezies. Have your picture taken with an adorable bunny. The event is all by donation for much needed support for over 60 rabbits, ranging in size from tiny to over 60 lbs. To book a private visit at the Rabbit House Rescue, adopt, to obtain volunteer hours, or arrange for a Bunny's visit to a nursing home or school, email rabbitouserescue@gmail.com.

With Pumpkinfest fast approaching the committee will be looking for volunteers for the October 5th and October 6th event. Give headquarters a call at 519-389-3714 to see how you can help out at this spectacular event.

Wishing my daughter Courtney a wonderful 29th birthday!!

If you have an event you would like mentioned in a future article contact me at tamricourt@gmail.com or 519-386-1400.

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# Nine days - seven books and some great reads!

I read seven books on my nine-day boat trip into Georgian Bay in August and am happy to review some of them here.

I finally got around to reading *The Vanishing Half* by Brit Bennett and can happily recommend it. Twin sisters grow up together in a small southern Black community and run away at age 16. Years later one sister lives with her black daughter in the same town and the other passes for white with her own daughter. Eventually of course the cousins meet as expected but this story is about more than that. It is about family and race, of course, but also about how identity is formed, what influences shape you and what we become. The writing which at times goes back and forth between timelines is still captivating and remains that way from start to finish. I'm glad it ended up in my hands eventually.

*Carrie Soto is Back* by Taylor Jenkins Reid has been on my TBR pile for awhile and I'm glad I finally got around to it. Reid has yet to disappoint me in her writing, but I was worried the plot of this one may not pull me in as it seemed to be about an unpopular tennis star. Carrie Soto is a force to be reckoned with and is determined to win at any cost and by the time she retires she holds every record. Six years later a new star is about to break them, and she decided to come out of retirement for one final season. She covers both what it's like to be an elite athlete as well as the vulnerabilities of such a life. It's also like all Reid's books and has a great feminist message that will resonate with all readers. I had just finished reading this as I watched the Canadians compete in tennis at the Olympics and it made it all the more enjoyable.

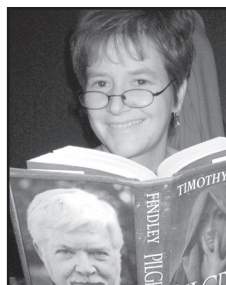
Newer release *All the Colors of the Dark* by Chris Whitaker much like his previous book, *We Begin at the End*, has such beautifully drawn characters you don't want to say goodbye to them. Thank you to my sister's book club for this recommendation, the best book I read on my trip, a definite five star read.

In 1975 an abduction is stopped by a young boy; Patch and this event sets off a lifetime of interconnections and heartache. Whitaker includes a love story, a missing person mystery and the hunt for a serial killer all in the same novel and it works! Even as you become frustrated by some characters action you remain in love with them and at times unexpectedly it makes you laugh. Highly recommend this one.

*The Lost Coast* by Jonathan and Jesse Kellerman continues the Clay Edison series, ex-coroner turned PI. This is book five of the series but reads fine as a stand alone novel so no worries there. I'm

BY  
TRACY  
PRIMEAU

## Between the Covers



always suspect of duo writing especially father-son but this pairing measures up. Leaving the coroner's office should mean a less dangerous working life until it doesn't. Clay starts by looking into a real estate scam for a young man managing his grandmother's estate and ends up discovering a decades old con some are willing to kill to protect. The dialogue and characters are great, and the pace is good as well, they seem to be improving with each book I'm happy to report. You can go back and start at the beginning but there is no need to if you want to start by giving this one a try.

Finally *Wandering Stars* by Tommy Orange was a difficult read but I made my way through it. Orange's first book *There There* was a Pulitzer Prize finalist, and this story picks up on that one in a couple of different ways. First of all, it takes us

back to the ancestors of these characters and covers much of America's treatment of Indigenous peoples from the Sand Creek Massacre in 1864 to Indian industrial schools right up to Orvil Redfeather and his family. It also takes us into the aftermath of the shooting of Orvil and the lasting impacts on his life and those around him. There is a lot to unpack here as Orange's offers insight into the heartbreaking history of Indigenous peoples in North America, but it is definitely worth the read and I enjoyed it more than his first.

I haven't been listening to anything in particular on Audible as I've been hooked on a true crime podcast out of the UK called "Redhanded." If you're a fan of such things you'll love this one.

Reach out to [tracy.primeau@gmail.com](mailto:tracy.primeau@gmail.com) if you'd like to recommend a favourite I've yet to discover.

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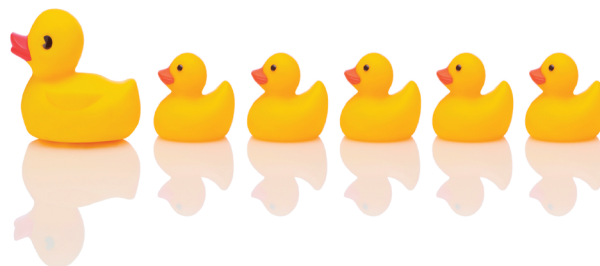
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# Treating strangers as warmly as your friends

I was shopping one evening recently, picking up a few odds and ends in a department store. As one of my purchases was too big to carry around, one of the service clerks left it at the customer service desk, so that I could pick it up when I was finished.

As I approached the desk, there were two clerks there. One was assisting another on the till. She was good naturedly teasing the one she was helping. Both were smiling, and so was the customer. The first clerk was obviously enjoying helping others. When it was my turn, she turned her friendliness towards me. Only later, as we were driving away, did my daughter remind me that the clerk had called me by name before I had even removed my credit card from my wallet. She must have recognized me from the picture at the top of this column. While ringing in my purchases, another clerk came and asked if she could show him some schedule. She responded cheerfully that she certainly could and would do so just as soon as she finished helping me.

I later reflected on the fact that this woman had probably been injecting positive energy into people all day; staff

BY  
GWEN  
RANDALL-YOUNG



## Psychology Today

and customers alike. I wonder if the store manager has any idea what an asset such a person is. She probably has no idea how many people had a better day because of her.

Once I was working with a client who had been suffering from anxiety and depression. She was off work on stress leave. For people in this situation, sometimes even picking up a few groceries can be an overwhelming task.

She came to a session one day with a beautiful story. She had been shopping in a grocery store and had been feeling very sad. She made her way through the store aisle by aisle. Then, as she turned into the next aisle, there was a woman with a shopping cart, moving towards her. The

stranger looked at my client and gave her a big smile. Probably she was a friendly soul, who smiled at people all the time. But that particular day, her smile had an incredible healing effect.

My client said that she was so moved by the fact that a complete stranger would have given her such a friendly smile, that her heart filled with warmth. I think it was as though she had been under dark clouds for a long time, and the strangers smile was like an unexpected ray of sunshine.

What these two friendly women have in common is that they treat strangers as warmly as they would treat their friends. They do not discriminate against strangers. What a shame it is that we often walk around with such straight, serious faces, until we see someone we know. We are all neighbors on this planet, and our stay here is relatively short. A smile or a kind word may impact someone's life in ways you will never know.

*Gwen Randall-Young is an author and award-winning psychologist. For permission to reprint this article, or to obtain books, CDs or MP3s, visit [www.gwen.ca](http://www.gwen.ca). Follow Gwen on Facebook for inspiration.*

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# GBHU shares back-to-school season tips for drivers, pedestrians

September is here and school is back in session.

That means you'll see more children walking or biking on our roadsides and sidewalks - while heading to and from school - and more buses on our roadways.

Here are some tips to help keep our roadways safe for users of all ages - whether you walk, bike, ride the bus, or drive a vehicle.

## Tips for Drivers

- Make sure to come to a complete stop when you see a bus flashing its amber lights.
- Stop at least 20 metres away from a stopped bus.
- After a stop, wait for the bus to start moving again, for the overhead red lights to stop flashing, and for the stop arm to be pulled in before continuing on your way.
- Leave extra time to get to your destination, so you are not feeling rushed.
- Avoid distractions like cell phones and eating while driving.

## Tips for Students

- Walk on the sidewalk, if there is one, and look both ways before crossing the road.

BY  
KAELA  
SALES  
GREY BRUCE  
PUBLIC HEALTH



Grey Bruce  
Public Health

## Seniors Situation

- Be seen. Stay on the sidewalk to make sure you are seen by drivers.
- Get to the bus stop early and wait for the driver to signal before crossing in front of the bus.
- Walk or bike with a buddy, consider starting a 'Walking School Bus' or 'Bike Bus' at your school where a group of students are chaperoned by adults to and from school.
- Older students can be role models for younger students. Follow the rules of the road, wear your helmet when biking/rollerblading/skateboarding, and stay seated on the bus.

## Tips for Seniors

- Choose a familiar route. Avoid heavy traffic areas when you can.
- Avoid driving at certain times of the day. Avoid rush hour, driving at sunrise/

sunset, and driving at night when possible.

• Make sure your mirrors are adjusted properly. Test out how your mirrors work while your vehicle is parked along a street, watch how vehicles move through your side mirrors and rear-view mirror, and adjust as needed.

• Maintain your health. If you wear glasses, make sure your prescription is up-to-date, take your medications as instructed, have your ears checked, eat a balanced diet, and stay hydrated.

• If you notice a change in your driving habits, e.g. feeling more aggravated with other drivers, getting honked at more often, slower reaction time, or complaints from family and friends about your driving, then it may be time to talk to your doctor or take a driving assessment.

If you have had your license suspended, you may book a driving assessment at Closing the Gap in Owen Sound where an Occupational Therapist and a driving instructor will have you complete a variety of tests approved by the Ministry of Transportation to determine if you can safely reobtain your driver's licence.

For more information on this program, call Closing the Gap at 519-370-2165.

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