

Kelly Lush

From: Lake Huron Coastal Centre <coastalcentre@lakehuron.ca>
Sent: August 1, 2023 5:30 PM
To: Kelly Lush
Subject: Wondering where to get native plants? Also learn how CCYC is making a difference and join our beach clean-ups!

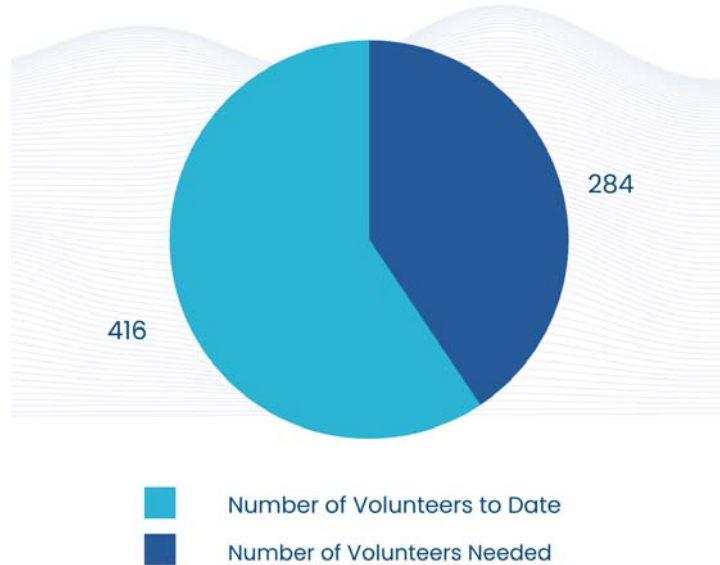


Clean up the Coast Series

UPCOMING CLEAN-UP DATES

Meaford - Sunday, August 13th (10am - 12pm)
Owen Sound - Sunday, August 13th (2pm - 4pm)
Port Elgin - Saturday, August 19th (10am - 12pm)
Point Clark - Sunday, August 20th (10am - 12pm)
Sarnia - Saturday, September 23rd (10am-12pm)
Sauble Beach - **POSTPONED UNTIL THE FALL. Date to come.**

Help Us Meet Our 700 Person Volunteer Target!



[Details and RSVP](#)

Thank you to the sponsors and partners who make Clean-up the Coast possible!



A Successful Summer of CCYC
633 volunteer hours later...

CCYC participants enjoyed 2 weeks of coastal education, collaboration and fun in the sun this July. They used Lake Huron as their classroom as they learned about coastal ecosystems, native and invasive species, low impact development, plastic pollution, beach restoration and more. Students not only learned about these important topics, but they also made a difference in their communities.



Saugeen Shores Session

In Saugeen Shores, participants took action restoring (and beautifying) Gobles Grove by planting native species as well as adding that 'beachy feel' by including rocks and driftwood in their design. From the planning to the execution, the ambitious 12 volunteers made a tremendous difference helping form a dune which will assist in keeping sand on the beach and off Saugeen Beach Road.



Goderich Session

Participants had an immersive week of learning in the Maitland Woods and travelled to the Old Ausable River in Grand Bend. Southcott Pines hosted the group for an afternoon of removing the invasive Eurasian Milfoil that was disrupting the river's ecosystem. After their hard work, CCYC participants were awarded a swim on the sandy shores of Grand Bend! Some of the many highlights included finding a family of geese nested in the Goderich dune grass, removing Buckthorn with the Maitland Trail Association and meeting some new friends!



THANK YOU to all of the incredible participants who donated their time to learn about Lake Huron and help their communities achieve a healthier coastal environment. Also, a huge thank you to the generous sponsors who made this program possible.

Goderich Port Management Corporation
Howick Mutual Insurance
John Hindmarsh Environmental Trust Fund
Goderich Loin's Club
Enbridge



Swap Your Invasive Garden for Life Giving Native Plants!

This article addresses common questions Lake Huron Coastal Centre is asked about native and invasive plants including: “Why are native plants good and invasive plants bad?”, “What are the best native plants to put in my garden?” and “Where can I source native plants or seeds locally?”.

Many areas of the Lake Huron shoreline have become overrun with invasive plants. If they are not identified and controlled early, invasive species have the ability to adapt and reproduce quickly in their new environments, outcompeting native plant species. Invasive species can be spread unintentionally through vehicles, wind, rivers, and hiking shoes. Yet, many invasives are planted by well-intentioned gardeners who may not understand the environmental repercussions of their favourite colourful flower.

Below are some photos of great native plant options that are both beautiful flowers and environmentally beneficial.



Common Milkweed

Milkweed is essential to the survival of the Monarch Butterfly.



Beebalm

Beebalm provides a great food source for pollinators and has a vibrant pink flower in bloom.



Little Bluestem

Little Bluestem has a long and complex root system which helps to anchor soil and slow erosion.



Swamp Milkweed

Swamp Milkweeds are perennial plants meaning they will come back again next year!



Coneflower

Coneflowers are drought resistant and thrive in various types of soil.



Black-eyed Susan

Black-eyed Susans add a beautiful pop of color that both you and the bees will love.

Native plants have adapted to the Lake Huron shoreline over millions of years. They are designed by nature to stabilize soil with their long root systems, and they provide life giving habitat to local wildlife that call Lake Huron home. By choosing to plant native species in your garden, you are providing wildlife with what they need to thrive in nature.

To make it easy to find a native nursery near you, we have created an interactive map below!



[View Map](#)

DUNE CLOCK

Have questions about Lake Huron, water levels, sand dunes, plants, or coastal wildlife? Let us know and we'll answer them here every month.

This month's question is from Liz!

Q: What is the khaki-coloured, green slimy material along the shoreline, sometimes featuring partially floating green mats – sometimes the mats are on the bottom of the lake? What can make it go away? How long do we have to wait for it to dissipate?

A: During the month of July, we experienced record-breaking temperatures and a drastic decrease in air quality throughout the region. Algae thrive in warm, carbon dioxide-rich environments. It is possible Liz observed a harmless (nuisance) or harmful (toxic) algae along the shoreline. As conditions in and around Lake Huron change (temperatures decrease, winds increase, etc.), it can take up to several weeks for freshwater algae to die and decompose, and a bloom to dissipate.

If you think you see algae along the shoreline, assume toxins are present and avoid interacting with the water (drinking, swimming, etc.). Report blooms to the Ontario Spills Action Centre (SAC) at 1-800-268-6060.

The Lake Huron Coastal Centre is a registered charity founded in 1998 with the goals of protecting and restoring Lake Huron's coastal environment. We are the voice for Lake Huron.

Donate



www.lakehuron.ca

Lake Huron Coastal Centre | PO Box 477, Goderich, N7A 4C7 Canada www.lakehuron.ca

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Kelly Lush

From: Community Living Kincardine & District <aswan@clkd.ca>
Sent: August 3, 2023 10:00 AM
To: Kelly Lush
Subject: CLKD's August 2023 newsletter is here!



August 2023 Newsletter

[View this email in your browser](#)



An inclusive caring community.

**CLKD Charity Golf Classic
Exceeds Fundraising Goal!**



On July 21st we welcomed golfers 103 golfers at our 15th Annual Charity Golf Classic presented by 2mPower.

Our golf day boasted beautiful weather, amazing support from sponsors, golfers, volunteers and staff at Ainsdale Golf Course resulting in a very successful day.

The Annual Charity Golf Classic is our largest fundraising event each year. This year, our goal was to raise \$15,000 to help enhance our supports and offer inclusive community programming. **We are ecstatic to announce that we surpassed our goal, raising approximately \$21,400.**

Thank you to our golfers, sponsors, volunteers and MCs for another great event!



Thanks to our **volunteer photographers Tara and Ryan McGinn**, photos from the 15th Annual Charity Golf Classic can be viewed on our [website](#) or on [Facebook](#).

Super Fan Jess at the Screaming Orphans Performance



The Kincardine Scottish Festival holds a prominent place on Jessica Belyea's calendar as she eagerly anticipates this annual event. She is keen to experience the various activities and events that showcase traditional Scottish music, Highland dancing and bagpipe performances, to enjoy Scottish food, and browse through craft stalls. However, the highlight of the festival for Jess is to see her favourite band **The Screaming Orphans**.

The Irish pop and folk band from Bundoran, County Donegal perform every year at the festival and Jess is a devoted fan. Her love for the band began at the Scottish festival, where super fan Jess, had the opportunity to witness the magic of Screaming Orphans for the very first time. Little did she know that this encounter would spark a lasting passion.

"First time I went to the Scottish festival was in 2014...that's when I first saw Screaming Orphans and I just loved their music. I look forward to seeing them every year."

Anticipation builds with each year, as Jess eagerly awaits the next opportunity to watch the Screaming Orphans at the Scottish festival. The annual reunion with the band has become a treasured tradition for Jess.

"They are the only band I love to dance to. I will dance their whole set. I love their music. I feel so excited when I am dancing, they call out my name and dedicate songs to me. They always sing my favorite song, 'Lonely Boy,' say my name, and dedicate it to me. They know it's my favorite."

The bond between Screaming Orphans and Jess runs deep. The band's recognition and acknowledgment during performances, especially when their favorite song, 'Lonely Boy,' is played, with a personal dedication that makes her feel truly special. Jess's dedication knows no bounds, attending back-to-back performances, and firmly proclaiming them as the best band she has ever encountered.

"I watched them on the Saturday night and the Sunday. They are the best band I have ever heard of."

Dreams came knocking when Jess received an invitation from the girls, Joan, Angela, Gràinne and Marie Thérèse, to join them on a tour of Ireland. The opportunity to experience their music in the band's homeland would be a dream come true.

"They invited me to go on a tour of Ireland with them. I would love to do that, but it's too much money for me to save!"

Though financial constraints are likely to prevent Jess from embarking on this adventure, the invitation holds a special place in her heart.

The bond between Jess and Screaming Orphans extends beyond the stage. Collecting band merchandise and engaging with the band members personally at the souvenir tent has become a cherished ritual for Jess. The recent surprise signing of her shirt left her overjoyed, reaffirming the mutual affection and connection they share.

"I have a lot of their merchandise. After they have finished singing, I always go

and meet them at the souvenir tent. This year, I went to buy a bag and wanted to get the band to sign it... next minute, I turn around as they were already signing my shirt...I got everything signed! And of course, they give me big hugs... if you know me, you know I like to hug!"

Super fan Jess is already looking forward to seeing the Screaming Orphans at the Scottish Festival 2024! Jess's love for the band shows us music's ability to touch hearts, make friendships, and create lifelong memories.

Volunteering at Tim Hortons Camp Day



Wednesday July 19th was Tim Horton's camp day. This annual event takes place at Tim Horton's restaurants across Canada. Funds raised on camp day go toward youth development programs for young people from lower income households.

Marianne, Cassandra, David and Samm jumped at the chance to volunteer their time to this great cause. Marianne and Cassandra volunteered in the morning, David S. and Samm volunteered in the afternoon. Together, both teams raised over \$200 by selling hats, t-shirts, hockey cards and candy in the drive thru line.

It was a really hot day but a kind community member, who also made a donation in the drive thru, treated the volunteers to a lemonade to keep them cool.

"It was awesome, I had fun." Marianne said of her time volunteering. *"I want to do it again next year to help people get to camp!"*

Myles at Joseph and the Amazing Technicolour Dream Coat Musical



Myles hit the road for St. Jacobs to watch the musical, Joseph and the Amazing Technicolor Dreamcoat at the Country Playhouse.

Myles absolutely loved the show, sitting on the edge of his seat for most of the performance.

The silly antics of Joseph and his 11 brothers had Myles in stitches. His favourite scene appeared to be when the brothers were dancing around the stage and doing acrobatics! It was so mesmerizing to watch, Myles could hardly contain his excitement.

Bethany Tours the Kincardine Airport



I used to go to Costa Rica with my family. I like airplanes but it scares me when it's bumpy (turbulence). I miss swimming in the pool, eating different foods and spending time with my family at our house there. My friend Jen's dad, Chris, used to own a small airplane so my staff asked him if we could go for a tour of the Kincardine airport.

Most of the planes Chris showed me had two or four seats. Chris told me that the small planes are different than the ones I would go on for family trips. Small planes don't fly as high but they go fast. Chris talked to me about turbulence and why we feel it when we fly.

I hope I can try to travel with my family again one day but, until then, I'm glad they FaceTime me and send me pictures of all the things they do.

- Bethany

Day Tripping with Youth Connections!



One of the goals of Youth Connections is to provide youth with opportunities to build skills based on their personal goals through exploration within their community and alongside their peers.

Those who participate in our program have identified goals such as: building community awareness, developing social skills, learning how to make small financial transactions, building independent living skills, and just generally participating in activities that are typical for youth their age to be doing during the summer months. For many of the youth, the most fun adventures are had during our day trips.

On our first day trip out of town this summer, we visited Camp Kintail. Although our day started out with lots of rain, we spent our morning indoors making a fire, cooking and eating bannock, and making some beaded salamanders. We were hopeful that the rain would clear up so that we could get outside, but, as Callum said: *"It's not that bad if we get to eat Bannock and chocolate chips all morning."*

We were lucky that the rain cleared up for the afternoon, and we got to go down a giant slide, try archery, and tackle the high ropes. David was glad he got to go down the *"coolest slide ever!"*

When we tried archery, there were many shouts of *"I was SO close to hitting the target!"* and after a few practice rounds, we heard lots of *"I did it!"* All of the youth were so proud of themselves for hitting the targets. We also saw so many brave youth make it to the top of the high ropes, and despite some concerns from the top, everyone made it back down safely! While waiting for their rides at the end of the day, there were lots of positive comments from the youth (*"this trip was awesome,"* and *"I can't wait to try more activities the next time I come!"*). Many thanks to Camp Kintail for hosting our group and showing everyone such a

great time!



On our second day trip, we travelled to Goderich to visit the Huron Historic Gaol and Museum. Here, the youth were able to learn all about how the jail functioned, and got to see all of the different rooms and equipment that were in a jail. There were lots of comments from the group as we explored such as *"this is so cool!"* - Teegan and *"come look at these!"* - Ryan. At the museum, we got to see and learn about lots of older farm machinery, trains, army machinery and equipment, and took a trip back in time to see what stores and different community buildings looked like.

Caty told us it was *"so cool to be able to sit in a real train!"* After all of our learning, we took a trip over to Little Bowl and tried bowling. Ryan was so proud of himself for getting multiple strikes, especially when Caty and Teegan cheered him on! When the youth were asked what their favourite part about the day was, they unanimously replied: *"All of it!"*

We are looking forward to many more day trips and adventures to come this summer!

Upcoming Events & Activities



Baby & Me Groups

Every Thursday of Summer!

Join us at the Knox Presbyterian Church in Kincardine for Baby & Me Groups 10:00 am - 11:00 am.

Groups will be held outdoors as much as possible so please dress for the weather and bring something to sit on. Groups will rotate between Messy Art, Music and Gross Motor skills.

No registration required, no cost - just drop in!

For summer schedule, please visit the home page of our website: www.clkd.ca.

Follow us on [facebook](#) or [Instagram](#) for weekly posts and reminders!



Inspiration Expo

September 23, 2023

In celebration of our 60th year *Inspiring Possibilities*, CLKD is hosting an expo showcasing the many amazing local talents in our community. For more details, visit our website: www.clkd.ca and/or follow us on [facebook](#) or [Instagram](#).



National Disability Employment Awareness Month

October

The purpose of Disability Employment Awareness Month is to promote employment inclusion for people who experience disability and to celebrate the many and varied contributions of workers with disabilities.

Follow us on [facebook](#) or [Instagram](#) as we share

employment stories and information for employers and employees.

To learn more about CLKD's services and events, visit our website!



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Aug. 2, 2023

Crow found in area tests positive for West Nile Virus

Grey Bruce Public Health has received confirmation that a crow, found deceased in Grey-Bruce, has tested positive for West Nile Virus (WNV).

This is the first bird to test positive for WNV in Grey-Bruce this year. As of Aug. 2, no human cases of the mosquito-borne viral disease have been reported in [Ontario](#) or [Canada](#) in 2023.

WNV circulates between birds and some species of mosquitoes. The virus can be transmitted to humans by a mosquito bite if the mosquito has first bitten an infected bird.

GBPH sets mosquito traps monthly, from May to September, in each Grey-Bruce municipality. The traps are sent to a laboratory for species identification and viral testing. So far this year, no positive mosquito pools have been identified in Grey-Bruce.

The risk of contracting WNV from an infected mosquito is very low, but is usually highest in late summer; towards the end of the mosquito season. In 2021, only 25 human cases of WNV were reported in Ontario and 45 in Canada. Link: [Surveillance of West Nile virus](#).

The best way to prevent WNV is to protect yourself from mosquito bites by:

- Using insect repellent containing DEET or Icaridin;
- Wearing light-coloured long pants and long sleeves, socks and a hat when outdoors;
- Reducing mosquito habitats near the home by eliminating standing water in flowerpots, eavestroughs, etc.; and
- Ensuring door and window screens fit securely and are free of holes.

Most people infected with WNV [do not experience any symptoms](#). Others see symptoms two to 15 days after being bitten by an infected mosquito. Symptoms are usually mild and can include a fever and headache; however, serious symptoms can occur.

A healthier future for all.

101 17th Street East, Owen Sound, Ontario N4K 0A5 www.publichealthgreybruce.on.ca

Anyone with concerns about a dead bird can contact the [Canadian Wildlife Health Co-operative](#) at 1-866-673-4781.

For More Information:

To connect with the Medical Officer of Health or the program manager, please contact:
Denis Langlois, Communications Co-ordinator,
Grey Bruce Public Health,
519-376-9420 or 1-800-263-3456 ext. 1315,
Communications@publichealthgreybruce.on.ca



Media Release

Aug. 3, 2023

GBPH continuing to offer clinics to support students in getting up to date on routine vaccines

Grey Bruce Public Health is continuing its dedicated efforts to ensure all students are up to date on routine, publicly funded vaccines.

GBPH is holding weekly community vaccination clinics this summer – until school resumes in the fall – as well as in-school vaccine clinics after classes begin.

These planned initiatives are intended to make it convenient for families and students to receive the necessary vaccines.

“We know that summer can be a busy time for families and that some students may not have a primary care provider or are unable to get an appointment before the start of school in September. The goal of GBPH’s vaccination clinics is to assist and reduce the stress on families, parents, and students by providing additional opportunities for school-aged children to catch up on vaccines required by the Immunization of School Pupils Act,” says Physician Consultant Dr. Rim Zayed.

GBPH will be holding weekly community vaccine clinics in several Grey-Bruce communities throughout August and at the beginning of September.

GBPH’s Vaccine Preventable Disease (VPD) program will be offering in-school vaccine clinics in the fall for Grade 7 and 8 students and the winter for secondary school students.

Students requiring routine vaccines will receive take-home vaccination information packages during the school year. The packages will include information on the Immunization of School Pupils Act (ISPA), vaccines the student may require, consent forms, and the dates of in-school clinics.

A healthier future for all.

101 17th Street East, Owen Sound, Ontario N4K 0A5 www.publichealthgreybruce.on.ca

519-376-9420

1-800-263-3456

Fax 519-376-0605

GBPH's community and in-school vaccine clinics are part of Public Health's focused efforts to support students in getting up to date on routine vaccines, prevent school suspensions, and increase the percentage of students meeting the requirements of Ontario's ISPA.

[Ontario's Publicly Funded Immunization Schedule](#) outlines the routine vaccines that all children and adolescents without a valid exemption must receive to attend primary or secondary school. The ISPA mandates Public Health Units to maintain and review immunization records for every student attending school within their jurisdiction and enforce a suspension for students with incomplete vaccine information or overdue immunizations unless a medical or non-medical exemption is in place.

"GBPH's strategy is to support families – in every way we can – to meet the requirements of the ISPA," Dr. Zayed says.

Parents/guardians whose children are up to date on all required vaccines are asked to ensure their immunization records with Public Health are also updated. Immunization information can be accessed and updated using the online ICON tool: [ICON Link](#).

A calendar of community clinics is available on GBPH's website, at the following link: [GBPH Calendar](#).

Appointments, which are required for GBPH vaccine clinics, can be made by emailing immunization@publichealthgreybruce.on.ca or calling 519-376-9420 or 1-800-263-3456 (Press 2).

For More Information:

To connect with the Medical Officer of Health or the program manager, please contact: Denis Langlois, Communications Co-ordinator, Grey Bruce Health Unit, 519-376-9420 or 1-800-263-3456 ext. 1315, Communications@publichealthgreybruce.on.ca

August 3rd

For Immediate Release

Wingham and District Hospital Emergency Department Closure Notice

As a result of a sick call, the Wingham and District Hospital Emergency Department will be temporarily closed from:

- 630 am on August 3rd, 2023 to 7pm on August 3rd, 2023

This is in addition to the previously announced closure:

- 7 pm August 3rd to 7 pm August 6th, 2023

Patients are asked to call 911 if they have a medical emergency. Emergency Medical Services (EMS – Ambulances) will remain available to the community and will be re-routed to surrounding hospitals to ensure local residents continue to have access to the emergency services they need.

For non-urgent health care call Health Connect Ontario at 811, which is available 24/7 for non-emergency health-related questions.

The following is a list of closest hospitals (they may also be experiencing temporary closures due to staffing shortages so it is advised that you confirm that they are open before heading there):

- Listowel
- Clinton (Reduced Hours – Open 8am to 6 pm)
- Goderich
- Palmerston
- Seaforth
- Kincardine
- Walkerton

Media Contact:

Justine Leslie, Acting President and CEO
Listowel Wingham Hospitals Alliance
Justine.leslie@lwaha.ca
519-291-3120 Ext 5213