

Natural remedies for a natural life

My television, through its advertising, continually recommends special pills, creams, etc., to cure all remedies. I don't believe these advertisements. A few years ago, makers of a memory-increasing product were fined over US \$1 million for false advertising. It only took them a year or so to create another company and advertisements; seems to me, a very similar product under an new company with similar claims as before. I have no proof of what I imply but I am just a "Doubting Thomas" with this and other well advertised products. I rely on my doctors for their recommendations and directions.

The three natural remedies that I regularly use that are readily available are:

1. Honey: My prime use of honey is for a sweetener for my coffee. I no longer use sugar, aspartame, stevia or similar. Honey is also great for resolving chronic dandruff which is quite common for those with seborrheic dermatitis which I have. I buy a locally produced, raw honey that is organic and produced without additives. I have tried to ween myself off any sweetener without success. I have never seen a television advertisement for honey.

2. Coffee: I try to limit myself to two cups of coffee per day and none past dinner time (about 7 p.m.). FYI, coffee does not seem to impede a good night's sleep (8 hours) for me. I am trying to elevate my sleep portions by increasing my REM to 50 per cent and deep sleep to 30 per cent. I may reduce coffee consumption to accomplish these new targets. Again, I can't remember seeing a television advertisement for coffee. Not even for any particular brand. I guess coffee just seems to sell itself.

3. Attitude: Most of my life I have had a positive attitude. It took a while for me to develop a positive attitude after acquiring dementia and an autoimmune disease. I have realized that I can be a pessimist or an optimist. Becoming an optimist was hard work as I grew older. It took a while for me to recognize that age does make living more difficult. By practising gratitude for all the things and people that I have in my life has made being an optimist easier. So, at 85 years old I am happy to keep going with a positive attitude. Writing columns such as this has been very rewarding. My efforts to learn the ukulele has also contributed to my positive attitude.

Life is great. I get up each morning with a lot of groans because of my stiff joints. But, they do go away once I get moving. Fortunately, my oncologist has prescribed a good sleeping pill which gives me a regular eight hours of sleep.

Bob Murray
My Voyage With Dementia



The oncologist also prescribes pills for my cancer that requires two hours of no food and one hour of no food after taking the pill. Thus, I end up with intermittent fasting every day. This keeps my weight at a regular 160 lbs – my desired weight.

I had an old tooth that was crowned that had an abscess under it. Removal was the only solution. The local dentist was great and the whole process was over in ten days with virtually no pain – not like the old days. She also told me to use toothpaste with fluoride. It is more expensive but the fluoride helps keep my teeth solid – good advice.

One of the best parts of my life is my wife who is helping to take care of me. Not only does she do the "caregiver" things but she is doing the gardening tasks that I cannot do because of my balance problems. Without her by my side I would be in a retirement home – not something that I am looking forward to.

I started this column with the three natural things that help to keep me optimistic. As I compose this column, I realize that I am very lucky; lucky to have such a positive wife who helps keep me on the positive side of life. Now I just have to remember how to send this column away to my editor. It is due today and my wife is away visiting friends and will not be back until late tomorrow. Some days my memory just fades away with my dementia.

We should all be so lucky as we progress through our life.

Bob Murray is retired from the graphic communication (printing) industry, has been living in Seaforth and was diagnosed with Dementia in 2013. He works hard to stop the progress of the disease to AD. He shares his experiences in his column entitled "My Voyage with Dementia". Follow him on his blog entitled: "My Voyage with Dementia" at <https://myvoyage553264702.wordpress.com>. His blog started in November of 2017 at the recommendation of a reporter with this newspaper.

Country musician Amanda Keeles coming to Wingham Town Hall

WINGHAM - London, Ontario-born country artist Amanda Keeles's tour is coming to Wingham. Heard on over 50 radio stations in Canada alone and more on the global stage, Keeles' music blends classic rock and pop elements for her own unique brand of country. On June 8, Keeles will bring that sound to Wingham Town Hall.

The singer-songwriter juggled motherhood and a full-time career - and now that her kids are grown, she chose to pursue her dreams and that leap is paying off, says a press release.

March of this year saw the release of her debut album *Can't Stop Me Now*.

She is a winner of The Canadian Open Singing/Songwriting Contest twice over, she's performed on festival stages and sporting events, and her debut single



Contributed photo

Ontario-born Country singer-songwriter Amanda Keeles is performing at Wingham Town Hall on June 8.

peaked at #6 on the Canadian Country Indie Top 100 Chart.

Her music was featured on SiriusXM Radio Top of the County, CTV News London and her debut album has Grammy nominated and Juno and Canadian Country Music Award-winning co-writers.

Her tour hits stages across Ontario with a show at Toronto's TD Music Hall.

To purchase tickets for Keeles' show at Wingham Town Hall, or to find more information and tour dates, visit winghamtownhall-theatre.ca/event/amanda-keeles-cant-stop-me-now-tour/.

Advance Times photographer places second for OCNA award

MIDWESTERN NEWSPAPERS STAFF

LISTOWEL - *Midwestern Newspapers* made a strong showing in the 2023 Ontario Community Newspapers Better Newspapers Competition. The company's publication were recognized with top three finishes, including numerous firsts, in 17 awards categories.

Wingham Advance Times Reporter Cory Bilyea placed second for Photographer of the Year honors for photos ranging from a tug of war at a local elementary school play day, to powerful images from a Remembrance Day service and local sports coverage. Judges described Bilyea's work as "really strong," and "demonstrating a keen eye for community news."

Former *Midwestern News* Editor Mike Wilson received an honorable mention in this category, for photographs which appeared in the *Walkerton Herald-times*, *Lis-*

towel Banner, *Wingham Advance Times* and *Independent Plus*.

The *Independent Plus* placed third for General Excellence among papers with circulation over 12,500, a category won by the *Wellington Advertiser* for the fifth consecutive year. The *Plus* also placed second for Best Front Page in the over 10,000 circulation category.

"These awards are an acknowledgement of the talent and dedication to their craft of the employees of our publications," said *Midwestern Newspapers* Editor Patrick Raftis. "Maintaining the high standards set here will be an on-going challenge and goal." Raftis, who recently joined the *Midwestern Newspapers* team was recognized with awards for work done as a reporter with the *Wellington Advertiser* during 2023. He won first place in the over 10,000 circulation category for Best Editorial and Best News Story.

The hypocrisy of the NFL on display in kicker commencement speech fiasco

Don't come for me - I have a healthy respect for football. If a game is happening, it's on in our house. There's a reason sports have been a part of cultures throughout human history: they have the power to bring people together, and that's important in times of division.

This is one of those times.

I'm referring to the Benedictine College commencement speech delivered by Kansas City Chiefs Kicker Harrison Butker. Just a Google of the word "commencement" will catch you up on the storm raging around the NFL right now.

I struggled with writing this because I felt a weight of responsibility in giving this ridiculous person more publicity. He has had more than enough, I'd argue. The speech has two million views on YouTube so far.

But the response, or lack thereof, by Butker's community to his address needs to be considered.

If you can get through the full twenty minutes of absurdity without blacking out from the amount of cringing you're doing, you'll come across a slew of horrendous statements in this speech.

The CliffNotes include Butker explaining to the graduating women in the audience that they've been lied to - they'll likely find their greatest accomplishment not

Rachel Hammermueller
Hammer time



in their careers stemming from a college degree they've worked hard for, but rather being a wife and mother, a "homemaker," as he says. He references the LGBTQIA+ community committing a "deadly sin"; and that the world tells us to "keep our beliefs to ourselves whenever they go against the tyranny of diversity, equity and inclusion."

Maybe he should have kept these ones under wraps.

The NFL condemned Butker's comments, saying his "views are not those of the NFL as an organization. The NFL is steadfast in our commitment to inclusion, which only makes our league stronger."

NFL Commissioner Roger Goodell however told reporters in response to the speech that "We have executives around the league that have a diversity of opinions and thoughts just like America does. I think that's something that we treasure, and that part of, I think, ultimately what makes us as a society better," NPR reports.

I'd argue a view can't make our society better when it discriminates against entire sections of it.

Goodell's tune has changed since his condemnation of former San Francisco 49ers quarterback Colin Kaepernick, who starting in 2016 used his status and platform to express his individual beliefs about police brutality in the U.S. He was not signed to a team after he opted out of his 49ers contract following this, which is considered by many and Kaepernick himself as an act of condemnation from the NFL for his actions and beliefs.

Why, then, is Butker still employed? And why will he likely have no issue being signed in the future? Because he's the best kicker, that's why.

When money, skill, and a team's ranking is at risk, a comment, regardless of how egregious, is just a "personal view." When a player kneels in protest of deeply-rooted issues of racial discrimination and violence during a national anthem, [the NFL] "will impose appropriate discipline," said Goodell at the time, and that player is no longer a career footballer. Butker's famous teammates finally weighed in days later, and disappointingly, their

mission seems more to protect their friend's reputation than to call out his opinions.

Tight-end Travis Kelce called him "every bit of a great person," who treats everyone with "respect and kindness." Kelce says he can't say he agrees with the majority of what Butker said in his speech, but said he cherishes him as a teammate.

Some might read between the lines and think Butker's talent kicking a ball outweighs his ideas of a woman's place in society and the rights of minorities.

You can believe that your friend has treated you and others well and is good at what he does for a living, while still condemning his deeply dangerous words.

Regardless of how great he is at a sport, Butker was still spreading hateful ideologies.

The conservative crowd is congratulating the speech, many others globally are outraged and calling for further action. Why can't his teammates and employers do the same?

Is this because they don't want to rock the boat? Better question: who is steering this boat and where is it headed? If it's towards a society where I'm once again expected to be at home in the kitchen instead of writing my thoughts in this column, I'm jumping ship.

To not take away a star player's platform is to invite others to use it. Butker shared his views not around a dinner table (which, don't get me wrong, would still ruin your dinner) but into a microphone to over 400 people about to go into society to start their next chapter - not to mention the millions who watched it online. Words have power. Words spark action and this time, I fear, the action will not be positive.

If an athlete under a microscope can get away with delivering extremist hate speech and keep his job, maybe that means anyone who shares his views can too. They may try it tomorrow morning at the water cooler. They may vote not to fly a Pride flag in their community. They may decide someone who looks or lives differently than them doesn't deserve respect and safety. It sounds extreme because the consequences are.

Butker received a standing ovation. These sentiments are not his own as the NFL says - they are the views of many; this is why we all have to talk about it.

Rachel Hammermueller is a reporter with Midwestern Newspapers. Comments or feedback can be sent to rhammer@midwesternnewspapers.com.

LETTERS TO THE EDITOR

Hosting Agreement

Dear Editor;

South Bruce residents, and others, have you read the Hosting Agreement signed by the NWMO (Nuclear Waste Management Organization) and Municipality of South Bruce? Why not? Mayor Goetz has asked you to read it over. You have had over a month to read it and try to understand all that “legal” wording!

At the recent South Bruce Exploration Forum in Mildmay on May 15th, when the panel was talking about the “Hosting Agreement”, all one heard was money, money, and more money. Money if we do this and money if we do that. Nothing was said that radioactive nuclear waste came along with the agreement. Nothing was mentioned about all the disruptions to the lives of people and to the Teeswater Community. The DGR (deep geological repository) is part of what is now called “the project” which involves numerous items, which most people will not realize are going to happen.

Read the “Hosting Agreement” which is available on the Municipality of South Bruce website, or a copy is available at the Municipal office, and read carefully just what it is saying. It seems that the NWMO is having great control over the Municipality and the Municipality will

have a “gag” order in place. There are studies to be completed and things can be altered as “the project” goes forward. In other words, you really don’t have the complete picture of what is going to occur and South Bruce residents have to vote a “yes” or “no” on the unknown. All future Councils must abide by this “Hosting Agreement” whether a future Council or Councillors like it or not.

Mayor Goetz has made a comment about not being swayed by what “others” say. But is Mayor Goetz not swaying people by stating how wonderful the “economical development” would be with this “project”? He does not say that burying large amounts of radioactive nuclear waste is the purpose of “the project.”

And as for the referendum, if one does not vote, aren’t you actually saying “yes”? There must be 50% plus of South Bruce voters voting. Statistics show that a turn out of 50% or more for a vote is very rare. If those numbers don’t happen, South Bruce Council gets the say. It has become very obvious what South Bruce Council will say.

S.A. McDonald
Culross/Teeswater

Trail & ATVs

Dear Editor;

The trail came to be years ago by volunteers with multi-purpose in mind. The railways removed their bridge at the river when the train stopped operating.

Hanna and Hamilton Construction and volunteers from the ski doo club and ATV people helped transfer a bridge (donated by H&H) from Harriston and placed across the river.

The ski doo club and ATV people helped build a deck on the bridge and fix the trail on either end of the bridge.

Barry Hutchison put the railings on both sides

so it was safe for kids, bikes, snowmobiles and ATVs.

The late Harold (Cooter) Darroch was a driving force in removing ties and nails and building the trail for “EVERYONE” (at no cost to anyone).

Those of us who live by the trail get to enjoy all the activities and hopefully for many years to come.

P.S. only 0.1 per cent of the population lack consideration for others.

Allen Hamilton
Listowel

Par fore! the course

Did I use that phrase correctly? Last week, I swung a golf club for the very first time. I thought mini golf experience might aid me.

Boy was I wrong.

This new-found respect for golf is a surprise to me. Sure, I cheer on Corey Connors or any fellow Canadian swinging their way to glory – but I always chalked golf up to mostly sly sales tactics and a business event more than a fun time. Wrong again.

Four of us from the *Banner* joined in at the North Perth Chamber of Commerce’s annual golf tournament at the Listowel Golf Club, as we always do. As the newest recruit, they graciously allowed me to tee off alongside them.

Although the 34 degree Celsius heat made it dangerous for anyone standing behind me should my sweaty grip slip and the club go airborne, the day was perfect. I get it now; golf is a good time. And as my editor puts it, “driving the cart is half the fun.”

There’s the adrenaline rush after a stellar shot from the team behind us sends a ball whizzing by our heads – which we couldn’t be mad at; that drive was glorious and we were taking our time.

There’s the lack of rearview mirror and blinkers on the cart – secretly how all of us want to drive: full freedom from checking blind spots and no white lines to hold us back. Taking that baby from path to all-terrain vehicle was better than any *Grand Theft Auto* simulation. I was pedal to the metal by par three.

And of course, as a writer and total nerd, I love anything with its own vernacular built in. “That’s a worm burner!” Raftis (my lead-footed co-pilot for the day, editor and fearless team leader)

Rachel Hammermueller
Hammer time



shouts as a ball absolutely plows a trail point blank towards that coveted, elusive flag. “Dropped it in the drink!” is my favourite.

Golf is a game of sand traps and snags, strategy and strokes. We can’t forget Mulligans, which I believe I took at least 20 during this 18 hole course.

The dinner that followed the tournament really cemented the reason I’m totally calling myself a golfer now, though. Multiple local businesses came together for food, drink, raffles and friendly competition. Growing up on the border of North Perth and Huron Counties, attending high school at LDSS, eventually moving away for the better part of a decade and returning – I originally struggled with the idea of coming back to a small town I had a love/hate relationship with.

But sitting in that room, having just spent the day laughing with my colleagues and screeching when Bent (esteemed reporter) landed a ball ten feet from a hole-in-one (which would have won her a free car courtesy of Listowel Chrysler); I know now why people spend a large chunk of time on the green – it’s just so much fun to be together.

Rachel Hammermueller is a Reporter with *Midwestern Newspapers*. Comments or feedback can be sent to rhammer@midwesternnewspapers.com

Looking for some support from adults

Youth are part of a world that adults are unable to understand what it is like to grow up in. Technology has changed everything. For our whole lives, we have grown up with screens in our faces because of a shift to smartphones and devices. Then, we are told that we are irresponsible because of how much we are on screens. At the same time, so many adults are doing the same thing.

When older generations speak of their youth, I often hear about all the silly things they did. Now, when kids post something meant for fun, they are perceived as immature and irresponsible. It feels like the “parenting” of our collective youth is being done by technology and we are being blamed for it.

Youth today are generally not respected by adults. While some youth make mistakes, all youth seem to suffer the consequences. When adults make mistakes, they are judged as individuals. A lot of this comes from an imbalance of power and a belief that adults are always right.

There is something to be said for experience, but if younger generations’ voices are not heard, we will not be allowed to grow. If my friends and I are out for a walk (and off our phones), we are often judged for being up to no good. Adults will yell at us or speak rudely to us assuming we are

always doing something wrong. Would the same thing happen to a group of adults having fun through town?

In school, voices are often not heard. Kids will speak out against old rules such as those about chewing gum and we are told about the need for respect.

When a problem happens on the yard such as a ball being kicked on the roof or something is damaged, older youth are assumed to be in the wrong. Adults have life experience that should better teach them that they should not make assumptions.

We are the future and we need the support of the adults in our lives. In the present, kids can learn from the internet and do learn from the internet. The internet holds a whole bunch of information like statistics on what’s going on in the world or different weather situations like tornadoes or hurricanes. Kids today are also more aware about different wars like the Ukraine war or the Middle Eastern wars. Youth can find all this info on the internet but adults still think that we are irresponsible for our use of technology when really it helps with us being more mature and aware of the problems in the world right now. Youth learn



AXL
DUSHARM

now from the internet and that’s a good thing because there is a lot of useful information on the internet. With smartphones there are also a lot of useful tools too like a calculator, entertainment, the endless amounts of information on the internet and there’s also cameras that can capture memories that someone wants to keep and remember always.

The only thing youth are lacking is experience, and that is why we need you. When kids are little, adults willingly help them tie a shoe or how to ride a bike. As we get older, we tend to be judged rather than helped. We need your support to learn about topics such as saving money and taxes or how to drive a car. In recent years there has been an increase in social anxiety due to many factors including Covid and the increase of online communication. We know phones and social media are a part of this as well.

Our anxiety is on the rise. We often feel separation anxiety; depression and mental health disorders are on the rise. But we didn’t choose a society with technology ... you did. So, instead of criticizing us for being online, not properly socializing, and completing physical tasks, help us. Model how we should behave because I have seen adults addicted to their phones too. Get outside with us. Go for a walk or a jog,

help with sports or activities we do, or just hang out. Talk to us about our challenges and help us make good decisions. Life is busy, and kids may not always show it, but we need your undivided attention from time to time. We are told that it is okay to make mistakes if we learn from them, but adults need to be on our side and support us.

Let’s take this one step further. You can invest in us, and our ideas. Adults also have to talk about and spread youth’s ideas with people around. This will help us feel empowered so we can take on the many challenges in our world. There are obvious issues around food insecurity, inequities throughout the world, and climate change. The cyber world continues to be more and more complex. It is our generation that will have to figure this out. Help us be the change.

I hope that this has opened your eyes to the need to support youth. Youth hopefully can be more empowered to make a difference in our community and our world. With your encouragement and assistance, I believe that youth have the power to make a difference.

Axl Dusharm is a student at North Perth Westfield Elementary School.

Ontario government announces funding for seniors programs in North Perth

NORTH PERTH - Perth-Wellington MPP Matthew Rae announced \$26,781 in funding for North Perth senior programs on June 14.

A total of \$179,016 in funding was announced through the Seniors Active Living Centres (SALC) program and Seniors Community Grant (SCG). Both programs are funded by the

Ministry of Seniors and Accessibility.

“Our seniors help build our communities and province,” said Rae. “Our government continues to support these important senior programs, ensuring our seniors can enjoy their golden years, while staying active and healthy.”

This announcement comes

as Ontario marks Seniors Month.

“It is a time for us to recognize and thank the many seniors in Perth-Wellington for the many contributions they have made and continue to make in our communities,” Rae stated.

Due to the success of Ontario’s more than 300 Seniors Active Living

Centres being delivered by municipalities, new changes to the Seniors Active Living Centres Act, 2017 came into effect as of June 1, that enable more types of organizations to deliver SALC programs.

A call for proposals for organizations to deliver SALC programming will open later this summer. In

addition to municipalities, other local and community-based organizations such as Legions, Lion’s Clubs, and other social and recreational clubs are now welcome to apply.

Organizations that deliver SALC programming contribute 20 per cent of the cost of delivering the program, with the province

providing 80 per cent.

Grant allocations to SALC recipients in Perth-Wellington are as follows:

- Stratford Kiwanis Community Centre: \$51,023
- North Perth Seniors Centre: \$26,781
- The Town of St. Marys: \$50,075
- Spruce Lodge Home for the Aged: \$51,137.

TURNBACKS

FIFTY YEARS AGO

1974 - Both the Town of Listowel and the Village of Brussels, according to a report by the Ministry of Environment, were polluting the waters of the Middle Maitland River with “untreated municipal-industrial wastes” entering the river through “uncontrolled municipal and industrial sewers”. Only a handful of Wingham residents attended the final preliminary public meeting to discuss the town’s proposed zoning bylaw. It was noted that the land which were previously designated railway lands had been rezoned to take on the designations of the closest abutting zone. The railway land zone was reduced to cover only the actual land occupied by the railway’s existing tracks.

SIXTY YEARS AGO

1964 - Eileen Millar, five-year-old daughter of Mr. and Mrs. Elmer Millare, suffered second and third-degree burns when a dish of hot grease caught fire. Two responding men smothered the flame with a quilt to carry the container outdoors but when they reached the door the grease flared up again and it was dropped. Eileen was splashed with the grease and burned by the blaze.

- Five people had to get rabies shots after coming in contact with a young raccoon. The animal was picked up by a group of young people. While trying to feed it over the next couple of days the animal bit two young men on the chin, arm, and stomach. The animal then escaped from the cage it was being kept in, crawled into the back of a TV set, and was electrocuted in the process. The head of the animal was sent to the Department of Health to check for rabies and as a precaution, five people who came in contact with the animal got rabies shots.

SEVENTY YEARS AGO

1954 - The Wingham Advance-Times issue dated July 28, 1954, was dedicated to the 75th anniversary of Wingham. The anniversary issue featured tales of pioneers, the first survey, and town plot, with a specific article about Edward Farley, Wingham’s first settler, a colourful figure of the early days.

EIGHTY YEARS AGO

1944 - A special meeting of Wingham Town Council completed arrangements for a grant of \$15,000 to be awarded to the Wingham General Hospital. The money was used for the building of an addition to the hospital.

- The sympathy of the community went out to local families after their sons were killed in action. After serving with the Highland Light Infantry for over four years, Sgt. Wilfred Laurier Hedley, son of Mrs. Mary Hedley of town was killed in action in France on July 8, 1944. Mr. and Mrs. Elmer Hastings, of the second concession of Morris Township, received word that their youngest son, Lieut. Donald King Hastings was killed in action on July 11, 1944. He was with the British Forces in France.

NINTY YEARS AGO

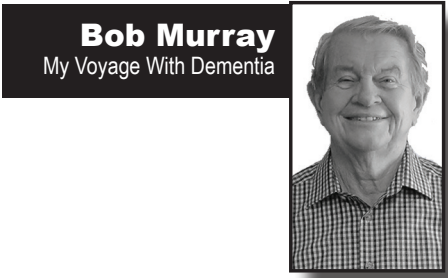
1934 - About 70 descendants and relatives of the Edgar family gathered at Wingham Park for an annual reunion. The family was descendants of the late Charles and Maria Edgar, who came to Canada from Somersetshire, England 79 years prior.

- With the announcement of Premier Hepburn that his Government would not permit the sale of beer and wine in local option districts, there is some confusion as to the status of Huron County, which was in Canada Temperance Act territory. It was thought, however, that when Premier Hepburn said he would not permit sales in local option territory, he meant as well as all dry territory.

ONE HUNDRED YEARS AGO

1924 - Mr. Andrew Grey Jr. of near Bluevale, met with a bad accident on Tuesday when raking hay. His horse frightened and ran, throwing him to the ground and breaking his arm and a couple of ribs.

Living life in the fast lane



Bob Murray
My Voyage With Dementia

but unless there are surprises it will only take one day. It is possible to require an overnight stay but the doctor said that it should be quick and easy. He didn’t really say that, but that is what I was hoping.

So far, I am waiting for an appointment. The doctors’ secretary has us on a list for a date or time. When she phones, we will ask to be moved up if there is ever a cancellation. I have enough going on in my medical issues without having to wait for this operation.

If you have been following the medical voyage that I have been on since 2017, I suspect that you will wonder how my wife puts up with all my medical issues. I totally depend on her taking care of my medications, my appointments, my shopping, my driving and my meals. In other words, I am completely dependent on her. She is a saint.

Even though I am eighty-five years old I feel that my health is improving. I am aware of my gut microbiome and am making changes in diet and lifestyle by fighting for control of my immune system.

My dermatomyositis is a rare autoimmune disease that the rheumatologist

(DM) specialists in London are working with me to find a solution. The ‘trigger’ to the DM is melanomas and so far, medications are beating the melanomas.

The dementia that I have is called Mild Cognitive Impairment (MCI). If allowed to progress it could turn into Alzheimer’s Disease (the worst dementia) which is considered terminal. So far it does not seem to be progressing. I have followed the three pillars of leisure, diet and exercise since I was diagnosed in 2017.

I even played nine holes of golf last Friday – not good, but I played. Also, my vegetable gardens are quite productive.

I feel that the key to my age is continual activity.

At 10:30 in the morning until noon, I join in the Alzheimer’s Society Mind in Motion program for both physical and cognitive exercise. This helps to keep me active.

Onward and upward!

Bob Murray is retired from the graphic communication (printing) industry, has been living in Seaforth and was diagnosed with Dementia in 2013. He works hard to stop the progress of the disease to AD. He shares his experiences in his column entitled “My Voyage with Dementia”. Follow him on his blog entitled: “My Voyage with Dementia” at <https://myvoyage553264702.wordpress.com>. His blog started in November of 2017 at the recommendation of a reporter with this newspaper.

LETTER TO THE EDITOR

South Bruce still in contention as DGR location despite municipal council decision in Ignace

Dear Editor:

Recent announcements seem to have raised some confusion in our community about the possibility of building Canada’s Deep Geological Repository (DGR) for spent nuclear fuel in South Bruce. Here is a summary, for readers who may be confused about the path forward. Several years ago, the long list of potential host communities in Canada was reduced to two - South Bruce, and the small community of Ignace, Ontario, north of Thunder Bay. The process being followed by the Nuclear Waste Management Organization (NWMO) is laid out in Canada’s Fuel Waste Act. There are several key criteria for siting the DGR:

1. The geology of the site must be appropriate to safely construct the DGR, which will be built under hundreds of meters of stable bedrock. In South Bruce, geologists have identified the Cobourg Formation, a layer of stable, non-porous bedrock, ideal to house the DGR, between 600m and 650m below the surface. The community of Ignace is located on Canadian Shield granite, which is different, but similarly suitable.

2. The local municipality must demonstrate that they are informed and willing. Ignace recently polled its ratepayers, held a vote by council, and indicated that it is a willing host community. South Bruce has scheduled a referendum for late October, where residents will vote on a single question “Are you in favour of... declaring South Bruce to be a willing host for the Nuclear Waste Management Organization’s proposed Deep Geological Repository (DGR)?”

3. The local Indigenous community must give “free, prior and informed consent,” a principle entrenched in the United Nations Declaration of the Rights of Indigenous Peoples (UNDRIP), which Canada adopted in 2010. Ignace is on the traditional territory of Wabagoon Lake Ojibway Nation, and South Bruce is on the traditional territory of the Saugeen Ojibway Nation, which

includes the Saugeen First Nation (near Southampton), and the Chippewas of Nawash, located at Neyaashiinigmiing (a.k.a Cape Croker). Each of these First Nations, will follow the appropriate process under their own governance, to determine consent.

The NWMO is hoping that both sites (Ignace and South Bruce) will be declared “willing host communities”. Then they will decide which site is best.

Key to the decision is the hosting agreement which has been negotiated between each community and the Nuclear Waste Management Organization. This agreement lays out the long-term arrangements for the community to participate in directing the project, and dictates the funding that will flow to the community on an ongoing basis. Opening a large business like the DGR has many benefits for the municipality, in terms of increased employment and lots of trickle-down business for local services and retailers. However, there are also some additional costs to bear, like roads and bridges to be upgraded, infrastructure for additional housing, and recreational facility upgrades. The ongoing funding laid out in the hosting agreement is intended to offset these costs. Fortunately for South Bruce residents, our Mayor Goetz, who led the South Bruce negotiation, is a long-time labour union leader, and a veteran of many hard-fought negotiations. I can’t think of a better person to represent us, and am confident the deal on the table is reasonable.

My fellow residents of South Bruce have an important decision to make in October. If we vote in favour, it opens the door to the largest economic development in our history - one that will create unprecedented employment and revenue opportunities for generations to come.

Tony Zettel,
RR5 Mildmay

Hammermueller: Wingham shouldn’t ignore truth in light of revelations regarding Alice Munro

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included themes of inappropriate sexual relationships and small-town failures, forcing us to recognize the skeletons buried in our own backyard.

Graham’s play posed the question which she reiterated when we spoke over the phone a few days after Andrea published her essay: how are we supposed to confront these things if we’re not talking about them? We can’t.

Jim Ginn, Mayor of Central Huron told CKNX that he “thinks it’s a bigger story elsewhere than it is here.” That’s sad, because Andrea was abused in the same place Alice set many of her stories. She lived a plotline eerily similar to those built by her mother’s praised words – except

this isn’t fiction.

“Here” is precisely where this story should be the biggest. This rural, beautiful county wants to separate story from author – but ignoring this part of Munro’s life creates the opportunity to forget what her husband did, what she did, and what Andrea did – which was shine light on a critical, disturbingly common non-fiction story.

As a woman from Huron County, who still lives there, I don’t want us to only present half the story. I can sit in the Alice Munro Literary Garden and ponder what it means to be honest, the importance of writing rural characters and what they go through, why these issues are still being silenced – questions Alice posed for me

through her writing. But I’m not doing that without acknowledging the most important story: her daughter’s.

Wingham should not ignore this truth – the wider world certainly isn’t. Alice is a daughter of Wingham, which we loved to put on display for good reason before this point; it’s time we took her own daughter under our wing, and fully represent her mother both for what she did and didn’t do.

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