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Race - A dragon boat, filled with 22 people, 20 paddlers plus a drummer and a steersperson, races down the course at Guelph Lake on Aug. 6. Many spectators came out to watch 36 teams compete in the second annual Guelph Dragon Boat Challenge hosted by Lively Dragon and Alkame. Teams consisted of amateurs, university students and competitive racers. The boats, while over 500 pounds, are narrow, long and relatively flat in order to skim the water with a large load. The event helped raise funds for the Guelph Lake Conservation Foundation's new nature centre. *photo by Olivia Rutt*

For better or worse: Program aimed at spouses of firefighters

by Mike Robinson

ABERFOYLE - Speaking on the dedication of local firefighters, Puslinch Fire Chief Steven Goode noted that many of the events attended by staff were on a voluntary basis.

"I'm extremely proud of my staff and it just amazes me - their dedication to public education," he stated at the July 20 council meeting.

Goode explained that in April, the Ontario government passed Bill 163 which supports Ontario firefighters and first responders regarding post traumatic stress disorder.

"The legislation does place some obligation on local municipalities to mitigate PTSD."

Goode said the legislation requires the township to provide training for supervisors so they can recognize the signs of that behaviour - and training to safely communicate with those af-

ected.

Also, Goode said there is a comprehensive back-to-work protocol which is customized to the staff.

The fire chief said there is more research needed as to what that means locally, "but I can tell you that we applaud this legislation."

Goode said Wellington County fire chiefs are working together to develop a training program for all firefighters and supervisors within the county.

"We're working with the Canadian Stress Foundation. They are extremely helpful and very knowledgeable and they haven't charged us a dime."

Goode added the fire chiefs in Wellington North and Minto are spearheading this initiative.

He added, "One thing we have done is partner with the Canadian Stress Foundation and piloted a

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Riverfest Elora to stream Tragically Hip concert

by Jaime Myslik

ELORA - Riverfest Elora organizers are bringing the Tragically Hip's last concert to the festival on Aug. 20.

"We figured it was an iconic kind of moment in music history for them to be doing this last show and we kind of wanted to provide the opportunity to not miss out on it," said Riverfest Elora president and artistic director Jon Ralston.

"If people are planning on staying and watching it at home on TV instead of coming to the concert because they want to get a view of it we're losing out but also there's the opportunity then for them to come and watch it in a concert setting.

"You've got a whole bunch of people in an area watching it all together like they're watching this concert so it's kind of mutually beneficial."

The Hip's last concert, which is taking place in Kingston Ont. will be aired at the Kitras Art Glass Pavilion located along the boardwalk path behind the main stage and close to the food vendors.

"In some ways it's sort of the next best thing," said site director Shawn

Watters. "If you can't be there live watching them in Kingston for their last show you can at least be in a concert setting watching them in Elora."

When the tent isn't being used for the CBC's airing of the Hip concert it will offer shade for concertgoers and between 3 and 5pm on Saturday and Sunday yoga will be offered.

Riverfest Elora opens on Aug. 19 at 3pm and runs until 10pm on Aug. 21.

On Friday night the headliner is Walk Off the Earth, Saturday is Chromo and Sunday are The Sheepdogs and Hey Rosetta!

"When we put together the lineup for this year we really tried to make it basically one big playlist so (if) you put all the music for all the bands onto a playlist on your computer you could play it and hit shuffle and never want to skip a song," said festival manager Spencer Shewen. "It all fits together even though it's all very different."

For a complete lineup visit <http://riverfestelora.com/2016-schedule> and to listen to tunes from this year's Riverfest artists visit <http://www.slacker.com/station/riverfest-elora>.

Riverfest Elora will also be launching a smart phone app in the days leading up to the festival so that information about artist signings, band schedules and any other relevant details can be at the fingertips of the crowd while keeping in line with Riverfest's environmentally-friendly policies like free water refilling stations for reusable water bottles.

On any given day a sold out crowd would mean there are 6,000 people at the event.

"We're under the premise of Riverfest more being the premier boutique festival in Canada," Ralston said. "We bring big acts into it but it still maintains its small boutique festival feel to it."

Set in Bissell Park beside the Grand River he said it offers a "world-class large-scale talent ... in an intimate natural landscape setting."

And though organizers have no intention of expanding Bissell Park's Riverfest Elora, they aren't opposed to expanding in a more general sense.

"We've talked about expanding as far as going to multiple events

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Former Highland Rugby player wins bronze at Rio

by Olivia Rutt

RIO DE JANEIRO - Former Fergus Highland Rugby player Britt Benn can now add Olympic medalist to her list of accomplishments. She and Team Canada won the bronze medal match at the 2016 Rio Olympics on Aug. 8.

The Canadian women's rugby team, which Benn calls her family, went wild when the final whistle blew, signaling their 33-10 win over Great Britain.

"You're overwhelmed with emotion and you just smile and you're hugging and holding (your teammates), sharing that moment that we won't forget for the rest of our lives," she said in an interview with the *Advertiser*.

Benn played for the Highland Rugby club during her university career before moving to the Guelph Red Coats when it split from the club. She also played with Guelph Gryphons for a number of years. She was at the Uni-

versity of Ottawa before deciding to transfer to the University of Guelph.

"It probably was one of the best choices I ever made," she said.

Adding to her medal count, Benn previously won a gold medal at the 2015 Pan American Games in Toronto.

But she said winning the bronze medal was a pivotal moment for women's rugby sevens, which made its debut in Rio.

"It's definitely a historical moment and I'm super proud to be a part of it," she said.

"It wasn't just this team that made it happen, it was the women before us, and it will be up to the women after



BRITT BENN

us to keep developing the sport and making our nation fall in love with the sport of rugby."

Team Canada suffered a big loss, 17-5, to Australia in the semi-finals of women's rugby sevens in the early afternoon on Aug. 8.

"That was a tough pill to swallow," said Benn of the game.

"It's a type of game where, if you make a mistake, any team with the skill of Australia will capitalize on those mistakes and they'll put some points up on you, that's exactly what happened to us."

The Canadian team had to come together only a few hours later to battle Great Britain, a team they lost 22-0 earlier in the games.

"One of the toughest challenges about rugby sevens is that turnaround, you can't feel sorry for yourself, you can't feel sorry for your team, you can't dwell on the mistakes you made, you just kind of learn from them," she

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Bronze - Former Fergus Highland Rugby player Britt Benn, in jersey 1, huddles with her teammates before their final Olympic game against Great Britain on Aug. 8. Team Canada grabbed bronze with a 33-10 win. *photos courtesy of Team Canada*