

## 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 a 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.

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*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/](http://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.

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## 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 is it 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.

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## 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.

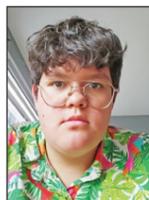
There is something to be said for experience, but if younger generations' voices are not heard, we will not be allowed to grow. If my friends and I are out for a walk (and off our phones), we are often judged for being up to no good. Adults will yell at us or speak rudely to us assuming we are

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.

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# When it comes to Alice Munro, we can't separate art from artist

I gave myself more time to write this column than usual. I wanted to sit with the news of Andrea Skinner's abuse at the hands of her step-father, and the revelations of her mother Alice Munro protecting him and their marriage over her daughter. I wanted to wait as the responses flooded in because I didn't know the answer to the question: what do we do now? I still don't know, but I know it isn't to ignore part of the story.

**Rachel Hammermueller**  
Hammer time



As I collected quotes and spoke with local representatives for my story on these revelations, published in the July 18 issue of the *Advance Times*, something became blindingly clear: people are attempting to sweep abuse under the rug again.

The majority of the loudest voices seem to say that what Alice did as a mother is separate from her work as a writer – so her legacy should be left untouched. I say that is negligence.

Art and artist must be held together, the artist's life providing the lens through which we read their work. I used to believe you could separate the two; I now believe this is irresponsible precisely because of what Alice Munro taught us. Allow me to explain.

Abuse is perpetuated because it is suffocated and silenced. It is smothered into non-existence and therefore rendered easier to occur. When the truth about abuse is written, published, spoken, it becomes harder to bury.

The entire world is grappling with the news of this revered human placed on a pedestal now being torn down. Indigo is removing Alice's portraits but keeping her books on the shelf, people are burning their personal copies, others are feverishly defending

her actions, passionately defending her as still deserving of an untarnished legacy.

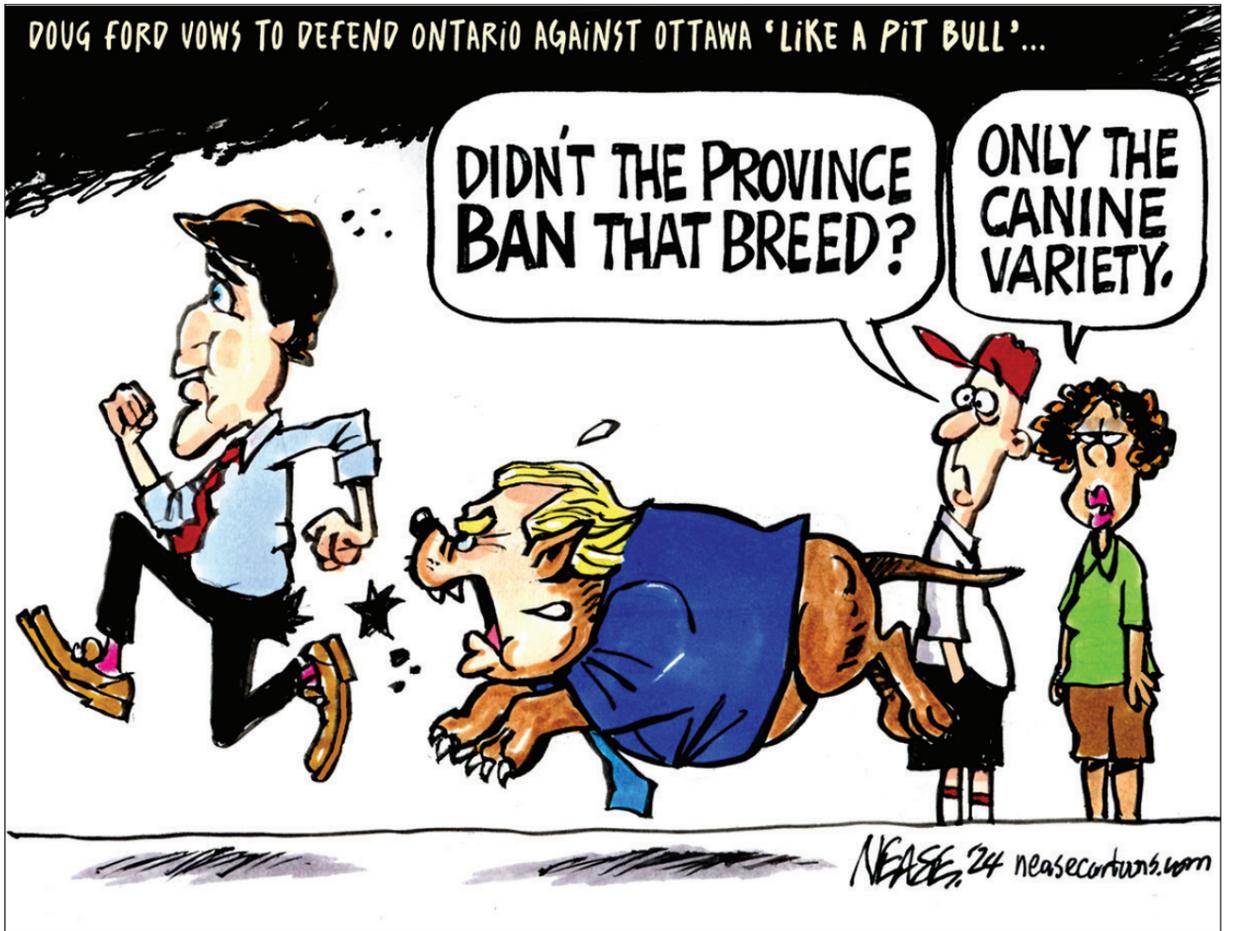
I spoke with playwright Taylor Marie Graham, who just republished her play *Post Alice* before these revelations came to light. She told me that "we're always looking at who the human is behind the words – what can it tell us about the content?"

I used to look to Alice with camaraderie when I read her stories. Like me, she grew up in rural Huron County and faced hurdles trying to make it as a writer, as a woman in a conservative small town. She had walked the same landscape, drove down the same roads, faced misogynistic tendencies in our community and broader world.

What's crushing about Andrea's revelations – besides the obvious monstrosity and horror – is that Alice neglected to do what I used to hold her in high regard for as an author: put into words difficult, honest, necessary stories of rural women. It's why she was criticized earlier in her career, why she deserved the Nobel prize, why she was a trailblazer. It's why her actions towards her daughter are so incredibly hypocritical.

She chose to not speak out in support of Andrea when she came to her, or when her husband was convicted of indecent assault in 2005, or when he died in 2013, or when, or when, or when. She left her daughter to survive on her own; she did this while simultaneously writing stories which

*Continued on page 5*



## 'God willin' and the creek don't rise'

A lot of our communities have stormwater and sewer systems that would qualify as antiques, were they cars.

An automobile heading toward three-quarters of a century old was designed for different roads, slower speeds and a lot less traffic.

So were sanitary and storm sewers, many of which were installed when flooding happened in the spring and rainfall tended to soak into the ground, except for freak storms that happened once in a century and will be talked about even longer – think Hurricane Hazel.

Recent storms dumped a month's worth of rain on Toronto, Hamilton, London and other communities in a matter of hours. Video footage reminiscent of what was seen during Hazel shows cars submerged up to the windows. People had to be rescued from swamped vehicles and, in at least one case, from a car roof.

The term to describe this was new to many of us, but is now being used with an ominous familiarity – urban flooding.

It happens when a sudden, heavy rainfall – the kind of rainfall that is becoming more frequent with global climate change - overwhelms stormwater infrastructure. Pipes and channels are unable to carry away water fast enough, and roads turn into rivers. Water gushes into basements and fills underpasses.

To understand how urban flooding works, pour a glass of water onto a towel, then do the same onto a bare countertop. Fields and forests, and especially wetlands, function as natural sponges or towels, absorbing water. The countertop? Think concrete and asphalt. And get out the mop.

**Pauline Kerr**  
Off The Record



Parkland and greenspace can no longer be regarded as nothing more than a potential location for the town's next condo complex. That greenspace is what will make the town sustainable for future generations.

A common catch phrase we have been hearing a lot in recent years is increasing housing density. This is a laudable goal, from the point of view of getting more housing in our communities.

It cannot be at the expense of community sustainability, though. If the roads wash out and basements flood every time it rains hard, the community's days are numbered. Greenspace is important, be it dedicated parkland, or a butterfly garden on a postage-stamp-sized yard.

More communities are planning islands of greenery where asphalt once reigned supreme – a good start. Pavement may be easier to maintain than lawns and gardens, but it traps heat. It cannot produce oxygen and clean contaminants from the air. And it certainly cannot soak up excess water. As a bonus, greenery is much nicer to look at than asphalt. And it keeps soil from washing away.

However, there is more to dealing with urban flooding than what we see above the ground.

The problem is, a lot of what is currently under the ground needs re-

placing. Old pipes corrode and leak. In some places, the drain pipes from eave troughs are still hooked into the sanitary sewer system, meaning a heavy rainfall can result in untreated sewage flushed into waterways.

Replacing stormwater infrastructure and sewer systems with today's weather patterns in mind is expensive enough, but what is needed is gazing three-quarters of a century into the future and building accordingly to those requirements.

It would be so much easier, and cheaper, to think in terms of towels – less asphalt and more greenery.

And if it is impossible to stop building roads next to rivers that flood, the least

we could do is advise Torontonians not to drive through water deep enough that they are unable to see the road. Water moves and takes chunks of pavement with it.

Getting stuck on an overpass in a rainstorm is unpleasant, but it certainly beats getting stuck in washed-out roadway-turned-river.

Maybe the recent storm that had volumes of rainfall in the realms of Hurricane Hazel will not repeat itself for another three-quarters of a century – God willin' and the creek don't rise, as the saying goes.

However, the creek probably will rise, sooner rather than later, and we had better make sure we and our infrastructure are prepared.

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# The Advance Times welcomes your submissions and letters

As The *Wingham Advance Times* works to provide an interesting and accurate reflection of Wingham and the surrounding area through our news pages, we urge local citizens to ensure that their community organization is represented through submissions of news tips, articles and photographs.

The contributions are appreciated

and, although we can't promise publication of all submissions, every effort is made to ensure those that arrive make our print and online editions.

Our reporters provide coverage of local councils, schools, service clubs, hospitals, community events, sports and more.

However, we can't be everywhere, so it's important to see that numer-

ous stories and photos in each edition have been supplied by dedicated correspondents or interested community members. We truly appreciate and support your efforts to make the *Wingham Advance Times* your own.

Submissions and news tips are welcome at editor@midwesternnewspapers.com or you can reach us at 519-291-1660.

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## 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!

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*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.*

### 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.

#### NINETY 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.

A few weeks ago, I started to urinate blood – not steady, just intermittently.

We called my doctor and got an appointment with an assistant to our doctor. The assistant wanted me to give an urine sample, which I did. I asked for an appointment to see my urologist but he needed to see a CT scan before he can see me. It took a few weeks until the CT scan was done in Stratford and then I got the appointment with the urologist. I was very impatient.

In the meantime, I was imagining a cancer in the prostate or the bladder.

When I lived in Alliston my urologist was in Newmarket. Every six months he checked my prostate and, other than it being enlarged, there was no cancer or other apparent problems.

I have had a few cancers and melanomas in my many years. Luckily, they have all been removed surgically or through medications. Our specialists are good but are under time pressure – not enough doctors and too many patients.

Finally, a week ago I had an appointment for a scope of my prostate and bladder. The doctor puts a camera up my penis to find out what is causing the blood in the urine while I watch the picture on a large television.

It showed a large stone. The picture was very clear as was the image of the stone. Thank goodness it wasn't cancer.

To my great relief, the result was one or more stones. I was surprised that the operation to remove them will have to wait for two to three months. This operation requires me to be put completely out

### 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 Neyaashiinigiimig (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

*Continued from page 4*

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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*Rachel Hammermueller is a reporter with Midwestern Newspapers. Comments or feedback can be sent to [rhammer@midwesternnewspapers.com](mailto:rhammer@midwesternnewspapers.com)*