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March 5, 2014 Vol. 5 Week 10 Issue 244

REGULAR HEARING TESTING IS SOUND ADVICE

STORY AND PHOTOS BY MELODY FALCONER-POUNDER

Hearing Instrument Specialist, Shannon

Most people have regular dental check-ups; eye appointments and physicals but when was the last time a person scheduled a hearing test for themselves?

Hearing Instrument Specialist, Shannon Gould, a resident of Bayfield and the owner of Kincardine Hearing Clinic, is of the belief that testing a person's hearing should fall into the same categories of import as eyes, teeth and overall physical well-being. She suggests people 18 years and over should have a test done every five years. This creates a baseline to follow in detecting hearing loss as a person ages.

For this reporter curiosity about my own hearing status prompted me to take advantage of the free clinic that Gould offers on the third Tuesday of the month at Pharmasave Michael's Pharmacy in Bayfield. And so I booked an appointment by calling the Kincardine clinic's toll free line at 1-855-396-6026.

BLUEWATER NEWS

Last year Bluewater Council made a motion to discontinue having ice in the Bayfield Arena past the 2013-14 season. Concerned citizens in favor of continuing to have ice in the arena in subsequent years were present at the March 3 meeting of council hoping to see this motion rescinded.

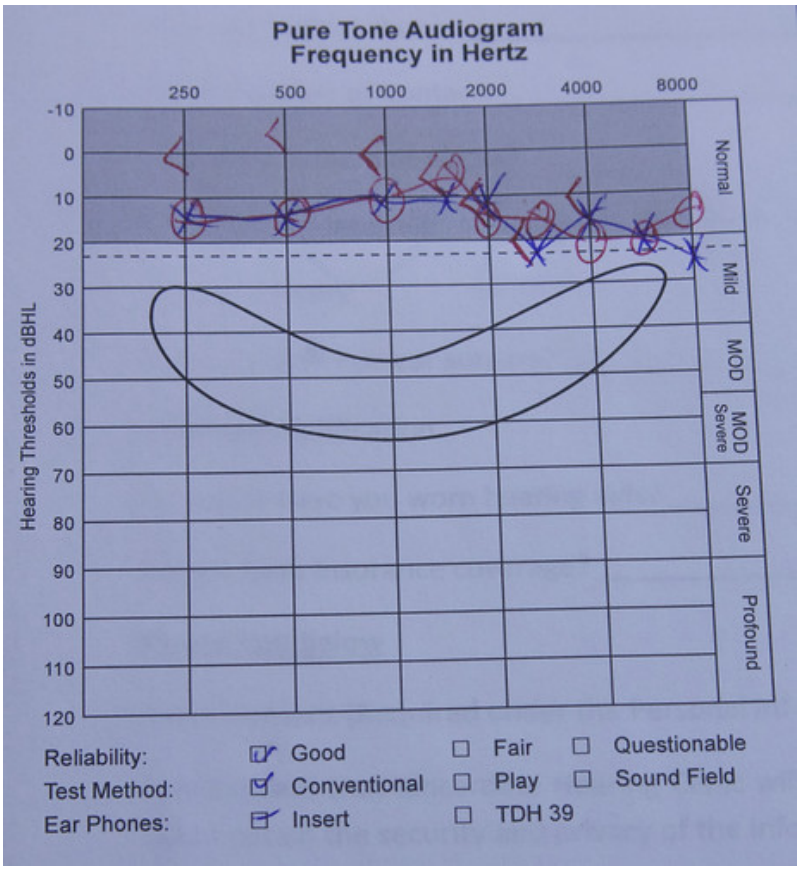
However, in a vote of 5-4 the council moved not to rescind their motion. Mayor Bill Dowson, Deputy Mayor Paul Klopp, Bayfield Ward Councilor Geordie Palmer and Hay East Ward Councilor John Becker voted in favor of keeping the ice while Councilor-at-Large Tyler Hessel, Stanley East Ward Councilor Dave Roy, Hensall Ward Councilor Kay Wise, Stanley West Ward Councilor George Irvin and Zurich Ward Councilor Janisse Zimmerman voted against. Hay West Ward Councilor John Gillespie was absent.

BAYFIELD SOCCER

Gould, a resident of Bayfield and the owner of Kincardine Hearing Clinic, offers free hearing clinics at Pharmasave Michael's Pharmacy on the third Tuesday of the month.

Gould works out of a small office at the front of the pharmacy. The appointment began with the filling out of an intake form asking for my client information and some medical history.

Then the two of us had a look inside my ears with a lighted device called an otoscope. The interior of my ear canal and eardrum appeared on the screen of a laptop that we could both view. Gould was searching for any wax blockages, eardrum perforations or signs of infection in the ear canal or middle ear, any of these issues could impede the upcoming hearing tests and would need to be corrected.



The results of Air Conduction and Bone Conduction tests are plotted together on the audiogram providing a picture of hearing health – whether it is in the normal range or if there has been some hearing loss.

“Most people have never seen inside their own ears before,” said Gould. “This technology is effective as it allows people to see for themselves and not just take my word for how things look.”

Gould went on to say that some people are prone to wax build up and they need to have it removed regularly but for most people it expels on its own. Q-Tips are not the ears’ best friends as they actually pack the wax in rather than clear it out.

As no problems were detected in my case we were able to move on to the first test: Air Conduction. This test determines the faintest tones a person can hear at selected pitches from low to high. During this test, earphones are worn so that information can be obtained for each ear and I was asked to press a button each time I heard a tone – the results of which were charted on an audiogram. The test was done twice, once for each ear.

The Bone Conduction test was completed next. This test follows the same process as air conduction testing, but tones are sent to a device placed behind the ear instead of into earphones. This allows sounds to bypass the outer and middle ear and pass through the skull to the inner ear.

The results of both tests are plotted together on the audiogram providing a picture of hearing health – whether it is in the normal range or if there has been some hearing loss. The chart can also determine the degree of loss as well as the type.

The snow is deep in the soccer fields but Bayfield Soccer is optimistically forging ahead with their 2014 Soccer Registration.

Two dates have been scheduled both at the Stanley Complex in Varna: March 6, 5-7 p.m. and March 8 from 9-11 a.m.

Registrations fees are: U8 and under, $40; Travel Teams, U15 and under, $65; Travel Teams, U18 and U16, $75. Information on Adult Soccer is available on request.

Anyone who can't make registrations, can still sign-up via the website, www.bayfieldsoccer.webs.com and mail in a cheque. Please note children will not be added to a team list until payment has been received, special payment arrangements may also be made.

WORLD DAY OF PRAYER

Knox Presbyterian Church in Bayfield will host the World Day of Prayer service on the afternoon of March 7.

The women of Egypt are the creators of this year’s program. The theme of the afternoon is “Streams in the Desert.” Dr. Emad Henein, of London, ON, will be the guest speaker.

This interdenominational service open to both men and women will begin at 2 p.m.

The Women's Inter-Church Council of Canada coordinates the World Day of Prayer in Canada and to speak to issues that concern women of faith across the country.

ANGLICAN CHURCH

It is a Lenten tradition at Trinity Anglican Church to join in fellowship over a hearty bowl of soup while delighting in a great cinematic work.

“Soup and a Movie at Trinity” will be held starting on March 10 and progress over five Mondays until Apr. 7. The evenings begin at 6 p.m.

A free will offering is asked to go to outreach programs. All in the community are welcome. Those who wish to attend are asked to RSVP by calling 519 565-2790 so that organizers can ensure enough food for all.

The schedule of movies is as follows: March 10, Barrymore; March 17, Life of Pi; March 24, Captain Philips; March 31, The Butler; and Apr. 7, 42 - The Jackie Robinson Story.

FILM SOCIETY

My tests showed that my hearing remains in the normal range but I have experienced some loss in the higher frequencies but this is considered a natural part of the aging process.

Gould noted that higher frequency sounds include some important consonant sounds as well as the voices of women and children. Low frequency sounds include some vowel sounds and men's voices.

She also explained that if there were signs of significant hearing loss than testing would be recommended yearly.

"Hearing loss is generally a very gradual process, with eyesight you notice the problem but with hearing the people around you will notice it first," she said.

Gould noted that in the past there has been a stigma attached to having a hearing test and hearing loss but with the advent of infant screening it is becoming more common.

"People have experiences with grandpa's hearing aid and all the squealing but the technology behind these devices has come leaps and bounds from what it used to be."

Aging is a factor in hearing loss but a growing concern is age related noise exposure and the effects of the latter are not something that will be detected right away.

People in their teens and twenties that listen to extremely loud and constant ongoing music via MP3 players with earplugs will find themselves with problems in years to come. Gould suggests limiting use of devices like, I-pods, to about 30 minutes at a time.

Shannon Gould offers the free clinics from the front office at the pharmacy located at 2 Main Street South in Bayfield.

For Gould the Kincardine office is home base but in addition to the monthly clinic in Bayfield she also offers regular clinics in Ripley, ON at "R Villa" and the Tiverton Park Manor.

In addition to the hearing testing the clinics offer: hearing aid adjustments and repairs to all makes and models, new prescription of hearing aids, wax removal, hearing aid battery sales as well as hard of hearing assistive devices.

Gould is a graduate of the McEwan University in Edmonton as part of their two-year distance education program.

"My mom is a nurse and I was going to follow her career choice having been accepted into the nursing program at George Brown," said Gould. "But then a friend who worked in a hearing clinic encouraged me to take her position when she was leaving it and I did so. She said something that prompted me to change paths. She said that she wanted a day job that would allow her to go to her kids' soccer games. I didn't have children at the time but I knew that nurses have to make a lot of sacrifices. So I decided to pursue a career that still allowed me to work in health care but gave me more flexibility."

The Bayfield Film Society is excited to be starting a new season. Spring will bring four interesting new presentations starting with Twenty Feet from Stardom on March 13.

The spring schedule also includes the films: The Hunt, The Attack and Our Man In Tehran.

The films will be viewed at the Bayfield Town Hall starting at 7:30 p.m.

Tickets are available now; see all four movies for just $35, single films are $10 at the door. Season's tickets can be obtained by calling Lynne Gillians at 519 565-5884 or by email lynnegillians@hotmail.com.

BAYFIELD CONCERT SERIES

The Bayfield Concert Series is bringing to Bayfield two rather well-known entertainers as part of their spring concert series.

Two Meades Bros. Productions announced recently that Jay Malinowski, of Bedoin Sound Clash, and Ashley MacIsaac will be taking the stage at the Bayfield Town Hall in the coming months.

Malinowski will perform at the hall on Apr. 2 followed a month later by MacIsaac on May 2. Tickets for Malinowski are $35 while MacIsaac's show will cost $50.

Both shows are sponsored by briandupuis.com. The town hall doors will open at 8 p.m. with a showtime of 8:30 p.m.

Tickets are available now at tunestub.com or The Black Dog Village Pub and Bistro in Bayfield.

Her three soccer-loving, hockey-playing sons no doubt appreciate that decision and Bayfield residents who have taken advantage of her free hearing testing clinic do too.

The clinic is offered on the third Tuesday of the month from 9 a.m. to 4:30 p.m.

REMEMBER ME?

There are countless photographs of people in the Bayfield Historical Society's Archives collection, but sadly their names were never recorded. In this section we will showcase an image with the hopes that one of our subscribers might be able to identify the individual(s) in the photo. Please email your information to the Editor's attention at the address listed near the bottom of the page in "Submissions" or you can email the archivist directly at bayarchives@tcc.on.ca or click on the image and make a comment on Flickr. You can view the entire Collection of Remember Me Photos: Volume 2 on Flickr as well.

Editor's Note: We are now adding the archive's code to the information supplied with the photographs so that if anyone would like to learn more from the Bayfield Archives about certain pictures they can use the code to make the process easier.

This week, we share two images from the Lucy Woods Diehl collection. She is seated in the wheelchair at front. Does anyone recognize the people gathered with her? Note that a couple of people switched out to take the picture, no doubt. Ah, the days before camera timers! (PB13 08a)

ISSUE 242

In Issue 242, in honor of Thinking Day on Feb. 22, a date that celebrates the founding of the worldwide Scouting and Guiding movements, we are sharing a picture of the troops that once flourished in Bayfield. Records indicate Margaret Howard is the leader pictured at far left. Can we identify any others? (Archive's Code: PB13 04b)

ISSUE 243

In Issue 243, these people seem dressed for the winter weather but the snow seems rather sparse in the background. Anyone remember them? (Archives Code: PB13 12b)

SHARE PHOTO STORY

BAYFIELD GUIDING

CELEBRATING THINKING DAY IN THE SNOW

The older members of Bayfield Guiding celebrated Thinking Day on Feb. 22 by building a snow quinzee. The first part of the task was to make an existing snow pile larger. Emily Faber enthusiastically released a bowl full of snow on top of the future shelter.

STORY BY MELODY FALCONER-POUNDER PHOTOS BY MELODY FALCONER-POUNDER AND KATHY KELLY-INGRAM

Around the world on Feb. 22, members of Guiding and Scouting celebrated Thinking Day honoring the founders of the movement, Lord and Lady Baden-Powell, on their shared birthdays.

For members of Bayfield Guiding it was a day of celebrating in the snow!

The older members of the organization, Guides and Pathfinders, set to the task of building a snow quinzee first thing in the morning. This took teamwork, some elbow grease and patience but what began as a small pile of snow soon transformed into a snow shelter that would accommodate three small girls adequately.

Then in the afternoon the younger members of Guiding joined the fun and the group tried their feet at snowshoeing. This was a new activity for the majority of the girls and conditions proved perfect for a walk in the woods on the look out for animal tracks in the snow.

The outdoor portion of the day concluded with some snow sculpting and coloring. With the Olympics winding down there appeared lots of tributes to our Canadian athletes carved out of snow and ice as well as some fanciful teddy bears and unicorns. And in keeping with the day, one of the Pathfinders designed a trefoil in the snow – the unifying symbol of Guiding and Scouting around the world.

Emily Faber and Morgan Kennedy (right) use shovels and bowls to pile snow on top of an existing pile to make the future shelter a little bigger.

Ashley Whelan placed dowels in the snow to act as guides for digging out the snow shelter.

Spark leader, Helen Latimer, and Dylan Bishop worked together on a creation from Dylan's imagination - a unicorn made of snow and ice.

Snuggled in their snow shelter are Ashley Whelan, Melanie Wilson, Morgan Kennedy and Emily Faber.

Adding some color to the snow creations, like this unicorn, really brought them to life.

The older members of Bayfield Guiding invited the younger girls to help them decorate their quinzee. They all enjoyed spending some time inside the snow shelter which proved to be rather cozy.

A Spark aged girl makes her way along the path forged by her older sisters in Guiding.

Girls aged from five to 14 years and their leaders enjoyed an afternoon of snowshoeing in a woodlot near the village on the afternoon of Feb. 22.

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PIXILATED — IMAGE OF THE WEEK

Winter of the Fox (as seen from Harbour Court)...*By Carol Powadiuk*

Email your photo in Jpeg format to bayfield.breeze@villageofbayfield.com with the subject line Subscriber Photo of the Week. or...Upload your photo to Flickr.

I am looking for the Bayfield that is a delight to the eye – please share photos with a touch of whimsy, beauty, humor or a sense of fun. If you are to include people in your photos be sure to have their permission to publish their picture on-line and also send in their names and where they are from. And don't forget to tell me who took the photo for proper credit to be issued

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Melody Falconer-Pounder

SUBMISSIONS

Just breathe. I remind myself to do that a lot. I have often told young brides to do the same thing on their wedding days when I have been honored with the task of photographing one of the most significant days in their lives. They have often acknowledged that it was good advice. Breathing allows us time to reflect on what has been as well as to pause and absorb what is happening to us in the moment.

And so it is that on this day I sought to look up the definition of "inspire" and discovered that in Old French and Latin it's meaning is "to breathe in".

On March 3, I was recognized as one of 2014s "Inspiring Women In Huron" at an event presented by the YMCA in Goderich and the Huron Women's Shelter. Some very special people thought I was inspiring enough to be nominated. That alone is humbling award enough. It may sound cliché but it really was an honor to be included among the list of ten other women recognized for pursuing their passions and living their lives with conviction and dedication. These are attributes I admire and continue to strive for daily.

People don't become inspiring without the help of many others – it takes a village – and that was clear in the speeches given by Nadine VandenHeuvel and Teresa Donnelly the recipients of the day's awards.

Perhaps the most delightful moment of the day for me occurred when Donnelly's nine year-old daughter, and her friend, approached me for an autograph. They were collecting all the nominees' signatures in their little program book. Seeing the two of them breathless with excitement was definitely a defining moment.

I was given a token of appreciation wrapped up pretty and tied with purple ribbon. I haven't opened it yet. I'm waiting to share it with my girls in Bayfield Guiding – they are the reason that I was nominated and it is the time that I spend with them when remembering to breathe is so very important. - Melody

Ideas and contributions to the Bayfield Breeze are always welcome.
Deadlines for submissions are Sundays at 4 p.m.

Please email me at bayfield.breeze@villageofbayfield.com or call 519-565-2443.

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