

the owen sounder

.....

vol. 3 no. 1 spring 2021



**the community
magazine for
these times!**

FEATURING:

- The Gitche Namewikwedong Reconciliation Garden by Colleen Purdon
- The Autograph by Bill Hawkes
- Rescuing Local Food by Paul Wagenaar
- #my essential by JP Morel
- ...and lots more!

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the owen sounder...

vol 3 no 1 spring 2021

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Established in 1994 and revived in 2020, The Owen Sounder is an independent community magazine which is written, designed, published and distributed right here in Owen Sound.

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www.theowensounder.ca.

esteemed contributors

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about the front cover:

Bluebells by Shelley Jackson, graphic designer and wannabe photographer.

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FROM MY DESK

At the time of writing, we've transitioned into the Yellow Zone, making it a little easier to go about our daily lives. Who knows what the future holds? Here at The Ginger Press, we continue to reinvent ourselves on a regular (daily?) basis. The bookshop and cafe are open Thursday to Saturday from 10 til 2, and our website is open 24/7 for your online orders.

There was a nanosecond back in January when I really didn't know what to do next. So, in conjunction with Miranda Miller of Grey Bruce Digital, we invented a retreat: **The GP Publishing Accelerator** (details on page 9).

"What is it?" you might ask. Well, an accelerator gives you access to the skills, mentorship and other supports you need. It's intensive. And The GP Publishing Accelerator is in response to all those inquiries I have received over the years about publishing. After taking this course, you will know everything you need to know to publish your book. There will be a month of online sessions leading up to the retreat weekend (May 14-16), which will take place at the all-new Port Elgin Holiday Inn Express & Suites. There will also be a follow-up session upon completion. You will learn from two local experts who have spent decades gathering the information you need to move forward with your project. So, don't be disappointed – yes, class size is limited to ensure the best experience for you – register today!

AND, it's time to **take a hike!** We've included a portion of the Owen Sound trails map brochure in our centrefold this issue. If you're ready to go a bit further afield, I recommend Ron Savage's excellent book *Secrets of Sydenham* (\$20) with 30 local hikes and explorations. Ron has also written a lovely little book on the *Silent Valley Nature Reserve* (\$15) – "a stunning jewel in a beautiful necklace" – which is located just outside Owen Sound, and *Sydenham End to End* (\$20) which has tales about this section of the Bruce Trail. Nicola Ross has just released *Collingwood, the Blue Mountains and Beaver Valley Hikes* (\$29.95) which has 35 loop routes, "as well as oodles of apres-hiking suggestions." And then, of course, there's the old standby: *The Bruce Trail Guide* (\$39.95) is now in its 30th edition; it details hikes from Niagara Falls to Tobermory. I'll see you on the trails!

- Maryann Thomas

CELEBRATIONS! IN OWEN SOUND

BY ANDREW ARMITAGE

WITH PHOTOGRAPHS BY JOHN FEARNALL

PUBLISHED BY THE GINGER PRESS \$20

Historian Andrew Armitage and photographer John Fearnall have collaborated to provide us with old and new ways of acknowledging the many ways and reasons for Owen Sounders to mark the challenges and accomplishments of this remarkable community. This vibrant new book links historic local stories from over 100 years ago with contemporary photographs.

The following story is excerpted from

Celebrations! In Owen Sound

The Day the Governor General Came to Town

by Andrew Armitage

July 30, 1874. That's the day they turned off Inglis Falls to really turn it on. For several months the town fathers of Owen Sound had been living for that one day. At 5:30pm, the steamer *Chicora* would dock at the Lake Superior wharf and Lord Dufferin, Lady Dufferin, and their royal party would arrive.

Visits from the Governor General of Canada to the backwoods of Ontario were rare. The only previous one had been in 1861 when Governor General Lord Elgin had paid a surprise visit to Owen Sound. The town officials remembered that occasion with horror.

Lord Elgin had been out of favour with many loyal Canadians for his role in pardoning the rebels of 1837. His 1851 visitation had caused a near riot. During the ceremonies held at the local Anglican Church, one Thomas Hinchcliff, an ultra-loyalist, had broken up the goings-on by hurling the pulpit through the church window. Lord Elgin had retired in a huff and the new town of Owen Sound hung its head in shame.

For Lord and Lady Dufferin all would go just right! Mayor George Snider had spent hundreds of hours in planning for it. After all, it might be another quarter century before a Governor General of Canada made a return visit. There could be no repeat of the disastrous Lord Elgin affair.

There would be an official greeting ceremony with the appropriate speeches, a parade through town and up the hill past Harrison Park to where the crowning event of the day would take place. This would be a sightseeing tour of Inglis

Falls, the "Niagara of the North." The only problem was the season. In years gone past, the Sydenham River poured over Peter Inglis' falls not with a roar but a trickle at that time of year. Mid-summer was not the time to show off Owen Sound's greatest natural wonder.

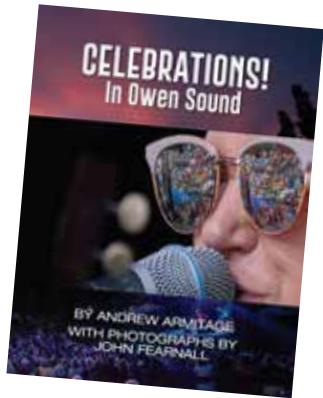
No matter – where there was a will there was bound to be a way. Let the planning by the welcoming committee, the parade committee, the decorations committee, the refreshments committee and whatever other committees might be formed go right ahead. Mayor Snider and the fellow council members knew how to solve the dried-up Inglis Falls problem.

By the afternoon of July 30, all was ready. Nearly 5,000 local residents were on hand for the holiday. Many had driven miles in their wagons and buggies to attend the great event. The banks of the harbour were packed as the first sign of the Governor General came into view. Far out in the bay the smoke of the *Chicora* could be seen. Larger and larger the steamer grew until, with a final royal belch, the famous blockade runner of the American Civil War glided gracefully into place at the Lake Superior dockage.

Snider and his committee of local politicians boarded the vessel and the introductions were made. Lord Dufferin, tall and elegant in his cut-away, Lady Dufferin, regal and every inch a noble woman, Lieut.-Col. Fletcher and Lady Fletcher, and Lieut.-Col. Cumberland were greeted by the local party. They marched down the runway to the platform at the end of the new railway station where they were met by the massed troops of the 1st, 3rd, and 6th Companies of the 31st Battalion.

The Battalion band broke into a noisy rendition of the National Anthem and carefully organized groups of Sabbath School children presented the party with flowers. It was all quite perfect. There were speeches by the Mayor, greetings from the Governor General, oaths of loyalty from the politicians, and kind words from Lady Dufferin. After the speech making was over the children rose and sweetly rendered one more "God Save the Queen."

Waving Union Jacks led the parade to the special carriage brought all the way from Grand's Toronto livery. Drawn by four matched horses, it was accompanied by two





July, 2017: "Royal" procession from the inner harbour to Harrison Park led by the "Queen" (Shirley Holmes).

Photo by John Fearnall

outriders – Cameron of the Queen's Hotel and Mr. Mills. Cameron was wearing his Huzzar uniform and everyone thought him splendid. (Not so the carriage, thought the *Times* editor, who would report it as a rather shabby looking affair the next day.)

Mayor Snider occupied a seat right next to Lord Dufferin and pointed out the sights of the town as the procession got underway. Along Bay Street to Division the procession went. They passed under arch after arch of evergreens, dozens of them erected during the past week. Mayor Snider tried to ignore the cedar boughs that had turned brown in the heat. They passed Warrilow's Hotel and Mr. Tucker's shop where a carefully prepared banner announced, "Welcome to Owen Sound."

Turning onto Poulett Street the parade marched down through the business district past stores festooned with red, white and blue bunting, flags, and more evergreen arches. It looked just grand. Straight along Poulett they made their way until they came to the foot of the Cemetery Hill. No one noticed that at that point a rider on the fastest horse in town left the procession and took off at breakneck speed up the hill and out of sight.

Slowly the entourage wound through the lowlands above Mr. Matthews park (later to be bought by the Harrison family) and then up the beautiful lane toward the falls. Some members of the party looked sadly on the not-so-rapid rapids of the Sydenham. The parade stopped halfway to the falls so that Mayor Snider could leave the carriage and draw "a dram of Adam's Ale" from the famous spring in the side of the hill. Lord and Lady Dufferin drank from the cup with the emblem of the town and pronounced themselves refreshed.

Finally they reached the entrance to the falls...The hundreds and thousands of Owen Sounders who had followed the procession were amazed. They had never seen such a mighty river of water over the falls, not even during the spring run-off. But there had been rumours and there had been that sudden departure of the man on the town's fastest horse. There were miles to go and the Governor General had a schedule to keep...

The whole affair had been a rousing success. The Mayor was carried shoulder high back through town. The only mystery was that great cascade of water over Inglis Falls. How had it happened in the middle of one of the driest summers the district had ever known?

The secret was not long in keeping. It seems for weeks a party of farmers and townsmen, sworn to secrecy, had been building a coffer dam well above the falls. A great reservoir of water had been backed up awaiting the right moment. With split second timing the rider had arrived at the earthen dam and given the signal. The make-shift dam gates were pulled and the stored waters rushed to greet the Governor General. Of course, there was only so much water which accounted for the rapid exit of the royal party urged along by Mayor Snider who knew that within minutes the mighty torrent would become a mere splash.

All agreed that Owen Sound, its mayor and all the many committees had done the town proud. A satisfied community went to bed that night basking in the afterglow of a victorious visit. There are no archaeological remains today of Mayor Snider's famous dam above Inglis Falls. But this is a true story and on your next visit to the "Niagara of the North" – remember it!

Homelessness Support in a Pandemic

Everyone feels the impacts of a pandemic. Unfortunately, people who are the most vulnerable feel it the most. For nearly a year, Grey County has been working with partners in the community to provide added support to individuals and families in the community who are homeless or risk becoming homeless.

Through the Provincial Social Services Relief Fund, \$3.5 million is supporting essential service providers, such as Grey County Housing, Oshare, Safe N Sound, CMHA Grey Bruce, and the United Way, to continue serving vulnerable people as demand grows. Funding initiatives range from PPE and cleaning supplies, increasing the number and length of emergency housing support, renovations to congregate spaces, additional outreach workers, food supports and more.

The Social Services Relief Fund has been vital in supporting Grey County communities by providing food, shelter, and basic needs for our most vulnerable residents. We are thankful to receive this support from the Province and are grateful and proud of the

incredible service being provided by our many partners in the community.

Vaccines are now a reality in our community, and although hope is on the horizon, we realize the pandemic will have lasting social impacts. There will continue to be a high need for emergency supports, such as food, shelter.

If you or someone you know is struggling and needs housing support, encourage them to contact Grey County Housing. Learn more online at www.grey.ca or call us at 1-800-567-4739, or call 2-1-1.

Article supplied by Grey County



Top Funding Needs



Emergency Housing



Support for Local Agencies



Transportation Costs



Isolation Centres



Food and Supplies



Enhanced Cleaning Services



Non-Medical Staffing



Protective Equipment



Artist Kathryn Corbiere is an Anishinaabe-kwe from M'Chigeeng First Nation on Manitoulin Island.

THE GITCHE NAMEWIKWEDONG RECONCILIATION GARDEN

COLLEEN PURDON

The Gitche Namewikwedong Reconciliation Garden Committee is very pleased to announce that Kathryn Corbiere has been selected to create the sculpture of Nookomis Gitche Name' Kwe – the Grandmother Sturgeon – whose sacred and iconic presence at the Garden will serve as the physical, spiritual and cultural link to the traditional lands and waters of the Anishinaabeg.

Kathryn Corbiere is an Anishinaabe-kwe from M'Chigeeng First Nation on Manitoulin Island. She is a highly respected and sought-after certified welder and fabricator, and has won a number of public art commissions, including a national competition with over 100 submissions. Kathryn's passion for working with steel incorporates a strong visual aesthetic, bringing the material to life through structural design.

The Reconciliation Garden Project is particularly meaningful to Kathryn. Her vision for the work combines elements of traditional Indigenous practices and stories, informed by her own family's fishing and crafting history, and the strength and wisdom of her own grandmothers. More about Kathryn at <http://onekwe.com/>.

The Giche Namewikwedong Reconciliation Garden Committee was established in 2010 to plan, fund and build a permanent Healing and Reconciliation Garden to

recognize and celebrate Indigenous history and culture. The City of Owen Sound has dedicated a portion of Kelso Beach Park in support of this initiative. Since that time, the Committee has worked with the City and with Indigenous and community stakeholders to develop a detailed plan for a gathering place for all; a place that will feature Indigenous art, history and cultural references.

Located on the traditional territory of the Saugeen Ojibwa Nation, very close to the site of the original Nawash Village, the Garden will be a contemplative place where our communities and visitors can pause, learn, reflect and consider the legacy of Residential Schools and the intergenerational trauma that still exists today. Through understanding our history, the healing process can begin. The project will enable all cultures within our community to move forward with shared understanding and respect, humility and love in our hearts, walking softly and ever mindful.

Thanks to the generous support from the City of Owen Sound and Liane Regendanz, Michael Craig & Friends, the sculpture will be installed at the Garden in September, 2021. Tax-deductible donations to support the completion of the Garden are most welcome through the United Way of Bruce Grey www.unitedwayofbrucegrey.com.



ART EXPECTATIONS

MORAG BUDGEON

The Georgian Bay Centre for the Arts has recently turned one! We have climbed some steep curves in those 365 days, and learned much about human nature, big old buildings and running a multiple armed art centre (I picture a many-limbed flailing monster as I type this). There have been some expected and some unexpected revelations. Good on us humans for never being predictable. I think the biggest eye-opener for me, personally, is student expectations when they take an art or craft class.

Makers often refer to 10,000 hours when they talk about how they learned their craft...and that is no exaggeration. In order to fully understand and master a medium, that is the minimum of time commitment one can expect.

I will use myself as an example. In order to learn jewellery and metalwork I went to school for three years and, during the months off, I was required to take a co-op position every semester. I graduated and immediately began selling my work in galleries and craft shows. Even after three full years immersed in jewellery, I can look back at those first forays into my own business and see how much I still had to learn.

The majority of our students are thrilled when they finish their class, but I am sometimes surprised when a student takes a six-week class and is disappointed with their results. I doubt that I would be able to do your tax returns, or fix your dripping sink after taking six three-hour classes! With that in mind, I always encourage fledgling painters, jewellers, and potters to take as many classes as they can, with as many different instructors as possible. Every teacher has something to offer, and every lesson packs more hours into your 10,000-hour portfolio.

So, don't be afraid to try new things in the arts, and

please don't be hard on yourself when your pots don't look like your instructors', or your painting is not as refined as you would like. You are in the early days of your creative experience. If you haven't practiced your art in decades, don't put pressure on yourself to pick things up where you left off. Remember, the worth is often in the journey and not in the finished object.

Come and enjoy lunch, snack, or a beverage at The Palette Café, open Monday to Saturday, 10-4. Upcoming classes include: Ice Dyeing Fabric with Pam Woodward (March 13-14); Boro Mending Landscape Sampler with Pam Woodward (March 17+24); Sterling Silver Band Ring with Morag Budgeon (March 21); Handbuilding with Clay – Slab Construction (March 21+28); Chinese Brush Painting on Silk Fan with Emily Bi (March 25); and Mix and Create Colours in Acrylic with Peter Reid (March 27-28). For more information and to register for classes at the Georgian Bay Centre for the Arts, visit www.gbarts.ca.

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GALLERY SHOPPE

THE AUTOGRAPH

BILL HAWKES •

I had turned in the night before feeling disheartened. The mood had been with me for some time. Yes, I was hoping for a sign from The Creator to cheer me up.

On waking the next morning, my Bible was on the left of the night table lamp, rather than on the right, where it usually rests. When I opened the Bible, the following words appeared on the title page: "To Bill. All the Best. The Creator."

I knew that Owen Sound was a happening place, but this occurrence left me stunned and puzzled. I felt the need to restore some perspective about it all. The most helpful person to consult would be my friend Sam, who was both a very devout person and a very knowledgeable collector.

I took the Bible to Sam, who examined it with great care. "The Creator is not known to write in books," he said.

"The Creator can do whatever the Creator wants," I noted.

Sam said, "Good point, but the inscription is so simple and prosaic."

The real problem, Sam thought, was there does not exist

another sample anywhere to compare the inscription with. "Put another way," he said, "your book may be priceless, but it has no market value."

I thanked Sam for his wise counsel and told him I would be providing the Bible with a happy home. The Bible would be among many other books. The inscription, I decided, may have been for my eyes alone. I therefore would not treat the book as an heirloom.

Someday, when I'm gone and my treasures become someone else's headache to deal with, there probably will be a yard sale run by my daughter. My most treasured book may end up on a dollar-a-book table.

I further imagine one of my Owen Sound neighbours dropping by wanting to purchase the Bible. They may say to my daughter, "This book has writing in it. Will you take fifty cents for it?"

"Sure thing," my daughter will say. "Enjoy your find."

Bill has been an Owen Sounder for many years and is now mostly retired.

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THE GEORGIAN BAY
CENTRE FOR THE ARTS

INTERSECTIONS

STEPHEN HOGBIN

Looking into the future, for me, always brings some optimism. People are problem solvers. Human ingenuity will probably sort it out. We muddle through on issues of the environment and climate change, hopefully not too late for some. So, what might bring some optimism?

Planting a trillion trees seems like a very good idea. Outside my scope, unless I support those who do the planting. Grey County has 45% tree cover; Bruce County a lot less. It would be good to go over 50%. We are a forest community due to the quality of the trees growing in the region. Forest bathing and forest gardens are other compelling ideas. And, in another 80 to 200 years, the trillion trees can be harvested.

The other piece of interesting news is that Tokyo University along with Sumitomo Forestry is researching wood as a material from which to build satellites. There is so much space junk – 6000 satellites and 60% defunct – the idea is to make them from something that will burn up on

re-entry and not leave nasty pollutants in the atmosphere.

At Intersections, we continue to challenge how to remain relevant. Wood projects can lock up carbon for generations. Burning wood is not ideal; making our homes and interiors from wood is beneficial to the environment and our health. The trillion trees will serve future generations well.

The Pattern Language by Christopher Alexander is profound for its insights in architecture and the built environment. How do all the parts fit together with integrity? In woodworking, sticks and boards are usually dovetailed, tenoned, spliced, biscued, and dowelled. Intersections is also about being in the moment; creatives call it being in the zone. Working thoughtfully for the future is the present.

For a complete list of upcoming woodworking classes and events, please visit www.intersectionsstudio.com.

IN SUPPORT OF MOTION NO. 36: THAT THE HOUSE SHOULD DESIGNATE AUGUST 1 OF EVERY YEAR AS EMANCIPATION DAY IN CANADA

ALEX RUFF

On Tuesday December 8, 2020, during the Second Session of the 43rd Parliament, Alex Ruff, the MP for Bruce-Grey-Owen Sound spoke at the House of Commons. The full transcript of his comments is retrievable under Hansard at ourcommons.ca. Here is an excerpt:

Mr. Speaker, I am going to start my remarks a little differently with a bit of a story. Let us picture ourselves as my seven-year-old daughter and I living in the southern United States in the 1830s. Life is not good. We utilize the Underground Railway to make our way north. The journey is done at night, quite frequently by foot, using code words and with fear. Eventually, though, we cross the Canadian border. We feel that inspiration of hope. We know we are somewhere safer but we do not stop. We keep on going and travel to the most northern terminal of the Underground Railway, the village known as Sydenham, now known as Owen Sound which, I am proud to say, is in my riding of Bruce-Grey-Owen Sound.

The only reason my daughter would have had to make that escape in the 1830s is because she happens to be of colour. That Underground Railway helped free 30,000 to 40,000 slaves

during its time of operation. It offered that beacon of hope. It gave people of Black descent an opportunity to settle, raise their families and find work.

As well, in my own riding going back to 1993 to 2004, a former MP was Ovid Jackson who made national news at the time. Ovid was elected as a Black man. That speaks not only to the constituents of my great riding and how fair and balanced they are, but to what a nice, intelligent and competent individual Ovid himself is. Unfortunately, in my view, he ran for the wrong party, but we will deal with that on another day.

What is unique too about my riding and specifically Owen Sound is the Emancipation Festival. It is the longest ongoing festival in North America. It started in 1862, five years before Canada was officially a country, when Sydenham was recognizing the importance of the British Commonwealth's Slavery Abolition Act of 1833, which took effect August 1, 1834. The festival started back then with a picnic with the early settlers and it has been celebrated non-stop ever since. In 2004, there was a commemorative cairn built in Harrison Park, where the picnic takes place, and I challenge any members of Parliament if they are ever up in my riding to come and visit it.

THE GINGER PRESS PUBLISHING ACCELERATOR

This remarkable retreat will combine online and in-person sessions to help you cut the learning curve and learn how to publish your book with two of the region's most experienced editing and publishing professionals. In this comprehensive program, participants will learn how to navigate the path to publishing, including:

- various online and print publishing options; the pros and cons of each one; and how to develop a publishing plan that meets your unique needs;
- time-saving manuscript development tips and techniques that can dramatically improve the quality of your book;
- how prepress processes work and what to expect of your printers;
- tips and tactics for creating a marketing and distribution strategy for your print book or e-book;
- how to move your project forward with personalized recommendations for manuscript development based on our in-depth review of your writing ahead of the retreat.

PUBLISHING MENTORS:

MIRANDA MILLER is a writer, editor and marketing professional with over 15 years of experience creating content for brands, government and individuals.



Today she is managing editor of Search Engine Journal, a trade publication with over 3,000,000 monthly readers and the owner of Grey Bruce Digital.

MARYANN THOMAS has owned and operated The Ginger Press, the region's largest publisher of local books and magazines, for over 40 years. One of Grey-Bruce's most respected advocates for literacy and the power of the printed word, she has edited and published over 100 local books.



THE GINGER
PRESS

REGISTRATION

includes

- self-publishing workbook, online and in-person instruction, manuscript development assistance and mentorship;
- four weeks of self-directed online learning;
- two days of in-person networking and educational programming;
- accommodation and meals at Port Elgin's newest hotel for two nights (7:00pm Friday May 14 to 11:00am Sunday May 16, 2021);
- one-hour follow-up mentorship call within one month of your completion of the Retreat.
- Register now (\$1249 + hst) at www.gingerpress.com to avoid disappointment; class size is limited.

ACCOMMODATIONS:

- Private non-smoking room and washroom with LG Smart TV, blackout curtains, mini-refrigerator, in-room safe, hanging closet, in-room temperature controls, full bathtub and separate walk-in shower
- Enhanced sanitization and social distancing measures throughout the property including deep cleaning with hospital-grade disinfectants, and guests can expect to see enhanced procedures, which may include: face-covering requirements, various ways to reduce contact throughout the hotel, social distancing measures within public spaces, and procedures based on local authorities' guidance and/or advice.
- Free wifi
- Indoor pool and fitness centre (availability is subject to property

policies and local health regulations at the time of the Accelerator)

- Grab & Go Breakfast included each morning
- Complimentary parking



CANCELLATION POLICY

Cancel before April 10th for a 90% refund. No refunds will be issued after April 14th, the deadline for manuscript submissions, with the exception: In the event that provincial or local public health regulations or bylaws prevent portions of the Publishing Accelerator Retreat from taking place in-person, the Retreat will take place fully online and each registrant will receive a partial refund of \$250

FEATURED HIKE HARRISON PARK

(HIGHLIGHTED ON THE MAP)

Distance: 2.5km **Difficulty:** Easy

The Harrison Park loop is a beautiful walk through hardwood forest and open parkland on wide, hard-packed trails following the Sydenham River. It's accessible in all seasons and a popular place to snowshoe or cross-country ski in winter. The loop begins at the trail head and kiosk just east of the park entrance off 2nd Avenue East. It follows the river south to the Freedom Trail, commemorating the first black settlers of Owen Sound, the most northern "station" on the Underground Railway. Stop to view the Black History Cairn, and the interpretive plaques around it.

The trail continues south towards Harrison Park Inn, crossing the bridge near the duck pond to the east of it. Here, you will see blue blazes marking the Bruce Side Trail. Follow the trail south and across another bridge leading into the campground. Continue west past the pool to the Weaver's Creek Boardwalk and discover one of Owen Sound's treasured waterfalls, just beyond the boundary of Harrison Park. Be mindful that this is on private property. Quiet roads will take you back to the playgrounds and Harrison Park Inn, where you can fuel up with a meal or snack. The trails will lead you back to your starting point.

NINE BENDS

Distance: 0.5km

Difficulty: Moderate to Difficult

The Nine Bends Trail is one of many paths in Owen Sound that offer pedestrians a short-cut through the escarpment from one street to another. The Nine Bends is a steep, windy path that connects 1st Street West near Harrison Park to the Greenwood Cemetery.

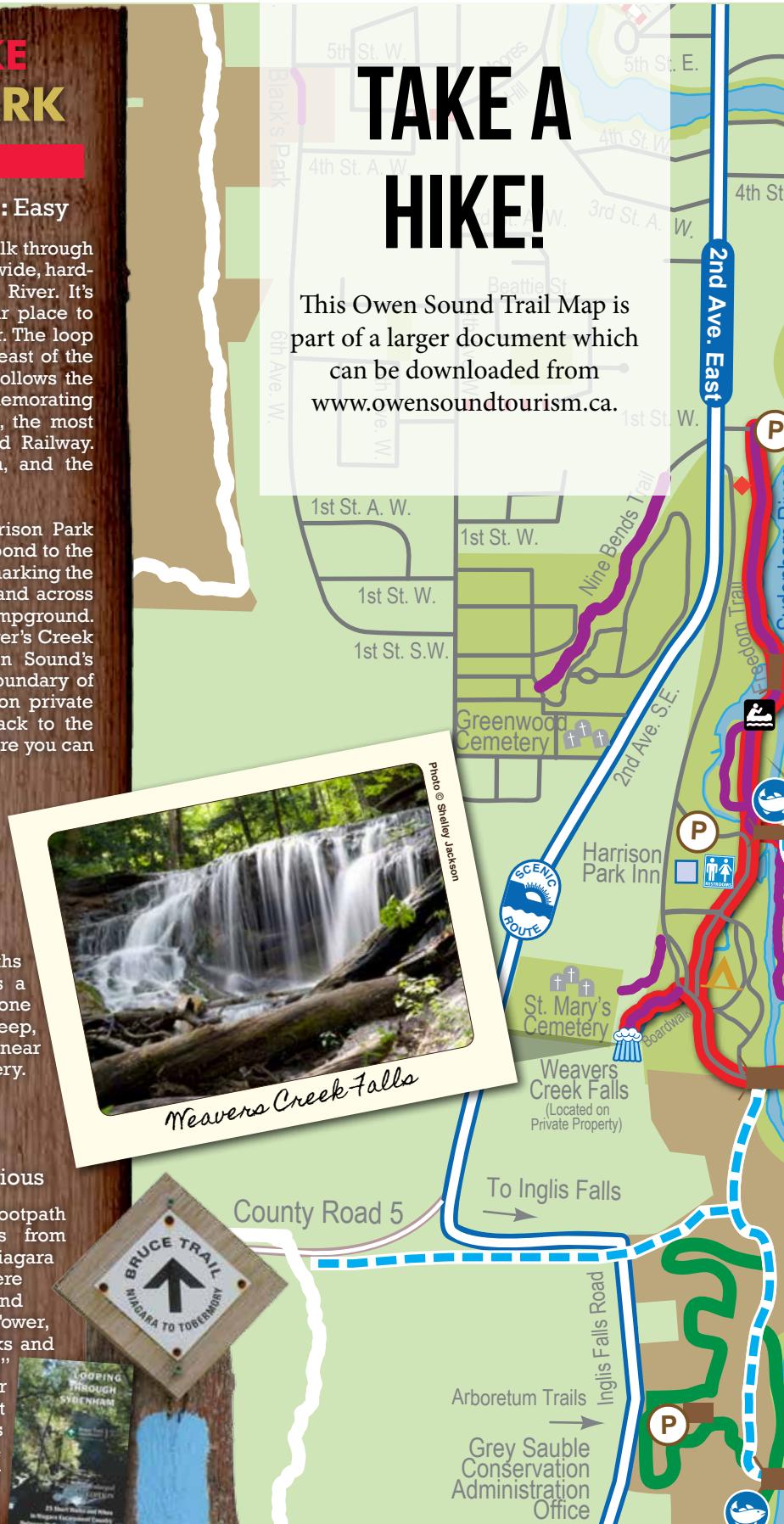
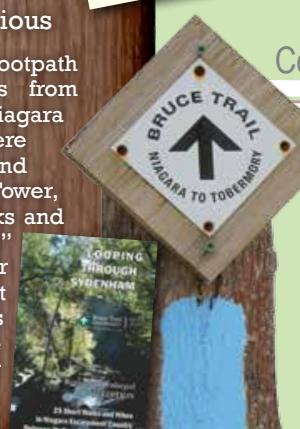
THE BRUCE TRAIL

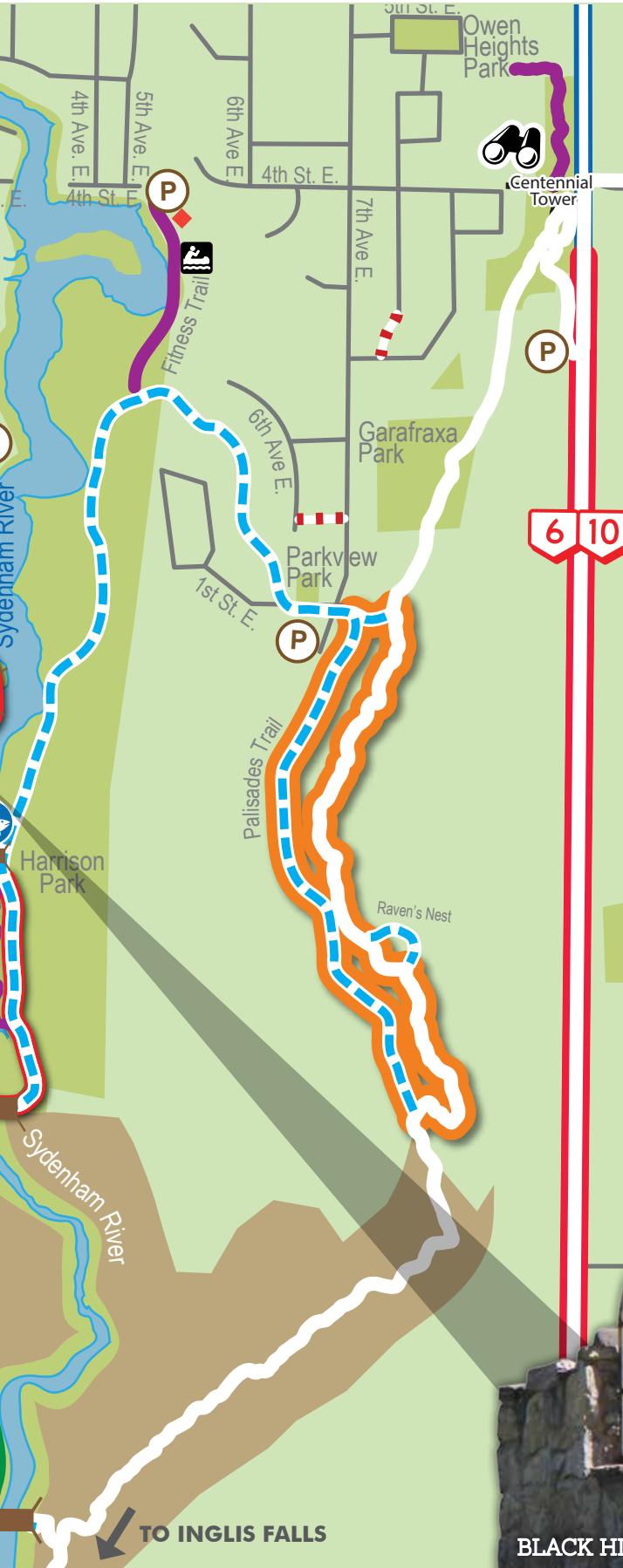
Distance: 45 km **Difficulty:** Various

The Bruce Trail is the longest and oldest footpath in Canada, stretching 886 kilometres from Niagara Falls to Tobermory along the Niagara Escarpment – a recognized world biosphere reserve. The trail forms a ribbon around Owen Sound, linking the Centennial Tower, Harrison Park, Inglis Falls, the West Rocks and Jones Falls. Look for white painted "blazes" on trees along the Bruce Trail to mark your path. Blue blazes denote a side trail. Most of the trails with white blazes are for hikers only. Bruce Trail guides are available at the Owen Sound Visitor Information Centre or from www.brucetrail.org.

TAKE A HIKE!

This Owen Sound Trail Map is part of a larger document which can be downloaded from www.owensoundtourism.ca.





FEATURED HIKE PALISADES LOOP

(HIGHLIGHTED ON THE MAP)

Distance: 1.8km

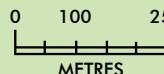
Difficulty: Moderate to Difficult

The Palisades loop of the Bruce Trail offers a rare chance to hike the lower talus of the Niagara Escarpment, hugging cliff walls that slope down to the Owen Sound valley below. The trail is rugged in areas, but showcases a spectacular range of flora, fauna and rock formations.

Access the trail from the south end of 7th Avenue East where the pavement ends. From the trail head on the east side of the street, walk a short 75 metres and turn right onto the Palisades Side Trail, marked with blue blazes. The trail climbs to an intersection with the Bruce Trail; turn left to complete a shorter loop back to the trail head, or continue on the Palisades Side Trail south, where it meets the main, trail again. Turn left to continue the Palisades loop, heading uphill over rocky terrain to a spectacular canyon with cliffs towering over you on both sides. You can reach the summit of the escarpment – the Raven's Nest – by taking a short side trail to the lookout.

Back on the main trail heading north keep your eyes open for an unmarked, narrow opening in the cliff face on your right. It leads to the "Devil's Playhouse," an enclave with rock "benches" and an overhang serving as a roof -- one of nature's many wonders on this loop.

The trail continues north to the Harrison Park Side Trail on your left; follow the blue blazes back to the trail head.



Storybook Park Road

CP Rail Trail

BLACK HISTORY CAIRN

DOES ART CHOOSE US OR DO WE CHOOSE ART?

JOHN LAUGHLIN

To choose the artistic path or have it choose you is the same either way. There are no guarantees, no warm and fuzzy feelings, no pats on the back. You just do it because not doing it hurts worse. Like love, art comes from a mysterious place within. I don't paint what I see, I see what I paint and move on from there. The passing of time torments me. Dust on the floor, a clogged toilet, noisy neighbours are minor irritants set against the speed at which our lives swish by. Making art makes the moment magical and eternal. When life gets in the way, like doing the dishes, walking the dog, or making a buck, we do not panic because our means of making art comes from within and we are its best friend.

Art is a dirty business. You see your work go off to market like livestock. It gets slaughtered by the critics or loved to death by relatives and friends. And if you choose not to show your work expect looks of incredulity. Facing the abyss on a white piece of paper, in a lump of clay, or on a massive canvas has no value in the commercial world. It is not considered work because no one pays you to search within for tidbits of beauty and flecks of love. Unless you can sell your work, you

are pissing in the wind. True artists stay alive through the making of art. Let life come along for the dangerous ride and pay the consequences. Think Modigliani, Kirchner, Schiele, Manet, Basquiat.

When I look at my work and am asked to speak about it, nothing comes to mind. It is all feeling. It is a chance to step into another's shoes, to feel the ground and human condition they inhabit. I seem to have a major concern with the human figure – the face, hands, feet in particular. Humans in all their beautiful/ugly, naked/clothed, imperfection/perfection, the conditional/unconditional hope for humankind. Yet death ever-present.

John Laughlin attended McMaster University and the Ontario College of Art and Design, and has been a working artist for more than four decades. His figurative paintings are on display at Grey Gallery in downtown Owen Sound and a virtual 3D tour of the exhibition is available through their website www.greygallery.ca.

“THE SCHOOL WON’T LET MY KID USE THE LOO”

JOAN BEECROFT

Sounds strange, doesn't it? But it's a question that comes up now and then at a monthly PFLAG meeting. PFLAG is a national volunteer organization (pflagcanada.ca) for people of all ages who are looking for support or information around sexual orientation or gender identity, their own or that of a friend or family member.

Attendees to the Owen Sound group come from various parts of Grey and Bruce counties, and due to current Covid restrictions we meet via Zoom. Each person has time to talk or just listen, and occasionally we have a guest speaker

on a relevant topic. PFLAG promises confidentiality, and local, practical, emotional peer-to-peer support. You can contact the local facilitator by email (owensoundon@pflagcanada.ca), or by phone (1-888-530-6777 ext 570). You can also leave a Facebook message at <https://www.facebook.com/PFLAGCanadaOwenSound/>. We meet on the third Tuesday each month at 7:00pm.

Oh, yeah, that question? If you have a trans child in the Ontario school system, Bill 13 says they will be allowed to use the appropriate washroom. PFLAG can help you in your advocacy for your child's rights.

Grey Gallery presents

FOCUS ON THE FIGURE

Four decades of figurative painting by John Laughlin

We welcome visitors to our first exhibition after the lockdown, with COVID protocols in place. For more information visit www.greygallery.ca

883 2nd Ave E, downtown Owen Sound





Red Cross Quilting, Sarawak Women's Institute, 1944

Mrs. Ed Lee, Mrs. W. Saunders, Mrs. J. McNaught, Mrs. L. Weaver, Mrs. S. Wilson, Mrs. Ed McGregor, Mrs. G. Saunders, Mrs. W. Kirk, Mrs. T. Kirk, Miss Mary Larter, Mrs. E. Barfoot, Gwen Kirk, Jemima McNaught

QUILTS OF THE UNKNOWN STITCHERS: CANADIAN RED CROSS QUILTS 1939-1945

GREY ROOTS •

As a lifelong maker and learner, Joanna Dermenjian is interested in researching and sharing how women, both historically and in the present day, use stitching to nurture and restore themselves and to create community with other women for individual and collective well-being. She is also looking at how women use everyday domestic textiles to tell the stories of their lives. Her recent research has led her to a little known ‘making’ by Canadian women on the Home Front, quilts made and donated to the Canadian Red Cross during WWII (1939-1945). Through sharing her research, Joanna endeavours to encourage women to understand why our making is important and how it connects us back to our ancestors and forward to future generations.

Join Joanna Dermenjian from the safety and comfort of your own home. As part of the Grey Roots Virtual Spring Lecture Series, this free online talk streams live on Tuesday,

March 30 at 1pm. It will also be available to view for five days to follow through Sunday, April 4.

This presentation is part of the Grey Roots Virtual Spring Lecture Series taking place online Tuesday afternoons at 1pm from March 30 through April 20. The lecture on April 6 is *Who Were “the Conchies?” Ontario Mennonites in Alternative Service During WWII* with Laureen Harder-Gissing; on April 13, it’s *Coming to Life: The Canadian Conservation Institute and a Horse Drawn Hearse* with Amanda Salmon; and on April 20, it’s *Caring for the Dead: A look at who’s buried in Greenwood Cemetery’s Indigent Plot* with Naomi Norquay.

Livestreams will be available at greyroots.com – pre-registration is not required. The 2020 Virtual Spring Lectures are free, but if these talks are something you enjoy, please consider becoming a Grey Roots member. Your interest and support is sincerely appreciated.

MY ESSENTIAL IS MURALS

JP MOREL •

Spring arrives soon and with it, mural season! So, come one and come all (but not in a group of more than ten and you know what to wear and what to wash) and visit me as I begin a seventy-foot mural in the Jennings David Young Gallery of the Tom Thomson Gallery. The first paint stroke went up on Saturday, March first. The mural will be finished by March 19 and can be viewed until May first. Visit in person during gallery hours or virtually on social media platforms at #myessential.

What is essential to you? At the gallery, we asked this question virtually of a group of creative youth. They responded in images which populate the mural. Collecting these images via digital platforms is like being sent into space with a paint brush while the students are back at mission control, sending instructions through drawings. They navigated their own experiences to describe the past, present, and future of what they consider essential. So, let their explorations take you on a journey of your own.

Maybe your adventure brings you down as far as the town of Durham. You'll see not one but two sixty-foot murals on Mill Street, designed by yours truly (and painted with her many awesome volunteers). Cross the street to the other side – we're reopening the Jest Arts Gallery Shoppe officially on Saturday, March 20. Our featured artist is Rhonda Abrams in the window with ten other local artists sharing their wares inside, or curbside, or virtually (shopping online option coming soon). For now, contribute to the discussion at #myessential. Who knows? Your vision



Artist JP Morel working on Wild Things Parade, a large outdoor mural in downtown Durham

may end up being part of this exciting community project at the Tom.

In the last two years, JP Morel has led the making of two murals each over sixty feet in length for the town of Durham. Her one-person show in January, 2019, at the Durham Art Gallery featured a triptych a mere sixty square feet. Everyone knows size doesn't matter, but JP is honoured to be entrusted to guide this 500 square foot community creation, her biggest mural project yet. #myessential@painterjpm

#MYESSENTIAL

ON VIEW MARCH 1 TO MAY 1 AT THE TOM THOMSON ART GALLERY

• •

What is essential to you? This is a question we should be thinking about as a community during the global pandemic, urging critical reflection on what we deem vital. #myessential is a collaborative mural project led by local artist JP Morel and guided by the imaginative virtual responses, creations, and spirit of local youth who collectively answered this important question.

Through past, present, and future vantage points, the mural offers a visual diary of the “new normal” we are living in, sharing the experiences of our youth and what they consider essential now more than ever. We invite you to contribute to this community project by responding to the question What is essential to you and sharing your #myessential with us in the Gallery space and on social media.

A NEW CHAPTER AWAITS

SHOHAIL GOHILL •

They have no idea what it is like to lose home at the risk of never finding home again. To have your entire life split between two lands and become the bridge between two countries.

- Rupi Kaur

Sometimes we imagine the future, just to prepare ourselves for it; however, when that scenario becomes a reality, it hits you in a whole different way. No matter how hard you try to hold the curtain down, it opens, and life smashes into you like a cannonball.

Sitting here, packing my bags for my move to Toronto, a new chapter of my life awaits. I am obviously going to be alright, but I am going to miss my home, my Owen Sound. The place where I found myself.

I was a different person when I came here a couple of years ago, and I am a different person now. Owen Sound has helped me be modest, be more peaceful, more understanding, and made me feel grateful for my life here. Living in the moment and enjoying the gifts of nature, I learned there is more to life than just running after material things. It's strange how a small town like this can have such a life-changing effect on you, helping you develop a different perspective about

life.

In winter, each snowfall had its own vibe. The best experience was going to bed knowing it had started to snow and waking up in the morning, excited to see the landscape completely transformed. Clear bright blue skies, a cool breeze and a warm cup of tea are the best combination ever! Hearing the wailing of the ducks and geese flying just above my house into Harrison Park and landing in the river, I never felt so close to mother nature. In summer, each day felt different. Even in fall, each day was a new experience. Watching the trees slowly grow cold by shedding their leaves and going dormant had a completely different nuance. It made me realise how the circle of life keeps on spinning. The natural world around me gave me a sense of tranquility.

When I immigrated to Canada, I felt miserable that I had to leave the comfort of my birthplace. But now I know I was destined to come to Owen Sound. And – who knew? – I was waiting here all along to meet myself.

Shohail Gohil now lives and works in Toronto; he visits Owen Sound as often as he can. Shohail's first article, Home Away from Home, is available in the winter 2020 issue of The Owen Sounder downloadable at www.theowensounder.ca

ELECTHER

EMMA SWEENEY •

A new community volunteer group, electHER, hopes to increase the number of women elected to municipal office in Grey-Bruce. electHER is run by a planning team made up of 19 women across the region, including 12 current or former elected officials and six community volunteers. The organization's goal is to have at least one female elected to each of the 17 municipalities in Grey-Bruce for the October 24, 2022 elections.

Additionally, electHER's many community volunteers will help create training, networking and mentorship programs leading up to the municipal elections to further support female candidates and elected officials.

In 1920, women won the right to run for municipal office in Ontario. Now, more than 100 years later, gender parity remains an elusive dream in both urban and rural municipalities across the province. Only 22% of elected municipal officials in Grey-Bruce are women, whereas women make up 50.8% of the region's population.

Laura Wood, Community Volunteer and electHER Co-Founder, is passionate about gender balance in politics: "Having worked on federal, provincial and municipal elections, I see a more immediate impact on having women at

the political table at the municipal level. Here, partisan issues are typically set aside and the decisions made make a real difference to the lives of everyday people. Women represent more than 50% of the population, so it's imperative that they have equal representation at the political table."

"Women bring a different perspective based on their life experience. The lens they use to reflect on their understanding of their community is an important asset and brings value to the decision making that occurs in politics," says Carol Merton, Owen Sound City Councillor and electHER Co-Founder.

More information about electHER can be found at electhernow.ca and on social media. "With more than 150 new followers within 24 hours of launching, we have confidence that many in the community are behind this important effort," continues Wood.

The first electHER Learning Session will take place on Tuesday, March 16 at 7pm with the theme of "How To Decide To Run For Office." Participation will be limited to encourage interaction, so interested parties should register soon online or send an email to electhernow@gmail.com. All electHER events are offered on a Pay What You Can basis.

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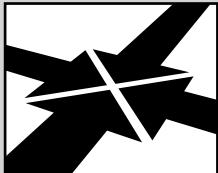
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Chatsworth, 1916 (Grey Roots Archive collection)

COUGHS AND SNEEZES SPREAD DISEASES

KATRINA PEREDUN • • • • • • • • • • •

A highly contagious disease spreading around the globe. Wearing masks, keeping a safe distance from others and isolating when sick. Frequent hand washing and disinfecting. Schools and businesses closed, gatherings prohibited. But the year...1918. And the dreaded disease? The Spanish Flu.

A new mini-exhibit at Grey Roots Museum & Archives – Coughs and Sneezes Spread Diseases – explores the devastating impact of the 1918 global pandemic on Grey County. The world's first and most deadly pandemic of the modern era, the Spanish Flu swept the globe just over 100 years ago.

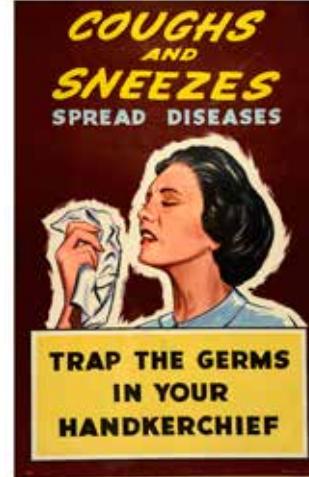
The Flu, a strain of the H1N1 Influenza A virus, first reached Canada in spring 1918 via injured soldiers returning from war. In August 1918, more asymptomatic soldiers left Europe for homes across the world, bringing with them a mutated and more lethal form of the virus. By October, the Flu arrived in Grey County.

Combatting the Flu in 1918 was a challenge. Powerful microscopes able to see viruses did not yet exist, skilled medical personnel were serving overseas, and war time censorship made scientific collaboration difficult.

In Grey County, over 100 people died in October 1918 alone. Those aged 25-45 suffered the most sickness and death, destroying families and communities. Infections dropped by Christmas, but the disease swept through again in spring 1919 and spring 1920. In 1919, realizing that a lack of a unified response played a key role in the flu's rapid spread, the Canadian government created a new department for public health. *The Owen Sound Sun Times* noted that "(t)he decision of the Federal Government to establish a National Bureau of Public Health...will be hailed...with keen satisfaction all over the country."

Coughs and Sneezes Spread Diseases also draws comparisons between the global pandemic response

**Coughs and Sneezes
Spread Diseases**



in 1918 and in 2021. "We are living in a time when the experiences of the Spanish Flu pandemic are very relevant," says Jill Paterson, Grey Roots Manager. "We hope these stories of past resilience in Grey County help to bolster our strength in the current struggle against COVID-19." This original mini-exhibit will be available once Grey Roots reopens to the public. Learn more at greyroots.com.

CALL FOR STORIES

JOAN BEECROFT •

I am planning to publish a collection of thoughts, memories, and stories of the lives of newcomers to this area. If you have arrived in Grey-Bruce from another country within the last five years, I'd love to hear from you. If you would rather tell your story and have someone write it down for you, that's OK too. This opportunity is open to newcomers of any age, from any country. Those who are selected for publication by The Ginger Press will be given a copy of the finished book.

The entries can take any form and here are some ideas:

- A series of letters to someone who still lives at home, in which you tell them about your new life;
- A family recipe you use, the memories it calls up, the story of the person who taught you how to make it, and/or what it means to you;
- Answers to the questions listed below;
- A poem talking about your new life as compared to life in your home country;
- A personal narrative to tell readers about your life in Grey Bruce;

- A conversation you have with someone in your home country who wants to know about your life here.
- Questions you can use to get started:
- Why did you come to this part of Canada?
 - What did you find challenging when you were getting ready to leave your home country?
 - What is the most important thing you brought with you?
 - What did you find difficult when you first arrived here?
 - What did you dislike at first, but have come to enjoy?
 - What do you like about where you live now?
 - What do you still find odd or strange?
 - What traditions or customs of your home country do you still honour?
 - Now that you're here, what is your greatest hope or wish?
 - What would you tell others from your home country who want to come here?
 - Do you have a funny story or two to share about your new home?

Please contact me at NewcomerStoriesGB@gmail.com for more information and to make submissions.



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CELEBRATING A CENTURY: CWHC volunteer Jan Chamberlain shows off the interpretive panels at the Owen Sound & North Grey Union Public Library. The 2020 exhibit panels commemorated the 100th anniversary of Owen Sound. See the Celebrating a Century videos on You Tube at <https://www.youtube.com/watch?v=yqSOPjbVrG0>. Submitted photo.

COMMUNITY WATERFRONT HERITAGE CENTRE

KATE RUSSELL •

As the museum season approaches, it's time to consider adding your energy and passion for community history to the visioning process at the Community Waterfront Heritage Centre (CWHC). Located in the historic CNR station on the west side of the harbour, the CWHC offers a community hub for events, educational programs, exhibits and local storytelling. Closed for the 2020 season due to COVID, the CWHC board took the time to reflect on the past, present and future of the centre.

"I think we have an amazing opportunity to really grow our community pride in the heritage of our waterfront," said board chair Nicole Amos-Uotila. "The CWHC volunteers have created a great foundation coordinating our community collection and archives while hosting events and exhibits. Now we are creating a more inclusive community vision to explore experiences with our potential partners."

As part of a facilitated process, the board reviewed strengths, weaknesses, opportunities and threats to the

Centre, then proceeded to review its vision and mission. A strategic work plan for 2021 is now ready to guide the board this year, with lots of room for new volunteers to provide input and get involved. "We want to be inclusive as we move forward," said board vice-chair Jan Chamberlain, adding the board hopes to host public input sessions in the spring. "We have so much opportunity for people to get involved and engaged. We really want to hear from our community."

A plan to open for the season is underway and is dependent on the COVID situation. An augmented reality exhibit commemorating the 100th anniversary of Owen Sound was relatively successful last year. So, the 2021 exhibit plan will also include virtual opportunities to learn more about the community's waterfront history. Other community outreach programs will seek to recruit volunteers and collect stories from residents and visitors.

To have your say about the future of the CWHC and get involved email info@waterfrontheritage.ca.

RESCUING LOCAL FOOD

PAUL WAGENAAR •

According to FoodRescue.ca, 58% of the food grown and processed in Canada is wasted. This is staggering. There is a lot of time, energy, effort and resources involved in bringing this food to market. This includes land to grow the food and millions of gallons of water, as well as the time and effort of the farmers, the harvesters, the truckers, the processors, the packagers, and the grocers – all of whom want this food to be used. The cost of disposal, with the subsequent release of greenhouse gases as wasted food decomposes, only adds additional urgency to the problem.

There is a solution. This still-good food could feed thousands of food insecure people. Rescuing and using food at each step of the process is the solution. Unneeded crops can be “gleaned” by volunteers. Farmers and grocery stores can divert surpluses to community meal programs and other community food programs that alleviate food insecurity. Connecting restaurants and other businesses with food organizations ensures good food use is maximized at all points in the processing stream.

Many prospective donors of rescued food hesitate because of the fear of liability, but Ontario and most other provinces have provided legislation to encourage and protect food rescuers. FoodRescue.ca is a division of Second

Harvest, a national organization that works coast to coast to foster good food programs and help fight food insecurity through improving education and through action.

Working with FoodRescue.ca, the United Way of Bruce Grey, OSHARE, and other partners rescued over 41,000 kg of food in Bruce Grey in 2020. It was redirected into area food programs, helping to provide more than 130,000 meals.

FoodRescue.ca fosters connections and collaboration between national and local organizations. They measure and report on the diverted food, and lobby governments and corporations to reduce the waste. Informal local cooperation can work as well between like-minded members of our communities.

Locally, OSHARE acts as a regional hub for fresh produce and fruit. Their volunteers pick up, weigh, process and distribute good, unsellable food to local meal programs and food banks. They are always looking for more partners and providing a working example to other communities throughout our region. For more information, contact Paul Wagenaar at food@unitedwaybg.com or (519) 376-1560.

Paul Wagenaar is Food Security Co-ordinator at United Way of Bruce Grey.

DANCING WITH COVID

CASERO CREW •

Covid taught Casero how to dance, how to have compassion for our dance partner, to respect our dance floor, and to always take the time to stretch. There were some crucial times this year when the Casero Crew were able to sit back and ask ourselves: what's most important to us? How can we be different and think outside the take out box? How lucky are we to live and work in this area?! How can we be there for our community and keep our staff safe and employed? Well, we stretched but, enough stretching, it was time to dance.

In January of 2020, there were only a few places outside the sweet part of the city where you could purchase 1/4 Briskets, Brisket Chop, Brisket Enchiladas and Casero House Hab hot sauce. Take my hand, flash dance forward to today and Casero Brisket Program products are available for purchase on our website caserofood.ca, can be found at Sideroad Farm just on

the other side of Walter's Falls, at Susan's Deli in Markdale, on the Eat Local Grey Bruce co-op, at Foodland in Owen Sound and at Moore's Meats Butcher Shop in Chatty.

We've learned from our dance partners and have found a rhythm that allows time for our incredible staff to wait a beat and then cook their tails off. Now let's be clear – we aren't the only ones dancing! So many businesses are pivoting like mad to provide for their customers and to earn a living, let alone the major hustle on the front line of healthcare. It does feel like the dance floor has expanded, and that we are learning new moves every month. I mean, in a (door)dash you can get a Classic Casero Margarita for two, a smoked brisket burrito and a few garlic roasted mushroom tacos topped with pickled jalapeños delivered to your door; something feels right. Casero is our baby and NO ONE, not even Covid, puts baby in a corner.

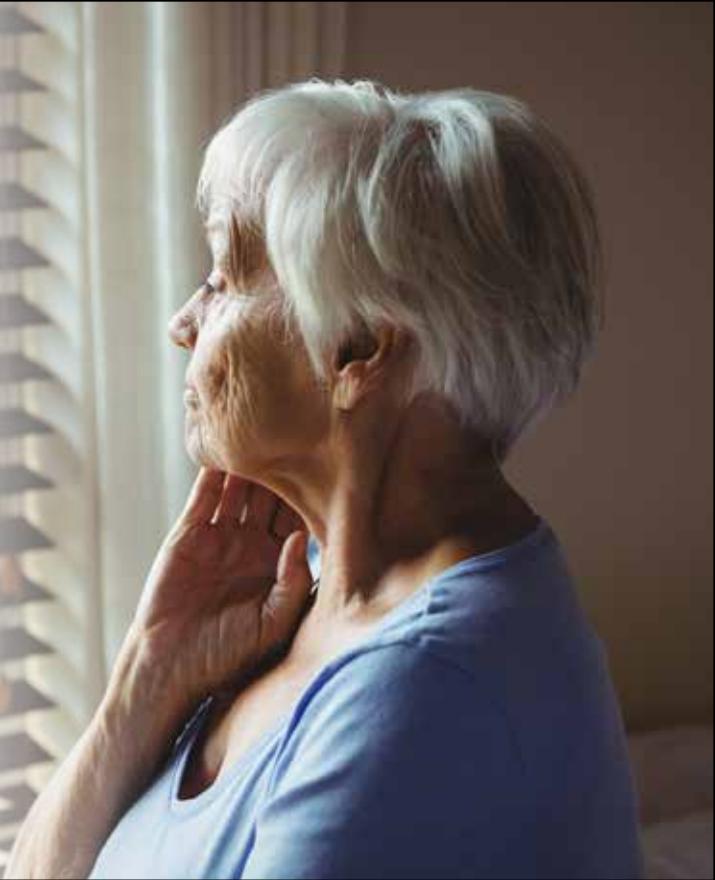
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An advertisement for the Owen Sound Farmers' Market. It features a circular logo with the market's name and a small emblem. Below the logo, the text "YES, WE ARE OPEN!" is prominently displayed in large yellow letters. Smaller text indicates the online shop is open Sunday to Thursday for curbside pickup Saturdays, and the market is open Saturday from 8am to 12:30pm. The website address www.owensoundfarmersmarket.ca is also provided. The background of the ad shows various fresh vegetables like carrots and potatoes.

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