

GREY•BRUCE KIDS

A **FREE** MAGAZINE FOR
PARENTS AND CAREGIVERS

FALL 2012 • greybrucekids.com

School-year
success

THE FUTURE
OF CHILD CARE
BE HEARD

Overcoming
learning disabilities

FREE!

Interested in Operating a Home Child Care Business?

Home Child Care Providers become part of the Bruce County Home Child Care **team** and are **supported through training, seasonal newsletters & monthly visits.**



Individuals interested in establishing **their own Home-based Child Care business** should contact Bruce County Social Services!

Home Child Care Providers under contract with Bruce County Social Services **must be able to** provide nutritious meals and daily indoor & outdoor learning activities in a “child-friendly” home. Home Child Care Providers offer high-quality care for up to five children (from 0 to 12 years of age).

Please call or visit our website to find out more info about this exciting career opportunity!

1-800-265-3005 or 519-881-0431
www.brucecounty.on.ca/services-health/social-services



FROM THE PUBLISHER

Have your say on child care

Wow, I can't believe it's September – and our fourth issue – already!

We had a lot of wonderful feedback about our summer 'Play' issue, which I can only hope means you and your family took every opportunity to just play this summer, while checking out all the amazing events in Grey and Bruce. Don't forget play is a year-long pursuit, even though schedules tend to get more hectic once the kids get back to school and holidays are over. Be sure to build free time into your kids' lives, and let them experience the world through play.

In this issue, we take a look at one of the most important topics facing local families – the sustainability of government and home-based child care in rural Ontario. The Ministry of Education is seeking feedback on a discussion paper it has recently released called the 'Modernization of Child Care,' which seeks to create a long-term, viable child care system that works in tandem with the education system. Our story (on Page 15) tells the story of a local Mom who went through 14 child care providers due to the fact very few can take in infants or toddlers under 18 months. Her story is not rare in Grey/Bruce though, and that's why we urge anyone involved in the child care or educational systems to visit the Ministry of Education's website and tell the government your stories and hopes for child care in the province.

Kids in Grey/Bruce are also heading back to school and the importance of getting back into routine is important. We hope the study tips (Page 23) and importance of eating together as a family (Page 9) will get the new school year off to a great start in your home.

Speaking of dinner, eating local has always been important, but food producers in Grey/Bruce are facing bigger challenges than ever before, due to the extreme weather of this past spring. Be sure to support our producers by purchasing locally-grown food (Page 10) and check out the recipes we have in this issue (Page 30) that use seasonal ingredients.

Once again, we thank all our contributors and advertisers in the Fall issue. We rely on you to continue providing the parents, caregivers and families of Grey/Bruce with such local, timely and important information.

Amy Irwin, Publisher, Grey-Bruce Kids



Fall 2012

Publisher
Amy Irwin
amy@greybrucekids.com

Editor
Dwight Irwin
dwight@greybrucekids.com

Advertising inquires
info@greybrucekids.com

Grey-Bruce Kids welcomes your feedback.

EMAIL info@greybrucekids.com

PHONE 519-395-5430

FAX 519-395-5434

MAIL P.O. Box 287, Ripley, ON NOG 2R0



CONTENTS

- 4 Tidbits
- 5 Tales from Tots
- 6 Exploring the Bruce
- 8 Eating as a family
- 10 Eating local
- 12



Overcoming learning issues
Drugs aren't always the answer to learning challenges

- 14 The future of child care
- 18 Our Town – Meaford
- 19 Let's Learn!
- 23 School-year success
- 24 Resources
- 29 Fall Events
- 30 Recipes

Grey-Bruce Kids is distributed for free in Grey and Bruce counties, and is published each March, June, September and December. Distribution of this publication does not constitute endorsement of information, products or services by Grey-Bruce Kids, its writers or advertisers. Viewpoints of contributors and advertisers are not necessarily those of the Publisher. Grey-Bruce Kids reserves the right to edit, reject or comment on all material and advertising contributed. No portion of Grey-Bruce Kids may be reproduced without the written permission of the Publisher.

Help the hospital by taking part in The Bra Project

The Bruce County Museum & Cultural Centre's fall exhibit, 'The Bra Project,' is not only an interactive and interesting idea, it will also give people the opportunity to support the Saugeen Memorial Hospital Foundation's digital mammography campaign.

The 'Support the Girls' fundraiser, which takes place Oct. 18, invites people of all ages to the museum to view bras decorated by community members and voted upon in August, as part of the museum's contribution to The Bra Project. The exhibit simulates a clothesline starting in Parry Sound and features 'Art-bras' crafted by individuals, who then uploaded the image and story of their inspiration to the project. The clothesline is meant to inspire, inform and hold participants together as each new Art-bra added extends the clothesline's length around the world.

The Support the Girls Day fundraiser will give people the opportunity to pay a toonie to wear a limited edition Support the Girls T-shirt, with all proceeds going to the hospital foundation's digital mammography campaign. For more information on The Bra Project visit www.thebraproject.com or for more on the Support the Girls fundraiser visit www.brucemuseum.ca.

Don't miss out on all the Fall Fair fun this year

For many of today's parents, our Boomer parents were raised on farms and shared daily chores with their numerous siblings.

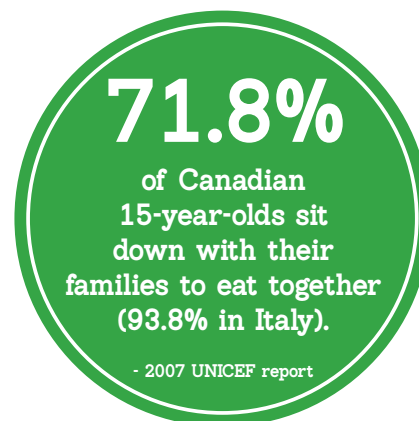
Eventually, most raised their families in towns and cities, and we, in turn, have followed suit. This means the majority of kids today are two generations removed from the family farm, meaning it is much more difficult for kids to understand how their food is raised and processed.

That's why it's important to take your family to one of the area's Fall Fairs this year.

Aside from the fun of parades, tractor pulls and midways, fairs also provide a glimpse into the side of agriculture most don't get to see up close - beef and dairy cattle, sheep, poultry and horses. Most fairs also hold competitions for an array of field crops, and the disappearing skills of baking, knitting and quilting.

Although for just a day or two a year, local agricultural societies make the most of their opportunity to educate the next generation on the importance of farming in Grey and Bruce counties, and give future parents and meal planners a sneak peek at our place in the food chain.

A full list of area Fall Fairs is available in our Events on Page 29 or on our interactive calendar at www.greybrucekids.com/events.php.



No apples hurt food banks

Local food banks may need even more support this fall, as the loss of most of the region's apple crop means less fresh fruit for patrons.

Although support at Christmas is always strong, let's not forget people need support year-round.

TEEN LOOKS TO 'DISABLE THE LABEL'

Thanks to teens like Kathryn Loucks, the stigma surrounding mental health issues is receding in Grey and Bruce counties. Kathryn, from Chesley, recently launched her campaign 'Disable the Label' with assistance from Keystone Child and Family Services. It aims to bring the mental-health discussion to the forefront so more teens will feel comfortable discussing

their feelings with their friends and family, pay less attention to the media and Hollywood's version of 'beauty,' and help adults broach the subject of mental health with their children. For more information, 'Like' Disable the Label on Facebook, follow @KathrynLoucks1 on Twitter and visit disablethelabelkeystone.wordpress.com.



TALES from TOTS

YOU NEVER KNOW WHAT THEY'LL SAY NEXT

One afternoon, while my two-year-old was napping, my four-year-old and I were painting. When I asked Attikus about his painting he replied, "Mama, OK serious question OK! Put your listening ears on!" I said that they were already on. "No, I want to see you do it, because I sometimes don't when you say to!" Then to my surprise he comes out with this question: "Mama can you play guitars in space?" "I'm not sure, probably," I replied. "OK good, because I wanna be a rock god! And that's where he lives right?"

Candice, Owen Sound

I told my son that it was two days to his birthday. "Do you know how old you'll be?" I asked. "Five," he responded. "Five, right! Wow, you're getting to be an old man." "No I'm not," he said with his I-know-you're-kidding-smile. "No? How old do you have to be before you're an old man?" I asked. "As old as you are!"

Paul, dad of Sarah, Jake, Connor, Spencer and Reilly



beginning?" My three-year-old said, "There was oceans, and fish, and Grandma, and grass, and bugs, and dirt." So Anna thinks Grandma is actually older than dirt? I laughed so hard!

Tara, mom of Grace, Nolan and Anna

My son Jameson wiped one of my kisses off one day. "Jameson, did you just wipe my kiss off?" I asked. "Ya, I did mom," he replied. "Buddy, why would you wipe my kiss off?" "Well Mom, you know they're going to dry off anyway."

Jennifer, mom of Jameson and Eva

We took our young granddaughter, who was born and raised in the country, to a family picnic in Toronto one weekend. We were driving on the 401, and it was probably the first time she had been on a four-lane highway. She was looking intently out the window with wide eyes when she said, "Grandma, are all these

people going the same place we are?"

Barb, mom of three, grandmother of six, great-grandmother of six

We were camping one summer, and, after we got into bed and turned out the flashlights, my four-year-old daughter said, "It's so dark out, I can't tell if my eyes are open or shut."

Gail, mom of three GBK

I was out with my four-year-old daughter and ran into a friend of mine who is a teacher, and her husband who is also a teacher. I introduced them to Layne and told her later that Lindsay was a teacher and so was her husband (having just started Junior Kindergarten, she was used to only female teachers so far). Layne looked at me kind of funny and said, "Don't you mean he's a teach-him?"

Amy, mom of Layne and Jace

My six- and three-year-olds were talking in the van when my older son asked, "What do you think happened 'in the

Have a story for Tales from Tots? Email it to info@greybrucekids.com and it may be published in an upcoming issue.

RECREATION

A whole new world

EXPLORE THE BRUCE ADVENTURE ALLOWS CHILD WITH AUTISM TO DISCOVER COUNTY, HIMSELF

By Cherie Peattie

In May 2010, my family of three was introduced to the Explore the Bruce Adventure Passport. At the time, I had no idea this adventure was about to become the central focus for getting out and accessing new and amazing spots right at home in Bruce County.

In the beginning, we needed to prove to ourselves and the world that, although our family lives with a disability that often excludes and alienates, we could participate. I am the mother of Aidan, an eight-year-old who is autistic. Two years ago, I started to home school him and was lost for options for getting out and active. Joining a sports team or children's group was not really an option for us, as my son's autism affects him in a way that prevents him from engaging in appropriate conversations and behaviours due to a lack of social skills. Autism often excludes us from a lot, so when I found the Adventure Passport, I became very excited to have found something that could work for our family.

The Adventure Passport has 12 destinations and we were able to visit them on our own schedule. The goal was to visit each stop, punch our passport and enjoy the various locations. We started our adventure and headed to our first destination – The Grotto in Tobermory. The trail was a new experience for us as a team. My son and his autism service dog 'Hunter' were hooked together to begin this journey. My son held on tightly to Hunter's handle as we all began our adventure.

After a few stumbles along the path, Aidan began to learn one

• Aidan Peattie and his autism service dog Hunter pose in front of one of the stops on the Explore the Bruce Adventure Passport. The campaign has opened a new world for Aidan's family.

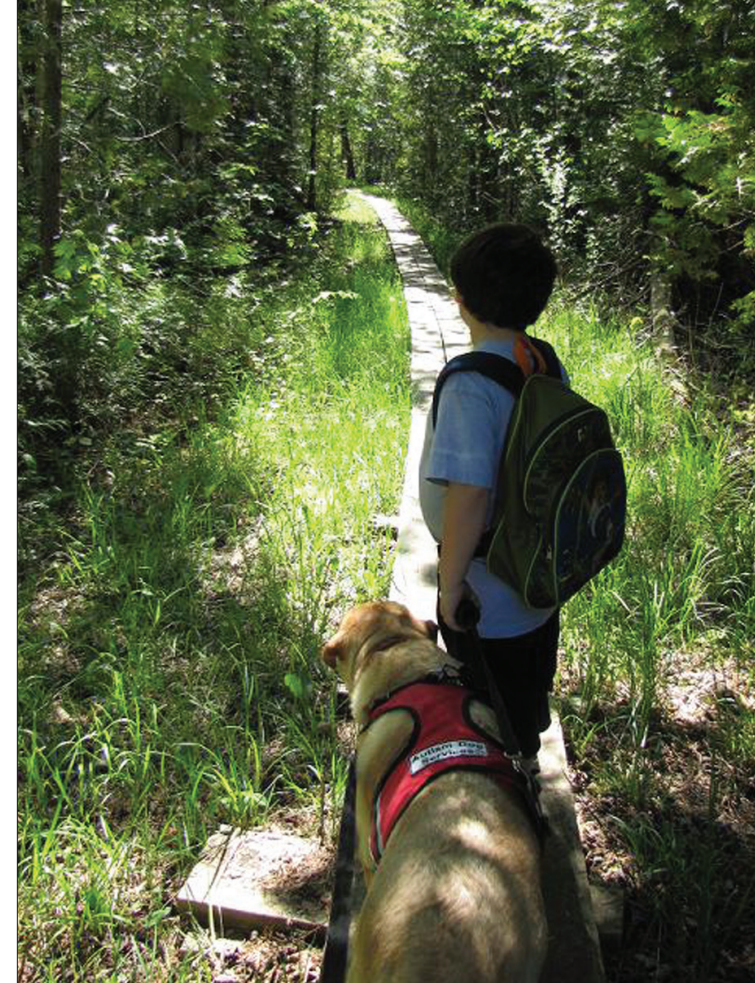


of the hard lessons of hiking the trail while coping with autism. No longer was he able to stay in his world, because the rocks and roots that lined the rugged trail forced him to come out and pay attention to ours. He took a few hard falls along the way and, although we could have given up, we pushed forward. We

emerged to what can only be described as one of the most breathtaking sights hidden deep in Bruce Peninsula National Park. If we had not begun the Passport Adventure, we would never have seen this spot. It became apparent very quickly that the Explore the Bruce contest would become highly

addictive and over a four-day period, we completed the 12 Passport destinations.

Autism is a word we have all heard, but common stereotyping prevents many from truly understanding how this disorder



affects families. There are very real dangers with our children when it comes to safety, and participating in outdoor events can often be a nightmarish situation. Many of our children bolt into dangerous situations and the fear of a child becoming lost or being placed into a highly stressful situation is a strong reality.

Instead of being guided by this fear, I decided to confront it and teach my child how to read the Bruce Trail systems, staying away from water and poisonous plants. We have taken Bruce County and made it a teaching tool!

Explore the Bruce has given our family back something I thought was lost forever; feeling included. We continue to explore and share our finds and exciting adventures with other families affected by this disorder and the organization's online community through photographs captured during our adventures while we visit various spots. It is through the Adventure Passport we have come to see how accessible Bruce County is for families like ours. On the adventure I feel like my child's disability becomes invisible as we explore and learn more about this great place we call home. **GBK**

LEARN MORE @

www.explorethebruce.com

www.autismontario.com



go ahead...
this time it's your turn.

Now that summer is over,
it's time to get serious.

Visit our website to find out what art classes we have planned this Fall for both kids and adults.

enroll your kids. enroll yourself.

Visit www.southamptonart.com to register online.

year-round programming. all ages. all skill levels.

Southampton Art
SCHOOL • GALLERY • SHOP

Life is more fun with a
security blanket.

Protect what matters.



Home
Auto
Commercial
Farm

MILLER
INSURANCE BROKERS

KINCARDINE | PORT ELGIN | SOUTHAMPTON | OWEN SOUND

1 (800) 265-3000

www.millerinsurance.ca





Reconnect at the dinner table

By Jennifer MacTavish

Think about some of your best childhood memories, and then consider how many of them revolve around food.

How often do you think about a special person in your life when you eat certain foods? Most of us have strong memories that we can relate to food, like baking chocolate chip cookies with your grandma – what a simple way for her to show her love, by spending time cooking and eating with you (and sharing a good laugh as the burnt ones got tossed into the garbage bin).

Cooking and eating together helps us stay connected with our loved ones. The strong link between food and emotions make family meals invaluable. There is an abundance of

research showing that children and adolescents who eat meals together with their families do better all around – nutritionally, emotionally and academically. Yet, for many of us, regular family meals are difficult to maintain. ‘Grazing’ and grab-and-go meals have become the norm. Many people, who do continue to eat together at home, do so with multiple distractions (like TV or cellphones) that undermine the family meal environment.

When compared with children and adolescents who eat meals with their parents less often, children and adolescents who eat at least one meal a day with their family have better food and nutrient intake; lower risk of being overweight or obese; reduced risk of substance abuse; improved social adjustment; better school performance and behaviour; reduced risk of disordered

eating; and increased vocabulary in preschoolers, as outlined in the report ‘Practice-based Evidence in Nutrition (2012).’

Even minor adjustments to hectic schedules can have a positive impact on children and families. Taking a fast food meal into the restaurant with your family instead of eating it in the car for example, or swapping a high-protein shake for a bowl of cereal with your kids at breakfast, can make a difference in children’s lives.

Cooking together is a great precursor to eating together. Help your child develop a love of good food, and the confidence to cook, by involving them in meal planning and preparation. Sharing these family responsibilities also provides opportunities for parents to spend time with their children.

In her book ‘Secrets of Feeding a Healthy Family,’ Ellyn Satter talks about the importance of family meals. Mealtimes are a time to relax and enjoy each other’s company, a time to talk and listen, a time to check in and reconnect with each other. It is important to create a relaxed atmosphere to allow those connections to take place.

Meals provide so much more than just nutrients, and Satter discourages parents from being ‘snooty’ about food. Expecting perfect and gourmet meals adds additional and unnecessary pressure around food that is counterproductive for getting us back to the table together.

Satter suggests the best place to start is by structuring regular


meal and snack times. If meals and snacks are a free-for-all at your house right now, this will be effort enough without having to worry about having your meals perfected. Satter offers three specific strategies:

- Focus on regular meal and snack times. Go ahead and eat your usual foods for now. The structure of the meal times is the first priority.
- Keep snacks to snack times. Scheduling snacks to be at fairly consistent times each day will help your family come to the table hungry (which is not possible if they are grazing all day).
- Aim to include four or five food items at each meal. This will give you enough variety at the meal to accommodate different likes and dislikes (without being a short order cook).

According to a 2007 UNICEF report, 93.8 per cent of 15-year-olds in Italy report eating together several times per week with their families, compared to only 71.8 per cent in Canada. In fact, in numerous European countries, meals are worthy of shutting down whole cities for! Let’s follow their lead and protect meal times.

At your next meal, sit down together at the table and reconnect with each other. GBK

JENNIFER MACTAVISH is a Registered Dietician with the Brockton Area Family Health Team. For more information, visit www.bafht.com.



1243 MacKenzie Road,
Port Elgin, ON N0H 2C6
P: 519-832-6935 F: 519-832-9000
Email: bruce2@brucecounty.on.ca

branches (519 Area Code)

Cargill	366-9990	Ripley.....	395-5919
Chesley	363-2239	Sauble Beach.....	422-1283
Hepworth	935-2030	Southampton	797-3586
Kincardine	396-3289	Tara	934-2626
Lion's Head	793-3844	Teeswater	392-6801
Lucknow	528-3011	Tiverton	368-5655
Mildmay	367-2814	Tobermory	596-2446
Paisley	353-7225	Walkerton	881-3240
Port Elgin	832-2201	Warton	534-2602

On-line Catalogue www.bruce.canlib.ca

Information Services, Internet, Fax, photocopying available at HQ and select branches.
Well equipped Board Room also available for rent.

Public Internet Access and free Wi-Fi at all branches

Visit our home page at library.brucecounty.on.ca

Programs and Resources for Families
@ Your Library

Story Time

Stories, songs and games followed by a fun craft activity. Tuesday & Wednesday mornings
10:00 - 10:45 am

Bedtime Stories

Stories, songs and games. Thursday evenings
6:30 - 7:00 pm

Books for Babies

Sign your new baby up for a library card and receive a free board book.

Children's music, movies, board books,
picture books, parenting books and magazines
all FREE at your Library

The Owen Sound & North Grey Union Public Library

824 First Avenue West
519-376-6623



the library



Eat local, eat healthy

By Dwight Irwin

Although an early spring and dry summer wreaked havoc on various Grey/Bruce food producers, there are still plenty of opportunities to eat local this fall.

Maria Weijs, Local Food Project Coordinator at Foodlink Grey Bruce, said the apple producers were hit especially hard after an unseasonably warm March caused trees to bloom, but a frosty April essentially wiped out the area's tree fruit crops.

"This will definitely have an economic impact on our farm-gate apple markets, but these small business owners still offer many wonderful options for the 'Eat Local' food movement, which continues to thrive and grow in Grey/Bruce," Maria said, adding garden produce, pies, jams, gift baskets and much more are a staple of these markets.

Eating local has always been a way of life in the area, but its growing popularity is being driven by the rise of industrial food and a greater understanding of the negative impacts in terms of

the environment, our rural economy and our health, she added.

Many people are also beginning to fight back against the rise in child obesity, diabetes and other disease, which has become an epidemic for the first time in human history. Studies have shown that if you buy your food from a local farmer – whether they grow meat, fruit or vegetables – you are consuming healthier food than what you find in the grocery store.

That's why the role of Foodlink Grey Bruce is so important. The website, at www.foodlinkgreybruce.com, connects the public with farmers' markets and producers of fruits, meat and vegetables, who sell from the farm gate, operate u-picks or sell to local restaurants and retail locations, all listed on the site. Knowing where to start is often the most difficult part of eating local, Maria said, and that's why the website has a handy search tool.

"Most of us are further removed from farming than ever before, and connecting with producers is often the largest roadblock to becoming part of the Eat Local movement," she said, adding

Foodlink's website is a great launching point.

Like anything of high quality, you might expect to pay a bit more for privilege of shopping local, but that doesn't mean eating healthier, local meats, fruits and vegetables will break the bank. In fact, supporting these markets keeps money circulating in your community, creates jobs, and even improves the viability of being a farmer in Grey and Bruce after so many years of families being forced from the business due to poor economics, Maria said.

"If we all spent an extra \$10 a week on local food, we could have up to \$1.5 million more dollars adding considerable wealth to our local economy every week."

In fact, the sustainability of the family farm is one of the most important results of the Eat Local movement – the 'generation farm' is becoming a reality again. These days in Grey/Bruce, we're beginning to see the agricultural sector expand to include local food stores, cooperatives, community supported agriculture (CSA) programs, food boxes, a wholesale produce auction, a greater variety of specialty items like buffalo, elk, duck, and rabbit, more organic produce, wineries and breweries, and a rise in gluten-free products as well.

"It really is an exciting time to be a local producer," Maria said.

The fall is the perfect time to get started on your family's Eat Local movement. To find producers in your area, visit www.foodlinkgreybruce.com. GBK

Tips for eating local

- Get kids involved in cooking, buying and growing food
- Be willing to try new food and experiences
- Talk to local farmers about different options for purchasing their produce if price is an issue (they can recommend a different cut of meat, ways of cooking, etc.)
- Pick your own if you can and make it fun for the kids
- Try to eat seasonal – teach your kids what produce is in season and try new recipes

FRESH FROM LOCAL FARMS



A local food project of Grey & Bruce Counties
www.foodlinkgreybruce.com

MAKE A WORLD OF DIFFERENCE DINNER AND COMEDY SHOW A fundraiser for Big Brothers Big Sisters

Saturday, October 13 | Kincardine Davidson Centre
Cocktail hour: 6 p.m. | Dinner: 7 p.m.
Headliner: Evan Carter

Travel themed prizes, including a WestJet gift-of-flight voucher. Tickets \$75 or 2 for \$140. Includes dinner, show and one entry into the prize draws. Pre-sale tickets to go on sale in September at a discounted price (\$70 or 2 for \$130).

Call (519) 396-3565 or Email bbbskincardine@hotmail.ca for tickets.



Port Elgin's Award Winning
Pumpkinfest
IN THE MUNICIPALITY OF GREY-BRUCE

The weekend BEFORE Thanksgiving!
September 29th & 30th 2012

Family Fun
Second to None!

Lots of free
activities for kids
of all ages!

www.pumpkinfest.org
1-800-387-3456

92.3 fm
The Dock
Greatest Hits of All Time

Overcoming learning disabilities

By Dr. Doug Fryday

Is your child on medication and still can't calm down, concentrate, study or sleep?

Did you know Albert Einstein, one of the greatest geniuses of the last century, did not speak until he was four years old and did not read until he was seven? He was described as mentally slow, unsociable and adrift in his foolish dreams. He was expelled from school, and refused admittance to the Zurich Polytech Institute.

Today, he would have been labeled as having Attention Deficit Disorder (ADD) or Attention Deficit Hyperactivity Disorder (ADHD) and most likely been prescribed Ritalin or other stimulant drugs. The increasing tendency to label our children with mental disorders such as ADD, ADHD, Obsessive Compulsive Disorder, depression, underachiever, etc., is counterproductive because children tend to internalize the label projected upon them. They can begin to become the label and it

becomes a self-fulfilling prophecy.

Negative labeling produces high levels of stress for kids, which can influence their biochemistry. This triggers the release of unhealthy stress chemicals, which can make it extremely hard for them to learn, feel good and be healthy, which then reinforces the label. Positive labels, on the other hand, stimulate positive and healthy chemicals, which give the child the ability to optimize their full potential.

ADD/ADHD

ADD and ADHD have gained much publicity in the last few years, but are still greatly misunderstood. They are not, as presented, a challenge of an overactive nervous system, but rather an underactive one. Instead of the nervous system moving into high brain activity (Beta), it actually drops into the light sleep/subconscious response (Theta). Classic ADD/ADHD symptoms are produced when the slower brain waves (Theta) are dominant or stuck, much like a car that is stuck in first gear.

No matter how much the driver steps on the gas pedal, the car will never be able to go beyond a certain speed, no matter how capable or powerful its engine.

The individual needs further alternative stimulation, and this is where the hyperactivity and behavioural issues come into play. They literally have to stimulate themselves by movement, talking, disrupting classmates, etc., in order to keep themselves alert. This is why Ritalin, and other stimulant drugs, work, but, despite short-term gains, this is like putting gasoline on a fire to keep it burning – it's not the best way to solve the problem.

Did you know North America makes up roughly eight per cent of the world's population yet we consume 95 per cent of the Ritalin produced worldwide? Ritalin and other stimulant medications are not curative and have a long list of dangerous side effects. Does it not make sense to look at therapies that have more lasting and curative effects on these kids?

CAUSE OF LEARNING DISORDERS

No one really has one single answer to the cause of learning disorders, but there are a lot of theories out there. What we do know is that classic symptoms are produced when the slower brain waves (Theta) are dominant and stuck. We also know there is a scarcity of dopamine receptors and a decreased blood supply to the pre-frontal cortex of the brain, which makes it hard for the individual to focus and concentrate. A recent study by the National Institute of Health suggests a delay in brain development, rather than a total alteration in normal development, is the instigating factor for ADD/ADHD. These new findings may be the reason why identifying these delayed areas in the brain and training them with various therapies to strengthen them, are showing very promising results.

Another theory we tend to see continuously in the literature is that stress is a contributing factor as well.

Never before have we lived in a time of so much stress! Increases in stress – mental, emotional, chemical and physical – cause an imbalance in the body's response due to the stressload and inability of a developing brain to handle it.

You have most likely observed a child on the computer while doing homework, listening to music, messaging on Facebook and texting on the cell phone all at the same time. It is estimated that a typical teenager will be exposed to as much information, in just one day, as their great-grandparents were in their *entire* life. One issue of the Sunday New York Times contains more information than *all* the written material available to readers in the 15th century.

Is it any wonder, as a defence or protective mechanism, the brain shuts down into the lower brain waves and becomes exhausted. Again, like a car that is stuck in first or second gear, rarely able to get into third and fourth, which is needed to focus and concentrate.

TRAIN THE DRUG-FREE BRAIN

There are many ways to train your brain. Most recently 'biofeedback' has been gaining in popularity because of the



amazing results that clinicians and patients are seeing. This is real-time feedback of your brain wave activity represented on a computer monitor, which can be used to change abnormal brain wave patterns. In the case of someone with ADHD that is stuck in the lower brain waves, they can now be trained to engage their higher brain waves through various techniques. For example, one technique involves using a computer game that involves flying an airplane and the program can be set so the plane will only fly when the person's brain waves are in the higher waves. This training, over time, stimulates brain growth through plasticity, allowing the child to shift into third and fourth gear when needed, greatly improving their ability to focus and concentrate.

Just like training your body to run a marathon, training your brain requires dedication, hard work and time.

OPTIMIZE YOUR BRAIN'S FITNESS

Your brain is the most powerful machine in the world and it is constantly rewiring itself! Nature is constantly seeking optimal health, take advantage of this process and you can improve your brain's jaw-dropping powers at any age. In fact, optimal brain fitness leads to improvement in a range of areas, including memory, attention, creativity and motor skills. **GBK**

DR. DOUG FRYDAY is the owner of Optimize Healing Centre in Port Elgin and the creator of The Brain Achievement Program. He is a licensed chiropractor with a special interest in neurology. Contact him at info@optimizehealing.com.





View Video

Can't calm down, study, concentrate or sleep?

If your child is struggling to cope, there is help. Our Neurodevelopmental specialists work with children to develop healthy new patterns of behaviour so they can learn and develop to their full potential.

625 Goderich St. Port Elgin
Phone. 519.832.1515
info@optimizehealing.com





The future of child care

By Dwight Irwin

Kincardine resident Jamie Tout thought, on 14 different occasions, she had found a child care provider for her son Lucas, only to come up empty-handed for a variety of reasons.

Jamie’s options were limited by a number of factors, including space constraints, a provider’s inability to care for an infant or toddler due to provincial guidelines, or simply not being a good match for her child.

Jamie caught a bit of luck though; she was able to secure a toddler space at the Kincardine Family YMCA through a 20 per cent mixed-age grouping approval for 16-month-old children, when the normal start age is 18 months. This still left a six-month gap between her return to work and when she could get Lucas into the Family Y, and the constant transitioning of her son to a new home child care provider was “awful and very

stressful,” she said.

“I was left looking for six months of child care, which is very difficult, as home providers do not want short-term children,” Jamie said. “My husband, at the time, was a shift worker, so we were also looking for part-time care, which was another barrier because providers want full-time children.”

Now two years old and enjoying his days at the Kincardine Y, Lucas is through with shuttling from one short-term provider to the next. Jamie is now working the phones to ensure Lucas’s four-month-old brother Carson doesn’t go through the same experience, if at all possible.

In the secluded tourist community of Tobermory, Kathryn Hauck and other parents face their own child care dilemma. In the summer months, when business is booming and many are working their seasonal jobs, there is a great need for child care at

Five principles of Ontario's long-term child care vision

- Support and choice for children and families
- Commitment to quality programs for all children
- Efficient funding formula
- Supportive legislation and regulations
- Evidence-based decision-making and reporting

**from the 'Modernization of Child Care in Ontario' report*

Tobermory Primary Place. Finding qualified child care workers who are willing to be seasonal is always a struggle, and then, after Thanksgiving, demand at the centre drops sharply and leaves the few people in the community with year-round work scrambling for child care if lack of demand causes the centre to close in October, Kathryn said.

“It has taken a lot of funding to keep the day care open when it’s needed,” said Kathryn, who also sits on the Tobermory Primary Place board. “We not only need the funding from the province, but we also need the kids to come year-round in order to keep the doors open.”

These concerns are why Jamie and Kathryn completed the Children’s Services Divisions of the Counties of Bruce and Grey’s online survey that was developed in response to the questions posed by the government in its discussion paper ‘Modernizing Child Care in Ontario.’ The county will include feedback from the survey in its combined community report back to the province, as well.

The discussion paper outlines the government’s long-term vision for a “high-quality, accessible and coordinated early learning and child care system” for children before and after they start school.

Brenda Wilton, Children’s Services Manager at Bruce County Social Services, said this is the perfect opportunity for parents, who have felt the pressure and stresses of struggling to find a fit in the child care system, to provide the province with feedback.

“Families want their children in child care programs where they can learn new skills through play-based activities with other children, in a clean, safe and nurturing environment,” Brenda said. “High-quality child care enables families to better balance work and home life by giving them confidence that their children are safe, thriving and happy.”

Dennis Morrison is one such child care professional who knows the system is struggling for sustainability, while still fulfilling the needs of Ontario’s parents. As the director of membership

and child care services for the YMCA of Owen Sound Grey Bruce, with Family YMCA centres in Owen Sound, Kincardine, Hanover, Port Elgin and Ripley, as well as 18 before- and after-school programs throughout Grey and Bruce, Dennis knows how difficult it is to strike a balance between providing a full service to communities both large and small, while maintaining proper staffing and service levels to meet provincial standards.

“I believe that without sustainable funding... many licensed child care centres will no longer exist due to the financial pressures that operators currently have, which will only increase under the current climate,” Dennis said. “Many parents will then be forced into using the unlicensed or unmonitored child care system.”


One of the difficulties YMCA child care centres face is keeping qualified staff, because the ‘Y’ is forced to compete with local school boards for qualified early childhood educators now that full-day Kindergarten at age four has been implemented province-wide.

“Great, qualified staff leave the child care field and move to the school boards because it’s more money, more convenient hours and less demanding work,” Dennis said. “We need a standard policy, province-wide, and with the school boards, that would provide sustainable funding and give us the ability to pay staff for their jobs instead of trying to compete with the school board.”

Grey/Bruce residents are being urged to provide feedback on the Modernization of Child Care in Ontario paper on the Ministry of Education website, because quite often the urban model of child care does not work in rural areas due to the difference in population density, waiting lists, and access to a qualified staffing pool.

..... **“Responses will give the rural areas a chance to voice... the necessity of having a quality, licensed child care in their area.”** *Dennis Morrison*

“Local responses will give the rural areas a chance to voice to the government the reality of living in rural Ontario and the necessity of having a quality, licensed child care in their area that essentially supports the rural community infrastructure,” Dennis said.

For this reason, anyone with a connection to child care in Grey/ Bruce is encouraged to provide their experiences and feedback to the Ministry of Education through its website at www.edu.gov.on.ca/childcare/modernizing.html, by Sept. 24. 

Child Care in Ontario Needs Your Support!



“High-quality child care programs benefit children by providing enriching early learning experiences that promote their future well-being.”

Modernizing Child Care in Ontario Discussion Paper

By **September 24th, 2012**

the **Government**
needs to hear **your**
opinion about **Child Care!**

Visit this website to provide feedback
directly to the Province of Ontario
www.edu.gov.on.ca/childcare/modernizing.html



A few questions to think about...

What challenges
have you had or are
experiencing with
Child Care?

What are your
fears/concerns about
the future of Child
Care in Ontario?

How could the
Ontario government
improve Child Care?



Bruce County Social Services & Grey County Social Services would like to thank everyone who responded to their survey. In addition to the survey it is also **very important** for the Province of Ontario to hear directly from you!



**JOIN US SATURDAY,
OCTOBER 20**

It's a sleepover
JUST for kids
aged 8-12!

Proudly Presented By
GIANT TIGER

**Night
At The
Museum**

- GAMES & TREATS
- THRILLS & CHILLS
- COSTUMES ENCOURAGED

Members \$25+HST Public \$30+HST
Pre-registration and prepayment required.
Drop Off Time: 8pm, Saturday, October 20.
Pick Up Time: 8am, Sunday, October 21.

33 VICTORIA STREET NORTH, SOUTHAMPTON, ONTARIO
FOR MORE INFORMATION CALL OR VISIT OUR WEBSITE
519.797.2080 • 1.866.318.8889 • www.brucemuseum.ca

BRUCE COUNTY
MUSEUM
& CULTURAL CENTRE
ARCHIVES • HISTORY • EVENTS

**Explore the World
of Nuclear Energy**

Check out the Visitors' Centre
Open Monday to Friday, 9 a.m. to 4 p.m.
New Exhibits • Free Admission

Tiverton ON | 519 361 7777
www.brucepower.com

Bruce Power
Innovation at work

Have you checked out
greybrucekids.com yet?

- General interest, arts and crafts, and financial blogs
- An interactive events calendar where people can post their community events for free
- Community resource information
- Links to our advertisers
- Downloadable versions of our magazine
- Advertising opportunities
- Links to our Facebook and Twitter pages



A **FREE** MAGAZINE FOR
PARENTS AND CAREGIVERS



**“We Have the Answers in
Quality Child Care”**

CHILD CARE
(18 months to 5 years)

SCHOOL AGE CHILD CARE
(JK to 12 years)

Throughout Grey & Bruce
A Certified Playing to Learn Curriculum Provider!

For more information on our
unique curriculum visit our website:
www.ymcaowensound.on.ca

FAMILY Y CHILD CARE
Owen Sound 519-372-9295
Port Elgin 519-832-6225
Kincardine 519-396-9622
Ripley 519-395-5570
Hanover 519-364-4938



Building healthy communities

OUR TOWN



Nestled on the shore of Georgian Bay, in the northern reaches of Grey County, Meaford is the gem you may not know about.

That's why Meaford is 'Our Town' this fall.

Meaford is a haven for tourists and locals alike during all four seasons, but especially in autumn, when the area's apple industry welcomes those with a love of nature and an appetite for home-grown and baked goodies. Although Mother Nature wasn't kind to apple growers across Ontario this year, that won't deter the area's famous Apple Pie Trail – winner of Ontario Tourism's 2011 Culinary Experience Award. Other great fall events include the annual Scarecrow Invasion Parade and Family Festival and the Apple Harvest Craft Show. Stop at a number of apple orchards and markets in the Meaford area that will tempt your tastebuds and leave you wondering why you've never visited before.

The town centre is also a wonderful place to spend time. Shop the eclectic, niche stores that suit all tastes, visit the beautiful

Meaford

historic buildings, take in a wide selection of arts and culture opportunities, hike one of many picturesque trails in the area, relax in a public park, or make use of the last warm days of 2012 in the waters of Georgian Bay by taking the family for a swim, boat ride, or kayak adventure.

Meaford is truly one of our area's gems, and within two hours of even the most southern reaches of Grey and Bruce counties. Take the time this fall to see just what you've been missing! [GBK](#)



Get to know Meaford

Founded...

In 1835 by Charles Rankin, who reserved 200 acres on the southern shore of Georgian Bay at the mouth of Big Head River. The first settler – from Ireland – built on the south bank of the river. By the time the first train was welcomed into Meaford in 1872, the town's population was 1,700. By the early-1880s, this thriving port featured dozens of businesses, including a wide variety of mills, factories and shops. www.greyroots.com

Population...

Is currently about 11,000 people in the municipality, which includes the former St. Vincent and Sydenham Townships.

Located...

On the southern shore of Georgian Bay, the Municipality of Meaford extends northwest to the boundary of the City of Owen Sound and southeast to the boundary of the Town of The Blue Mountains.

The locals...

Welcome thousands of tourists a year, and feature activities for all four seasons. Its beautiful location on Georgian Bay makes for a great time outdoors, while its apple industry and the Apple Pie Trail make for a wonderful stay-cation. The many niche businesses in the core of Meaford's downtown offer something for everyone, as does the town's interesting mix of arts, culture, adventure and agriculture.

Evolve
Toy Store
Eco - Local - Battery Free
Downtown Meaford!
www.evolutoystore.ca 519.538.5600

CAPTAIN'S CORNER
Fish & Chips
DINE IN TAKE OUT CHICKEN SEAFOOD
Licensed Under LLBO
108 Sykes St. North, Meaford, ON N4L 1W9
519-538-0202

EDUCATION



'Let's Learn' together

By Lisa Lambkin

Seven years ago, my husband and I hugged our eldest daughter goodbye, and watched as she walked through the doors of Bayview School to start her first day of Kindergarten.

Then we sat in the car and cried. We had reached another milestone. How could our baby be in school? How can four years just fly by?

Questions swarmed through our minds as this day approached. Was our daughter ready for school? Were we ready for this change? Could she make it through the day without a nap? Will she make friends? Have we done our job to get her ready?

Thankfully, the answer was 'yes.' One year before this big day, we attended the Let's Learn Kindergarten Registration at our local school. We were greeted by the principal and met the Kindergarten teachers. They made us feel welcome and took a real interest in our daughter. They let her explore the classroom and showed us the school.

At the registration, we talked with community professionals about our daughter's development and they assured us that she was doing well and would be ready for school the following year. We learned about community resources and they encouraged us to attend groups at the Ontario Early Years Centre so she could play with other children.

On the first day of school, although teary-eyed, we knew we were all ready for this new chapter. It helped that we were familiar with the school because of our visit and the teacher already knew our names.

Now, in my role as a public health nurse, I have the privilege of helping other families through this exciting stage of life. Do you have a three-year-old? If so, you should know that Let's Learn Kindergarten Registration will happen this fall for children entering school in September 2013 throughout Grey and Bruce counties.

Like our experience seven years ago, early registration gives you time to learn what you can do to help your child get ready for school.

At the registration, you and your child will:

- Visit the school and meet school staff
- Learn about what your child will do in Kindergarten
- Learn about how to support your child's transition to school through simple activities like how to help your child hold a pencil properly, learn to open containers for lunch and tips for toilet training
- Learn about your child's healthy growth and development
- Learn about community resources close to your home

To help assess your child's growth and development, the school

“Early registration gives you time to learn what you can do to help your child get ready for school.”

Lisa Lambkin


will send you an 'Ages and Stages Questionnaire' that you complete with your child at home. A community professional will review this questionnaire with you at the Kindergarten registration and make recommendations.

Research shows the first five years of life are important to a child's healthy brain development and learning. In fact, by age three, a child's brain is twice as active as an adult's. Make the most of this special time. Spend time talking to, listening to and playing with your child. Help them spread their wings and soar through life.

Visit www.bwdsb.on.ca/instructional_programs/jr_kgtn for Let's Learn Kindergarten Registration times and locations and contact the school in your area to make an appointment to attend the registration this fall. GBK


LISA LAMBKIN is a Public Health Nurse with the Grey Bruce Health Unit and co-chair of the Let's Learn Committee of Grey and Bruce counties.

A & R Music



**Musical Instruments
Books & Accessories**

401 Durham St. E.
Walkerton
519-507-5550
Toll Free: 1-800-507-2550
www.armusic.ca



Huron Shores FOOT CLINIC



1802 Hwy 21 N RR 2
Kincardine, ON N2Z 2X4
PH: (519) 396-3500
hsfc@bmts.com
www.huronshoresfootclinic.com

Orthotics, pain relief, warts, fungus, footcare



Serving Grey-Bruce and beyond for 34 years!

Downtown Owen Sound | 519-371-9921



www.therockinghorse.ca

The Great Rhythmobile Adventure!



October 20, 2012 at 1 pm at The Roxy Theatre
Time is running out to find precious fuel: *rhythm!*
roxytheatre.ca • 519.371.2833 • **New family pricing!**

Hey! 3 Year Olds

Ready, Set...Let's Go to School

Born in 2009?
It's time to register
for school!



Why register your child an entire year early for Kindergarten?


Early registration gives you time to get your child ready to start school – meet school staff, visit the school, and discover helpful community resources!

Call your local school to make an appointment for you and your child.
For the 2012 schedule, visit
www.bwdsb.on.ca/instructional_programs/jr_kgtn
Brought to you by the Let's Learn Committee
of Grey & Bruce Counties




SCANDINAVE SPA BLUE MOUNTAIN

THE RENOWNED SCANDINAVIAN SPA IN ONTARIO



A SPECIAL DESTINATION IN THE HEART OF NATURE

Rejuvenate in the Scandinavian Baths
Relax with a Massage Treatment
Rejoice in weekday serenity

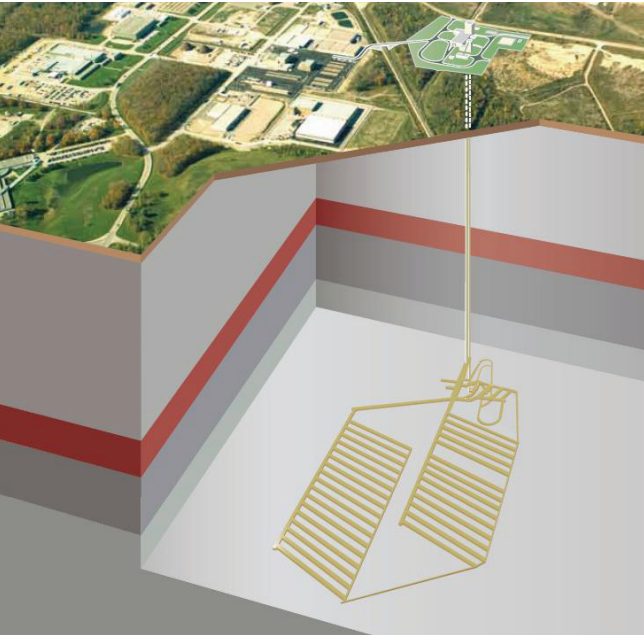


Minutes from Blue Mountain Resort
and Downtown Collingwood.

ScandinaveBlue.com | 705.443.8484

OPG's DEEP GEOLOGIC REPOSITORY PROJECT

For Low & Intermediate Level Waste




Ontario Power Generation (OPG), with the support of Bruce County municipalities, is proposing to construct a Deep Geologic Repository (DGR) for the safe, long-term management of low and intermediate level nuclear waste at the Bruce nuclear site.

The DGR Environmental Impact Statement (EIS) and supporting documents have been submitted to the Joint Review Panel. The EIS concludes the DGR is not likely to result in any significant adverse effects to human health or the environment.

For more information about the DGR Project and how to participate in the regulatory approvals process, please visit: www.opg.com/dgr.

KEEPING YOU INFORMED

www.opg.com/dgr



EDUCATION

Create school-year success

FOLLOW THESE TIPS TO SET YOUR CHILDREN UP FOR A GREAT GRADE

By Andrea Fischer

The start of a new school year may bring thoughts of new sneakers and backpacks, lunch bags and pencils dancing in our heads.

It may also bring some not-so-sweet memories of homework assignments past. But epic homework battles can be a thing of the past with a bit of structure and planning.

START OFF RIGHT

Before that first school-bell rings, it is essential to set out a daily, weekly and monthly routine. Add activities such as sport practices and music lessons, even block-out family time for game and pizza nights. Help your child to take responsibility of their evening tasks by sitting down and listing the tasks required each afternoon/evening and the activities they would like to fit in. Together, slot each task or activity into a weekly schedule. This is an essential lifelong skill for a successful student to learn and you cannot begin too early. Having a basic family schedule in a spot in which every family member can easily reference on a daily basis creates a sense of calm and structure in everyone's daily routine.

Using the schedule as a base is just the beginning. Creating a space to facilitate homework completion is the next step to hassle-free (or close to it) homework. Work with your child to create their learning space, have them collect supplies such as pencils, paper, or a clock to give them a sense of ownership and a sliver of control over the way they complete their homework.

SET GOALS AND STRATEGIES

We know what our kids' strengths are... just as well as we know the things that will be snags for them in reaching success. Identifying and planning to overcome potential struggles is an



important skill to foster in our children.

Set academic goals with your child before they head off to their first day of class. Teach them to form specific and measurable goals. Next, take a top-down approach to list the steps required to achieve their goals. Grab the tape and post these goals and each step to success alongside the family schedule, and perhaps post a copy in your child's study space.

Often children are tired after a day at school. Having a consistent schedule and specific goals provides structure within which children can develop self-discipline and motivation.

STICK TO THE ROUTINE

Using the predetermined family schedule as backup, stick to the plan. Stuff happens. We all have tough days at work, or a nasty cold runs through the house, while the laundry piles up. Teaching our kids that we stick to the 'musts' in our schedule is essential. Make study-time a must each day. When smart little children figure out that pulling the sick- or upset-card is the get-out-of-jail-free ticket, it is going to lead to homework battles on a nightly basis.

There is great value in setting the expectation of using daily, scheduled homework time for non screen-related activities, even when there is no homework sent home from school. Maybe your second-grader comes home with 20 minutes of spelling.

Encourage your child to find a study-related activity to work on for the remaining 40 minutes of study-time. Encourage reading, puzzles, anything that will build the habit of daily work. Your child will expect study-time daily, reducing homework friction.

PRAISE SUCCESS OF ALL SIZES

We know our children demand our attention. At the moment you are grilling chicken for dinner and on the phone arranging the soccer carpool, your beautiful child will hijack your attention by announcing the toilet is plugged... with Barbie shoes... again.

It is important to give specific, regular praise for our children's positive behaviour. When children are sitting quietly, reading a book, rather than checking your email, cuddle up on the floor next to them and read your own book. This parenting Jedi mind-trick reinforces positive behaviour by giving your time and cuddles. It's definitely a win-win situation.

By modeling the qualities we would like to foster in our children and creating ongoing dialogue about goals we can fuel a positive environment of support and success in our family. Create an environment of consistency, establish priorities/expectations, first work and then play, and be a role model. **GBK**

ANDREA FISCHER is an instructor at Kumon of Owen Sound. Contact her at andrea.fischer@ikumon.com.



AUDITORY Health Care

Mandy Rhody M.Sc., Audiologist

We are a full service Hearing Clinic:

- Hearing assessment for all ages
- Hearing Aid prescription, fittings and care
- Cerumen (earwax) management

202 Cayley Street
Walkerton, ON, N0G 2V0
Contact us at (519) 881-4994
or info@auditoryhealthcare.ca

OFFICE HOURS:
Monday, Tuesday and Thursday
9:00 am to 5:00 pm
Wednesday and Friday
9:00 am to 3:00 pm

Closed daily for lunch from 12:30 to 1:30 pm

Empowering Doula Care

Empowering and providing unconditional emotional, physical, and informational support to women and families.

Stacy Elliott

Labour Doula

Ripley, Ontario | 519-955-0515
empoweringdoulacare@gmail.com

A Doula is a labor support person. They support their clients and respect their choices, they provide evidence-based care and help the mother advocate for herself. There are many benefits to having a Doula, some of which can be found at:
www.empoweringdoulacare.blogspot.ca

AWAKENING YOUR CHILD'S POTENTIAL IS JUST THE BEGINNING.

At Kumon, we do more than help your child gain a mastery of reading and math; we create a lifelong love of learning. Our specialized learning program is the catalyst for growth marked by self-confidence, motivation and an insatiable passion for learning.

For the kinds of benefits that last a lifetime, call for a free placement test.

Kumon Math & Reading Centre of Owen Sound
1125 8th Street E • 855-371-7505 • andrea.fischer@ikumon.com

Academic Enrichment
Pre-K — Pre-University
800.ABC.MATH | www.kumon.ca

KUMON
MATH. READING. SUCCESS.

RESOURCES

ABUSE (PHYSICAL/SEXUAL)

- Assaulted Women's Helpline**
Crisis line: 1-866-863-0511
www.awhl.org
- Bruce Grey Child and Family Services**
(Bruce and Grey Children's Aid Societies amalgamated April 1, 2012)
1-855-322-4453
- Chippewas of Nawash Unceded First Nation D'binooshnowin Crisis Shelter**
Crisis line: 519-534-4338 (24 hours)
Administration: 519-534-3764
admin.dbinooshnowin@gbtel.ca
www.nawash.ca
Cape Croker
- Keystone Child, Youth & Family Services**
1-800-567-2384; 519-371-4773
bgcs@bmts.com or keystonebrucegrey.org
Owen Sound
- Saugeen First Nation - Kabaeshiwim Respite Women's Shelter**
519-797-2521
cgeorge@saugeenfirstnation.ca
www.saugeenfirstnation.ca
- Sexual Assault and Partner Abuse Care Centre**
Grey Bruce Health Services
1-888-525-0552 or www.gbhs.on.ca
Owen Sound
- Victim Services of Bruce Grey and Owen Sound**
Crisis: 1-866-376-9852
Administration: 1-888-577-3111
info@victim-services.com
www.victim-services.com
- Victim/Witness Assistance Program**
Owen Sound - 1-866-259-4823
Walkerton - 1-866-994-9904
attorneygeneral@ontario.ca
http://bit.ly/ujKyeE
- Women's Centre (Grey and Bruce)**
Administration: 519-376-0755
Crisis: 1-800-265-3722
womenscentre@bmts.com
www.bmts.com/-womenscentre
Owen Sound
- Women's House Serving Bruce and Grey**
Sexual assault crisis: 1-866-578-5566
Crisis line: 1-800-265-3026
Administration: (519) 396-9814
crisis@whsbg.on.ca
www.whsbg.on.ca
Kincardine
- BREASTFEEDING**
- Brockton and Area Family Health Team**
1-866-507-2021 or 519-881-1920
RN/certified Lactation Consultant available
www.bafht.com
Walkerton
- Grey Bruce Health Unit**
1-800-263-3456
publichealth@publichealthgreybruce.on.ca
www.publichealthgreybruce.on.ca
Owen Sound

- La Leche League Canada**
Referral Service: 1-800-665-4324
Hanover/Walkerton - 519-364-3316
Kincardine - 519-395-3282
Owen Sound - 519-376-5916
www.lllc.ca
- Moms Walkerton**
New Mom support
320 Durham St., Walkerton; 519-379-6769
- Support groups**
Southampton, Port Elgin, Paisley, and Tara - 519-797-2010
Kincardine, Ripley, Tiverton, and Lucknow - 519-368-4847
South-Bruce Breastfeeding Buddies - 519-881-1920
Wiarton and Bruce Peninsula - 519-534-0912
Markdale - 519-369-3381
Owen Sound - 519-372-1330

CHILDBIRTH

- Empowering Doula Care**
Emotional, physical and information support for women and families
519-955-0515
empoweringdoulacare@gmail.com
- Hanover and District Hospital Obstetrics/ Family Centred Care Birthing Centre**
519-364-2340
admin@hanoverhospital.on.ca
www.hanoverhospital.on.ca
- Midwives Grey Bruce**
519-371-2886
www.midwivesgreybruce.com
Owen Sound
- Owen Sound Hospital Labour and Delivery**
519-376-2121
www.gbhs.on.ca/owensound.php
- Walkerton Hospital Family Birthing Centre**
519-881-1220
www.sbghe.on.ca

CHILD CARE

- Acorn Montessori Preschool**
519-599-5777
Meaford
- Amabel-Sauble Child Care Centre**
519-422-3611
Sauble Beach
- Beaver Valley Outreach**
519-599-2577
- Bob's Playschool**
519-538-5483
Meaford
- Brooke Montessori Toddler Program**
519-376-3447
Owen Sound
- Bruce County Childcare Services**
519-881-0431 or www.brucecounty.on.ca
Walkerton
- Bruce Peninsula Family Centre**
519-793-4100
Lion's Head

- Chesley Nursery School**
519-363-9544
- Durham Nursery School**
519-369-6973

- Family Y Child Care/First Base**
Arran Tara - 519-376-0484
Hanover - 519-364-4938
Kincardine - 519-396-9622
Owen Sound - 519-376-0484
Port Elgin - 519-832-6225
Ripley - 519-395-5570
www.ymcaowensound.on.ca

- Grey County Childcare Services**
519-376-7324
www.greycounty.ca/childcare

- Hanover Montessori Children's House**
1-800-906-7036 or 519-364-6455

- Happy Hearts Day Care Centre**
519-376-1284
Owen Sound

- Inglenook Creche Day Care**
519-371-9471
Owen Sound

- Kids & Us Community Childcare and Family Education Centres**
Ayton - 519-665-2022
Dundalk - 519-923-2182
Durham - 519-369-9911
Holstein - 519-334-3132
Markdale - 519-986-3692
Osprey - 519-922-2333
Paisley - 519-353-7220
www.kidsandus.ca

- Kids Street Nursery School**
519-389-9050
Port Elgin

- Kinhuron Integrated Day Nursery School Co-op**
519-396-4532
Kincardine

- Le Jardin des decouvertes**
519-371-4411
Owen Sound

- Military Family Resource Centre**
519-538-1371 x6753
mfrf.meaford@sympatico.ca
www.mfrfmeaford.com
Meaford

- Meaford Co-operative Nursery School**
519-538-3854

- Nawash N'Shiime Day Care Centre**
519-534-3909
Neyaashiinigmiing (Cape Croker)

- Sandbox Daycare - Hanover**
519-506-7263

- Salvation Army Day Care Services**
519-371-9540
sadaycare@bmts.com
www.salvationarmyowensound.com
Owen Sound

- Saugeen First Nation G'Shaw-da-Gawin Day Care Centre**
519-797-2419
gshawdagawin@bmts.com
www.saugeenfirstnation.ca

- Tammy's Learning Centre**
519-538-9980
Meaford

- Tobermory Primary Place**
519-596-2606

- Unity House - Owen Sound**
519-371-0141

- Walkerton Day Care Centre and School Age Program**
519-881-3123
wdcc@wightman.ca

- Wiarton Kids Den Day Care/Kids Club Schoolage Program**
519-534-4434

- Wiarton Nursery School**
519-534-2121

- Wooden Hill Child Care Centre (La Colline De Bois) at Notre Dame School**
519-376-6952
Owen Sound

DIET/NUTRITION

- Brockton and Area Family Health Team**
1-866-507-2021
www.bafht.com
Walkerton

- EatRight Ontario**
Ministry of Health Promotion and Sport
1-877-510-5102; www.eatrightontario.ca

- Foodlink Grey Bruce**
Find locally grown meat, fruit and produce
www.foodlinkgreybruce.com

- Good Food Box**
Grey Bruce Health Unit
519-376-9420 ext 1529
1-800-263-3456 ext 1529
publichealth@publichealthgreybruce.on.ca

- Grey Bruce Eat and Learn**
School nutrition program
bev_gateman@bwdsb.on.ca or www.osnp.ca

- Grey Bruce Health Unit**
1-800-263-3456
publichealth@publichealthgreybruce.on.ca
www.publichealthgreybruce.on.ca
Owen Sound

- Keystone Child, Youth & Family Services**
1-800-567-2384
519-371-4773
bgcs@bmts.com
www.keystonebrucegrey.org

EDUCATION

- Adult Learning Centres**
Collingwood, Port Elgin, Markdale, Owen Sound, Walkerton, Wiarton
Free assistance with math, writing and reading; www.adultlearningcentres.com

- Bluewater District School Board**
1-800-661-7509 or www.bwdsb.on.ca
- Bruce-Grey Catholic District School Board**
519-364-5820 or www.bgcdsb.org

- Kumon of Owen Sound**
Education assistance
www.kumon.ca; andreasfischer@ikumon.com

FAMILY SUPPORT

- 211 Ontario**
Online database of services in your area
www.211ontario.ca

- Big Brothers Big Sisters**
Hanover and District - 519-364-1444
www.bbbshhanover.ca
Owen Sound - 519-376-4449
www.bigbrothersbigsisters.ca/bbowensound
Kincardine - 519-396-3565
www.bigbrothersbigsisters.ca/kincardine

- Bruce Grey Child and Family Services**
(Bruce and Grey Children's Aid Societies amalgamated April 1, 2012)
1-855-322-4453

- Chippewas of Nawash Unceded First Nation - Native Child Welfare**
519-534-3818
supervisor.ncw@gbtel.ca; www.nawash.ca
Cape Croker

- Family Support Initiative**
Fosters networking and peer support among family of those with mental health issues
Owen Sound
519-371-4802 or fsi@hopegb.org
www.mhagb.ca

- Grandparent Network**
For grandparents raising grandchildren
Meets first Monday of month at 9:30 a.m.
Bayview Public School, 615 6th Ave. E., Owen Sound
Call Mary Nuckowski at 519-371-2498

- Grey Bruce Supervised Access Program**
519-371-5991
pc-superacc@bmts.com
www.supervisedaccess.ca
Owen Sound

- Kids Help Phone**
1-800-668-6868 (24 hours)
www.kidshelpphone.ca

- Motherisk - Hospital for Sick Children**
1-877-327-4636; www.motherisk.org

- Parent Help Line**
1-888-603-9100

- Salvation Army**
Hanover - 519-364-3450
Owen Sound - 519-371-0957
Port Elgin - 519-389-3942
Wiarton - 519-534-0353

- Victim Services of Bruce Grey and Owen Sound**
Crisis: 1-866-376-9852
Administration: 1-888-577-3111
info@victim-services.com
www.victim-services.com

- Victim/Witness Assistance Program**
1-866-259-4823 - Owen Sound
1-866-994-9904 - Walkerton
attorneygeneral@ontario.ca
http://bit.ly/ujKyeE

FINANCIAL SUPPORT

- Beaver Valley Outreach (Thornbury)**
519-599-2577
info@bvo.ca; www.bvo.ca

- Bruce Children are Special Foundation**
Directs donations to the children programs provided by Bruce Grey Child and Family Services (formerly Children's Aid)
1-855-322-4453 ext 4133

- Owen Sound and Area Family YMCA**
519-376-0484
www.ymcaowensound.on.ca

- Social Services**
Grey County - 1-800-265-3119
www.grey.ca/health-social-services/
Owen Sound
Bruce County - 1-800-265-3005
www.brucecounty.on.ca/ontworks.php
Walkerton

- United Way of Bruce Grey**
519-376-1560
manager@unitedwaybg.com
www.unitedwayofbrucegrey.com

FOOD BANKS/HOUSING

- Beaver Valley Outreach - Thornbury**
519-599-2577
info@bvo.ca or www.bvo.ca

- Durham District Food Bank**
Monday, Tuesday, Friday, 9 a.m.-noon
Call 519-369-6860 and leave message

- Kincardine Ministerial Food Bank**
519-396-2185
circlek@bmts.com

- Lion's Head and District Food Bank**
519-793-3860
helen.rick@amtelecom.net

- Markdale and District Food Bank**
519-986-3094

- Meaford Food Bank**
519-538-4550

- Paisley Food Bank**
Immanuel Evangelical Mission Church
307 Balaclava St.
519-353-5270 (Carol)

- Salvation Army**
Hanover - 519-364-3450
Owen Sound - 519-371-0957
Port Elgin - 519-389-3942
Wiarton - 519-534-0353

- Tobermory Food Bank**
519-596-1501

- Walkerton and District Food Bank**
519-881-0168

RESOURCES

Habitat for Humanity Grey Bruce

1-866-771-6776
habitatatos@bmts.com
www.habitatgreybruce.com

Ontario Tenants Rights

ontariotenants@hotmail.com
www.ontariotenants.ca

Safe ‘n Sound Homelessness Initiative

519-470-7233
safensoundresidence@gmail.com
www.safensoundgreybruce.com

Subsidized housing

Bruce County - 1-800-265-3022
www.brucecounty.on.ca/socialhousing.php
Grey County - 376-5744
http://bit.ly/vVG1k0

HEALTH CARE

Auditory Health Care

202 Cayley St., Walkerton
519-881-4994
info@auditoryhealthcare.com

Canadian Mental Health Association
Grey-Bruce Branch

Administration - 519-371-3642
Crisis: 1-877-470-5200
jralph@cmhagb.org; www.cmhagb.org
Owen Sound

Closing the Gap Healthcare Group - Rehab
Express Grey Bruce

519-370-2165
www.closingthegap.ca
Owen Sound

Collingwood General and Marine Hospital

705-445-2550
www.cgmh.on.ca

ConnexOntario Help Lines

Free, confidential, 24-7 helplines via phone,
webchat or email
Drug and alcohol - 1-800-565-8603
Gambling - 1-888-230-3505
Mental health - 1-866-531-2600
www.connexontario.ca

Grey Bruce Health Services (hospitals)

Lion's Head - 519-793-3424
Markdale - 519-986-3040
Meaford - 519-538-1311
Owen Sound - 519-376-2121
Southampton - 797-3230
Warton - 534-1260
www.gbhs.on.ca

Grey Bruce Health Unit

1-800-263-3456
publichealth@publichealthgreybruce.on.ca
www.publichealthgreybruce.on.ca
Owen Sound

Hanover and District Hospital

519-364-2340
admin@hanoverhospital.on.ca
www.hanoverhospital.on.ca

Healthy Babies, Healthy Children

Grey Bruce Health Unit
519-376-9420 or 1-800-263-3456
www.publichealthgreybruce.on.ca

Healthy Smiles Ontario

Dental services for families making under
\$20,000 annually
Register through the health unit
Online: http://bit.ly/JAqJbY

Honouring Life Network

Aboriginal youth suicide prevention
www.honouringlife.ca

HopeGreyBruce - Owen Sound

Mental Health and Addiction Services
519-371-4120
www.mhagb.ca/gbchc/

Huron Shores Foot Clinic - Kincardine

Orthotics, footcare, podiatrist, chiroprodist
519-396-3500

Keystone Child, Youth & Family Services

1-800-567-2384 or 519-371-4773
bgcs@bmts.com
www.keystonebrucegrey.org

Kids Help Phone

1-800-668-6868 (24 hours)
www.kidshelpphone.ca

Mino Bimadsawin Health Centre

57 Mason Dr., Saugeen First Nation,
519-797-3336

M'Wikwedong Native Cultural Resource
Centre

1-866-202-2068
admin@mwikwedong.com
www.mwikwedong.com
Owen Sound

Optimize Healing Centre, Port Elgin

Neurodevelopment specialists
519-832-1515 or info@optimizehealing.com
www.optimizehealing.com

Owen Sound Crisis Pregnancy Centre

1-888-371-2004; oscpc@wightman.ca

Pediatric clinics

Hanover - 519-364-2340
Kincardine - 519-396-3331
Markdale - 519-986-3040
Owen Sound - 519-376-2121
Walkerton - 519-881-1220

Poison Control Centre

1-800-268-9017

Postpartum depression

Grey Bruce Health Unit - 1-800-263-3456
Keystone Child, Youth and Family Services -
1-800-567-2384

South Bruce Grey Health Centre (hospitals)

Chesley - 519-363-2340
Kincardine - 519-396-3331
Durham - 519-369-2340
Walkerton - 519-881-1220
www.sbghc.on.ca

South East Grey Community Health Centre

55 Victoria St., Markdale
519-986-2222 or 1-855-519-2220
info@segchc.ca or www.segchc.ca

St. John Ambulance First Aid training

519-364-7004 or grey.bruce@on.sja.ca
http://bit.ly/t3Ye8g
Hanover and Owen Sound

TeleHealth Ontario

1-866-797-0007

Thames Valley Children's Centre

519-396-3360 or 1-866-590-8822
Paula.Holla@tvcc.on.ca or
Clare.Matthews@tvcc.on.ca
www.tvcc.on.ca

LIBRARIES

Blue Mountains Public Library/
L.E. Shore Memorial Library

Thornbury
519-599-3681
www.thebluemountainslibrary.ca

Bruce County Public Library

Online catalogue - www.bruce.canlib.ca
Administrative office - 519-832-6935
bruce2@brucecounty.on.ca
Cargill - 519-366-9990
Chesley - 519-363-2239
Hepworth - 519-935-2030
Kincardine - 519-396-3289
Lion's Head - 519-793-3844
Lucknow - 519-528-3011
Mildmay - 519-367-2814
Paisley - 519-353-7225
Port Elgin - 519-832-2201
Ripley - 519-395-5919
Sauble Beach - 519-422-1283
Southampton - 519-97-3586
Tara - 519-934-2626
Teeswater - 519-392-6801
Tiverton - 519-368-5655
Tobermory - 519-596-2446
Walkerton - 519-881-3240
Warton - 519-534-2602

Collingwood Public Library

519-445-1571
www.collingwoodpubliclibrary.ca

Dundalk/Southgate Public Library

519-923-3248 or http://southgate-library.com/

Grey Highlands Public Library

Flesherton - 519-924-2241
Kimberley - 519-599-6990
Walter Harris Memorial Library (Markdale) -
519-986-3436
www.greyhighlandspubliclibrary.com

Hanover Public Library

519-364-1420
www.hanoverlibrary.ca

Meaford Public Library

519-538-1060
www.meaford.ca/meaford-library-home.html

Owen Sound and North Grey

Union Public Library
519-376-6623 or www.owensound.library.on.ca

West Grey Public Library system

www.westgrey.com/libraries.cfm
Durham (main) branch - 519-369-2107
Elmwood and area - 519-363-3321
Neustadt - 519-799-5830
Normanby - 519-665-7784

MUSEUMS

Billy Bishop Heritage Museum - Owen Sound

519-371-0031
www.billybishop.org

Bruce County Lighthouse Museums

Seasonal
Cabot (Lion's) Head - 519-795-7780
Chantry Island (Southampton) - 866-318-8889
Kincardine - 519-396-3468
Point Clark - 519-395-2494

Bruce County Museum, Cultural Centre and
Archives - Southampton

519-797-2080
www.brucemuseum.ca

Bruce Peninsula Visitors Centre

519-596-2233
http://bit.ly/rQQFf6
Tobermory

Bruce Power Visitors' Centre

519-361-7777
www.brucepower.com

Chesley Heritage & Woodworking Museum

519-363-9837

Craigleith Heritage Depot - Thornbury

519-599-3131
www.thebluemountains.ca/Craigleith-Heri-
tage-Depot.cfm

Grey Roots Museum and Cultural Centre

Includes county's archives
1-877-GREY ROOTS
www.greyroots.com
RR4 Owen Sound

Meaford Museum

519-538-5974
www.visitmeaford.com/meaford-museum.html

Owen Sound Marine and Rail Museum

519-371-3333
www.marinerail.com

Paddy Walker Heritage Society

519-396-1850
www.walkerhousekincardine.com
Kincardine

South Grey Museum - Flesherton

519-371-0031
www.greyhighlandsmuseum.com

St. Edmunds Township Museum

519-596-2479 or online http://bit.ly/vEdicK
Tobermory

Tobermory Maritime Association

519-596-2700 or www.tobermorymaritime.ca

Treasure Chest Museum

519-353-7176
http://tiffanyweb.bmts.com/-tcmuseum
Paisley

ONLINE SUPPORT

www.211.ca

www.pathwaysawareness.org

www.shelternet.ca

Online directory of women's shelters across
Canada, information about safety planning
and resources for children and teens

www.targetyouth.ca

www.thehealthline.ca

OTHER

Welcome Wagon

www.welcomewagon.ca
1-877-675-8463 – call for local representatives

PLAYGROUPS

Kincardine Toy Library and Playgroup

Pentecostal Church, 249 Bruce Ave.
Wednesday, 9:30-11:30 a.m.

Ontario Early Years Centres

Hanover - 519-376-8808
Kincardine - 519-396-3322
Markdale - 519-986-3692
Meaford - 519-538-0545
M'Wikwedong (Owen Sound) - 519-371-1147
Owen Sound (Bayview) - 519-371-7034
Port Elgin - 519-389-5762
Thornbury - 519-599-2577
Walkerton - 519-881-2739
Warton - 519-534-5550
Outreach sites available in some areas

SPECIAL NEEDS

Autism Ontario Grey Bruce Chapter

519-370-2345; autisimgreybruce@gmail.com
http://bit.ly/tO6kam
Owen Sound

Bruce County Childcare Services

1-800-265-3005
www.brucecounty.on.ca
Walkerton

Bruce Peninsula Association
for Community Living

519-534-0553; bpacl@bmts.com
Warton

Community Living Kincardine & District

519-396-9434
www.clkd.ca

Community Living Meaford

519-538-4165
info@communitylivingmeaford.ca

Community Living Owen Sound

and District
519-371-9251
www.communitylivingowensound.ca

Community Living Walkerton & District

519-881-3713
www.clwalkerton.org

Georgian Riding Association
for Challenged Equestrians

519-372-2721; grace@log.on.ca
Wicklen Stables, RR5 Owen Sound

Keystone Child, Youth & Family Services

1-800-567-2384
bgcs@bmts.com
www.keystonebrucegrey.org
Owen Sound

PRANCE Therapeutic Riding Centre

519-832-2522
prance@bmts.com
Miramichi Farms, Hwy. 21 Port Elgin

Reading Rescue Ontario

519-794-4745
soehner@bmts.com
www.readingrescueontario.ca
Holland Centre

South Grey Bruce Youth Literacy Council

519-364-0008
info@sgbyouthliteracy.org
www.sgbyouthliteracy.org
Hanover

Special Therapy and Education
Program of Saugeen (STEPS)

519-797-1935
info@stepsahead.ca; www.stepsahead.ca
Southampton

Thames Valley Children's Centre

519-396-3360
1-866-590-8822
Paula.Holla@tvcc.on.ca or
Clare.Matthews@tvcc.on.ca
www.tvcc.on.ca

United Way of Bruce Grey

519-376-1560
unitedwaybg@bmts.com
www.unitedwayofbrucegrey.com/
Owen Sound

SPEECH/LANGUAGE

Bruce County Childcare Services

1-800-265-3005; www.brucecounty.on.ca
Walkerton

Closing the Gap Healthcare Group

Rehab Express Grey Bruce
1-866-990-9901; www.closingthegap.ca
Owen Sound

Grey Bruce Health Unit

1-800-263-3456
publichealth@publichealthgreybruce.on.ca
www.publichealthgreybruce.on.ca
Owen Sound

South West Community Care Access Centre
In-Home Services

Owen Sound - 519-371-2112
Walkerton - 519-881-1181
www.sw.ccac-ont.ca

WISH PROGRAMS

Children's Wish Foundation of Canada

1-800-267-9474
on@childrenswish.ca or www.childrenswish.ca
Ajax, ON

Make-A-Wish - Southwestern Ontario Chapter

519-471-4900
www.makeawishsw.o.ca
London, ON



THE **ONLY** MAGAZINE FOR PARENTS AND CAREGIVERS IN GREY AND BRUCE COUNTIES

- 10,000 copies distributed for free each March, June, September and December
- local stories, events, resources and advertisements
- a perfect advertising vehicle for local businesses, municipalities, clubs, and event organizers to reach a targeted audience

A strong online presence at **greybrucekids.com**:

- interesting blogs for parents, by parents
- interactive events calendar where you can post your ongoing or special event for free
- downloadable version of the magazine



Interested in advertising with us?

Email amy@greybrucekids.com for our Media Kit, visit greybrucekids.com or call 519-395-5430.

FALL EVENTS

SEPTEMBER

1

Desboro Fall Fair - Chatsworth

Parade, nail driving contest, entertainment and potato auction.
Starts Aug. 31.
www.desborofallfair.ca

Durham Fall Fair

Cattle and horse shows, quilt raffle, and Fall Fair Fun Factory.
Runs through Sept. 2.
durhamagriculturalsociety.com

Meaford and St. Vincent Fall Fair

Heavy horse pull, unique exhibits and cattle shows.
Starts Aug. 31.
www.meaford.com/town/org_agsociety.html

Monarch Butterfly Festival

Bruce Peninsula National Park - Tobermory
Runs through Sept. 3.
<http://escarpment.ca/index.html>

'Up Your Alley' Fine Art & Craft Sale

Southampton Art Gallery, 201 High St.
Unique jewelry, home accessories, clothing, art, handbags, etc.
10 a.m.-4 p.m.
www.southamptonart.com

6

Owen Sound Fall Fair

Cattle and mini-horse shows, lawnmower races, Tractor pulls, demolition derby and midway.
Runs through Sept. 8.
www.owensoundfallfair.com

7

A Night Sky Tour at Grey Roots Museum

Learn about the constellations with the Bluewater Astronomical Society.
8 p.m., clear sky only.
Also Oct. 12.
www.greyroots.com

Grey-Bruce Food and Wine Show

P&H Centre, 269 7th Ave., Hanover
Try the best food, wine and beer in the area!
Children under 13 free.
Runs through Sept. 9.
www.gbfoodwine.ca

9

Paisley Fall Fair

Agricultural and 4-H competitions, displays, huge horse show, BBQ dinner.
www.paisleyfair.ca

11

Arran Tara Fall Fair

Agricultural and 4-H competitions, displays, midway, parade, entertainment.
Runs through Sept. 12.
www.sites.google.com/site/arrantarafallfair

14

The Bra Project

Bruce County Museum & Cultural Centre
Runs through Dec. 1.
www.brucemuseum.ca or thebraproject.com

Make Art at Tom Thomson Art Gallery

Family fun and hands-on activities.
1-3 p.m.
Also Oct. 21 and Nov. 18.
www.tomthomson.org

Chatsworth Fall Fair

Horse and invitational 4-H shows, live entertainment and great food.
Runs through Sept. 16.
www.chatsworthfallfair.ca

Lucknow Fall Fair

Agricultural competitions, displays, and fun for the whole family in downtown Lucknow.
Runs through Sept. 16.
www.lucknowagsociety.ca

Warton Fall Fair

Farmer's Olympics, baby show, agricultural competitions, displays, horse show and pulls.
Runs through Sept. 15.
Contact waughwhooz@hotmail.com for info.

15

Wild for the Arts Festival

MacGregor Point Provincial Park - Port Elgin
Nature-inspired visual art and written works, music, theatre and family fun.
Runs through Sept. 16.
www.friendsofmacgregor.org

21

Tiverton Fall Fair

Agricultural and 4-H competitions, displays, midway, heavy horses, parade.
Runs through Sept. 22.
www.tivertonagsociety.com/fair.html

22

Rocklyn Fall Fair - Clarksburg

rocklynagsociety@hotmail.com

28

Meaford Scarecrow Invasion Parade and Family Festival

Dress as a scarecrow and go in the parade or watch from the sidelines.
6:30 p.m., Meaford Hall.
tourism@mdcc.ca

Tom Thomson Arts Festival

Exhibitions, concerts, dance performances, readings, films, and culinary workshops.
Various locations around Owen Sound.
Runs through Sept. 30.
www.canadianspirit.org

29

Pumpkinfest

Port Elgin
Pumpkin and vegetable weigh-off, two-day car show, kiddie carnival, craft show, etc.
Runs through Sept. 30.
www.pumpkinfest.org

Ripley Fall Fair

Agricultural and 4-H competitions, displays, midway, heavy horses, car show, parade.
Runs through Sept. 30.
www.ripleyfair.ca

OCTOBER

5

Apple Harvest Festival

Blue Mountain Village
Live music, Apple Pie Trail, pumpkin carving, buskers, hiking, biking and fall driving tours.
Runs through Oct. 8.
www.appleharvestfestival.ca

6

Pine River Kountry Kitchen Bazaar

Point Clark Community Centre
Famous meat pies, arts and crafts.
11 a.m.-1 p.m.; pineriverchurch@hurontel.on.ca

20

Night at the Museum

Bruce County Museum & Cultural Centre
A night for kids filled with thrills and chills.
Pre-registration required.
www.brucemuseum.ca

Witches in the Woods

MacGregor Point Provincial Park
Decorate campsite and go trick-or-treating.
fompp@bmts.com

27

Hobgoblin Frolic

Moreston Heritage Village, Grey Roots Museum
1-4 p.m.
www.greyroots.com

NOVEMBER

24

Christmas in the Gallery

Southampton Art Gallery, 201 High St.
Unique, handmade gifts.
Runs through Dec. 30.
www.southamptonart.com

Port Elgin Santa Claus Parade

Come see Santa! Canned goods collection.
7 p.m., Goderich Street.
Call Heather at 519-832-2332 to book your float or volunteer.

25

Ripley Christmas in the Park and Parade

6-8 p.m.
Contact Diane at 519-395-4072.

30

Lucknow Santa Claus Parade

Parade and free skating.
Contact Pat Livingston for information.

Paisley Santa Claus Parade

7 p.m., along Queen Street.
Contact Incompany@hotmail.com for info.



RECIPES

LOCAL FOOD MAKES DELICIOUS TREATS

courtesy Foodland Ontario

SQUASH BROWNIES WITH CHOCOLATE SWIRL TOPPING

Getting them to eat vegetables has never been easier! The chocolate brings out the sweetness of the squash in these delicious bars, and the squash keeps them moist for days.

INGREDIENTS (BROWNIES):

- 1 cup of cooked, mashed Ontario squash
- 1 packed brown sugar
- ¼ cup of both buttermilk* and oil
- 2 Ontario eggs, well beaten
- 1 tsp vanilla
- 1¾ cups all-purpose flour
- 1 tsp each baking flour and cinnamon
- ½ tsp each ginger and baking soda
- ¼ tsp nutmeg and salt
- ½ cup toasted, chopped nuts

* If buttermilk not available, combine 1 tsp vinegar with milk and let sit for 15 minutes

INGREDIENTS (CHOCOLATE SWIRL TOPPING):

- 4 ounces cream cheese, room temperature
- 2 tbsp granulated sugar
- 1 Ontario egg
- ½ tsp vanilla
- 1 cup chocolate chips

Chocolate Swirl Topping: In small bowl, cream together cream cheese, sugar, egg and vanilla; stir in chocolate chips. Set aside.

In large bowl, stir together squash, brown sugar, buttermilk, oil, eggs and vanilla. Stir or sift together flour, baking powder, cinnamon, ginger, baking soda, nutmeg and salt. Stir into squash mixture until combined. Stir in nuts. Spread into greased 13- x 9- inch (3.5 litre) pan.

Drop topping by heaping 1 tbsp onto batter. Swirl into batter with knife. Bake at 350 F (180 C) for 35 minutes or until tester comes out clean. Let cool; cut into desired size.

PUMPKIN CRANBERRY MUFFIN SQUARES

Chock full of cranberries and pumpkin flavour, these moist orange-spiked squares are ideal for dessert or weekend breakfast treats. Tuck into packed lunches for a treat kids will love.



INGREDIENTS (MUFFINS):

- 2 cups all-purpose flour
- 1 tbsp pumpkin pie spice
- 2½ tsps baking powder
- ½ tsp salt
- ¾ cup of chopped, fresh Ontario cranberries
- ½ cup chopped walnuts
- 1 Ontario egg
- ⅔ cup packed brown sugar
- ½ cup orange juice
- ½ cup milk
- ¼ cup vegetable oil
- 1 tbsp grated orange rind
- ¾ cup cooked Ontario pumpkin puree

INGREDIENTS (TOPPING):

- ¾ cup granulated sugar
- 2 tbsp all-purpose flour
- ½ tsp pumpkin pie spice
- 1 tbsp butter, softened

In a bowl, combine the topping's sugar, flour, pumpkin pie spice and butter, and set aside.

In a large bowl, stir together flour, pumpkin pie spice, baking powder, baking soda and salt; stir in cranberries and walnuts.

In separate bowl, beat egg; mix in brown sugar, orange juice, milk, oil and orange rind. Blend in pumpkin puree. Pour over flour mixture and stir just until moistened. Spoon into greased 8-inch (2 L) square cake pan. Sprinkle with topping.

Bake in 375 F (190 C) oven for 35 to 40 minutes or until cake tester inserted in centre comes out clean. Run knife around edges to loosen. Turn out onto wire rack and let cool. Cut into squares. Alternatively, you can spoon batter into 12 large greased or paper-lined muffin cups, filling to top. Sprinkle with topping. Bake 30 to 35 minutes or until firm to the touch. Serve warm or at room temperature.

Now Open!



MOMS

UNIQUE FINDS FOR MOM • BABY • CHILD

320 DURHAM ST • WALKERTON

Baby Gear

Chic Diaper Bags
Baby Slings
Hatley Infant Wear
Organic Baby Products
Melissa & Doug Toys

Breastfeeding Gear

Nursing Pillows
Nursing Bras
Top Quality Breast Pumps
Special Needs Feeders

New Mom Support

Home Parties
Home Visits
Twin Support
Information Sessions

P 519.379.6769
or 519.881.2133

More Fun at Scenic Caves

RUNNING / HIKING SHOES REQUIRED

- 425 ft Suspension Bridge
- Caves and Caverns
- Big Rock Railroad
- Adventure Playground
- Fish Pond—feed the fish
- Mini-golf
- Family Picnic Area
- Gemstone Mining
- Snack Bar
- Fabulous Panoramic Views
- Gift shop

1 Hour East of Owen Sound • sceniccaves.com • 705-446-0256

Scenic Caves
NATURE ADVENTURES



your home • your self • your life

Come see our line of parent-approved, award-winning Cloud B products:

- Sleep Sheep: a cuddly, calming white noise machine (works for adult insomniacs, too!)
- Twilight Turtle and Ladybug plush nights lamps (see the constellations on your ceiling; great for fear of the dark)

Also at J'Adorn: lots of other charming children's items, books, vintage toys and games.

Come in and see our selection of wonderful toys and gifts.

***Lots for tots –
and more for moms!***



J'ADORN IN DOWNTOWN KINGCARDINE

OPEN 7 DAYS A WEEK

(519) 396-GIFT (4438) WWW.JADORN.CA

