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PARENTS AND CAREGIVERS

FALL 2013 • greybrucekids.com

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FROM THE PUBLISHER

Fall is a time of renewal

Long, lazy days at the beach, barbecues with friends, ball tournaments, local festivals and markets, playdates at the park, front porch drinks with the neighbours, kids wearing nothing but a bathing suit for days, alfresco eating, bonfires, camping... all these wonderful things were my summer in Grey/Bruce.

Sadly, it's over now. We had a late start to summer this year but made up for it with a scorching heat wave in July. We wait patiently through blowing snow, sleet, then fog and construction to have just a couple blissful months, so I hope you enjoyed yours as much as I did.

The kids are back to school and I have to get back into routine; making school lunches (yuck!), being a chauffeur to scheduled games, practices and lessons, and getting a new start on my own fitness routine after months of summer over-indulgence.

Fall has always been a time of renewal for me, as well as my favourite season. While I love summer, I also love the new beginnings that fall brings – new pencils and books, new pursuits of hobbies and activities, and the chance to enjoy perhaps another month or two of nice weather before we wait out another five months of winter.

There is no denying fall in Grey/Bruce is gorgeous, so be sure to enjoy the change of season by eating crisp local apples and produce from orchards and markets in Grey/Bruce (Page 14). I guarantee you'll never taste a better apple.

Speaking of new beginnings, be sure to read 'Buying their first instrument' (Page 10), and now is as good of time as any to teach your kids the value of money (Page 6). Even more importantly, as kids return to the pressures of school, be aware of their mental and emotional health (Pages 14 and 18).

Have a great fall and please, send me your best lunch ideas for kids – I'm going to need all the help I can get!

Amy Irwin, Publisher, Grey-Bruce Kids



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Everything you need to know about apples

- Johnny Appleseed was a real person. His name was John Chapman, and he was born in Massachusettes, in 1774.
- John MacIntosh discovered the seedling of his famous apple tree in Ontario in 1796. That means every Mac apple in the world is descended from an Ontario tree.
- Apples ripen six to 10 times faster at room temperature than if they are refrigerated.
- Apples are the most important tree fruit crop in Canada, and the fourth most important worldwide.
- Ontario harvested 357 million pounds of apples in 2004.
- Bees, which are used to pollenate apple blossoms, must visit two million flowers per pound of honey.
- It takes the energy from 50 leaves to produce one apple.
- There are over 7,500 varieties of apples, with 100 grown in North America.
- Apples bruise easier than eggs break.
- Apple juice was one of the earliest prescribed antidepressants.
- Canadians eat, on average, 86 apples per year.
- One apple contains about 80 calories, is a good source of fibre and Vitamin C and has no sodium or fat.
- Most apple historians believe apples were first cultivated in Asia around 6500 BC.
- 25% of an apple's volume is air – that's why it floats.
- China is the world's leading apple producer.

Optometrists recommend testing kids' eyes at start of school year

By Dr. Michelle Lafleur

Jeepers creepers, let's take a look at those peepers!

It is a good idea to get your child's eyes examined before he or she starts school. Parents won't always know if their child has a vision problem and young children may not have the language to explain their vision (or know if it should be any different) and if the problem is just in one eye, they may ignore it altogether.

The Canadian Association of Optometrists (CAO) guidelines state that infants should be seen by six months of age, toddlers at three years, then just before entering school and every year thereafter. Vision screenings are no longer performed in most schools, nor is vision tested during routine examinations by family physicians. According to studies, up to 25 per cent of children have undetected vision problems that can hold them back. Many learning disabilities have some underlying visual component.

Eye examinations are covered annually by OHIP for children under the age of 19. There is also a provincial initiative called 'Eye See, Eye Learn,' which provides glasses free of charge to Junior Kindergarten students who need them. You can find a participating optometrist through the website www.eyeseeyelearn.ca or by calling 1-855-424-ESEL (3735).

Dr. Michelle Lafleur is an optometrist in Owen Sound.

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The number of apple orchards in Grey and Bruce counties. Some are U-pick, while others do the work for you! See Page 13.

Writing contest

The South Grey Bruce Youth Literacy Council invites kids to write a poem or one-page short story about 'Disappearing Acts.' This juried writing contest is for youth in Grades 1-8 in either French or English. Send entries to info@sgbyouthliteracy.org or 467 10th St., Suite 303, Hanover, ON, N4N 1R3, by Oct. 1. Ensure name, age, school and contact info is with your entry. Call 519-364-0008 for more.

You can support smoke-free outdoor spaces

The Grey Bruce Health Unit is petitioning local councils to create smoke-free outdoor spaces to protect our children, our health, the environment, and our local wildlife.

The proposed smoke-free spaces in Grey and Bruce include beaches, parks and playgrounds, recreation complexes such as baseball diamonds and soccer fields, restaurant patios and a nine metre

radius from all entrances and exits of municipal facilities such as arenas and community halls.

You can support a smoke-free Grey Bruce and ask municipal councillors in Grey and Bruce counties to enact these changes by signing the health unit's online petition at <http://tinyurl.com/n46x25x>.



TALES from TOTS

YOU NEVER KNOW WHAT THEY'LL SAY NEXT

One day my five-year-old son said, "The whole time (I was outside), I had to make love with Diamond (our dog)." Alarmed, I asked, "What does that mean?" He replied, "I had to pet her! That's what dogs love."

Stef, mom of Hailey and Owen

My son Cooper woke up one night crying and sobbing, so I went in to check on him.

Me: "Cooper, what's the matter?"

Cooper: "I had a bad dream."

Me: "OK, well it was just a dream. It's over now."

Cooper: "But it was really bad."

Me: "What was it about?"

Cooper: "My grano-o-o-la bar was bro-o-o-ken."

Laurie, mom to Layla, Cooper and Robin

I always check the dates on food items like milk and bread. We were at my grandparents' for lunch one day and I asked my son Brayden if he wanted ketchup on his hamburger. He picked up the bottle and began reading it and said, "Mom, there is no way I'm eating ketchup when the date says 1869!" That's the day Heinz was established.

Jenny, mom to Brayden and Alexa

"Where's kitty?" my son Jack asked his Dad one day.

Daddy: "Ask the dog."

Jack: "Seamus did you eat my kitty?"

Daddy: "Well, what did he say?"

Jack turned to his father and said, "He didn't say anything. He's a dog. He doesn't even talk."

Amanda, Mom of Jack and Halen

My three-year-old daughter Ava had just woke up from a nap when she started to cry. I asked her what was wrong and she told me her fingers "felt minty." It took me a while to figure out she meant they had pins and needles in them!

Liane, mom of Ava and Ashley

We were watering flowers and my grandson Jack was picking off dead blooms for his bug box. He said, very seriously, "You really need to dead head Grandma, so these will keep growing."

Jane, grandma to Jack, Hope, Easton, Kennedy and Lawsen

Having just met that day, new friends Chase and Daniella, both three years old, were trying to have a nap in the same bed. They chatted for five or 10 minutes, while Mom was listening because she wanted to make sure they eventually went to



sleep. Chase then said, "We should really go to sleep." Daniella agreed, asking, "Do you want a hug?" Chase said, "Yes please." It was too cute.

Crystal, mom of Chase

My three-year-old daughter is not different from most her age – she is quite amused with tooting! One evening, while she was sitting on my lap on our sofa, she proceeded to toot on me. When I confronted her/accused her, she corrected me quite sternly. "Mommy, I did not toot on you, I just breathed from my bum!"

Jennifer, mom of Zoey

An adult friend of mine said to my son Jack, "Mommy must be excited about you going to Kindergarten in September." Jack replied seriously, "No, she doesn't get to go."

Lisa, mom of Jack

We went camping every summer in our tent trailer when our kids were little and always had sites without electricity, so when it was dark, boy it was dark! One night our three-year-old was laying in bed trying to sleep when she said, "Mom, it's so dark I can't tell if my eyes are open or shut."

Gail, grandma to Layne, Jace and Paige

GBK

Do you have a Tales from Tots? Email amy@greybrucekids.com and it may be published in an upcoming issue.

Sensible money habits start young

Be a financial mentor for your kids

By Angela Devitt

Do you know the secret to becoming better off financially? Would you be surprised to know it's more common sense and an understanding of the game than it is secret plans and clever tricks?

Becoming more financially stable is a game you can begin playing at a young age, and, even better, it's a great area for parents to be positive role models for their children.

From working in the financial industry and being genuinely interested in how to manage money, here are a few strategies I have learned. Let's start from the beginning... by discussing it in reverse.

YOUNG ADULTS (16-23)

Take a 23-year-old who has now finished college or university and/or is stepping into the adult working world. Perhaps they have a whopping student debt load, but that's not always the case. Perhaps they were lucky and had parents who invested in Registered Education Savings Plans (RESPs) to help with their education, which is a great idea!

Have your child look to your bank once they have been accepted and before starting post-secondary school for great rates on student lines of credit, where they only make interest payments while at school and the year after completion. This gives them time to find full-time employment before paying both principal and interest payments.

Let's assume this 23-year-old was well educated on money and acquired a firm understanding of how credit works, how to use it wisely, how to save and invest, and has a great credit history. If they ask the bank for a mortgage, car loan, line of credit, credit card or savings and investments, there's a good chance they'll get it.

And how do they know all this at such a young age? It's most



likely because they had responsible role models (usually parents) to guide them in the beginning.

Banking for so many adults seems to be scary, or so they tell me. Perhaps your children are picking up this habit as well. Here's a secret: take advantage of the free advice from a finance-savvy banking advisor when you need help or even for review of your finances. Bring your children along, have them ask questions about their own banking, and teach them there is someone out there to help.

Most banks have student products to eliminate fees while they are busy with their studies. A credit card can definitely benefit, depending on your child's personality, knowledge of how to use one and responsibility level. A small, \$500 limit on a card only used for purchases or emergencies that can be paid off each month (which is important) teaches the cardholder about credit. If you borrow for a 21-day grace period, and you pay it all off each month, it costs you nothing! Perhaps there are perks to this card like rewards or cash back, so why not take advantage? Seeing where they spend their money on an itemized statement is also a handy way to budget too.

So follow the rules, make the payments and build the credit history needed in the future.



HIGH SCHOOL STUDENTS (13-18)

Your young, independent teen is a prime candidate for some lessons on becoming more involved in their own finances. It's important to develop good spending habits at this age. That means mom and dad should model this behaviour as well. Teach, trust and give some freedom when it comes to a bank card. The majority of kids at this age have a part-time job and an income, which they have a right to spend, but it's up to parents to ensure teens learn about saving too.

A good rule of thumb for your teen is to save a third of each paycheck into a savings account. Also, let your kids see your knack for saving (because you are, right?). Tell them about your Registered Retirement Savings Plan (RRSP) or your Tax Free Savings Account (TFSA) and how it works. Explain to them some goals you may have, like a trip for the whole family, and how you will save for it.

If your child doesn't have the money for a purchase, don't feel guilty saying no and let them save for the purchase themselves. This results in more responsible spending and lessons learned. You are not doing your child any favours by handing them everything they want. Show them how to get paid for a job well done and feel proud to earn money and nice things.

At any age, be honest with your kids. If you are having financial troubles or successes, explain it (on their level at the time) and discuss what worked, what didn't and what you learned from it.

Modeling and teaching budgeting is also key at this age. Put it in

writing. Have your child make a list and decide what they want as opposed to what they need. Plot out some goals, even a few years ahead. This idea works for any age for short- to long-term goals ranging from a trip to the local ice cream shop for a cone to a new bike, to saving for post-secondary education.

Banks offer an automatic withdrawal service where your child decides when, how often and how much is withdrawn from a chequing account and transferred to a savings account. The beauty of this is they don't have to remember to do it! Once your child gets used to the money being automatically taken they won't miss it and will watch their savings grow. Note: This is also the time when you explain how interest and compound interest works, and, if you're feeling confident, even how returns on investments work!

WEE ONES (THREE TO 12)

Our world is full of technology – online and mobile banking, plastic cards and 'e-money,' so we have less cash in our hands these days. Cards and online transfers make it easier to spend money, but if you don't have it, you shouldn't spend it.

Therefore, start teaching kids about money with actual cash. Let your child see you take the money out of the bank machine and use it to buy something. With a three-year-old, start with a piggy bank. Let them see it in their room and give them coins to put in themselves. Count coins together and eventually teach what each coin is worth. Talk about saving the money for something special.



A few years later introduce an allowance. Make it clear that as a family you all work together at the household chores. Let them know what your expectations are and that if they accomplish the tasks you set out for them, they will earn a certain amount each week, to save or spend.

Banks have accounts specifically for children, where there is no monthly fee and kids have a place to save that birthday money from Grandma, allowance or money from their first job. Parents can have signing authority when the child is young, but as they age and become more responsible, the child should have their own bank card. Bring your child into the bank with you making it a 'rite of passage' experience. As much as you may want to control your child's spending, let them make a few not-so-smart purchases. It's better they learn about a bad money decision now with something small than later when it's a big ticket item like a car or house.

Working in the financial world, I meet young people who are just starting out and it is a great opportunity to teach some useful strategies with handling their finances. But the lessons start at home with parents being the best financial guru they can be – for your own sake too! **GBK**

ANGELA DEVITT is a Banking Advisor with Scotiabank in Kincardine. She lives on a farm south of Kincardine with her husband and is mom and financial guru to Bryna, age 2. For further financial advice email angelaj.devitt@scotiabank.com.



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Buying their first instrument

By Richard Popiez

Now that school is back in, it's time for music lessons to start up.

Music lessons mean musical instruments, but many parents aren't sure what they're supposed to buy. What do instruments come with? Where do I go to get the right instrument? How much will I need to spend?

Choosing your child's first instrument can be very confusing. There are many factors to consider. The instrument needs to fit both the child's lifestyle and ability. It also needs to be appropriate for the type of lessons, the size of the child and their skill level. Do you have room for a Baby Grand piano in the living room or would an electronic keyboard in your child's bedroom be more appropriate? Can your child's arms fit more comfortably around a three-quarter or full-size guitar? As a parent or consumer, you're looking for an instrument that is a quality product, built by a reputable manufacturer, has a decent sound for a beginner and will not break the bank.

First, talk with your child and see what instrument interests them. Maybe Suzie talks about her friend down the street who is playing the piano like their favourite pop star on the radio or maybe Johnny wants to be a rock star and play the electric guitar like his buddy's older brother whose band practices every Saturday morning. It is important to agree on an instrument they are interested in. Just like any hobby or sport, if it's something they like, it will be something they'll want to continue.

The hardest part comes next – choosing the first instrument and figuring out where to get it. Generally, your child's new instrument should be the right size, feel comfortable to play and have enough room to accommodate their growth, both physically and in skill level.

GUITAR

Most children start with an acoustic guitar although some want to learn on an electric. A good starter guitar can cost between \$150 and \$300. Soft carry bags or hard shell cases are usually

extra. Consider your child's height and length of arms. Guitars come in half, three-quarter and full size.

KEYBOARD/PIANO

If your space is limited or you want something portable, a full-size, 88-key electronic keyboard costs between \$500 and \$1,500. The stand and bench are usually extra. Smaller versions with fewer keys are also available. Electronic keyboards are easy to move around, have a variety of sound effects and can be connected to an amplifier, headphones or a computer. Upright pianos can come in a natural wood, black or ivory finish and are an attractive piece of furniture for the living room or den. They have either plastic or ivory keys and a beautiful true piano sound. A good used or reconditioned instrument can start around \$2,000. Previously owned pianos should be thoroughly checked by a qualified piano technician to make sure it is in good condition and holds a tuning.

DRUMS

A basic starter drum kit can be around \$500. It usually comes with a bass drum, two or three toms, two cymbals and a snare. Complete kits may include some stands, bass pedal, seat (throne) and some sticks. It should have quality steel hardware, uncracked skins with good rebound, and be in good overall condition. If you don't have the room or a separate area for your child to practice, electronic drum kits take up very little space, are portable and foldable, offer a range of sound effects and can be plugged into headphones so only the drummer hears what they are playing. A new kit starts at about \$700.

OTHER INSTRUMENTS

Wind instruments, such as flutes or trumpets, can cost between \$500 and \$1,000. The metal should be straight and the keys should push easily. Beginner violins start around \$200 to \$500 and come in sizes from half to full size. Check for cracks, loose string pins and good overall condition.

Keep in mind that if you are going to be spending money on lessons each week, you can get your money's worth by investing in a reasonable quality instrument that your child enjoys playing. Do your research and spend your money wisely. Be cautious if purchasing your child's musical instrument from big box stores and catalogues – they are often made with substandard materials that easily warp and break. Even worse, once broken, they are often beyond repair. You may decide to purchase online, from a yard sale or from a reputable music store. Use common sense when looking at the condition and price of an instrument. Look for cracks, discolouration, signs of repairs, loose strings or parts that don't work.

Whether your child wants a red drum kit, a pink ukulele or an Eddie Van Halen style guitar, be sure to involve your child in the purchase of their musical instrument. Helping to choose something they love the look and feel of will keep them practicing and playing for years to come. **GBK**

RICHARD POPIEZ lives in Walkerton and owns A&R Music at 401 Durham St., E, Walkerton. Contact him at www.armusic.ca or on Facebook.

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An apple a day...

Photo courtesy Grey County Tourism

By Foodlink Grey Bruce

Fall provides many great opportunities for family outings, and, without a doubt, one of the best is a stop at a local apple orchard.

These trips are a great way for everyone to get outside together and for kids to learn about the food we eat every day. Sure, we all know that apples grow on trees, but how many of us have pulled a perfectly red, sun-warmed apple from a branch, or seen the soft bloom on the skin and smelled the glorious ripe fragrance of a truly fresh apple?

These family-run farms and orchards are the fabric of our region, and, as each generation comes along with their baskets, the U-pick and orchard market traditions are kept alive and well. U-picking is for all ages and stages of life, and a great step to counterbalance today's tendency to eat out of a box or in front of one; it can be a lot of fun creating a healthier food

culture. Sharing traditions around local food provides regular touchstones throughout the seasons with harvest time being the premiere event of the year. Let the season be your guide and you'll find a surprising appreciation for seasonal grazing.

Try picking early apples for homemade applesauce, making fruit leather snacks in the dehydrator or freezing a big batch of apple cinnamon muffins for school lunches. The options are many and varied and every one of them fun and fulfilling, in more ways than one!

Farmers in Ontario grow enough apples to meet all our needs in the province, yet we still import enormous quantities of apples from around the globe. So why bother to enjoy our local harvest? The best reason is simply experiencing a farm, which brings us back to our roots. We re-learn what fresh is and how great the body feels doing work outdoors; it's good work and good for us to remember what it takes to get food to the table. It

also creates wonderful memories later in life when the freshness of fall days bring it to back to mind.

For children, the harvest provides a natural sense of completion – they get to see the whole picture – from the field where food grows to the fork where every bite is savoured, not taken for granted. Children thrive with the order and simplicity of this kind of experience and everyone benefits from time to reconnect with the natural world. It's simply reassuring to gather our own food – an experience that increases our sense of place and belonging.

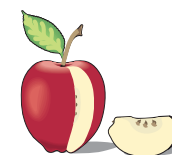
The best part is, when you're a kid (or a kid-at-heart), apple picking, or even exploring a pre-picked orchard, seems to be more fun than work, so it's really a win-win. Plus, each orchard offers something different, from homemade pies, soft fruit, vegetable, pumpkins and gourds and wildflower honey, to a farm animal petting zoo, a corn maze, and organic and specialty products. Some farms host special harvest events, as well.

There are two dozen varieties of apples and pears available locally and, after last year's devastating season due to spring frosts, the orchards are grateful and relieved to have an abundant crop this season. Check out the sidebar for the U-pick farms and orchard markets you can visit in Grey and Bruce counties.

Remember, Mother Nature dictates when the apples will be ripe. If you have a favourite variety, call a local U-pick first to make sure it is ready for picking. If you'd rather let the experts do the picking, there are dozens of farmgate orchards, fruit stands and farmers' markets across Grey/Bruce where you can buy apples and other home-grown products directly from the farmer. Visit www.FoodlinkGreyBruce.com and Georgian Bay Fruit Growers (www.georgianbayfruitgrowers.org/3/miscellaneous1.htm) for complete listings.

There are so many events to celebrate the season and our rural heritages so don't miss the chance to celebrate the harvest, Grey/Bruce style. There are 25 local Fall Fairs in Grey/Bruce and some have been running for over 150 years. Discover an old favourite or a new gem at www.ontariofairs.org/fairs/fairs-in-district-10. There is also the world-famous Pumpkinfest in Port Elgin (www.pumpkinfest.org), which has harvest fun for the whole family. **GBK**

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Grey/Bruce apple orchards

Grey and Bruce counties are home to many apple orchards, all of which offer a wide variety of fruits, vegetables, fresh and frozen baking, crafts, art, and even corn mazes and u-pick options.

Foodlink Grey-Bruce and Grey County encourage families to visit local orchards – they're family fun, and delicious for your health! Local markets are:

- Almond's Farm Market, Meaford
 - Appletop Farm, Clarksburg
 - Barbetta Orchards, Meaford
 - Dykstra Orchards, Clarksburg
 - End of the Rainbow Orchard, Clarksburg
 - The Farmer's Pantry, Clarksburg
 - T & K Ferri Orchards, Clarksburg
 - Tanner's U-Pick Market Garden, Paisley **U-pick*
 - Filsinger's Organic Foods and Orchards, Ayton **U-pick*
 - Grandma Lambe's Fruit Market, Meaford
 - Grandma Lambe's II, Chatsworth
 - Goldsmith's Orchards, Meaford
 - Homefront Acres Seasonal Apple Market, Ripley
 - Keyzer's Fruit Farm, Paisley **U-pick*
 - Maple Lane Orchards, Tara
 - Oaklane Orchards, Thornbury
 - Oakley's Field Fresh, Thornbury
 - O'Keefe Grange, Dobbinton
 - Orchard Knoll, Lion's Head
 - Sunrise Organics, Meaford
 - Smiths' Apples and Farm Market, Port Elgin **U-pick*
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For Wes...

Grieving family working to prevent youth suicide

By Dwight Irwin

For two years, pain has been a constant companion of Yolanda Cameron.

It drains from her eyes and undercoats each laugh, sometimes in the same breath.

Always, it threatens to best her, to keep her all to itself, shutting out the world. Yet she refuses to give in. She can't bear the thought of another family experiencing her ultimate pain, the unexplainable loss of a child.

On Sept. 26, 2011, her son Wes took his own life.

There were no apparent warning signs, cries for help, or failed attempts from the popular, athletic and charismatic 16-year-old. He left no note, no glimpse as to why.

"Unfortunately, we couldn't be inside his mind to know what he was thinking," Yolanda said, a tear touching her cheek in unison with the heavens reaching the streets of Walkerton, on a rainy June morning. "It hurts so much knowing Wes felt so much pain there was no other way out for him."

Wes hid it well. To Yolanda, his Dad Jamie and older brothers Jay and Wendel, Wes was a social, generous and caring person with a radiant smile that automatically drew people in.

"Wes had friends all over the place. That boy..." Yolanda smirked, her voice trailing into a whisper, "Unreal."

His eagerness to show affection, even in his teen years, was the envy of other Moms who longed for the days their baby boys weren't embarrassed to be seen in public with them.

"He'd throw his arm around me in front of his friends at the hockey rink and give me a kiss before we went our separate ways. The other Moms would always say to their sons, 'See! Wes isn't afraid to kiss his Mom in public!'" Yolanda chuckled.

He was also a regular kid, the baby in a three-boy family. He whined when he didn't get his way or when his siblings teased him as only brothers can. He was in constant contact with his friends and, the Camerons would soon learn, a strong shoulder for many schoolmates to lean on.

"After he died, we received letters from kids saying he always



made them feel better. He'd say, 'Tomorrow is another day, so look after yourself because things will get better,'" she said, her omnipresent pain streaking across her face as she asks a question, surely for the thousandth time, despite knowing the answer will never come.

"Why didn't he listen to himself?"

After his death, Yolanda and Jamie took to Wes's Facebook profile and text messages in search of answers, and what they found shocked them. Friends and classmates continued to confide in Wes – they openly bared their hearts, their personal struggles and darkest demons, including thoughts of joining him in suicide.

"We quickly realized a lot of kids needed to talk. They were writing messages to his accounts knowing he wasn't going to write back."

Yolanda and Jamie wondered how many parents of these children were like them, oblivious to the internal turmoil with which their teens were battling.

"If our kids seem normal there's no reason to think there's a problem. We parents have no idea about a lot of things in their lives, because kids keep to themselves or talk amongst themselves and not to us. But they're still only kids. They don't know how to take the next step to help themselves, no matter how badly they need to take that next step."

Left: Wes Cameron's smile brought light to wherever he was, even as a toddler, said his Mom Yolanda (right).



Photo by Amanda Lief

While their grief was all consuming, they knew they couldn't sit idly by while this happened to another family, not after reading the messages in Wes's inbox. It was obvious these kids either didn't feel comfortable talking to the adults in their lives or had tried and not received the response they required.

"The family unit is different now as divorce becomes more common. Some parents may not see their kids as much, so they may not notice changes in their behaviour. Others know there's a problem and are at their wits end trying to find help and don't know where to go."

To help both kids and the adults who love them, she and Jamie opened a storefront in downtown Walkerton and launched an online project called Wes for Youth Online – www.wesforyouthonline.ca – which provides crisis line numbers, personal stories from local teens, health information, and, as of June 2013, online counseling. The counseling software, which was developed by World Wide Therapy Online (www.therapyonline.ca), is designed specifically for youth, allowing users to send encrypted emails to licensed therapists, who will open a dialogue with the child.

"Since the email is encrypted, it's secure and confidential, so the kids can write anything that's on their mind, without fear of a family member or friend reading it," Yolanda said. "It's also designed so youth don't require parental consent to register for the program, which adds to the confidentiality."

In the first three weeks of the program, 12 youth have already registered at Wes for Youth Online. There are no geographical pockets of Grey-Bruce youth who are using the program, which is encouraging to Yolanda, because it means the Wes for Youth Online message is casting a wide net.

“It’s also completely free of charge, because I don’t want finances to stop someone from getting help.”

The first year of www.wesforyouthonline.ca has been more successful than the Camerons imagined possible, with local youth rallying around the initiative through mental health education walks, choosing the topic for school projects and raising funds and awareness by holding a hockey tournament in Hanover. Yolanda has also been asked to speak at both secondary and elementary schools, because even kids as young as eight can be under great stress and have nowhere to turn for help.

“People always say I’m so strong or brave, but I’m not. I meet and talk to people and then fall apart when I get home.”

..... Yolanda Cameron

“I have to be very careful when I talk to kids, because they may not be old enough to understand (the act of) suicide,” Yolanda said. “So I tell them Wes didn’t think he could talk to people, and yet his head felt really full and it hurt so much because there was so much in there. I tell them they need to talk to someone, because it makes you feel better.”

After speaking at a school last year, Yolanda was told a youngster went to the principal’s office the next day and said they needed to talk. This success signifies the need for the program, yet her personal pain makes it difficult to savour the victory.

“The first thought I had was, ‘That’s awesome, another family gets to keep their child.’ But why couldn’t we keep ours? We’ll never know, and that’s the thing about suicide.”

Speaking engagements are physically exhausting for the grieving mother, but she feels an obligation to let both children and adults know the importance of education, knowledge and eliminating the stigma of mental health issues.

“People always say I’m so strong or brave, but I’m not. I do it because I have to. I meet and talk to people and then fall apart when I get home.”

But saving one child isn’t good enough, and that’s what drives Yolanda and Jamie to open the office each morning, engage youth and educate adults.

Kids need downtime to recharge their batteries

Today’s teens have been raised in a connected world, a world where everyone you need is a text, Tweet or Facebook message away, no matter the time of day.

For many parents who are unfamiliar with social media and smartphones, or find them to be a fun, time-wasting novelty, it is difficult to understand just how important these methods of communication are to youth today.

Had she kept a closer eye on her son’s texting and social media practices, Yolanda Cameron believes she may have saved his life.

“The weekend before Wes died there were text messages coming into and leaving his phone until 5 a.m. If he had a couple of hours of sleep, he may have been more mentally prepared to face the day.”

Another goal of www.wesforyouthonline.ca is to raise awareness of and promote what it takes for youth today to be mentally healthy. The common sense solution won’t come as a surprise to adults, but for youth who are continuously plugged in to their friends and classmates, it doesn’t come natural to them.

Eat healthy. Sleep well. Exercise.

“These three things are such keys to a healthy mind,” Yolanda said. “Kids are so connected now that they get visibly anxious when they can’t get service on their phone, and this anxiety – combined with lack of sleep from being available at all hours – can lead to unhealthy children.”

Parents will remember their school years, when classmates were left behind as soon as the bus pulled out of the parking lot, providing kids with over 12 hours to clear their mind and prepare to adapt to the daily stresses of school life the following day. Now, youth cannot get away from contact with their peers, and are constantly adding to their mental stress levels.

“When do kids today have any downtime? When do they recharge their batteries?” Yolanda said. “I now know everyone in the house should put their phones in the kitchen when they go to bed, get a good night’s sleep and start fresh in the morning.”

“All families should have their kids grow to wonderful adults. Kids have so much potential and sometimes they just need a little help along the way.”

For more information, visit www.westforyouthonline.ca, visit the Camerons at their Walkerton storefront at 427 Durham St., E., or call 519-507-3737 (toll free 1-855-577-3737). **GBK**

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Innovation at work



Making worries disappear

By Kayli Hall Elwood

Like adults, children have concerns and worries.

Unlike adults, children don't necessarily have people they feel they can talk to, or are worried their trusted ones won't take them seriously.

Today, an ancient confidant of children is making a comeback to the world of parenting. 'Worry Dolls' have a steeped history in the Mayan culture of Guatemala, where they were believed to take away the worries of their children. The child would tell the doll a worry and then place it under his or her pillow so the concern could be taken away through the night.

Today, Worry Dolls are still used to help children cope with their fears. The dolls can be purchased from specialty stores or online, or can be made at home as an exercise for families to do together. They can be very simple to make and are effective for people of all ages (see how on the next page).

Going back to school, although very exciting, can also cause stress and anxiety for children. Whenever the child thinks of

a worry or a wish, they can ask their doll to hold it for them, because the wishes or worries are often beyond the child's control. By giving the worry to the doll, they are able to focus on things they are actually able to change.

Worry Dolls are often used by trained art therapists, who help children cope with their fears. Art therapy is a type of counselling that uses art as a tool to help individuals and groups express their feelings about a problem they are experiencing and find a solution in order to move forward. It is an excellent alternative to talk therapy and is also very effective for individuals who have difficulty articulating or who have language delays. Creating art is also very therapeutic by nature.

The concept of both art therapy and the Worry Doll came together at the Mind Body Spirit Wellness Day on June 21, at St. Anthony's School in Kincardine. As a collaborative piece, groups of children from Junior Kindergarten to Grade 8 created a 'Worry/Wish Tree.' The direction was to choose colours and symbols to represent who they were, and they applied them to the two circles provided. One circle was for a wish and the other represented a worry. The concept of art therapy was explored



with the children, and the benefits of expressing themselves and releasing the worries that may be weighing them down was also discussed.

After everyone was finished their art, they glued the circles onto the tree. The tree represented the wishes and worries of over 100 children. The therapeutic tree gave the children the opportunity to express their hopes, dreams and fears. It also gave the adults in the school community a chance to observe what was on the children's minds. In smaller groups and at home, more time can be taken to talk about and process each worry and wish.

Most of the children were fairly open about their wishes and worries and expressed they felt good about the exercise. The wishes included, "I wish for a good future," "I wish to do well," "I wish for happiness," and "I wish for my insecurities to go away and for me to love me."

Worries included "I worry about my dad," "I worry about my nana," "I worry about nightmares," etc. Of course there were also some lighter worries and wishes such as "I wish for lots of Skittles and chocolate," and "I worry about Montreal vs Toronto in hockey."

Make a Worry Doll

Worry Dolls offer youngsters a companion to discuss what's on their mind, without fear of judgment. They can be purchased at specialty stores or online, but are also easy to make at home.

To make a Worry Doll:

- Choose a popsicle stick, tongue depressor or clothes pin
- Choose one pipe cleaner
- Choose one piece of fabric
- Choose one strip of paper
- On the strip of paper either write a worry or a wish
- No one needs to see your wish or worry unless you want to share
- Wrap the worry around the stick
- Wrap the fabric tightly around the piece of paper
- Wrap the pipe cleaner around the fabric, twisting once and leaving the ends out (these are the arms)
- Bring out the glitter, feathers, googly eyes or whatever craft items you have in the house to decorate the doll

Name the doll, share the worry or wish if you want to. Put the doll somewhere your kids may need it, such as by their bed, in the car, etc.

We all know communication is key to knowing how our children are doing, but sometimes it's difficult to know how to engage them or they won't tell you how they are feeling. Art can be an excellent way to break down these barriers and make communicating less stressful for everyone involved. Of course, if the issues are really serious, seek professional help immediately.

GBK

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Collecting fall's 'outside junk'

By Kimberlee Feick Lowry

I don't know if it's a farmer thing, a country thing, or just one of his lovely little quirks, but around the first week of July, my husband looks out the window with a mournful sigh and says, "Well, Kimmy, summer's almost over."

We were zooming down a concession road the first time he made this announcement. It was a glorious sunny day; the wheat was yellow, the sky was blue, the trees were green. I looked at him to see if he was joking. The grim lines around his mouth told me he wasn't.

"Have you lost your marbles?" I said. "Summer's barely begun!"

Another big sigh from my man. "Look at that field over there." I looked. The wheat rippled under the unseen hand of the wind. "When the wheat turns gold like that, summer's almost over."

At the time, I thought my husband was pulling my city-girl leg, so I rolled my eyes and ignored him. But having heard this doleful mantra every July for the past five years, I've come to accept the fact that the seasons really do change a little differently up here in the country.

During the 10 years I lived in the city, autumn announced its arrival there by turning the giant sugar maple in my backyard a ravishing shade of scarlet. City gardens, once resplendent with their displays of frilly annuals, started to wither, and pumpkins and elaborate leafy wreaths began appearing on doorsteps. Even if I'd missed all these signs, getting stuck behind big yellow school buses on my way home from work was a dead giveaway that summer was taking off its golden robe and autumn was putting on its crimson one.

Of course, trees turn colour and school buses zip by in the country too. It's the other signals I've learned to watch for up here that make the difference. My son's constant urge to hit the beach begins to wane when the lake loses its serene turquoise hue and becomes a fitful sapphire blue. My daughter and I stand at the upstairs window to watch greedy robins gobble every last orange berry off the ash tree, leaving it stark naked. The poplar trees shiver and show the bright white backsides of their leaves when chilly breezes tickle them, and squirrels from over the hill risk suicide to scamper across the road and steal black walnuts and chestnuts from our place.

As much as I detest squirrels, I identify with their hoarder instincts. The instant I

notice the leaves changing colour in the woods behind our farm, I'm seized with the urge to collect stuff – shiny brown chestnuts, acorns with their cute little caps, bristly pinecones, sleek feathers and cold stones off the beach. I'm not sure why. By the end of October, my jacket pockets are full of these natural gems, and my washing machine is routinely speckled with seeds and acorn bits.

My squirrelish behaviour doesn't extend to squirrel logic though. I don't collect anything that could be of use to me next spring, or even tomorrow. Take the rocks, for example. There are photos of me as a little girl, busy collecting stones from Bruce Beach. We came up to my aunt's cottage every year, and every autumn I went home with pockets full of rocks, which I'd then strew around my bedroom. It's an obsession that's followed me into adulthood, and apparently it's hereditary, since both Jade and Dylan are also avid collectors of what their father refers to as "outside junk."

We find our kids' treasures shoved into coat pockets, hidden in car door handles, lined up along the railing of the deck outside my office. Their little emblems of natural beauty give me an odd sense of pride, which is mixed with relief because there are at least two people in the family who support my strange fall habit.

A few months after his annual "summer's over" announcement, when summer really is almost over, my husband begins to notice little piles of things building up on flat surfaces around the house. Dylan collects sticks and "wishes," (dandelion fluff); Jade brings us green apples, "magic" rocks, pinecones and the

severed heads of dried-up daisies. When I brought in handfuls of freshly shucked chestnuts from under our tree to decorate the table for Dylan's September birthday party last year, I was sure my husband would be driven over the edge of marital tolerance. I thought the nuts looked masculine and seasonal, their glossy brown shells blending nicely with the collection of blue and gray stones Jade had added to the table. My husband merely glanced at the decorations, shook his head and muttered something about apples not falling far from trees.

This fall, Jade will be starting school for the first time, signaling an immense difference in the way we'll interpret the changing seasons from now on. The yellow bus that used to zoom by will now stop at the end of our lane; the palette of fall colours will be Jade's to enjoy as she rides through them on the way to school. When my husband utters his wistful phrase about summer's end, we'll both feel the relentless ripple of change, not just of summer to autumn, but of toddler to little girl and all the changes that beckon ahead.

I wonder what sorts of treasures Jade will find in the schoolyard this September to add to her ever-growing collection. Whatever they are, I hope they'll help to ease her transition from summer child to schoolgirl. **GBK**

KIMBERLEE FEICK LOWRY moved to Bruce County from Waterloo with her husband in 2007. They live on a rural property called Sometown Farm with their two children. After leaving a corporate position after 17 years, she now devotes her time to writing and parenting. Follow her adventures on her blog at www.thesomedaydiaries.blogspot.ca.

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Tegan, an eight-year-old Grade 4 student at Alexandra Community School in Owen Sound, is a provincial and international martial arts champion after only two years of studying Shaolin Kung Fu under the guidance of Sigung Bob Robins at Blue Crane Martial Arts. In fact, eight months after she began, she was winning tournaments in her age and division.

Tegan's professionalism in her craft has also turned heads with Canada's national team, which has led to months of driving with her parents Lori Ross and Roly Thomas to Waterloo for Sunday training session with the team. Luckily, living in a community as supportive as Owen Sound, friend Bruce Tannahill and his family sponsored a fundraising dance, which allowed the community to show their support for the world-class athlete.

In January 2013, Tegan competed with Team Canada in Guanacaste, Costa Rica, and won a gold medal in 8-and-under novice sparring, and a silver medal in 8-and-under novice forms.

Tegan has already competed in 24 tournaments and has earned 28 first, six second, and 10 third place finishes. Two of the first place wins were at the elite Diamond Nationals in Minnesota, while she was also the 2012 overall point winner in the National Martial Arts Circuit in the Girls 7-8 division.



Photo by Amanda Liefel

Tegan loves kung fu and as the youngest of 11 children, she gets a lot of encouragement from her five big sisters and five big brothers.

"Besides winning lots of tournaments, Tegan is just a regular eight-year-old girl," her Mom Lori said. "She also plays soccer, chess, and guitar, enjoys dogsledding and has a new husky pup named Timber." **GBK**

For being this issue's Cool Kid, Tegan receives a prize pack from the Owen Sound Attack, which includes tickets to upcoming games, and \$50 cash from Grey-Bruce Kids. To nominate a Cool Kid, visit www.greybrucekids.com for details.

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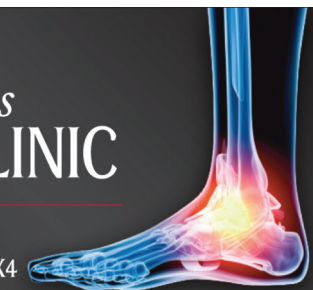
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Holstein - 519-334-3132
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Osprey - 519-922-2333
Paisley - 519-353-7220
www.kidsandus.ca

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 - Meaford
519-538-1371 x6753
mfrf.meaford@sympatico.ca
www.mfrfmeaford.com

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

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
kcyfs@bmts.com
www.keystonebrucegrey.org

EDUCATION

Academy of Learning
1077 2nd Ave. E., Suite B (2nd floor)
Owen Sound
519-371-6188 or www.academytraining.ca

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

EMPLOYMENT SERVICES

LiveGreyBruce
www.livegreybruce.ca

VPI Employment Strategies (Walkerton)
519-881-4900 or 1-855-260-4900
jobswalkerton@vpi-inc.com
www.vpi-inc.com

YMCA Employment Services
1450 1st Ave. W., Suite 4A, Owen Sound
519-371-9222
employmentservices@ymcaowensound.on.ca

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
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

RESOURCES

Tobermory Food Bank
519-596-1501

Walkerton and District Food Bank
519-881-0168

Habitat for Humanity Grey Bruce
1-866-771-6776 or habitatatos@bmts.com
www.habitatgreybruce.com

Ontario Tenants Rights
ontariotenants@hotmail.com
www.ontariotenants.ca

Safe ‘n Sound Homelessness Initiative
519-470-7233
www.safensoundgreybruce.com

Subsidized housing
Bruce County - 1-800-265-3022
www.brucecounty.on.ca/socialhousing.php
Grey County - 376-5744
Online: <http://bit.ly/vVG1kO>

HEALTH CARE

Auditory Health Care
202 Cayley St., Walkerton
519-881-4994 or info@auditoryhealthcare.com

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

Canadian Mental Health Association Grey-Bruce Branch
Administration - 519-371-3642
Crisis: 1-877-470-5200
jralph@cmhagb.org; www.cmhagb.org
Owen Sound

Collingwood General and Marine Hospital
705-445-2550 or 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
Wiarton - 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

Hanover Family Health Team
519-506-4348 or dford@hanoverfht.ca
www.hanover.ca/hfht

Healthy Smiles Ontario
Dental for families making under \$20,000/yr
Register through the health unit
Online: <http://bit.ly/JAqJbY>

Homefront First Aid and Emergency Training
Janine Donaldson - Red Cross Training Partner
519-444-8164 or homefrontfirstaid@gmail.com

Honouring Life Network
Aboriginal youth suicide prevention
www.honouringlife.ca

HopeGreyBruce - Owen Sound
Mental Health and Addiction Services
519-371-4120 or www.mhagb.ca/gbchc/

Huron Shores Foot Clinic - Kincardine
Orthotics, footcare, podiatrist, chiropodist
519-396-3500

Kayli Hall Elwood Art Therapy
Port Elgin-519-832-1515/Kincardine-396-5886
kayliarththerapy@bmts.com
www.kayliartttherapy.com

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

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

Kincardine Family Health Team
Kincardine - 519-396-2700
Ripley - 519-395-2601
www.kincardinefht.ca

Mino Bimadsawin Health Centre
57 Mason Dr., Saugeen First Nation
519-797-3336

M'Wikwedong Native Cultural Resource Centre
1-866-202-2068 or 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 or 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
Online: <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
www.tvcc.on.ca

LIBRARIES

Blue Mountains Public Library/ L.E. Shore Memorial Library
Thornbury
519-599-3681 or thebluemountainlibrary.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
Wiarton - 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 or 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
www.owensound.library.on.ca

West Grey Public Library system
www.westgreylibrary.com
Durham (main) branch - 519-369-2107
Elmwood and area - 519-363-3321
Neustadt - 519-799-5830
Ayton/Normanby - 519-799-3242

MUSEUMS

Billy Bishop Heritage Museum - Owen Sound
519-371-0031 or 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-Heritage-Depot.cfm

Grey Roots Museum & Archives
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
519-924-2843 or museum@greyhighlands.ca
www.southgreymuseum.ca

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
Directory of women's shelters across Canada

www.targetyouth.ca

www.thehealthline.ca

www.wesforyouthonline.ca
Crisis counselling for local youth

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
Wiarton - 519-534-5550

SPECIAL NEEDS

Autism Ontario Grey Bruce Chapter
226-787-0333 or marti@autismontario.com
<http://bit.ly/tO6kam>
Owen Sound

Autism Parent Support Group
Community Living Kincardine & District
519-396-9434
www.clkd.ca

Bruce County Childcare Services
1-800-265-3005 or www.brucecounty.on.ca
Walkerton

Bruce Peninsula (Wiarton) Association for Community Living
519-534-0553

Community Living Kincardine & District
519-396-9434
www.clkd.ca

Community Living Meaford
519-538-4165

Community Living Owen Sound and District
519-371-9251 or 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
kcyfs@bmts.com or keystonebrucegrey.org
Owen Sound

PRANCE Therapeutic Riding Centre
519-832-2522 or prance@bmts.com
Miramichi Farms, Hwy. 21 Port Elgin

Reading Rescue Ontario
519-794-4745 or soehner@bmts.com
www.readingrescueontario.ca
Holland Centre

South Grey Bruce Youth Literacy Council
519-364-0008 or 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 or www.makeawishsw.org
London, ON



RECIPES

LOCAL APPLES MAKE DELICIOUS TREATS



APPLE HONEY MUFFINS

Courtesy Smith's Apple Market - Port Elgin

INGREDIENTS:

- ¼ cup of honey
- 1 egg
- ¼ cup of oil or melted butter
- 1 cup of applesauce
- ⅓ cup of apple cider
- ¾ cup of rolled oats
- 1 cup of flour
- 1 tbsp of baking powder
- ½ tsp of cinnamon

DIRECTIONS:

- Preheat the oven to 400 F (200 C). Line a 12-cup muffin tin with paper liners. In a small bowl, whisk the first five wet ingredients together. In a medium bowl, mix the dry ingredients. Add the wet ingredients and stir until just moistened.
- Bake 25-30 minutes until a toothpick inserted in the centre comes out clean.

SELF-SAUCING APPLE PUDDING

Courtesy Homefront Acres Seasonal Apple Market - Ripley

INGREDIENTS:

- 1 cup of flour
- ⅔ cup of white sugar
- 2 tsp of baking powder
- ½ tsp of salt
- ½ tsp of both ginger and cinnamon
- ½ cup of milk
- 2 ½ cups of diced, peeled apples

(For the topping)

- 2 cups of boiling water
- 1 cup of brown sugar
- 2 tbsp of butter

DIRECTIONS:

- Blend flour, sugar, baking powder, salt and spices. Add milk, stir until smooth and then stir in the apples.
- Spoon the batter into a greased 9- or 10-inch baking pan.

- To prepare the topping, put water, brown sugar and butter in bowl and stir well.
- Pour the mixture evenly over the unbaked batter, and bake, uncovered, in a 350 C oven for one hour or until sauce forms below in the pan bottom and the top of the batter is golden and tests done. Makes six to eight servings.

NIPPY APPLE CHEDDAR SOUP

Courtesy Foodland Ontario

This yummy combination of Ontario Apples and cheddar cheese will be the perfect lunch for cool fall day in Grey-Bruce.

INGREDIENTS:

- 2 tbsp of butter
- 4 cups of Ontario apples, peeled and chopped
- 2 carrots, chopped
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 tsp of finely minced ginger
- 1 tsp each of curry and dry mustard powder
- 2 cups each of chicken broth and apple cider
- 1 cup of grated old cheddar
- Salt and pepper to taste

DIRECTIONS:

- In a large saucepan, melt butter over medium heat. Add apples, carrots, onions, garlic, ginger, curry and mustard powder. Sauté five to seven minutes until onion begins to soften.
- Add broth and apple cider, bring to a boil, then reduce heat and simmer partially covered for 15 to 20 minutes until vegetables are very tender.
- Using a food processor or blender, puree until smooth. Add salt and cayenne pepper to taste.
- Ladle soup into bowls. Sprinkle each serving with ¼ cup of cheddar cheese.

Preparation time - 15 minutes. Cooking time - 20 minutes.

Serves four.

This **FALL** *take the path less travelled...*

AND DISCOVER:

*Kincardine Trail System
Zumbatomic (Kids Zumba)
PA Day Programs
New Fall Programs - Rec. Guide Now Available
Area Fall Fairs & Events*

STAY IN TOUCH YEAR ROUND!

 /kinparks
/kintourism

 /kincardinerec
/visitkincardine

For more information: Kincardine Tourism 519-396-2731 or Kincardine Recreation 519-396-3491

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WWW.BEAVERVALLEY.CA **WWW.SQUIREJOHNS.COM**



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