HISTORY

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The goal of the fund is to raise $250,000 in endowed funds that will support grants to address the most pressing community needs.

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The Next25 looks bright and promising.
It has been said that autumn shows us how beautiful it is to let things go.

As you wind down from a busy summer and watch the leaves turn red, gold and brown, I wonder if that idea resonates with you. It does with me.

I’m grateful for sun-soaked summers, but there’s something remarkably beautiful about fall. It’s nature’s way of shutting down and preparing for the next growing season. And my, she does it with style!

Autumn is also a metaphor for the final stages of life — our golden years — and the process of growing older inevitably requires letting go. This can be painful, but it can also be beautiful.

In this issue of Grey-Bruce Boomers, Cheryl Cottrill’s story about what it means to be an end-of-life doula (Page 38) is a fantastic case in point. Just as maternal doulas help with the birth of a child, end-of-life doulas help us prepare to pass on. It’s a compassionate, caring approach to end-of-life care, and something you and your family may want to consider.

In this issue, we also have an in-depth look at arthritis (Page 30), the most prevalent chronic health condition in Canada. We speak with Michelle and Harland Wake, of Saugeen Shores, about their Bucket List trip to Yukon and Alaska (Page 16) and travel with Amy Muschak to Jordan — a jewel of the Middle East (Page 6).

Local historian Jodi Jerome takes us inside Knarsbor Hall — also known as Markthale’s mansion — in the latest edition of If These Walls Could Talk (Page 12), while fellow writer, photographer and historian Rob Cotton has an in-depth look at the role of Owen Sound’s harbour in pushing the Canadian frontier beyond the Great Lakes (Page 24).

I hope this issue of Boomers finds you in a happy place, and I hope you’ll be able to enjoy everything autumn has to offer.

To paraphrase Lucy Maud Montgomery, “I’m so glad I live in a world where there are Octobers (and Septembers and Novembers, too).”
JORDAN IS A JEWEL OF THE MIDDLE EAST, A PLACE WHERE REMARKABLE HOSPITALITY AND FOOD COMPLEMENTS THE CAPTIVATING RUINS OF ANCIENT CITIES. BY AMY MUSCHIK

At 6:30 a.m., the desert sun was already heating the ruins of Petra, an abandoned prehistoric city in southwestern Jordan — the once-thriving centre of the Nabatean empire (400 BC to 106 AD) in what’s known as the Valley of Moses.

But in the canyon surrounding the city, which is now a UNESCO World Heritage site, towering red stone walls rose up on either side, allowing only slivers of sunlight from an opening more than 80 metres above.

As my companion and I wound our way through the cool, dim and sometimes narrow canyon, the occasional clip-clop of hooves and the clatter of rickety cart wheels announced the approach of a horse-drawn buggy far in advance of its arrival. I imagined the bustle of bygone travellers and merchants coming and going from the ancient city.

Along the twisting ancient passage, corridors periodically open into large caverns before narrowing again as each bend in the road reveals new rock formations, ancient carvings and cave entrances.

Even though I was anticipating it, I momentarily stopped breathing when I rounded the corner and, through a keyhole, caught my first glimpse of Al Khanzeh, also known as The Treasury.

This towering facade, with six massive pillars and ornate spires carved into the side of a red sandstone cliff, rises 45 metres high and creates an imposing backdrop for the bustle and bustle of Bedouin vendors, camels, donkey carts and tourists. Given its name by the Bedouins who believed it contained treasures, The Treasury is merely an entranceway with no massive caverns behind it, despite appearances to the contrary in Indiana Jones and
the Last Crusade, which shot several scenes here. The small interior rooms behind the facade is believed to have been a mausoleum for a Nabatean King.

When my partner Dan and I decided to take advantage of an opportunity to travel with a small group to Jordan to celebrate our 25th year together, I admit the Hollywood version of Petra, in all its mysterious glory, was probably on my mind. Although there were no caverns filled with gold, as a travel destination, Jordan offered many treasures.

On our first day, just an hour outside the capital city of Amman, we arrived at the ancient city of Jerash. Lost to the desert sands for centuries, Jerash is undergoing restoration, and its Roman and Byzantine ruins are some of the largest and best-preserved in the world.

Massive columns line the wide, stone streets where rats from Roman chariots can still be seen, and you can’t help but feel small as you meander down to the impressive outdoor amphitheatre to imagine the events that took place here 2,000 years ago, when Jerash held a spot as one of the 10 great cities of the Decapolis.

Returning to Amman for a visit to King Abdullah Mosque, the women in our group donned full-length hooded robes loaned from the gift shop. Women are asked to wear headscarves and cover their arms when they enter the mosque, and all are required to remove their shoes.

Inside was a surprisingly simple – a large, open, carpeted room with no benches, since prayer is offered while kneeling on the floor. Entry and exit was through a lovely gift shop, with the customary offering of sage tea that is common throughout Jordan. It is impolite to turn down the sweet liquid, so we accepted it and spent a few moments browsing the beautiful handcrafted items, including mosaics, textiles and hand-painted ostrich eggs. The Citadel and Temple of Hercules was the perfect place to end the day. The Roman ruins at this location make an impressive backdrop for the best sunsets in all of Amman.

After an overnight in Amman, we headed to Petra. A UNESCO World Heritage site since 1985, Petra was voted one of the new Seven Wonders of the World in 2007. It had been a closely guarded secret, hidden from outsiders, until Johannes Burckhardt, a scholar of the Arab world, arrived there in 1812. He is believed to have been the first European to have entered Petra for many centuries.

A 1.2-kilometre canyon passage known as The Siq leads to The Treasury, but that is only the beginning of what Petra has to offer. Walking through the lost city there was much to discover, including multiple facades, tombs, caves, lookout, passages, a temple and a theatre. By the time we reached the edge of the city, I was glad we had arranged a camel ride back. This option seemed less appealing, however, when it came time to mount the desert beast.

Climbing onto a camel on the ground with its legs folded under doesn’t seem too troubling, but then the camel gets up, pitching you wildly forward and back in a jerky dance while you try to remain seated. Chummy though it was, I did manage to stay topside. The ride through rough stone paths of people, donkeys, vendors, carts and tourists, was a slightly harrowing experience, but not one I would miss even though the dismount was as equally lacking in grace as the mount.

The following morning our further explorations of the park were cut short when we accepted an invitation from a local man for tea in his Bedouin cave. Most Bedouins live in apartments in the village outside the Petra archaeological park but a handful remain, preferring their traditional caves. Stripped fabric lined the cave walls like a Bedouin tent.

We sipped our tea from clear glasses while sitting on the floor, listening to our host sing and play the lute. He told us about a nearby Bedouin who rents his cave to tourists on Airbnb, and decided he might try that someday. The chance to catch a glimpse of Bedouin life and experience Bedouin hospitality was worth the hike, but we were running late for our cooking class at the Petra Kitchen. We ordered some donkeys to bring us back to town, and bid our host farewell.

Now I must tell you Dan was very concerned that he would miss even though the dismount was as equally lacking in grace as the mount.

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TRAVEL

by Amy Muschik

The desert nights can be chilly, so we abandoned the campfire, that had been cooked on coals underground all day. The dark, we were treated to a dinner of meat and vegetables slip behind the sandy dunes. Returning to camp in the lookout, arriving just in time to watch the golden sun themselves as we bounced in the back of the Jeep to a

Moving onward, awe-inspiring desert vistas presented brought us to the ruins of Lawrence of Arabia’s house. Moving onward, awe-inspiring desert vistas presented themselves as we bounced in the back of the Jeep to a

In the evening, we returned to the park for a completely altered Petra experience. More than 1,500 candles lined both sides of The Siq, creating a magical glow on the red walls as shadows danced in the flickering light. Emerging through the keyhole, the entire treasury was lit with candles. As we found a seat on the stony ground, I secretly wished I had brought my kneepads. Following a simple musical performance and a Bedouin tale, The Treasury, lit up with coloured lights. It was magical.

In contrast to the wild ride, the lodge was a tranquil, unplugged environment. Here they practice sustainable tourism, lighting the rooms with candles made on the premises. The soap is made by local women, and solar panels provide the power for the hotel. We attended a breadmaking demonstration at a local Bedouin home, where our hostess baked bread straight on ash and coals using only three ingredients. We returned to our lodge for a completely candlelit dinner, then retired to candlelit rooms, and had a hot water bottle delivered to our rooms for the night — it felt like living in a medieval castle.

In the morning we left Feynan reluctantly, but the Dead Sea was calling. Dead Sea products can be purchased all over Jordan, so we were excited to get to the source, to coat ourselves in the youth-producing mud, before floating effortlessly in the super-salty Dead Sea. Unfortunately, a freak flood closed the Dead Sea for bathing, so we slathered on that mud extra thick — but no floating for us. We consoled ourselves with a massage at the spa.

The final day we returned, full circle, for a farewell camel ride with the guide at our side. We gazed out at the starry night and sharing the bubbly vapours of lemon mint shisha, which is popular in the Middle East. It’s not an experience I need to repeat anytime soon, but hey, when in Middle Eastern desert...

The time we spent in the kitchen was a fun group bonding exercise and we enjoyed a wonderful traditional meal that we helped to make ourselves.

We consoled ourselves with a massage at the spa.

Before dawn we rose for a sunrise camel ride in the desert. Yes, more terrifying mounting and dismounting, but the spectacular desert sunrise was worth it! After breakfast we moved on to the Dana Biosphere Reserve, where we were met by a driver in a hippy van, complete with a fringed front window and fake grass carpeting, for the drive in to Feynan Ecolodge. Wow, trippy!

For information on this caregiving model contact: Share the Care™ Promoter located at the Alzheimer Society of Grey Bruce 519-376-7230 or 1-800-265-9013

Amy Muschik is a freelance writer and photographer whose work has appeared in Readers Digest UK, on TV’s The Tonight Show, and in several other print and online publications.
IF THESE WALLS COULD TALK...

KNARSBORO HALL IS A LANDMARK PROPERTY IN MARKDALE THAT HAS SEEN IT ALL
BY JODI JEROME

A 63 Main St. E., Markdale, sits a community palace. Known in the past as Knarsboro Hall and today as the May Funeral Home, it has borne witness to births, celebrations, illness, healing and death.

And it all began as an engagement present from Thomas Simpson Sproule to his intended. Born Oct. 25, 1843, one of a set of twins, in King Township, Ont., Thomas moved to a farm on Concession 16, Lot 13 in Osprey Township around age nine, with his Irish-born parents, James and Jane Sproule, and seven siblings (Mary Ann, Rebecca, Isabelle, Robert, William, John and James). He attended the University of Michigan in Ann Arbor, and got his medical degree from Victoria College in Cobourg, Upper Canada, in 1868.

Dr. T.S. Sproule returned to Grey County after briefly practising medicine in Craighurst, Ont., and Galesburg, Mich. His Markdale practice was licensed in Ontario in 1870. When he moved to Markdale, Thomas lived in Alexander Rutledge’s tavern, the Markdale House, and from here he rode or snowshoed to his patients. He also established a retail store, the Medical Hall, where he sold prescriptions for human patients and animals, as well as medicines, hair and beauty products, stationery supplies and school books, and housed the local Montreal Telegraph Co. office.

Thomas’s quick response to his patients soon earned him the area’s respect and loyalty. He looked after patients at their homes, in his office over top of his store, or at his residence at the Markdale House. When William Armstrong’s eight-year-old son broke his arm while carrying a bag of bran, Thomas was called in to set the break. He was even said to have coaxed a snake out of a man’s stomach using a pan of milk.

When James Sparling was pinned between a full load of logs and a tree as a result of his wagon hitting a rut, Thomas was called. James’s wounds were so serious that in Thomas’s opinion it would be quite a while before he could return to work.

In 1877, Thomas expanded his role in the community. In addition to being both doctor and pharmacist, he was successfully elected a Glenelg Township councillor, serving on council from January to December 1877. He followed this victory by running as the East Grey Member of Parliament in 1878. On Sept. 17, Thomas was elected as the Conservative representative of East Grey.

His first experience as an MP – from 1878 to 1915 – was challenging as he learned the rules and ways of the House of Commons. In 1883, when debating South Grey MP Landerkin on the Weights and Measures Act, he said, “Now, I have scarcely ever spoken in House when the honourable Member for South Grey was present, that he did not get up immediately after and read me a lecture on what I should do in order to fulfil my duty. I want that honourable gentleman to understand that I do not look to him for any information as to what is my duty.”

Prior to his first re-election in 1882, Thomas began to court Mary Alice Flesher, daughter of William Kingston (W.K.) Flesher, founder of the community of Flesherton. Her father had stepped down as East Grey’s MP in 1878, the year Thomas began his federal political career.

As Thomas and Mary grew closer and eventually became engaged, it became apparent Thomas’s days of living at the Markdale House were numbered. As a doctor, Member of Parliament and future husband, he needed a home for his future wife and family.
In the fall of 1880, he sold the Medical Hall business to Mr. Adam Turner and started building two structures in Markdale, including a three-storey, double-bricked business block on Mill Street to house the Medical Hall store and his brother John Frederick Sproule’s clothing shop, with living accommodations above.

At the same time, Thomas was beginning to build an attractive mansion on Main Street, Markdale, to bring his bride home to once they were married. He wanted to have it finished by December 1880, but construction of the beautiful house took until the spring of 1881.

He commissioned Marshall Benjamin Aylesworth (1850–1911), a new Collingwood architect, to design the house. It was Aylesworth’s first commission.

Thomas’s house became known, after its construction, as Knarsboro Hall. The building is said to be a small-scale model of a large house in Scotland by the same name. Its architecture is not Scottish but a mix of French Second Empire, with its lovely mansard roof and elegant curved tower, the perfect symmetry of an Italianate exterior with four storeys topped by lovely roof cornices held up by elaborate roof brackets, a fairy tale central tower, and Renaissance Revival rounded arch windows, outlined in polychromatic brick design, topped with different flowers carved into each window’s keystone, and a liberal use of red and white brick to accent all the features of the building’s exterior.

This love letter from Dr. Thomas J. Sproule to his lovely wife-to-be featured the stained glass windows and a central tower that opened the main entrance to the sky, an artistically dressed and splendidly veiled... After the usual handshaking and joy wishing were over, the party repaired to the long dining hall and did ample justice to a most sumptuous breakfast. The party then formed a procession and accompanied the happy couple to Flesherton Station, where they boarded the train for a somewhat extended bridal tour.

Knarsboro Hall hosted many entertainments and gatherings. The Sproules’ Methodist faith and their belief in temperance extended from Markdale to Ottawa and attracted support from many, including U.S. President Woodrow Wilson and Queen Mary. During Thomas’s years as Speaker of the House of Commons and his wife as Lady Speaker or Chatelaine, he brought forth a private member’s bill abolishing the serving of alcohol at functions connected with the House of Commons. A colleague remarked, “Anyone who attended these gatherings were sober enough to make it home, unlike previous times.”

Thomas and Mary Alice had only one daughter, Lillian Clarissa. She was beautiful like her mother, appearing in pageant plays like The Temple of Fame in 1905, where she was the Goddess of Fame and appeared “enthroned on the centre of the stage and presented a living picture of loveliness... wearing a robe of white, fringed in gold, from which descended a long train.”

Lillian Sproule married William E. Turner, son of Adam and Mary (Black) Turner, on June 8, 1909, in Knarsboro Hall at 6 a.m. in the presence of closet family and friends. The parlour and downstairs rooms were decorated with apple blossoms, white lilacs and cream roses.

The wedding dress was a cream lace robe over silk, with a custom veil crowned with orange blossoms. After the wedding breakfast, the bride and groom set off by a procession and accompanied the happy couple to a most sumptuous breakfast. The party then formed a procession and accompanied the happy couple to Flesherton Station, where they boarded the train for a somewhat extended bridal tour.

The bride’s wedding dress was a cream lace robe over silk, with a custom veil crowned with orange blossoms. After the wedding breakfast, the bride and groom set off by train for Chicago, Denver, Colorado Springs and finally Salt Lake City, Utah, where William was employed as an electrical engineer. They lived in Salt Lake City until after 1920, when they moved back to Toronto.

The home Thomas built housed all he loved, his wife, daughter and family, including at least two grandchildren, Mary Elise and John Adam Turner.

Gracing the Hall from 1915 to 1917 was the chair he received upon being made Speaker of the House in 1911. Each Speaker kept the chair from which they watched over the decorum of the House of Commons. That chair now resides in the Meaford Museum.

Upon Thomas’s death at age 74 on Nov. 10, 1917, in the midst of the First World War, he was honoured by the lowering of flags to half-mast at Markdale Armories and on Parliament Hill. In Markdale, the schools, downtown businesses and the road from the Methodist Church to the cemetery, closed for his funeral.

His family held a private service at Knarsboro Hall before a public funeral overflowed the Methodist Church at 1 p.m. After the service, a parade of 100 Orangemen led the procession from the church to the cemetery and conducted an Orange Order service after the graveside ceremony.

The members of the Loyal Orange Lodge turned out to honour the man who had been a staunch Orangeman, Sovereign Grand Master in British North America for three years.

As East Grey’s MP from 1878 to 1915, followed by two years as a Senator, Thomas served under seven Prime Ministers for a total of 39 years on Parliament Hill.

His wife Mary Alice was beside him in all he did, as the Markdale Standard’s obituary noted, “Mrs. Sproule has proven herself as a superior help mate, who has always had the faculty of guiding, counselling and assisting her husband during the most critical events in both medical and political careers, and not a ‘little of the honour which has crowned the late Senator’s life,’ was due to efficiency of his faithful wife.”

Mary Alice never remarried. She stayed with her daughter, son-in-law and grandchildren during the winters and visited Markdale and her family across Ontario in the summers.

She and her daughter sold the Hall in 1921 to C.W. Rutledge, former editor of the Markdale Standard newspaper. Over the years after C.W. Rutledge’s death, Mrs. Rutledge rented out its rooms and apartments. The house served briefly as a hospital before Dr. R.L. Carefoot opened his hospital on George Street.

On Nov. 4, 1946, the Markdale branch of the Royal Canadian Legion bought the house. In 1966, they sold the house to Donald May, when it became too expensive to maintain.

Donald May and his wife restored it to its former beauty while making the changes needed for the first floor to function as the May Funeral Home and the upper floors to serve as the family’s residence. At the present time, their son continues the family business in Markdale’s legendary elegant mansion.
On top of the WORLD

TRAVELLING IN A SMALL TRAILER THROUGH YUKON AND ALASKA, THIS SAUGEEN SHORES COUPLE HAD THE ADVENTURE OF A LIFETIME — AND THEY’RE PLANNING FOR MORE. BY DOUG ARCHER

THE BUCKET LIST

THE BUCKET LIST

ASK Michelle and Harland Wake, of Saugeen Shores, to describe their epic road trip to Yukon and Alaska, and they put it succinctly.

“(Over 15,000) kilometres travelled, 158 hours of driving, 51 days on the road, 27 campsites visited, 97 podcasts listened to, 3,861 songs sung, 14 quibbles quarrelled. And one swearing match.”

It’s all because of their trailer.

True, Michelle had always thought Yukon and the glacial state of Alaska would be beautiful to see — not to mention that driving across the country had been on her Bucket List for years — but according to Harland, they took the trip because of the trailer.

“We bought this trailer and thought it needed a far-off place to travel to,” he said.

We’re not talking a big trailer, either. It’s about the size of an average bathroom in most homes. This small space, which was to be the couple’s residence for almost two months, wasn’t equipped with much more than a fridge, stove, sink and toilet. Bathing had to be done outdoors in an exterior shower. On the plus side, when they folded the kitchen table down into a bed, it was king-sized!

Planning for their trailer trek began a full year in advance. To be honest, Michelle wanted to wing it. Just throw a few things into the trailer, point the car northwest and start driving. But as a retired accountant, Harland thought it was crucial to plan.

“He developed spreadsheets to estimate our mileage, calculate how much gas we’d need, determine our arrival dates in every town and village en route… even predict our bathroom breaks,” Michelle recounted.

Harland stands by all his planning, though.

“We decided to drive across the U.S. on our way out to the Yukon, and come back through Canada — but along both those routes there’s a lot to see and do,” he explained.

“We wanted to visit Yellowstone National Park and watch Old Faithful erupt, attend a music festival in Dawson City, ride the Alaska Marine Highway ferry, stay in scenic campsites… the list goes on,” Harland said before adding, with a smile, “I don’t know how we could have done it all without those spreadsheets of mine.”

With their preparations finally complete, the Wakes set off on June 15, 2018 — trailer, podcasts and spreadsheets in tow.

“We quickly learned that a road trip of this length was really about the journey,” said Michelle. “The destination too, but mostly the journey.”
THE BUCKET LIST
by Doug Archer

So they made the most of that journey, stopping at almost every tourist attraction they came upon. Attractions like the SPAM museum – that’s right, a museum devoted exclusively to the iconic canned meat; a gallery that showcased nothing but hammers; and a town that was populated with more totem poles than people.

“Some of our best memories from the trip are of exploring out-of-the-way places we just kind of stumbled across,” admitted Michelle.

Their first “real” stop, as Harland put it, was Badlands National Park – 244,000 acres of buttes, pinnacles and rock spires located in South Dakota. And it truly was the Badlands.

“The scenery was stunning, but it rained non-stop all three days we were there,” Harland said. “We couldn’t even go hiking because of the mud and water on the trails.”

On the bright side, as Michelle pointed out, they were the only ones there. Mount Rushmore was next, to view the faces of four American presidents carved into the side of a mountain. As it turned out, though, Harland and Michelle found the Crazy Horse Memorial much more interesting.

“It was another one of those attractions we just happened upon,” said Michelle. “Located close to Rushmore, there’s a colossal sculpture of Crazy Horse being carved into the Black Hills of South Dakota. It’s only half-finished, but it looks spectacular, and it celebrates an Indigenous hero.”

In Wyoming’s Yellowstone National Park, the Wakes encountered their first wild bison. In his excitement, Harland slammed on the brakes, leaped out of the car and snapped a photo of the rare sighting.

“I was feeling pretty proud when I got that picture, until we drove a bit further into the park and discovered there were like a bazillion bison wandering about. They were everywhere!”

After two weeks of travelling American byways, Harland and Michelle crossed back into Canada and journeyed into British Columbia on the Alaskan Highway. One of the greatest engineering feats of the century, the Alaskan Highway is a 2,232 kilometre freeway connecting Alaska to the rest of the U.S. through Canada – all constructed in just eight months during the Second World War. And located at kilometre 1,022 of the highway is Watson Lake, the gateway to Yukon.

Watson Lake is the small, sparsely-populated home of 780 people, two gas stations, a motel and 40,000 moose, not to mention the Signpost Forest. Started in 1942 when a U.S. soldier named Carl K. Lindley nailed up a shingle sporting the name of his hometown, the forest now contains more than 75,000 signs left by visitors from across the globe. Unfortunately, for all his pre-planning, Harland neglected to pack a Saugeen Shores placard.

“Next time,” he said sheepishly.

And there could well be a next time. Maybe not to visit Whitehorse – although they admit the Yukon capital has an edge to it – but Dawson City is a whole different story. According to Harland and Michelle, there’s still a fever about Dawson City. It may not be gold fever, but something brings people to this Yukon town and holds them there.

“It has music festivals and lots of artists, yet still has the feel and look of a frontier town,” said Michelle. “We met a lot of people who had stories like, ‘I came to Dawson City for the music festival and never left’ or ‘I came to experience the Klondike days and decided not to go home.’”

But even Dawson City doesn’t hold a candle to canoeing down the Yukon River.

“Hands down, that was the highlight of the trip,” declared Michelle.

The longest river in the territory, the Yukon was one of the principal means of transportation during the Klondike Gold Rush of the late-19th century – and the Wakes wanted to travel it. So, after renting a bright red canoe...
by Doug Archer

The plane kept soaring over jagged snow-covered summits, then plummeting to rivers below. It was a day or two before either of them could even think about getting back in the car and driving again. But eventually they did, heading for Skagway, Alaska. Once an infamous gold rush town run by the notorious outlaw Jefferson Randolph Smith, aka Soapy, and his band of thieves, Skagway is now an infamous tourist attraction. Its population of roughly 1,000 jumps tenfold on any given day in the summer, due to visitors pouring in off cruise ships that arrive in the port town at the rate of four ships per day. Harland had booked them a whale-watching excursion in Skagway – activity number 76 on the planning spreadsheet – but it got cancelled due to poor weather. It turned out this wasn’t such a bad thing. Not only did he and Michelle take a train ride up the Chilkoot Pass instead – the most famous of the gold rush trails – they got to partake in a nighttime walking tour of Skagway known as Ghosts and Goodtime Girls. A tour guide dressed in full gold-rush-era attire took them from saloons haunted by the spirits of down-and-out prospectors to Klondike hotels with names like, “House of Negotiable Affections.”

After a stop in Chicken – a town of 45 residents – it was back to Yukon, this time via the Top of the World Highway, a stretch of road so named because it’s, well, virtually at the top of the world. The long trip back to Ontario awaited them, but not before a stop in Faro, a town located about 350 kilometres north of Whitehorse, so Harland could play a round on one of the northernmost golf courses in Canada. While Michelle partook in an art class hosted by a local artisan, Harland took to the links. Well, not actually the links. The nine-hole course actually plays right through the town located about 350 kilometres north of Whitehorse, so Harland could play a round on one of the northernmost golf courses in Canada.

“Actually, I’d actually looked pretty well,” said Harland. “I didn’t crack any car windshields or hit a single pedestrian!”

When they finally arrived back home at the end of their trek, the Wakes abandoned their trailer in the driveway. “We couldn’t even bring ourselves to clean it out for over a week,” said Michelle. “The Yukon-Alaska trip was a fantastic experience, but after 51 days we never wanted to set foot in that trailer again.”

Never say never. Harland and Michelle are already planning their next adventure. This time it’s driving the Trans-Canada Highway to the tip of the Gaspé Peninsula in Quebec. After all, that trailer of theirs needs another “far off place to travel to.”

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Doug Archer is a local writer and speaker who enjoys celebrating the multi-faceted lives of the 50+ generation. He is also the author of two locally set mystery-adventure novels for readers ages eight to 99 – because you’re never too old for an adventure. Learn more at www.coldasakids.com or contact him at archer@bmts.com.
PHOTOGRAPHY CLUB

The Peninsula Shores Camera Club is a small group of photography enthusiasts from the South Bruce Peninsula area. They meet in Wiarton monthly from September through May and hold regular field trips. Here are some examples of their work.

1. Mist, John’s Lake. Photo by Terry Finlay.
2. Mushroom, near Kemble. Photo by Sandy Richardson.
3. Gleason’s Brook Falls. Photo by Terry Finlay.
5. Fall Laneway, near Big Bay. Photo by Sandy Richardson.
The fortunes of any port city on the Great Lakes are inevitably reflected in the history of its harbour. In Owen Sound those fortunes revolved around Great Lakes shipping and the grain trade.

The still-standing grain elevator is a constant reminder of this marine heritage. Generations of Owen Sounders have lived, worked and played under the shadow of this immense structure, and for them it is an important touchstone, a mute witness to their lives and work for close to 100 years.

Situated on a spit of land between the Pottawatomi River and the Sydenham River, it was the second grain elevator to be built in the inner harbour. Constructed in 1925 by the City of Owen Sound, 14 years after fire razed the Canadian Pacific elevator on the harbour’s east side, this venture brought new growth to the city.

But success wasn’t new to this area. It was home to accomplished civilizations for centuries prior to European settlement. Owen Sound and its harbour are located on the traditional territory of the Anishinaabe peoples. The ancient settlement of Nawash, at the mouth of the Pottawatomi River on the west side of Owen Sound bay, was a central location for the Anishinaabe of this region.

In 1857 the Crown, using Owen Sound’s growing need for land as a justification, took over the lands of the Nawash settlement and relocated the residents to Cape Croker, now officially named Neyaashiinigmiing.

As the European settlement of Sydenham, Owen Sound’s original name, grew at the base of Owen Sound bay, an outer harbour developed that would later prove to be as important as the harbour in the river mouth. Shipping supplies to the new settlement proved to be difficult. The overland route was indirect, and the marshy river mouth made getting larger vessels into the inner harbour difficult.

So, in 1844, W.C. Boyd, an early entrepreneur, built a wharf on the east shore of the outer harbour for larger vessels including his own 15-ton schooner, the Fly. The wharf was built in the vicinity of today’s Bayshore Community Centre. Over the next century industries would locate along the shores of the outer harbour, many building their own wharves.
However, survival as a competitive Great Lakes port required better access to the inner harbour, and the river mouth was dredged in 1860. The addition of a town dock in 1863 created a functioning inner harbour that brought increased traffic and prosperity.

Side-wheelers like the Canadian and later the Frances Smith left Owen Sound on a regular basis loaded with people, mail and supplies for the lumber, mining and fishing camps along the north shore of Georgian Bay, and took on logs, lumber, fish and ore to be delivered to ports throughout the upper lakes.

An accessible inner harbour soon attracted railways, and by 1885 the harbour was full of grain schooners waiting to unload at the new Canadian Pacific Railway grain elevator on the east side of the harbour. Linked to points east by the rail line and points west by the harbour, Owen Sound was now a true transhipment centre. The city’s role in the grain trade and other aspects of Great Lakes shipping was pushing the Canadian frontier westward beyond Georgian Bay and the upper lakes.

The city and its harbour continued to thrive into the first decade of the 20th Century. Many industries established themselves along the edge of both the inner and outer harbours. Using raw materials shipped in from Canada’s northwestern regions, they produced goods that were shipped out to all points by both rail and water.

In 1911, Canadian Pacific Railway announced it would be moving its terminal to Port McNicoll. This had been known for some time and was not a shock to Owen Sound residents. The shock came on Nov. 11, 1911, when the company’s grain elevators burned down. This tragedy caused the grain trade to bypass the port until 1925, when construction of the current elevator saw its return and allowed the city to prosper for the next 50 years.

The success shipping brought to Great Lakes ports didn’t come without a cost both financial and human. The weather of the upper Great Lakes was — and still is — unpredictable, putting boats, their captains, crews, passengers, and cargo in grave danger. Ships crawling through thick fog, blinding sleet, snow or freezing rain had no radar, inaccurate charts and few — if any — navigation aids. Captains navigated the many reefs, bars, shoals and narrow channels, and other boat traffic standing outside the wheelhouse passing shouted instructions from the bow lookout to the wheelsman.

Lives were lost, as were fortunes, when disaster struck — and it struck often. There were close to 2,000 incidents recorded in 1869 alone that included fires, capsizing,
In the 1970s, an increase in the volume of grain moved by rail and a decline in both the Canadian and U.S. steel industry led to a drastic decline in shipping on the Great Lakes. Activity in the harbour began to slow down and in 1977 the Hindman company ceased operations. Lakers with names like the Helen Hindman, George Hindman and Helen Evans, so familiar to Owen Sounders, disappeared from the harbour.

Nearly 40 years after the close of the Hindman Transportation Company, Owen Sound’s harbour is a quiet place. Yet history is here. The grain elevator and two railway stations, the Canadian National and the Canadian Pacific, continue to remind us of the role this harbour played in pushing the Canadian frontier beyond the Great Lakes. And to remind us of ships that passed through this place and the people who built and sailed them a few jagged remnants of old wharves reveal themselves just beneath the water’s surface along the harbour’s west wall. The lake boats don’t come often but they do come, delivering grain to the elevator or unloading at the cement silo. The city still awaits the arrival of the first ship every spring to present the captain with the traditional top hat. Ships like the Aignam come to unload their cargo or wait out the winter alongside the Chi-Cheemaun ferry.

They no longer share the waters with a fleet of ferries or the fish tugs. They no longer dock alongside the railcars to load and unload cargo. Now they share the harbour with people attending music and cultural festivals, people boating and fishing, and people walking and biking on harbour walkways. The main activity of Owen Sound’s harbour may no longer be Great Lakes shipping, but it remains a vibrant place, a growing cultural, recreational and commercial hub. It remains the true centre of the city.

Rob Cotton is a photographer, writer and amateur historian. He is the curator of Grey Bruce Image Archives (GBIA), a collection of historical photographs that represents life in Owen Sound and Grey/Bruce counties. In 2018 he published a book called ‘Owen Sound Harbour – A Photographic History,’ using GBIA photographs to tell the story of the harbour. It is available at Foto Art Camera Shop in Owen Sound, a partner in Grey Bruce Image Archives. Contact him at racotton@wightman.ca.
Arthritis is a complex group of diseases that affects people of all ages, from infants to adults. But it is more prevalent among seniors than any other demographic, and senior women are particularly at risk. There is no cure for arthritis, and it is increasingly common.

Today, arthritis affects one in five Canadians and nearly half of seniors over the age of 65. By the year 2040, it’s expected its prevalence will increase to one in four Canadians and 60 per cent of women age 65 and older.

Arthritis can have devastating effects on quality of life, and is sometimes complicated by anxiety, mood disorders, difficulty sleeping and many other conditions.

Left untreated, arthritis can lead to irreparable joint damage, as well as damage to skin, organs and other areas of the body. The pain and stiffness can be debilitating.

But there is hope. According to Canada’s Arthritis Society, an early diagnosis and the right treatment plan can help patients take control of their disease and help reduce or prevent damage to joints and other tissues. As researchers seek a cure, it’s important to recognize the signs and risk factors of arthritis, and best practices for managing these conditions.

What is arthritis?

There are more than 100 types of arthritis, but all are characterized by inflammation in the joints or other areas of the body. Common symptoms include swelling, pain, stiffness and decreased range of motion in the joints, and symptoms may come and go.

Symptoms range from mild to moderate and severe and may get worse over time. Severe arthritis can result in chronic pain, an inability to carry out daily activities, and can make it difficult to walk or climb stairs.

Arthritis can also cause permanent changes in joints that can only be seen on x-ray. But sometimes the changes are visible, as is the case with knobby finger joints. In some cases, arthritis also affects the heart, lungs, eyes, kidneys and skin.
Types of arthritis

Canada’s Arthritis Society groups arthritis conditions into two categories – osteoarthritis (OA), which is the most common, and inflammatory arthritis (IA).

Osteoarthritis

OA affects more Canadians than all other forms of arthritis combined. It was once referred to as a wear-and-tear condition, but has recently been redefined. Experts now see OA as the result of the body’s failed attempt to repair damaged joint tissues.

OA leads to the breakdown of protective cartilage and results in bone-on-bone contact that can cause pain, stiffness, swelling and reduced range of movement. Knee and hip joints are among the most commonly affected by OA, along with joints in the hands and spine. Age, obesity, occupation, participation in certain sports, a history of joint injury or surgery, and genetics are all factors thought to contribute to OA.

Inflammatory arthritis

IA includes every form of arthritis other than OA, and is characterized by inflammation that causes joint damage, rather than a wearing away of cartilage.

Most forms of IA are also autoimmune diseases, where the immune system mistakenly attacks healthy tissues. The results can be pain, stiffness, restricted mobility, fatigue and damage to joints and other tissues.

IA often progresses more quickly and aggressively than OA, if not identified and treated swiftly, according to the Arthritis Society. This group of diseases includes lupus, gout, rheumatoid arthritis and psoriatic arthritis, among other conditions.

Warning signs

Early symptoms of OA include intermittent pain with strenuous activity that becomes more frequent over time. Joint grinding and morning stiffness, and stiffness after a period of inactivity, are also potential warning signs.

Typical signs for most types of IA include:

- Joint pain, swelling and stiffness.
- Morning stiffness lasting at least one hour.
- Pain and stiffness that improves with physical activity but worsens with inactivity.
- Reduced range of motion.
- In some cases, fever, weight loss, fatigue and/or anemia.

Symptoms

Chronic pain, fatigue, restricted mobility and lowered mood are symptoms common to most people living with arthritis. Episodic disability is also common, meaning people are unable to work due to their disease.

According to the Arthritis Society, advanced forms of arthritis can eventually become fatal, even with treatment. The more common impact is on quality of life, even in moderate cases.

Irreparable damage can occur within a few weeks of the first onset of symptoms, so it’s crucial to get diagnosed and put on a treatment as quickly as possible, especially for IA.

Prevalence

In Grey/Bruce, arthritis is slightly more common (28 per cent of all residents) than in Ontario as a whole, likely due to the older population. Prevalence in seniors (50 per cent) is roughly the same as in Canada as a whole.

Female residents of Grey/Bruce (32 per cent) are more likely than male residents to have arthritis (25 per cent). Arthritis becomes increasingly more common as people age. About 37 per cent of Grey/Bruce residents between the ages of 50 and 64 suffer from these conditions, compared to 53 per cent of residents aged 65 and older.
HEALTH & WELLNESS

Across Canada, nearly 60 per cent of people with arthritis are women, and as many as 24,000 children have arthritis. In total, six million Canadians suffer from this group of diseases.

Risk factors
Some risk factors for arthritis are outside our control, including age, a person’s biological sex, and genetic factors. Gout and ankylosing spondylitis — a form of arthritis that mainly affects the spine — are more common in men, and specific genes have been linked to higher risk of certain types of arthritis, including rheumatoid arthritis.

Other risk factors can be addressed with lifestyle changes. Obesity is one example — excess weight can contribute to the onset and progression of osteoarthritis in the knees and hips. Treatment teams for arthritis can include family physicians, nurses, nurse practitioners, rheumatologists, orthopedic surgeons, dermatologists, occupational therapists, physiotherapists, social workers, pharmacists, dietitians and massage therapists, among others.

As the Arthritis Society notes, “Learning as much as you can about your particular type of arthritis and actively working with your arthritis treatment team are two very effective ways of regaining control over your life.”

Here are a series of questions the Arthritis Society recommends during medical appointments:

1. What did the test results show? A doctor can explain this, but you can also ask for a printed copy of any blood test results or imaging study reports. In some cases, patients are charged the cost of making these copies. Some labs also provide online reports from tests.

2. When should I notice improvement from my current treatment? Every patient responds differently to treatment, but your doctor should be able to give you an idea of what to expect. A doctor should also be able to explain the goal of your treatment, when to expect positive results, and how long it may take to determine if the treatment is a good fit for you.

3. If my current treatment doesn’t work, what are my options? If you like to plan ahead, it’s fine to ask about what to expect.

4. In addition to my prescribed medications, what should I be doing to help manage my arthritis? Lifestyle changes, including weight management, smoking cessation, regular physical activity and self-management tools, like mindfulness, meditation, or assistive devices, can be useful.

5. What does my future hold? You will notice changes periodically after diagnosis. A doctor can explain what to expect in the near term and further down the line, when it comes to possible “flare-ups,” how the disease can be controlled, how it may progress, and possible future treatments.

Communicating with your treatment team
The Arthritis Society recommends the following steps for communicating with healthcare professionals:

1. Give the full story. Focus on key points to keep your explanation brief. If there have been any changes recently, or a trigger that led to your symptoms, be sure to say so.

2. When should I notice improvement from my current treatment? Every patient responds differently to treatment, but your doctor should be able to give you an idea of what to expect. A doctor should also be able to explain the goal of your treatment, when to expect positive results, and how long it may take to determine if the treatment is a good fit for you.

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by Ben Forrest

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2. Be honest. If you believe an aspect of your treatment plan will be hard to follow, or if you’re uncomfortable with it, explain this to a member of your treatment team.

3. Don’t be afraid to speak up. Say what’s on your mind, even if it’s difficult or embarrassing. The more your team members know, the more they can help you.

4. Ask for all possible treatment options. It’s rare for there to be only one.

5. Don’t just nod. Make sure you understand everything your treatment team member has said.

6. Partner with your treatment team. Explain it’s important for you to take part in the decision.

The full advocacy guide is available at the Arthritis Society website at www.arthritis.ca.

Living with arthritis

Arthritis can involve almost any part of the body, but is found most frequently in the hips, knees, spine, or other weight-bearing joints. It affects people on an ongoing, constant or recurring basis over months, years, or a lifetime. Symptoms can range from mild to severe, and its impacts can be significant.

Still, it’s important to note that early diagnosis and treatment can help, and scientists continue to work toward a cure. In other words, there is hope. An arthritis-free future is possible, and treatment can help manage many of its effects today.

This article is meant to be for information only. Discuss options with your medical professional.

HEALTH & WELLNESS

by Ben Forrest

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What on earth is an end-of-life doula?

These caring community members help dying people live well, right up to their last breath. BY CHERYL COTTRILL

When I tell people I’ve completed my end-of-life doula training, I am often met with blank stares, or the question, “What on earth is an end-of-life doula?”

You’ve most likely heard of a birth doula — someone who supports and guides mothers through childbirth. The concept of an end-of-life doula was introduced in 2003, as a person who provides practical and emotional support at life’s end.

An end-of-life doula’s role, in a nutshell, is to help people live a good life, up until their last breath.

The next question I often hear is, why? “Why would you even want to do this work?”

It has been a compilation of many life experiences. Between 2001 and 2012, I experienced three immediate family member deaths. All different deaths from different diagnoses, but all too similar in the awkwardness of what to do, what to say, or knowing what to expect.
I saw first-hand the shortcomings of contemporary end-of-life care. The lack of support for those final weeks and days was overwhelming and I just knew there had to be a better way to deal with death and dying in our community.

That led to a conversation with a friend about the lack of support for families dealing with end of life, followed by the formation of a steering committee to look at what could be done in our community to better support families. We looked at various ways that communities were helping their dying, and in consultation with doctors, nurses and those already providing end-of-life care in our community, we landed on residential hospice as the best option.

The opening of the Huron Shores Hospice one bed residential hospice at Tiverton Park Manor, was over five years in the making. During this time, a lot of research and fundraising took place, as well as visiting other hospices across Ontario to determine best practices.

We wanted to make sure that when we opened our hearts and the door to our first resident, we would be providing top quality end-of-life care.

Since opening in May 2018, we have journeyed beside 14 families in their end-of-life experience. I remain on the board as co-chair of Huron Shores Hospice and also provide comfort care to our residents and their families in the suite.

Getting this up close and personal with death was not something I ever thought I’d do. I was always the person who cried in sympathy with the family at a funeral, whether or not I knew the person.

But here I am. Life has led me here, and the closer I got, the more I recognized there was a better way to help people through this last phase of life.

This realization led me to the International End of Life Doula Association (INELDA). This past January I completed my training on how to better support our dying and their families.

The doulas within this association and many others across North America have taken on the task of changing the face of dying and helping people talk about death in a more natural way.

I knew I wanted to be part of this “death wellness” or “death positive” movement. The work that doulas perform complements palliative care services. Doulas are physically present with the dying when other services may not be able to provide the time, filling a gap in our dying experience.

According to the INELDA website, “Doulas help restore sacredness to dying, provide respite to exhausted caregivers, bring deep meaning to the dying experience, and prepare people for the last breaths of their loved one.”

Doulas come in after a life-limited diagnosis and find out what is really important to the dying person. A doula will get to know them, find out about their fears and what obstacles they may be facing.

Doulas assist people who have received a life-limited diagnosis, sometimes in a location such as the Huron Shores Hospice, shown here.

Doulas come in after a life-limited diagnosis and find out what is really important to the dying person. A doula will get to know them, find out about their fears and what obstacles they may be facing.

What are they concerned or worried about? What regrets, unfinished business, guilt or shame might they be experiencing? A doula will actively and intently listen to the dying person to explore the meaning of their life and to meaningfully discuss death.

From their “life meaning” work, the dying and those close to them may decide to create a legacy project that will keep family members connected with the dying person for years to come.

That legacy project may be as simple as a collection of photos that best tell the story of one’s life, a series of audio recordings retelling the stories of their life, videos, or possibly a full written account of someone’s life, and anything in between.

It really depends on the person’s energy level and whether or not leaving a legacy is an important thing for them to do.

Doulas will help address fears and concerns, and assist with putting together a vigil plan for how the last days will unfold.

They talk about how the dying space may look and feel; how people are to interact in the space; the music or other sounds that are important to the dying person; what smells are important and any readings and rituals that will bring peace in those final moments.

Doulas act as advocates for the dying person, after spending time getting a good sense of who they are and
what they need and want in their dying hours.

Once a person is actively dying, the doula will guide and support the family through this final act of love and support by bringing a focused and intuitive presence at the bedside that encourages the family to execute the vigil plan. A doula will be able to explain the dying process as signs and symptoms occur, to bring comfort to the dying person and their family members.

After death, a doula can help with any rituals the family would like to perform before the body is transferred to the funeral home or crematorium. Rituals such as washing the body, laying rose petals around the body, extinguishing candles or just joining hands around the body, telling favourite stories are important and any readings or rituals.

Rituals are an aspect of our culture that we tend to overlook. From the very beginning, we are taught that funerals and mourning must follow a specific order. We don’t understand that there can be no two families, and no two deaths, that will follow the same rituals.

Throughout our lives we plan for every other life event – graduations, confirmations, weddings, retirements, and more. However, all too often we do nothing to plan for the end of our lives, other than (it is to be hoped) making a last will and testament to deal with our worldly possessions after we are gone.

If I asked the question, “Do you want to have a peaceful and painless death?” the answer would almost always be yes. Yet we do little or nothing to plan for that eventuality. The fact is, living includes dying. We can’t avoid it. We don’t know exactly the time and day we will die, but we all know it will happen.

At Huron Shores Hospice we are very fortunate to have two INELDA-trained end-of-life doulas, who volunteer their time to help our potential residents with their end-of-life planning and life-meaning work.

Being a doula is extremely rewarding work. It is such an honour and privilege to guide and support people at what can be the most intense and intimate time in their lives.

If you would like more information about Huron Shores Hospice or doula services for our residents, email info@huronshoreshospice.ca or call 519-385-5683.

Doulas will help address fears and concerns and assist with putting together a vigil plan for how the last days will unfold: The music or other sounds that are important to the dying person, what smells are important and any readings or rituals.
June and John Van Bastelaar are busy volunteers within the Saugeen Shores community. June, a former educator, and John, a retired Bruce Power employee and municipal politician, have quietly played an essential role in several community events and organizations, offering their time and talents to make Saugeen Shores a better place.

Together, they are active with the Rotarians and have been influential in the annual Rotary Huron Shore Run in support of Saugeen Memorial Hospital – a year-round project. Nearly 800 people participated in the run on June 1, 2019, which also raised money for the Rotary Clubs of Southampton and Port Elgin and the Saugeen Track and Field Club. The event has grown significantly over the last decade – only about 125 runners participated 10 years ago – and last year the event raised more than $55,000.

June and John have also hosted international and local guests, including secondary school students, deliver for Meals on Wheels, and volunteer at the Salvation Army food bank. At Port Elgin United Church, June has served as council chair, Sunday School superintendent, chair of Christian education, and currently is chair of the stewardship committee, said Rev. Bonnie Holliday, who nominated the Van Bastelaars as this issue’s Game Changers.

“June is a member of the choir and has a lovely alto voice,” Bonnie said. “She is also director of the popular ecumenical Vacation Bible School, registering 100 children each August.”

John is a former mayor of Port Elgin and also served as deputy mayor of the amalgamated Town of Saugeen Shores. He was also a councillor for five years with the Town of Port Elgin.

He serves on a provincial board and has frequent trips to Toronto for meetings. He is also very active with fellow retirees from Bruce Power, where he worked as a maintenance specialist, a human resources officer, training supervisor, safety training technician and chemical technician over his 30-year career.

“Those are just a few of their activities,” Bonnie added. “They are busy with family too, including time spent with grandchildren in Guelph, Kitchener and Saugeen Shores; yet they always seem to have time to step up when a need arises.”

Kara Van Myall, the Van Bastelaars’ daughter, said her parents’ dedication to community has filtered to both their kids and grandchildren.

“They love their Saugeen Shores community and have always played an active role in seeing it prosper,” Kara said. “Participating in our community, giving back and a sense of public good were values that were instilled from an early age. There is always time to help the community. Whether it was my father’s role in politics, my mother’s role in education or their joint efforts in health care, community development or groups like Rotary – big or small, they always step up to the plate to help out.”

Along with John and June, you can often see their kids and grandkids volunteering their time as well, Kara added.

“Bruce County is the place we call home and it’s the place where my parents dedicate their energy so everyone can call it home.”

Do you know someone in Grey/Bruce who is a Game Changer? Email amy@greybruceboomers.com and tell us more!
September 5
Owen Sound Fall Fair
Family friendly activities for all ages
www.owensoundfallfair.com
Runs through Sept. 7

Autumn Harvest Festival
Nature’s Millworks, Paisley
naturesmillworksfortmints.com
Runs through Oct. 6

September 13
Owen Sound Ribfest
Bayshore Community Centre
www.ontariofestivalgroup.com
Runs through Sept. 15

September 14
South Bruce Hospice Fundraiser
Knights of Columbus Hall, Walkerton
7-11 p.m.; http://hanover.ca/events

September 19
Huron Shores Handbags for Hospice
Kincardine Pavilion
6-9 p.m.; https://visitkincardine.ca/events

September 20
Canadian Big Band Celebration
Throughout Port Elgin and Southampton
www.saugeenshoreschamber.ca
Runs through Sept. 22

Lucknow Fall Fair
519-392-6151 or www.lucknowagsociety.ca
Runs through Sept. 22

Sweetwater Music Festival
Owen Sound and Meaford
www.sweetwatermusicfestival.ca
Runs through Sept. 22

September 22
Hanover Lions Club Taste of Grey
Ground Effects Event Centre, Hanover
1-6 p.m.
www.facebook.com/Hlctasteofgrey

September 27
Ripley Fall Fair
One of the largest country fall fairs in the area
www.ripleyfair.ca
Runs through Sept. 28

September 29
Prairie Gatlin Irish Festival
Moreton Heritage Village, Grey Roots Museum & Archives
11 a.m.–4 p.m.
www.greyroots.com

October 4
Autumn Leaves Studio Tour
www.autumnleavestudiotour.ca
Runs through Oct. 6

Meaford Scarecrow Invasion
6 p.m.; scarecrowinvasion.com

Tiverton Fall Fair
www.tivertonagsociety.com
Runs through Oct. 5

October 5
Port Elgin Pumpkinfest
www.pumpkinfest.org; 519-389-3714
Runs through Oct. 6

Apple Harvest Craft Show
Meaford Arena and Curling Club
10 a.m.–6 p.m.; appleharvestcraftshow.com
Runs through Oct. 6

Apple Harvest Festival
Blue Mountain Village, Thornbury and Clarksburg; www.appleharvestfestival.ca
Runs through Oct. 8

Stout and Kraut Bavarian Street Festival
Downtown Midland; 4 p.m.–Midnight
www.town.southbruce.on.ca/events

October 6
Kountry Kitchen Bazaar
Pine River United Church
Hwy. 21 south of Kincardine; 11 a.m.–1 p.m.
519-395-5371
pineriverchurch@hurontel.on.ca

October 10
An evening with Lt. Gen. Romeo Dallaire
Unifor Family Education Centre
115 Shipley Ave., Port Elgin
$75; pre-purchase at brucemuseum.ca or 519-797-2080
www.brucemuseum.ca

October 18
Tara Festival of Crafts
Tara-Arran Community Centre
www.tarafestivalofcrafts.com
Runs through Oct. 19

October 20
Hot Turkey Supper
Formosa Community Hall, hosted by CWL
4-6 p.m.
519-367-2634 or ftmvoisin@wightman.ca

October 26
Good Grief Tours
Grey Roots Museum & Archives, Owen Sound
www.greyroots.com

October 27
Honouring Local Veterans
Owen Sound Legion
Doors open 1:30 p.m., ceremony at 2
519-371-0031

November 1
SBHGC Kincardine Hospital Auxiliary
Christmas Boutique
Kincardine Hospital
Contact Nancy Potter 519-396-2502
Runs through Nov. 2

November 2
Christmas at the Links
The Club at Westlinks, Port Elgin
10 a.m.–4 p.m.; www.shorelineartists.net

November 9
Tiverton Lions Club Christmas Bazaar
Whitney Crawford Community Centre
9:30 a.m.–2:30 p.m.; 519-368-7789

November 11
Remembrance Day celebrations
Check with your local municipality

November 15
Chantry Island Cham-bettes Christmas Home Tour
Hosted by the Chantry Island Cham-bettes
6-9:30 p.m. and Nov. 16, 11 a.m.–4 p.m.
www.chantryislandchambettes.com

November 23
Chantry Island Cham-bettes Garage Sale
The Boathouse, Southampton; 8 a.m.–Noon
www.chantryislandchambettes.com

November 27
Victorian Christmas Teas
Billy Bishop Home & Museum, Owen Sound
Sittings at 1:30 and 3 p.m.
info@billybishop.org

November 29
Grey-Bruce Celebrity Hockey Classic
Port Elgin arena
www.celebrityhockeyclassics.com

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