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Mosaïc

NOVEMBER/DECEMBER 2011
VOL. 19 NO. 5

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Bonita Johnson de Matteis, illustrator Twas the Night Before Christmas

Emma Jane Hogbin, author Drupal User's Guide

Cliff Keeling, author The Owen Sound Mercury's

Donna Mann, author of Agnes Macphail books

David Penhale, author Passing Through

Rob Ritchie, author In a Company of Fiddlers

Richard Thomas, author The D.B. Murphy Mysteries

Linda Thorn, author Beautiful Joe: The Poem Book

Liz Zetlin, author The Punctuation Field

Eric Zweig, author Star Power: The Legend of Cyclone Taylor

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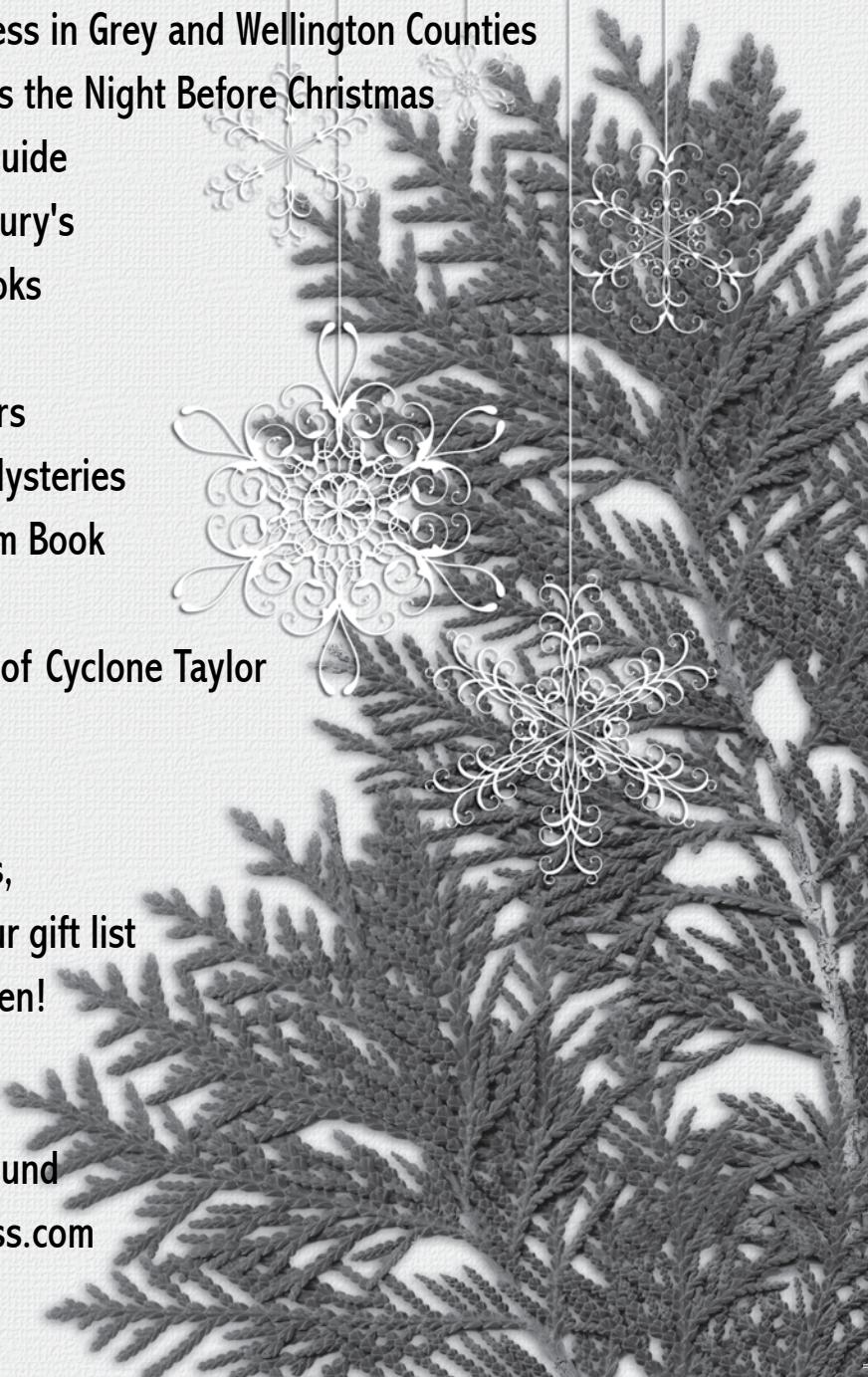
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MOSAIC

Arts, Entertainment & Lifestyle

Nov./Dec. 2011

Vol. 19 No. 5

MOSAIC

A composition created by inlaying various sizes of like pieces so as to form one picture.

Established in 1993

MOSAIC is the only publication in Grey-Bruce dedicated 100% to encouraging and supporting the arts and entertainment specifically in the Grey-Bruce area.

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Copies of MOSAIC are delivered free of charge to the general public at specific drop-off stops in Grey and Bruce from Tobermory in the North, Kincardine in the West, Mount Forest in the South to Collingwood in the East and many places outside of this area.

We welcome your letters and suggestions as your opinions are important to us and help us better understand what you desire to see and read in MOSAIC.

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EINE KLEINE KOSHER KITCHEN

by Gary Weinger

The Beth Ezekiel Synagogue of Owen Sound is presenting a culinary journey in Jewish traditional and exotic dishes: Eine Kleine Kosher Kitchen. This food-feasting fundraising extravaganza will take place on Saturday November 26 at 5:30 pm in the Beth Ezekiel Synagogue in Owen Sound (313 11th Street East).

In the Jewish diaspora, the cuisine of traditional Sephardic Jewry (Middle Eastern/North African) and Ashkenazi Jewry (Eastern European) is thoroughly different. Throw in some Western Mediterranean influences and you get a taster's delight of international Jewish prepared foods.

Come hungry, folks. You will be served Jewish-style tapas (baba ghanouj and charoset), fresh baked challah and rye breads, soups-to-die-for, falafels

(part of a vegetarian option), Moroccan roasted chicken, tender brisket even Mrs Wolowitz would envy, lip-smacking appetizers, bubba's famous desserts (eat some more...there's no calories!) sweet wine and other beverages, (and did I mention the amazing desserts?) and much more. The only problem is, you'll be full for a week!

For your \$50 ticket, you get the food feast as well as a \$25 tax receipt, live music, silent auction and a cultural tour of authentic Jewish cooking. There are only 60 seats; tickets are available at the Ginger Press Bookshop in Owen Sound (848 2nd Ave East) or call (519) 376-8774 to make other arrangements. All proceeds of the Eine Kleine Kosher Kitchen are for the children's school at Beth Ezekiel Synagogue. **■**

2012 Grey Bruce Landscape Calendar

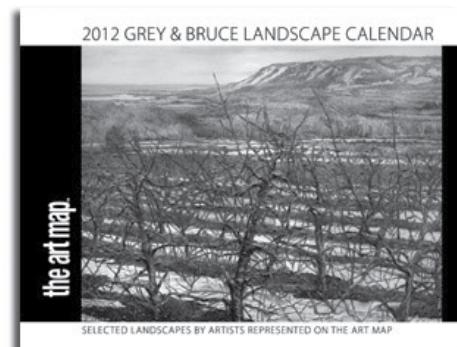
The 2011 Grey Bruce Landscape Calendar features the paintings of 12 artists and the scenes of Grey and Bruce Counties where they live and work. It is truly a celebration of the area, the talented artists and beautiful scenic vistas, reflecting what makes Grey and Bruce unique.

The artists were selected based on the subjects they chose, the season and proportion of each piece. Each reflects or is inspired by a specific area of Grey and Bruce counties.

"A calendar is a difficult thing for artists to publish on their own. The costs are high and it's a risk especially since there are only a few months to sell a calendar. Sales have been very encouraging to date," says Barbara Pearn, a partner in ColourPix, who published this calendar. "The artists are paid a royalty for each calendar that's sold. Some of the artists are also selling calendars, which gives them an opportunity to earn money from those sales as well."

The artists on the Grey Bruce Landscape Calendar are: Tina Concetta Revie from Hanover; Ofra Svorai from Kimberley; Debra Lynn Carroll from Clarksburg; Gary Hammell from Sauble Beach; Vera Dernovsek from Big Bay; Lazarus Ioannou from Oliphant; Lin Souliere from Lion's Head; Barbara Pearn from Eugenia; Bev Morgan from Hanover; Susan Seitz from Cargill; Tanya Zaryski from Kimberley and Kathie Wright from Hanover.

They are available from the artists, The Art Map website and at some local retailers, which are listed on www.theartmap.com. The calendars sell for \$15 each plus HST. **■**



2012 GREY & BRUCE LANDSCAPE CALENDAR

the art map

SELECTED LANDSCAPES BY ARTISTS REPRESENTED ON THE ART MAP

www.theartmap.com

1-866-376-8774

www.colourpix.ca

www.gingerpress.ca

www.greybrucemosaic.ca

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www.theartmap.com

www.colourpix.ca

www.gingerpress.ca

NEW BOOK:

The Language of Dew and Sunsets

by the Huron Poetry Collective

The Huron Poetry Collective is thrilled to announce the publication of their second poetry anthology *The Language of Dew and Sunsets*. The anthology includes poems by collective members Carol Casey, Hilary Gillespie, Mark Hertzberger, Sandra Howe, Peter Luke and Joan van der Meer, as well as the outstanding photography of Peter Luke. The group has shared poetry together monthly since 2003; they live in Bruce, Grey, Huron, and Perth Counties and meet in Wingham.

Carol Casey's poetry has appeared in *The Leaf*, *Toward the Light*, *Tickled by Thunder*, *Women Who Care: Women's Stories of Health Care and Caring*, and a number of women's and nursing organizations newsletters. Hilary Gillespie won second prize in the 2007 Dorothy Shoemaker Literary Awards contest. Her children's poetry book *Under a Sunflower Sun*, was featured at the 2011 Bayfield Writers' Festival. Mark Hertz-

berger is the winner of Poetry Stratford's 2008 open mike contest. His poems have appeared in the Kitchener Public Library's *Writers Undercover: Tenth Anniversary Issue* and the *Writer's Collective Anthology: Volume 1*. Sandra J. Howe's favourite writing topics include travel, nature, arts, and sustainable living. Her poetry and prose have appeared in *The Leaf* and *Mosaic*. Peter Luke formatted and edited both anthologies published by the group. He is an avid photographer as evidenced by the beautiful photographs in the anthology. Joan van der Meer won second place in the 2004 Alice Munro Literary Day poetry contest. Her work appeared in *Mosaic* and *The Leaf*. She has read at *Words in the Wild* and the *Words Aloud Spoken Word Festival*.

The authors welcome opportunities to read their poetry at other venues. For more information, please contact Joan van der Meer of the Huron Poetry Collective at 519-612-1520 or joanvdm@live.ca

Breathing God (Or Whatever You Call Her)

As I breathe you
At my side
I breathe all beings
Through all ages.
The air we share
Flowed through jungle trees
And desert nomads.
The carbon atoms of my body
Have been since prehistory.
The fibres of your mind
Connect to creative intelligence.
Infinitely small are we,
Infinitely great our destiny.
Unity prevails,
Part the veils.
We are cells of God's body.

-Sandra Howe

It's Back!

by Richard Thomas

The Second Annual Fine Craft Christmas Show and Sale returns to Owen Sound's Grey Granite Club on November 18, 19 and 20. Created to fill the void left when the Tom Thomson Art Gallery cancelled its popular show, the show's inaugural year was an unabashed success. "Owen Sound and area supported us heartily last year," says show founder and local jeweler Morag Budgeon. "Several thousand people came through the curling club to shop, eat and get the jump on their Christmas shopping."

The three-day show will include the work of over 35 vendors, including potters, jewellers, photographers, woodworkers and candle makers. Ironwork, glass, cards, beauty products, fine art, textiles,

children's toys and many other items will also be available for purchase. Red Hot Catering will be serving delicious hot and take out food, and Theo Jansen will be serving fabulous desserts and chocolate treats.

"This will be Owen Sound's biggest Christmas weekend," according to Budgeon. "In addition to our show, Friday night is the kickoff for the Festival of Northern Lights and Moonlight Magic in the downtown. Saturday morning is the Santa Claus Parade, as well as a very artsy Christmas Show & Sale in Harrison Park. It's going to be a great weekend, especially for those who are looking for special, locally made Christmas gifts."

The show runs Friday November 18th



Sterling Silver Charm Bracelet by Morag Budgeon

from 5:00 until 9:00 p.m., Saturday and Sunday (the 19th & 20th) from 10:00 a.m. until 5:00 pm. The Grey Granite Club is located at 727 Second Avenue East in Owen Sound. **¶**



THE ROXY REPORT

by Aly Boltman

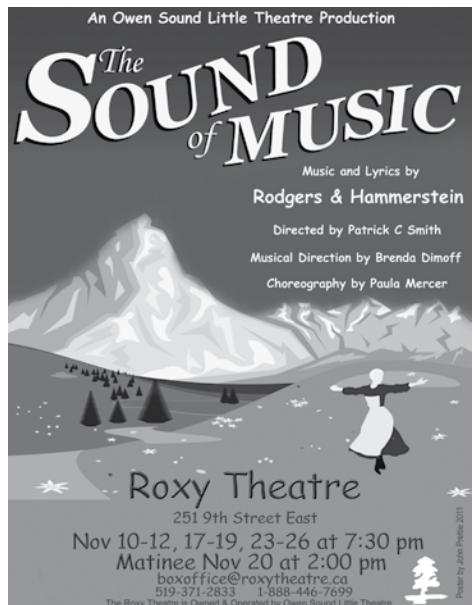
Do you remember your first time? That is, the first time you were truly moved at the theatre, at a concert or a film? I do. The moment is crystal clear, as if it happened yesterday. It was 1980. I was nine years old at Maple Leaf Gardens with my parents, and the man who put me into a pre-pubescent frenzy was Robin Gibb. Of The Bee Gees. You knew that, right?

Was it his tight white pants? His sexy Australian lilt? Or was it the way he looked past the thousands of gorgeous grown women in their curvy bellbottom jeans and blond flip hairdos to stare straight into my bespectacled, slightly crossed eyes as if to say, "I've been waiting for a girl like you – how deep is your love? I really need to know." My love was deeper than the deepest river. Nothing could compare. Not Barry Manilow, Peter Allen, Air Supply or Abba. My parents saw the Neil Diamond concert without my sister and me, enjoying a rare night off from the kids I'm sure.

So I don't know what your moment was, but if you're lucky, you've had one. I also know that for many, that moment occurred while watching *The Sound of Music*, the movie or the musical. I know this because I have been told by countless kids, including some of the 87 who tried out for a part last June, as well as students

I've toured around The Roxy, and even friends over for dinner. Personally, young Friedrich Von Trapp isn't my type, and I have never, ever, had the urge to be a nun. But I can still remember every song in *The Sound of Music* by heart. I suppose it is a testament to how well the musical is written, to Maria's indomitable spirit, and to the promise of true love.

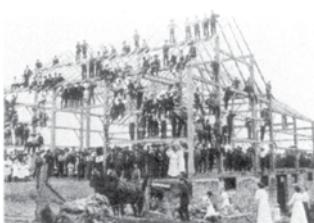
The Sound of Music has enchanted for over 50 years and now it's coming to our little corner of the world at The Roxy Theatre in Owen Sound from November 10-26th. Nearly 100 people are involved with this stellar community production, a musical that will thrill nearly 4,000 members of the audience this fall. And while Robin Gibb will not be making an appearance this time, you can bet that there will be magical moments for so many nonetheless. Will you be the parent with tears in your eyes as you watch your child on stage? Or will you be the proud friend or neighbour who finds yourself humming along, thinking, "I forgot how much I like that song" in a quiet moment? Will you lose yourself in Maria's dilemma, as so many have before? Could you find yourself back in terrible Nazi Germany, when the world was on the verge of unspeakable madness? Will you be that child, as I was long ago, aglow in that recognizable trance from true suspen-



sion of belief that live performances create like nothing else?

Or will you find your moment with Peter Irwin and Jailhouse Rock, Grey and Bruce Counties' answer to Elvis Presley, when they come to The Roxy December 1st for Blue Christmas? This special holiday concert will feature rock 'n roll, gospel and crooning carols. So grab your mistletoe and hoof it over to The Roxy Theatre this season for your little piece of history and magic. ▀

Barn Inspection Service



Jon Radojkovic
Timber Framer, Author
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Necklace by Carry On Beadwork

a very artsy christmas show & sale

..... by Cheryl Sims

The fourth annual **a very artsy christmas show & sale** is a must stop on your holiday shopping tour. In the cozy stone community hall in Harrison Park, Owen Sound, local art abounds on Sunday November 20th. From noon to 5pm, you will find 12 local artists showing & selling their handcrafted products with something for everyone on your holiday list.

Decor items such as pottery, woodturned bowls, photography, felted pictures, stained glass and scented candles would be a great addition to any home or for a hostess gift. You will find herbal skincare, lipbalms and soaps for a luxurious treat. Pillbox hats, jewellery, wool shawls and drink packets that have been transformed into belts and bags would be enjoyed by all ages. And for the hard-to-shop-for person, a handmade journal, a piece of garden art or handmade cards would make a great gift. Meet with local artists Sarah Borowski, Lynn Reket, Mary Ryerson, Shelley Jackson, Carrie Cossey, Sheryl Irons, Bonnie Perry, Sandy Clarke, Michelle Matthews, Irwin Seidman, Rowena Moore and Cheryl Sims. Support local artists and buy local!

For more information, contact Cheryl Sims
519-477-2081, cheryl_sims@hotmail.com

A Swinging Yuletide Affair: The Toronto All-Star Big Band Returns to Owen Sound

..... by Giancarlo Ubaldino

The Toronto All-Star Big Band will play a very special Christmas concert at 2:00 pm on Sunday December 11 at The Roxy in Owen Sound. Phone 371-2833 to reserve your tickets. One of the most exciting bands around, the Toronto All-Star Big Band, deftly revives the spirit, style and sound of the 1930s and 1940s – that golden age of the big bands. Armed with brilliant programming and slick choreography, this vibrant cast of amazing young talent has earned its position at the top of the list of presenters throughout Ontario. Theatrical engagements are far-reaching, and recent gigs have included the Glenn Miller Festival in Clarinda, Iowa, the 2011 Promise of Music with Murray McLaughlin, the Beaches International Jazz Festival, City TV's Breakfast Television and Toronto's famed Palais Royale and Casa Loma. Their touring holiday show, **A Christmas Special!** offers up swinging arrangements from the greatest bands of the 30s, 40s and 50s with a refreshing departure from the usual Christmas fare. Now a glittering Yuletide tradition, **A Christmas Special!** returns to Owen Sound for the eighth year. **■**

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Happy Holidays

Please join us this festive season for some great shopping, food, and holiday magic in Downtown Owen Sound

Downtown Christmas Open House:
November 13th

Moonlight Magic:
November 18th

Festival of Northern Lights:
November 18th - January 3rd

66th Kiwanis Santa Claus Parade:
November 19th

HERITAGE MATTERS:

HISTORY Lives HERE

by Wendy Tomlinson, Visitor Services

Opening Saturday, November 5 at 2 p.m., **The Lost Regiments of Grey County** is a Grey Roots original exhibit examining the military history of Grey County, up until 1919. The opening will be held outside, weather permitting. The Owen Sound Garrison of the Grey and Simcoe Foresters will be on parade with their pipe band and WWI re-enactors will be on hand to show military artefacts to visitors. The Lost Regiments of Grey County will remain open until May 9, 2012.

On November 8, 2011 at 2:30 p.m. be sure to catch the second instalment of the Fall Lecture Series with **Dr. David Holah**, entitled "Energy from Splitting the Atom". This talk covers the discovery of nuclear fission, an account of the massive US effort to build an atomic bomb seen through historic photographs and how an extraordinary woman was denied a Nobel Prize. Join Dr. Holah, in the Grey Roots theatre once again, on November 15, 2011 for "Nuclear Proliferation" and November 22, 2011 for "Climate Change: The Facts". Dr. Holah, Professor Emeritus, Faculty of Chemistry at Lakehead University, held numerous teaching and research positions in the fields of inorganic chemistry, Atomic Energy, and Pulp and Paper Research, at research facilities, government agencies and universities in the US, UK and Canada. The Lecture Series is free with admission and takes place Tuesday afternoons at 2:30 p.m., with complimentary refreshments following.

Hey Kids! November 30, 2011 is an **Early Dismissal Day**, so grab your parents and enjoy an afternoon of scavenger hunts through the galleries, and a family-friendly movie on the big screen in our Theatre. Don't forget to unleash your inner artist at the colouring table.

You will be able to check everyone off your Christmas shopping list at the **4th Annual Holiday Craft Sale**, on December 3, 2011, from 11 a.m.-4 p.m. Local artists and craftspeople will be selling a wide range of handmade items: jewelry, pottery, decorative items, candles, paintings, leather goods, knitting, quilts, weaving, baked goods and more. Admission to the Craft Show is free. Regular admission rates otherwise apply.

On December 10, 2011, at 4 p.m. -8 p.m., join us for **Moreston by Candlelight Winter Evening**. This old-fashioned Christmas celebration takes place in the historic buildings of Moreston, dressed in seasonal decor from the past. Hear stories of Christmases long ago and the songs of roving carollers. Take a ride in an open sleigh, then warm your hands by a roaring fire and enjoy a cup of steaming apple cider and cookies. A truly unique Christmas experience for all ages!

Grey Roots will be hosting a **Holiday Family Fun Day** on December 17, 2011. There will be seasonal family films in the theatre, seasonal crafts and games such as crokinole and checkers, as well as Grey County Gallery scavenger hunts for junior and senior ages. Bring the whole family for a variety of activities that are so much fun, they won't know they're learning! All activities included with admission.

Do you ever wonder what things Grey Roots collects? The Museum mostly collects things donated by you, the residents and former residents of Grey County. These things are different shapes, sizes, colours, ages, and made from varied materials. Be sure to check out the Grey Roots original **New Acquisitions** exhibit, highlighting some of the interesting items collected in 2010 and 2011. New Acquisitions will continue until January 28, 2012.

In appreciation of Black History Month and our rich Black heritage, local and beyond, be sure to catch the **Black History Documentary Film Festival** every Saturday through

out February at 1:30 p.m. and 3 p.m. All films are free with admission. **The Grey County Black History Event** will be happening on February 25, 2012, with the launch of the Northern Terminus Journal Volume 9, from 9:30 a.m. to 3:00 p.m.

When the wintry weather forces you inside, it's a great opportunity to work on your research and genealogy projects at the Grey County Archives, located at Grey Roots. The Archives are open Tuesday through Friday, 10 a.m. to 5 p.m., and offer visitor's access to Ancestry.com, Grey County land records, by-laws, estate files and much more!

With so much to see and do at Grey Roots Museum & Archives, becoming a member provides great value and is the best way to keep up with what is happening. For only \$40* for an individual, \$30* for a senior, or \$60* for a family (*plus HST), you get free admission to both Grey Roots Museum & Archives and Bruce County Museum & Cultural Centre (through our reciprocal membership agreement) for one year. Members also receive a subscription to Grey Matter (our quarterly newsletter), invitations to exhibit openings, and discounts at the Grey Roots Gift Shop, on KidsCamps, and facility rentals. A membership also makes a great year-long gift!

Grey Roots combines Museum, Archives and Tourism services under one roof and is located at 102599 Grey Road 18, just west of Inglis Falls and a few minutes south of Owen Sound, in the Municipality of Georgian Bluffs.

Beginning after Thanksgiving Day Weekend, Grey Roots is open Tuesday to Saturday from 10 am to 5 pm. For information on membership or any of the programs or services at Grey Roots, please refer to our website at www.greyroots.com or call (519) 376-3690 or toll free 1-877- GREY ROOTS.

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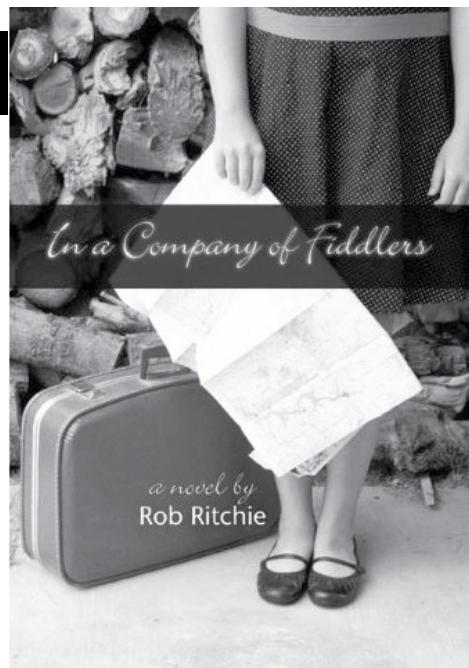
In A Company of Fiddlers by Rob Ritchie

Canadian publisher Seraphim Editions (www.seraphimeditions.com) announces the publication of a second novel by **Rob Ritchie**, best known from his days as the piano player and songwriter with the Canadian folk-roots powerhouse Tanglefoot. An intricate and intriguing tale, **In A Company of Fiddlers** tells the story of enigmatic diva Margaret Calloway. From a simple farm girl living in rural Ontario, Margaret becomes a singer of tremendous depth and authority, so much so that her rendition of Handel's *Messiah* becomes the standard by which all other renditions are measured. Moving back and forth through various times in Margaret's life, the story builds elegantly to a surprise climax.

Why the *Messiah*? "When the pundits and aficionados discuss musical genius,

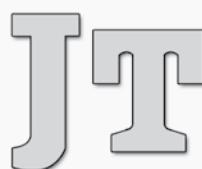
I'm not sure how often Handel's name pops up – certainly not as frequently as Bach or Mozart, I would think," Ritchie says. "But there is something about his stuff; it's very dramatic and large...the very thing to captivate the ears of the masses, to lift them up and transport them."

Ritchie explores a number of other themes, including how childhood surroundings can shape and affect a person: "I grew up in a musical home, with a mother who was a concert soloist and music teacher, and a father who was a bass player. I began thinking about the impact that home – the actual physical home and its size, its location – has on shaping a person's character." The story is told in large part from the perspective of a woman character, a new direction for Ritchie. "The



advantage is that Margaret has been raised in the same kind of musical household that I was. The challenge was depicting that life through its entire span, from her early days as the naïve schoolgirl to those of her reclusive retirement."

In a Company of Fiddlers (\$19.95) is available from local bookshops.



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Moreston by Candlelight

December 10, 2011 from 4-8 p.m.

Join us in Moreston Heritage Village for an old fashioned Christmas! The historic buildings of Moreston will be open and dressed in seasonal decor from the past. Hear stories of Christmases long ago and the songs of roving carollers. Take a ride in an open sleigh, then warm your hands by a roaring fire and enjoy a cup of steaming apple cider and cookies. A truly unique Christmas experience for all ages!

*Holiday Craft Sale - December 3, 2011 from 11 a.m. - 4 p.m.
Family Fun Day - December 17, 2011 from 10 a.m. - 5 p.m.*

The Lost Regiments of Grey County
Discover Grey County's early military history!
Exhibit Open: November 5-May 9, 2012



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519-376-3690 | www.greyroots.com MUSEUM & ARCHIVES

Authentic Victorian Christmas at the Billy Bishop Home and Museum

by Diane Sprung

The volunteer elves at the Billy Bishop Home and Museum – A National Historic Site have been busy preparing for a different kind of Christmas celebration. From November 15 to December 22, Tuesdays to Fridays from 12:00 – 4:00 pm, visitors to the Museum will have a glimpse of a traditional Victorian Christmas.

The boyhood home of Owen Sound's local WWI hero is decorated similarly to what it would have looked like in early days with garlands, ribbons, lace, lights, candles and trinkets. Amidst the original Bishop family antiques, a large Christmas tree is decorated with gifts and toys from that period. Christmas music piped throughout the Museum ensures that all are filled with the holiday spirit.

A special Victorian Christmas Weekend is being held at the Billy Bishop Home and Museum on **Saturday, November 26 and Sunday, November 27 from 1 to 3 pm**. Visitors will be greeted by Victorian Hosts and will enjoy an old-fashioned afternoon of live Christmas music while maids serve a hot cup of apple cider and delicious homemade Christmas treats. A craft table will be set up for kids of all ages. Carriage rides will be available for an extra cost of \$5.00 per person. Please visit www.billybishop.org to see the live performers' line-up and times.

Regular admission to the Billy Bishop Museum is \$5 for adults, \$4 for seniors/students, \$2 for youth and children under 3 are free.

During the special Victorian Christmas Weekend (November 26 and 27), children 12 and under are free when accompanied by an adult with a limit of 3 children per adult. Admission for members is always free.



Decorated fireplace at Billy Bishop Home & Museum

A Visit from St. Nicholas

by Clement C. Moore

illustrated by Bonita Johnson de Matteis

"Twas the night before Christmas and all through the house..." starts this classic seasonal poem written in 1822 by Clement C. Moore. Local artist Bonita Johnson de Matteis has honoured Moore's original text, but her wonderful full-colour paintings relocate the poem to an Owen Sound of yesteryear. Could that be Eddie in the Santa suit? And aren't those the old Noma Christmas lights in the downtown? And isn't that the Seldon Hotel? And could that possibly be the old OSCVI, the Queen's Hotel and the Portland Cement building, now all dashed away? This new rendition of an old favorite is sure to please young and old alike. "Happy Christmas to all, and to all a good night."

Available from The Ginger Press - \$14.95





Pre - W.W.#1, 31st Regiment (Grey County)

The Lost Regiments of Grey County

In the early morning of April, 23, 1915, a few hours after a surprise German gas cloud attack, the 1st Canadian Field Artillery Brigade took up a position on the Allied held territory, in the northern Ypres Salient of France. In the following days, second-in-command and field surgeon, Major John McCrae tended the wounded in the filthy dugouts cut into the bank of the canal. During the battle, a Canadian artillery officer and friend of Major McCrae, Lieutenant Alexis Helmer, was killed by an exploding shell. McCrae was asked to conduct the burial service and it is believed that later that evening McCrae began the draft for his famous poem 'In Flanders Fields'. The poem would be published later that year and forever link the red poppy flower with the blood spilt in battle. During the bombardments of the First World War the chalk soils became rich in lime from rubble, allowing the poppy to thrive.

Opening Saturday, November 5 at 2 p.m., **The Lost Regiments of Grey County** is a Grey Roots original exhibit examining the military history of Grey County, up until 1919. Grey County's military roots really took hold during the Trent Affair of 1861. During the American Civil War, the USS San Jacinto intercepted the British mail packet RMS Trent and removed, as contraband of war, two Confederate diplomats. The envoys were bound for Great Britain and France to press the Confederacy's case for diplomatic recognition by Europe. This action raised fears in British North America that Great Britain and her Empire were going to go to war against the United States. Initially there were four companies raised in Grey County during these troubling times. They would one day form the nucleus of a new Regiment, for the winds of change were sweeping the country as it prepared for Confederation.

Grey Roots staff has been working closely with George S. Auer to weave the storyline of this exhibit. George Auer is a serving member of the Grey and Simcoe Foresters, with a lifetime interest in the military and military history. He is presently employed at Land Force Central Area Training Centre Meaford in a clerical position. The opening will be held outside, weather permitting. The Owen Sound Garrison of the Grey and Simcoe Foresters will be on parade with their pipe band and WWI re-enactors will be on hand to show military artefacts to visitors. The Lost Regiments of Grey County will remain open until May 9, 2012. For more information, contact Grey Roots at www.greyroots.com or call (519)376-3690 or toll free 1-877-GREY ROOTS. **¶**



W.W.#1 Nursing Sister's dress uniform (parade uniform)

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Director Regan MacNay

Soloists Wendy Bannerman-Clark, Margaret Bárdos

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Shooting Turkeys in Grey County

by Emma Hogbin

In the last year I've attended three turkey shoots but have yet to take home the turkey. According to wikipedia, "A turkey shoot is an opportunity for an individual or a party to very easily take advantage of a situation. A turkey shoot is also a shooting contest where frozen turkeys are awarded as prizes. The shoot is most commonly held using shotguns aimed at paper targets about 25-35 yards away. The winner is chosen according to which target has a shot closest to its centre cross-mark. This removes almost all skill from the contest, and allows every shooter an equal chance. Original turkey shoots, however, dating at least to the time of James Fenimore Cooper, were contests in which live turkeys were tied down in a pen and shot from 25-35 yards. If the turkey died, the shooter received it as a prize. This gave rise to the military term. In military situations, a turkey shoot occurs when a group or team catches the

enemy off-guard or out-gunned to the point of being unfair."

The first turkey shoot I attended was a fundraiser for the Arran Tara Curling club, which my partner belongs to. A frozen turkey was placed on the ice and participants were given the opportunity to get as close as possible to the turkey with their rock, from behind a fixed line on the ice. Here's the tricky part: all of the rocks were left on the ice, allowing later shooters to knock out the rocks previously placed in front of the frozen bundle. Out of my family members my niece (age 11) was closest to the turkey with her rock. Mostly I was thankful that I didn't fall over on the ice.

In the spring I attended a live turkey shoot with my next door neighbour. We woke up before dawn and headed out to her favourite wild turkey habitat. Turkeys have been re-introduced to the natural landscape and are now available for hunting twice a year. Hunters

commonly use either a shotgun or a bow and arrows. Both have limited ranges and you must be quite close to the turkey to have a chance of taking home dinner. My neighbour was unsuccessful on my first-ever live turkey shoot, but from a nature-walk and bird-watching perspective it was a huge success and we had a lot of fun calling the turkeys.

My third turkey shoot was also a fundraiser—this time for the Sydenham Sportsmen's Association, of which I am a member. This was my first time shooting a gun. In true turkey shoot fashion, the targets were close enough that I didn't embarrass myself too much. My friend, also a novice, was the successful one for the day and took home a prize of a frozen turkey.

After these great experiences I'm likely to jump at the chance to participate in another turkey shoot. After all: no skill is required to have a good time with friends and a common goal of bringing home the turkey. ☺

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At the Thomson Art Gallery



EXHIBITIONS

Vessna Perunovich: neither here nor there

Until January 8, 2011

Vessna Perunovich has established herself as one of Canada's most compelling and adroit artists. With a fluidity and adept facility her practice encompasses performance, video, sculpture, painting and installation. *neither here nor there* is the first mid-career retrospective of Perunovich's video work.

Artist Talk: Sunday, October 30 at 1 pm

To celebrate Owen Sound's Culture Week, join artist Vessna Perunovich for a walking tour of her exhibition **neither here nor there**.

Community Curators Select IV

Until January 8, 2011

This annual show is always a unique and eclectic selection of pieces from our outstanding Permanent Collection chosen by members of the community. Join us for the opening on October 2. If you missed out on becoming a **Community Curator**, be sure to sign up in August next year!

Canadian Spirit: The Tom Thomson Experience

Continuing

Canadian Spirit will give visitors an introduction into Tom Thomson's life, his connections with Owen Sound and Grey County, and the factors that led him to become one of Canada's greatest artists. **Canadian Spirit** makes use of the TOM's important collection of objects, photos, documents and artworks by Thomson.

PROGRAMS & EVENTS

Gallery Night at the Movies

Celebrating our 16th season, this film series is one of the hottest tickets in town and features the best in Canadian, foreign and independent film as presented in conjunction with *tiff.365*. There is no film in December; **GNATM** resumes again in January. Contact the Gallery for pass and ticket availability.

The Guard

Monday, November 14

Screenings at 2:00, 4:30 & 7:15pm at Galaxy Cinemas in Owen Sound

A crowd favourite at the 2011 Sundance Film Festival, *The Guard* is a lively and often hilarious Irish crime comedy.

REEL Festival - Passes go on sale November 15!

Social Studio

Join us at the Gallery for our fun and friendly open studio sessions. Find inspiration to finish your art work or start a new project, get together to paint, discuss and explore new ideas in our bright studio space. Bring your own materials; no oil paint. Continues every-other-Wednesday from 1 to 4 pm: November 2, 16, 30.

Make Art

November 20 and December 18 from 1 to 3 pm
FREE

Drop into the Gallery Studio for an afternoon of family fun with arts and crafts activities. The Gallery offers this free event the 3rd Sunday of the month. All are welcome.

Non-instructional Life Drawing

November 13 & 27, December 11

1 to 3 pm

Cost: \$15; \$12 for members

The Gallery offers non-instructional figure drawing studio sessions to encourage the traditional practice of painting and drawing the human figure. Arrive early for set-up; bring your own supplies; no oil paint. Studio doors closed at 1 pm.

Convergence 49th Annual Juried Exhibition of Fine Art : Call for Submissions

Deadline for submissions November 11, 2011.

This exhibition is open to all artists residing in Ontario working in any medium. Artists must have a current membership to The Tom Thomson Art Gallery. To download the submission form, please go to our website.

The exhibition takes place from January 15 to March 25, 2012. All are welcome to join us for the opening reception and awards ceremony on Sunday January 15 at 2pm.

Day Without Art

Thursday December 1, 7:00-8:00pm

Join us for a candlelight vigil in collaboration with the *Aids Committee of Guelph and Wellington* and the Owen Sound and North Grey Union Public Library. To commemorate *World Aids Day*, the Tom Thomson Art Gallery will be hosting *A Day Without Art*, featuring works on paper by artist Tim Jocelyn who died in 1987 from complications due to AIDS. Each piece of work will be covered every week leading up to December 1st.

Day Without Art/World Aids Day is an effort to strengthen the global responses to the AIDS epidemic. On December 1, 1989, many galleries closed their doors or shrouded paintings in mourning of the tremendous losses in the arts community. This gesture is now practiced by galleries and art institutions all over the world.

*Follow us on facebook and twitter.
To find out how to get involved with our fantastic
Membership & Sponsorship programs,
contact Leanne Wright lwright@tomthomson.org
A reminder that our opening hours are:*

*Tuesday to Friday: 11 to 5
Saturday and Sunday: 12 to 5
Closed Remembrance Day*

Entertainment at Meaford Hall

by Jennifer Brebner

We have a great line up of entertainment to bring 2011 to a close. Everything starts off on November 3rd when Wingfield Unbound comes to warm our hearts with laughter. Up next is a fundraiser for North East Grey Health Clinic to raise funds for the Meaford and Thornbury health centres. Saturday, November 5th Meaford Hall will be filled with songs by Robert Pilon and Friends with a light supper at 6:30pm catered by Black Angus Meats and the Thornbury Baker. Performance will start at 8pm. Tickets will be \$125 with a \$75 tax receipt.

For Remembrance Day, Meaford Community Theatre is presenting Women and War on Thursday, November 10 at 1pm and 7:30 pm. It celebrates the many roles of women during wars and recognizes how war has changed their lives. Tickets are just \$10. Saturday, November 12 will be a wonderful evening with Steven Page. Former front man and well-known co-founder of the Barenaked Ladies, Steven has struck out on his own after fronting the celebrated Canadian group for more than 20 years. Come in and warm up after Meaford's annual Christmas Window Unveiling on November 19 with

Sue Foley and Peter Karp. "He Said - She Said" is an inspired and winning collaboration of original songs adapted from letters and e-mails between the two over a 2-year period. The show encompasses folk, jazz, flamenco & blues resulting in an event that is moving, literate, romantic, rocking & exciting.

"Legend" is not a title John McDermott would readily embrace, but his accomplishments are legendary in recording industry lore. "I grew up singing, but I thought everybody grew up singing," he says. Don't miss this veteran performer on Wednesday, November 23 at 8pm. As November comes to an end, darlings of the Canadian music scene, Dala, will be here on Saturday, November 26 to bring us their harmonies and fresh brand of acoustic pop.

We start December off with a Meaford Hall & Culture Foundation Christmas Fundraiser tradition of the Unique Boutique at 7pm and performance by Emilie-Claire Barlow at 8pm on Saturday, December 3rd. As tradition continues. Kids in the Meaford Hall will be presenting Alice in Wonderland, based on Lewis Carroll's classic fantasies as adapted by Michele L Vacca. A zany show, Alice in Wonderland is sure to entertain both young and old. There will be a matinee at 1 pm and evening performance at 7pm on Friday, December 9. Fleetwood Dancentre of Collingwood will present the holiday classic production of The Nutcracker on Saturday, December 17 at 2pm & 7pm. With prices the whole family will enjoy, be sure to share this tradition with your children or grandchildren.

Meaford Hall Arts & Cultural Centre, located in historic downtown Meaford, is a beautifully restored and renovated century old landmark. Go to our website at meafordhall.ca for more details or call the box office at 519-538-0463 to book your tickets now. ☺

Popcorn Music by the Shoreline Chorus

Shoreline Chorus directed by Ann-Marie MacDairmid presents **Popcorn Music** featuring selected music from 'Reel' movies: Theme from New York, New York; Great Balls of Fire; C'mon Everybody; The Grinch (medley) and more. Concerts are on Saturday, November 19, 2011 at Division Street United Church Hall, Owen Sound - 2:00pm and 7:30pm. Refreshments are served at intermission. For information and tickets please call 519-599-2710.

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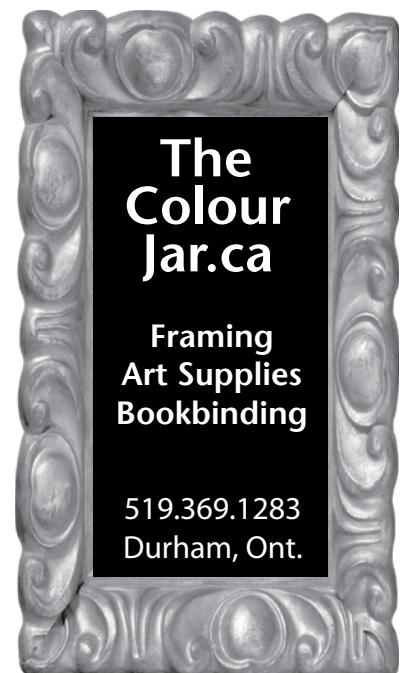
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From the Front Burner

by Paul Thomas



With great respect to Gordon Lightfoot, November's awe stirs up emotions like a stockpot filled with the beginnings of soups to come. What is it about this month that offers such a deeply rooted sense of our fate?

Gardens are gleaned; leaves are raked; firewood is stacked; larders are full; spinach is planted (more on this later). Time to set the kitchen table with a season full of anticipation. Clearly we spend more time here in the lower light levels of winter than in the busier sunnier summer time. This is the place where meals are eaten and stories are told; where young and old feel safest to share in confidence. Choose serving dishes that remind you about the goodness that abounds not only in the food you eat but also in the story behind where the dish came from. Take extra time to slow down and involve others in the meal prep. Cook slower; breathe deeper. This is a time of peaceful reflection and taking stock; of getting our "house" (outer and inner) in order.

Christopher Alexander, in *A Pattern Language* (Oxford University Press, 1977) offers scads of ideas on how to design our lives and living. Under the heading Eating Atmosphere, he suggests that some rooms invite people to eat leisurely together, while others force people to eat quickly and move on. Alexander advocates a heavy table in the centre of the eating space – large enough for the whole family or group using it. Ensure that chairs can be pulled back comfortably; provide shelves close at hand for things related to the meal.

Now that the table is set, let's get crackin' in the kitchen! The genus *brassica* deserves honourable mention; it is a member of the mustard family which includes kale, brussel sprouts, cabbage, broccoli, cauliflower and a host of other nutritionally excellent hardy season extenders.

Time for comfort food? You bet! Nothing in our home beats a fresh head of broccoli, cauliflower or any *brassica* steamed to perfection (lots of crunch) with a simple cheese sauce. Calories shmalories; it's time to enjoy the traditional white sauce with your favourite sharp cheddar: **Béchamel sauce:** Heat a healthy glob of butter (3 Tbs) in a straight sided pan on medium heat. When melted add an equal amount of flour (or non-wheat alternative such as garbanzo flour or spelt). Stir with a whisk for a minute or so. You now have your "roux" (get that x on a triple letter score for scrabble!). It will glom...don't panic! Slowly add your liquid of choice; I use milk (but soy milk or veggie stock

work just fine). Now's the tricky part: Whisk until you have a smooth consistency. Don't let up for a second. Keep adding liquid until you have your desired thickness. Remember to work into the corners of your pan. Add a dash of lemon juice, some salt and pepper and shredded cheese. Turn the heat way down or off and prepare your choice of vegetable.

I love arranging the vegetables as a whole in (you guessed it) a special piece of pottery and pouring the sauce overtop. You may have some calendula blossoms still in the garden. The petals make a lovely garnish.

Massaged Kale Salad: The other tribute to the *Brassicaceae* I want to mention is massaged kale. That's right, just when your aching back "kneads" your attention, you turn instead to massaging the goodness out of (actually into) kale or any other hardy greens like beet tops, chard or savoy cabbage. We first enjoyed this salad on the west coast at my sister's farm. Try to find *lacinato* kale – the one with the long narrow leaves – or any other kale still growing happily in your garden...hint hint. You'll want about 8 cups of leaves; this may be up to 4 bunches. Chiffonade (stack and thinly slice) the leaves. Cut the veins away if they are too big. Add 4 Tbs of your favourite oil, 4 Tbs of lemon juice or flavoured vinegar and a dash of salt. The salt acts as the grist so, if the leaves are super tough, add a little more. You're releasing the moisture in the cells which softens the leaves and makes them quite tender. Work this with your hands. Most likely five minutes will be plenty of time. Get the kids involved. Heck, why not get an elder to share a story to two while you massage your way into memories. Leave at room temperature overnight and refrigerate in the morning. It's a great keeper and will last a couple of weeks in the fridge.

Now that you have the salad base it's time to get creative. Like feta cheese? Go for it. Any chopped raw vegetable can be added too. Cooked quinoa is perfect. Tofu or tempeh will continue to build the nutrition factor. I like to sauté tempeh in sesame oil until it's quite crispy. Toasted pumpkin and or sunflower seeds are always tasty. Nuts and raisins or fruit such as apples are a great addition. Enjoy this hardy, healthy salad throughout the winter until the first signs of growth appear in the spring on those spinach plants seeded in late September.

We're trying a little experiment in the garden out here on the fen. After emptying out the compost bins and rewarding the beds with a beautiful fresh layer, I seeded spinach. As of now (late October), seedlings are showing vigorous signs of growth and I'm assured they will have a great head start in the spring as soon as things thaw! Now if that isn't a hopeful investment in the future, what is?

If you have a copy of Gordon Lightfoot's *Edmond Fitzgerald* go ahead and sing your heart out as you prepare your tribute to whatever November throws at us. We're tough like kale, until of course we're massaged into the sublime rewards of all the winter hardy culinary delights that await our kitchen savvy. **M**



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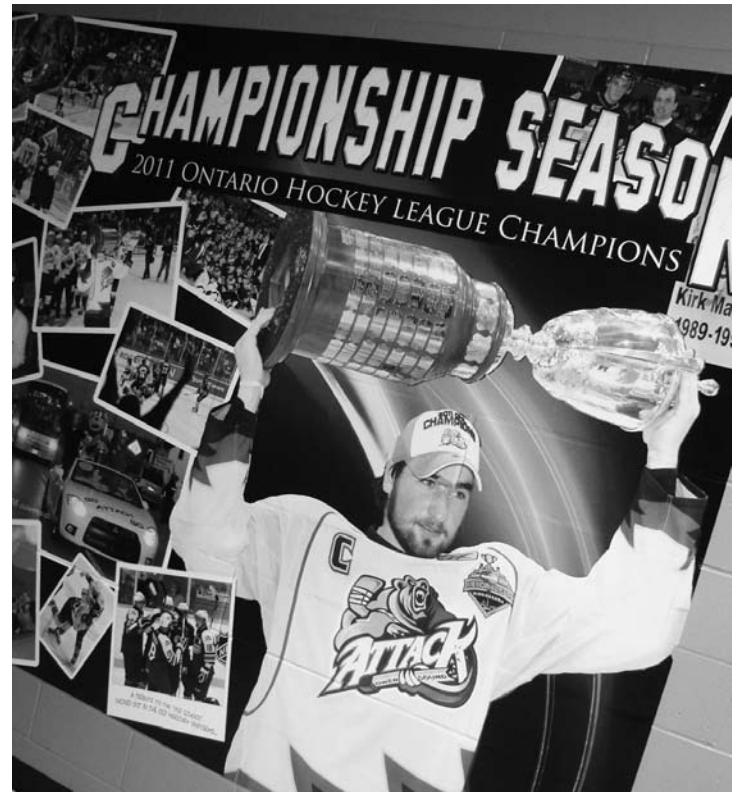
Art of the Murals

Story/photos Ted Shaw

The art of murals transcends eons of time, with a far distant origin somewhere around thirty thousand years ago, when artists first ventured into pitch-black caves, guided by a flickering flame, to paint animals and symbols on cavern walls. And so we leap across all years to become aware of the murals in the Owen Sound Lumley Bayshore Community Centre. There are several. For example, the wall of each of the two main stairways that lead to the upper mezzanine have murals. One portrays the activity of the Attack hockey team, and the other that of Owen Sound's former hockey team, the Platers. About twenty feet long they make a very colourful and highly glossy collage communicating the intense anticipation and excitement of hockey.

Another Mural created and installed recently to be ready for the hockey season is the Captains' Wall Mural. The concept was conceived by Brent Fisher, Director of Marketing for the Attack Hockey Club, in collaboration with Steve Zamin of Imagewraps. The wall is on each side of a central portico and records names of the Team Captains of the Attack and the Platers under their team logos, through a total of eighteen seasons, 1989 to 2012. Further along is the Championship Mural, to commemorate the Attack being 2010-2011 Ontario Hockey League Champs.

When working on the mural and selecting pictures from a mix of photos sent in from the fan club, Zamin was very aware that the colours should be consistent with the other Murals in the building. He said, "I used mainly a black, red and gold palette keeping in theme with the colours of the jerseys, and the team logo." Brent Fisher said, "People are very receptive to the murals. They celebrate hockey and the community in general. Some people say they bring back memories of the things they may have forgotten." **M**



By Our Hands at Nature's Millworks

by Paul Cryster

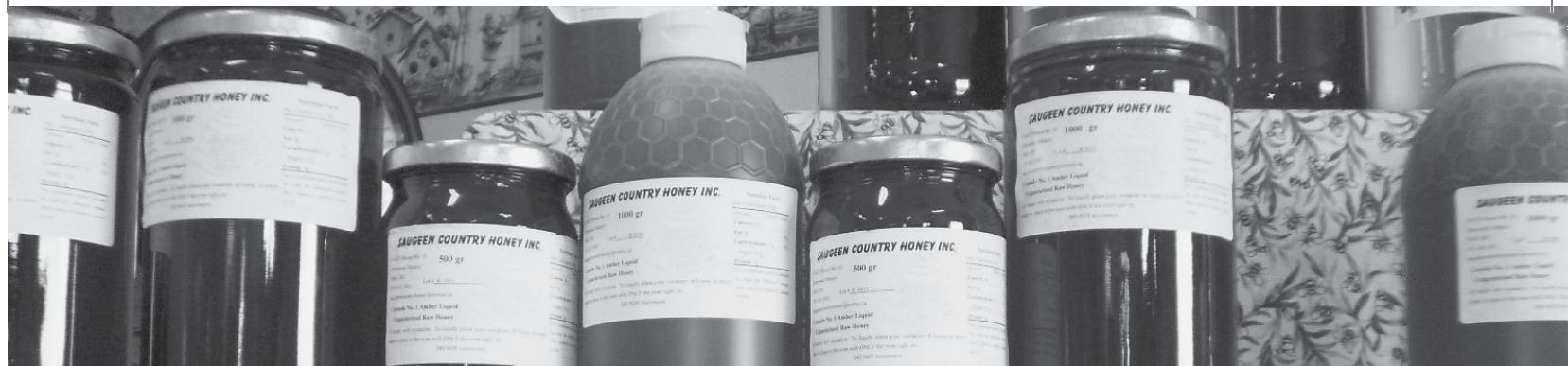
By Our Hands is a one-of-a-kind sale and this year marks its third anniversary. This final event for the year includes work from over 60 local artists and artisans; it runs from November 19 to December 18 with late evening shopping opportunities on November 19 (part of the Late Night Shopping organized through the Walkerton Chamber; artists will be present from 7:30 pm. – 9:30 pm) and December 2 (part of the Paisley businesses "shop and social" evening when the stores will be open until 10:00 pm). For the late night events there also will be a wide selection of culinary delights prepared from local products and prepared on site as well as samplings of exceptional Kicking Horse coffee.

Nature's Millworks is now in its ninth year of business and is housed in the historic 1885 Paisley City Roller Mills, formerly known as Stark's Mill. The business carries products based on the themes of earth, fire water, sun and wind which appeal to the creative spirit of the young and young-at-heart.

Within the regular inventory you will find great pottery, blown glass, carved and turned wood, quilted items, beeswax candles, wooden toys, one-of-a-kind mill artifacts, Paisley boxers and scarves and, new to the business, very high quality woolen sweaters, mitts and toques, unique cards by local artists and books all created locally. As well there is a great selection of puzzles and games for all ages, creative

kids' toys, an exceptional selection of children's books and musical instruments. While striving to be unique Nature's Millworks has priced its entire inventory to be very competitive.

By Our Hands at Nature's Millworks is an experience not to be missed. While everyone talks about shopping locally, this business has built itself around that philosophy. It has become a major centre for promotion of the arts by hosting events from May through to Christmas. More information about Nature's Millworks is available at www.naturesmillworks.com. It is located about 600 m west of Paisley on Bruce Rd. #1. Daily hours of operation are 10:00 am – 6:00 pm. **M**



Saugeen Country Honey, Elmwood

The best honey is right here

Do you appreciate your honey? Your honey is really special if you live in Grey Bruce. That's largely due to the dairy and beef farms and the resulting abundance of alfalfa and clover, two prime nectar producing plants. We compare favourably, for example, to the corn-belt further south where large areas of corn and soybeans are grown, two crops that don't produce nectar at all. According to beekeeper Guy Anderson of *Lazy J Ranch* who has 1,200 colonies near Kincardine, our honey is also "far superior" to honey from western Canada. Those prairie bees gather nectar from canola (which is mostly genetically modified) and Guy says that even though they get higher yields the honey is "not as nice tasting". Glen Ackroyd of *Ackroyd's Honey* in Tara agrees, describing Grey Bruce honey as "subtle and light-coloured", and much sought after by commercial packers.

One of Ackroyd's customers is Kelsey Carriere of Rising Sun Bakery. Kelsey uses honey as a sweetener in most of her breads. She especially loves it in her multi-grain sour dough bread. "It makes the flavour more complex and takes away from the tartness of the sour dough. In terms of a natural sweetener and locally acquired, I think it's fantastic. When we have little miraculous bees working so hard for us, why do we have to ship sugar from the islands?" Kelsey sees buying local honey as a responsible act because "it's a way to support an integral link in the food system; the pollinators".

Honey's also a good choice if you're looking to go entirely local with one Grey Bruce product. There's plenty of it and it is available

in the stores all year. Glen Ackroyd says he and his fellow Grey Bruce beekeepers produce more than enough honey to provide all residents of the two counties with their yearly honey supply (based on an average Canadian consumption of two pounds per year).

Ask for local honey at your neighbourhood supermarket. And eat more honey! **M**



Glen Ackroyd and family in front of Ackroyd's Honey sign, Tara

After the tornado

by Catherine Macleod

In the sunny days following the August 21 Tornado in Goderich we saw a sliver of a cherry tree, a few saplings and many downed pines.

The fragrance of decimated forest over-powered us. We saw a couple of resilient poplars, a few broken a couple of decimated oaks and a few white birch sleeping amidst a disharmony of spruce and conifer.

Once we walked the Maitland Trail through a shaded wonder of natural forest to emerge on a panoramic vista of the Maitland valley and river. In early spring we walked for Lily of the Valley and miniature Bleeding Heart a.k.a. Squirrel Corn. In early summer we walked with our friend to spot a rumoured eagle's nest.

In late summer, a couple of days after our streets were passable, we ignored a closed sign at the opening of the Maitland

Trail and walked to witness what Mother Nature had spared and to face the inevitable "then" and "now" of it all. We could hear birds sing.

Although the river view seemed untouched, the tornado brutally exposed remnants of an ancient spruce — age rings, early growth spurts, wet and dry seasons — disturbing cross-sections that are simultaneously enchanting and poignant. As my companion named the parts of the path of destruction, my mind wandered to schoolroom Group of Seven prints and Roger Belley's 2001 miniature painting of Wood Buffalo National Park in northern Alberta. Happily disassociated I saw battered pines and the beauty of a landscape untouched by human engineering. We kept walking.

As my companion specified the tornado's path, I remembered a recent

newspaper piece written by a daughter. Normand LaBerge who had settled in Lucknow, Ontario. Normand went to work on Sunday, August 21. He was killed in the tornado. LaBerge's daughter placed a shroud over her personal grief and public shock when she is reported to have sobbed: "People keep saying, thankfully, it was only one person (who died). It's different when that one person means everything to you."

Today everyone I meet has a distinct story and way of mourning. There are story fragments of loss and survival. For my companion and me, the losses feel like trees. While our Goderich home suffered some cosmetic damage, we keep walking through the forest of "now."

Recently we secreted four fragrant slices of fallen white birch and passed the relics to an upcountry friend. **M**

NIA-in-Paradise Retreat

by Vita Wind

Retreat - v. to retire, withdraw into privacy and security, n. a period of seclusion for prayer and meditation.

Reclaim - v. seek the return of.

Restore - v. bring back to health.

Rejuvenate - v. to make (as if) young again

Funny how examining words in the dictionary can point out certain aspects you may never have thought about.

For instance, all of the words above are verbs, which would suggest action, yet the words themselves make reference to introspection, quiet and reflection. Winter is nature's way of retreating in order to restore and rejuvenate by covering itself with a blanket of snow and going to sleep for several months. What do we, in our modern age, do in winter to restore ourselves? Throw back the blanket and seek the warmth and glow of the sun in foreign climes! But that wasn't the first criteria that motivated my Nia class to dream of our own perfect retreat. It was a sense of joy in comradeship and the sheer delight that dancing together brings. Nia may be about fitness, wellness and holistic health, but it is so much more - sharing, releasing and engaging with like-minded people.

One of our members, a world traveller, came to class one day bubbling with enthusiasm over "the most beautiful beach I have ever been to" which perked up our ears, to be sure. A yoga retreat had taken her there. And here was the

thought that almost everyone of us had simultaneously: "Why don't we hold a Nia retreat of our own on that same beautiful beach?" The planets and cosmos could not have been more in line for us. After the usual amount (more than I ever expected) of work and planning, the first Grey-Bruce Nia Retreat in Tulum emerged. Suffice it to say that, based on the success of the first retreat, a second one is now inevitable. A week of white sand, ocean breezes, freshly made fruit juices, hammocks, some new-best-friends (from all over Canada) and dancing Nia in an open air studio, created the environment for 16 beautiful women to retreat, reclaim, restore and rejuvenate on the property of a tiny, perfect boutique hotel.

And our next retreat? Oh yes, it most definitely promises to do the same. For more information regarding the 2012 Nia-in-Paradise Retreat, please contact Vita Wind at vitawind@rogers.com. Vita Wind's Nia Classes are held in Flesherton, Hanover and Durham. Visit www.niac.ca/on for more information on Nia and to view Vita Wind and Val McGiverin's film for the Nia Teachers' Association of Canada entitled "This is Nia." ☺

Information & Inspiration for the Inquisitive Mind

2011-2012 PROGRAMS

10:00 am - 12 noon Thursdays, Bayshore Community Centre, Owen Sound



The Changing World Order - Part II

January 12 - February 16, 2012

An examination of Post-Cold War international political institutions, inter-ethnic relations, food distribution, energy (oil/gas) distribution and population movements.



Lands for the Future: Conservation & Preservation

March 1 – April 5, 2012

This series brings together individuals from government agencies, NGOs, as well as private conservationists to discuss where we are now and what we can do to preserve our natural habitats and conserve our resources.



For more information or to register visit our website

www.bluewaterlearns.com or email us at: ball@bmts.com

Ticket Price is \$40 per series, plus \$10 BALL Membership

Register by Mail:

The Bluewater Association for Lifelong Learning, Box 1062, Owen Sound, ON N4K 6K6

Grey Bruce BodyTalk Network

by Sandra Howe

What happens when your liver and stomach fail to communicate effectively? Body functions get out of harmony and digestion is compromised. What happens when my right and left legs are not synchronized in movement? I become clumsy and risk a fall. What happens when co-workers are unhappy and disrespectful with each other? Their ability to complete tasks efficiently is reduced. The commonality in these scenarios is that they are organic systems which must be balanced and co-ordinated to get the job done well.

Body Talk is a safe, effective energy medicine system which helps address these types of issues in people, groups, and even in animals. It uses a simple biofeedback technique to establish the body's priorities for health. A gentle tapping on the head and heart re-activate the natural healing capabilities inherent in us. BodyTalk relies on the innate wisdom of all organisms. When body, mind, and spirit are in harmony, all our systems communicate and coordinate functions so that we feel great. Stresses of many kinds can overtax our systems, causing dis-ease, illness, or injury. BodyTalk is a powerful and profound way to facilitate health and well-being.

BodyTalk is the fastest growing healthcare system in the world. Since its beginning in 1995, it has evolved and expanded around the globe. The BodyTalk system is used by doctors, reflexologists, massage therapists, horse trainers, and chiropractors across Canada. It is also used by primary healthcare workers in remote Africa. In Grey-Bruce, we have a strong, active network of practitioners who meet monthly to exchange sessions, to support continuing education, and to promote the benefits of BodyTalk. We are committed to providing information and services to our communities. BodyTalk is useful in all health situations and will complement other treatments.

I use BodyTalk daily to support my personal well-being and that of my family and clients. It has been an important part of my life journey for 10 years now. What I appreciate most is that it builds trust in our innate wisdom, the intuition that we all have access to internally. I believe it is a critical learning for our time and culture. You are invited to visit our new website: www.greybrucebodytalk.ca to learn more and to connect with us for health. Best wishes in your life adventure!

■

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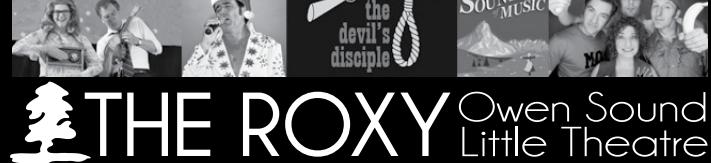
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The Sound of Music

November 10-12, 17-19, 23-26 at 7:30 pm
Matinee November 20, 2011 at 2:00 pm

One of the world's most beloved musicals is coming to The Roxy! Rodgers & Hammerstein's The Sound of Music will thrill you with its wonderful songs that we all know so well. The story of a young girl torn between becoming a nun or marrying the man of her dreams, and how her life, and the lives of those she holds dear, change forever.

Blue Christmas

December 1, 2011 at 7 pm

Bognor Jam's Jailhouse Rock brings us their special Elvis Presley Christmas show, led by Elvis impresario and heartthrob crooner Peter Irwin. Have a true Blue Christmas as you rock the night away to seasonal hits and gospel in Jailhouse Rock's legendary style.

The Funny Ones

January 20, 2012 at 8 pm

It's music and classic comedy shaken with a twist featuring Second City veterans Jenny Parsons and Steve Morel. The Funny Ones is about being a husband and wife duo, doing comedy for a living and the comedians who have inspired them along the way: Lucy & Ricky, Burns & Allen, even Palin & Bush. The Funny Ones is a hilarious mix of stand-up comedy and song. Opening act The Soundlings.



www.roxytheatre.ca • 519.371.2833 • 251 9th Street East

Fine Craft Christmas Show and Sale

Grey Granite Club

727 2nd Ave East, Owen Sound

Join over 35 vendors for a festive weekend gathering of fine art, fine craft and fine food by Red Hot Catering and Theo's Desserts.



Friday 5 - 9 p.m.

Saturday 10 - 5 p.m.

Sunday 10 - 5 p.m.

November 18, 19, 20

Photos: a. Ofra Svorai | b. Morag Budgeon | c. Sourceworks | d. Infinite Glassworks | e. Theo Janson | f. Diane Edwards