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Vol. 36 No. 07



Cousins Katie Currie, Lana Wilkin, and Evelyn Wilkin can't wait to get back on the ice as part of Shoreline Hockey's summer league.

Photo Courtesy of Shoreline Hockey.

Feature Story

Page 8

Summer hockey has arrived in Bruce County! From the beginning of June to the middle of August, kids 8 to 12 years of age can lace up their skates, don NHL-style jerseys, and compete for their very own version of the Stanley Cup! It's all part of Shoreline Hockey – an exciting 4-on-4 summer hockey league based in Saugeen Shores.

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Marketplace

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Founding Publisher James Pannell

Publisher Deborah Pannell
Design/Prod Heidi Burger
Editorial Staff Doug Archer
Sarah Chisholm
John. F. Adams
Production Brenda Fabry
Contributing Editor Jeska Curry

The Marketplace Magazine
908 Queen Street, Box 523
Kincardine, Ontario N2Z 2Y9
Phone and Fax: 519-396-9142

1-877-396-9142

email: marketplace@bmts.com www.themarketplacemag.com
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From the Sunny Side



It's back!!! Take part in the beloved summer tradition! Every Saturday come on down to Queen Street at 8pm. Follow the Kincardine Scottish Pipe Band!

Every Saturday at Connaught Park is the Farmer's Market from 9am-1pm.

Kincardine Scottish Festival commences on July 4th, with an incredible lineup. You don't want to miss this good time.

Everyone is welcome to come out and enjoy a delicious pulled pork on a bun lunch at Knox Church, on July 5 from 12-2pm. Weather permitting the lunch will be outside; if not, there's lots of room inside to relax and enjoy your lunch with a drink and cookies. The lunch is free and donations are welcome.

It's the 16th Annual Lighthouse Blues Fest starting July 11 until the 13th and it's showing up with an awesome lineup, for more info <https://www.lighthousebluesfestival.com/>.

The Kincardine Horticultural Society's Garden Tour is on Sunday, June 29th, rain or shine. The gardens are open from 12 noon to 4:30pm and tickets can be obtained in advance, costing \$12 or \$15 on the day of the tour at Accents and Wilder and Rain, Florists. Proceeds go to the Horticultural Society to help support the Flagpole and cemetery gardens and other projects in Kincardine.

The 33rd Annual Crime Stoppers of Grey-Bruce Golf Classic had 140 golfers including NHL Alumni Scott Walker and Wayne Primeau plus Hockey Hall of Fame Ref. Bill McCreary, who was the keynote speaker. Organizers announced a near record donation of \$30,000 in support of Crime Stoppers of Grey Bruce, bringing the 33 year total close to \$650,000.00. The proceeds are used to help Crime Stoppers provide essential services that keep Grey-Bruce communities safe.

Tick season is upon us and a friend of mine ordered kits for their vehicle from the Canadian Lyme Disease Foundation, the cost is minimal with proceeds going to research and education - awesome to have as we are out walking with our furry friends so much more! Check out the site - canlyme.com.

Happy Anniversary to Erin Nichol! If you can't hear this, visit Lake Huron Audiology!

Pops would want to wish his sister Lola and good friend Dave Snook a Happy Birthday!

... still walking on the sunny side.

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

Clear vision for our communities

Last month, the Ontario government released its long-term vision of what the province's energy future will look like, and it was positive news for the Clean Energy Frontier region of Grey, Bruce and Huron Counties and the area's Indigenous communities.

The government and the province's Independent Electricity System Operator are predicting the demand for electricity will grow by 75 per cent by 2050 and the ambitious plan to meet that skyrocketing demand includes a strong mix of nuclear, natural gas, hydrogen, storage, and other energy sources.

Energy for Generations: Ontario's Integrated Plan to Power the Strongest Economy in the G7, Ontario's first integrated energy plan, establishes a planning horizon out to 2050.

The good news for our area is that the plan includes several mentions of the work we're already doing at Bruce Power to produce clean energy and cancer-fighting medical isotopes, as well as investments into the future of our site and our made-in-Ontario partnerships that will continue to see investments into our communities to further drive the economy.

The Integrated Energy Plan lays out priorities related to meeting the growing need for affordable and reliable energy, ensuring customer choice, expanding Ontario's leadership by identifying opportunities to build on the province's clean energy economy, and extending Ontario's global nuclear leadership. The vision commits to working in partnership with Indigenous communities in the buildout of Ontario's energy system to advance economic reconciliation and enable Indigenous leadership and participation in the energy sector.



John Peevers
Director, Community
and Media Relations

While all future decisions will be guided by the government's four principles of affordability, security, reliability and clean energy, the report is bullish on the need for nuclear power, the refurbishment of current assets, and the need for future small- and large-scale reactor builds.

As Bruce Power continues to complete its Life-Extension Program and Major Component Replacement Project on budget, with quality and on schedule, it is also completing upgrades as part of Project 2030, which will see the site increase its output to 7,000 megawatts of safe, clean and reliable energy at the end of Major Component Replacement in 2033.

The government report also mentioned the potential option of refurbishing Units 1 and 2 for a second time and that it would be based on an assessment of system needs by the Independent Electricity System Operator and value to the ratepayer.

In 2023, the Ontario government launched the pre-development work for the first large-scale nuclear plant in the province since 1993. If approved, Bruce C could add up to 4,800 megawatts of reliable generation at the Bruce site, enough to power 4.8 million homes. Bruce Power last year submitted an Initial Project Description to the Impact Assessment Agency of Canada, launching the federal approval process for the potential project.

As Ontario undertakes this significant expansion of energy infrastructure, it is also creating new opportunities for Indigenous communities. This has led to a growing and evolving demand for supports that allow communities to participate in energy opportunities to help shape their future.

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Erin Nichol, M. Cl. Sc.
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Creating a Better World, by Girls

World Youth Skills Day is observed annually on July 15th. This day aims to raise awareness about the importance of investing in youth skills development and the role that skilled youth play in addressing current global challenges. Girl Guides of Canada – Guides du Canada is an organization that continually evolves to reflect the needs and interests of contemporary girls and women. “Today, Guiding’s innovative programming is helping the next generation of Canadian girls become confident, courageous and resourceful leaders.”



Girl Guide and Brownie troops (Kincardine), 1953 (A2022.051.1098).

Girl Guiding in Canada began in 1910, with the first unit being established in St. Catharines, Ontario. By 1912, units could be found in every province. The movement was formalized in 1917 when the Canadian Council of The Girl Guide Association was incorporated by an Act of Parliament.

The organization quickly took roots in Bruce County. The Walkerton Telescope reported on May 15, 1913, that “A movement is being set on foot by some of the members of the Daughters of the Empire and the King’s Daughters. The Girl Guide movement is [...] of undoubted benefit to all connected with it.” On September 26th, 1918, the same paper reported that “A Corps of girl guides has been organized under the direction of Misses Queenie James and Marion Tuckey. Both young ladies have had experience in the work, the former at Winnipeg and the latter at Toronto. There was a good turnout at the organization meeting in the basement of St. Thomas church on Tuesday evening and the outlook for a good Corps of guides is promising.”

The Girl Guides made front page news in The Kincardine Reporter on February 22, 1923: “Forward seems to be the watchword of the Guides. Starting with just a little over two patrols it will not be long before the first Company is formed.

BY
HEATHER CALLAGHAN
BRUCE COUNTY MUSEUM &
CULTURAL CENTRE
ARCHIVAL ASSISTANT

Historically Speaking



The total enrolment is about 40.” The Bruce County Museum & Cultural Centre contains items in the archives pertaining to Girl Guides of Canada, including photographs, newspaper clippings, a cookie (recipe) book, Guide handbooks,

and song books. As summer starts to kick into gear and campfires are once again a popular past time, come by to find some fun songs to share with family and friends! To find out more about the organization please visit www.girlguides.ca.

Sources: “The Girl Guides”, *The Kincardine Reporter*, 22 February 1923.

“Girl Guide Movement Started”, *The Walkerton Telescope*, 15 May 1913.

“Girl Guides Organized”, *The Walkerton Telescope*, 26 September 1918.

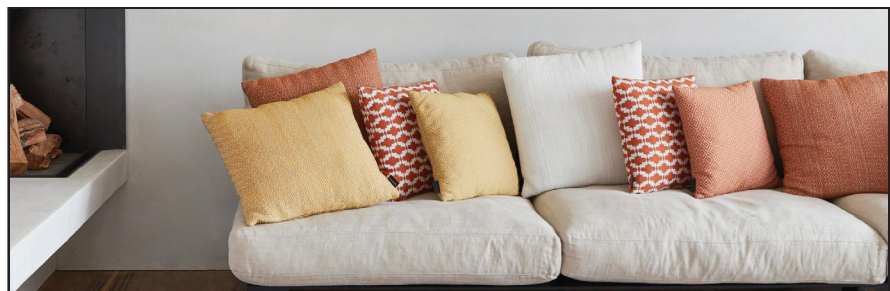
Girl Guides of Canada, “History of Guiding”. https://www.girlguides.ca/web/GGC/Parents/Who_We_Are/History/GGC/Parents/Who_We_Are/History.aspx?hkey=114c5cc2-4baa-431e-9e6f-6012efd68b8c, retrieved June 3, 2025.



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Bluebirds have made a huge comeback!

I have over 50 Bluebird nest boxes along the back roads of the former Bruce Twp. and a half dozen on the Kincardine Golf Course. These are always in pairs because they are also used by Tree Swallows which start nesting before the Bluebirds each spring. The Tree Swallows will not let another swallow nest nearby but will allow Bluebirds.

Over the decades I have hosted a number of these beautiful birds, but last spring something special took place. Bluebirds decided to nest in a box on our lawn right outside our kitchen window. This allowed me to observe the complete life cycle at close range, an opportunity that doesn't come easily.

To start, even though Bluebirds have made a huge comeback, they are still rare enough that most people seldom see them. The whole breeding cycle happens very quickly in about five weeks.

The males show up first, stake out a territory and start singing to attract a mate. Once a female joins him, they go about picking a nestbox. If there are more than one, it's quite fascinating to watch this process. It appears to me that the female chooses, but that could be

BY
MARSHALL
BYLE

Rooftops



anthropomorphism on my part. Within a couple of days, they will build a neat nest from grasses or pine needles, another few days to lay four or five blue eggs, two weeks to incubate, and then the young fledge in 16 days. Of course, the parents continue to feed them once they are out of the nest box, but it all happens pretty quickly.

Last spring we were witness to an interesting drama. A family of Cooper's Hawks took up residence in our pine forest only about 100 meters from the Bluebirds. Cooper's Hawks eat birds and while the Bluebirds were feeding their newly hatched young, the female was eaten. The male was frantic trying to feed the five babies and began singing again to attract a mate. Believe it or not, he did attract a new mate, so I'll call her the step-mom.

Each time the male went into the box to feed the young little bugs and various insects, he would come out carrying a fecal sac. These are little sacs of bird poop which helps keep the nest clean. However, the step-mom would come to the box and feed the young through the hole, but drew the line about fecal sac removal. Even more interesting is that for one afternoon, another male showed up and there were three adults feeding the young. The extra male left the next day, but the step-mom hung in there and was present when the young fledged, leaving the box on day 16. At that point they can fly, leaving the box to fly to the nearest tree.

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

Clear-Vu Window Services is talking foggy windows

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



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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Nothing like Summertime Hockey!

The snow has melted, the sun is shining, and summer has officially arrived - but that doesn't mean hockey season is over. Kids eight to 12 years of age can still lace up their skates, don NHL-style jerseys, and compete for their very own version of the Stanley Cup! It's all part of Shoreline Hockey - an exciting four-on-four summer hockey league based in Saugeen Shores.

Founded by local hockey enthusiasts Steve Currie, Steve Hare, and Matt Willis, Shoreline Hockey was born from a simple idea: to give young players the chance to stay on the ice year-round so they can continue developing their skills outside of the traditional hockey season.

"Growing up, we never got the opportunity to play summer hockey, so providing this chance for kids across the area is incredibly rewarding," says Currie. "Creating this league is our way of giving back - to the sport and to the community - and giving young players a chance to thrive."

What started as a series of off-season camps aimed at honing the skills of young hockey players quickly grew into something bigger. When the Town of Saugeen Shores introduced a three-year pilot project to maintain summer ice at The Plex in Port Elgin, the trio seized the opportunity to launch a full-fledged summer league.

Of course, it didn't happen overnight.

The three co-founders undertook extensive research, including engaging with families in the area to understand what they wanted to see in a summer hockey program. They arranged ice time, designed jerseys, established league rules. They approached sponsors, secured insurance, built a schedule, designed a website. Finally, after months of planning and preparation, Shoreline Hockey officially hit the ice.

The league runs from early June to the middle of August and features a 4-on-4 format that strikes a perfect balance between competition and development. With fewer players on the ice, kids get more puck time, more passing opportunities, and space to develop their game sense and creativity.

"Four-on-four hockey creates a fast-paced, dynamic game that is ideal for developing young players," says Hare. "There is more room to skate, more chances to touch the puck, and an increased focus on teamwork and smart decision making."

Shoreline Hockey is divided in four skill-based divisions - Rookie, Pro, All-Star, and Elite - ensuring every player is appropriately challenged. Each division features four teams proudly wearing the colours of the Maple Leafs, Red Wings, Blackhawks and Bruins. Teams play nine regular season games followed by playoffs and a championship final - all in a fun, supportive environment that emphasizes learning and teamwork.

Coaches are focused on helping players improve their skills while fostering respect and camaraderie," Currie explains. "The pace is fast, but the emphasis is always on development and sportsmanship."

Adding to the excitement is Shoreline Hockey's real time stats and leaderboard system. Players can track goals, assists and total points, as well as goalie statistics like save percentage and goals against average, giving them a tangible sense of progress and fuelling friendly competition. And each week, one standout is named Shoreline Player of the Week, an award recognizing exceptional play, effort, and character. "Winners of the award are featured on the league's website and social media," says Currie, "creating a proud moment for players and families alike."

And because summer is a busy time for families, some juggling multiple sports, Shoreline Hockey built a flexible schedule with each team playing just once a week, and game nights rotating to minimize conflicts.

The response to the Shoreline Hockey summer league has been over-the-top, says Currie, but he is quick to point out that this success would not have been possible without the incredible support of local families, volunteers, and sponsors. "From our lineup of generous sponsors, to parents stepping up as coaches and trainers, to local teens working as timekeepers, to our wives managing registration and logistics - it is truly a community driven effort, through and



The Shoreline Hockey summer league has hit the ice!

Photo courtesy of Shoreline Hockey.

through."

Hare couldn't agree more. "Because of our volunteers and sponsors, we've been able to deliver a high-quality, affordable hockey experience for over 200 kids in our first season!"

And the kids are not just from Saugeen Shores. Players have signed up from across Bruce County and beyond, including Walkerton, Kincardine, Owen Sound, Shallow Lake, Hanover, North Bruce Peninsula, Tara, Chesley, Paisley, and Ripley. As Willis puts it, "It seems they're all drawn to the chance to be part of something new, exciting, and well-run."

Word of the new summer hockey league continues to spread. With a waitlist already forming, Shoreline Hockey plans to expand in 2026 to accommodate more than 300 players, while adding a new age group for kids born in 2018. The planned expansion will also introduce two more of the Original Six NHL teams - the Canadiens and the Rangers.

"As interest continues to grow, we are committed to refining and expanding the program," says Currie. "Each season is a chance to get better - for the players and for us as organizers. We want Shoreline Hockey to become a summer tradition for generations to come."

For more information about Shoreline Hockey, including league registration, camps, and updates, visit www.shorelinehockey.ca, follow @shoreline_hockey on Instagram, or find Shoreline Hockey on Facebook.

by Doug Archer

Summertime: Keeping Feet Healthy in the Heat

As temperatures rise, so do the demands on your feet. Summer activities like hiking, walking on hot pavement, or increased outdoor sports can lead to foot pain or discomfort—especially for those with existing foot conditions. Laura Van den Borre, Canadian Certified Pedorthist at Maple Shores Health Centre in Port Elgin offers personalized solutions to keep your feet supported, cool, and pain-free all season long.

Laura specializes in assessing foot mechanics and footwear and tailoring your custom orthotics to your individual needs. In the summer, this might include breathable, supportive sandals, custom orthotics for athletic shoes, or accommodations for swelling due to heat. She also addresses issues like plantar fasciitis, bunions, diabetic foot concerns, and arthritis.

Proper foot alignment and support are especially important when switching to less structured summer shoes. Laura can guide you in choosing sandals with arch support, heel stability, and shock absorption—key for preventing injury and strain. Additionally, current orthotics or new orthotics can be fit directly into



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

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Whether you're traveling, exercising, or simply enjoying longer days outside, Laura can work to make a significant difference in your summer comfort and mobility. Don't let foot pain slow you down - get the right support for the season.

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Barbara Bingham and her Creative Endeavours

Retiree Barbara Bingham has always had a passion for writing. She keeps journals and notebooks, has taken numerous writing courses, and has worked with a number of writing groups. As she puts it, "I marvel how ... the graceful spinning of language ... can transport us to a distant place or send us hurtling into the deep recesses of our own being." But for the longest time, the ideas, reflections and tales she put down on paper got tucked away in a desk drawer. It wasn't until much later in life that she finally decided to compile her written work and share it with others. The result: a booklet of poems and stories entitled, *Here's The Thing*.



"The response has been wonderful," Barbara says. "People have approached me about their favourite story or reflection in the book; one woman told me she was moved to tears by one of my poems. And the owner of a local bed and breakfast enjoyed it so much she bought copies for every room in her establishment!"

Now she has an idea for a second book. "It would be a fantasy that would relate the trees of the forest to people," she confides. "Like people, trees are all different. They're different types; different shapes and sizes; some are young, some are old. And they're all struggling to grow." She even has a title in mind for the follow-up book: *And Another Thing*.

The written word is not the only medium Barbara uses as an outlet for her creativity.

Growing up in New Zealand, she spent a lot of time drawing and painting, and seriously considered becoming an art teacher. She was even accepted into a prominent art school in Christchurch. Turns out her father didn't support the idea, though, so Barbara changed her plans. But her interest in art never waned. So when she moved to Saugeen Shores she joined the Shoreline Artists and started drawing and painting again, capturing images of the

BY
DOUG
ARCHER

Portrait of a Retiree



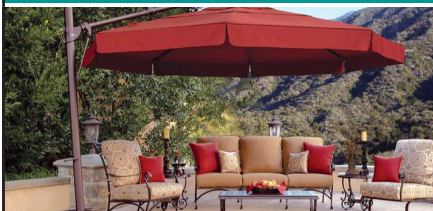
natural beauty of Bruce County. The Lake Huron shoreline. Chantry Lighthouse. Flowers, fields, and forests. "My

inspiration comes mostly from Nature," she tells me, "and this area is rich with Nature's beauty."

And her creative endeavors don't end there. Barbara is also a photographer and, more recently, has taken up quilting.

Will she ever stop writing and painting and quilting? "Well, I am running short of wall space to hang the paintings," she laughs. Then, turning serious, she adds, "I would like to hope that if ever there comes a time that I can't write or paint or quilt, that I will find something else creative to pursue. It's in my blood."

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Mark Your Calendar:

August 23 Fun Fair

The highlight of the season? The return of the Elgin Lodge Fun Fair on Friday, August 23! This community event features games, music, sweet treats, a raffle and special guests. Families, friends, staff and neighbours are all welcome to join the festivities as we turn our retirement community into festival grounds filled with laughter and fun.

More Than Just Events -

It's a Lifestyle

From gardening and scenic drives to musical guests, barbecues, and crafting,

summer at Elgin Lodge nourishes mind, body, and spirit. Whether relaxing on the front porch, enjoying the gazebo and its birdlife, or dancing to live music, residents enjoy a full, vibrant lifestyle supported by a caring team.

Everyone's Welcome

Whether you're a current resident, family member, or part of our Saugeen Social Club, there's something for everyone at Elgin Lodge this summer. Not yet part of our community? Come see what it means to live where you're not just cared for—but celebrated.

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Ride for Dad Prostate Cancer July 19th!

Congratulations to all the students who just completed their school year. It's hard to believe that another year of school has come and gone. Have a great summer break.

The annual 'Artists on the River Show and Sale' will be held on Saturday, July 12 from 10am-4pm on Water Street in Paisley. This event will showcase the handmade works of artists who create in a wide variety of medium including paint, sculpture, textiles, prints, jewelry and more. This unique outdoor venue provides an opportunity for people to view and purchase the offerings as well as meet the Artists while strolling alongside the beautiful Saugeen River. If you are an artist who would like to showcase your talents at this very popular event, please contact Mary Gail Johnston at paisleyartscapesociety@gmail.com.

The Paisley Legion will have the Maitland Valley Ride for Dad Prostate Cancer Fundraiser happening on July 19. They are looking forward to hosting over 140 motorcycle enthusiasts as one of their rest stops. Also, don't forget the very

BY
SHERYL
STEINHOFF

Paisley Current



popular Liam Secord Jam Session and Open Mic every Thursday from 7- 9pm.

The Treasure Chest Museum will be a busy place this summer. They are offering a number of activities every Wednesday from 1 to 3pm for children ages six to 11 years of age. On July 2 kids can celebrate 'Farming & Agriculture' by painting a barn plaque or building a mini scarecrow: on July 9 they can build a mini log cabin and trying different pioneer chores like shaking cream into real butter as part of 'Pioneers and Homesteads'; July 16 'Local Myths and Folklore' will have kids making a mask and will bring old tales to life through storytelling and play; July 23 will have kids playing 'Games of

the Past'; and on July 30 kids will learn hands-on-weaving as part of 'From Fibre to Fabric'. Pre-register on the Municipality of Arran-Elderslie website under the Treasure Chest Museum tab. On Saturday, July 26 the Treasure Chest Museum will celebrate their 40th Anniversary with cake and refreshments from 1-3pm so plan on attending this momentous occasion. A special thank you to all of the 'Friends of the Museum' who have worked very hard over the years to keep our museum a local treasure for all to visit.

Looking ahead, the 2025 Annual Paisley Legion Open Golf Tournament will be held on Saturday, September 20 at the Southampton Golf and Country Club. For further information, contact Paul Parker 519-270-6297. This is a fundraiser for the Paisley Legion and community so plan on taking part.

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.

Antique Vintage and Collectible Show not to be missed!

Happy Canada Day!
Canada Day Celebrations and Fireworks will be held Tuesday, July 1st at the big flag in Southampton. Head down with family and friends to the end of Millard Boulevard in Southampton to help celebrate Canada's Birthday! The festivities will include music, family activities and food, and of course the fireworks display at dusk. The Saugeen Shores Chamber of Commerce hosts this community event which promises a great time for all ages. Help celebrate Canada Day and show your national pride.

The Annual Southampton Craft Show will be held at the Coliseum/Annex in Southampton on Thursday, July 3rd from 10am-5pm. As always there will be an amazing array of unique handmade items by talented artists and artisans and there will also be a food court. Proceeds go to Prance. For further information contact Tammy at 519-444-4041.

On Saturday, July 12th head out in your car and tour some fabulous gardens. This Saugeen Shores Tour of Gardens fundraising event for Huron Shores Hospice showcases spectacular urban and rural gardens that have been chosen

BY
TAMRI
COURT

Saugeen Shores



to be visited during the tour. While on the tour enjoy the options from the Cafe Gilou foodtruck. Tickets can be bought at www.southporthorticulturalsociety.com or at Lac Boutique in Southampton and Bottled Up in Port Elgin.

The Annual Port Elgin Antique, Vintage, and Collectible Show and Sale will be held Friday, July 18th from 10am and 5pm and Saturday, July 19th from 10am to 4pm and will be held at the Coliseum in Southampton and will have over 30 vendors. The vendors will be selling toys, rugs, vintage clothing, jewellery, signs, crystal, and much more. Enjoy the famous rhubarb punch, homemade pies, and lunch items in the café. All proceeds will be donated back to

community charities and non-profit organizations.

Marine Heritage

The Marine Heritage Festival will be held in Southampton July 25th to the 27th. Three full days of fun, free, family-friendly festivities at the Marine Heritage Festival in Southampton. "There's something for everyone, including: The Children's Bike Festival, live performances by children's entertainers Richard Knechtel and David Archibald, local musical talent, Cardboard Boat Races, Fun in the Park activities, amazing dance and acrobatic acts, beer gardens, a delicious Fish Fry, breakfast, corn roast and BBQ food, a brand-new historical, nautical experience: the Chantry Time-Trek!" Check out the full schedule of events at www.chantryisland.com.

Book your Historical journey to Chantry Island as the 2025 season is in full swing and can be booked online or by calling 519-797-5862. You are encouraged to book early to avoid disappointment.

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

Don't miss out on the Ripley Reunion starting July 31st!

Hungry for something real? Dig into Back Forty Bites - a new eat local campaign, where farm-fresh meets fork-ready, in the heart of Huron-Kinloss. Come hungry, get to know our chefs, meet the producers and uncover the delicious secrets of the Back Forty - one bite at a time. Learn more at: <https://secretsofthebackforty.com/back-forty-bites/> and discover our best kept flavours!

A true sign of summer - the Point Clark Lighthouse guided tours begin Canada Day weekend and run daily until Labour Day Monday! Tours start at 10:30am and run every half hour, with the last tour at 4:30pm. Book online at secretsofthebackforty.com/point-clark-lighthouse or stop by and see if there's room to join a tour.

Every Wednesday afternoon through the end of August, drop in for Shuffleboard at the Lucknow Arena at 2pm. All are welcome and it's just \$2 to play.

Every Thursday in July and August, kids are invited to the Bruce Botanical Food Gardens from 10-11am for weekly craft workshops. Pre-registration is required (Sign up at bbfg.setmore.com) and a suggested donation of \$5 per child

BY
KRISTEN
PRENTICE

Ripley/Lucknow Happenings



is appreciated. All ages are welcome.

Want to learn a new dance move (or a few)? Partner dance classes are offered weekly in Point Clark through Pine River Dance, with a four-week series available or drop-in options for \$12 per class. These casual social dance lessons are a fun way to learn new moves and meet others in the community. Visit pineriverdance.ca for details and registration.

On Saturday, July 12, the Bruce Botanical Food Gardens is hosting a Lavender Wands and Baskets Workshop for adults from 11-1pm. Come to the garden relax, harvest lavender, and create your own wand or basket. Registration is available at bbfg.setmore.com.

The Point Clark Market is Sunday, July 20th from 11am-3pm at the Community

Centre. Local vendors will be showcasing handmade goods, art, and jewellery. For vendor inquiries, contact Heather Barger at greenthumb1605@hotmail.com.

On Saturday, July 26, the Boiler Beach Band is rocking the Point Clark Lighthouse from 7:30-11pm. Come early for a BBQ starting at 6pm. Admission is free, with donations accepted in support of the Kincardine Hospital MRI Fund. The event is hosted by the Point Clark Beach Association.

On Wednesday, July 30, the Kincardine Pipe Band returns to Lighthouse Park for a special evening performance starting at 7:30pm. Bring a lawn chair, soak in the sound of the pipes, and enjoy the magic of a summer night by the water.

Rounding out the month is the much-anticipated Ripley Reunion, beginning Thursday, July 31st and continuing through the August long weekend. This once-in-a-decade celebration is an opportunity to reconnect with friends, neighbours and the place we call home. The weekend is full of events for all ages, from historical displays to live entertainment. For the full schedule, visit ripleyreunion.ca or follow Ripley Reunion 2025 on social media.

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Why is King my absolute favourite author?

The new Stephen King *Never Flinch* did not disappoint. Once again it features Holly Gibney in the main role supporting two different but converging stories. One involves a serial killer out for revenge and the other a religious zealot targeting a feminist celebrity speaker for her pro-choice stance. There are some great new characters introduced or more fully fleshed out like Detective Izzy Janes and soul singer Sista Bessie as well as Kate McKay the women's rights activist Holly is hired to protect. Not all King fans love Holly, but it's obvious he does as this is her seventh appearance in a King story. I am a fan, as she is the most typical King hero to be discussed further. Has a great ending, that means you'll be up late finishing it. He is the one writer I continue to always buy in hardcover and in our 45-year relationship has rarely let me down.

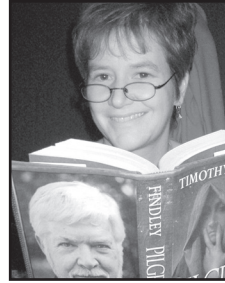
Since I'm on a King roll, I want to also mention a movie just released called *The Life of Chuck* based on a King story found in the collection *If It Bleeds* (where you will find another Holly story). As the movie is being released, I believe you can now purchase it as a stand-alone story, but I have to say the collection is worth it and another story in it; *Mr. Harrigan's Phone* was also made into a movie in 2022. I haven't seen *The Life of Chuck* yet, but I expect it to be on the level of *Stand by Me* and *Shawshank Redemption* as a great film. The cast is amazing, and the story is uplifting. It's told in three parts and in reverse order exploring one man's past and the joys and wonder we all experience if we are paying attention. It offers another fabulous ending so if you're not so much a reader of what one might call traditional King, check out this award-winning film. Coming to the screen are remakes of *The Long Walk* and *The Running Man* and to the small screen this July, *The Institute*.

I had a conversation recently with a friend who has finally read a King book, *Mr. Mercedes*, on my recommendation, and she wondered why I liked him so much as many of his characters can be dark, racist, misogynist and basically unlikeable, so I thought I'd share with you why I think he is one of the greatest writers of our generation in this month's column.

His characters are compellingly believable, and you easily become invested in their struggles and successes. He creates rich complex worlds both ordinary and fantastical. He often explores the themes of good vs. evil, loss, grief and the

BY
TRACY
PRIMEAU

Between the Covers



resiliency of the human spirit. He's more than just horror, and I'm happy to recommend science-fiction, fantasy and suspense as well a couple of feel-good stories. His influence on popular culture is

sometimes missed with phrases like "Here's Johnny" and "Get busy living or get busy dying." Finally, he writes real page turners that will keep you engaged from beginning to end. With over 65 novels and hundreds of short stories across many genres there is something for everyone to dig into. Often called simplistic I prefer to say King's writing is approachable, readable and memorable.

Currently listening to more Malcolm Gladwell on Audible *What the Dog Saw and Other Adventures*, great listen for walking or driving. tracy.primeau@gmail.com.

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The main social determinants of health - non-medical factors that influence health

Home is where the health is...Just as a solid foundation is critical to a home's structural integrity, housing is a foundational factor in a person's overall health and well-being.

People who live in safe, stable, and affordable housing experience better health than those experiencing homelessness or those living in substandard, overcrowded, unsafe, or unaffordable housing.

Safe housing is crucial for health because it creates fewer risks of injury and illness, such as from falls and exposure to harmful substances. For example, homes free from mold, lead, radon, and asbestos help prevent respiratory issues and other health problems. Unfortunately, people living with a low income must often choose between a safe, healthy home and a substandard home they can afford.

Stable housing produces better health through less stress and anxiety. This stability supports mental health and allows people to focus on other important parts of life, like work and education. Children with stable housing have improved attendance at school, better cognitive and behavioural health, and improved academic achievement.

Affordable housing ensures people can meet their basic needs without having to sacrifice other essentials, like healthy food. For individuals and families with low incomes, the largest expense is often housing, leaving very little money for food and other necessities. This situation leads to food insecurity, which is associated with inadequate intake of key nutrients and poor health outcomes, including chronic diseases, mental health disorders, and infectious diseases.

Additionally, problems with housing affordability can result in undesirable sharing and crowding or unsafe living conditions, such as a home takeover situation, negatively impacting personal space, privacy, and safety.

A household is considered to have unaffordable housing costs if 30 per cent or more of its total income is spent on housing. In Grey-Bruce, one in three tenants is paying unaffordable rent and one in 10 homeowners cannot afford their housing costs.

Core housing need identifies households living in dwellings that are crowded, unaffordable, or require major repairs, and who cannot afford alternative, suitable, and adequate housing in their community. In Grey-Bruce, six per cent, or about 4,000

BY
LINDSAY
MACDERMID
GREY BRUCE
PUBLIC HEALTH



Grey Bruce
Public Health

Seniors Situation

households, are experiencing a core housing need. In Canada, members of low-income households, people living on a low income, racial and ethnic minorities, women (especially single mothers), seniors, and people with disabilities are disproportionately affected by unmet core housing needs.

To address housing inequities, individuals and organizations can advocate for policies that increase affordable housing and guarantee a basic income, support local organizations working to provide safe housing, and raise awareness about the importance of housing for health.

Collective efforts can help to ensure everyone has a safe, stable, and affordable place to call home.

Local Housing Resources and Supports

•Grey County Housing Services and

Bruce County Housing Services: provides rent-geared-to-income housing, supportive housing, and non-profit housing, distributes Ontario Renovates funding, and oversees home ownership, short-term shelter, and utility support programs.

•YMCA of Owen Sound Grey Bruce Housing services: assists people experiencing homelessness or who are facing homelessness to find safe, affordable housing.

•CMHA Grey Bruce Housing Services: offers a recovery-oriented service that provides affordable housing and services for adults living with serious mental illness.

•Grey Bruce Community Legal Clinics: provides free legal services for low-income Grey-Bruce residents, including help with housing law.

•Habitat for Humanity Grey Bruce: a non-profit homebuilder, charity, and micro-financer.

•Grey Bruce Home Takeover Pilot Project: created a Home Takeover Response Framework to build capacity to prevent, identify, respond to, and support recovery from home takeover.

•Call 211 for more information and support.

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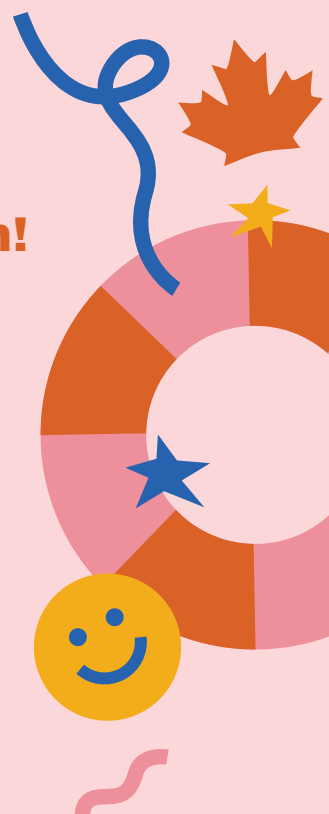
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