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Vol. 36 No. 08



Summertime markets abound in Bruce County - so get out there and sample them.

Photo Courtesy of Marine Heritage Artisans and Tastes Market.

Feature Story

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There are a multitude of summer markets across Bruce County, and they're all worth a visit. From large to small, each offers a flavor of this fine County. So hop on your bike or jump in your car and let's get this summer market road trip started!

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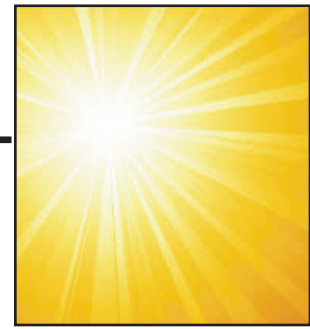
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From the Sunny Side



Let the pipers play! The Kincardine Scottish Pipe Band presents the 34th Annual Gathering of the Bands on Saturday, August 23rd. This is a favourite among residents and visitors! Spend your afternoon listening to live music in Victoria Park and enjoy the family-friendly activities. This event honours the community's Scottish heritage, bringing together multiple pipe bands in Victoria Park, Kincardine - right behind the Welcome Centre at 707 Queen Street. It starts at noon and ends at midnight. There will be the traditional march through downtown Kincardine.

Kincardine's Annual Yoga Fest goes from August 8-10th. Come and celebrate wellness, healthy living and the beauty of the Kincardine shoreline. Participation is by donation with the contributions going to support locals undertaking chemotherapy. The event is hosted by Shakti Rhythm Yoga and Penetangear.

Don't miss Music in the park at Dunsmoor park every Wednesday from 7:30-9:30pm. August 6th is Tom Lambert and friends, August 13th is Steve Deer and friends, August 20th is Bob Fletcher and friends and August 27th Kincardine Community Concert. What to bring: a friend, a lawn chair and good cheer!

The Phantom Piper performs from the historic Kincardine Lighthouse at sunset every summer evening - except Saturdays - until August 31st. Be enchanted by the magic, the mystery, and the melody of Kincardine's Phantom Piper. Bring your lawn chair and listen to the Phantom Piper

Ahoy, mateys! It's the 10th Annual Marine Heritage Day, August 23rd. There will be Playfair Tall Ship Tours, Rescue Unit display and Dockside Tours, OPP Boat Tours, and free Walker House and Lighthouse Tours! Bring the family out for this fun-filled and educational event. It's free!

The Kincardine Legion has great events weekly and monthly from trivia and jam sessions to meat draws... check them out on fb for a listing and their hours, you won't be disappointed!

Shout out to Mimi and Anth on another year of marital bliss. And, last but not least, happy anniversary to my husband, happy happy!

... 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.

Unlocking our isotope opportunity

Southwestern Ontario has a legacy as a key player in the production of cancer-fighting medical isotopes and steps are being taken now to drive greater economic growth in the region.

The Southwestern Ontario Isotope Coalition (SOIC), an alliance of municipalities, Indigenous communities, academic institutions, and industry leaders, is charting a bold course to make the region a hub for isotope innovation and production.

Anchored by Bruce Power - one of the world's largest operating nuclear power generators - the region plays a critical role in global health. It produces Cobalt-60, used to sterilize 40 per cent of the world's single-use medical equipment, and Lutetium-177, a cutting-edge isotope used in targeted cancer treatments.

Beginning from this position of strength, the SOIC is looking to grow an isotopes ecosystem across southwestern Ontario through a plan outlined in its recent report, *Unlocking our Isotope Opportunity: Review of Regional Opportunities*, available at southwesternontarioisotopecoalition.ca.

Formed in 2023, the Coalition has conducted a sweeping review of the region's strengths and challenges. While the region boasts world-class infrastructure and partnerships, it faces hurdles in workforce development, infrastructure gaps, and public awareness. Yet these challenges are being met with a strategic, community-driven action plan.

One of the most inspiring aspects of this initiative is the partnership with the Saugeen Ojibway Nation. Through the Gamzook'aamin Aakoziiwin collaboration - meaning "We are teaming up to fight the sickness" - Indigenous leadership is



John Peevers
Director, Community
and Media Relations

helping to shape a more inclusive and resilient isotope economy. This partnership is creating lasting economic opportunities for Indigenous communities.

The SOIC's roadmap includes 12 actionable recommendations, including building on partnerships with Indigenous communities, leveraging regional development funds, proposing a joint feasibility study on expanding isotope technology in rural Ontario, increasing awareness, strengthening co-ordination and advocacy, securing political support, align skills development, education and training, and advocating for streamlined radiopharmaceutical approvals in Ontario and Canada.

Perhaps most importantly, the SOIC is fostering a culture of collaboration. By aligning regional efforts with national priorities, and by engaging stakeholders across sectors, the Coalition is positioning southwestern Ontario as a beacon of innovation in nuclear medicine.

As global demand for medical isotopes continues to rise, the SOIC's work is a blueprint for how communities can lead with purpose, equity, and vision. Southwestern Ontario is not just unlocking an opportunity - it's shaping the future of health care.

"The SOIC is focused on unlocking the full potential of the isotope sector in southwestern Ontario," said the message from the co-chairs in the SOIC's recent report. "By aligning with national priorities and supporting the growth of a resilient and future-ready isotope ecosystem, the Coalition is helping fuel long-term economic development, job creation and scientific leadership for the region."

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Art as an essential part of life: Teesewater painter

BY
SHAUNA TAYLOR
BRUCE COUNTY MUSEUM &
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CURATORIAL ASSISTANT

Historically Speaking



Alan Weinstein's creative and curious spirit was evident from a young age. His parents, Bess and Moe, nurtured his artistic pursuits. After receiving an illustrated book of Rembrandt as a Bar Mitzvah gift, 13-year-old Alan wanted to try his hand at figurative oil painting. So, Moe built a brace for a 30x42" Masonite board for Alan to paint. As a teen, they sent him to the National Music Camp over the summers, where he thrived on theatre.

Growing up, Alan delighted in visits to museums and galleries. In fact, they became a lifelong source of inspiration for the artist. In Alan's own words: "face to face with a given cultural artifact, I have the inclination to become transfixed, to be transported to a transcendent place [...] with some art, I wholly sense the pulse of the eternal."

Student at Princeton

When Alan was a student at Princeton University, he visited the house of a contemporary artist named Ben Shahn. Alan had seen plenty of art in museums, but he had never seen so much art in someone's home – artworks created by Ben, by his wife and children, by friends and fellow artists. Author Rick Archbold frames this pivotal experience succinctly: "Here was someone for whom art wasn't on a pedestal, it was simply part of ordinary daily life. An Essential part."

You need only to glimpse a portion of Alan's prolific artistic output to see that this became true of his life as well. In 1963 he married author Rocío Lasansky (AKA Nina Barragan) and together they built a life where creativity formed a central tenant. The couple currently maintains home studios in Teeswater and Iowa City, where they raised four children and produced hundreds of creative works. Alan has taught at Georgian College and the Universities of Saskatchewan, Guelph, and Texas at San Antonio. His work has been exhibited and collected across North America and abroad, including over 500 of his paintings held in the BCM&CC collection.

Source: "Alan Weinstein: The Bruce County



Collection 1970-2015", text by Rick Archbold. Weinstein, 2004, acrylic on canvas, 51x109cm, Image: "Woods and Clearing" by Alan BCM&CC collection A2021.022.437.



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Do you wonder what those mystery shelters are?

I You may have wondered what these little structures are along our roadways. They're basically two pressure-treated posts with a small shingled roof. The purpose of these is to provide nest sites for Barn Swallows.

Let me start by giving some background. Barn Swallows, like many of our aerial insectivores, (birds that eat insects while in flight), such as Chimney Swifts, and Whippoorwills etc. have been dwindling in numbers. There are a number of possible reasons for this. Over 60 years ago, it became apparent that the DDT pesticides we were using was also killing many bird species. The pesticides we now use are supposedly ten thousand times less harmful to birds, but are so efficient at killing insects that we are now starving birds to death. Any old-timer will tell you how many bugs used to splatter the windshield while driving which hardly happens today.

Beams for Swallows

Today's farming practices have changed a lot to the detriment of Barn Swallows. Remember the old wooden barns with a hay loft above and the manger below for horses and cattle. The doors were left wide open and there were wooden beams for swallows to nest on and always plenty of manure attracting fat juicy flies as swallow food. Today's barns are mostly metal and are kept much more sanitary. Many of the roof rafters are so close to the metal roofing that the young would be cooked.

At first thought, these little nest sites seem to be a good idea, but it seems this is another misguided program. I'm not sure how many millions have been spent.

To start, Barn Swallows are not using them. They have also placed them along busy roadways increasing the chance that these birds would be hit by traffic. I have seen many along 400 series highways.

You may have heard of eBird, an APP for reporting bird sightings and information. It's likely the biggest citizen science endeavours ever. Literally thousands of people are contributing data every day from all over the world. Ornithologists have never had this much information available to them before.

Even though Barn Swallow numbers are down here in Ontario, these birds are

BY
MARSHALL
BYLE

Rooftops



found throughout the World, and in no threat of becoming extinct. According

to eBird, the four most populace bird species on earth are: Starlings, House Sparrows, Ring-billed Gulls, and Barn Swallows.

Having said all that, we still should be paying attention as to what we are doing to our environment that is harming any bird species. Birds are the warm-blooded animals that are the closest to the environment. Like the Canary in a gold mine, if they can't survive, are we next?

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Replace Thermal Unit

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



Vern

window and it will eventually cause the 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.

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Incredible Summertime Markets!



Summertime markets abound in Bruce County - so get out there and sample them.

Photo Courtesy of Marine Heritage Artisans and Tastes Market.

It's summertime. Time to explore this amazing County of ours and experience some of the wonderful things it has to offer. And one way to get a taste of the region, so to speak, is to tour its summer markets.

That's right, those outdoor marketplaces constructed of tents and tables and sun-canopies that appear in parks and on beaches between late-May and Labour Day. Traditionally featuring fresh fare from local farmers, summer markets have become so much more. They're now a shopper's paradise! Along with purchasing locally grown beans, peas and potatoes, market-goers can sample jams, jellies and hot sauces, browse through artisan crafts, sample homemade breads and butter tarts, even taste the commodities of local vineyards.

There are a multitude of summer markets across Bruce County, and they're all worth a visit. From large to small, each offers a flavor of this fine County. So hop on your bike or jump in your car and let's get this road trip started!

First stop, Kincardine's Market in the Park. Every Monday from Victoria Day until the kids go back to school, Victoria Park in the heart of Kincardine fills with more than 60 farmers, artists and merchants offering a vast assortment of goods. And I mean vast. Fresh produce, baked goods, woodcraft, clothing, accessories, books, toys ...

And this summer, on one Monday each month, the Market in the Park will morph into Markets on Queen. Promenade through downtown Kincardine where vendors and businesses will line the main street for almost half a kilometer. There'll be food, music and shopping. Don't miss the last two dates for this special event – August 25th and September 8th from 7 a.m. to 3:30 p.m. You won't be disappointed!

Located on the central street of Paisley (486 Queen Street South), Orchard Landing is the former Paisley Farmers Market redesigned. Offering an indoor market setting every Friday and Saturday from 5 a.m. to 7 p.m., it celebrates food that is locally grown, baked or cooked – from fresh fruits and veggies, to sourdough, fig, and blueberry breads, to maple syrup, organic ciders, farm-fresh eggs, and more. One can also find all manner of food-related crafts such as hand-sewn aprons, carved wooden bowls, and serving boards.

Held every Wednesday from the first one in June to the last

one in September, is the Port Elgin Farmers Market. Head to the corner of Bricker and Green Street and wander from table to table talking to local growers and artisans about produce and meats, olive oils, soaps, jewelry, paintings, and more.

Heading up the road to Southampton will bring you to the Marine Heritage Artisans & Tastes Market, held every Friday in July and August at the corner of Albert and High Street, just behind the Southampton Town Hall.

What began as a small initiative to raise funds for the Marine Heritage Society - a not-for-profit group of volunteers dedicated to the preservation and enhancement of Saugeen Shores' rich marine history - the Artisans & Tastes Market has grown into an annual outdoor summer event with 50+ vendors showcasing an incredible variety of homemade, handcrafted, and homegrown products.

"The market has become a vibrant and welcoming community experience for locals and visitors alike," says co-organizer, Deb Kaufman. "It has everything from local wines and books by area authors, to original artwork, fresh produce, flowers, preserves and much more. It's a true celebration of local talent, craftsmanship, and community spirit."

Get your road trip started!

The market tour continues in Sauble Beach, where every Monday and Thursday throughout the summer, colourful rows of tents pop up in the Town Square, ready for locals and tourists to survey area food and products. And with the beach right there, families can make a day of it, sunning, swimming and browsing through the market.

The summer markets don't end at Sauble Beach, either. Saturday mornings between Victoria Day and Thanksgiving take on a festive air in Lion's Head with a farmers market on the beach. Offering a wide range of local produce, baked goods, meats, cheeses, as well as crafts, this market also boasts live music and slides and swings to amuse the kids.

Then there is the Tobermory Marketplace, the Friday Farmers Market in downtown Wiarton and of course, no summer market road trip would be complete without a visit to the Keady Market ... the list goes on.

So what are you waiting for? Get your road trip started. Most of the summer markets will disappear come Labour Day and you don't want to miss a single one.

To help plan your market adventure, go to www.explorethebruce and search for farmers markets.

by Doug Archer

When the feet whisper, listen before they Scream



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

August is a time when we're often more active - walking, traveling, enjoying warm weather, or spending long hours on our feet. But while you're out enjoying summer, your body may be trying to get your attention. And it rarely starts with a scream - it begins with a whisper.

That ache in your heel when you first get out of bed. A bit of soreness in your arch after a long walk. A pinch at your toes in your favorite sandals. These small signals may not seem like much now—but they are your body's way of asking for help.

As a pedorthist, I often see clients who wish they'd acted sooner. By the time foot pain becomes unbearable, the issue has usually progressed. But when we catch it early, a simple footwear adjustment, custom orthotic, or gait correction can prevent more serious problems like plantar fasciitis, tendonitis, or joint misalignment.

In August, heat and activity can worsen foot swelling, reduce circulation, and increase wear and tear. It's the perfect time to check in with your body—and your feet. Are your shoes supporting you properly? Are you more tired at the end of the day than usual? Are you compensating in your knees or back?

Listening to those subtle signs—those whispers—can keep you mobile, pain-free, and active longer. Don't wait until your body has to shout.

If something feels "off," come in for a quick assessment. Together, we'll make sure your foundation is strong, supported, and ready for whatever the rest of summer brings.

If you would like to book an appointment at Maple Shores Health Centre for a full pedorthic assessment please visit www.mapleshores.ca or call 519-538-4500.*



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Small losses, big costs: What to know before you file a claim

If you've ever had your mailbox knocked over in a windstorm, lost a bike out of the shed, or had a fender bender pulling out of the hockey arena parking lot—your first thought might be, "That's what I have insurance for, right?"

Not always.

What's the Catch?

In Ontario, filing a claim—especially a small one—can have long-term effects. Even a minor claim can cause your premiums to go up at renewal, sometimes by hundreds of dollars. And in many cases, that increase sticks around for up to six years. So that \$1,200 you got back for a stolen snowblower? It might cost you \$1,800 more over time.

And Then There's the Deductible

Most home and auto policies have deductibles, usually \$500, \$1,000, or more. If your loss only exceeds your deductible by a few hundred bucks, it might not be worth filing at all. That's why a lot of people around here call their broker first to talk it through—just to make sure it makes sense. It's also why it often makes sense to consider a higher deductible—those typically come with a discount on your premium, and if you're unlikely to file small claims anyway, it can be a smart way to save money year after year.

So... What Am I Actually Paying For?

We get this question a lot: If I don't want to file small claims, what's the point of paying premiums at all?

The truth is, you're paying for protection against the big stuff. The stuff that would be financially overwhelming to handle on your own. A house fire. A serious car accident. A liability lawsuit. These are the moments where insurance really earns its keep.

You're also paying for:

- Claims support when something serious does happen
- Legal protection in case you're sued
- Emergency help, like if your home becomes unlivable
- Peace of mind—so you can sleep at night even if the storm is raging outside

When to File, and

When to Think Twice

If the damage is big, sudden, and something you can't afford to cover on your own, file the claim. That's what your insurance is there for. But if it's something minor—or just a little above your deductible—it's worth having a

BY
TODD
FARRELL



Are You Covered?

conversation first. Your broker can help you weigh the pros and cons, and make sure you're not setting yourself up for a

future rate hike.

Bottom line: Insurance is there to protect your future, not to pay for every little bump in the road (or in the laneway). When in doubt, give your broker a call.

Marketplace

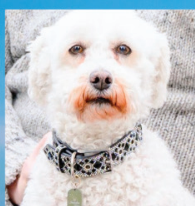
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I've found the book of the summer!

In true Stephen King style, I read another "unputdownable" book this month called *Whistle* by Linwood Barclay. This one is a step away from his usual crime and suspense writing into the supernatural realm somewhat. Annie Blunt has had a terrible year losing her husband in a tragic accident and having her writing impacted by another tragedy and now her and her son Charlie have decided to retreat to a small town. King himself gave it a "terrific" review and I couldn't agree more. It's Barclay's first foray into this genre and it's a good one filled with twists and turns it kept me on the edge of my seat. Highly recommend.

I also truly enjoyed Taylor Jenkins Reid's newest book *Atmosphere*, its been awhile since a book made me cry and of course I finished it on an airplane where I'm sure my seatmates thought I was losing it.

I've yet to be disappointed by a book by Reid although I haven't read them all and this one may surpass *Daisy Jones* and *Evelyn Hugo*. Like many of her stories the time it's set in becomes its own character and this one is the 1980s. This was another five-star review for me, and I would say it is the "book of the summer." A brilliant physics and astronomy professor Joan Goodwin joins the second class of NASA astronauts accepting women and is surrounded by a group of brilliant candidates who begin their training on their way to space. But more than being a space story its both a love story and a thriller. Written in two different timelines and so beautifully intertwined you will find yourself rushing to the conclusion and then sad when it's over.

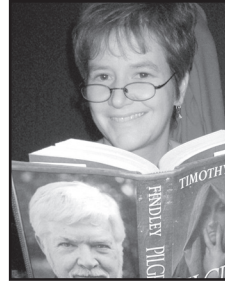
Did not Disappoint

I went back and picked up *Malibu Rising* also by Reid as it was a book I had purchased some time ago and never read and it too did not disappoint. Set in the 60s to 80s it too uses that time in America to push forward the story of three siblings who must raise themselves in the surfing community of Malibu. I'd give this one four stars which is usually my highest rating on good reads.

The Better Sister by Alafair Burke is currently streaming on Prime and looked interesting so I picked up the book to give it a read. When a prominent lawyer is found dead in his home his wife immediately falls under suspicion as does her stepson. Her estranged sister

BY
TRACY
PRIMEAU

Between the Covers



and the man's first wife and mother to the son shows up to support and infiltrate herself back into their lives. As suspicion turns to their son/nephew, the sisters are forced to unite, find the truth and deal with

their past history. It also offers a great mystery, courtroom drama and the impact of curating a persona on social media that is not what it seems. I enjoyed it, easy beach read for sure.

Currently listening to *Oracle*, only available on Audible starring Joshua Jackson, bit of a mystery thriller with a touch of the supernatural much like Barclay's book mentioned above. There are three "seasons", and I've just started the first one so no solid recommendation yet.

If you have any recommendations - as always tracy.primeau@gmail.com.

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BY
SHERYL
STEINHOFF



Paisley Current

Heritage Show

Saturday, August 9 the Paisley Legion welcomes back 'Larry & Holly from the Cowboy Up Band' for a kitchen party and community sing along. The party is from 5-8pm and admission is by donation. A summer supper plate will be available for purchase. On the same night there will be a Cenotaph Service at 6pm to commemorate National Peacekeepers Day in Canada. A second Cenotaph Service will be held on August 19 at 6pm to Commemorate the Battle of Dieppe. Everyone is welcome. Summer Art Camp for children four to seven years of age runs from August 18-22 from 9am to noon each day at the Legion. Contact travellingartlab@gmail.com.

The children's summer camps continue at the Treasure Chest Museum. They are offering a number of activities every Wednesday from 1-3pm for children ages six to 11. Pre-register on the Municipality of Arran-Elderslie website under the Treasure Chest Museum tab.

The 32nd Annual Bruce County Heritage Farm Show takes place from Friday, August 15 to Sunday, August 17. There is something for everyone to enjoy as well as live entertainment all weekend long. Sunday morning there is church service at 10am. The show grounds are located south of Paisley on Bruce County Road 3 (89 Concession 2). 'Rough camping' is offered to members, vendors, demonstrators and exhibitors. Sites are available on a first-come first-served basis. Contact Jackie Flynn at 519-927-3581 or email bchacamping@gmail.com. For more visit www.bruceheritage.com.

You will want to mark Saturday, August 30 on your calendar for the annual Paisley Firemen's Breakfast at the Palace located at the Paisley Fairgrounds. Breakfast is served from 8-11am. Enjoy an amazing big breakfast, meet your firefighters and bring any questions you have on fire safety.

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

BY
TAMRICK
COURT



Saugeen Shores

Gran Fondo

The Jack Drury Memorial Dirt Bowl is Saturday, August 2nd. This year it is the first-ever, an exciting day all while supporting Youth Mental Health through WES for Youth Online and local youth initiatives. The event will be held at the Southampton Golf and Country Club. For more memorial.dirtbowl@gmail.com.

Head over to the Port Elgin Farmers Market every Wednesday from 9am-2pm at the corner of Bricker and Green Streets. There will be a variety of artisans, local community groups and many more.

The 14th annual Historic Saugeen Metis Rendezvous will be held Saturday, August 9th from 11am-3pm at Pioneer Park in Southampton. All are welcome to attend an afternoon of Métis fiddle music, cultural displays and more. In case of rain the event will be held at the Southampton Curling Club. For more call 519-483-4000.

The Gran Fondo Lake Huron cycling event will be held Saturday, August 16th. The proceeds raised go directly toward critical hospital equipment not covered by government funding, and in support of Saugeen Memorial Hospital Foundation.

Everyone is invited to the Saugeen First Nation's night market, held every Thursday evening in August from 4pm-8pm at the Band Office in Southampton. There is something of interest for everyone. For more contact Brittany at 226-930-1932.

Cruisers Cruise nights are held Thursday evenings and will run until the end of August at the Flag in Southampton. Every Thursday night from 6:30pm-9pm. For more information contact the Chamber at 519-832-2332.

The Marine Heritage Artisans Craft and Food Taste Market continues every Friday in August from 9am-2pm. The market will be located at 26 Albert St, Southampton. For more information contact Deb at 519-797-5862.

Wishing my daughter Madison and son-in-law Kaleb a happy first anniversary.

If you have an event you would like mentioned: tamrickcourt@gmail.com or call 519-386-1400.

BY
KRISTEN
PRENTICE



Ripley/Lucknow Happenings

Evening Tours!

Don't miss out on the family favourite event in Point Clark! Hosted by the Point Clark Beach Association, the annual Bike Parade rolls out on Sunday, August 3rd at 10am. Starting at Blue Park, participants will ride together to the Lighthouse for a BBQ. Decorate your bikes and come be part of this fun summer tradition!

On Friday and Saturday, August 9th and 10th from 10am-4pm, take part in the Group Garden Tour Fundraiser in support of the Bruce Botanical Food Gardens. Tickets are available during garden operating hours or online through the BBFG's Facebook page.

New this year, the Point Clark Lighthouse is offering evening tours on August 14th and 28th. The lighthouse will be open from 10:30am-8:30pm. Regular guided tours continue daily from 10:30am-5pm until September 2nd. Book online at <https://secretsofthebackforty.com/point-clark-lighthouse/>.

Kids can get in on the fun every Friday at the Lighthouse with free children's programming, for ages 5-12. This program is proudly sponsored by Bruce Power. Check the community events calendar <https://events.huronkinloss.com/>.

Saturday, August 16th, the Ripley Food, Art and Craft Festival returns from 9am-2pm. With over 50 vendors. Proceeds going toward the Ripley Downtown Revitalization Project.

August 16th, head to the Pine River United Church from 4:30-6:30pm. Enjoy a picnic and live entertainment. To purchase, contact Vaughn Munro at 226-396-5415 or Gary Rutledge at 519-955-2323.

The Ainsdale Golf Classic is August 16th presented by Shoreline Power Group, all proceeds support local youth sports.

On Sunday, August 17th support the Point Clark Pickleball volunteers by registering a team in their Pickleball fundraising tournament, raising funds to build permanent pickleball courts in Point Clark. Register by August 1st at <https://app.univerusrec.com/huronkinlosspub/courses/index.asp>.

It started 18 years ago - Doug Goar and his Volunteerism

As retiree Doug Goar puts it, “the best thing about retired life is that it gives you the opportunity to delve into all the things you want to do.” The only problem is, Doug wants to do everything. “I love being busy and involved,” he says. So since becoming a pensioner almost two decades ago, he has set about doing just that.



It started 18 years ago when Doug and his wife saw a need for nutritional and social support in their community and decided to establish the Southampton Community Supper Program. That

was in 2007. Doug is still running the program, which today has over 80 volunteers who provide meals to the community twice per month during the fall, winter and spring, serving an average

BY
DOUG
ARCHER

Portrait of a Retiree



of 90 to 100 people at every supper!

Doug has also volunteered at the Bruce County Museum & Cultural Centre cataloguing historical artifacts. He is actively involved with his Church, where he is a warden, Council member, and lay reader. And this summer he is again active with the Marine Heritage Society, sharing his passion for local marine history.

A volunteer tour guide with the Marine Heritage Society for over 10 years, Doug takes visitors to the lighthouse on Chantry Island and regales them with tales of stormy nights, heroic lighthouse keepers, and rescue missions on Lake Huron. He is also co-chair of the organizing committee for the annual Marine Heritage Festival, an annual celebration of

Southampton’s maritime past.

Doug tells me his wife, who, sadly, passed away recently, would joke that he had the words ‘pick me’ engraved on his forehead. “I can’t seem to say no to any request to volunteer or help out,” he admits. “But being busy works for me. My biggest challenge is trying to juggle my time, so that I can contribute to all the organizations I volunteer for, while still trying to do all the other things that feed my soul.”

Like singing and travelling.

A lover of music, Doug showcases his vocal talents in three local choirs and has travelled with the groups to music festivals across Canada and internationally to England, Austria, and the Czech Republic. He also travels when he’s not with the choir, having visited 40+ countries and counting. He has even worked with a local tour company, leading several secondary school groups to Europe as a tour manager.

Doug has no plans to retire from his retirement pursuits anytime soon. “As long as I’m enjoying myself, I’ll definitely continue. Like I said before, I love being busy.”

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How fatigue affects us - our environment has changed

Scientists now tell us that fatigue can create as much impairment as alcohol. Fatigue seems to be a side effect of busy lifestyles. In earlier times, people rose with the sun and slept when it got dark. Sure, they had candles and lanterns, but there was just not that much to do after dark.

Biologically we are not that different from our ancestors, but our environment has changed drastically. With television and computers, we can find entertainment 24-hours of the day. All this stimulation distracts us from our biological instincts.

Students have extracurricular activities and homework to keep them stimulated right up until bedtime. Many adults, and children I suppose, have television sets in the bedroom which are turned on until its time to turn out the lights. The mind is activated right up until sleep time.

This is quite different from the days when the time after supper was spent quietly reading or doing a craft, the family together slowing down, perhaps reflecting on the day. This time allowed the mind to slow down, and the body to relax, all in preparation for a restful sleep.

What happens in the hours before bedtime does affect the quality of sleep. Neurologists say bright screens stimulate the part of the

BY
GWEN
RANDALL-YOUNG

Psychology Today



brain designed to keep us awake. Screen time prior to sleep can lead to a restless sleep. Scientists say that two or more hours of screen time in the evening can seriously disrupt the melatonin surge from the pineal

gland secretes.

Even without screen time, a busy, stressed mind will not allow for the deep restoring sleep our bodies require. Fatigue can result from insufficient sleep, or from poor quality sleep. Fatigue then affects the quality of our waking lives in ways which may create further stress, and so the cycle continues.

We would not go to school or work in an inebriated state, yet fatigue makes us just as dysfunctional. Wisdom, then, would dictate that we place greater importance on the amount and quality of sleep we are getting. A good night's sleep makes almost everything go better.

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Physical environment can have a significant impact on health

The physical environment - where we live, work, and play - is an important social determinant of health.

It includes both the natural environment around us (water, air, soil, weather) and the built environment (housing, neighbourhood design, roads, and transportation systems).

These factors directly influence our ability to stay healthy and safe.

Geographic areas can be classified as being rural or urban (based on population size, density, and development), and where an individual lives can impact health behaviours, health status, and health outcomes.

In Grey-Bruce, the impact of the physical environment on health is significant due to the region's large rural composition:

- 53 per cent of residents live in rural areas, compared to just 17 per cent across Ontario.

- The population density in Grey-Bruce is 20.5 people/km², much lower than 76.0 people/km² in Southwestern Ontario.

- Owen Sound is the only city in Grey-Bruce, home to 12.4 per cent of the region's population.

Rural areas offer unique opportunities for physical activity through access to natural environments, such as parks, trails,

BY
TIM DUIVESTYEN
HEALTH PROMOTER
GREY-BRUCE
PUBLIC HEALTH



Seniors Situation

Grey Bruce
Public Health

forests, lakes, and open green spaces. These settings encourage activities like walking, hiking, biking, swimming, and gardening, which benefit both physical and mental health.

This connection to nature can foster a lifelong habit of exercise and contribute to overall healthier lifestyles.

Rural areas tend to have better air quality, with fewer vehicles and industrial pollution, reducing the risk of respiratory problems.

Rural populations can foster close-knit communities, which support mental health through social connection and a sense of belonging.

Living in a rural area may also come with unique health challenges.

In Canada, rural residents are more likely to experience poorer socioeconomic conditions, lower educational attainment, and higher rates of chronic disease

compared to those in urban settings.

Limited access to health services can be a significant issue, and individuals may not have timely access to emergency and acute care, diagnostic services, or specialized care.

Further, rural areas may have limited public transportation options and long distances between essential services that can lead to difficulties in accessing health and social services.

Urban areas may provide better access to healthcare, education, and employment opportunities. Urban areas may also have better transportation services.

However, rapid urbanization can also bring serious health challenges - such as increased pollution, overcrowding, and inadequate housing - that tend to affect society's most vulnerable groups the most.

Public health strategies, public policies, and community-driven initiatives that address the physical environment are key to ensuring the health of individuals and communities across Grey-Bruce and beyond. Understanding and addressing the differences between rural and urban areas is vital to reducing health inequities and ensuring that all individuals - regardless of where they live - have the opportunity to live healthy lives.

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