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PARENTS AND CAREGIVERS

FALL 2014 • Volume 4 Issue 3 • greybrucekids.com



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FROM THE PUBLISHER

Renewing and reinventing

Ahhh, fall. My favourite time of year. Maybe it's because of the warm days and cool nights, and maybe it's the changing colours and beautiful scenery of Grey/Bruce. Maybe it's Halloween or the other favourite holiday around my house – my birthday! Or maybe (OK, probably) it's because it's back to school time!

In this issue, you'll be fascinated to read about an amazing family in Tiverton, the Coutts family, who recently celebrated a major milestone, the first birthday of their quadruplets (yes, that's four boys!). They graciously gave us a glimpse of what their past year has been like with quads (Page 9).

Also, there is some great information about underage drinking in Grey/Bruce that every parent should read (Page 14), while another must read is math tips for parents (Page 20), because if you're like me, you need all the help you can get so you can help with your child's arithmetic.

We're also proud to feature a couple of youth writers from Sacred Heart High School in Walkerton, who share their struggles and triumphs during their Real Care Baby Simulation assignment during the last school year (Page 16).

Fall has always felt like a time of renewal for me, even more than the start of a new year. I think it's a common feeling, especially when you were younger with new clothes, new school supplies, a fresh start in a new class – it's a time to reinvent yourself. We're not so much reinventing ourselves this fall, but expanding. We're excited to announce that, in addition to publishing Grey-Bruce Kids – the area's leading resource for parents and caregivers – we are launching Grey-Bruce Boomers, a free magazine for adults 50+. We've had so much great feedback from parents, grandparents and empty-nesters over the last three years about Grey-Bruce Kids that we decided it was time to fill that Boomer niche by informing and entertaining their generation with a free, local publication just for them!

So, this fall, while my oldest starts Grade 2 and my baby goes off to all-day Junior Kindergarten, I am looking forward to putting together another awesome issue of Grey-Bruce Kids and introducing you to Grey-Bruce Boomers. Both will be available in December!

Amy Irwin

Amy Irwin, Publisher



Fall 2014

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Switch up those sandwiches

The kids are back to school and it's time to make those dreaded school lunches! If you can't stomach the idea of making sandwiches every day (and your child can't stomach the thought of eating them either), here are some alternatives:

- Tortilla wraps with shredded cheese, chopped chicken and cut vegetables
- Egg salad, whole-wheat bagel and fruit
- Salads (rice, pasta, potato, greek)
- Whole-grain roll with butter or margarine, two hard-boiled eggs and carrot sticks
- Eight ounces of low-fat yogurt, whole-wheat crackers and fruit
- One to two tablespoons of imitation peanut butter, whole-grain crackers or bagel and fruit or vegetables
- ½ cup low-fat cottage cheese or hummus, whole-grain crackers and cherry tomatoes
- Bean-based soup or stew in a thermos, whole-grain roll with butter or margarine and dried fruit
- One to two slices of leftover thin crust cheese pizza and fruit or vegetables
- Make your own nachos
- Omelets baked in a muffin tin, for individual quiches
- Rice paper roll-ups (rice paper, rice noodles and veggies, all rolled in a compact package)
- Scones – with your choice of filling (raisins, cheese, pumpkin, buttermilk).

Support for families with multiples

The cover of the Fall issue of Grey-Bruce Kids features the Coutts family, of Tiverton, which welcomed quadruplets in July 2013. Mom Shannon has received (and provided) support through a new organization called Multiples in Bruce (MIB), which is a local chapter of Multiples Births Canada, the only national support organization for multiple-birth families and individuals in Canada (www.multiplebirthscanada.org).

In Bruce and Grey counties the number of families having multiples seems to be growing, including twins, triplets and quads. MIB was formed last fall as a non-profit organization that supports families before, during and after having their multiples, providing them with resources, education and discounts from local businesses that can help them along their journey. Families also participate in activities that encourage a connection with other families of multiples.

Anyone who has or is expecting multiples are welcome to join the support group. To become a member of MIB email multiplesinbruce@yahoo.com, or find the group on Facebook or through its website at <http://multiplesinbrucecounty.webs.com>. Although the group is based in Port Elgin, there are members from neighbouring communities in both Bruce and Grey counties. The membership fee includes the registration for Multiple Births Canada, which is a requirement to be a member of the local group, so members can access the support and benefits of both organizations.

If you are a business owner and would like information on the family discount program please contact the organization.

40,000

The number of diapers the Coutts quadruplets will go through by the time they're potty trained

Santa comes early

Did you know that many communities in Grey and Bruce have their Santa Claus Parades in November? Don't miss out on these wonderful family events! Check our local Events (Page 29) and mark your calendars, because nobody wants Santa guessing what to bring you for Christmas!

Funding available through Community Foundation

The Community Foundation Grey Bruce has a Sept. 30 deadline for grant applications to help fund projects and programs of charities and not-for-profits in Grey/Bruce.

Applications benefitting children and youth in the areas of health, mental health, recreation, arts, education, leadership, culture and poverty reduction are priority. The maximum amount to be granted

per application is \$3,000 and funding does not support general operating costs such as wages and salaries.

Applications will be online only and available at www.communityfoundationgreybruce.com. Prior to filling out the application form, you're encouraged to call 519-371-7203 to discuss your project.



TALES from TOTS

YOU NEVER KNOW WHAT THEY'LL SAY NEXT

We interviewed the Munchkin group (ages 4 and 5) at the summer day camp at the Kincardine Davidson Centre. Here is what they had to say about some just-for-fun questions:

What would you do with \$1 million?

- Callie – Buy a baby.
 Kent – Spend it on spy stuff to spy on my brothers.
 Dan – Give it to some people, like my friends.
 Tyler – Put it in the bank.
 Haven – Buy skeletons.
 Brooklyn – Buy stuff, like dresses.
 Avery – Put it in the bank.
 Adelaide – Buy a new playground for my house.
 Riley – I would buy toys and kittens.
 Avah – I'd buy dinosaurs.
 Keelan – Buy thousands of toys.
 Kendra – Buy all the Lalaloopsy dolls.
 Will – Spend it on cell phones.
 Paige – Buy a swimming pool.

If you could be invisible for a day, what would you do?

- Callie – Play with my toys and dig a hole.
 Kent – Play on the playground.
 Dan – Walk around and get the bad guys.
 Tyler – I wouldn't be nice and I would play with trains.
 Haven – Go to the grocery store and eat all the gummies.
 Brooklyn – Colour.
 Avery – Play.
 Adelaide – Go through a spiderweb.
 Riley – Play on the iPad longer.
 Avah – Stay with my Mom and Dad.
 Keelan – Sneak up on my Mom and Dad and scare them.
 Kendra – Play with my Lalaloopsy doll and eat spaghetti whenever I wanted to.
 Will – Go to the pool whenever I wanted.
 Paige – Eat a donut, a double chocolate one.

If you could make one rule that everyone in the world had to follow, what rule would you make?

- Callie – No peeing your pants.
 Kent – If your Mom and Dad ask you to do something, you do it for them.
 Dan – No kicking or punching.
 Tyler – Be nice.
 Haven – No pushing or punching.
 Brooklyn – Everyone would get to make wishes.
 Adelaide – No breaking benches.



“(If I could make one rule the world had to follow it would be that) no one is allowed to do good things, only bad things, so I can play cops and capture people.”

Keelan

- Avah – Everyone would have to give me candy.
 Keelan – No one is allowed to do good things, only bad things, so I can play cops and capture people.
 Kendra – No one is allowed in my room.
 Will – Don't run away without asking your Mom or Dad.
 Paige – A silly rule, like they can play with whatever they want to play with and they can eat lunch after playing.

GBK



This is salmon country

By Paulette Peirol

The Owen Sound Salmon Tour is a once-in-a-lifetime event for the Chinook Salmon that populate Georgian Bay and migrate up the Sydenham River to spawn.

Unlike most of the world's other fish, salmon make this journey only once, dying in the act of creating new life. It's nature's incredible adventure!

Kids and adults alike are fascinated by the process. It's a sure sign of fall in Grey and Bruce counties when crowds gather at the city's mill dam to watch the mighty salmon scale the fish ladder.

The salmon tour allows families to get up close and personal with the salmon during their journey. Following a tour of the salmon spawning channels last fall one of my daughters remarked on the texture of the salmon's skin, calling it, "Soft like a snake, but wet." She couldn't resist touching the fish as it swam in the shallows, easily within reach. My other daughter noticed a fish on its side, flapping its tail against the gravelly bottom. "I

think it's making its nest," she pointed out.

Moments like this can be hard to come by in today's wired world, where most learning takes place through the Internet. The Owen Sound Salmon Tour, a self-guided adventure following the salmon run – from the river's mouth on Georgian Bay to Inglis Falls – gives families a first-hand opportunity to learn about the salmon's life.

It's fun, free and educational, with several interpretive plaques and salmon viewing stations along the way.

You can tailor the tour to your children's ages, abilities and interests and choose whatever form of transportation you prefer. The complete tour is about seven kilometres one way, depending on whether you hike, cycle or drive. You can also paddle from the harbour to Harrison Park, a distance of about 4 km, with a very short portage at the mill dam. If you'd like to paddle but would rather not portage, you can go from the harbour to the mill dam or from Harrison Park to the mill dam.



Families love watching the salmon spawn at the mill dam and fish ladder in Owen Sound.

KEY STOPS ON THE TOUR

The mill dam and fish ladder, only a few blocks south of the Owen Sound Farmer's Market, library and Tom Thomson Art Gallery. It was the first fish ladder built in Ontario, to help salmon and trout migrate up the river. The Sydenham Sportsmen's Association, a non-profit conservation group, collects milt (semen) and eggs here for its hatchery on Weaver's Creek, growing and releasing between 300,000 and 500,000 salmon and trout each year into the Sydenham River. If you arrive at the fish ladder when the sportsmen are collecting eggs, feel free to approach them and ask them questions. The group offers tours for school groups.

Harrison Park is a 400-hectare oasis with two accessible

What's a chinook salmon?

Native to the Pacific Ocean, Chinook Salmon were introduced to Georgian Bay in the 1960s to control the invasive Alewife, another type of fish. The salmon adapted to their new environment remarkably well, thriving in the cool waters of the bay, and sportsmen's clubs have been stocking the rivers with salmon ever since.

On the salmon tour you'll see a mix of wild salmon and fish raised in the hatchery at Weaver's Creek. Both share the same life cycle, heading to the deep, open water of the bay when they reach the 'smolt' stage (a bit like restless teenagers), then returning to spawn when they're fully mature three to four years later. They die very soon after spawning and their decomposing bodies provide food for birds and other animals, while adding nutrients to the water for their offspring. Just as nature intended.

playgrounds, a waterfall, a network of stroller-friendly trails including access to the Bruce Trail, a full-service restaurant, boats and mini-golf, a picnic shelter, a bird sanctuary with swans, peacocks and waterfowl, a cairn commemorating Owen Sound's black history, and a campground on the Sydenham River from which you can watch the salmon spawn. Some fish end up in the more shallow waters of Weaver's Creek in the north end of the park, to the delight of children following them. Fishing is not permitted here while the salmon are spawning. The interpretive plaque and viewing station is at the bridge near the Harrison Park Inn restaurant. This is where the sportsmen release the fish in the spring when they are ready to leave the hatchery and head to the open water of Georgian Bay. They return to spawn at maturity, three to four years later.

Fish spawning channels are near the Grey-Sauble Conservation Authority administration building off Inglis Falls Road. The spawning channels are maintained by the Sydenham Sportsmen to help provide a perfect habitat for the fish to lay their eggs. The water is shallow, cool and shaded, the river bed gravelly. The fish here are near the end of their journey, turning a greyish milky colour, their bodies literally wearing away from the arduous migration. They have stopped eating and their internal organs are shutting down so all available energy is channeled into the act of spawning.

The spawning channels are a must-see for children fascinated by the life cycle of the fish. You will usually see salmon start to gather here in late September. This year, free guided tours of the spawning channels will be offered during the first two weekends in October, with a special salmon tasting event Oct. 5.

The full salmon tour starts at Owen Sound's historic harbour, a former industrial port that is now home to the city's tourism office and Marine and Rail Museum. Kids will enjoy touring the caboose and balancing on the abandoned railway tracks at the museum. A model train chugs around the conductor's office (now a gift shop) inside. Pick up Salmon Tour maps and

guides at the Visitor Centre. You can try your hand at fishing for salmon on the harbour wall, although the fish are not their tastiest this late in the season.

The tour ends at Inglis Falls, where the Sydenham River plunges down the Niagara Escarpment. Very few salmon make it this far upstream, and walking down to the base of the falls is not recommended, particularly with young children. You can view the falls from several vantage points on paths and walkways at the top and enjoy the splendor of fall colours in the river valley below. You're on the Bruce Trail here, the longest and oldest footpath in Canada, so take a hike and enjoy the rocky escarpment, glacial potholes and rare ferns that thrive here. See how many different kinds of ferns you can spot (a free fern guide is available at the Visitor Centre).

How much of the salmon tour can you take in on a single day? Well, that depends on your family, of course. First-time visitors will certainly enjoy the action at the fish ladder and seeing the salmon in their natural environment at the fish spawning channels. Harrison Park is also a must, if only for a chance to feed the birds, spot more salmon in the river and pick up a hot chocolate. You can easily make a day of the park alone.

For more information about the Salmon Tour visit www.greatsalmontour.com or call the Visitor Centre at 519-371-9833.

PAULETTE PEIROL is a tourism marketing coordinator with the City of Owen Sound. Visit www.greatsalmontour.com.

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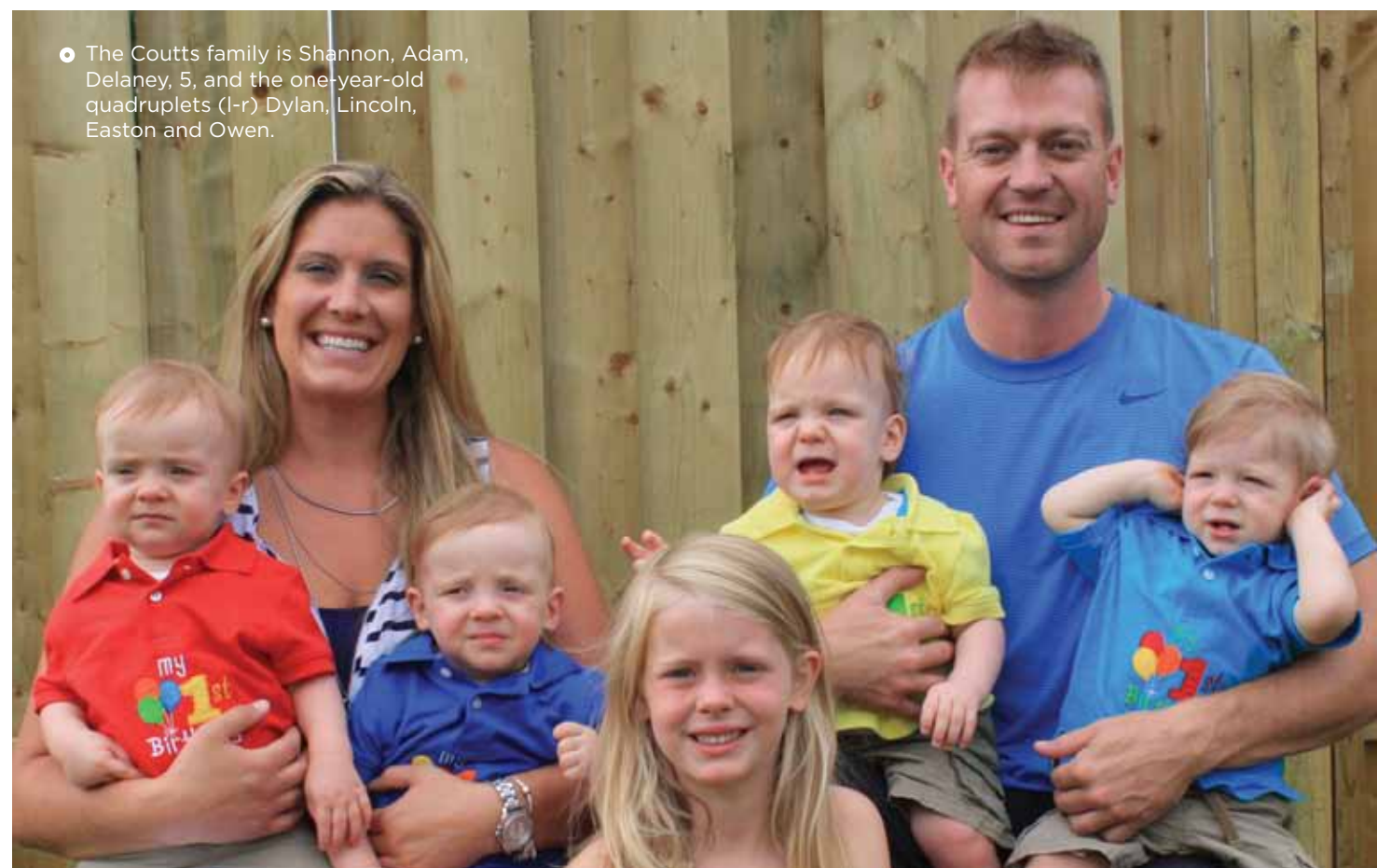
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FAMILY

- The Coutts family is Shannon, Adam, Delaney, 5, and the one-year-old quadruplets (l-r) Dylan, Lincoln, Easton and Owen.



It takes a village

COMMUNITY HELPS COUTTS FAMILY THROUGH FIRST YEAR WITH QUADRUPLETS

By Dwight Irwin

Balloons. Cake. Presents.

Burgers sizzling on the barbecue.

Smiling grandmothers. Laughing aunts and uncles. Face painting, fake tattoos and girls in flowing sundresses running through, what would appear to be, your ordinary first birthday party.

But, for the past year, life has been anything but normal for Tiverton's Coutts family. On July 27, 2013, Shannon and Adam became the parents of quadruplets – four healthy baby boys – who were the guests of honour at this birthday bash.

Lincoln, Owen, Easton and Dylan Coutts sit on a blanket at their party, being doted on by both their biological relatives

and their many adoptive grandmas – the local ladies whose own kids have long flown the coop, most of them strangers before showing up on the Coutts' doorstep with offers to feed, change and soothe four newborns at all hours of the night, so the exhausted parents could function when the sun's up.

"I had the Thursday, 2-6 (a.m.) shift... you were Wednesdays?" the Coutts' angels say at the party, while swapping stories of late-night feedings, babies in each arm.

"We had so much help with the babies in those early days," Shannon said, before the first birthday party that was held primarily as a thank you to those who supported the family over the past year. "It was hard with them, but it would have been miserable without them."

'Miserable' may seem like a strong word for the joys of



CONGRATS! THERE’S... FOUR OF THEM

Shannon and Adam will never forget their 12-week ultrasound at Saugeen Memorial Hospital. This pregnancy was different than Shannon’s first, which resulted in blonde and bubbly Delaney, now 5, who was excited to have a younger brother or sister. Shannon was sicker than she had remembered, and she was bigger earlier. Twins run in both their mothers’ families, so two babies may have shocked but wouldn’t have surprised.

The ‘Don’t Pressure Radiologist’ signs in the ultrasound area are meant to keep expecting parents from asking questions better suited for a doctor, so the Coutts were understandably worried as the radiologist performed her duties and realized just what she was seeing.

“You could see her whole body language change... she just went pale,” said Adam, adding what was on the screen was an understandable shock, even for medical professionals. “Naturally, you think there’s a problem.”

Concerned, Shannon broke the code and asked what was wrong.

“I’m seeing more than one sac,” the radiologist said, excusing herself to get the doctor.

“I was relieved, because I just thought it was twins,” Shannon laughed.

After the doctor explained to the increasingly shocked parents that everything was normal except they were looking at four babies, they sat in stunned silence.

Shannon then burst into tears, and not of the joyous kind. Adam, still trying to process the future of his family, laughed nervously, though likely as a defense mechanism to the same

reaction as his wife, he confessed a year later.

“There’s nothing that can prepare you for news like that,” Shannon added.

The coming days and weeks were filled with a lot of uncertainty. Are the babies healthy? Is Shannon at risk? How to provide for four more mouths?

Question after question after question, and so few answers.

Shannon found solace in an online community for families with or expecting multiples. A private Facebook page and the new local non-profit group Multiples in Bruce (MIB) provides a forum for mothers to support each other through the medical, logistical, financial and emotional struggles that come with expecting multiples. Now a seasoned pro, Shannon still finds time to lend her new-found expertise to expecting mothers both online and through MIB, and tell them everything they’re feeling is normal, despite their abnormal situation.

“I talk to a lot of Moms who just found out and I just tell them to stay active, stay positive and keep their stress level down, because it’s a big mental struggle,” she said.

After that initial ultrasound, the Coutts were referred to the London Health Sciences Centre where they were told, under the circumstances, both Shannon and the babies looked healthy. Over the next 35 weeks, the family made 20 trips to London to ensure all was well and, three weeks before the quads finally arrived, Shannon was in London to stay.

On July 27, 2013, within a four-minute span and via caesarean



section at an impressive 35 weeks, Shannon, Adam and Delaney Coutts welcomed Lincoln, Owen, Easton and Dylan to the family. Amazingly, the smallest (Easton) weighed a hefty 4 pounds 3 ounces, while the others weighed 4 lbs 8 oz, 5 lbs 9 oz, and 5 lbs 11 oz.

“There was a team of nurses and a doctor for each baby,” Adam said, recalling the precision of the medical teams. “There was probably 20 people in the operating room. They’d show us the baby and then whisk them away.”

Shannon had to wait a while in recovery before she was finally able to hold three of her boys, though she’d have to wait to embrace Dylan because he was on breathing assistance for a short time.

“It was so overwhelming for me after recovery,” Shannon said. “There were nurses all over the place, babies everywhere, crying when being pricked...”

The doctors were impressed with the size and health of the quadruplets, she added.

“It’s rare quads would all be so big. The doctors thought it was exceptional that I carried them for so long and they were all in good health.”

Although there were no real health concerns, the hospital kept the boys for observation in the intensive care unit, while Shannon quickly moved to the Ronald McDonald House close by. The next 10 days were a blur of running back and forth to the hospital to feed and see the babies, with Dylan being the first released on Day 6, with Owen being discharged the next day and finally Lincoln and Easton soon after.

Thus began the Coutts’ new life as the parents of five children, and feeding, changing and soothing four babies every three hours.

“The early days were crazy,” Shannon said. “There would be four

A day in the life...

12:30 a.m. – Four bottles

3:30 a.m. – Four more bottles

5 a.m. – Shannon’s up for the day

7:30 a.m. – Breakfast

8 a.m. – A volunteer arrives

9 a.m. – Nap time **sometimes for Shannon too*

11 a.m. – Boys wake up and play

Noon – Lunch, where a lot of time is spent eating, trying new foods and singing songs

2 p.m. – Nap

4 p.m. – Boys wake up and they go for a walk in the stroller and play

6 p.m. – Dinner

7 p.m. – Baths

8 p.m. – Bed and bottles

babies crying, so you'd feed two quickly so you could get to the next two, and by then one of them would have puked..."

"I don't think we made it through a feeding without at least one of the boys spitting up," Adam laughed.

There were nights Shannon felt grateful for 1 ½ hours of sleep.

Soon though, the community adopted this suddenly large family as its own. Although Shannon and Adam's own mothers did a lot to keep the family functioning, volunteers were also needed on the night shift, feeding, soothing and changing the babies so the exhausted parents could get some rest. Soon there were enough volunteers for an official schedule to be made.

"We couldn't have gotten this far without them," Adam said.

One of their best helpers has been Delaney, who has wholeheartedly embraced the role of big sister. When asked how her first year as a big sister has been, her answer was all of two words: "Pure joy."

The parents are especially proud of Delaney and her ability to

adapt to the family's new situation.

"It's tough for some kids to have one little sibling, let-alone four," Adam said. "She's never once felt sorry for herself."

Although always on the edge of exhaustion, the Coutts have made sure Delaney remains a priority and have her enrolled in soccer, dance, gymnastics and swimming. She even had a recent getaway with Mom and Dad in Toronto, while the boys stayed at home.

Now, the one-year-olds are hitting milestones – at print deadline, they appeared to be just days from walking – and developing their own personalities. Dylan thinks he's an only child. Easton – who was born the smallest but is now the biggest, ranking in the 98th percentile for his age – is very laid back. Owen is the smallest but a fearless go-getter, climbing anything he can get a grip on, while Lincoln, the thinker, is the oldest and usually first to meet milestones.

"There are many wonderful things about a family this large," Shannon said.

"Watching the boys hit their milestones is amazing, like the first time you hear 'Mom' and 'Dada.' The interaction between the boys and their sister is also so exciting that I can't wait for the future. I am so proud of them all."

Despite their uniqueness, they will most likely have one thing

It's the little things

Sometimes, people take the little things for granted. Here are some hurdles the Coutts face daily:

A quiet dinner as a family. They feed the boys first and then they try to steal 10 minutes for supper with Delaney, either soliciting the help of a Baby Einstein video or singing to the boys between bites.

Going, well... anywhere. They don't have a vehicle that can hold four carseats and Delaney's booster, so they have to take two vehicles wherever they go as a family.

Teething pain. Just imagine four experiencing it at once, especially when they share a bedroom.

Going for a walk. Though they have a four-baby stroller (left), the boys are starting to outgrow it.

Getting groceries. It's impossible to take the boys to the store, so they Shannon needs a babysitter to complete this everyday task.

Time (or lack thereof). Shannon planted a vegetable garden but doesn't have the time to weed it.

Financial. Unfortunately, while on maternity leave, Shannon's company dissolved, leaving her without a good, second income. In order to afford daycare for four babies for the next three years, she'll need to find a job that pays the same.



in common – height. Adam is about 6 ft. 2 in., while Shannon stands six feet. Meanwhile, her father, a mountain of a man with hands the size of baseball gloves, is 6'5, while her brothers are 6'7 and 6'9.

"I'm going to have to turn the whole backyard into a garden when they're teenagers," Shannon joked.

Despite its challenges, it has been a rewarding year for the family. "It has been tough but it gets easier every day," Shannon said. "We've gone through the craziest, most stressful situations but just one little smile makes you realize it's all worth it." **GBK**

By the numbers

1 in 650,000 – the chances of having quadruplets
3,500 – known sets of quads in the world
40,000 – diapers used by the time they're potty-trained
20,000 – diapers donated by the community
24 – bottles a day; one every three hours
\$30 – a day in formula
35 – weeks that Shannon carried the quads
4 – cribs in what was once the Coutts' master bedroom



Underage drinking in Grey-Bruce

By Mathew MacLeod

Martha, a high school freshman, and her friends were pre-drinking at her house before the big end-of-the-year party at John's place.

Once they had a nice buzz on, Martha and the girls headed over to the party. John's parents were out of town for the night and his older brother bought alcohol for everyone. Martha began doing celebratory vodka shots, and soon became extremely intoxicated. The next thing Martha remembers is waking up in the hospital, where she had to have her stomach pumped because of alcohol poisoning. When she returned to school in the fall, everyone was still talking about how wasted she was at the party and how she made a fool out of herself. This experience haunted Martha for the rest of her high school years.

Unfortunately many other students across Grey/Bruce have similar experiences before they realize the impact alcohol can have on them.

Alcohol is the drug of choice in Grey/Bruce. By age 15 many students have experienced being drunk, and over half the students from Grades 7-12 report having drank alcohol. As they get older, youth drink more; one in five students binge drink (drinking five or more drinks on one occasion). There is no difference between males and females.

One reason drinking rates are high is because many people think it is OK to only drink once or twice a week or just on weekends. However, on these occasions, people will usually have more than just a couple. Most people don't consider the risks for injury, addiction, criminal/violent behaviour and other health issues. Alcohol affects how we make decisions, and young people are especially vulnerable to making regrettable mistakes that can cause injury and harm. The only thing worse than not remembering what you did the night before is never being able to forget it. If a person decides to drink, it is strongly recommended to follow Canada's new 'Low Risk Drinking Guidelines' to reduce the risk of alcohol related harm. For more information visit www.rethinkyourdrinking.ca.



UNDERAGE DRINKING

Many parents let their underage teens and friends drink at their home when they are supervised. They feel that teens are going to drink anyway, so why not let them do it in a controlled and safe environment. Early drinking can start a dangerous pattern. Teens that are allowed to drink when under-age are at a higher risk of misusing alcohol as an adult. Allowing underage teens to drink supports the culture of alcohol use that many in Grey/Bruce feel it's OK to drink when you are not yet 19 and that to have a good time alcohol needs to be involved.

Parents that host parties and allow underage drinking should consider the risks. Giving alcohol to your teen's underage friends is illegal, even with their parents' consent. Depending on the circumstances, there may be hefty penalties. Allowing or hosting an alcohol-related event, or providing alcohol to others, can result in legal and financial jeopardy, especially if an injury occurs.

One way to reduce alcohol use in teens is communication. Without lecturing them, parents should maintain an open dialogue with their kids about the risks and harms associated with alcohol use. It is important to allow them to ask questions and to express their feelings. This will encourage them to be open and honest with you, and can lead to a stronger relationship. On the flip side, you have to be open and honest with them. Even though you do not approve of your child's underage drinking, they should know that if they ever get in trouble or need help they can go to you.

MAKING GOOD DECISIONS

Here are 10 strategies, developed by Parent Action on Drugs (<http://parentactionpack.ca/parenting/parent-action-tips/>), for making good decisions

- Find out, in a friendly way, where your teen is and who they're with.
- Be open to negotiating with your teen about limits, family rules and consequences.
- Start having talks about alcohol and other drugs early – before your kids reach adolescence – then keep talking and listening. Begin with the easier discussions, such as energy drinks and prescription drugs, and build from there. Use movies, news and advertisements to start the conversation and explain how alcohol and other drugs are portrayed in the media.
- Discuss a broad range of issues – not limited to substance use – with your teen and invite their opinions, even if they are different from your own.
- As they go through the teenage years, let your kids know what you think the safest choices about alcohol and other drugs are and what you expect of them.
- Let teens know their safety comes first, especially when you tackle the more difficult issues around drinking and drugs. Be sure to let them know they can depend on you to help them if they feel concerned about their own, or a friend's, safety.

- Set an example by being responsible about your own use of alcohol and other drugs. If you choose to drink, try to follow Canada's Low-Risk Alcohol Drinking Guidelines and discuss how you use the guidelines to manage your own drinking.
- Recognize that experimentation and mistakes happen. By understanding that a teen's brain – especially the areas in charge of impulse control – is still developing, you'll better understand why your teen may place themselves in risky situations. Help your teen reflect on a mistake to make it a learning opportunity, but be sure to wait until you're both calm and ready to discuss a problem rationally.
- Stay in the know. You don't have to be an expert, but being informed about current evidence related to alcohol and other drugs will give you the information you need to help your teen make better choices.
- Consider the big picture. Many youth today experience anxiety, stress and depression. Changes in mood, behaviour and attitude could be an indication of a problem with alcohol or other drugs, mental health issues, or both. If you feel your teen is experiencing problems, seek professional help.

See the Resources section of Grey-Bruce Kids (Pages 24-28) for local counselling services. **GBK**

MATHEW MACLEOD works with the Grey Bruce Health Unit. Learn more at www.publichealthgreybruce.ca.




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Parenting 101

STUDENTS FIND REAL CARE BABY SIMULATION ENLIGHTENING

By Paulette Lippert

For the past 20 years, I have had the pleasure of teaching many different secondary school courses to many different students, but one is consistently my favourite.

Parenting courses have been offered at area secondary schools for many years now. 'Raising Healthy Children' is a Grade 11 course that is open to all students and it focuses on the skills and knowledge that parents, guardians and caregivers need, with particular emphasis on maternal health, pregnancy, birth and the early years of early development (birth to six years old). Through class discussion and practical experience, students learn how to meet the developmental needs of young children, communicate with them and effectively guide their early behaviour.

Teens have a number of opportunities for practical experience throughout the course including caring for a computerized baby that tracks all caregiving responses, working with buddies in primary grades, and developing a day care experience for children who the students know from their own communities.

The computerized baby makes it possible for students to practice caring for an infant 24 hours a day and, typically, each student will have the baby for three nights. Students soon discover that babies require care at all hours – day and night – and the caregiver must determine if the baby needs feeding, burping, rocking or diapering.

The student parent must wear an ID bracelet so the doll can recognize it is in fact them that is providing the care. Their ability to respond appropriately to the baby's needs is recorded electronically. With practice, students become better at recognizing the different sounds that indicate the baby's needs at any given time.

Students have common experiences while caring for the computerized baby.

Of course they all experience the frustration of having their sleep interrupted or having to stop a favourite activity in order to care for the baby, but what impacts students the most are those



● Sacred Heart High School students with their Real Care Baby Simulator.

experiences that are not necessarily anticipated, such as being stopped by the police because a neighbour reported their carseat was not installed securely enough when they left for school.

Many teens also comment on how it feels to be a teen parent in the community as they experience dirty looks, shaking heads or comments in the grocery store that their baby is not dressed warmly enough. They often have new understanding and empathy for the judgments teen parents face day after day. Students often recognize and comment on how this stigma must impact real teen parents as it must cause them to second guess themselves and even doubt their own ability to care for their child.

Another interesting observation from an educator's vantage point is that this assignment really levels the playing field. Students quickly realize all parents face uncertainty and a certain amount of anxiety when learning to care for their infants. They also learn quickly there is no such thing as a perfect parent. In fact, students who are very strong academically sometimes have the most difficulty with the assignment, because it can be hard for those students to accept the fact they misinterpreted the baby's cry and did not provide the correct caregiving activity. It is a good lesson that parenting is often trial and error, no matter how prepared you might think you are, and that parents do grow, change and adjust as they come to know their children over time.

Students also need the trial and error method when working with preschool and early school-aged children. They learn strategies that work with one buddy may not work with another and every child is different, with their own strengths and needs. Patience, flexibility and humour go a long way in fostering a successful relationship with any child.

There is something magical that happens when teens and young



● Students in the 'Raising Healthy Children' class at Sacred Heart High School, in Walkerton, interact with kids in primary grades as part of the curriculum.

children interact and it always gives me hope for the future when I get to witness the magic that happens when they are brought together. Young children have an innate ability to bring out the best in young adults. When teens are in the presence of young children, they strive to be great role models and to make a difference in the lives of these young children. They bring enthusiasm and energy into the planning and implementation of each and every activity. It often makes me think of the enormous potential for peer-to-peer mentoring that can exist when we bring all ages together. They learn from one another and we should find opportunities for them to be together more often, rather than thinking they should learn in separate buildings.

The most important part of any experiential learning is reflection. Practical experiences can only create true learning with deep reflection. Students can choose to reflect in several different ways. A few of these options include creating an online scrapbook about their experiences, researching a developmental challenge and then selecting a caregiving routine for the computerized baby to match the needs of that developmental challenge, or they can write for a parenting magazine like Grey-Bruce Kids! The reflections that follow are from students who opted for the third choice.

During the course, we often debate about what makes someone an authority on parenting. Our criteria changes over time as we discover many different people can have great expertise in different areas related to raising happy and healthy children.

I think readers will agree these students have developed some

expertise of their own!

Paulette Lippert is a teacher at Sacred Heart High School in Walkerton and a Mom of two.

HAYLEY'S STORY

My experience with the Real Care Baby Simulation was a really good learning experience and also it was a really exhausting three days. It really made me realize what reality is like when having a young baby around. I couldn't just fit my schedule around the baby because, with a young one, I can't have a schedule.

During the weekend I couldn't just go out with my friends and hang out because I had a baby with me. I live on a dairy farm, and the weekend I had the baby I couldn't go out and do my job with my parents because I had to look after the baby. Another thing I realized was that I couldn't just hop in the shower and relax because what if the baby cried, I'd have to go and take care of it.

I had a really funny experience with the baby. My dad was busy doing farm work and my mom was out for the day, so my dad came in and asked if I could go to town for him. I agreed, so I had to drive to Teeswater to the Co-op. All I was thinking in my mind was, "Baby, please don't cry." I managed to get there and get what I needed, but while I was driving down main street and the baby started to cry, I pulled off to the side of the street and I opened the back door. I then had to change the baby's diaper, and I saw people driving by and staring at us. I felt so embarrassed because I didn't want them to think I was a teen



● Raising Healthy Children student Kayla Hendriks became pals with Zayda Mino during class.

Finally, I think I learned a lot from this experience and I am thankful for that and will use what I learned in the future.

Hayley Martin is a Grade 12 student at Sacred Heart High School in Walkerton.

KAYLA'S STORY

Taking the baby home for three long days, visiting Grade 1s, and spending the morning with five-year-olds were amazing experiences.

Taking the baby home was the most interesting – it was as if I was an actual mom! I barely got any sleep and I had the baby with me wherever I went. I dreaded going out in public with the baby as I would get weird looks by anyone who walked by. They automatically thought, “Oh, another teen mom!” That made me think about how teen moms must feel, always being judged while out in public.

The baby would be up all night and would become fussy. Sometimes I got so frustrated because I did not know what the baby wanted. I changed the diaper, fed it and rocked it. Overall, taking the baby home was a good experience.

Visiting the Grade 1s was my favorite activity. We were matched with one or two buddies, and we painted, read and played games. I liked it because I went in not knowing my two buddies and came out with new friendships. They were adorable! Reading to them made me miss being their age and reading all of the Robert Munsch books. I loved spending every minute with them!

And finally, we had our ‘bring our kids to school with us day.’ They came for the morning and we played outside, had some nutritious snacks and had a scavenger hunt. It was nice to spend the morning with the little kids and get to know them. The kids were so tired after running around outside and finding the scavenger hunt clues, but so were we!

After being around kids and taking the baby home, I’ve learned the way that kids are now is much different than when I was a kid. Technology is being used 24/7 and the kids aren’t outside as much as they used to be. Whenever I had my phone out, the kids would ask if they could play a game. A way to get the kids to calm down or to keep them occupied was to put on a TV show or give them iPads or iPhones.

Some questions I’ve gathered from all these experiences include, ‘Will technology still be such an issue 10 years from now?’ and ‘Will playing outside still be around for kids to do for fun?’

My advice for others taking this course next year is to take the baby as soon as you can – don’t procrastinate like I did. Ask any questions you have about pregnancy and kids because the class will find answers to them.

These experiences were fun to say the least. I’ve learned more about kids and pregnancy than I thought I would, and I’m glad I took the class.

Kayla Hendricks is a Grade 12 student at Sacred Heart High School in Walkerton. **GBK**

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Help kids with math

Submitted by the Bluewater District School Board

Many adults have an innate fear of math.

Over the years they've become reliant on calculators or simply forget even the most basic rules of arithmetic, which they learned in school. But helping your child succeed at math might be easier than you think.

For some useful advice on this important subject, parents can download the Council of Ontario Directors of Education's Parent Tool Kit, a colourful, easy-to-read booklet. The following excerpt from the section titled 'Be a Coach' speaks to the importance of parents maintaining a focus on math. In addition to the tool kit, the expert staff at the Bluewater District School Board suggest you don't have to be a volunteer to be involved in your child's education. Research shows that learning at home is one of the most beneficial ways to help your child succeed.

You should:

- Show an interest
- Make every day an opportunity to learn
- Encourage your child to investigate, discover and imagine
- Work and play together
- Read with your child
- Help them find math everywhere

REAL-LIFE MATH

Try to find ways to use math skills in authentic contexts that kids can grasp. For example:


- For math in the primary grades (JK to 3), we are working on solidifying a student's sense of numbers. Look for opportunities to count, add and subtract items. For example, you might say to your child, "We have used five eggs to make breakfast. How many do we have left?" You can also try little exercises like counting together as you are climbing stairs. Assist your child in recognizing patterns. This can be done, for example, by playing games involving dice, which will help your child to immediately recognize the '::' symbol as a set of four (or two groups of two). There are many opportunities to talk about math when playing



simple games with your child.

- In the junior grades (4 to 6), students are beginning to develop their understanding of fractions. Cutting a recipe in half when using imperial measurements is a practical way to learn about the multiplication of fractions. For example, you might ask your child, "What is half of $\frac{1}{2}$ a cup of flour?" Inviting your child to assist with measuring lengths using the metric system helps them to build skills using decimals and also with the simple conversion of measurements. For example, if an item measures 25 centimetres, you might ask them how many millimetres that is. What portion of a metre (and so on)?

- In the intermediate grades, include your child when looking at your mortgage, taxes and banking. These are some great opportunities to work with decimals and percentages, while developing important financial literacy skills. Have your child figure out the most economical cell phone plan before you agree to them acquiring one. Home renovations and landscaping offer ample opportunities to calculate area and perimeter in an authentic and meaningful way. For example, you might ask them how much paint is needed to cover the walls after taking into the account the windows and doors. How much fertilizer is required to cover the surface of an irregular shaped lawn?

As you can see, the learning opportunities with math at home are limitless! 



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The BOOK SHELF

with Kathy Johnston

Author of 'Get that Grasshopper!' and 'Get that Frog!'



TELL US ABOUT YOURSELF

I live in Hanover with my husband Steve and our two children, Keira and Nate. I am a Registered Early Childhood Educator and work with parents/caregivers and children at the Ontario Early Years Centre in Walkerton. Among more serious duties, I get to play for at least half a day, most days of the week! Writing has always been an interest of mine. While growing up, creating stories and songs with my friends was a favourite pastime. As a teen I became interested in writing poetry and now as an adult I continue to experiment with various styles to challenge myself. I enjoy writing stories that entertain children and grown-ups.

WHAT MADE YOU WANT TO WRITE YOUR BOOKS?

Before I published my first book, 'Get that Grasshopper!,' I shared the story with friends, family and other writers. The story made everyone smile and laugh and I felt great knowing the story could have that effect on people. I wanted to share it with more people so I took the steps necessary to publish it! 'Get That Frog!' is a sequel to my first book. I decided to write it because fans of the first story kept asking me what was going to happen next, and I wanted to find out too!

WHAT BOOK HAD THE MOST INFLUENCE ON YOU?

I am an avid reader and many books have left an impact. I would have to say that the underlying political/social and environmental messages in many of Dr. Seuss's stories have influenced me a great deal. It's really interesting to read the stories as an adult... a whole new perspective awaits! One of my favourites growing up was 'The Star Bellied Sneetches.' I loved the story as a child because of the rhyming text and how funny it was. The constant attempts to gain superiority ended with all of the Sneetches becoming friends. Of course we may not all end up friends like the Sneetches, but we are all human and we should always treat others the way we would like to be treated.

WHAT ARE YOU WORKING ON NOW?

I'm currently working on stories based on tidbits I overhear children saying while they play. Children say some really great things and I find their ideas can really get the creative process going. I'm also working on an inspirational story about an unusual relationship between two characters from the animal kingdom.



● Author Kathy Johnston with her books.

BIGGEST REWARD/CHALLENGE OF BEING AN AUTHOR?

The biggest reward is the feedback I get from children during author visits. The high level of engagement during the reading of the story and participation during the activities afterward is the icing on the cake! The biggest challenge for me is the marketing piece.

WHAT ADVICE DO YOU HAVE FOR PARENTS OR CHILDREN WHO WANT TO BE WRITERS?

Keep a journal of your thoughts and ideas. You never know when one of those could turn into a great story. When you have an idea for a story, do your research... make sure no one else has already had the same idea and has already published it. Join a writer's group where you can share and learn from other writers. Adults and teens can enrol in creative writing workshops and even very young children can start out making their own books and reading them to friends and family. **GBK**

Hanover resident **KATHY JOHNSTON** is the author of 'Get that Grasshopper!' and 'Get that Frog!' Visit www.laughhopper.com.

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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
School age 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 or 1-800-263-3456
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 - Owen Sound

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

Adult Learning Centres

Collingwood, Port Elgin, Markdale, Owen Sound, Walkerton, Wiarton
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

Edgehill Country School, Durahm

www.edgehill-school.com

Georgian Tutors

www.georgiantutors.com

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

Multiples in Bruce

For families with or expecting multiples
http://multiplesinbrucecounty.webs.com

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

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 or 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 habitat@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
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

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/JAqJB>

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.kayliarththerapy.com

Keystone Child, Youth & Family Services
1-800-567-2384 or 519-371-4773
kcyfs@bmts.com or www.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.sbgchc.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 - opac.brucecounty.on.ca
Administrative office - 519-832-6935 or libraryinfo@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 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.marinerrail.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
Warton - 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 or www.clkd.ca

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

Bruce Peninsula (Warton) 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

Hope Haven Therapeutic Riding Centre
226-909-0558
www.hopehavencentre.org

Keystone Child, Youth & Family Services
Owen Sound; 1-800-567-2384
kcyfs@bmts.com or www.keystonebrucegrey.org

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 or www.closingthegap.ca
Owen Sound

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

South West Community Care Access Centre In-Home Services
Owen Sound - 519-371-2112
Walkerton - 519-881-1181
www.sw.ccac-ont.ca

VOICE for Hearing Impaired Children
Support, speech and language therapy
Grey/Bruce chapter is free to families
www.voicefordeafkids.com

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

COOL KID WINNER

Joceyln has a heart of gold

From a young age, Jamie and Kerri Walpole, of Owen Sound, knew their daughter Jocelyn was very special.

“One day, when we were picking her up from day care, a worker there told us how impressed they were with ‘Little Mother’ Jocelyn, because she helped calm another baby by bringing them their soother and comfort toy, and staying by their side until they settled down,” Kerri said.

Instead of being jealous like many three-year-olds are when they suddenly have a new baby in the family, Jocelyn doted on her newborn sister Isabelle, who she called ‘Angelbelle.’

“To this day, Isabelle still prefers Jocelyn to call her Angelbelle when she is upset, and she is very good at making her little sister feel better no matter what hurts or why she is sad,” Kerri added.

Jocelyn, who is in Grade 5 at Bayview Public School, has demonstrated fantastic leadership in her school as well. She doesn’t like to see people bullied or left out and she always includes others and asks them to join in activities at recess. She is also the first to welcome new students and to make sure they have a partner in class or someone to play with at lunch, making their transition to a new school much easier.

She also takes part in fundraisers, track and field, choir, students’ council and environmental causes at the school, leading to her twice being given the Citizenship Award.

Jocelyn’s generosity also transfers to the community where she champions environmental causes like litter pick-up days, volunteers with the Festival of Northern Lights and donates her own money to the Cancer Society, Heart and Stroke Foundation, the local Food Bank and annual toy drives. She



● Jocelyn Walpole, 10, is compassionate and loves to dote on other kids.

plays soccer, is an Explorer and an accomplished swimmer.

“Jocelyn is a terrific role model for her little sister, is caring and empathetic and very sensitive to other people and their needs,” Kerri said. “We couldn’t be more proud of her.” **GBK**

For being this issue’s Cool Kid, Jocelyn receives a prize pack from Miller Insurance and Grey-Bruce Kids. To nominate a Cool Kid, visit www.greybrucekids.com or contact amy@greybrucekids.com for details.

We have you covered,
so you can focus on
what really matters.



1 (800) 265-3000
www.millerinsurance.ca

FALL EVENTS

SEPTEMBER

4

Fall and Winter Leisure Show - Port Elgin
Register for local community groups, clubs and programs.
519-832-2008/tschirhartj@saugeenshores.ca.

Owen Sound Fall Fair
Family-friendly activities for all ages.
519-371-1720 or www.owensoundfallfair.com
Runs through Sept. 6

6

Eat Well Market - Walkerton
519-881-2336 or arowe@wightman.ca
Every Friday until Oct. 3

Museum and a Movie
2 p.m. at Grey Roots Museum and Archives
519-376-3690 or www.greyroots.com
Runs through Sept. 7

7

Health and Wellness Day
Bagnor Community Centre
Call 519-371-0919 for more information

Paisley Fall Fair
Rotary Park from 9 a.m.-5:30 p.m.

12

Stars of Youth Pop Concert
7-9 p.m.
Parking lot at Walkerton Community Centre
Tributes to Miley Cyrus, Lady Gaga, Katy Perry, Selena Gomez.
All proceeds for Walkerton splash pad.
www.jailhouserock.ca

Owen Sound Rib Fest
Kelso Beach Park, Owen Sound
Family event with live music, kids activities.
www.owensoundribfest.com
Runs through Sept. 14

15

Owen Sound Salmon Tour
Self-guided tour of Chinook salmon spawning
www.greatsalmontour.com
Runs through Oct. 15

19

Lucknow Fall Fair
519-392-6151 or www.lucknowagsociety.ca
Runs through Sept. 21

20

Farmers Pantry Family Day
11 a.m.-3 p.m.
788030 Grey Rd. 13, Clarksburg
Family activities and u-pick apples
www.farmerspantry.com

21

Wild for the Arts Festival
10 a.m.-4:30 p.m.
MacGregor Point Provincial Park, Port Elgin

Crafts, campground artist tour, workshops.
519-389-6231 or www.friendsofmacgregor.org/page/wild-for-the-arts
Runs through Sept. 21

25

Sydenham Agricultural Fair
Grey Roots Museum and Archives
10 a.m.-3 p.m.
www.greyroots.com
Runs through Sept. 27

26

Ripley Fall Fair
One of the largest fall fairs the area.
www.ripleyfair.ca
Runs through Sept. 27

27

Autumn Harvest Festival - Paisley
4574 Bruce Rd. 1, at Nature’s Millworks
10 a.m.-4 p.m.
519-353-4017 or www.naturesmillworks.com
Runs through Oct. 19

Rocklyn Fall Fair
Rocklyn Arena
519-538-1779 or rocklynagsociety@hotmail.ca

OCTOBER

3

Meaford Scarecrow Invasion
Parade and family festival starts at 6 p.m.
519-538-1060 or www.mcofc.ca

Tiverton Fall Fair
www.tivertonagsociety.com
Runs through Oct. 4

Bruce Peninsula Hike Festival
www.pbtc.ca/festival.html
Runs through Oct. 5

4

Port Elgin Pumpkinfest
519-389-3714 or www.pumpkinfest.org
Runs through Oct. 5

Apple Harvest Craft Show
Meaford and St. Vincent Community Centre
519-528-1629 or aphacraf@bmts.com

5

Pratie Oaten Irish Festival
Moreston Heritage Village from noon-5 p.m.
Irish music, entertainment and more.
www.greyroots.com

11

Ferndale Lions 16th annual Pumpkin Toss
79 Forty Hills Rd., Lion’s Head, 11-4 p.m.
Call Delbert at 519-793-3160

Pine River Church Kountry Kitchen Bazaar
United Church, Hwy. 21 and Conc. 4, Ripley
11 a.m.-1 p.m.
519-395-5371
pineriverchurch@hurontel.on.ca

Blue Mountains Apple Harvest Festival
705-444-7398 or appleharvestfestival.ca
Runs through Oct. 13

17

Tara Festival of Crafts
1-9 p.m. Friday; 10 a.m.-5 p.m. on Oct. 18
519-934-2875
www.tarafestivalofcrafts.com
Runs through Oct. 18

Walkerton Little Royal Fair
www.wagsoc.ca
Runs through Oct. 19

18

Witches in the Woods
MacGregor Point Provincial Park, Port Elgin
519-389-6231 or www.friendsofmacgregor.org
Runs through Oct. 19

25

A Little Scary Halloween
3-7 p.m., Grey Roots Museum and Archives
www.greyroots.com

Night at the Museum
Bruce County Museum and Archives,
Southampton, from 8 p.m.- 8 a.m.
Cost is \$25. Pre-registration required.
519-797-2080 or www.brucemuseum.ca

NOVEMBER

14

Kincardine BIA Hometown Christmas
Sleigh rides, carollers, reindeer, shopping, etc.
519-955-0547

21

Christmas in the Country
Sulphur Spring Conservation Area, Grey Rd.
28, from 5-10 p.m.
www.svca.on.ca/christmas.php
Runs through Nov. 22

28

Big Brothers Big Sisters Christmas Yard Sale
Kincardine United Church
Runs through Nov. 29

29

Holiday Craft Sale
11 a.m.-4 p.m., Grey Roots Museum & Archives
www.greyroots.com

Artful Hands Christmas Show and Sale
10 a.m.-5 p.m., Kincardine Pavilion
artfulhandskincardine@gmail.com
Runs through Nov. 30

SANTA PARADES

Paisley - Nov. 28, 7 p.m. 519-353-5995
Lucknow - Nov. 29, 7 p.m. lucknowchamber.com
Brockton - Nov. 29, 7 p.m. 519-881-3413
Port Elgin - Nov. 29, 7 p.m. 519-832-2332
Ripley - Nov. 30, 6-8 p.m. huronkinloss.com



RECIPES

Butternut squash a seasonal favourite

Although a fruit, butternut squash is used as a vegetable that can be roasted, toasted, puréed for soups, or mashed and used in casseroles, breads, and muffins. Below is an appetizer and main course using this delicious squash as the main ingredient.

ROASTED BUTTERNUT SQUASH AND PEAR SOUP

INGREDIENTS:

- 3 tbsp of extra virgin olive oil, divided
- 4-5 cups of butternut squash, cut into 1" cubes
- 1 ½ lbs of Bartlett pears, peeled, cored and quartered
- 1 tsp ground cinnamon
- 1 medium onion, peeled and chopped
- 4 cups low-sodium chicken or vegetable stock
- 4 tbsp of pure maple syrup
- Salt to taste
- Sour cream or Greek yogurt, chopped, dried cranberries and chopped fresh cilantro (optional)

DIRECTIONS:

- Preheat the oven to 400 F. Toss the butternut squash with 2 tbsp of the olive oil on a rimmed baking sheet, and roast 20 minutes. Remove from the oven and add the pear and cinnamon, tossing gently to coat with the olive oil and cinnamon. Roast for an additional 20 minutes or until the vegetables are softened and caramelized. Remove from the oven.
- In a large pot, heat the remaining tablespoon of olive oil over medium heat. Add the onion and cook until softened and translucent, about 8 minutes. Add the broth and stir until combined. Add the roasted squash and pear to the pot.
- Puree the soup in a blender in two batches until perfectly smooth. Make sure the insert in the lid has been removed as the liquid will be very hot and the steam will need to escape. Pour the pureed soup into a serving bowl or pot and stir in the maple syrup, and salt to taste. Serve in bowls with garnishes if desired.

Recipe credit: <http://flavorthemoments.com>

BUTTERNUT SQUASH MAC AND CHEESE

INGREDIENTS:

- ½ medium squash peeled, seeded and chopped
- 1 tbsp olive oil
- ½ lb of elbow macaroni
- 2 ½ cups of milk, divided
- 2 tbsp of butter
- 3 tbsp of flour



- ⅓ tsp of ground nutmeg
- 1 tbsp fresh, chopped rosemary
- 1 cup aged white cheddar cheese, shredded
- 1 cup cheddar cheese, shredded
- ¾ cup whole wheat bread crumbs

DIRECTIONS:

- Preheat oven to 400 F. Place butternut squash chunks on a large baking sheet. Drizzle olive oil over the squash and toss. Sprinkle with salt and pepper. Roast for 20 to 30 minutes or until tender, turning once.
- While the butternut squash is roasting, cook macaroni according to package directions, drain well. Set aside.
- Add butternut squash to food processor or blender and puree until smooth. Add in ½ cup of the milk and puree again. This will help thin out the butternut squash.
- In a large skillet over medium heat, add the butter. When the butter is melted whisk in the flour. Add the nutmeg. Cook for two to three minutes, whisking constantly, or until flour mixture smells nutty. Add the remaining two cups of milk and whisk until mixture is smooth. Turn heat to high and bring to a boil while continuing to whisk. After sauce has thickened, turn heat to low and whisk in butternut squash mixture. Stir in the fresh rosemary. Add the cooked macaroni to the pan and stir until the macaroni noodles are well coated. Season with salt and pepper to taste.
- Grease a two-quart casserole dish. Pour half of the macaroni noodles into the pan. Sprinkle half of the cheese over the macaroni noodles. Add the remaining noodles and then top with the rest of the cheese. Sprinkle breadcrumbs on top.
- Place the pan in the oven and bake for 25-30 minutes or until macaroni and cheese is bubbling. Remove from oven and let rest for five minutes. Serve warm. **GBK**

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