

GREY • BRUCE KIDS

A FREE MAGAZINE FOR
PARENTS AND CAREGIVERS

FALL 2015 • Volume 5 Issue 3 • greybrucekids.com

Social media safety

Three-part series
starts with the
apps you don't know about

Autumn in
Grey County
So much to do!

Is your
child anxious?

FREE!

Your energy adventure STARTS HERE

WWW.BUCEPOWER.COM

EXHIBITS & DISPLAYS
FILM PRESENTATIONS
FREE ADMISSION

BRUCE POWER VISITORS' CENTRE

Open year round, Monday to Friday, 9 a.m. to 4 p.m.
(closed statutory and year-end holidays).
Ideal for school groups, clubs and organizations.

3394 Bruce County Road 20 (4th Concession)
West of Highway 21, 5 km north of Tiverton, ON
Phone: 519-361-7777 | www.bucepower.com

Bruce Power™
Innovation at work

Ultimate Fall Colour Adventure Contest

ENTER for your chance to WIN some Mommy & Daddy Time valued at over \$3000.

www.visitgrey.ca/contest

Contest closes: Friday October 9, 2015

Grey County
Colour It Your Way

FROM THE PUBLISHER

Becoming social media savvy

Welcome to the Fall 2015 issue of Grey-Bruce Kids!

No doubt you enjoyed a summer of holidays, family time and get-togethers with friends. Our house was no different, with the always exciting Ripley Reunion thrown on top of our regular summer celebrations.

But autumn is a time for fresh beginnings for many, with the kids heading into a new grade at school, or perhaps taking their first steps onto a college or university campus. It also means there will be new influences in their lives that we can't possibly manage. That's why we felt the Fall issue was the perfect time to launch our three-part series on social media safety, with a look at the different smartphone apps your kids are using that you probably know nothing about.

Although these apps keep our kids connected to their friends, they can also become dangerous if not used properly, because many of today's youth believe what they send over their smartphone is private or won't be shared outside their circle of friends or fall into the wrong hands. Hopefully you will learn a bit about these apps, go through the list with your kids and make sure they are using them as intended – a fun tool to innocently chat with friends.

In this issue we also look at anxiety in children and how you can help them cope with these feelings. We also look at tips for getting a child with separation issues back on that school bus every morning.

In our 'Off the Beaten Path' feature, we take a look at all the experiences your family can have this fall across Grey County, and watch for more tips on things to do in our winter issue – which will, amazingly, mark our fourth anniversary!

Thank you once again to our amazing contributors and wonderful advertisers – without you, this publication simply wouldn't be possible. I urge you to support everyone you find within these pages.

Enjoy your autumn!

Amy Irwin, Publisher

CONTENTS

- 4 Tidbits
- 5 Tales from Tots
- 6 Dealing with allergies
- 10 Anxiety in kids



Fall in Grey County
There are so many fun family events during the autumn months that you are going to want to visit Grey County.

- 20 Opinion
- 22 Reduce separation issues
- 24 Resources
- 28 Cool Kid
- 29 Fall Events
- 30 Recipes



Fall 2015

Publisher
Amy Irwin
amy@greybrucekids.com

Editor
Dwight Irwin
info@greybrucekids.com

Advertising inquiries
amy@greybrucekids.com

Grey-Bruce Kids welcomes your feedback.

EMAIL amy@greybrucekids.com

PHONE 519-524-0101

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



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

Chat/text acronyms

In this issue we kick-off a three-part series on social media, with hopes of making parents more savvy so they can better protect their kids. Even if you're diligent with checking your child's phone, you may not have a clue what they're saying due to undecipherable acronyms. Here are just a few (**warning: explicit material**) that may cause you concern (a long, alphabetical list can be found at www.netlingo.com/acronyms.php).

303 - Mom
143 - I love you
182 - I hate you
420 - Marijuana
4Q - F*ck you
53X - Sex
8 - Oral sex
9 - Parent is watching
ASLP - Age, sex, location, pic
?* - Hook up?
AFU - All f*cked up
BITOB - Bring it on, b*tch
BJ - Blow job
BMS - Baby making sex
COBRAS - Come on by right after school
CU46 - See you for sex
DTF - Down to f*ck?
FML - F*ck my life
GYPO - Get your pants off
H4U - Hot for you
IPN - I'm posting naked
LHSO - Let's have sex online
LMF6 - Let's meet for sex
MIRL - Meet in real life
MLAS - My lips are sealed
RU/18 - Are you over 18?
RUH - Are you horny?
SMD - Suck my d*ck
TDTM - Talk dirty to me
TT - Big tease

Find local education bursaries

The Community Foundation Grey Bruce is seeking the local and business communities help to locate all area scholarships, bursaries and student awards prior to the launch of its new website for local youth.

For nearly two years, the Foundation's Smart and Caring Education Initiative team has been developing a website called payforschoolgreybruce.com, which aims to identify sources of locally developed funding for Grey/Bruce students who are seeking financial support for post-secondary education and training.

This website will include award information to support university, college, apprenticeship and workplace training programs. The mobile-friendly website will allow students the flexibility to search for student awards through intuitive filters, with searches by post-secondary pathway, areas of interest, local boards and schools, ethnicity, special interest ties and more.

Community Foundation Grey Bruce now asks for the community's help. The website team has included details of as many application-based student awards as it was able to obtain during research for the site, and welcomes any information that educators, students or the general public can add to make this locally focused student awards listing as complete as possible. Email studentawardscfgb@bmts.com with any student award information to ensure the timely launch of the new site.

(information courtesy www.communityfoundationgreybruce.com)

94

Per cent of teens who told a 2015 Pew Internet Organization study they use a smartphone. See what apps they use on Page 16.

Fall Fair fun

As fewer families live on the farm, our connection to our food lessens. Be sure to visit a Fall Fair this year to introduce kids to 4-H, how our food is raised and to see how a rural community pulls together during a big event, all while having a day filled with fun!

Assist area food banks this fall

After two brutal winters in Grey/Bruce, nobody knows what to expect as we proceed through fall and into the winter months. If it is anything like past years, it means people are going to struggle to pay sky-high electricity bills due to weeks-long cold temperatures, and try to provide healthy food

and warm clothing for their family. Although food bank donations always peak at Thanksgiving and Christmas, try to remember that people are still cold and hungry in the weeks and months in between these seasons of generosity. Give if you can, whether it's through food, money, clothing or Christmas gifts.



TALES from TOTS

YOU NEVER KNOW WHAT THEY'LL SAY NEXT

We spoke to the Jiggly Jammers group at Kamp Kummoniwannago in Hanover about being a teacher. Here are their answers.

If you could be a teacher for a day, what would you teach?

Cayden - Do art
Giovina - Math
Rowan - Music – I like to dance to Barbie movies
Julia - Grade 2s
Brody - That everyone eats bananas
Jack - Kindergartens
Cameron - French
Lewis - Teach people
Cole - Nothing – because I want to be a truck driver
Kate - People
Reegan - Why princesses have a crown
Benjamin - Show the kids scary shows and cool kid movies
Ainsley - I would like to teach children
Kiera - Playing Monopoly, Frozen Monopoly
Haley - Kids
Carter - How to eat, because makes you so strong
Jayden - Art

Would you have any new rules?

Cayden - You can go to a new school
Giovina - If someone is being bad I would give them some words – get them in trouble
Rowan - No spitting and putting icicles on your tongue, even when they are sticky because I did that once in the winter time and it was really, really bad
Julia - No hitting
Brody - No slapping and no sharing food
Jack - No kicking when you're sitting and no pushing people away from the pavement
Cameron - No fighting
Cole - No punching people in the privates
Kate - No hitting or punching
Reegan - No kicking
Benjamin - People can fight
Ainsley - Keep your hands to yourself
Kiera - Behave yourself all day and especially at the end
Haley - No hitting
Carter - My new rule would be don't say bad words

What is the best thing about being a teacher?

Giovina - Teaching
Rowan - Letting everyone play



Julia - Teaching kids good things
Brody - The best thing is that teachers eat their lunch
Jack - Doing words
Cameron - Speaking in front of the class
Cole - Nothing
Kate - You get to teach
Reegan - Telling everybody what the day is on the calendar
Benjamin - Nothing
Ainsley - Getting on the smartboard
Kiera - Eating in the teacher room
Haley - Teaching kids because then if they want to be a teacher they will know how to teach
Carter - To listen
Jayden - To meet new kids

What would you put in your lunch box?

Cayden - Spaghetti
Giovina - Gummies
Rowan - A necklace that has all the candies on – it's so delicious
Julia - A sandwich, an apple and a couple of fruits
Brody - Bananas
Jack - A hotdog and a banana
Cameron - Bananas, cherries and grapes
Lewis - Strawberries, blueberries and cherries
Cole - A fish sandwich
Kate - Banana and strawberries, juicebox
Reegan - A sandwich – mustard and meat
Benjamin - Chocolate cookies and all the candy and chocolate
Ainsley - A peach
Kiera - A peach, watermelon, strawberries and a water bottle
Haley - Food, especially cookies
Carter - I would pack bananas and some goldfish
Jayden - Pizza **GBK**



Food allergies

DON'T BE SCARED, BE PREPARED

By Rida Chaudhary

Whether you are a parent of a child who has a food allergy, or your child attends a program where another child has a known allergy, it is important you understand what these food allergies are and what type of an impact they can have.

Contrary to popular belief, food allergies are not quite as common as they are perceived to be. In fact, according to Canadian statistics, only 1.03 per cent of children have a confirmed peanut allergy. So why can it feel like we are being bombarded with warnings about and information on food

allergies? To understand this better, we must first discuss the difference between a food allergy and a food intolerance or sensitivity, two very different conditions.

A food allergy is an immune system response to a substance in food, usually a protein. This substance is called the allergen, and when it is eaten it causes an allergic reaction leading to symptoms such as skin rashes, hives, vomiting, diarrhea, or in severe cases, wheezing or breathing difficulties. A food intolerance, such as lactose intolerance, is different in that it does not involve the immune system, but still causes some unpleasant gastrointestinal symptoms such as gas and bloating. Unlike allergies, most food intolerances or sensitivities allow for small amounts of the foods to be eaten symptom free. Although both

can be difficult to deal with, it is important to recognize the difference and respond accordingly. Exposure to a food allergen needs your immediate attention and concern, while food intolerances are less threatening, but much more common.

The most common food allergens include:

- Whole eggs
- Milk
- Mustard
- Peanuts
- Seafood
- Sesame
- Tree nuts (such as almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pine nuts, pistachio nuts and walnuts – coconut is not a tree nut)
- Sesame seeds

Not all food allergies have the same type of an effect on the body. Consumption of any of these foods by two different individuals diagnosed with the same allergy can have very different symptoms. Anaphylaxis is the most severe type of allergic reaction. It is sudden, severe and potentially life threatening. Individuals who are at risk for anaphylactic reactions need to be extremely cautious and should carry an Epi-pen with them at all times. The severity of your child's allergic reaction should be determined and then discussed with you by your health care provider.

THE ABCs OF FOOD ALLERGIES

A – Always read the label. Most prepackaged foods require a list of ingredients. However, there are some ingredients that do not have to be declared on the label. For children with severe allergic reactions, it is safest to avoid prepackaged foods and instead make meals and snacks at home so that you are fully aware of what is being used.

B – Be aware of 'may contain' statements. Don't take chances on products with that label. Especially for children with severe reactions, these foods should be avoided completely.

C – Call the manufacturer. Many companies have toll-free numbers for consumers to contact them in case they have any questions about a specific product.

PREVENT REACTIONS

In most cases, food allergy reactions can be prevented. All it takes is being attentive to details and aware of your surroundings. The best place to start is in your kitchen. The following tips can help prevent allergic reactions:

- Always wash hands before preparing and handling food
- Thoroughly clean and sanitize work and cooking surfaces, utensils and any equipment that touches the food
- Use separate cooking equipment and utensils when preparing foods for those who have food allergies to avoid cross-contamination
- Store allergy causing foods separately in both the fridge and dry storage

CAN ALLERGIES BE PREVENTED?

Research has not yet proven the cause of food allergies. However, studies have shown that avoiding common allergenic foods during pregnancy and lactation does not play a role in preventing food allergies in children. It is best during pregnancy and lactation to eat a wholesome diet containing a variety of nutritious foods. Refer to Health Canada's Prenatal Nutrition Guidelines for key messages about healthy eating and nutrients of concern during pregnancy.

SOLIDS TO INFANTS


According to the World Health Organization, exclusive breastfeeding is recommended up to six months of age, with continued breastfeeding along with the introduction of complementary foods up to two years of age or beyond. Your baby is ready for solid foods at six months. Even if they do not have any teeth, you can provide a variety of soft-textured foods.

When introducing foods to your infant it is crucial you pay close attention to how your infant's body reacts to some specific foods, in case there is an allergy or intolerance present. The common food allergens listed above should be offered and then you should wait two days before introducing another food from the list. During the two-day waiting period, look for signs of food allergies. When introducing foods not found in the list above, you do not need to wait before introducing another new food.

PEAK® Point Real Estate Amber Jenings, Broker/ Owner
519.477.9639 amberjenings@peakpointrealestate.ca www.peakpointrealestate.ca



Selling Homes, Cottages and Waterfront properties on the Bruce Peninsula, including Sauble Beach, Southampton, Port Elgin, Wiarton & surrounding areas!

CLHMS® Certified Luxury Home  Marketing Specialist®



BUYERS: I can show you/ work with you on any listed MLS® Property, not just PEAK® listings!

SELLERS: Book an appointment with me for a **FREE** Market Evaluation!





Food allergies can be difficult to deal with at times, and should be given careful consideration. Knowing the differences between food allergies and food intolerances will help you understand the risks and treatments for each condition. Given the proper information, parents can rest assured knowing they are doing all they can to avoid severe allergic reactions through safe food handling in the kitchen and by following the recommended guidelines for introducing solid foods to their infant.

The topic of food allergies is a high priority for many families and organizations. Knowing the facts will help you to make more informed decisions for your child's health, and the health of any children in your care.

For more information visit the Canadian Food Inspection Agency at www.inspection.gc.ca; 'Why Risk It?' at www.whyriskit.ca (developed specifically for teens with allergies); allergy/asthma information association at www.aaia.ca; Anaphylaxis Canada at www.anaphylaxis.ca or Health Canada at www.gc-sc.gc.ca. **GBK**

RIDA CHAUDHARY is a Dietetic Intern with the Grey Bruce Health Unit. Learn more at www.publichealthgreybruce.on.ca or EatRight Ontario at www.eatrightontario.ca.

Helping You ... Think of Everything.



You may know what you want in a home...
But Royal LePage helps you get what you need...

- ✓ The perfect climbing tree
- ✓ A creaky stair, so you know when the kids get home late
- ✓ The right neighbourhood

Linda Bowers
519-396-5522 (OFFICE)

Royal LePage Exchange Realty Co.
PO Box 1270 - 777 Queen Street, Kincardine, ON
linda@bowershomes.ca
www.bowershomes.ca



**MAKE THE MOST
OF TODAY.**
AND START THINKING
ABOUT TOMORROW.



Money for Life

Real life means real goals. Talk with me today about Sun Life Financial's customized approach to your financial and retirement planning.¹



Jason Finner* B.A.Sc. P.Eng.
Tel: 519-396-2220
Cell: 519-955-2566
jason.finner@sunlife.com
www.sunlife.ca/jason.finner
926 Queen Street
Kincardine, ON N2Z 2Y2

Life's brighter under the sun



¹Only advisors who hold CFP® (Certified Financial Planner), CHFC. (Chartered Financial Consultant), FPL (Financial Planner in Quebec), or equivalent designations are certified as financial planners.
*Mutual funds offered by Sun Life Financial Investment Services (Canada) Inc.
Sun Life Assurance Company of Canada is a member of the Sun Life Financial group of companies.
© Sun Life Assurance Company of Canada, 2015.

<p>the TOP 10 REASONS to be with BRUCE TELECOM brucetelecom.com</p>	<p>Positively OUTRAGEOUS service</p> <p>1</p>
<p>2</p> <p>Your LOCAL partner</p>	<p>3</p> <p>Gimmick-free VALUE</p>
<p>4</p> <p>EVERYTHING is right here</p>	<p>5</p> <p>Truly RELIABLE service</p>
<p>6</p> <p>You already LOVE us!</p>	<p>7</p> <p>UNLIMITED streaming</p>
<p>8</p> <p>The LATEST technology is here</p>	<p>9</p> <p>We're close & CONVENIENT</p>
<p>10</p> <p>We like to GIVE STUFF AWAY!</p>	<p>10</p>

brucetelecom.com **BRUCE TELECOM**



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

Are you the parent or caregiver of a 3 or 4 year old?

Will your child start Kindergarten in 2016?

Attending the 2015 Let's Learn Kindergarten Registration is **the best way to enrol your child in Kindergarten** in Bruce-Grey!

Visit our website or like our Facebook page to find out the benefits of registering for school early, how to participate, and to see the 2015 schedule.

Website



goo.gl/TLbFKo

Facebook



goo.gl/tyxvYv





Childhood anxiety

MY CHILD SEEMS ANXIOUS. SHOULD I BE WORRIED?

By Mary-Jo Land

Lots of children and teens worry.

Sometimes, that worry is significant and parents begin to worry. Parents might see changes in their child's behaviour – perhaps they no longer want to go to school or hang out with friends. These changes might be sudden or they might begin gradually. They may be on and off again or they might be pretty consistent.

It is important to know how best to enhance your child's resilience or readiness for life's challenges. If you think your child worries too much, then it is time to understand a bit more about anxiety and resilience.

WHAT IS ANXIETY?

In children and teens, anxiety is an experience of thoughts, feelings, body sensations and behaviours that are fear-based.

Younger children are less able than adults to express the various parts of their experience – they're more apt to act it out, and that's what we see in their behaviour and words. Teens are better able to look inside or use some insight to express their inner experience, but they often act it out too. Many adults aren't good at this either.

WHAT ARE THE CAUSES OF ANXIETY?

Temperament – Some children are more naturally shy, sensitive and cautious than other children. This means they were born with these characteristics and likely share these personality traits with a parent or other relative. These children may be less resilient when stressed.

Stress – Anything that requires a person to use coping strategies. There are also positive stresses such as athletic activities and positive challenges like playing games or solving puzzles. Stressors can also be negative, or experienced as negative, such as illnesses, temporary separation from loved ones, difficulties with friends and pressures to achieve.

Traumatic stress – This is usually a negative stress that overwhelms the child's or teen's coping ability. This might be severe illness or injury (experienced as possibly life threatening), death – or threat of death – of a parent or family member, loss – or threat of loss – of a parent or family member, or any event that causes overwhelming fear and a sense of powerlessness to avoid it or stop it.

Attachment trauma – The loss of parent(s), threatened loss of parents due to violence, accident or health, separations from parent(s) due to divorce or working away, or a parent who is frightening or frightened.

WHAT ARE THE SYMPTOMS?

Cognitive – Worried thoughts such as, "What if (something bad or scary) happens?"

Rumination – Same worried thoughts over and over.

Catastrophe thinking – Getting hit with tornadoes, my friend will never like me again.

Fearfulness – Fear of the dark, bugs, germs, being alone or nightmares.

Social worries – My friends don't like me, don't want to play with me, are picking on me.

Emotional – Feelings of fear, feeling upset, panic and anger.

Behavioural – Scared or worried face, timid body posture, less eye contact, changes in appetite (more or less hungry), not



cooperative (refusal, resistant), avoiding things, people and situations that create anxiety, hiding or running away, preferring to be alone or only with certain people, or picking at fingernails, biting lips or chewing things.

Physiological – Tense muscles, hitched up shoulders, headaches, upset or achy stomach, bowel troubles (constipation or diarrhea), shallow or rapid breathing, or clumsiness.

WHAT CAN I DO TO HELP MY CHILD?

Start with careful observing. Notice when your child is not anxious and understand why that is. Notice when your child is more anxious and understand why that is too. You might need to keep some notes.

It's OK to have Problems.

It's OK to Ask for Help

www.wesforyouthonline.ca

4 Park Street
Walkerton, ON, N0G 2V0
519-507-3737
office@wesforyouthonline.ca

One-to-one reading help, online.

You can get more of what your child needs to succeed.



The Reading Network

thereadingnetwork.com
1-855-534-1345 • info@thereadingnetwork.com

Roger & Gail Farrell & family
R.R.#4, Ripley, Ont. NOG 2R0
(519) 395-5246
Hwy. 21, 6 mi. S. of Kincardine



HOMEFRONT ACRES
SEASONAL APPLE MARKET

OPEN SEPTEMBER - DECEMBER
18 VARIETIES GROWN / U-BAKE PIES
PUMPKINS / SQUASH / GOURDS / FALL DECORATIONS

Entertainment
Turkey Tent Sale
Fall Colour Tours
Apple Pie Trail
Family Fun!



OCTOBER 10-12th 2015

EVERY THANKSGIVING, CELEBRATE THE HARVEST IN ONTARIO'S LARGEST APPLE GROWING REGION

Blue Mountain Village
Thornbury
Clarksburg

www.AppleHarvestFestival.ca




Talk with your child, but listen much more. Allow for silence, as this is when your child is thinking about what to say. Then, share joy and have fun together, as often as possible. Help your child express his or her feelings by building the family's emotional awareness. Express how you feel and why, and ask others in the family to do so too. "Aunt Jenny's cat died yesterday. I feel sad for Aunt Jenny because I think Aunt Jenny is feeling very sad. I know you liked that kitty. Are you feeling sad too? When I feel sad, I like a hug. Would you like a hug too?" Start with happy, sad, angry and scared. Then add calm, worried, shy and excited. Build emotional knowledge and awareness as your child is able.

It's also important to teach your child to calm him/herself. Breathe, yoga (yoga alphabet cards), meditate, walk and exercise. Do these things together until your child can do them on his or her own. This is likely the most important suggestion. The brain, emotions and behaviour all interact through the body and the body's chemistry. Sometimes the easiest route to change brain, emotions and behaviour is to change the body. The body can hold onto the stress and worries. The body provides feedback to the brain that the body is stressed or frightened and the brain continues to act as if it is frightened with its thoughts and feelings.

We can interrupt this cycle most easily by changing the body. Ten yoga breaths (slow in and out from the belly) can interrupt a panic attack or change the brain from fear to calm. Walking 40 minutes per day can help the body recover from trauma. Yoga helps the body to stretch and soften, a state that is the

JOIN US SATURDAY, OCTOBER 24

8 p.m. to 8 a.m.

SLEEPOVER FOR KIDS AGED 8-12



KIDS CAN JOIN US FOR AN EXCLUSIVE SLEEPOVER AT THE BRUCE COUNTY MUSEUM FOR A NIGHT OF HALLOWEEN THEMED FUN! COSTUMES ENCOURAGED!

Members \$25+HST
Public \$30+HST
Pre-registration required.

Proudly Presented By
GIANT TIGER

33 VICTORIA STREET NORTH, SOUTHAMPTON, ONTARIO
519.797.2080 • 1.866.318.8889 • brucemuseum.ca



opposite of an anxious body. Meditation helps to reduce the anxious thought patterns.

WAYS TO REDUCE STRESS

Provide calming breaks – Breathing 10 yoga breaths, going for a walk, hugs and affectionate touch, play.

Reduce or remove video games – These activities often arouse excitement, which is an emotion very close to fear. The competitive aspect makes the excitement more negative for some children.

Reduce stress – Remove activities that create stress, especially the most stressful if possible.

Read to your child – Avoid books that are frightening or suspenseful.

Set a routine – Make a calendar of events and appointments for your family, and when parents will be away to avoid unexpected changes in routines.

Don't rush – Organize your life and follow a routine schedule so no one has to rush. Prepare what you can in advance to make things easier during high stress times.

Provide your child with a calm environment – It doesn't have to be stress-free, because some stress is 'good stress' like exercise, but reducing 'bad stress' such as yelling, pressure and scary experiences is key.

Promote resilience – Provide positive challenges, build your child's skills, help them experience some stressors as positive rather than negative.

Be calm – And be kind and in-charge (not worried!). Lead the way to calm.

See a doctor – Consult with a doctor or psychotherapist if calm, loving, connecting experiences with you do not begin to make a difference. **GBK**

MARY-JO LAND is a private practice clinician offering individual and family therapy primarily focusing on trauma and attachment. She is also a parent to biological and adoptive children and an experienced foster parent. She lives in Priceville and can be contacted at homeland@sympatico.ca.



Resources

Books for younger children

The Invisible String by Patrice Karst – The best book for kids with separation fears.
The Scaredy Squirrel Series by Melanie Watt – Great for kids with phobias and fears of things and places.
www.scaredysquirrel.com

Books for teens

What to do When You Worry too Much: A Kids' Guide to Overcoming Anxiety by Dawn Huebner, PhD.

Yoga and meditation

There are many websites and videos for yoga and meditation for kids, so it is best to have a look and find one that you think will appeal to your child or teen.

Breathing

For younger children, learn the techniques yourself then teach your child at bedtime. For teens, provide some help finding a good audio guide on the Internet to use at bedtime. Bookstores also have good resources for relaxation and breathing in audio or DVD format.

Allan THOMPSON
Integrity, Fairness, a Rural Voice



Authorized by the official agent for Allan Thompson

Liberal

Get involved at 1-844-396-7880
www.allanthompson.ca
allan@allanthompson.ca

OCTOBER IS CHILD ABUSE PREVENTION MONTH

MAKE A DIFFERENCE IN THE LIFE OF A CHILD -

*Open your Home,
Open your Heart!*

FOR MORE INFORMATION ON FOSTER CARE AND ADOPTION, PLEASE CALL
(519) 371.4453 or 1.855.322.4453
or visit www.bgcsf.ca



**BRUCE GREY
CHILD &
FAMILY
SERVICES**

Fall family adventure in Grey County

In this feature, Grey-Bruce Kids looks at fun, family things to do in Grey and Bruce counties. Watch for Bruce and Grey gems you may not know about in future issues.

Fall is a truly magical time of year in Grey County. The kids are settling back into school after a summer's worth of adventures and you're getting back to business too. But fall doesn't have to mean an end to family fun. In Grey County, autumn serves up some of the nicest weather – from warm, late-summer days to crisp, cool days where the colours along the Niagara Escarpment really pop. Georgian Bay has had all summer to heat up and the fall harvest is bursting at the seams. It's the perfect time to get out and explore in Grey County. With that in mind, here's a list of fall family fun that's ripe for the picking.

Apple picking

Many of us have taken the kids strawberry picking, but fewer have experienced the joy of harvesting a true Grey County crop – locally grown apples. Farmer's Pantry in Clarksburg offers a great family adventure complete with u-pick apples, candy apple clinics on select weekends, a petting zoo and other on-farm fun. Nearby T&K Ferri Orchards also offers pick-your-own apples. It's best to call ahead to check which varieties are ready to pick and which hours the farms are open.

Fall festivals and fairs

Fall in Grey County is an amazing time to take in our fall fairs and festivals. From local agricultural fairs in many of our small towns to Meaford's Scarecrow Invasion and the Apple Harvest Festival at the Blue Mountains, there are tons of opportunities to get out and enjoy fall.

Witness the salmon migration

There's something magical about watching the salmon battling their way upstream to spawn in the fall. In Grey County, there are two main places to witness this natural phenomenon – in Owen Sound and Thornbury. Owen Sound's Salmon Eco-Tour provides a unique opportunity to learn more about the salmon population from local conservation groups. The Mill Dam in Owen Sound is a great place to watch the fish make their way up



Photos
courtesy Grey
County Tourism



the ladder. In Thornbury, the fish ladder is located in the heart of downtown, on Hwy. 26, and also offers great views of the fish leaping upriver. There's even an underwater camera available online!

Art studios

Our region is rich with talented artists and fall is a popular time for studio tours around Grey County. The Autumn Leaves Studio Tour features over 30 guest artists and runs the weekend

before Thanksgiving, while the Escarpment Studio Tour happens Thanksgiving weekend. These are great opportunities to show your family the talented artistic community in our own backyard.

Fall colour hikes

With the Niagara Escarpment winding through Grey County, there are plenty of opportunities to get a birds-eye view of the fall colours. Whether it's a quick trip to the lookout at Old


Baldy or a longer hike to Skinner's Bluff, fall colour hikes are a great way to get the kids out for some fresh air and take beautiful family photos at the same time.

Savour the season

Fall in Grey County is harvest time. From our bustling farmers' markets to our brimming apple orchards, it's a great chance to get your children out to experience the freshest food Grey County has to offer. Whether you're spending a day on the Apple Pie Trail or picking fresh ingredients from the Meaford Farmers' Market for a Friday night meal, autumn is about savouring the season. Add a beverage from our local wineries, breweries and cideries and you'll be truly embracing the '100 Mile Diet.'

Fun fall paddles and pedals

If you're looking for more outdoor adventure, pick up a copy of our Grey County cycling and paddling brochures to find a family-friendly adventure near you. Whether you're doing a family bike ride from Meaford to Thornbury or exploring the Beaver River from Epping to Heathcote, we have great routes and rivers to get your family outside among the changing leaves.

For more information on these and other great family fall activities, visit www.visitgrey.ca or call Grey County Tourism at 1-877-733-4739. 



Be social media savvy

PART ONE OF A THREE-PART SERIES ON SOCIAL MEDIA SAFETY

A recent survey by Pew Internet (www.pewinternet.org) called 'Teens, Social Media and Technology Overview 2015' shows 92 per cent of teens go online daily and 94 per cent of them use a smartphone, which are harder for parents to monitor because, well, they're always in their hands! Over 70 per cent of these teens also use more than one social network site or app from their smartphone – a concerning issue for parents who may still think their kids are only on Facebook and that's easily monitored because you're friends with them.

In Part One of a three-part series, Grey-Bruce Kids is introducing parents to some apps they may not know exist, but are being used by kids on their smartphones. While there are some great features of some of these apps, there is also a lot parents need to be aware of to help keep kids safe.

The other parts of the series will look at how online predators work in our own communities, how the Ontario Provincial Police combat this behaviour and teach online safety in our schools.



Social Networking



Facebook

The world's most popular social media platform. Though 71 per cent of teens aged 13-17 say they use Facebook¹, parents and grandparents are active on it as well, which is likely why you don't see many posts from your kids anymore. Parents need to talk to their kids about privacy settings and being aware that once it's online it can be used by anybody for any reason. Think before you upload.



Twitter

A 'micro-blogging' website that offers users a chance to write (called 'tweet') in 140 character bursts. Often used as a way to follow the exploits of celebrities, athletes, news reporters and friends. Tweets are public unless you make your settings private, which can create issues for teens (and adults too!). Parents need to talk to their kids about public tweets and how nothing is actually deleted, even if common sense prevails and they try to remove a tweet from their account.



Instagram

This photo-sharing smartphone app is gaining popularity, with 52 per cent of teens saying they use it². It brings together the most popular features of social media networks – sharing, commenting and 'liking' photos. Parents need to be aware of teens posting provocative photos of themselves in an attempt to attract as many 'likes' as possible.



Tumblr

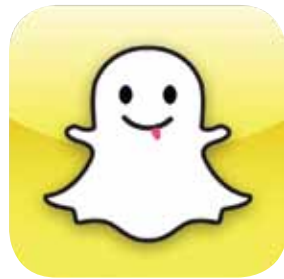
A cross between a blog and Twitter, Tumblr is a way for teens to stream all the texts, photos and audio/video clips they create. There is no privacy and content can be captured and shared. Parents need to be aware that porn is prevalent on Tumblr and, when someone shares their 'Tumblrblog,' it appears on another person's page for all their followers to see. With no easy way to protect privacy, Tumblr is difficult to monitor.



Whisper

Whisper allows people to post whatever is on their mind, and include an image. Being anonymous, teens often use Whisper to discuss their deepest (and darkest) feelings. Parents need to be aware that many use Whisper to hook up through the use of the photos. The app also encourages people to lose their anonymity in the 'Meet Up' section³.

Texting/messaging



Snapchat

Users can put a time limit on the pictures and videos they send before they disappear. Teens often think sharing embarrassing or sexual photos and videos is safe on Snapchat because of the time limit. Parents need to know that data is data, and it never truly disappears. The person on the receiving end can also take a screenshot of the image so teens should be wary. ‘Sexting’ (sexual texting) is common on this app because of the belief the content has disappeared.



What’s App

What’s App lets users send text and audio messages, videos and photos to one or a group of people with no message limits or fees. Parents should know this app is meant for those 16 or older and it actively tries to get users to sign up their friends⁽¹⁾.



Kik

A free app that lets people message for free. Since it’s an app, your kids’ texts don’t show up on the phone’s messaging service. Parents need to be aware that it’s full of advertisements and brand-sponsored chats that can become costly with overuse. You can also become engaged in conversation with strangers through this app.



Yik Yak

This free app lets users post short comments to the 500 users closest to their geographic location. This is concerning for parents because it automatically gives away the user’s location, but also has become a home to cyberbullying, sexual content and a way to receive information on drug and alcohol availability⁽³⁾.

Dating/meeting apps



Tinder

This dating app allows you to swipe your phone’s screen to the right to let a person you find physically attractive at first sight know that you’d like to chat with them⁽²⁾. If they also swipe right, you’re free to contact each other, but if they swipe ‘left’ to pass, you cannot connect through the app. Parents need to be aware of Tinder because it is geography-based, so the users within the closest distance of your teen are the first to be up for judgment.



Meet me

This is marketed as a chat room, but there’s an option to become a ‘match’ by ‘secretly admiring’ another user. Parents need to be aware that this is an open app and you can search locally, which can lead to predators using the app. It also asks for your first and last name, age and ZIP Code at registration, while also accessing your Facebook account (if granted permission).



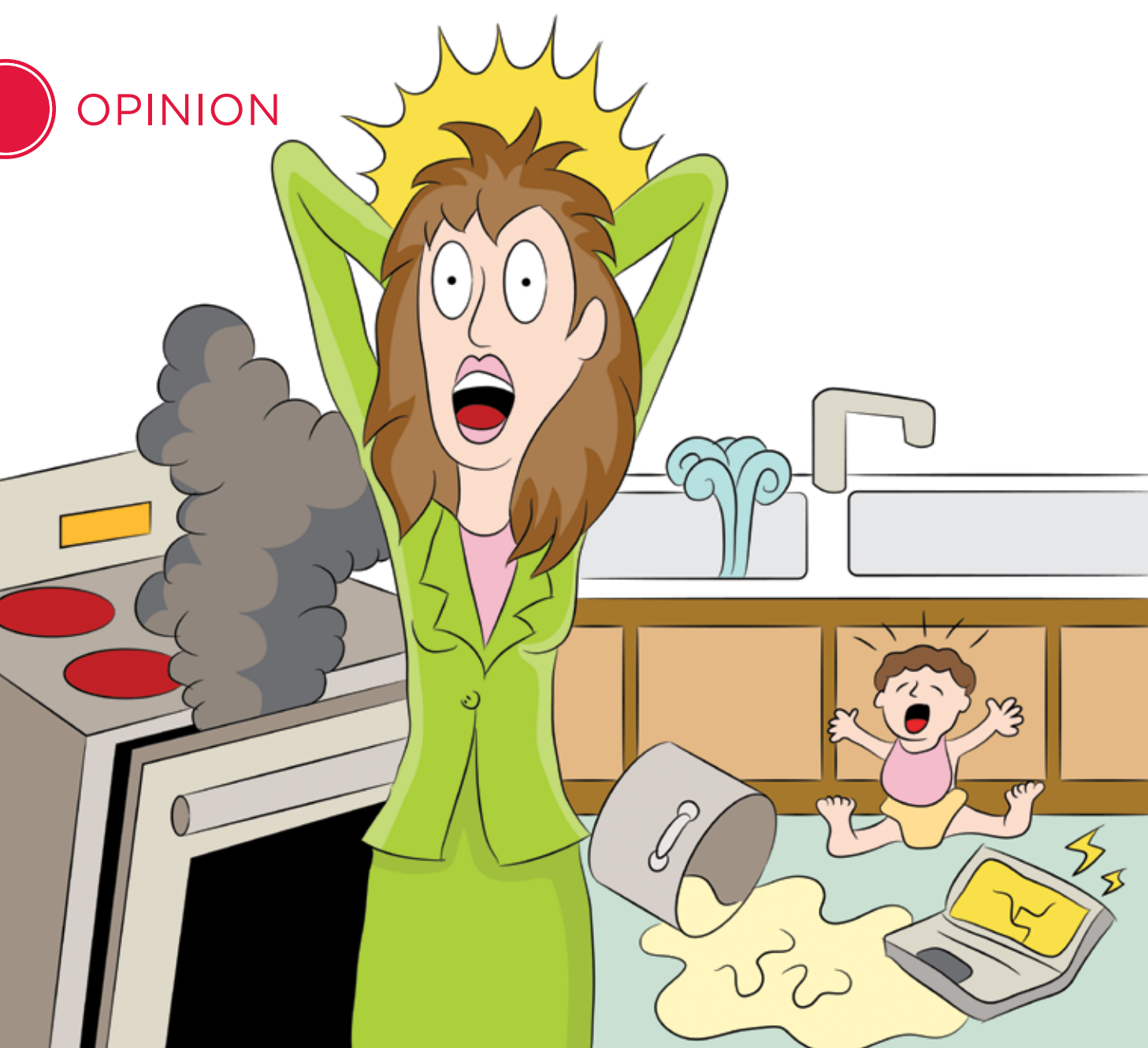
Omegle

A chat app (and site) that connects two strangers via text or video chat. Potential partners are filtered by shared interests before connections are made. Parents need to be aware this is not an app for kids and teens. It’s primarily used as a sexual chat site, whether live or through a link to a porn site. Explicit language is common on Omegle.

This, by no means, is an inclusive list of social media apps youth are using. We encourage you to talk to your child about the apps they use and post on our Facebook page or on Twitter @GreyBruceKids if you would like to share with other parents. **GBK**

Sources

- (1) <http://www.pewinternet.org/2015/04/09/teens-social-media-technology-2015/>
- (2) www.common sense media.org
- (3) <https://www.common sense media.org/blog/15-apps-and-websites-kids-are-heading-to-after-facebook>



The perfect balance

IS IT EVEN POSSIBLE TO STRIKE A BALANCE BETWEEN ALL LIFE THROWS AT US?

By Erin Little

When I decided to write about finding a balance I thought I would have this beautiful article that would help solve every family's problem of bringing order to everyday schedules and routines, but I couldn't have been more wrong.

How do you write about finding a balance in your home if you don't know what it means? Does it mean following a strict schedule or cramming our to-do list and chores in on the weekend so our weeknights are free? Is it hiring a housekeeper

to help? What exactly are we trying to balance? According to Merriam-Websters, the definition of balance is the state of having your weight spread equally so that you do not fall. So how do we decide what needs to be done and then try to spread it out.

I had my 'ah-ha moment' the night I sat down to write this, when I discovered that balance is about your family's values and how you organize them. That night, I was in the kitchen after spending the day in the garden harvesting my bright, vibrant

and organic vegetables, which needed to be cleaned, blanched and frozen. I had bread that needed to be loaded into the dehydrator, juice to be made for morning breakfast, fundraising business to attend to and phone calls to be made to help organize another fundraiser. While all of this was going on, I realized how chaotic my life looked, but it also hit me this is my balance because everything that was going on at that moment was something we value as a family.

For example, having a garden is a lot of work, but having fresh and organic whole food is a priority for my family, which means I choose to weed, water and harvest. Preparing food for my family is also a time I cherish and enjoy, so no matter how overwhelmed I feel I remind myself not to complain about the time I have to invest in it – after all it's a choice I am consciously making.

The same goes about fundraising, which takes a lot of time, organization, patience and love but it's something we choose to do in our family. I have a daughter with a rare disease and because it's so rare, the government does not fund research. We have become dedicated fundraisers for her disease, called cystinosis. When my husband and I decided to start a foundation and organize events, we knew we would have to weigh the importance of our foundation versus other parts of our lives. How much is too much? How much can we handle? What are we willing to give up? What is our goal? Do we have the time? Since finding better treatments and ultimately a cure for her disease is a value high on our list, the questions were easy to answer, but, most importantly, we answered them together.

These questions can be applied to many things that we allow to come into our lives – extra-curricular activities, sports, jobs, volunteering and time with friends and family. I can't stress enough that when we are trying to find this beautiful balance in our lives, we do it together and we remember to talk about the good, the bad and the ugly each decision would bring. There are times I just don't want to do anything, and that's when my husband Chad steps up and helps me out – we are a team and I try to do the same for him.

Of course, there are the menial chores in life that need to be done as well – there's the dishes, laundry, snow shovelling, grass cutting, paying bills, playing chauffeur to the kids and

the dreaded grocery shopping. Unfortunately, it's all part of owning a home, a choice we made consciously. There may be opportunities to hire a service to do some of this work, but other times, you just have to make the day-to-day tasks of life fun for the whole family (and this might make them more likely to help out too!). Have the kids make a map of how to get to hockey practice. Pretend the grocery store is a maze that you need to make it through within 30 minutes so you don't get locked in for the night. Assign a chore to each family member and once it's completed you get to enjoy a game and special treat around the kitchen table.

"I remind myself not to complain about the time I have to invest in (gardening) – after all, it's a choice I am consciously making."

Erin Little

The most important thing to remember is that we are teaching our children how they'll someday need to balance their busy lives, so if we want them to keep a clean room, wash their clothes or cook dinner, we need to be their role models. Sometimes that will mean standing by their side every step of the way, even if they are 14 and you've told them a million times.

My advice is to make a list of your values and what you want for yourself, your marriage, your children and your family, and talk about how you will make it balance out. If your children are old enough to participate, include them in the conversation and hear what is important to them.

Most importantly, remember that if something doesn't get done today, there's always tomorrow! **GBK**

ERIN LITTLE lives in Port Elgin with her two children and husband. She blogs at www.ourlittleshappenings.com.

Port Elgin's Award Winning
Pumpkinfest

Giant Vegetables
Entertainment
Artist's Village & Craft Show
Cinderella's Classic Car Show
Environmental Tent - Dino Dig
Midway

Sponsors: Bruce Power, Ontario Power Generation, etc.

OCT 3&4 Family Fun Second To None

Saturday October 3rd & Sunday October 4th, 2015

1.800.387.3456

Smiths' Apples & Farm Market
Where Families Love to Come!

~ Fresh Apples ~
~ Corn Maze ~
~ Farm Market/Bakery ~
~ Pumpkin Patch ~
~ and lots more!

Only 5 minutes outside Port Elgin on The River Road

Open Daily 10-5:30
September 5th to November 1st

smithsapples.com

Prepare kids for new school year

By Rebekah Alexander-Adams

A new school year can be a stressful for children as they prepare for their new adventure, and many express this through separation anxiety.

Here are some tips to help reduce separation issues and allow them to practice and prepare to begin school.

Rehearsal – Help them practice getting to school by breaking it down into three small steps. Dora the Explorer is an excellent model to use for this type of practice – you can use a map that you draw together which shows your house and the school. Include two short steps to get to the school. For example: First we walk to the stop sign. Then we walk to the crossing guard. And then we get to school. Trace this route on your map. Go over this again and again. Make it into a song – ‘Stop sign. Crossing guard. School,’ just like Dora and her friends do.

Another way to practice these steps is to play hopscotch. Use foam shapes on the floor, make a trail and label them with steps. ‘Backpack – Kiss – Driveway – Stop Sign – Crossing Guard – School – Kiss.’ Have your child leap or hop from shape to shape. Repeat and sing them as they go.

Help your child with anxiety by teaching them ways to breathe that will lower their stress. The easiest way is to blow bubbles, as the breathing involved while blowing bubbles mirrors effective stress reducing breathing techniques, and is way more fun.

Comfort – Young children still need plenty of comfort and nurturing. Send them with items that will help them to meet their sensory comfort needs, such as soft or rubbery items. Show them how they can run their hands across it or rub it against their cheek, and then link this action with positive thoughts of hugs or their special blanket.

Stress relief – Give your child tools to express themselves through drawing their fears, or squish Play-Doh or clay forcefully to get out their feelings of worry.

Transition – Use a ‘transitional object’ to help them get through their day. Give your child something of yours they can wear or



keep in their pocket, like a necklace. This will allow them to maintain a connection with you throughout the day. As well, they know they will be giving it back to you when they get home, which helps them to visualize a positive end to a long school day.

Familiarity – Send a picture or small photo album in their backpack so they can see loving and familiar faces during the day. For those who are especially wrestling with separation, include photos of their room or their pet.

Special messages – Don’t just send positive notes in their lunchboxes – get out the Sharpie and write fun, positive

messages on their white socks. Throughout the day they will be reminded you are thinking of them and how much you believe in them.

Send a message – Magic can be imbued into any object. Send them with a ‘gem,’ which provides happy thoughts from you when it sparkles. Magic bracelets can be twisted, sending thoughts from home. Small pins can become bravery badges when pinned on their shirt, helping them to be strong and brave.

Use treats – Never underestimate the power of the treat. Little special treats mean so much, give them something to look forward to at the end of the day, and help them recognize a successful day. A single chocolate on their seat at pick-up or after school drinks with cool bendy straws are a great way to say, ‘You did it!’ **GBK**

REBEKAH ALEXANDER-ADAMS is an Expressive Art and Play Therapist, specializing in treatment of trauma for 28 years. Contact her at Nemesis Group Services, in Owen Sound at 519-372-2425 or www.nemesisgroupservices.com.



Y "At the YMCA we have the answers in quality Child Care."

Largest provider of Child Care in Grey and Bruce
Program sites throughout Grey and Bruce
Full Day Child Care (18 months to 5 years)
School Age Child Care (JK to 12 years)
Certified **Playing to Learn Curriculum** Provider

For more information about our unique curriculum, contact your nearest Centre or visit us at ymcaowensound.on.ca

YMCA Child Care Centres

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




YMCA of Owen Sound Grey Bruce
Child Care Services



FOR ALL YOUR MUSIC NEEDS!
INSTRUMENTS • BOOKS • ACCESSORIES • REPAIRS

A&R Music
Artists and Repertoire

401 Durham St. E., Walkerton 
519.507.5550 armusic.ca

AUDITORY
Health Care 

Mandy Rhody M.Sc., Audiologist

We are a full service Hearing Clinic:

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

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

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

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

RESOURCES

ABUSE (PHYSICAL/SEXUAL)

Assaulted Women’s Helpline

Crisis line: 1-866-863-0511
www.awhl.org

Bruce Grey Child and Family Services

(Bruce and Grey Children’s Aid Societies amalgamated April 1, 2012)
1-855-322-4453

Keystone Child, Youth & Family Services

1-800-567-2384; 519-371-4773
kcyfs@bmts.com or keystonebrucegrey.org
Owen Sound

Saugeen First Nation - Kabaeshiwim Respite Women’s Shelter

519-797-2521
cgeorge@saugeenfirstnation.ca
www.saugeenfirstnation.ca

Sexual Assault and Partner Abuse Care Centre

Grey Bruce Health Services
1-888-525-0552 or www.gbhs.on.ca
Owen Sound

Victim Services of Bruce Grey and Owen Sound

Crisis: 1-866-376-9852
Administration: 1-888-577-3111
info@victim-services.com
www.victim-services.com

Victim/Witness Assistance Program

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

Women’s Centre (Grey and Bruce)

Administration: 519-376-0755
Crisis: 1-800-265-3722
womenscentre@bmts.com
www.bmts.com/-womenscentre
Owen Sound

Women’s House Serving Bruce and Grey

Sexual assault crisis: 1-866-578-5566
Crisis line: 1-800-265-3026
Administration: (519) 396-9814
crisis@whsbg.on.ca
www.whsbg.on.ca
Kincardine

BREASTFEEDING

Brockton and Area Family Health Team

1-866-507-2021 or 519-881-1920
RN/certified Lactation Consultant available
www.bafht.com
Walkerton

Grey Bruce Health Unit

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

La Leche League Canada

Referral Service: 1-800-665-4324
Hanover/Walkerton - 519-364-3316
Kincardine - 519-395-3282
Owen Sound - 519-376-5916
www.lllc.ca

Moms Walkerton

New Mom support
320 Durham St., Walkerton; 519-379-6769

Support groups

Southampton, Port Elgin, Paisley, and Tara - 519-797-2010
Kincardine, Ripley, Tiverton, and Lucknow - 519-368-4847
South-Bruce Breastfeeding Buddies - 519-881-1920
Wiarton and Bruce Peninsula - 519-534-0912
Markdale - 519-369-3381
Owen Sound - 519-372-1330

CHILDBIRTH

Empowering Doula Care

Emotional, physical and information support for women and families
519-955-0515
empoweringdoulacare@gmail.com

Hanover and District Hospital Obstetrics/ Family Centred Care Birthing Centre

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

Midwives Grey Bruce

519-371-2886
www.midwivesgreybruce.com
Owen Sound

Owen Sound Hospital Labour and Delivery

519-376-2121
www.gbhs.on.ca/owensound.php

Walkerton Hospital Family Birthing Centre

519-881-1220
www.sbghc.on.ca

CHILD CARE

Acorn Montessori Preschool

519-599-7577; Meaford

Amabel-Sauble Child Care Centre

519-422-3611
Sauble Beach

Beaver Valley Outreach

519-599-2577

Bob’s Playschool

519-538-5483
Meaford

Brockton Child Care Centre and School Age Program

519-881-3123
sbross@brockton.ca

Brooke Montessori Toddler Program

519-376-3447
Owen Sound

Bruce County Childcare Services

519-881-0431 or www.brucecounty.on.ca
Walkerton

Bruce Peninsula Family Centre

519-793-4100
Lion’s Head

Chesley Nursery School

519-363-9544

Durham Nursery School

519-369-6973

Family Y Child Care/First Base

Arran Tara - 519-376-0484
Hanover - 519-364-4938
Kincardine - 519-396-9622
Owen Sound - 519-376-0484
Port Elgin - 519-832-6225
Ripley - 519-395-5570
www.ymcaowensound.on.ca

Grey County Childcare Services

519-376-7324
www.greycounty.ca/childcare

Hanover Montessori Children’s House

1-800-906-7036 or 519-364-6455

Happy Hearts Day Care Centre

519-376-1284
Owen Sound

Inglenook Creche Day Care

519-371-9471
Owen Sound

Kids & Us Community Childcare and Family Education Centres

Ayton - 519-665-2022
Dundalk - 519-923-2182
Durham - 519-369-9911
Holstein - 519-334-3132
Markdale - 519-986-3692
Osprey - 519-922-2333
Paisley - 519-353-7220
www.kidsandus.ca

Kids Street Nursery School - Port Elgin

519-389-9050

Kinhuron Integrated Day Nursery School Co-op

519-396-4532
Kincardine

Le Jardin des decouvertes - Owen Sound

519-371-4411

Military Family Resource Centre - Meaford

519-538-1371 x6753
mfrc.meaford@sympatico.ca
www.mfrcmeaford.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 - Meaford

519-538-9980

Tobermory Primary Place

519-596-2606

Unity House - Owen Sound

519-371-8686

Viola Jean’s Garden Daycare - Owen Sound

519-416-5633 or 519-371-2362

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 - Cape Croker

519-534-3818
supervisor.ncw@gbtel.ca; www.nawash.ca

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

Nemesis Group Services

Owen Sound; 519-372-2425
www.nemesisgroupservices.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

Victim Services of Bruce Grey and Owen Sound

Crisis: 1-866-376-9852; Admin: 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

Flesherton and Area Food Bank

Marian Doyle, 519-599-3576

Kincardine Ministerial Food Bank

519-396-2185 or circlek@bmts.com

Lion’s Head and District Food Bank

519-793-3860 or 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)

RESOURCES

Salvation Army
Hanover - 519-364-3450
Owen Sound - 519-371-0957
Port Elgin - 519-389-3942

Tobermory Food Bank
519-596-1501

Walkerton and District Food Bank
519-881-0168

Warton Food Bank
519-534-0353

Habitat for Humanity Grey Bruce
1-866-771-6776 or habitatos@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/vVG1k0

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

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

Heart to Heart
Psychotherapy and Play Therapy
www.maryjo.ca or 289-237-7056

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, chiroprapist
519-396-3500

Kayli Hall Elwood Art Therapy
Port Elgin-519-832-1515/Kincardine-396-5886
kayliarttherapy@bmts.com
www.kayliarttherapy.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 - Owen Sound
1-866-202-2068 or admin@mwikwedong.com
www.mwikwedong.com

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 thebluemountainslibrary.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 & Archives - Southampton
519-797-2080 or www.brucemuseum.ca

Bruce Peninsula Visitors Centre
519-596-2233 or 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 - Kincardine
519-396-1850
www.walkerhousekincardine.com

South Grey Museum - Flesherton
519-924-2843 or museum@greyhighlands.ca
www.southgreymuseum.ca

St. Edmunds Township Museum - Tobermory
519-596-2479 or online http://bit.ly/vEdicK

Tobermory Maritime Association
519-596-2700
www.tobermorymaritime.ca

Treasure Chest Museum - Paisley
519-353-7176 or facebook.com/paisleytreasurechestmuseum

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
Counselling for local youth

PLAYGROUPS

Kincardine Toy Library and Playgroup
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 or 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 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

Audio/visual volunteer helps in many ways

Although a lot of his volunteer time is spent behind the scenes during events, Matthew Martin, 18, has been an integral part of his school community.

Matt, who recently completed Grade 12 at Owen Sound Collegiate and Vocational Institute (OSCVI), has been part of the sound and light team in the school's auditorium, and has been responsible for organizing the students, assigning duties and setting up for the complex presentations, concerts and musicals the schools holds, said Teacher Tim Eaton, who nominated Matt for the Cool Kid award.

"Matt has always shown himself to be dedicated and trustworthy in his responsibilities," Tim said.

He also played an important role in the classroom, said Don Bartley, who also taught the Chatsworth resident and nominated him as a Cool Kid.

"Always an excellent student, Matt was relied upon to assist other students on many, many occasions," Don said about the son of Glen and Laura. "Although Matt, by nature, is somewhat reserved, he always stepped up and went beyond expectations when helping others."

Aside from Matt's role on the school's audio/visual technical team – of which he's now the lead hand – the teen also volunteered his time with the school's Grade 9 tech design class, showing them how to use the program they'll need throughout their high school careers.



● Matt Martin, 18, is the lead hand for his school's audio/visual team.

In his spare time he has also studied for and obtained his government license to operate a ham radio and has volunteered his time with the local amateur radio group to provide safety communications for the Bruce Peninsula 100 km triathlon, as well as other area events.

"He has also assembled and operated a complete radio station and is interested in learning computer control of moving theatre lights (in post-secondary school)," Tim added.

Congratulations Matt on being our Cool Kid for Fall 2015! **GBK**

For being this issue's Cool Kid, Matt receives a prize package from Miller Insurance and Grey-Bruce Kids. To nominate a Cool Kid, visit www.greybrucekids.com or email amy@greybrucekids.com.

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

MILLER
INSURANCE BROKERS

Kincardine | Port Elgin | Southampton | Owen Sound
Hanover | Teeswater | Clifford | Harriston

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

FALL EVENTS

SEPTEMBER

3

Teddy Bear Picnic
For Youth Mental Health Awareness
Harrison Park, Owen Sound
11 a.m.-2 p.m.
www.gb.cmha.ca

4

Kincardine Fall Fair
www.kincardineagsocietyfallfair.com
Runs through Sept. 6

9

Saugeen Shores Leisure Fair
Rotary Hall at the Plex, Port Elgin
Enrol your family for local programs
6-8 p.m.
519-832-2008

10

Owen Sound Fall Fair
Family friendly activities for all ages
519-371-1720 or www.owensoundfair.com
Runs through Sept. 12

Eat Well Market - Walkerton

2-6 p.m.
519-881-2336 or arowe@wightman.ca
Runs every Friday through Oct. 10

12

Lucknow's Little Mudder
New - Mini Mudderkids for kids ages 6-14
Fun fitness obstacle course.
Pre-registration required
www.lucknowagsociety.ca

3rd annual Liv-a-Little Golf Classic

Saugeen Golf Club, Port Elgin
All proceeds going for cystinosis research
Noon tee-off, dinner included
Erin Little at 519-832-5188

13

Paisley Fall Fair
Rotary Park
519-353-5559 or www.paisleyfair.ca

15

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

18

Owen Sound Ribfest
Kelso Beach Park
www.owensoundribfest.ca
Runs through Sept. 20

Lucknow Fall Fair
519-392-6151 or www.lucknowagsociety.ca
Runs through Sept. 20

19

Wild for the Arts Festival
10 a.m.-4:30 p.m.
MacGregor Provincial Park, Port Elgin
<http://friendsofmacgregor.org>
Runs through Sept. 20

24

Sydenham Agricultural Fair
Grey Roots Museum & Archives
10 a.m.-3 p.m.
Runs through Sept. 26

25

Ripley Fall Fair
The largest country fall fair in the area
www.ripleyfair.ca
Runs through Sept. 26

OCTOBER

2

Walk Into Light trail walk
Karl Speck Wilken Park, Hanover
7 p.m.
Proceeds to Grey Bruce mental health programs and social services
www.gb.cmha.ca

Meaford Scarecrow Invasion

Parade and family fun festival starts at 6 p.m.
www.scarecrowinvasion.com

Tiverton Fall Fair

'Sow it, Grow it, Show it!'
Something for everyone
www.tivertonagsociety.com
Runs through Oct. 4

3

Port Elgin Pumpkinfest
One of Ontario's premiere events
www.pumpkinfest.org
519-389-3714
Runs through Oct. 4

Apple Harvest Craft Show

Meaford Arena and Curling Club
10 a.m.-6 p.m.
Runs through Oct. 4

Bruce Peninsula Trail Club Hiking Festival

Explore history of early settlement on the northern Bruce Peninsula.
<http://www.pbtc.ca/festival.html>
Runs through Oct. 5

4

Pratie Oaten Irish Festival

Grey Roots Museum & Archives
Moreton Heritage Village - Noon-5 p.m.
Tribute to the Irish settlers in Grey County
www.greyroots.com

10

Kountry Kitchen Bazaar
Pine River United Church, 11 a.m.-1 p.m.
519-395-5371
pineriverchurch@hurontel.on.ca

16

Tara Festival of Crafts
Tara-Arran Community Centre
1-5 p.m.
519-934-2875

17

Witches in the Woods Haunted Trail
8-10 p.m.
MacGregor Point Provincial Park
Not recommended for children under the age of 12
www.friendsofmacgregor.org/page/witches-in-the-woods
Runs through Oct. 19

24

A Little Scary Halloween
Explore spooky activities in Moreton Heritage Village
Children must be accompanied by an adult
Regular admission rates apply
www.greyroots.com

Night at the Museum sleepover
Bruce County Museum & Cultural Centre
Ages 8-12
519-797-2080 or www.bruce-museum.ca

29

Huron-Bruce Celebrity Hockey Classic
Port Elgin arena
Play with former NHL greats, support Easter Seals kids
www.celebrityhockeyclassics.com

NOVEMBER

11

Remembrance Day celebrations
Across Grey/Bruce
10:30 a.m.

20

Kincardine BIA Hometown Christmas
Downtown Kincardine
Santa Claus, reindeer, family fun
519-955-0547 or r.clarke@hurontel.on.ca

27

Christmas in the Country
Sulphur Spring Cons. Area, Grey Rd. 28
saugreenconservation.com/christmas.php
Runs through Nov. 29

Lucknow Christmas Parade

7 p.m.
Morten at 519-357-8454

29

Ripley's Christmas in the Park
6-8 p.m.
Skate with Santa, parade of lights, food
Amy at 519-395-2812



RECIPES

When you need breakfast on the go

With back to school (and back to work for some), morning routines are more important than ever. Try these quick and easy breakfasts to help your family get out the door on time.

SCRAMBLED EGG BREAKFAST MUFFIN

INGREDIENTS:

- 12 eggs
- ½ tsp seasoned salt
- 2-3 tbsp onion, diced
- 1 cup cooked ham, diced (bacon or sausage too)
- pepper to taste
- ¼ tsp garlic powder
- ¼ cup red bell pepper, diced
- ¼ cup fresh mushrooms, diced
- 1 cup shredded cheddar cheese
- ½ cup baby spinach, finely shredded

DIRECTIONS:

- Preheat oven to 350 F
- Spray a 12-cup muffin pan with non-stick cooking spray (the better you spray, the less it will stick!) or use thick muffin liners such as silicone liners
- In a large mixing bowl, beat eggs. Add remaining ingredients and mix together.
- Scoop ⅓ cup of mixture into each muffin liner. Bake for 20-25 minutes or until the center of the muffin is completely cooked.

Recipe courtesy sixsistersstuff.com

SIMPLE QUINOA BREAKFAST BARS

INGREDIENTS:

- 1 ¼ cup oats
- 1 cup quinoa, cooked
- ¼ cup coconut sugar
- 1 tsp baking powder
- ½ tsp salt
- 2 tbsp flaxseed, ground
- 6 tbsp water
- 2 medium bananas
- ¼ cup almond butter
- ¼ cup semisweet chocolate chips

DIRECTIONS:

- Preheat oven to 350 F. Line a 9" square baking pan with parchment and set aside.
- In a large bowl, mix dry ingredients (minus coconut and chocolate chips). In a separate bowl, whisk the flaxseed meal and water. Let stand for five minutes until the mixture begins to gel. Beat in banana, nut/seed butter and vanilla.
- Pour wet ingredients over dry and stir together until fully combined. Fold in coconut and chocolate chips.
- Transfer mixture to the baking pan and smooth the top with a spatula. Bake on the center rack for 20-25 minutes until mixture has started to brown and is springy to the touch.
- Remove and let cool in the pan. Once cooled, transfer to a cutting board and cut into squares. Store in an airtight container for three to four days.

Recipe courtesy superhealthykids.com

ONE BITE APPLE MUFFINS

INGREDIENTS:

- 1 ½ cups all-purpose flour
- ½ cup quick-cooking rolled oats
- ½ cup packed brown sugar
- 1 tbsp baking powder
- 1 tsp cinnamon
- ¼ tsp salt
- 1 ½ cup peeled, diced apples (Ida Red, Spy, Spartan)
- 1 egg
- ¾ cup milk
- ¼ cup vegetable oil
- 1 tsp vanilla

DIRECTIONS:

- In a large bowl, whisk flour, oats, brown sugar, baking powder, cinnamon and salt. Stir in apples.
- In a separate bowl, whisk egg, milk, oil and vanilla. Add to dry ingredients, stirring until just moistened.
- Spoon into 24 lightly sprayed or paper-lined mini muffin cups. Bake in a preheated 375 F oven until tops are firm to the touch, about 12 minutes. If using dark pans, reduce temperature to 350 F. Let muffins cool in pan on a wire rack for five minutes. Transfer muffins onto racks and let cool completely.

Recipe courtesy Foodland Ontario GBK



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

- 10,000 copies distributed for free each March, June, September and December
- local stories, events, resources and advertisements
- a perfect advertising vehicle for local businesses, municipalities, clubs, and event organizers to reach a targeted audience
- winner of Kincardine Chamber of Commerce New Business of the Year Award in 2015
- entering fifth year of being the only resource publication for Grey/Bruce parents
- survey shows over two-thirds of readers keep Grey-Bruce Kids in their home for over three months



Interested in advertising with us?

Email amy@greybrucekids.com for our Media Kit, visit greybrucekids.com or call 519-524-0101.

GREY-BRUCE boomers

A free magazine for adults 50+

**Pick up the
only local
magazine for
Boomers in
Grey and Bruce!**

10,000 copies distributed free to
hundreds of locations in Grey and Bruce

Local information from local writers

Affordable advertising directly
to your target audience

Published every March, June,
September and December

To write, advertise or distribute for Grey-Bruce
Boomers, contact Amy Irwin at 519-524-0101
or email amy@greybruceboomers.com.
www.greybruceboomers.com

