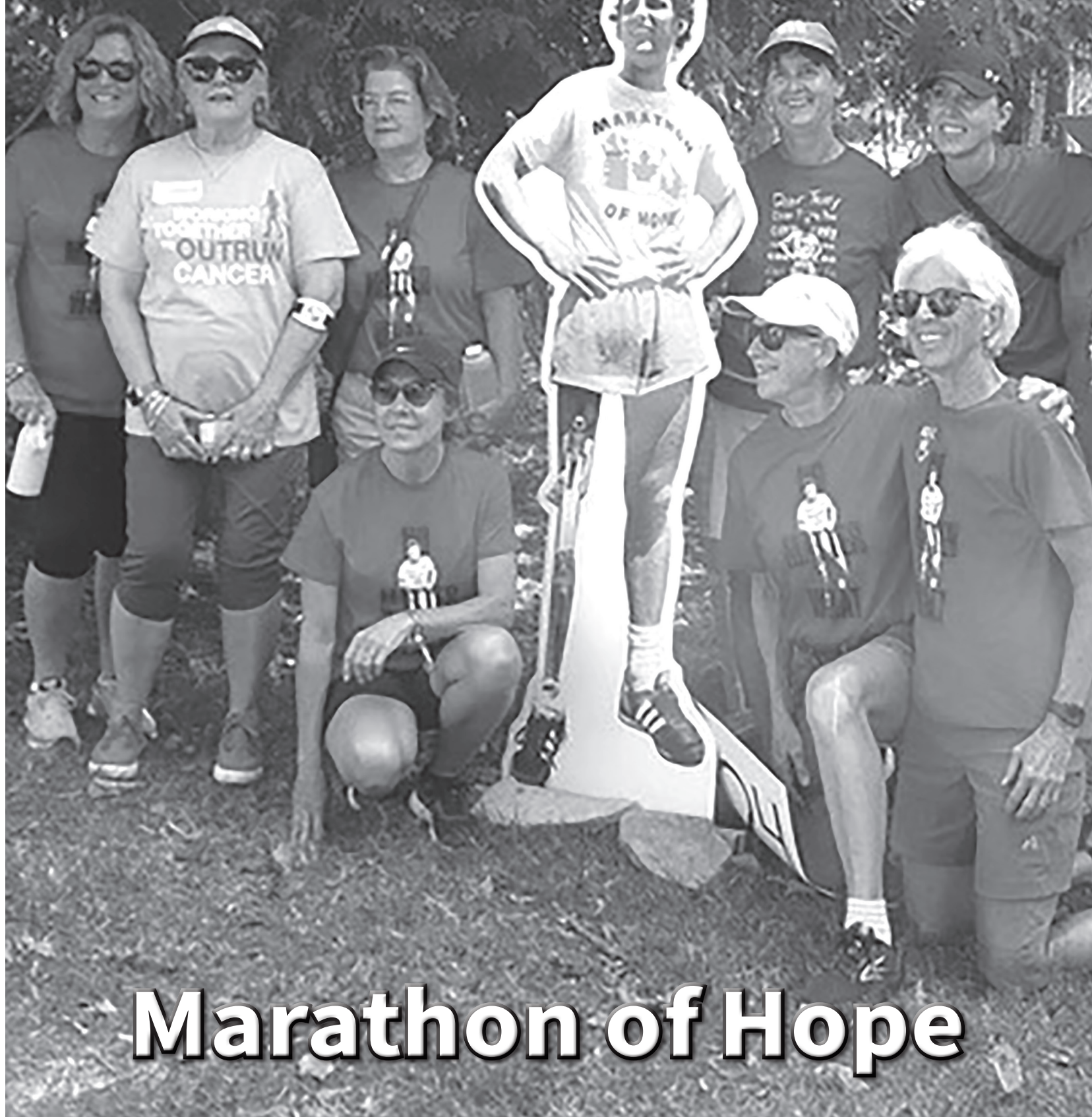


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Marketplace

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MAGAZINE



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Marketplace

Vol. 36 No. 09



Eager participants get ready for the Port Elgin Terry Fox Run. Sign up for runs on September 14th in Kincardine, Port Elgin, and other communities in the area, and help keep Terry's Marathon of Hope alive.

Photo Courtesy of Holly Vanderzwet.

Feature Story

Page 8

On September 14th, Terry Fox Runs will be held in more than 600 communities across Canada – and Bruce County will be a part of it. Kincardine, Port Elgin and other local towns will host runs to raise funds for cancer research. It's all part of the 45th anniversary of Terry's Marathon of Hope.

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From the Sunny Side



Smashing Softballs... To Smash the Stigma!! Don't miss the one-day Men's Slo-Pitch tournament in Kincardine on Saturday, September 6th, to raise money and awareness for Mental Health and Addiction Services in Kincardine (Grey/Bruce). For more information email: pjlahey22@gmail.com.

The Tiverton Firefighter Association is hosting a breakfast Saturday, September 6 at the Whitney Crawford Centre starting from 7-11am.

The last Market in the Park for the year is Monday, September 1st at Victoria Park, Kincardine. Don't miss it!

The last Market in the Park on Queen Street is Monday, September 8th. Come check out the vendors and businesses and enjoy a street festival atmosphere! Queen street will be closed on from Durham market north to 911 Queen street (Magnum parking lot) from 7am until 3:30pm.

You don't want to miss Kincardine's Art Crawl, starting Friday, September 12 at 4pm. It's free for all-ages and a celebration of creativity, connection, and community! Wander through downtown Kincardine and discover pop-up galleries, hands-on workshops, live art, and unexpected moments of magic. Come get inspired! For more, email: hello@sadietellsstories.ca.

Every Sunday in September you can experience an afternoon tea at the Tea Room at Walker House. For reservations, all tickets must be purchased 48 hours in advance. All dietary restrictions must be communicated and confirmed with the Walker House before purchase. To purchase a ticket, email thewalkerhousemuseum@gmail.com.

On Saturday, September 20th enjoy the sounds and smells of sitting around a real campfire on Muskoka chairs. Visit Penetangear.com/community for details on all of our campfire cookouts.

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

And of course a very happy birthday to my nieces Lily, Kate James and Ella - where did that time go!? And here's to Everly James who starts first day of SK! Watch out world!

...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.

Expanding our fight against cancer

With the hustle and bustle of back to school and peak vacation time coming to an end, you'd be forgiven if you weren't up to date on your local news.

In case you missed it, Bruce Power recently made an announcement that's worth highlighting. The company announced late in August that it's installing a new Isotope Production System (IPS) on Unit 6. This will not only increase the amount of cancer-fighting medical isotopes produced right here in the Clean Energy Frontier of Bruce, Grey and Huron Counties, but also provide redundancy during outages, and expand a unique partnership with Saugeen Ojibway Nation (SON).

Bruce Power's CANDU reactors not only provide safe and reliable clean energy, powering 30 per cent of Ontario's homes, businesses and hospitals from right here in our backyard, they also produce medical isotopes vital to health-care professionals and patients around the world.

For the past 40 years, Bruce B units have produced cobalt-60 used in Gamma irradiation to sterilize single-use medical devices and equipment such as syringes, gloves, implantable devices, and surgical gowns and masks. A more potent form, known as medical-grade cobalt-60, is also produced and used in radiation therapy in the treatment of complex cancers and conditions through non-invasive procedures.

While the cobalt produced leverages adjustor rods built into the design of CANDU, other isotopes require different engineering. In 2022, Bruce Power, together with its partner Isogen (a Kinectrics and Framatome company), installed an IPS



John Peevers
Director, Community
and Media Relations

in Unit 7 to become the first commercial power reactor operation to produce lutetium-177, used in targeted radionuclide therapy to treat prostate cancer, and expanding applications in this area. Its precision enables the destruction of diseased cells while largely sparing healthy tissue compared to conventional cancer treatments, offering hope to patients worldwide.

The new IPS in Unit 6 will come online in 2027 and will help ensure a stable supply of lutetium when Unit 7 is taken off-line for its scheduled Major Component Replacement (MCR) outage in 2028.

Bruce Power is also looking into producing other medical isotopes as Canada is emerging as a global leader in the isotope sector.

Bruce Power's James Scongack is playing an integral role in this field as Chair of the Canadian Nuclear Isotopes Council and Chair of the Nuclear Isotope Innovation Council of Ontario (NIICO), which supports the CNIC's goal of doubling isotope production in Canada by 2030.

Part of the funding for the new IPS will come from Innovation, Science and Economic Development Canada's Strategic Innovation Fund, which supports SON to expand its partnership with Bruce Power.

The expansion strengthens the collaboration known as Gamzook'aamin aakozwin - meaning "we are teaming up to fight the sickness" - which plays a vital role in the global fight against cancer while creating meaningful opportunities for SON communities.

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Erin Nichol, M. Cl. Sc.
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The Paisley Train Derailment of 1975

BY
JACOB SMITH

BRUCE COUNTY MUSEUM &
CULTURAL CENTRE
ARCHIVAL ASSISTANT

Historically Speaking



Fifty years ago, on January 9th, 1975, a westbound Canadian National (CN) oil train with 42 cars derailed in the vicinity of Alma and Victoria Streets in Paisley. Here, the tracks curve to the west before crossing the Teeswater River. The wreck occurred at approximately 1:30am. In total, 13 tank cars left the tracks, spilling oil onto the frozen ground. The Paisley Advocate described the scene as “something like molasses in January, but more odorous, in the track-side ditches and adjacent roadsides.” There were no reported injuries from the ordeal. CN crews totaling 150 men worked around the clock in cold and dirty conditions to clean up the oil spill, removing the derailed tank cars, and repairing 1,500 feet of damaged track. 25 of the 42 cars were able to carry on to their destination of Douglas Point. By the following Tuesday, five days after the derailment, the clean-up was completed, and trains were passing through town as scheduled. The cause of the derailment was believed to be the train’s excessive speed around the curve.

Between 1970 and 1980, oil trains were a common sight in Bruce County. During that time, CN carried tank cars of Bunker C fuel oil for the heavy water plant at Bruce Nuclear Power Development (BNPD). The oil was used to create steam. Former employees of BNPD recall the trains as looking like “long black snakes” travelling to and from the plant. The trains, which ran three times per week, originated in Montreal, and later Sarnia, travelling through Palmerston, across the CN Southampton Subdivision through Paisley to Port Elgin, and then down the CN Douglas Point Spur to BNPD. The oil trains were considered high priority trains, as the oil inside the tank cars needed to arrive at BNPD heated. If the oil cooled, it could not be pumped out of the tank cars, as the oil would turn into thick, jelly-like substance.

Photographs, and the overall history of these unique trains, do not exist in great abundance. It is hoped that articles such as these keep its history alive.

Sources: *The Paisley Advocate*, 1975-01-16, pages 1 and 13.



The scene of the derailment, taken by Ted McCannel.
From *The Paisley Advocate*, 1975-01-16, pg. 1.



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Writing is just something she has to do!

Della had hoped that a three-week vacation with her husband aboard their boat in the North Channel of Lake Huron would bring their marriage back from the dead. But it is Della who must save herself from death when she mysteriously plunges overboard. Washing up on an uninhabited island, she is far from saved. With only herself to rely on, Della must face not only the wilderness but a series of terrifying events ... if she is to survive.

- From the Synopsis of 'Yet'.

Sandi Holland credits her mother with instilling in her a desire to write. "By the time I was nine-years-old, we had moved seven times," she tells me. "The first thing my mom would do when we arrived in a new town was take me to the local library. I became obsessed with books. Not just reading them, either. I would quietly observe the people and places around me and create stories about them."

Although she spent her career in commercial insurance, Sandi still found time to write stories and dreamed of one day penning a novel.

Then, a few years back, when she was semi-retired, a friend of hers, playwright Peter Colley, read a story she'd written

BY
DOUG
ARCHER

Portrait of a Retiree



called, *Yet*. Turns out he was thrilled with it and wanted to know more about the story's central character. That was the motivation Sandi needed.

"I started writing non-stop," she says. "And in less than two months, my 10-page short story became a 270-page novel!" With a proud smile she adds, "And when Peter read it, he loved it, telling me I had a winner."

Now Sandi is searching for an agent ... and hard at work on her second novel. "Writing is something I just have to do," she says. "It's like an out-of-body experience for me. The characters come to me and I live through them for a time and detail their lives and afterward I often read what I've written and say to myself, 'where did that come from?'"

Writing is not Sandi's only passion, either. She and her husband, Kevin, are also passionate about saving wildlife." So much so that they have set up a charity to raise funds for Bruce Wildlife Help, an organization dedicated to supporting sick and injured wildlife in Bruce and Grey Counties.



"When I was in high school I dreamed of being a journalist or a veterinarian," she tells me. "Although my career took me in another direction, now that I am semi-retired, I'm getting the opportunity to pursue both my dreams: writing and helping animals."

To learn more about Bruce Wildlife Help go to www.brucewildlifehelp.com.

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Must haves for successful back to school shoe shopping

The new school year is upon us and for many parents that means back to school shopping. Depending on the age of your child, you may be looking to purchase new footwear for specific extracurricular activities, phys ed classes or indoor and outdoor shoes.

In order to make your shopping trips more successful and worthwhile here is a list of three things to keep in mind:

- Find something with a "firm" sole.

When considering a certain pair of shoes, turn the shoe over and grab it by the heel and ball of the sole. If you can twist it all over the place, it is not going to give your child the best platform to stand on. The sole should provide some resistance to your twisting motion in order to give the most amount of support. This type of shoe will end up lasting longer and save you money in the long run.

- Look for a shoe with a solid heel counter.

A second test to do when shopping is to grab the heel counter of the shoe (the part of the upper that wraps around the back of your heel). If it collapses easily, the shoe is going to allow your child's foot to move all over the place. This heel counter should be firm to limit this extra movement at the ankle.

- More money doesn't equal a better



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

shoe.

A lot of times children are drawn to certain shoes because of the athlete that endorses them or the brand name found on the side of them. A lot of shoes such as Reebok, Under Armour and Nike do not actually have much support and you are spending your hard earned money on the brand name. No matter what the brand or dollar amount, if the shoes have the above two features your child will have much happier feet.

These features can be applied to all types of shoes: sandals, winter boots, running shoes, soccer cleats, basketball shoes, etc. If you have questions or concerns about your family's feet, please call the nearest clinic to visit Laura Van den Borre, Canadian Certified Pedorthist.*



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Keeping the Marathon of Hope Alive

“I’ve said to people before that I’m going to do my very best to make it, I’m not going to give up. But I might not make it ... if I don’t, the Marathon of Hope better continue.”

- Terry Fox

And continue it has.

On September 14th, Terry Fox Runs will be held in more than 600 communities across Canada to raise funds for cancer research. It’s all part of the 45th anniversary of the Marathon of Hope. And Bruce County communities will be a part of it.

At the age of 18, Terry Fox was diagnosed with bone cancer and had to have his leg amputated. His experience with this terrible disease, and witnessing the distress and pain of other patients in the cancer wards where he was treated, instilled in him a fierce determination to bring an end to the suffering caused by cancer. So in April 1980, when he was only 21, Terry embarked on his Marathon of Hope in a battle against cancer.

Starting in St. John’s Newfoundland, Terry’s goal was to run across Canada - at the rate of roughly a marathon a day - and inspire every Canadian to donate at least \$1 toward cancer research. If he succeeded, he would raise \$24 million. Tragically, after 143 days and 5,373 kilometers, Terry was forced to stop his run in September of 1980 near Thunder Bay, Ontario. The cancer had returned and spread to his lungs.

Terry passed away in June 1981, but his legacy lives on. His Marathon of Hope inspired Canadians - as well as people around the world - and the Terry Fox Run was established to continue his fundraising efforts. Today close to a billion dollars has been raised for cancer research in Terry’s name!

This year marks the 45th anniversary of the Marathon of Hope, and runs in towns and cities across the country are planned for Sunday, September 14th - including Bruce County.

“Port Elgin has been hosting a Terry Fox Run for 42 years now,” says run coordinator, Holly Vanderzwet. With a team of 15 to 20 volunteers, including long time volunteers Georgie Farrell, Michelle and Bob Hunter, and Holly’s husband, Frank, the local event has raised over \$480K during that span. “And this year we hope to push that total over the half-million dollar mark!” Holly enthuses.

The run kicks off at 1pm on Sunday, September 14 at the Pavilion in North Shore Park on Port Elgin’s waterfront. “All are welcome,” says Holly. “This is a non-competitive, family event that usually brings out 200 to 300 people of all ages and fitness levels. So even



Holly getting the crowd warmed up for the Terry Fox Run.

Photo Courtesy of Holly Vanderzwet.

though we mark off 2k, 5k and 10k distances, participants decide how far they want to go and can turn around at anytime.” With a smile she adds, “But you may not want to turn around, because I think we have the best route of all the Terry Fox Runs – right along the beautiful Lake Huron shoreline.”

There is live music at the event - with local band, *Rough Idea*, inspirational speeches from cancer survivors, even food. Plus there’s no need to worry about bringing water bottles, as two water stations will be set up along the run route.

Anyone interested can register online by going to the Terry Fox Foundation website at terryfox.org. Click on Register For The Run and search for Saugeen Shores. Alternatively, you can register on the day of the run, right at North Shore Park. Registration starts at noon.

Holly remembers following Terry Fox’s inspirational run back in 1980. “He became an example to us all - that each of us can aid in the battle against cancer,” she says. “That’s why I love being involved in the Port Elgin Terry Fox Run. It’s our town’s way of joining in the fight against this disease and helping to carry on Terry’s legacy.”

Margaret Visser couldn’t agree more. Organizer of the Kincardine Terry Fox Run, she says, “I love how the community of Kincardine comes together to honour Terry and his Marathon of Hope. Each year we try to do our part in finishing his run against cancer.”

This year is no different. On Sunday, September 14, families, individuals and teams will set out from the Davidson Centre in Kincardine at 9am to walk, run or roll for the fight against cancer. And there will be fanfare. The mayor will be there to offer a welcome to participants. Master of Ceremonies, Mike Brough, will be playing music and providing encouragement. And the owner of No Drama Fitness will put participants through warm-up stretches before the Kincardine Scottish Pipe Band leads everyone in a lap around the Davidson Centre track and then sends them off on the 5k and 10k run routes.

Margaret can’t say enough about the volunteers and sponsors who help make this event possible. “We have an amazing organizing committee and on race day more volunteers come out to help with registration. And sponsors like Meridian Credit Union, Tim Horton’s and Sobeys provide water, coffee and granola bars. Because of their support, every penny raised by the run goes to the Terry Fox Foundation.”

Registration for the Kincardine run can be done online through the Terry Fox Foundation, on the morning of the run starting at 8am, or by contacting Margaret directly at mvisser@hurontel.on.ca.

So on September 14th, get out there and run, walk or roll in the fight against cancer. Help keep Terry’s Marathon of Hope alive.



Donations flow into the Kincardine Terry Fox Run.

Photo Courtesy of Margaret Visser.

by Doug Archer

Foggy windows? Book before October 17th! Last chance before the snow flies!

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

Clear-Vu Window Services is the name to remember if your windows have seen better days and you are tired of looking through an ugly fog. For the last 21 years, Vern and Lisa Stacey have been the experts to call when your energy efficient windows lose their seals. They have been saving clients hundreds and sometimes thousands of dollars on window replacements by successfully making "foggy windows" look new again.

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

Over time all insulated glass units (or simply put, all windows) will lose their airtight seal and the window will become cloudy or foggy on the inside. Once the moisture or condensation gets trapped inside it is no longer an energy efficient window and it will eventually cause the



Vern

window to permanently look foggy or dirty.

At Clear-Vu Window Services they replace the thermal unit and not the entire encasement. "It's a non-invasive process" says owner Vern Stacey, "we remove the thermal unit with the ruptured seal and we replace it with a brand new energy efficient airtight thermal unit. We install it back into its original casing and it's like new again". The process is

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

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County Roots and Cowboy Boots!

Tuesday, September 2 is the first day of school for the 2025/2026 school year. Best wishes to each and every student; learn lots, have fun and above all keep safe and healthy.

The Treasure Chest Museum is presenting 'History Thru' Art' on Tuesday, September 23 at 7pm. Ken Thornburn, a local artist from Tara and Judy MacKinnon, our own local historian are the guest speakers. Admission is by donation and refreshments to follow. The Friends of the Treasure Chest are going to have an 'Alzheimer's Coffee Break' on Sunday, September 21 from 1-4pm. Admission is by donation with treats and refreshments for your enjoyment. This is a meaningful way to support local families affected by Alzheimer's. All proceeds will go to Alzheimer's Society.

With summer almost over things are hopping at the Paisley Legion again. Coffee & Crokinole on Monday mornings from 9-11am; Monday night at 6:30pm there is Euchre; Tai Chi will be scheduled in the upstairs hall on Tuesday nights at 7pm; Jam sessions will start back up on Thursday nights from 7-10pm starting on September 11 with

BY
SHERYL
STEINHOFF

Paisley Current



admission by donation; and on Sundays you can take in Darts for Meat starting at 1pm (start date to be determined). Legion week kicks off with the Annual Paisley Legion Open Golf tournament on September 20. On Tuesday, September 23 at 7pm Bill Streeter will be the guest speaker. Bill will be talking about Paisley Veterans who served with the 160th Bruce Battalion. You won't want to miss this very informative presentation.

The 169th Annual Paisley Fall Fair returns this year and takes place on Sunday, September 7 at the Paisley Fairgrounds. This year's theme is 'Country Roots & Cowboy Boots'. The opening ceremonies of the fair start on Saturday evening September 6 at 7pm with the crowning of the Fall Fair

Ambassador followed by the live auction. Plan on a very busy day when you attend the fair on Sunday, September 7. The gates open at 9am. Enjoy a fun-filled day with a community church service at 10am, musical entertainment throughout the day as well as line dancing, the Power Paws Dog Show as well as interactive exhibits for the kids to participate in. The day ends with a delicious beef BBQ at the Palace from 5:15-7pm, please purchase in advance by calling Berni McKinnon 519-901-0738. Get more info about the fair and exhibiting at www.paisleyfair.com.

If you enjoy choral singing, consider joining the Paisley Concert Choir. This 4-part adult choir practises every Wednesday at 6:30pm at Knox United Church in Paisley. The first practice is on Wednesday August 27. For more information contact Carolyn 519-353-5466 or Sheryl 519-353-7202.

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 thesteinoffs@hotmail.com. Until next month, please remember to be kind to each other and be happy and healthy.

Bootleggers and Benefactors dinner auction not to be missed!

Happy September! With the kids heading back to school and the summer holidays coming to an end, things around town will be a bit quieter.

The Labour day festivities will be held at the Port Elgin Beach on Sunday, August 31st. Fun, music and entertainment will be held at the Main beach until fireworks at dusk. Look for donation opportunities around town and at the festivities that evening.

On Monday, September 1st the Labour Day parade will head down Goderich St in Port Elgin.

Walk-it for Parkinson's will be held on Sunday, September 7th with registration at 1pm and the walk beginning at 2pm at North Shore Park in Port Elgin. The Parkinson's Society is hosting the annual walk for Parkinson's. You can participate as an individual, part of a team, collect pledges or volunteer. After the walk everyone is welcome to join for food, refreshments and entertainment. For more information contact 1-888-851-7376.

The annual Terry Fox Run will be held Sunday, September 14 at the Port Elgin Northshore Park Pavillion. The event starts at 1pm. Participants can choose their

BY
TAMRI
COURT

Saugeen Shores



distance-anywhere up to 10km by walking, running, rollerblading or cycling along Northshore Road. Donations can be made to the Terry Fox Foundation for Cancer Research.

The Canadian Big Band Celebration weekend will be held Friday, September 19th to Sunday, September 21st in Saugeen Shores. Events include "Friday Night Jazz and Blues" at the Queens Bar and Grill and Wismer House in Port Elgin and at the Southampton Golf and Country Club. "Saturday Afternoon Big Dance Event" at the Lakeshore Recreation Centre beginning at 1pm and 3pm. "Saturday Evening Big Dance Event" at the same venue beginning at 8pm. "Sunday Jazz Brunch at the Southampton Golf and Country Club between 11am and 130pm." For more

information: www.canadianbigband.com.

The Southampton Rotary is hosting a Bootleggers and Benefactors a 1920s speakeasy dinner auction and dance on Saturday, September 27th beginning at 5:30pm. Begin the evening with a complimentary glass of Giggie Juice. The event includes a three course dinner, and a silent and live auction. The proceeds will go towards the Southampton Rotary community and international projects, which includes funds for the "Light up the Pitch" appeal for lighting at Helliwell Park soccer pitches in Southampton. Enjoy dancing until 11pm. Tickets can be purchased at www.southamptonrotary.com or by calling 519-797-3151.

With Pumpkinfest fast approaching the committee will be looking for volunteers for the October 4th and October 5th event. Give headquarters a call at 519-389-3714 to see how you can help out at this spectacular event.

Wishing my daughter Courtney a fantastic 30th birthday!!

If you have an event you would like to mention in a future article reach out to me via email tamricourt@gmail.com or give me a call at 519-386-1400.

Crime Stoppers - Making Your Community Safe

Crime Stoppers is a civilian community organization devised to acquire information that assists law enforcement agencies in the resolution of crime. Crime Stoppers pays cash rewards of up to \$2,000.00 for information leading to the arrest of criminals, recovery of stolen property and seizure of illegal drugs while maintaining total anonymity to the caller and complete confidentiality of the tip.

Crime Stoppers of Grey Bruce and your local police services are asking for the public's assistance in solving the following crimes.

Sometime between June 13th and 14th a beige Club Car golf cart was stolen during a community event from the grounds in the area of Walter Street in Huron-Kinloss.

Sometime between June 27th at 5pm and June 30th at 7:30am, a white 2006 Chevrolet Silverado pick-up, bearing plates BZ27051 and equipped with a green fuel door, black aftermarket rims, and faded front Chevrolet emblem was taken from a business lot along Highway 9 in the Municipality of Kincardine. Photos of the stolen pick-up can be

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www.crimestoppersgb.ca

viewed on the Crime Stoppers of Grey Bruce website, Facebook, and Instagram.

On June 28, the PRIDE Rainbow crosswalk, located on Gustavus Street adjacent to Saugeen District Senior School in Port Elgin, was damaged when a driver intentionally spun the tires of their vehicle causing damage to the crosswalk by leaving "burn-out" marks.

On August 3rd at around 11:20pm, an individual on a bicycle arrived at a business parking lot along Yonge Street South in Walkerton. The individual proceeded to enter a black 2010 Chevrolet Suburban, bearing plates DDPX 839, and then drove off with the vehicle.

On August 2nd an overnight break and enter occurred at a business property along Bruce Road 1 in the Township of

Huron-Kinloss. Two individuals arrived on an ATV towing a small utility trailer and entered a storage shed on the property, removing approximately \$1,000 of food and drink items. The first individual is described as slim build, tall; wearing a light-coloured hoodie and jacket, skull mask, head lamp, and gloves. The second individual is described as slim build, shorter height, face partially covered, wearing a white zip-up hoodie/jacket with hood up, dark-coloured jogging pants, backpack, and gloves. Photos of the suspects can be viewed on the Crime Stoppers of Grey Bruce website, Facebook, and Instagram.

If you have any information about these crimes, tips can be reported to Crime Stoppers by online Web-Tip at www.cstip.ca; downloading the free P3 Tips Mobile app; or calling 1-800-222-TIPS (8477).

You won't be asked to identify yourself, you don't have to appear in court and you may be eligible for a cash reward of up to \$2,000.

Remember Crime Doesn't Pay – But Crime Stoppers Does!



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Strategies for resisting control and reclaiming power!

Starting off this month with a couple of non-fiction topical books I've read this summer. First off is *At a Loss for Words: Conversation in an Age of Rage* by Carol Off. Although at times a difficult and rage inducing book, it is well worth the read. It was only in 2017 we first heard the phrase "alternative facts" and now less than 10 years later it's part of our daily news intake, "news" in quotation marks here. Off starts off by illustrating how the use of language has contributed to the rise of populism and a blurred understanding of our current society. She focuses on six words; freedom, democracy, truth, woke, choice, and taxes and offers both a history and how these words have been taken over by those who want to authoritarian power. Written before Trump won the election its prescient in its concerns of what may happen next. Highly recommend this one.

Two other lighter non-fiction books I recently finished include a couple of Instagram personalities some of you may know. First up *Lessons from Cats for Surviving Fascism* by Stewart Reynolds (also known as Brittlestar). This one uses humour and sharp wit to offer some strategies for resisting control and

BY
TRACY
PRIMEAU

Between the Covers



reclaiming power. A short fun read with an insightful message.

That's Not What This Book is About by Joanna Johnson is part memoir, part commentary and part guide to her YouTube presence (see [unlearn16](#)). Johnson talks about the life-changing insights she experienced in her life, her journey as a teacher, artist, queer champion and sarcastic and funny TikTok influencer. I'm looking forward to hearing her speak in October and I would think any educator would enjoy this book.

Karin Slaughter has a new book out called *We Are All Guilty Here* (North Falls #1) which tells us it's the beginning of a new series as well. I am a huge fan of Slaughter especially her Will Trent series, but this one was a little bit disjointed.

North Falls itself is a character as it's town where everyone knows everyone they think. Two teenage girls go missing and for Officer Emmy Clifton, its very personal. There are a lot of secrets uncovered as they search for the girls and then 12 years later when another young girl goes missing there's still more to come. My only complaint was that the dual timeline didn't seem to tie together very well but the ending brought it all together. Fans of her writing will be pleased with this new series, and I will definitely read the next one.

Really Good, Actually by Monica Heisy is a very funny debut novel about a young woman who finds herself surprisingly divorced after a marriage that only lasted 608 days at the age of 29. To be honest she's not doing "really good, actually" at all. The story covers that first year of being single, the many hobbies she tries out, getting back out there sex-wise and the way friends show up even when they are very frustrated with your actions. I laughed out loud at the same time I cheered her on. Recommended.

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

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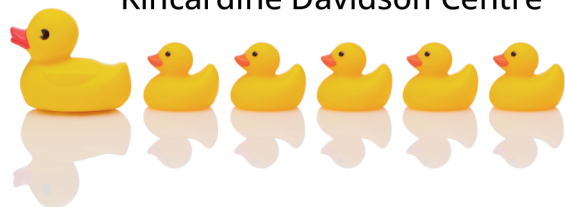


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"Corns Stalks & Autumn Walks" - "Til the Cows Come Home"!

Fall is upon us and that means our Fall Fairs are just around the corner! The Lucknow Fall Fair, "Corn Stalks and Autumn Walks" will take place September 19th, 20th and 21st. Gates open Friday night at 5:30 with food trucks, exhibits, opening ceremonies, entertainment and more.

Don't miss the Fall Fair Parade at 11am on Saturday along with a long list of activities for the whole family to enjoy at the fair grounds. Stop by on Sunday for breakfast and activities. Visit <https://www.lucknowagsociety.com/> for details!

The 162nd Ripley-Huron Fall Fair runs from September 26th to 28th, featuring the theme "Til the Cows Come Home." Highlights include a Saturday parade at 11:30am, midway, car show, and a tractor pull. Live bands and attractions will take place Friday through Sunday. Visit <https://www.ripleyfair.ca/> to find entry forms and details!

Don't miss the Lucknow Firefighter's Breakfast on Saturday, September 20th from 8am to 11:30am at the Lucknow Fire Department. Breakfast is by donation. Any proceeds made this year will be going towards the purchase of a



drone for fire and rescue services within our community and surrounding areas.

Hungry for something real? Dig into Back Forty Bites this fall - where farm-fresh meets fork-ready, in the heart of HuronKinloss. Every plate tells a story, rooted in local flavour, community pride, and the hardworking hands behind it all. From cozy cafés to family-run gems, we're shining a spotlight on the people and places that make our local food scene unforgettable.

Come hungry, get to know our chefs, meet the producers and uncover the delicious secrets of the Back Forty - one bite at a time. Check out all of Huron-Kinloss' food offerings this fall at: <https://secretsofthebackforty.com/back-forty-bites/>

The arenas will be in full swing in September! Registration for the Learn to Skate program in Lucknow is open. The program is open to children aged three to 10, offering classes for new skaters, juniors, and seniors, running Saturday mornings from October to February. https://lucknowrec.ca/Forms/2939/Learn_to_Skate_2025_2026/.

Registration for Huff 'n Puff hockey and Ladies Rec hockey in Ripley will open in September. www.huronkinloss.com/recreation. Parent and Tot and Senior Skate will be weekday mornings from 9am-10am. Public Skating will be on Saturdays from 5pm-6pm.

Join Mayor Don Murray for a Morning Break on October 17th from 10am to 11:30am at the Municipal Office located at 21 Queen Street in Ripley. This casual drop-in event is a chance to chat with the Mayor over light refreshments - no decisions, just conversation.

The next Hazardous Waste Day takes place in Lucknow on Saturday, September 6th from 8am to noon at 545 Ludgard Street. Visit <https://www.brucecounty.on.ca/hazardouswaste> for accepted items and more dates.

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You know the reality of the situation!

Dear Liz,

When I was a teenager my younger brother had a turtle, and I hated it. He wasn't good at keeping the tank clean, it always smelt, the turtle itself was always angry, it was just all-around an awful time.

But of course, my brother forgets all those parts of keeping a turtle, and continues encouraging my son telling him how great it is, and then the two of them get on my case. Simply put, I will not have a turtle in the home. I don't want to come out of this as a monster, but I'm having a hard time shutting this down.

No Turtle Allowed

Dear Turtles,

You are the adult, and your home is your home. It is certainly a difficult situation when other adult family members are not respecting your boundaries, and having a turtle and encouraging your son about having a turtle sounds like a big one. If you haven't already, I would encourage you to discuss this with your brother openly, and inform him how you stand on the matter. As you said, he remembers all the fun parts of having a turtle, and that's great for him, but you know the reality of the situation and it is not a responsibility you want in your home. If turtles are something that your son and brother bond over, then that's great for them, there are many other outlets for them to express that in, such as going to the zoo, collecting books, watching videos.

Dear Liz,

I think my manicurist is trying to dump me. I have been going to the same lady for nearly four years, and like to think that we have a good back-and-forth. I'm never late, always tip, and can't think of any altercations that would warrant her not returning my phone calls. The past month I have left her several messages between voice mail, text, and Facebook, and still nothing.

I'm a loyal client, but at this point, my only choice is to take my business elsewhere. It is just so unprofessional to not even take the time to let me know she can't book me in. Part of me feels like reaching out online to see if others are also struggling with her.

Left at the Salon

Dear Salon,

It is unfortunate that you haven't been able to get a hold of someone with whom for four years kept up a tight schedule

BY
LIZ



Dear
Liz

with you, I hope they are okay. I can understand it is hard to not get answers, but it sounds like she might be going through something, and just can't seem to keep up.

It seems you have done all you can, she knows how to reach you, so perhaps instead of thinking of this as a "dumping", consider it more like, "separating on good terms". Give her space, and wish her well, while you now get the opportunity to find someone who is going to work for what you need.

Any questions or concerns? Write Liz at: Dear Liz, c/o Marketplace Magazine, Box 523, Kincardine, ON N2Z 2Y9 or email: marketplace@bmts.com.



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Treating strangers as warmly as your friends

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

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

I later reflected on the fact that this woman had probably been injecting

BY
GWEN
RANDALL-YOUNG

Psychology Today



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

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

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

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

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

What these two friendly women have in common is that they treat strangers as warmly as they would treat their friends. They do not discriminate against strangers. What a shame it is that we often walk around with such straight, serious faces, until we see someone we know.

We are all neighbors on this planet, and our stay here is relatively short. A smile or a kind word may impact someone's life in ways you will never know.

Gwen Randall-Young is an author and award-winning psychologist.

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