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Vol. 36 No. 11



The Kincardine Reunion takes place every 10 years, and planning is now underway for the next big celebration, taking place August 3rd-7th, 2028.

Feature Story

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What started as a whisper is no longer a secret. There was no greater way to kick-off the 2028 Kincardine Reunion by saying farewell one last time to Madison Violet. Madison Violet "Last Call Tour" was on Sunday, September 28, and was the launch of Kincardine 2028 Reunion!

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Marketplace

is published the first of each month and is distributed by mail to 13,000 homes and businesses, reaching Kincardine, Tiverton, Ripley, Lucknow, Point Clark, Holyrood, Paisley, Port Elgin and Southampton.

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Pub. Mail Agreement #40032950 * Paid advertisement.
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From the Sunny Side



'Tis the season for giving. the Kincardine Community Services - Children's Christmas Campaign. Community volunteer-run service providing Christmas gift cards for families, with children under the age of 18 and living at home, in need. Referrals of families (with children 18 years and younger) through social service agencies are due in November, you can donate financially or with a gift card. Gift card envelopes will be distributed in December. Any questions, kincardinehampers@gmail.com.

Tiverton and District Lions Christmas Bazaar is on Saturday, November 8th at the Whitney Crawford Community Centre from 9:30am-2:30pm. Lunch available, free admission.

Medium Kelly Elson will be coming to Tiverton at the Whitney Crawford Thursday, November 6 starting at 7pm for a 90-minute group reading. There are only 50 tickets available. Snacks will be included with ticket purchase and refreshments available for purchase. Tickets can be purchased online at <https://events.frontdoor.plus/event/1584>.

Remembrance Day "Ring of the Peace Bell" at the Knox Church Kincardine on Tuesday, 11 November at 7pm. You are invited to attend the Knox Church's respectful acknowledgement of the sacrifices of Canada's soldiers who fought and died for their country. The ceremony starts at 7pm. The Legion flag bearers will participate along with several of Kincardine's finest vocalists. Songs will include "Christmas 1915", "I Vow to Thee My Country" and "We Rise Again". The ceremony will end with a stirring of "Highland Cathedral".

November 21st is a time to celebrate the start of the Holiday season with an old-fashioned Christmas on Queen Street, Kincardine! Horse-drawn carriage rides, food, carollers, music, shopping, and a visit from Jolly ol'Saint Nick! For more info <https://www.lakesidedowntownkincardine.com>.

The 2025 Kincardine and District Chamber of Commerce Santa Claus Parade is happening on Saturday, November 29th. Help spread holiday cheer and volunteer for the parade. It's a great activity to do with friends or family, to earn some high school volunteer hours, or to maybe make your way onto the "nice list!" For more information or to volunteer email: kincardinechristmasparade@gmail.com

The wait is over!!! Don't miss Kincardine Theatre Guild's "Into the Woods"! The show starts November 20th and goes until December 6th! For more information on tickets and dates visit kincardinetheatreguild.com/.

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.

Consider giving if you're able

As the holiday season nears, many of us look forward to time with family and friends, filled with warmth and comfort.

For too many in our region, however, this time of year brings added stress as they struggle to meet basic needs such as food and warm clothing, especially as the cost of living continues to rise.

According to Public Health Ontario, approximately one in four households in the province experiences food insecurity. Here at home, area food banks are seeing this increased demand.

"Last year, we served more than 5,000 people and we've already surpassed that number this year," said a volunteer spokesperson for the Kincardine Food Bank. "Demand is certainly growing and we're serving new people every week."

Local food banks are grateful for the support of residents and businesses that can donate items and money to help meet the demand. The Kincardine Food Bank alone spends more than \$10,000 a month to purchase items to go along with donated items, with 100 per cent of funds going to food and personal items since all overhead is donated and staffing is by volunteers.

Items such as canned goods, rice, powdered milk, coffee and peanut butter help immensely as donations but food banks also seeing more need for personal items such as laundry and dish soaps, and feminine hygiene products.

Bruce Power and its supplier partners are donating to several area charities and food banks on behalf of their employees and we encourage everyone to give what they can, whether it's a



John Peevers
Director, Community
and Media Relations

donation of non-perishable food and personal items, winter clothing, or a financial contribution.

We look at this not as a nice thing to do, but as part of our responsibility as a major employer in the region. This year we're contributing goods and funds to:

- On-site warm winter clothing drive for Saugeen and Nawash, led by members of our Indigenous Network.
- \$2,000 to each of 38 food banks across Bruce, Grey and Huron and Saugeen Ojibway Nation communities
- Grocery store gift cards distributed through local schools and women's shelters.
- Warm winter clothing for Bruce Grey Child and Family Services and Huron Perth Children's Aid Society.

• Community meal programs in Owen Sound, Kincardine, Port Elgin, Chesley, Walkerton and Hanover

• Homeless shelters in Bruce and Grey counties

Bruce Power and its supplier partners are also helping to support a Toy and Hamper Drive in collaboration with United Way of Bruce Grey. We invite members of the public as well as our employees to donate to approximately 25 different local initiatives at www.brucepowertoydrive.com. Funds will be distributed to nearly 25 local toy/hamper drives in Bruce, Grey and Huron counties, women's shelters across three counties, and SON communities/women's shelters.

Remember that every act of generosity makes a difference. Please reach out to the food bank or charitable organization of your choice and give if you're able.

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Never Forgotten: Raoul Laureston Hyslop

Private Raoul Laureston “Ray” Hyslop was born and raised in Walkerton, Ontario. He enlisted in the First World War five days after his 22nd birthday. While Ray’s First World War personnel records provide information such as biographical details, military experience, pay and medical history, they do not shed much light on who Ray was as a young person.

Ray was the first soldier from the town of Walkerton to be killed in the First World War. He was only 23 when he was killed in action in France on June 3, 1916. His parents, Thomas and Margaret [Bergman], as well as his siblings (Jennie, Allan and Florena “Madaleen”) are all buried in the Walkerton Cemetery (along with Ray). Jennie married Harvey Norrish and lived to be about 102 years old. Ray’s brother Allan died at the age of 3. Madaleen married Norman Lamkin and died at the age of 94.

Lost a line of trenches

Ray’s good friend from the A company of the 49th Battalion, Private Thomas Eaves, kindly wrote a letter to Ray’s parents after his passing which was published in an issue of *The Walkerton Telescope*. Eaves starts his letter by explaining that “the Canadians lost a line of trenches, and our Battalion was called upon to take them back. I was with your gallant son when we charged over the parapet and he died fighting to the last.” Eaves shares with Thomas and Margaret that Ray didn’t suffer any pain. His letter reaffirms for his family (and shares with new readers who didn’t know Ray) that he was a loved young man with many friends; he expresses how much his beloved comrade meant to him by telling them that “if I live to be a hundred, I will never forget him.”

Carried a bible

Eaves also mentions in his letter that he is sending the family Ray’s personal effects, including a bible. Ray was known to have carried the bible with him, tucking it safely inside his helmet. His mother Margaret had transcribed inside the front cover, “To Ray. From your loving Mother wishing you a Happy Birthday / Jan 13th. 1914”. Fast forward about 110 years later and that bible has become part of the archival collection at the Bruce County Museum & Cultural Centre, where it will be preserved for future generations to

BY
HEATHER CALLAGHAN
BRUCE COUNTY MUSEUM &
CULTURAL CENTRE
ARCHIVAL ASSISTANT

Historically Speaking



discover and appreciate.

Like so many others, Ray bravely fought for his country, his loved ones, and our freedom. Ray is someone that

we will remember with gratitude and admiration. *Lest we forget.*

Sources

First World War personnel records (“Raoul Laureston Hyslop”), in *Library and Archives Canada*. Accessed on September 26, 2025. Reference RG 150, Accession 1992-93/166, Box 4680 – 38.

The Walkerton Telescope, “He died fighting : Ray Hyslop’s battalion nearly annihilated in the awful battle of June 3rd”, June 29, 1916.



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My trip to the Faroe Islands was incredible!

Nineteenth century philosopher Ralph Waldo Emerson once said, 'It's not the destination, it's the journey'. But let's be serious, sometimes the destination can make all the difference.

A case in point is the Faroe Islands. With 74 countries visited to date and plans to visit a great many others-my wife, Corinne, and I are what you might call devoted travellers. And more and more - call it a reaction to the turbulent times we live in - we find ourselves searching out destinations that are off the beaten path. Well, very few destinations are more off the beaten path than the Faroe Islands from which we recently returned.



An archipelago made up of 18 mountainous islands located between Iceland and Norway, the Faroes are a territory of the Kingdom of Denmark - just don't remind anyone who lives there of that fact. To hear the locals tell it, they are a country unto themselves.

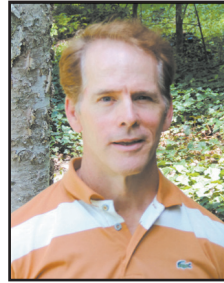
The people of the Faroe Islands are as friendly as Newfoundlanders. The landscape is wild and rugged. And the hiking and awe-inspiring vistas are endless. The one drawback is that it rained almost everyday we were there - the islands see precipitation almost 300 days a year. But it was an on-and-off drizzle that just served to keep a constant rainbow over our heads.

We travelled from island to island by ferryboat, and by car through undersea tunnels, trekking along towering cliffs, gawking at majestic sea stacks and waterfalls and doing our best to avoid the sheep roaming the mountain trails. And like the pot of gold at the end of the rainbow, at the end of every trail we travelled was a tiny village filled with grass-roofed houses, colourful fishing boats, and the remnants of the ancient Viking settlements that once thrived here.

Of course, in every village there was

BY
DOUG
ARCHER

Portrait of a Retiree



also ice cold Slupp (the local beer), wonderful food and an opportunity to blow through the limit on our credit card. Food in the Faroes is outrageously expensive. The soups and pastries and fresh fish -

especially the famous Faroese salmon - were delicious, but they literally cost fistfuls of Krona! A dinner of Angus beef was priced at the equivalent of \$300 Cdn!!! Despite the prices, seldom have we been so reluctant, or saddened, to leave a place. In this remote island region, against the backdrop of a world in turmoil, we were able not only to lose ourselves for a time ... but to find ourselves.

Onward now. There are more journeys to take, more destinations to explore. We're thinking of a winter trip to Lapland for snow-hiking, overnight stays in ice huts, and dogsledding in search of reindeer.



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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.

2. Big toe raises - Keeping the feet flat on the floor, attempt to raise the big



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

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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Kincardine 2028 Reunion!

These are early days in the preparations for the 2028 Kincardine Reunion (for newcomers to our community on the shores of Lake Huron, we come home and come together every 10 years for a celebration during the August long weekend).

One theme has already been established: When Kincardine calls, you say yes. Or, in the case of an internationally acclaimed music artist who's a vocal ambassador for the community – and an enthusiastic participant in past reunions – you simply call Kincardine.

When 2028 Reunion chair Tracy Primeau accepted the gig a year ago, she was confident about finding folks to join her on the organizing committee. But even she was taken aback at the immediate enthusiasm to get involved.

"I was actually pleasantly surprised that so many people were quick to volunteer," Tracy said. "What's amazing is that we have committee chairs for all of our committees and work is already well underway."

Also stepping up to lend a was the Kincardine born-and-raised half of Madison Violet. Brenley MacEachern, on a farewell tour with singing/songwriting partner Lisa MacIsaac after an incredible 25-year run, contacted Tracy early in September. Madison Violet had an opening in its schedule before heading to the Maritimes and offered to make a side trip to Kincardine for an afternoon show at The Bruce. More than 200 family, friends and fans packed the downtown bar and restaurant to watch and listen to Brenley and the songs her and Lisa have written over a quarter of a century. Of course, the performance ended with an emotional rendition of Madison Violet's "Small of My Heart" – Brenley's musical ode to her hometown – with everyone jammed around the stage and singing the chorus with Brenley and Lisa.

Coming home amid a chapter-ending part of Brenley's life (although we're excited to see what's next on her journey as an artist) was a no-brainer.

"It didn't feel like a detour, taking a break before rejoining the band for Huntsville, British Columbia, Alberta and Germany on the final leg of the tour, said in an email exchange. "It felt full circle. The Bruce Inn was one of the first places I ever played, and I've been going to these reunions since I was born, so coming back on the farewell tour just made sense.

"What amazed me was how quickly it all came together – you need good community and great organizers to pull that off, and that's Kincardine through and through." Not to mention the response from the audience on a spectacular fall afternoon.



The 2018 Kincardine Reunion co-chairpersons Jennifer Cook (left) and Dave Patterson (right), hand over bottles of wine from that event to the new chairpersons Tracy Primeau (second from left) and vice-chairperson Steve McAllister

Photo Courtesy of Liz Dadson, Kincardine Record.



Lisa and Brenley performing "Small of My Heart" at The Bruce to Kick off Kincardine 2028 Reunion.

"The show itself was so beautiful," she added. "I'll never forget the loving energy in the room. So many family (members) and friends. I'm so grateful and I cannot wait for 2028!"

The work has already begun with the organizing committee getting together three times since July and, as Tracy mentioned, taking the reins from 2018 co-chairs Jennifer Cook and Dave Patterson while getting commitments for the organizing and sub-committees. Committee members were joined at their September meeting by Matt Farrell, the Chair for the hugely successful Ripley Reunion in August. Farrell was a fountain of information on best practices and lessons learned from *The Ground We Grew Up On* weekend in the heart of Huron-Kinloss, highlighting the preparation performed by a committee that worked extremely well together and the overwhelming support from sponsors and attendees. Other members from the Ripley organizing committee have also willingly offered their thoughts and expertise to the Kincardine group.

"The Reunion is for the people from the community so focus on them," Tracy responded when asked for the takeaway from Farrell's thoughts that struck the loudest chord. "Build a strong committee and let them do their thing.

"And . . . be prepared to not sleep for the month leading up to the Reunion weekend, LOL!"

The committee has a couple of major items on its To Do list before the end of the year. It has requested funding-a grant and loan as was the case for the 2018 Reunion – from Council to supplement funds that were saved from 2018 for the 2028 Reunion. Those funds will be used to support the launch of the first batch of Reunion merchandise for the holiday season, as the committee has already been asked about the availability of 2028 Reunion merch.

That was largely the inspiration for the committee to hold a contest over a two-week period in October to come up with a slogan and logo. The contest attracted a staggering 120-plus entries, and the organizing committee is expected to decide on the winners at their scheduled November 3rd meeting. The conversations at the meetings have also involved creating a schedule of events that will reflect both the community's roots and its continued evolution as a place where families are raised and stay here to welcoming people who have discovered why our community is a special one.

"I know it's a buzzword these days, but being inclusive is our goal," Tracy said. "We want everyone to feel welcome in Kincardine and we want the reunion to ensure it has something for everyone.

"Family-friendly events will be a focus for us, but we won't be getting rid of any our popular traditional events either."

If you're seeking more information or want to volunteer, please email kincardinereunion2028@gmail.com or follow the Kincardine Reunion page on Facebook.

by Steve McAllister

Clear-Vu Window Services is now Fisher Glass and Mirror

For more than 21 years, Clear-Vu Window Services have been your FOGGY WINDOW experts in Kincardine and surrounding area. If you had a window lose its seal, Clear-Vu was able to replace the thermal unit in just a few weeks.

Vern and Lisa Stacey have been a household name in the window business in Kincardine since 2004 and have decided it's time to hang up their hat (so to speak), and retire closer to their east coast roots. When they decided to retire, it was important for them to have a reputable business take over their client base and continue to serve the area. "It's a niche market", says Vern, "we have customers call us year after year, and it was important to us, that these customers were still able to have a FOGGY WINDOW expert in Kincardine.

Fisher Glass and Mirror is locally owned and operated by Liz and Hassan Chamas out of Goderich. They are experts in the industry who bring much more to the table for the residents of Kincardine. While they will continue to replace thermal units, they are experts in window replacement, commercial window and door installation, custom shower installations and much

more. "They even have a display wall of window hardware, and with so many hardware options available which is the best news ever", says Lisa Stacey.

"We have been serving our Community with Quality Window and Door installation and service for over 40 years", says Hassan "we also have in shop service, screens, custom cut glass, custom shower enclosures, deck railings and much more". "No job is too big or too small", says Liz, "and we are excited to take over Vern and Lisa's business and continue to serve the Kincardine area".

While Vern and Lisa bid farewell to their customers past and present, they are thrilled that Liz and Hassan are here to carry on as of November 1, 2025.

Fisher Glass & Mirror is located at 224 Suncoast Drive East, Goderich (519) 524-7312 info@fisherglass.ca stop into their showroom or call for your quote today.*

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Cham-bettes 17th Annual Home Tour November 15th

November is another busy month in Saugeen Shores. Be sure to mark the following on your calendars.

The Chantry Island Cham-bettes are hosting their annual Sharecrows Food Drive. Donation day is November 1st between 9am and 4pm drop by The Boat House in Southampton (beside the Coliseum) 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.

Remembrance Day Services will 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 17th Annual Home Tour for Friday, November 14th, 6pm to 9:30pm and Saturday, November 15th, 11am to 3pm. They will be featuring seven beautifully decorated homes. The tickets are \$30 (cash only), with proceeds going to Saugeen Memorial Hospital Foundation and Pryde Aquatic and Wellness Centre. Tickets can be purchased for either Friday or Saturday at Mensch in Port Elgin and L & Co. and Lac Boutique in Southampton.

BY
TAMRI
COURT



What's Happening

For more info www.chantryislandchambettes.com.

The Southampton Arts Centre invite all to explore their indoor 24 Days of Christmas Market. A great opportunity to find that perfect gift for someone special or hard to shop for.. The artisans will have a wonderful selection of unique, handmade, and thoughtful gift ideas for friends and family. This month-long market is inside the Southampton Arts Centre Gallery at 201 High St, and are open Wednesday to Saturday from 10am to 4pm and Sunday from 12 to 4pm. Stop in on Festive Fridays when they will be open until 8pm for those late-night shoppers. Be sure to enter the 24 Days of Christmas Advent Draw to win a free gift donated by our artisans.

Start your Holiday shopping season by

visiting your favourite Southampton retailers on Thursday November 20th for Sparkles Night. Tree lighting 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. Show your support by visiting the many local shops that will be participating.

Festive Fridays in Southampton begins Friday November 28th which includes horse drawn sleigh rides each Friday until December 19th from 4:30-8pm.

The Port Elgin Santa Claus parade is usually held in November.

Check out local media for date and time.

Many local businesses feature their wares and services on many social media platforms and provide great photos and descriptions of their wares. Whether shopping in person or online, November is a great time to start your Christmas shopping or if one is looking for something for yourself. Shopping at your local businesses is a simple way of showing your support for your community.

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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Santa Claus is coming to town! November 28th.

The 'Prevention Through Exercise' Program is popular and runs weekly on Tuesdays at the Paisley Community Centre Auditorium from 8:30-9:30am. It is sponsored by the Brockton and Area Family Health Team and is free of charge.

The Treasure Chest Museum will be a busy place in November. Tea Thyme will take place on Saturday, November 1 from 10am-12noon. Come for tea or coffee and enjoy a visit with a friend. Bill Streeter will be at the Treasure Chest Museum on Monday, November 3 to speak about the 160th Bruce Battalion. It starts at 7pm with light refreshments to follow; admission is by donation. Let us Remember. To help get into the Christmas spirit, on November 29 and 30 the Museum will be open to visitors to enjoy an Old-Fashioned Christmas from 1-4pm each day. Have your picture taken in the sleigh. Admission is by donation.

On Sunday, November 9 the Paisley Legion everyone is invited to attend the Remembrance Sunday Service at the Paisley Missionary Church at 10am. On November 11, please stop and take time to remember the sacrifices that have been made by so many to give us the freedom and peace that we get to enjoy each and every

BY
SHERYL
STEINHOFF

Paisley Current



day. The annual Remembrance Day service will take place at the cenotaph in Paisley. Coffee and muffins will be available at 9am. The parade lineup begins at 10:45am followed by a service at the cenotaph at 11am to honour those who were part of WWI. Immediately after that service, The Legion will march to the Arena to commemorate those that fought in WWII. Lunch will follow at the Branch. There will be a service at the Paisley Cemetery at 1pm. The day will end with their annual banquet and awards. Social time is at 5:30 followed by dinner at 6:30pm. The guest speaker this year is Mary O'Hagan. Please call 519-353-5444 to reserve. On Friday, November 21 the Paisley Legion will be hosting a Paisley Legion Shoppers and Bake Sale starting at 5pm.

Christmas will be here before we know it. The Paisley Christmas Market opens on November 12. The market is located at 486 Queen Street. 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 Concert Choir presents 'The Light of Christmas' on Sunday, November 23 at Knox United Church in Paisley at 7:30pm. Tickets can be purchased from choir members or at the door.

There is no better way to get in the Christmas mood than to take in a Santa Claus parade. Friday, November 28 ois the Paisley Santa Claus Parade. The 'Patchwork Christmas Parade' starts at 7pm on Queen Street. Donations to the local food bank will be accepted along the parade route. There will be free public skating at the arena following the parade. To register your float please contact Karen. Beech4@live.com.

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



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Skating, Christmas baking and “Bites and Buys”

As the days grow shorter and the air turns crisp, Huron-Kinloss residents have a variety of ways to stay active and connected this November.

Those looking to get moving this season will find several skating and recreation options available in both Lucknow and Ripley. In Lucknow, Adults and Tots / Senior Skating runs weekdays from 10 to 11am. for \$2.50 per skater. Sponsored public skating is Sundays, 12-12:50 p.m. Over In Ripley, free Parent and Tot / Senior Skate runs weekdays 9-10am, with Adult Skate from noon to 1 p.m. (\$5 drop-in). Sponsored public skating is Saturdays, 5:30-6:30pm.

Beyond skating, Huron-Kinloss Community Services has brought back the Adult Fitness Punch Card, offering flexible access to exercise equipment during open hours at the Ripley-Huron Community Centre. For younger residents, Empowering Kitchen Cooking Demos at RHCC offer fun, themed classes for ages six to 12 on Tuesdays from 4:30 to 6pm. November 4 features a Harry Potter-inspired meal; November 25 focuses on Christmas baking. Registration is \$50 per child at stucklesshealing.com.

Shifting to community events, the month begins with Ladies’ Night in downtown Lucknow on Thursday, November 7. Shops will stay open until 8pm, offering a festive evening of browsing, special deals, and a chance to win Chamber Bucks. Hosted by the Lucknow Chamber of Commerce, it’s a great opportunity to gather with friends and get a head start on holiday shopping.

Starting November 12, the annual Holiday Shopping Pass returns with a new “Bites and Buys” theme. Shoppers and diners are encouraged to support local businesses in Lucknow, Ripley, Pine River, and Point Clark. For every \$10 spent at participating locations, shoppers earn a stamp toward a chance to win one of three \$150 shopping sprees. Those who submit their completed pass by November 30 will also be entered into a bonus draw. Full details are available at huronkinloss.com.

On Wednesday, November 13, the Ripley-Huron Skating Club hosts its annual Holiday Market from 6:30 to 9:30pm at the Ripley-Huron Community Centre. Admission is free, with proceeds supporting the skating club.

Turning to learning opportunities, Agriculture Wellness Ontario is offering

BY
WILL
LEGRAND

Ripley/Lucknow Happenings



Guardian Network training in Lucknow on Tuesday, November 19. This free, one-day workshop is designed for individuals connected to the farming community

who want to learn how to support others facing mental health challenges. Lunch is provided, and advance registration is required.

The month wraps up with Carolfest at Lucknow United Church on Sunday, November 30 at 2pm. Local choirs will fill the sanctuary with festive music, officially ringing in the holiday season. A snow date is scheduled for Tuesday, December 3 at 7pm.

To learn more about these offerings and view the full community events calendar, visit: huronkinloss.com/live-here/community-events-calendar.

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Some great local reads from WWII to fantasy and magic!

I want to start off this month mentioning a few books I read by local authors.

Thanks to Peter for lending me *Onion Skins and Peach Fuzz: Memories of Ontario Farmerettes* by Shirleyan English and Bonnie Sitter filled with stories and great photographs of young women who worked on farms during WWII and after, filling labour shortages while many men were at war.

Ideal for readers interested in agricultural history, you can probably find it at smaller independent bookshops in the area.

Local writer Sheldon Thomas dropped off a book for me to peruse entitled *A Little Help with Your Compass, Words of Wisdom for the Grandchild I May Never Meet*. It's written as a summation of his advice to his own son and has both practical real-world suggestions and reflections to help you develop who you are as a person. Thanks to Sheldon for dropping it off.

YA genre

Theresa Leyes also dropped off a couple of books in the YA genre for me to read. *The Quest for Calinore* is the first in a fantasy series centered on a young boy name Dylan Edwards who is given a magic amulet and a journal and whose ordinary life becomes an extraordinary quest. I enjoyed both the clues offered that Dylan must use on his quest and the many diverse and interesting characters Leyes has created to aid Dylan on his journey.

The second book in the series is *The Return of the White Witch* has the danger increased as Dylan searches for the White Witch and the wand and scepter he needs to break an ancient curse all while being hunted by multiple different mercenaries. This is a series for those who love fantasy and adventure with a lovable protagonist and the tie to Kincardine just makes it cooler. You can find these books locally.

Even the nerds will like it

Harlan Coben has a new book out written with Reese Witherspoon believe it or not and it's pretty good. *Gone Before Goodbye* follows an exceptional surgeon who has lost her medical license along with some important people in her life and her journey to understanding what happened. Throw in some very cool medical technical advances for the tech nerds and I was definitely

BY
TRACY
PRIMEAU

Between the Covers



entertained. The central character, Maggie McCabe is a great lead character (one can imagine Reese playing her) smart, tough and flawed and the book has Coben's usual twists and turns that makes you read his books often in one sitting but at times it feels like it may be juggling too many plotlines to make it remotely realistic.

I would still recommend it; it's a great read and a solid 4 stars.

A bit of a slog

I'm a fan of S. A. Cosby and have loved his previous novels but *King of Ashes* was a slog to get through. Its another southern crime thriller about a dying town in Virginia and the Carruthers family business.

Roman Carruthers returns home as his father is in a coma and his siblings need his support. It's very violent which I don't shy away from but at times seems unnecessary and although the plot moves along fairly well there remains holes in the family history that does not feel sufficiently wrapped up until the very last pages. It will be a popular read I'm sure, but I did not enjoy it as much as his previous works.

A great classic

I read a classic this month that came up in one of my online book clubs *Fried Green Tomatoes at the Whistle Stop Café* by Fannie Flag. It's been a long time since I read this book and it was definitely worth the return and the time spent with Idgie, Ruth and the rest of the characters, highly recommend!

I also listened to a "classic" on Audible this month, *Valley of The Dolls* by Jacqueline Susann, it's read by Laverne Cox which is why it still holds up. I'm not sure I would have read it but listening to it was fun.

If you have any Christmas recommendations please send them my way, tracy.primeau@gmail.com.

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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 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 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

BY
LIZ



Dear
Liz

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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Tips for “staying on your feet” this winter

November is Fall Prevention Month in Canada, an annual opportunity to shine a light on the prevalence and impact of falls and share tips for ‘staying on your feet.’

Falls are the leading cause of unintentional injuries in Grey-Bruce.

Nationally, falls are the leading cause of injury-related hospitalizations among older adults, with about 20% to 30% of older Canadians falling each year. Falls are also the leading cause for hospital admissions from injuries for children up to age 14 in Canada.

Not only do falls physically hurt, but they can also impact a person’s long-term health. They can lead to reduced mobility, loss of independence, loss of confidence due to a fear of falling, and the need for surgery.

A fall can happen to anyone, at any age, at any time.

The good news is that most falls are preventable.

Here are some tips for preventing falls this winter:

- Be Boot Smart.** Choose footwear that fits well, supports your feet, has good grip, and has low, broad heels. The treads on the bottom of your shoes or boots can help to prevent slips or falls on wet, slippery, or uneven surfaces. Shoes that you can tighten to fit your feet, with laces or velcro, are best.

- Walk cautiously.** Avoid walking on wet leaves, snow, or ice, if possible. If it is necessary, walk slowly and carefully. Take short, slow steps on slippery surfaces. Use walking aids according to the manufacturers’ instructions, 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. Aim to review your medications with your doctor or pharmacist annually, and ask questions about side effects, such as feeling dizzy or sleepy.

- Remove or repair any hazards around your home.** Ensure steps both inside and

BY
KAELA SALES
HEALTH PROMOTER
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Seniors Situation

outside of your home are stable, undamaged, and clear of obstacles. Reduce tripping hazards by clearing clutter and scattering rugs as well as maintaining



Grey Bruce
Public Health

adequate lighting throughout your home. Install night lights in your bathroom and hallways to make night-time bathroom breaks safer. Keep floors and pathways clutter-free and turn on lights on stairs.

- Move your body.** Try your best to do 30 or more minutes of moderate to vigorous activity at least five 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.

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