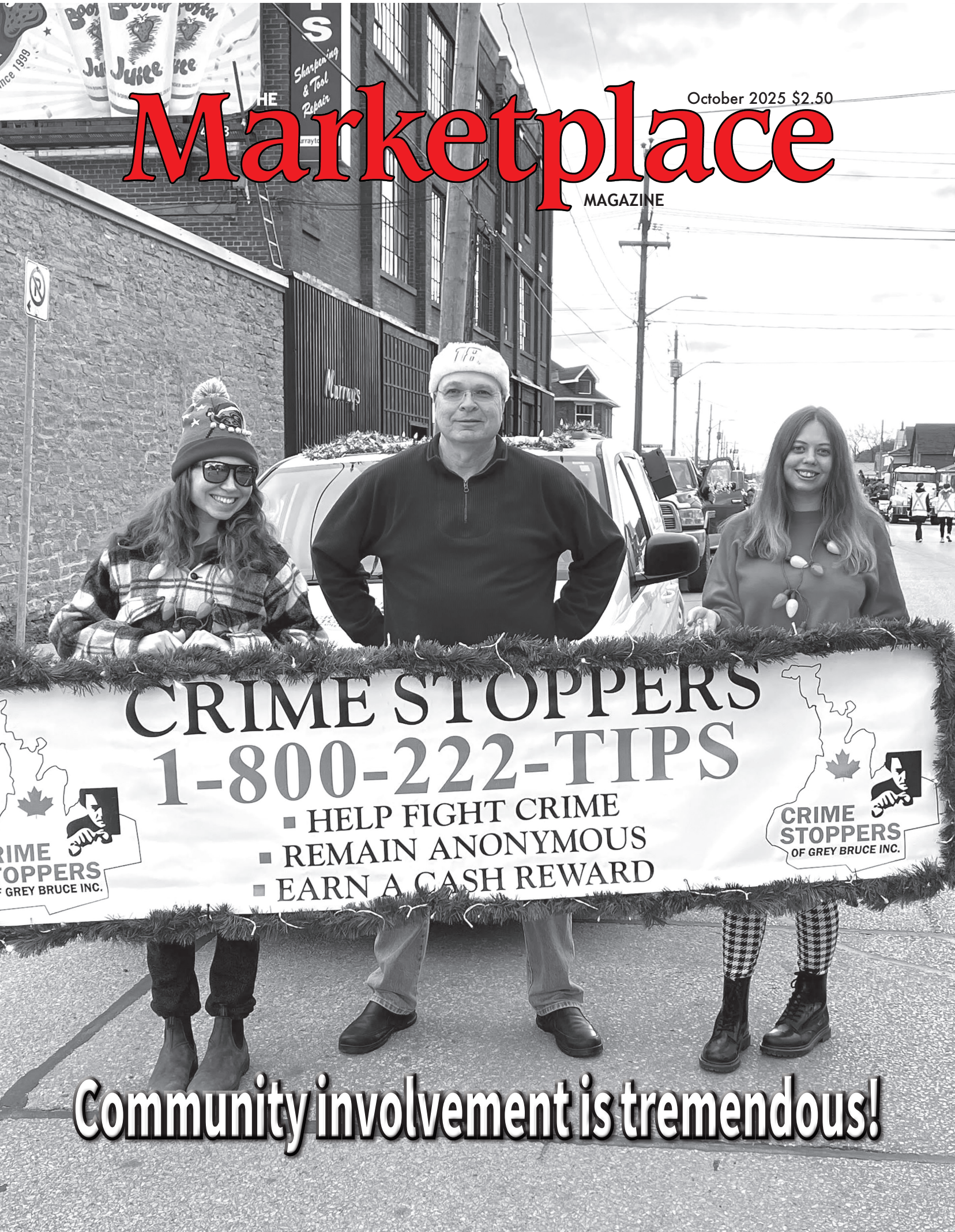


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Vol. 36 No. 10



Crime Stoppers of Grey Bruce -- be part of the fight against crime. L to R: Desiree Kalte, Program Coordinator Drew Kalte, Liliana Lazarcik.

Photo Courtesy of Crime Stoppers of Grey Bruce

Feature Story

Page 8

Crime Stoppers of Grey Bruce is making a difference in the fight against crime. Since its inception, tips from concerned citizens have resulted in the seizure of drugs, the recovery of stolen property, and the arrest of countless suspected criminals across our two counties.

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Sarah Chisholm
John F. Adams

Production Brenda Fabry
Contributing Editor Jeska Curry

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908 Queen Street, Box 523
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From the Sunny Side



The Walker House Museum is partnering with the Kincardine Refugee Sponsorship Committee to present "Being a Global Citizen." Join them on Saturday, October 4th, as Debbie Bodkin shares a presentation about raising awareness, humanitarianism and caring for our global community. Come and learn about what freedom means and how to be a good global citizen. Doors open at 1:30pm with admission by donation. For more info: thewalkerhousemuseum@gmail.com

The excitement is in the air as the "Catch the Ace" jackpot is growing, and the ace could be hiding anywhere! Royal Canadian Legion MacDonald Br. 183 Kincardine has the tickets for sale or you can purchase online at: www.kincardineace.com or Kincardine Legion Bar. Each ticket not only puts you in the running for the growing weekly and progressive jackpots but also contributes to the well-being of the community.

The 164th Tiverton Fall Fair, "Strength in our Roots", is starting Friday, October 3rd. It will be a family friendly event with a midway, exhibits, food, truck pull, petting zoo and more. Check out <https://www.tivertonagsociety.com/> for times and dates of this great fall fair!

Downtown Kincardine is having an awesome event - "Spooktacular" on October 25th starting at 10am. Bring your little ghosts and goblins for trick-or-treating courtesy of the businesses! <https://www.lakesidedowntownkincardine.com/>

Kincardine Operation Christmas Child season is upon us! Need a shoebox to fill for some of the less fortunate in this world? Take a drive by Bar Down in Kincardine, it is the pick up and drop off location.

Happy Thanksgiving to all and a happy birthday to our sweet girl Eliza and wee baby Eden! Here's to three and one!

Oh, and a happy birthday to my fella! ...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.

Safety first at home and at work

Fire Safety Week runs from October 5–11, and this year's national theme is: "Charge into Fire Safety™: Lithium-Ion Batteries in Your Home."

It's a timely reminder for all of us. From smartphones to e-bikes, lithium-ion batteries power much of our daily lives-but they also come with fire risks if mishandled. Overheating, fires, and even explosions can occur when these batteries are damaged or improperly used.

At Bruce Power, safety isn't just a priority-it's a core value. That's why the company has updated its emergency response plans to address the unique hazards posed by lithium-ion batteries.

The national campaign encourages everyone to follow these three simple steps:

1. Buy Smart - Look for safety certification marks like UL, ETL, or CSA when purchasing battery-powered products. These labels mean the product meets rigorous safety standards.

2. Charge Safely - Use the original charger and follow the manufacturer's instructions. Charge devices on hard surfaces, avoid overcharging, and unplug once fully charged.

3. Recycle Responsibly - Never toss lithium-ion batteries in the trash. They can spark fires in waste facilities. Instead, recycle them at certified locations - visit <https://call2recycle.org> to find one near you.

Bruce Power recognizes the importance of maintaining a robust and multi-faceted emergency response program as part of its Safety First value that's ingrained into everyone who steps foot onto site.

The Bruce Power site is truly a marvel, with its expansive 838 hectares (more than 2,000 acres) bustling with thousands of



John Peevers
Director, Community
and Media Relations

workers each day to produce a third of Ontario's power and cancer-fighting medical isotopes used around the world.

Like any town or city, Bruce Power has its own fire, security and emergency management teams, fully staffed by highly trained professionals, using world-class equipment and facilities.

Like any good neighbour, we work with surrounding municipalities on emergency plans and share resources and knowledge. In the past, Bruce Power has donated fire trucks to municipal fire departments and regularly invites municipal departments to use its state-of-the-art 23,000-square-foot Emergency and Protective Services (EPS) Training Facility on site. Many of our dedicated fire staff also volunteer with their community forces as well and we thank all emergency responders in the surrounding areas.

The effectiveness of Bruce Power's emergency response program is continuously assessed through a series of drills and exercises, including a provincial nuclear emergency exercise every three years.

Next month, the company will host Huron Unity, which includes internal and external stakeholder participation to test its response to the Provincial Nuclear Emergency Response Plan.

These large-scale exercises see about 2,000 people engaged and over 40 federal, provincial and municipal agencies participating to allow Bruce Power to practice interoperability with its key stakeholders, including local police and fire organizations, regulators, and many others.

Whether at home or on site, Bruce Power is committed to keeping people safe, informed, and prepared.

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The Love of the Game Lives on...

It seems like every town in Bruce County had a baseball team at some point in their history. Both boys and girls enjoyed the sport, making it the go-to game at recess or community celebrations. Bruce County baseball girls and women had a love for the game and proved it with their own championship titles and trophies.

Baseball was played recreationally in Bruce County as early as the 1880s for both men and women. Later in the 1920s there were organizations formed with teams representing the large cities and small rural towns. Most leagues were divided into men and ladies' teams, but both were given the same opportunities to play. The South Bruce Ladies Softball League had many accomplished teams. The Ripley Reds were a force in the 1930's, winning back-to-back titles which ultimately gave them permanent possession of the league trophy.



Bartley Dodgers W.O.A.A. Finalists (Kincardine), 1949 (A996.019.008)

By 1942 the W.O.A.A. (Western Ontario Athletic Association) formed and more competitive baseball leagues began to rise. These leagues allowed the women who played recreationally to branch out and engage in a more competitive level, travelling to various towns in Bruce County and beyond.

There are far too many teams and titles to mention when highlighting women's baseball history in Bruce County. Each town had their own accomplishments which should be acknowledged. The town rivalries were strong, and each team worked hard for their bragging rights.

This photo is just a snippet of the many ladies' baseball teams who were proud to show off their titles and trophies. The Kincardine Bartley Dodgers were the W.O.A.A. Finalists in 1949.

There was a lull in time when there weren't many ladies playing the game especially after the 1950s. Lives changed after the War and many young women who played were either starting families

BY
SHAUNA TAYLOR
BRUCE COUNTY MUSEUM &
CULTURAL CENTRE
CURATORIAL ASSISTANT

Historically Speaking



or supporting household expenses with their own jobs. By the 1970s there was a rise again in ladies' baseball. Some of these leagues started to form in the original hubs such as Allenford, Tara and Port

Elgin. Today the Grey Bruce Ladies Fastball League has 11 teams represented. The love of the game lives on.

Sources: Accession A996.019.008, Bruce County Museum & Cultural Centre

Ripley-Huron Sports Committee. "Ripley-Huron Sports Memories - A Collection of Sporting Activities Throughout the Years." 2005. Print.

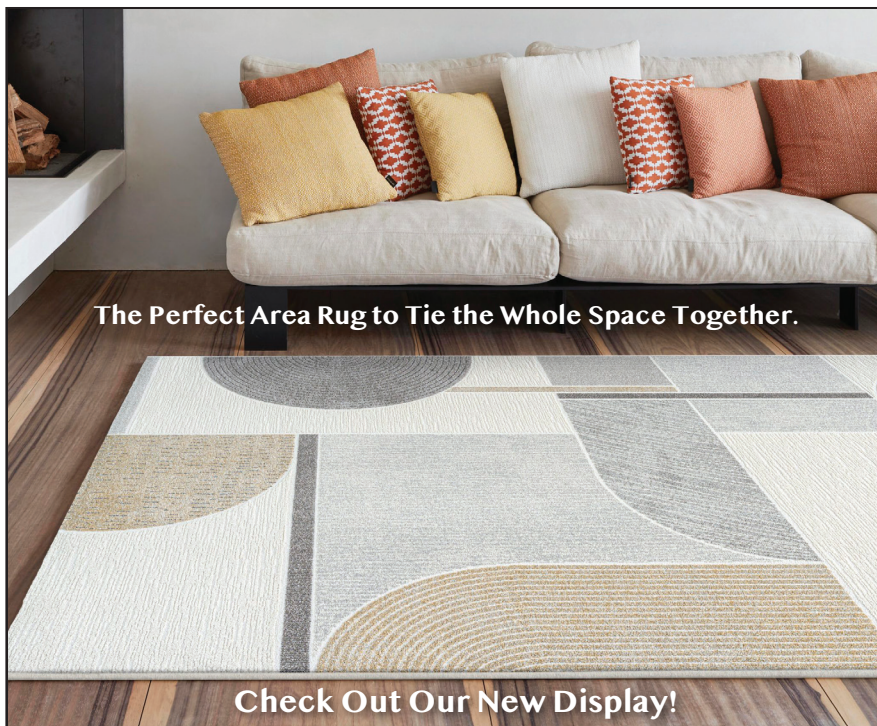
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Grey Bruce Ladies Fastball League. <https://greybruceladiesfastball.com>, retrieved August 19, 2025.



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Unsure about your coverage? Call before the snow flies!

Ontario winters are tough on all of us-and on our buildings, too. Last year, farms and rural properties across the province were hit hard by heavy snowfall, resulting in a large number of barns, sheds, and outbuildings collapsing under the weight.

Unfortunately, many property owners assumed they were covered by insurance, only to learn-after the fact-that their policy didn't include protection for snow load or collapse.

The best way to avoid that surprise is to take a few minutes before winter arrives to review your coverage.

Named Perils vs. Broad Form Coverage

Insurance policies come in different forms. A Named Perils policy is one of the most basic types of coverage, and it does exactly what the name suggests-it covers only the specific "perils" listed in your policy.

Typical named perils include fire, lightning, explosion, windstorm, hail, theft, and vandalism. Not listed is snow load or collapse, which means if the roof of an outbuilding gives way under the weight of snow, a Named Perils policy won't respond.

Coverage is usually provided as part of a Broad Form or Comprehensive policy.

BY
TODD
FARRELL



Are You Covered?

These forms are more inclusive, protecting against most risks unless they are specifically excluded.

But here's the catch: not all buildings are eligible for Broad Form coverage. Insurance companies often restrict this protection to newer structures, or buildings that are heated and well maintained. Older and lower-value outbuildings may only qualify for basic Named Perils coverage.

Can I add Collapse Coverage to my outbuilding?

In many cases, yes, but there are requirements. To qualify for Broad or All Risk coverage, insurers typically require that an outbuilding:

- Is in full use (100 per cent) and insured to at least 80 per cent of its replacement cost
- Is used for its original, approved purpose
- Shows above-average maintenance and

housekeeping

- Was built in 1965 or later (older buildings may need special approval)

- Can only be added or changed at renewal time, not mid-policy

Tarp or fabric-covered structures (such as Coverall or BrightSpan buildings) have even more restrictions. To be considered, they generally must be:

- Less than 20 years old
- Professionally installed by a registered dealer
- Subject to company and underwriter approval

Insurers will also request a current building valuation, photos, or an inspection before they'll bind coverage.

Why Maintenance Still Matters

Even if you have the right coverage, insurance is designed to protect against sudden and accidental events—not damage that could have been prevented with upkeep. In Ontario, snow accumulation is expected every winter, insurers expect owners to take reasonable steps to maintain their buildings including clearing heavy snow off rooftops.

If you're unsure about your coverages, make sure to reach out to your local insurance broker before the snow flies.



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As with any closed system, one problem that sometimes does emerge, is trapped moisture between the panes. Once the moisture gets trapped between the glass, it manifests itself as an ugly fog which eventually causes permanent staining.

IGUs Limited Life

The reality is that all IGU's have a limited life expectancy. The seals do break down allowing the gas to escape and moisture to begin to form. After 15 or 20 years, it should be no surprise when some of your thermal windows become foggy. Up until recently, fogginess in a thermal window was something you either lived with or dealt with by replacing the entire window. Window companies



Vern

make their money by replacing whole-house windows or at least a substantial number of windows, not by simply replacing the IGU.

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At Clear Vu Window Services, they replace the IGU and not the entire window. While replacing IGU's is not an inexpensive process, it is far more

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Crime Stoppers Pays!!

Crime Stoppers of Grey Bruce works. Since its inception in 1987, tips from concerned citizens have resulted in the seizure of \$50,963,000 worth of drugs, the recovery of stolen property valued at \$4,549,000, and the arrest of 1,809 suspected criminals across the two counties.

“The program is definitely making a difference in the fight against crime in our area,” says Peter Reid, Chairperson of Crime Stoppers of Grey Bruce. “Our local police are always telling us how supportive and appreciative they are of Crime Stoppers and the positive impact that it has had on helping them deal with crime. In addition to the drugs seized and stolen property recovered over the past three-and-a-half decades, information received through Crime Stoppers has been instrumental in helping to clear 2,771 active police cases in Grey Bruce. It’s all part of our effort to help make our community safer.”

Operating across Canada and throughout the world – including Europe, Africa, Asia and Australia – Crime Stoppers is a network of non-profit organizations that provide people who witness a crime, or become aware of one, with the means of supplying information about that crime to the police. Safely and anonymously.

It is no different in Grey Bruce. “Crime Stoppers of Grey Bruce was set up to give police another way of learning about crimes going on in our region,” Peter says. “It is not a police initiative, but rather a community based program that combines the police, media, and members of the public in a cooperative effort to stop crime.”

To that end, Crime Stoppers of Grey Bruce encourages people in the community to report any information they may have with respect to crime – including crimes that have been committed, crimes that are about to occur, or the whereabouts of wanted persons, stolen property, or illegal narcotics. “Crime Stoppers believes that if we report crime, we can stop crime,” Peter says.

And reporting a crime through Crime Stoppers is simple. It can be done by calling their toll-free number, 1-800-222-TIPS (8477), by submitting an online Web Tip via their website at crimestop-gb.org, or through the free P3 Tips Mobile App which can be accessed at P3TIPS.com. Any information reported is then passed on to police.

Peter points out that those providing tips will not be asked or expected to identify themselves. “Anonymity is guaranteed,” he emphasizes, explaining that Crime Stoppers does not subscribe to call display, does not have *69 (a telephone feature known as ‘last call return’) capability, and does not use voice record – so neither Crime Stopper call takers, nor the police, will ever know the identity



The Classic Car Shows are a great fund raiser for Crime Stoppers of Grey Bruce.

of the person providing the tip. “And tipsters will never have to appear in court.”

Providing tips to fight crime can also lead to cash rewards.

Crime Stoppers of Grey Bruce will pay cash rewards for information leading to the arrest of criminals or the seizure of stolen property or illegal narcotics. Such rewards can vary from \$50 to \$2000 depending on the seriousness of the crime, the charges laid, or the value of any seized property/drugs. As the Crime Stoppers’ slogan states, Crime doesn’t pay, but Crime Stoppers does.

Of course, none of this would be possible – not the existence of Crime Stoppers in Grey Bruce, not the successful support of local police in dealing with crime, not the payment of rewards for tips leading to criminal arrests – without the help of the community.

“We are a registered charity that relies on donations,” says Peter. “And the community has always been very supportive of the fundraising events we put on.”

Events like the classic car tours and shows that the organization hosts, featuring antique cars that travel across Grey Bruce each summer, stopping off in towns along the way. Then there is the Crime Stoppers of Grey Bruce golf tournament held each year in early June. “The tournament has been going on for 34 years,” says Peter. “And it sells out every year. This year we raised 30k\$!”

Still he points out, additional financial support is always needed ... and always welcome. “The positive impact that Crime Stoppers of Grey Bruce has had on helping to address crime in this region has been tremendous – and we want it to continue. Donations make that possible.”

Volunteers are always needed as well.

Crime Stoppers of Grey Bruce is operated by a Board of Directors that is comprised entirely of concerned, volunteer citizens, Peter points out. “We oversee the program as a whole, including organizing fund-raising events, managing the payment of rewards to tipsters, and hiring and overseeing a part-time coordinator – the organization’s only paid position – who manages the processing of reported crime tips.” There are currently seven volunteers on the Board, but Peter is quick to point out that they are always looking for more. “Especially anyone with fund-raising experience.”

Crime Stoppers of Grey Bruce provides a safe, anonymous means for people to provide information to police that might help prevent or solve crimes. “It’s making a difference in our community,” Peter repeats, “helping to reduce crime and make this region safer. So if you have information about a crime in our area, call Crime Stoppers of Grey Bruce. It works.”

To learn more about Crime Stoppers of Grey Bruce, to make a donation, or to volunteer for the Board, go to <https://crimestop-gb.org>.



Community support for Crime Stoppers of Grey Bruce.

All photos Courtesy of Crime Stoppers of Grey Bruce.

by Doug Archer

Forefoot Conditions: A Pedorthist's Perspective

As a pedorthist, I see many patients who experience persistent discomfort in the forefoot—the area just behind the toes. This part of the foot bears a significant amount of pressure with every step, making it particularly vulnerable to a range of conditions. Understanding the causes and treatment options is key to improving mobility and quality of life.

Common forefoot conditions include:

- Metatarsalgia (pain and inflammation in the ball of the foot)
- Morton's neuroma (a thickening of nerve tissue between the toes)
- Bunions (bony deformities at the base of the big toe)
- Hammertoes (abnormal bending of the toe joints).

These issues often develop due to improper footwear, structural imbalances, arthritis, or repetitive stress.

As a pedorthist, my focus is on non-surgical management through footwear modifications and custom orthotic solutions. For example, metatarsal pads can redistribute pressure away from sensitive areas. A wide toe box and supportive midsole can relieve pain from bunions and hammertoes. For Morton's neuroma, cushioning and proper arch



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

support are crucial in reducing nerve irritation.

An essential part of treatment is education—helping patients understand their foot structure, gait mechanics, and the importance of appropriate shoes. Often, small changes in footwear can prevent the progression of a condition or even reverse mild symptoms.

Early intervention is critical. Left untreated, forefoot conditions can lead to chronic pain, compensatory movement,

and further complications up the kinetic chain, including knee, hip, or back issues.

If you're experiencing forefoot pain, don't ignore it. A pedorthist can assess your gait, footwear, and foot shape to create a personalized plan that promotes comfort and long-term foot health.

Please contact Laura for an initial assessment at Maple Shores Health Centre in Port Elgin at www.alignpedorthics.com or 519-832-4500.*



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Dar answered her calling to the ministry

*And we gather this gathering in a
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-- From Dr. Seuss

*Sunday at the Faith Lutheran Church,
Port Elgin*

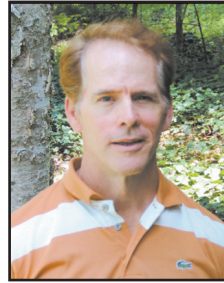
Darlyne (Dar) Rath is spending her retirement years doing what she did her whole career as first a practicing nurse, then a university instructor in the faculties of Nursing and Medicine: caring for others. Only now it's not in a hospital or lecture hall. It's behind a pulpit. You see, late in life, Dar answered her calling and became a Lutheran Minister.

"Friends and family say I was the last person they ever expected to become a minister," Dar laughs. "And to be honest, I never expected it – but then I went on a trip to Israel."

Always a churchgoer, Dar thought she knew the bible pretty well until she met the tour guide who led them along the 'Way of the Cross' in Jerusalem. "His knowledge of the bible's teachings was far beyond mine," she admits. After the tour, Dar plunked herself down under an olive tree feeling embarrassed by what she

BY
DOUG
ARCHER

Portrait of a Retiree



didn't know about her faith. "And that's when I decided I wanted to learn more," she says.

So she went back to university, intending to take one or two courses in biblical studies. But, as she puts it, God had different plans. Four years and 33 courses later, and after a yearlong internship and exhaustive assessment by a group of ministers and a Bishop, Dar was ordained in March of 2015.

Now Dar is Pastor at the Faith Lutheran Church in Port Elgin, caring for the spiritual needs of her congregation, helping individuals and families throughout the community ... and occasionally delivering services in Dr. Seuss-like rhyme or blessing parishioners' cats, dogs, geckos and hedgehogs on Pet

Sunday.

"I want to bring families and children back to the Church," she explains. "To make the Church and the lessons of the bible more relatable. And to do that you have to be a bit ... creative."



Darlyne (Dar) Rath

Her ministry reaches beyond the Church, too. Dar is also one of the Spiritual Care Providers (Chaplains) at the Southampton Hospital, and, in her spare time, makes quilts and teddy bears for local hospices and women's shelters.

What makes Dar so passionate about her ministry? "It's the people," she says. "The congregation. The patients at the hospital and hospices. Seeing them; sharing with them; guiding them." She points at the ground and then up to the heavens, and with a smile adds, "I've come to believe that God put me on this earth to help others get from here to there."

Come have a coffee with the Mayor!

As fall settles in and the leaves begin to turn, the towns of Huron-Kinloss are bustling with exciting community events for everyone to enjoy! From craft markets and bake sales to the start of skating and recreational hockey, there's something for all ages to get involved in this October. Here's a roundup of what's happening in our community this month:

"Morning Break with the Mayor" returns on Friday, October 17th from 10-11:30am at the Council Chambers in Ripley. This is a great opportunity to sit down with Mayor Don Murray in an informal setting to share your thoughts, ask questions, and enjoy light refreshments with your neighbours.

On Saturday, October 18th, the "It's Fall Y'all Craft and Vendor Event" will be held at the Lucknow Community Centre from 10am to 3pm. Featuring a great mix of local vendors-from bakers and crafters to artists and makers - plus door prizes, treats, and coffee, it's the perfect way to spend a fall afternoon. While it falls just outside October, you may also want to mark your calendar for the Lucknow

BY
WILL
LEGRAND

Ripley/Lucknow Happenings



United Church Bazaar and Bake Sale on November 1st, supporting Nimble Fingers and the UCW.

At the Point Clark Community Centre, the Huron Lakeshore Friendship Club offers a variety of social and recreational programming for seniors, including shuffleboard, crafts, cards, cornhole, wood carving, and jam sessions. It's a great way to stay active and connected in the community.

The Ripley-Huron Community Centre offers a wide variety of activities this fall for all ages and skill levels. Sponsored public skating returns on Saturday evenings starting October 11, from 5:30 to 6:30pm. These sessions offer families and individuals a chance to enjoy the ice at no

cost and will also be available on PA Days and during school breaks.

For those interested in team sports, Ladies' Recreational Hockey begins Sunday mornings at 8:30am, starting October 19 - perfect for players looking to stay active and social in a fun, supportive environment.

If you're looking to skate during the week, Adult Lunch Hour Skate sessions run weekdays from 12-1pm, providing a great midday break. Parent and Tot and Senior Skate sessions take place weekdays from 9-10am, creating welcoming spaces for families and seniors to enjoy skating in a relaxed atmosphere.

For fitness enthusiasts, Morning Spin Classes are offered on Tuesdays and Fridays - spaces are limited, so early registration is recommended. Or try the Adult Fitness Punch Card for flexible access to gym equipment and spin bikes during open hours, allowing you to work out on your own schedule.

For full details or to register for a program, visit www.huronkinloss.com/explore-and-play

Fall is the perfect season to build!



Fall is when thoughts turn to leaves turning, fresh apples at area orchards, and if you are James Beeksma, owner of Utopia Decks, you hear the music of decks being built. James explains.

"When the air gets a little crisp, people feel that deck season is over, but it is not. Fall is one of the best times to get your deck built!"

James and his team at Utopia Decks stay up to date not only on the latest materials and deck options available to their customers, but also understand that for many people, building their deck in the Fall makes sense.

"I recommend building decks in the Fall for many reasons. First, adding a deck to your home increases its value - a

serious consideration if you plan on selling in Spring. Second, construction in Summer heat is taxing not only on the crew, but also the materials. Cooler temperatures mean our team can work more efficiently, and materials are less likely to warp or expand, resulting in a sturdier, longer lasting deck for you. Fall builds mean you avoid the Spring time rush, and your deck is available to you now, not in six months. Year-round decks have grown in popularity as people look to unplug from technology, and we can design your deck to add lighting, railings, and even Fire Bowls, Tables, or Patio Heaters that allow you to

enjoy a sky full of stars on Christmas Eve! Our only limit is your imagination."

To get more information on adding a deck to your space this fall, contact James and the Utopia Deck team to schedule your free consultation. Phone or text James at (647)952-6677, or email contactus@utopiadecks.com.

Check out www.Utopiadecks.com for more information.*



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Early On Program offers a wide variety of activities

The Treasure Chest Museum is presenting 'Titanic: Up Close and Personal' on Tuesday, October 21 at 7pm. It will be an evening with Titanic author, historian and artifact expert Steve Santini. There will be a video presentation as well as real objects from the Titanic. Admission is \$10. Due to limited seating please call 519-353-4252 to make your reservation. They will also be having 'Tea Thyme' on October 4, November 1 and December 6 from 10am to noon. Admission is by donation. Come relax and enjoy a cup of tea and a treat with your friends. The Treasure Chest Museum will be open weekends from 11am to 4pm until Thanksgiving.

Monday, October 13 is Thanksgiving Day. It is a day when we are thankful for the many great things that we have in our lives. I would ask that you continue to be thankful not just that day but every day. In a world where so many walk in hunger and fear we must remember to count our blessings for what life offers us here in Canada.

The Paisley Legion is currently in their Early Bird Membership renewal season. Our local Legion Branch 295 is a very busy and vibrant organization so it's a great time to join the Legion or

BY
SHERYL
STEINHOFF

Paisley Current



renew your membership. Mondays at the Legion have fired back up with morning crokinole from 9-11am, evening Euchre at 6:30pm and 'learn to knit/crochet lessons at 7pm. The cost for the 10-week session is \$20. The Thursday night jam sessions are back in full swing from 7-10pm with admission by donation. Be sure to drop in and listen to the amazing local talent that we have in our area. This year the Hallowe'en Haunted House event is not happening; however, the Legion is having a Guitar Hero Contest on Saturday, October 25. Registration is free. Admission for those wishing to watch and listen to the music is \$5 per person. Follow the Legion Facebook page for more details. There is Line Dancing every Wednesday evening for the month of October from 7-8:30pm. Looking ahead into November, there will be a Comedy Show (age of majority)

with Jen O'Reilly on November 1. Doors open at 7pm and the show starts at 8pm; admission is \$15 per person.

Fall is here and the ice is in at the Paisley Community Centre. Public skating starts after Thanksgiving. Adult and tot skating is every Tuesday and Thursday from 9:30-10:30am, Noon Skate times are Tuesday and Thursday from 12-1pm and public skating is on Sunday from 6:30-7:30pm. The cost is \$4 and \$3 for seniors. The Early On program takes place in the Auditorium on Thursdays from 9:30-11am. Online pre-registration is required. Children up to six years of age, and their families can participate in a wide variety of activities such as songs, creative art, story time, active play, math, science, and literacy experiences. This program encourages parent-child interactive play and social interaction between children. A Registered Early Childhood Educator provides resources, links, and supports. For more information or to pre-register call 1-800-616-8116.

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.

Get ready to celebrate the 40th annual Pumpkinfest!

October is a busy month in Saugeen Shores. Here are a few events to add to your calendars.

The highly anticipated 40th annual Pumpkinfest is just around the corner! Mark your calendars for Saturday, October 4th and Sunday, October 5th. This family fun event provides two full days packed with activities, giant vegetables, entertainment, crafts and vendors, animals, car show, numerous food trucks and stations and much much more!

Party in the Patch, featuring The Sap Suckers and Grey Road 1, will be held during the evening on Saturday, October 4th and tickets for this particular event can be purchased online on the Pumpkinfest website. Parking is always a challenge during Pumpkinfest so once again a free shuttle bus will run approximately every 15 minutes on Saturday 9am-6pm and Sunday 10am-4pm. Check the Pumpkinfest website for more information. It takes many volunteers to make Pumpkinfest what it is. If you have some time you

BY
TAMRI
COURT

What's Happening



can spare that weekend give headquarters a call at 519-389-3714 and let them know.

The Shoreline Artists have been a part of the Saugeen Shores and the Bruce and Grey County community for many years. All are invited to come out and meet the Artists. The event will be held Saturday, October 4th from 1pm to 3pm at Southampton Arts, located at 201 High St.

The Winter Spirit Arts and Crafts Show will be held Friday, October 24th from 6pm-9pm and Saturday, October 25th from 10am- 4pm, at the Saugeen

Golf Club located on Country Rd 3. This will be the perfect opportunity to purchase those perfect gifts for those on your list. With over 20 artists and craftsman showing their works, there is something for everyone. Check out their website at www.Shorelineartists.net.

MacGregor Point Fall BioBlitz invites everyone to participate as a Citizen Scientist over the Thanksgiving weekend! From Friday, October 10th to Monday, October 13th get out on the trails and take pictures of as many animals and plants that you see. There are never enough photos!

You are asked to upload your photos to the "MacGregor Point Thanksgiving BioBlitz Project" on iNaturalist and help them continue to improve the species mapping in the park. For more information contact Chris at 519-389-6232.

Happy Thanksgiving!

If you have an event you would like mentioned in a future article send your information to tamricourt@gmail.com or give me a call at 519-386-1400.

Accents - Celebrating 14 years of growing with the community!

When Vicki Rogers moved to Kincardine back in 2009, the former registered nurse was looking forward to adding warmth and joy to her community as owners of the downtown Gordon's Pharmasave. What she did not expect, however, was the community making a dream come true. Vicki explains.

"I have always loved retail, especially around Christmas! When we first stepped up as the new owners of Gordon's, I saw an opportunity to offer some gifts that you would not typically find at a drugstore, so that's exactly what we did!"

Vicki's section of gifts proved to be so popular that before long they needed a larger space. In October 2011, a small retail space adjacent to Gordon's became available, so Vicki and her staff went full festive mode for the debut of Accents by Gordon's when it opened on October 23rd. Ten Christmas trees - each decorated with its own unique theme of colours and styles, welcomed guests to the new store! There may not be ten trees on display every year, but that Christmas flavour is never far from Vicki's mind.

"My love of Christmas has always been a part of the store's personality! We strive



Vicki's inspiring and unique products fill the store!

Photo courtesy Kincardine BIA.

to bring thoughtful, inspiring and unique holiday products to our customer's year round, but especially at Christmas time!"

That magic was noticed by customers right from the start, and demand and customer interest continued to grow. In the Fall of 2018 not only did Accents move to its new location just across the street, but Vicki morphed the previous space into The Playful Piper, a full-service baby boutique that has become a go to spot for community families.

That move in 2018 was made just in time for Christmas, and needed the help of family, and the hard work of some dedicated staff members, as Vicki recalls.

"The big move was a real whirlwind, but such a special time as well. Krista Bell and Irene Bartlett were instrumental and so helpful getting things all prepared both before and during the move. They were just great."

Vicki and her staff have built a reputation not only for great value and service, but also for having an amazing selection of artisan goods, stationary, and unique gifts for any occasion. Be sure to mark your calendar for their 14th Anniversary event- Fall Into the Holidays, on October 23rd from 5-8pm. New product showcases, festive samples, and plenty of inspiration for the coming season will abound! As for what the future holds, Vicki sums it up this way.

"Our first 14 years have been so much fun, and we look forward to continuing to grow with our community."

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Fall is for curling up with some new and classic reads!

Fall offers great weather for cuddling up and reading a great book and I have a couple to offer. Let's start with *Don't Let Him* in by Lisa Jewell. Three women are connected to someone who appears to be the perfect man, until he isn't. After losing her husband to a tragic accident Nina receives a note from a man who claims to have known him named Nick. To her daughter, Ash, Nick seems to be too perfect, and she soon discovers there's another woman involved. A florist from a nearby town called Martha is beginning to suspect there is more going on with her husband Alastair, than meets the eye. Although it starts off slow, it certainly picks up the pace right until the very climatic end. One of the most detestable villains I've read makes a story that will make a nice easy read on a cool fall evening.

Along a similar vein is the follow up to *The Woman in Cabin 10* by Ruth Ware (now a movie starring Kiera Knightley), is *The Woman in Suite 11* (Lo Blacklock #2). Lo Blacklock returns for the opening of a luxury hotel and finds herself running across Europe in an effort to help a familiar face from her time on the ship. Again, she is taken advantage of by "friends" and not believed by many but this time she's a mother, a wife and a much stronger character using her wits to outsmart others and keeping some of her confidences to herself. However, the fact that she again finds herself in this situation and does not say "no way" to the plan is extremely frustrating for the reader who may say to themselves, "seriously?" I love Ruth Ware and will continue to read her but would say no to another Lo Blacklock story. All that being said if you want to follow her story 10 years later, go for it.

As you all know I am a huge Stephen King fan, and this next book is probably for fans only. *The End of the World as We Know it: New Tales of Stephen King's The Stand* by Christopher Golden, Brian Keene with an intro by the man himself is a collection of short stories based around his epic novel *The Stand*. *The Stand* is about 1200 pages long and has been made into two mini-series. The stories are written but multiple authors from different genres and are set during or after (sometimes a long time after) the events of *The Stand* and the super flu took place. If you are a fan this is a must buy book, the stories are well written, each of the 36 stories stand alone you can read it in one

BY
TRACY
PRIMEAU



Between the Covers

sitting or go back and pick and choose. If you've not read it, I encourage you to give it a go, written in 1978 it still shares the same message of good and evil and humanity coming together in dark times.

I had the pleasure of attending *Anne of Green Gables* play based on Lucy Maud Montgomery's book in Stratford this summer and what a fabulous play it was. So, I decided to read it and guess what, it still holds up. A beloved classic for over 115 years, I don't need to tell anyone the plot but what brings me back to it over and over again is the character of Anne and the love illustrated so perfectly of what female friendship looks like. Perfect for all ages.

Next month, hoping to finally get to a couple of local authors. As always tracy.primeau@gmail.com.

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The Power of Belonging Community Connections Build Health

Did you know that your social connections can affect your physical health?

Social isolation, loneliness and poor social relationships are risk factors for many serious health conditions such as heart disease, stroke, anxiety, depression, dementia and early death^{1,2}. From family and friends to our community, the connections we build play a powerful role in how long, and how well, we live.

Imagine two people living in the same community. One person has a supportive spouse, a stable job and is involved in local events and activities. The other person lives close by, but has recently lost their spouse, works part-time, and speaks limited English making it difficult to connect with others. Over time, the differences in social factors for these two people may show up in their physical, mental and cognitive health and wellbeing.

Who is Most at Risk?

- Individuals who have limited access to resources, limited transportation, live alone, or live in rural areas are more likely to experience some level of social isolation². According to the most recent census data, 12 per cent of Grey Bruce residents currently live alone, compared to 10 per cent of Ontarians³.

- Widowed persons can also face hardship arising from the loss of income and emotional support when a partner passes. In Grey Bruce, seven per cent of the population are widowed, compared to 5.5 per cent of Ontarians. This higher percentage may be attributed to the fact that Grey Bruce residents over the age of 65 years make up 26 per cent of the population and are the fastest growing segment of the population³.

- Other groups who may be impacted by social isolation and loneliness more than others, include ²:

- People living with low-income
- New immigrants
- Victims of violence or abuse
- People with disabilities
- People who identify as 2SLGBTQIA+

Protecting Your Health

When people have stronger social connections, they tend to recover from stressful situations more quickly. They benefit from increased emotional support and receive more help from others¹. Social connections and building a sense of belonging can happen in

BY
GREY BRUCE
PUBLIC
HEALTH

Seniors Situation



different ways and places. For example, sharing common interests with others, having connections with neighbours, or being part of a cultural, ethnic, or religious group. Some community organizations use social prescriptions as an approach to refer and support people with invitations to engage and get connected with social and community supports.

Remember to reach out and connect with family, friends and community networks - the benefits are mutual.

If you or someone you know want to talk to someone about community resources, call 211. For more information on social determinants of health or population health data, visit www.publichealthgreybruce.on.ca.

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