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A FREE MAGAZINE FOR
PARENTS AND CAREGIVERS

FALL 2016 • Volume 6 Issue 3 • greybrucekids.com

Choosing child care

Equality for all

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offer support for youth

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OCTOBER IS
CHILD ABUSE
PREVENTION
MONTH

SPEAK UP
FOR KIDS
CHILDREN'S AID CAN HELP

FROM THE PUBLISHER

Fall a time of renewal

Ah, fall... my favourite time of year!

As much as I love the short, and this year hot, summer that Grey/Bruce provides us, I always look forward to September – getting the family back into a routine, buying new sweaters and leggings and breaking out my cute boots instead of flip flops. Fall is a time of renewal.

Fall is a time to trade in beaches and barbecues for crisp air and casseroles; a time to enjoy the amazing colours in Grey/Bruce and some awesome fall events; a time to think about getting ready for winter – home maintenance, snow tires and Christmas shopping (which is much more fun those two other things!).

As always, we have a great line-up of articles in this, our 20th, issue! We are fortunate to have so many interesting and knowledgeable people in our community who want to share their expertise and life experiences. It is the contribution of these people, businesses and organizations that make Grey-Bruce Kids a true community magazine – our stories are written by people in Grey/Bruce for people in Grey/Bruce.


In this issue you'll learn more about a day in the life of a home child care provider, while learning more about how to find child care for your child. Also, there is a lot of great information about your child's hearing in 'Can you hear what I hear,' written by local Audiologist Mandy Rhody. We take a look at the Gay-Straight Alliance program operated by the Bluewater District School Board, which provides a safe place for Lesbian, Gay, Bisexual, Transgender or Questioning (LGBTQ) students and their supporters to meet.

Columnist Erin Little also discusses ways to create a rhythm and routine for your family as the summer ends and school begins, while we go 'Off the Beaten Path' and experience a beautiful fall in Bruce County.

As always, please support our advertisers and distributors – especially as we approach the holiday season. They are truly the lifeblood of our communities. Happy fall!

Amy Irwin, Publisher

CONTENTS

- 4 Tidbits
- 6 Tales from Tots
- 8 
- Can you hear me?
Recognize the signs of hearing loss in children.
- 10 Opinion
- 13 Gay-Straight Alliances
- 18 A day in the life of...
- 20 Choosing child care
- 22 Off the beaten path
- 24 Resources
- 28 Cool Kid
- 29 Fall Events
- 30 Recipes



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Help keep kids warm this winter

As we say goodbye to summer and enter the cooler fall months, it's time to start thinking about what winter has in store for us.

Unfortunately, economic pressures on many families are great during the wintertime. Not long after outfitting young students with all their back-to-school needs, parents must start saving for the seemingly endless expenses that appear in the winter, including warm clothing, snowsuits, boots and the inevitable Christmas decorations, meals and gifts.

It can be a very trying time for many families in Grey/Bruce.

That's why Bruce Grey Child and Family Services (BGCFS) provided almost 500 children from across the region with warm snowsuits last winter. Between providing snowsuits and holiday meals, the organization spends an average of \$75,000 on its winter program for children. Not to be outdone, BGCFS also sent 250 kids to 30 different local day and overnight camps in Bruce and Grey this past summer.

More information on BGCFS and how you can support the organization's efforts, can be found at www.bgcfsfoundation.ca or on Facebook at Our Kids Bruce Grey.

Help your French Immersion student

In the Bluewater District School Board, there are ample opportunities for elementary and secondary students who wish to pursue French as a Second Language (FSL). French Immersion is currently available at eight elementary schools, while four secondary schools offer seven- and 10-credit French courses.

For parents of students pursuing FSL, Bluewater educators offer these helpful tips on supporting learning at home:

- Explore French culture together in the home.
- Watching French cartoons and children's shows online can be a great way to develop a student's listening skills.
- Encourage your child to share what they are learning in school.
- Read to your child and talk about books in either French or English.
- Encourage your child to read to you in French and then explain it in English, if you don't speak French.
- Talk about strategies a good learner uses (re-reading, summarizing, highlighting, persevering, etc.).
- Share ways that non-verbal communication, such as facial gestures and body language, can help us understand what someone is trying to say.
- Talk with your child about why it is important to learn a second language and how this may help them in the future.

Learn more at www.bwdsb.on.ca/instructional_programs/immersion.

37

The number of active Gay-Straight Alliances at schools across the Bluewater District School Board.

Visit a Fall Fair

As small, family farms become less common, children need to be educated about the importance of agriculture. Local Fall Fairs are a great time for urban children to learn about farming (while having fun too!). There are many fairs across Grey/Bruce this autumn, which can be found on Page 29.

Guys Caring for Kids photo contest

The Grey Bruce Health Unit's Guys Caring for Kids Committee is once again holding its photography contest, which celebrates the positive role men play in kids' lives. Submissions may include things such as doing chores or other day-to-day activities

together, playing, reading, doing homework, sports, cuddling and more. Capture the moment with your dad, uncle, grandpa, coach, friend, neighbour, etc. Photos are due Sept. 16 so download the submission form at <http://bit.ly/2aSxYBE> today.



TALES from TOTS

YOU NEVER KNOW WHAT THEY'LL SAY NEXT

We visited the Munchkin Group at the Municipality of Kincardine's Summer Day Camp and chatted with the kids on a variety of topics. Here's what they had to say...

What is the best thing about being a kid?

Jackson – Going to summer camp, where I am right now.

Piers – Watching TV.

Courtney – Doing crafts.

Easton – Because we get to go to school and go to camp and jump off the diving board.

Owen M. – Playing outside in my backyard and going in my hot tub.

Claire – Playing on the swings.

Sam – Playing lions.

Whitney – Playing.

Declan – Being good.

Layla – Buying toys, like My Little Pony.

Grace – Playing hide and seek.

Knox – Being good when I'm at home.

Ben – Going swimming.

Alexis – 'Cause my Mom always takes me horseback riding.

Isobel – Playing with my friend Susie.

Annabelle – I like doing crafts.

Trenton – Playing Minecraft on the iPad with my brother.

Owen W. – Running, playing, watching TV and saving a baby puppy.

What's the best thing about being an adult?

Jackson – Washing dishes.

Piers – Watching kids be good.

Courtney – That they are really smart at stuff.

Easton – Because you can do anything you want.

Owen M. – Watching any TV they want.

Claire – Being able to touch the fire alarm.

Sam – Teaching people in jujitsu.

Whitney – Going to work.

Declan – Playing with kids.

Layla – Buying stuff for kids.

Grace – Eating healthy stuff.

Knox – Playing with me.

Ben – Going to work.

Alexis – I could feed my baby brother myself.

Isobel – Hanging out with my friends and drinking beer, like my daddy.

Annabelle – Being able to be a doctor.

Trenton – They like working and doing adult stuff like taking me to the zoo to pet the tigers.



Owen W. – Being in their tummies (GBK – “Like having a baby?” Owen – “That’s what I said!”).

If you could be an adult for a day, what rule would you make?

Jackson – Everyone gets to drive a truck.

Piers – To help people if they get hurt.

Courtney – No standing on the roof or ceiling unless you have something sticky to wear on your shoes.

Easton – You can tell kids what to do, and don't run in the house.

Owen M. – No touching the fire extinguisher.

Claire – No hitting.

Sam – You have to clean the house before you go far away.

Whitney – I don't know.

Declan – No being bad.

Layla – I would put my house beside my friend's house.

Grace – Eat your healthy stuff, like cucumbers.

Knox – A good boy rule – like just be good.

Ben – No hitting and not punching or kicking or punching people's faces.

Alexis – No toys in the bed.

Isobel – Put my kid in timeout when they don't listen.

Annabelle – I don't know.

Trenton – I would make a rule for my Mom and Dad to clean the toilet.

Owen W. – Have candy anytime, like gumballs. I would buy a really big gumball. **GBK**



Can you hear what I hear?

Children can experience hearing loss at various stages of life

By Mandy Rhody

Hearing is delicately intertwined with your child's speech, language, social and cognitive development.

Adequate hearing sensitivity is essential to ensure optimal speech perception to acquire speech, language, social nuances and to allow for learning in complex, listening situations.

HOW DO WE HEAR?

Your child's ears are responsible for collecting sound waves, transmitting them through vibration and processing the sounds electrically so the brain can do the interpretation. There are three sections of the ear that work together to hear the sounds

of language and everyday noises – the outer ear, middle ear and inner ear.

The outer ear includes the pinna and the ear canal. The pinna is what we see. The ear canal is where you'll find cerumen (wax), which contains chemicals used to protect the ear from infection. The wax also helps collect dirt so the canal can migrate the wax through jaw movements to keep it clean. Together, these structures are in charge of collecting the sounds to send them to the middle ear.

The middle ear includes the eardrum and three small bones called the ossicles. It is a thin piece of skin that is stretched tightly, like a drum, and it separates the outer ear from the middle ear. The ossicles are tiny bones called the malleus, incus and stapes, and are the smallest in the human body. The malleus, which means hammer in Latin, is attached to the incus, which means anvil and is attached to the stapes. The stapes is attached to the oval window structure, the gateway to the inner ear. The

structures collectively are responsible for transmitting the sounds to the inner ear through vibration.

The inner ear includes the cochlea and the auditory nerve. The cochlea, a small snail-shaped structure, contains the sensory structures of the ear. There are several fluid-filled chambers inside the cochlea, which respond to the vibrations sent by the middle ear system. Inside these chambers, there are specific sensory hairs, called outer hair cells, which are thought to respond to individualized frequencies. The auditory nerve sends this processed sound, in the form of electrical charge, to the auditory processing centres in the brain to be interpreted.

WHEN DO WE START TO HEAR?

The auditory system begins to develop around week three in utero, but hearing structures are not ready to perceive sounds until roughly 18 weeks. By about 24 weeks, sounds inside the uterus, such as mom's heartbeat, can be heard, and by week 26 the fetus can begin to recognize familiar voices and sounds (<https://embryology.med.unsw.edu.au>). When babies are born they are ready to start experiencing sounds and learning about their world through audition.

CAUSES OF HEARING LOSS

Hearing impairment may occur before birth, during infancy or in childhood. There are three types that may either temporarily or permanently change your child's ability to hear. They include conductive, sensorineural and mixed hearing loss (combination of conductive and sensorineural).

Conductive hearing loss occurs when something interferes with the normal function of the conductive hearing system (the external ear or the middle ear) to send the information to the inner ear. Types of conductive hearing loss include excessive, impacted cerumen (earwax), or external ear infection (swimmer's ear). In the majority of conductive hearing loss situations, medical referral to a physician or otolaryngologist is recommended for treatment.

A middle ear infection is the most common cause of conductive hearing loss in children. During this type of infection, fluid fills the middle ear space and obstructs the sound from transmitting

through efficiently. There are numerous causes of this type of infection including infected adenoids, upper respiratory infections or exposure to cigarette smoke. Signs and symptoms may include fever, irritability in infants and small children when feeding, soreness, loss of appetite, difficulty sleeping, etc.

An external ear infection, which can include swimmer's ear, is an often-painful bacterial infection that results when water from bathing or swimming remains in the ear canal. It can cause the ear to swell shut and cause a temporary hearing loss.

Sensorineural hearing loss is the consequence of dysfunction of the cochlea, the auditory pathways or both. Possible causes of it include illness (meningitis, cytomegalovirus), genetics, ototoxicity (drugs that affect hearing), malformation of the inner ear, head trauma and exposure to loud sound.

The degree of hearing loss can be measured from mild to profound with various speech, language delay and social implications displayed depending on age of identification. Age of identification is key – the earlier the intervention, the better the speech and language developmental outcomes. Treatment of sensorineural hearing loss is most typically through use of amplification or cochlear implant devices.

CAN YOUR BABY HEAR?

It is estimated that nearly one in 250 children are born with hearing loss in Canada (*Ontario Ministry of Children and Youth Services, 2007*). Some children's hearing will also deteriorate after birth. In 2002, the Infant Hearing Program (IHP), part of Ontario's Ministry of Child and Youth Services, provided a universal hearing screening program designed to identify all children with a permanent hearing loss at birth. Children who are identified with permanent hearing loss by the IHP are monitored and remediated as required through the IHP until the age of six.

SCREEN YOUR CHILD'S HEARING

At birth, the IHP newborn screening can be completed in hospital at birth or at a designated secondary IHP site.

Your infant's hearing sensitivities may be assessed using one or two techniques while they are sleeping. The first procedure is called automated Otoacoustic Emissions (OAEs). This procedure is used to detect the inner ear's ability to perceive sounds and can be completed by using a small probe inserted in your child's ear. A variety of sounds will be presented to each ear by the probe, and its response will be measured and documented. The second method of assessment is the Automated Auditory Brainstem Response (ABR). This measurement assesses how the brain responds to sounds presented to each ear. The test can be completed using the same type of probe inserted into your child's ear as used for OAE procedure, but three sticky electrodes – one behind each ear and one on the forehead – are placed to measure your child's auditory brain response (<http://infanthearingprogram.com/screening.html>).

Upon completion of either of these test measures, your child will receive a 'pass' or 'refer' result for each ear. In cases where

What's up with the wax?

Excessive impacted earwax may create a substantial hearing reduction.

- Recommended eardrops can soften earwax in cases when the eardrum is not compromised.
- Cotton swabs should not be used to remove excessive earwax, as they will push it deeper and/or potentially cause damage to the external and middle ear structures.
- Once softened, wax should be removed via a physician or other trained professionals, including audiologists.

a refer result has been obtained, a follow-up assessment will be scheduled for either a repeat screen or with an audiologist. If your child passed the initial screening but has any stipulated high risk factor, they may be registered for audiological monitoring. These factors may include a history of neonatal intensive care, family history of hearing loss, prematurity, oxygen deprivation, genetic disorder, craniofacial anomaly, etc.

ARE YOU CONCERNED?

Unfortunately, children are not always good at reporting they are having difficulty hearing even as they are able to speak. But there are some warning signs a child may not be hearing adequately.

A delay in speech and language development is an important warning sign for possible hearing impairment. Additionally, you may notice your child seems unaware when someone is talking to them, even when in the same room. Children may also insist on sitting close to the TV, or have it or other sound sources at elevated level. While at school, children will often hesitate to participate in activities or alternatively be overly active and unaware of teacher direction. Sometimes, children are reported to rely on their peers for repetition of instructions or incorrectly follow them to activities in classroom settings. Children often demonstrate repetitive tugging on their ears or are seen to indiscriminately stick things into their ears.

TEST YOUR CHILD'S HEARING

If your child, or children you know, exhibit these signs, an

audiological assessment is recommended. The type of assessment procedure that will be completed will depend on your child's age and development. Children under six months of age require assessment using a variety of specialized electrophysiological measurement systems, including the OAEs and ABR testing discussed briefly in this article.

For children six months to five years, behavioural assessment techniques, including Visual Reinforcement Audiometry (VRA) and Conditioned Play Audiometry (CPA), are implemented in conjunction with electrophysiological assessment. VRA is used for children from six months to three years. This procedure involves placing earphones in the child's ear and presenting sounds to the ears individually. When the child hears the sound, a puppet or alternative 'reinforcer' will light up to reward their attention to the sound.

This procedure is repeated for important speech frequencies and the softest response is then recorded and demonstrated on an audiogram, a graph that visually displays your child's minimal response level reliably. Their responses are compared relatively to normal sensitivities based on their age.

If you have questions about yours or your child's hearing, contact an audiologist. 

MANDY RHODY is an Audiologist with a Masters in Science in Audiology, which she completed at Western University in 2003. She works at Auditory Health Care in Walkerton, and lives there with her husband and two sons.



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Discover rhythm and routine

By Erin Little

“Out of chaos, she brings order and light... a goddess in sensible shoes.” – Alfred Lord Tennyson

Rhythm and routine is like our heartbeat. The stronger the beat, the stronger the human. The stronger the rhythm and routine, the stronger the house.

In fact, I want you to think about the heart of your house being the rhythm and routine.

The first thing I’d like to distinguish is the difference between rhythm and routine and a schedule. A schedule is something we follow according to who goes where and when. For example, Jimmy has hockey on Wednesday and Thursday, but the first Thursday of the month is shifted to Saturday. The twins Sara and Sam have dance Wednesday at 5.30 p.m., but Ellie dances competitively so she also dances Saturday mornings at 8 a.m. Mom has yoga Tuesday and Thursday and Dad’s schedule changes because he works shift.

Somewhere in between all of that we need to live and, somehow,



it is possible. Having a busy schedule doesn’t mean we can’t have flow, which is that strong heartbeat of rhythm and routine.

What is rhythm and routine? No matter how young the child, they’ll thrive in an environment of rhythm and routine, which is a home full of predictability, flow, security, cooperation and connection. Having rhythm and routine will provide children with easy transitions, which means less meltdowns and tantrums. It will make the household easier to manage because everyone will have and know what’s expected of everyone under the roof.

If you have a child, teenager or adult with anxiety, this rhythm and routine can and will calm their nervous system because they will live in the now instead of worrying about what’s going to happen next. Anxiety is living in the future.

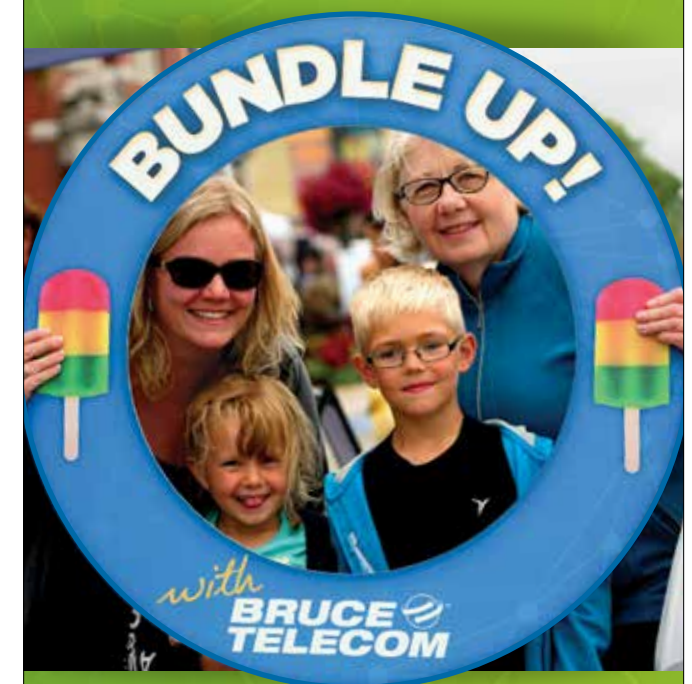
You’re probably wondering how to adopt this oh-so-wonderful rhythm and routine into your home. The first and easiest place to start is with meal planning, which can be as simple as meatless Monday, taco Tuesday, Wednesday soup and bread, pasta Thursday, pizza Friday, stir fry Saturday and roast beef Sunday.

I recommend starting with meal planning because we all need to eat, and being seated around a kitchen table is the best way to build relationships with your children. The kitchen really is the heart of the home and is where meaningful connections

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happen. No matter how busy you are, you should eat at least one meal at the table with your family each week.

Rhythm and routine can also come in a simple chart that reminds kids:

- Before school we...
- When mom starts dinner we...
- Before bed we...
- When I'm sick...
- On Saturday mornings, Dad and I make....
- On our birthday we...

The pre-bed routine is the Number 1 area I hear parents complain about. If you build a strong rhythm and routine that is surrounded with predictability – including a consistent bedtime as often as possible – your kids will go down much more easily.

We are surrounded with rhythm and routine – it's called nature. The rising and setting of the sun, moon phases, seasons and the seven days of the week are all rhythms that Mother Nature has provided us. In our world of technology, these rhythms have been broken. We work later because we have artificial light, we are connected via smartphone even when we have a day off, and we can eat strawberries all year long because they get trucked in from other parts of the world. Don't get me wrong I am grateful for technology, but it can't replace our ancestral needs to live

rhythmically, especially children who are born into a world where they can only feel their surroundings.

The first year of life is so important – it's when our babies need us the most. It's when they're the most vulnerable and most sensitive to their environments. They need to be protected from all of the things that come from around them. The best thing you can do for your newborn is think about their routine and rhythm and build the foundation for future predictability. Once children can predict what's going to happen next, they will be better able to handle the bumps in their rhythms and routines.

It's also important for moms to take care of themselves and it's possible if you establish routine early for your family. Of course, this responsibility doesn't always lie with the mother but she is usually the CEO of the home, so she often sets the tone.

The busier and more scheduled your days are, the more your children need and will benefit from a solid rhythm and routine. With predictability, a child knows what's expected of them. When a child can predict what will happen next, stress will be reduced within the home, meaning fewer tantrums, arguments and fights, which makes for a happy life. **GBK**

ERIN LITTLE is a life and parent coach who resides in Port Elgin with her two children and husband. She is the President and co-founder of the Liv-A-Little Foundation and an advocate for cystinosis. You can find her on Facebook as 'Authentically Erin' or read her blog at www.authenticallyerin.com.

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GAY-STRAIGHT ALLIANCES PROVIDE PLACE FOR TEENS TO TALK AT SCHOOL



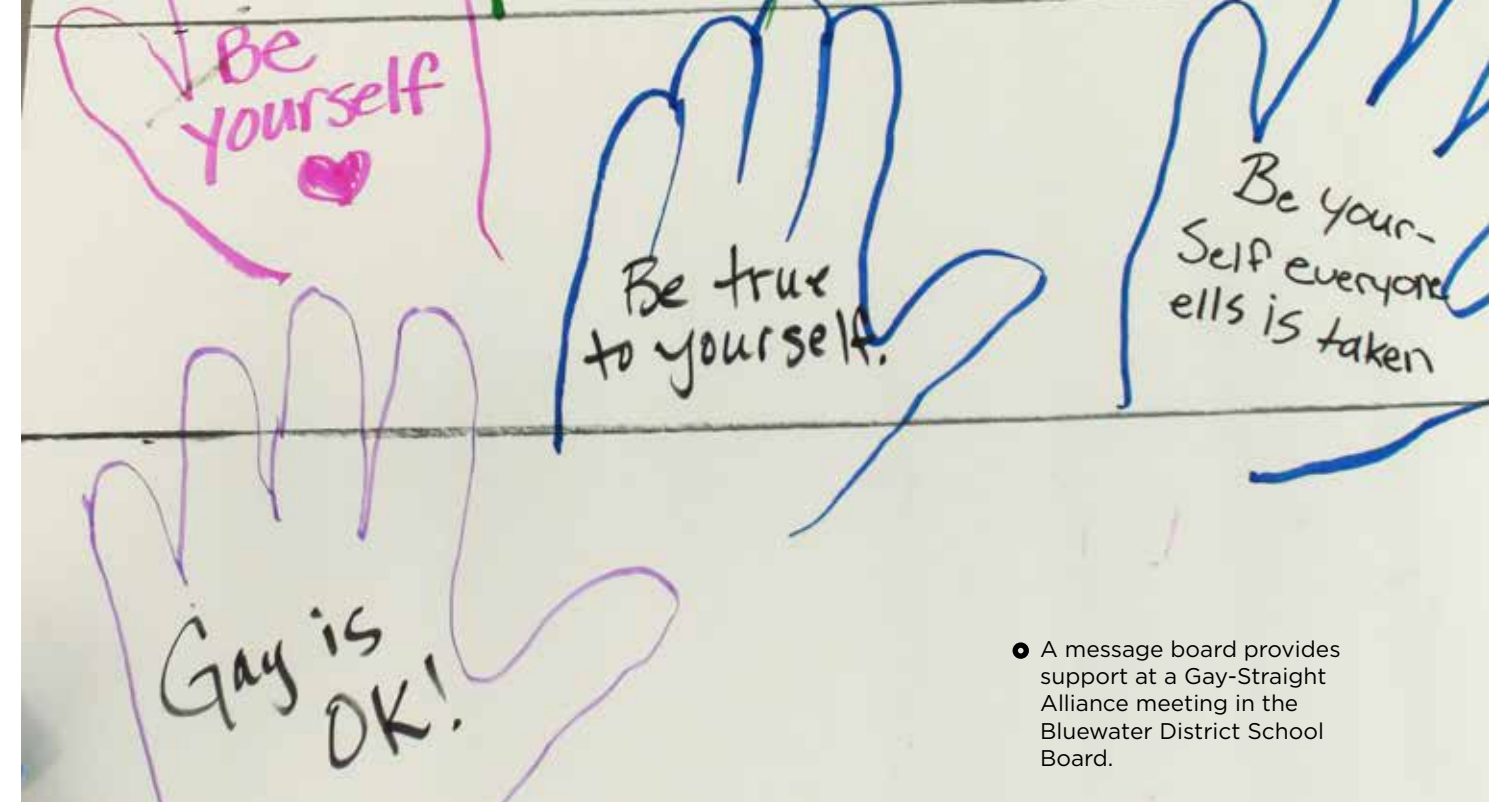
This is the first of a two-part series on what life is like for gay youth in Bruce and Grey counties. It is a question-and-answer with Lori Wilder, the Superintendent of Education at the Bluewater District School Board, about Gay-Straight Alliances at local high schools. Part 2 of the series will look at the successes and challenges these youth and parents face, and will appear in our Winter 2016/17 issue, due out in December.

Grey-Bruce Kids (GBK): What official programs does the Bluewater District School Board (BWDSB) have for youth as it pertains to acceptance of Lesbian-Gay-Bisexual-Transgendered-Questioning (LGBTQ) youth? Are there counselling services at the school?

Lori Wilder (LW): We offer support for students who want to establish and lead activities or groups that promote a safe and inclusive learning environment, acceptance of and respect for others, and the creation of a positive school climate. This may include activities and groups that promote gender equity, anti-racism, awareness and understanding of, and respect for, people with disabilities, and of all sexual orientations and gender identities. The latter would include groups with the name Gay-Straight Alliance. The Bluewater school board has policies and procedures related to equity and inclusion, which support in this regard. They can be found on the board's website.

GBK: What is a Gay-Straight Alliance and what does a meeting look like?

LW: Gay-Straight Alliances provide



- A message board provides support at a Gay-Straight Alliance meeting in the Bluewater District School Board.

students a safe and supportive environment, to meet and discuss related issues. A GSA Staff Leader provides an adult support and can offer resources for students. GSA meetings consist of students having conversations on issues like bullying, coming out, making their school more inclusive, resources, etc.

GBK: How many schools in Bluewater have a GSA?

LW: Thirty-seven schools across Bluewater have active GSAs.

GBK: Are there support systems in place for students in elementary schools who are LGBTQ, not just high schools?

LW: Yes, 74 per cent of our elementary schools have GSAs. All schools have been encouraged to start a GSA, so it is our hope that this number will continue to increase.

GBK: What do students – both LGBTQ and non-LGBTQ – get from the GSA?

LW: GSAs provide all students the opportunity to collaborate on issues, to become supports and allies for each other, and work together for a more inclusive school environment for students. Some of the GSA groups participate in fun activities such as creating GSA 'buddy benches' for their schools.

GBK: Does the board have an estimate on how many students are LGBTQ?

LW: Although the board does not know the percentage of LGBTQ students in our district, Bluewater has hosted two Gay-Straight Alliance student forums. The first took place in 2014 and the second was held this past May. This year's student attendance increased significantly, by 50 per cent!

GBK: What are some of the difficulties a teen faces when LGBTQ or if they've yet to come out?


LW: On top of existing daily teenage pressures, some difficulties teens face are discrimination, bullying, mental health issues and peoples' reactions. Working with and supporting our LGBTQ youth in an equitable and inclusive way will hopefully

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counterbalance and provide a safe haven for our students to better cope.

GBK: What can parents do to help a child who is LGBTQ?

LW: Be supportive and nonjudgmental. Research local support groups and become involved with your child.

GBK: Does the board see more students 'coming out' today than in previous decades?

LW: Yes, the board has seen an increase in the number of students coming out than in previous years. There has been an increase in social awareness and acceptance, which may contribute to students being able to do so.

GBK: Is there more acceptance in the school halls than in previous decades?

LW: I believe there is more acceptance at the student level. With society changing and being more accepting, this reflects on the younger population.

University of BC study shows GSAs reduce odds of suicide

A study conducted by the University of British Columbia showed Canadian schools with explicit anti-homophobia interventions such as Gay-Straight Alliances (GSAs) may reduce the odds of suicidal thoughts and attempts among both sexual minority and straight students, a 2014 press release states.

GSAs are student-led clubs that aim to make the school community a safer place for all students regardless of their sexual orientation. Their members include lesbian, gay, bisexual, transgender, queer or questioning (LGBTQ) youth and their straight allies.

"We know that LGBTQ students are at higher risk for suicide, in part because they are more often targeted for bullying and discrimination," said Elizabeth Saewyc, lead author of the study and professor with the UBC School of Nursing. "But heterosexual students can also be the target of homophobic bullying. When policies and supportive programs like GSAs are in place long enough to change the environment of the school, it's

better for students' mental health, no matter what their orientation."

LGBTQ youth and heterosexual students in schools with anti-homophobia policies and GSAs had lower odds of discrimination, suicidal thoughts and suicide attempts, primarily when both strategies were enacted, or when the policies and GSAs had been in place for three years or more.

Published in the *International Journal of Child, Youth, and Family Studies* and funded by the Canadian Institutes of Health Research, the study drew on data from the British Columbia Adolescent Health Survey to test the link between school policies and programs, discrimination due to perceived sexual orientation and suicidal thoughts and attempts.

The researchers previously found that Canadian high schools with GSAs in place for three years or more also have a positive effect on both gay and straight students' problem-alcohol use.

GBK: Is there any part of the curriculum that educates students about LGBTQ issues?

LW: Bluewater schools follow the Ontario Curriculum, which includes many forms of equity and inclusivity. One of Bluewater District School Board's strategic priorities is to provide quality instruction and learning experiences in an equitable and inclusive environment.

GBK: Are parents involved in the GSA?

LW: GSAs are a place for students who identify and their student allies to have a safe place to meet.

GBK: Does the board have any interaction with parents of LGBTQ youth or refer them to counselling, etc.?

LW: The Bluewater board has a Mental Health Lead and other support staff who can help refer families to appropriate resources, counselling and community support groups. The board and school administration can work with families/parents to get the resources and contacts they require. **GBK**



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N0G 2V0 PO Box 236

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Toll Free: 1-855-577-3737

office@wesforyouthonline.ca

A day in the life of...

an Approved Home Child Care Provider

This issue we talk to Sue Sitler, an Approved Home Child Care Provider in Kincardine, through the Bruce County Home Child Care Program.

What is your role?

I see my primary responsibility as a Home Child Care Provider as being there to do anything and everything that a Mom or Dad would be doing if she/he wasn't doing other important work. I came to this role because it was something I had done for a time when my own daughters were young.

When my last work contract was finished, I contacted Bruce County Social Services and Housing Department to inquire about the local demand for child care. The demand was high, I had the space and a great facility to operate a home child care, so it was an attractive self-employment option.

The resources and support I receive from my Bruce County Child Care Caseworker and all the folks at Bruce County Social Services and Housing is truly appreciated.

Biggest reward?

Rocking babies – I love that! And watching the children learn and grow. They change so much from the time they're one, and by two they're walking and talking and have stopped being babies and turned into small and individual people with real personalities. It's very rewarding when, out of the blue, they'll blurt out something that I've been communicating to them – that always makes me feel like I've achieved something!

The two lessons I try most to get through are that 'Mr. Gravity' always wins, and the furniture will not get out of their way!

Greatest challenge?

Germ. When one gets sick, they all get sick to some degree, and often I do too, despite a very regular application of disinfectants and diligent daily cleaning.

What should parents/caregivers know?

I would like all of my parents to know that I take my duties as a home child care provider quite seriously and am always very aware I am entrusted with the most important people in their lives. I've been in that very position at other times in my working career with my own children, and I know just how much I relied on my caregiver and how important it was I didn't



have to worry about my children while they were with her. I'd also like them to know I am both privileged and grateful they have placed that same trust with me. It's a wonderful thing.

A TYPICAL DAY...

My day usually starts early – especially in the winter when the snow has fallen, and I always plan to be in my childcare facility at least a half an hour before my first family arrives. This gives me time to do some snack and lunch prep and do any tidying up that wasn't completed the previous evening.

Early morning: Arrival time is primarily a free play time – the children find their favourite toys and will sit and watch/listen to a variety of children's songs and nursery rhymes on the child care



Sue Sitler, an approved home child care provider in Kincardine, through the Bruce County Home Child Care Program, plays in the sandbox with her little ones.

laptop, or we will sit together and play preschool games online. This is also a designated reading time and we will sit and read books the children pick from the library individually, in pairs or as a group, depending on age and attention span.

Mid-morning: In good weather, this is our outdoor time, and we always try to get our daily walk done before the sun and the temperature gets too high. Outdoor play continues until it's time to go in and wash up before lunch is prepared and served.

Lunch hour: Depending on the daily menu items, lunch is freshly prepared or warmed up – the older children get a bit more free playtime until the meal is ready, and the babies are generally already in their seats with some fingerfood to keep them occupied. Lunch proceeds when ready, and cleanup follows.

Early afternoon: Quiet time. Every day varies a bit, but this is generally when the young ones take a nap and the older ones do planned crafts, colouring or other learning activities like Play-Doh or puzzles. Planned activities are subject to change without notice, if the children have already involved themselves happily in some other spontaneous play. In favourable weather, we'll go outside again to play in the sandbox and water table, with riding toys or with bubbles.

Winter activities include walks and sled rides.

Mid-afternoon: Afternoon snacks are provided, with more music and free play.

Late afternoon: Wrap-up activities commence! Early pick-ups can come as soon as 3 p.m., so we try to have our crafts sorted and ready to take home, coats and boots ready, and other housekeeping activities in progress. Any after-school children will arrive and settle in with a snack, and departures happen as parents arrive according to their own schedules.

All-day activities include hygiene and toileting, diaper changes as necessary, cleanup of unexpected spills and messes, mediation of disputes, etc.

My after-hours activities include routine cleanup and housekeeping, laundry, processing of dishes, planning for next day meals/crafts, completion of required daily records and other accounting duties, month-end reports, and any ongoing outdoor maintenance.

If you would like more information on being an approved Bruce County Home Child Care Provider, contact Bruce County Social Services & Housing Department at 1-800-265-3005.

GBK

Choosing child care

KNOW YOUR OPTIONS BEFORE DECIDING WHO WILL CARE FOR YOUR YOUNG CHILDREN

By Bruce County Children's Services

Your child is the most precious thing in the world. Yet, with many families, both parents work, so choosing child care for your infant is a bridge you must eventually cross.

It won't be easy. Your stomach will likely churn the first day you drop your baby off – even if you know the childcare provider personally! But you've done your homework, met various people, toured centres and homes, and chosen someone you feel you can trust with your child's life at least eight hours a day, numerous days a week.

"Age birth to six years is an extremely important time in a child's life. These early years are considered to be their most important developmental phase. According to scientific studies, the years from newborn to age five are when most of the human brain's capacity and pathways are established (Shore, 1997) and about 90 per cent of an adult's brain capacity and architecture are formed by the age of five. Research now shows the more stimulating and nurturing the early environment, the more positive connections are formed in the brain and the better the child thrives in all aspects of their life. Young children need to spend their time in caring, responsive, language-rich environments. They need opportunities to play, to explore and to learn how to socialize." (Eastern Fraser Valley Childcare Coalition)

That's why child care is so much more than just babysitting.

"Quality child care providers understand children need to have a sense of belonging, a connection to others and the ability to contribute to the world around them," said Brenda Wilton, Manager of Bruce County Children's Services. "Early childhood educators understand how to nurture the emotional, physical and intellectual development of children in a way that strengthens their sense of self. Healthy relationships are formed in an environment that inspires and encourages children to communicate and express themselves in various ways."



Quality child care providers also:

- Understand child development.
- Work on common goals with families.
- Participate regularly in professional development opportunities.
- Ensure the facilitation of emotional growth in children.
- Foster a sense of belonging, well-being, engagement and expression.
- Value child-directed play.
- Are kind, engaged and responsive with children and families.

Quality child care providers also have a clean, safe and secure location that provides space for quiet and active times, and indoor and outdoor play. They'll offer a variety of materials and equipment set up in a way that inspires play and enhances development, while maintaining age-appropriate and regular routines that are flexible and responsive to children and their environment.

"They will also offer nutritious meals and snacks, and are comfortable if parents call or come by unannounced to visit their child," Brenda said.

TYPES OF CHILD CARE

Licensed, centre-based child care program:

- May offer care for infants, toddlers, preschool and school-aged children, including nursery schools and before/after school programs.
- Licensed and governed by the Child Care & Early Years Act.

- Staff are qualified and include early childhood educators.
- Offer care in larger facilities with a variety of toys, open-ended materials and outdoor equipment.
- Early childhood educators work with children of similar ages and provide age-appropriate activities to enhance development.
- Child Care Fee Subsidy can be applied to the fees for children receiving care at a licensed centre-based child care program.
- Early childhood educators are required to have standard first aid with infant/child CPR.

Approved home-based child care providers:

- May offer care for infants, toddlers, preschool and school-aged children.
- Are approved by licensed agencies, such as Bruce County and Grey County, and governed by the Child Care & Early Years Act.
- Providers approved by Bruce County or Grey County receive ongoing support from Registered Early Childhood Educators that include monthly visits, resources and free professional development.
- Can care for up to six children of varying age groups in their home as per the Child Care & Early Years Act.
- Often preferred by families who have irregular work hours/shifts requiring greater flexibility for drop-off/pick-up times.
- Child Care Fee Subsidy can be applied to the fees for children receiving care with an approved home-based child care provider.
- Approved home-based child care providers are required to have standard first aid with infant/child CPR.

Unlicensed/informal home-based child care providers:

- May offer care for infants, toddlers, preschool and school-aged children.
- Can care for up to five children of varying age groups in their home as per the Child Care & Early Years Act.
- Are often preferred by families who have irregular work hours or schedules requiring greater flexibility for drop-off/pick-up times, but live in a community where there are no licensed or approved options for care.

Unlicensed/informal care in a family home:

- When the caregiver comes to the family's home to care for the children.
- Most often this arrangement involves an agreement between a family and a private 'nanny service.'
- Typically, this option is considered the most expensive overall, but preferred due to overall expense and convenience by families who have young children and work irregular hours, and require greater flexibility for care and increased stability for children.

QUESTIONS TO ASK YOURSELF

Before you start searching for child care, there are some questions to ask yourself to help smooth the process. You need to know how many of your children will require care and at what hours of the day, considering some may only need care before/after school. Then, do you need care every day or on an irregular schedule, as this can impact which option is best for your family.

"Some children flourish better in a smaller environment while others may excel in a larger environment, so it is important to know what would work best for your child when exploring child care options," Brenda said. "It is also important to consider any unique needs your child may have when choosing a child care provider."

You also need to know what you can afford. Some families will be eligible for the Child Care Fee Subsidy, which provides financial assistance for families with children attending a licensed, centre-based program or approved home-based child care provider. The subsidy may be available for families who are working, attending school, fulfilling a participation agreement with Ontario Works, receiving Ontario Works Temporary Care Assistance, have child(ren) in their care with developmental concerns or if child care is recommended by a medical professional/community agency. Further to the criteria above, eligibility is also based on net income.

Bruce County residents can visit brucecounty.on.ca/childcare while Grey County residents can get more information at grey.ca/childrens-services.

HOW TO APPLY

All applications to licensed, centre-based child care programs and approved home-based child care providers in Bruce or Grey counties must be completed through OneList, an online tool that helps simplify the process of finding and applying for child care. Bruce County residents can apply at brucecountychildcare.ca, while Grey County residents can visit greycountychildcare.ca. OneList allows families to quickly explore their child care options, apply to child care programs and make changes to their applications as needed.

It is never too early to apply for child care. Families living in Bruce or Grey are encouraged to apply for child care while they are expecting or shortly after the baby is born.

Once you have applied for child care programs using OneList Bruce County or OneList Grey County, it is always a good idea to follow up with child care programs you applied to via email or telephone and request a visit or interview (contact info for all child care programs is available on OneList).

The Ministry of Education has a number of great resources to assist families to make informed decisions when selecting child care, which can be found at ontario.ca/childcare. Resources include but are not limited to common questions to ask a child care provider; getting your child ready for child care; licensing standards, laws and inspections; child development and early years programs. **GBK**

OFF THE BEATEN PATH

Explore the Bruce this autumn

By the County of Bruce

There is nothing more beautiful than Bruce County in the fall. It is truly breathtaking to watch the trees change colour, from a deep green to a rich and vibrant mix of oranges, reds and yellows. Although the trees are changing and the temperature is gradually dropping, there are still many exciting activities and special events that are specific to the fall season.

FALL FAIRS

Amusement rides, delicious cotton candy, tractor pulls, homemade baking, animal shows – what else could you wish for? Bruce County's fall fairs offer a wide variety of options for everyone. Each fair showcases specific towns and their local vendors, and there are an abundance of activities and planned events that make for a memorable and entertaining weekend. Don't miss Kincardine, Sept. 4-6; Chesley, Sept. 9-10; Mildmay-Carrick, Sept. 9-10; Paisley, Sept. 11; Arran-Tara, Sept. 13-14; Lucknow, Sept. 16-18; Wiarton, Sept. 16-17; Ripley, Sept. 23-24; Tiverton, Sept. 30-Oct. 2; and Walkerton, Oct. 14-16.

SPECIAL EVENTS

Port Elgin Pumpkinfest

From Oct. 1-2, people flood to Port Elgin for food, carnival rides and more at Pumpkinfest. Don't miss the weighing competition for your chance to see record-breaking pumpkins or head downtown to see hundreds of classic cars. It's the perfect event for the entire family!

Witches in the Woods

Grab your camping gear and your favourite Halloween costume and head to MacGregor Point Provincial Park for its Witches in the Woods event. This family fun event is held Oct. 15-16. The park has many exciting activities such as pumpkin carving, a scavenger hunt and trick-or-treating.

Night at the Museum

Calling all kids aged eight to 12! Head to the Bruce County Museum and Cultural Centre in Southampton on Oct. 22 for a fun-filled night at the museum. Stay overnight, eat popcorn, watch movies, and do lots of Halloween activities. Don't forget your sleeping bag!

Shiverton

Tiverton gets in the Halloween spirit for 'Shiverton' on Oct. 29



- There are many beautiful fall hikes to take across Bruce County.

*Photos courtesy
County of Bruce*

and 30 when various homes offer terrifying haunted tours! This fun event will get everyone in the Halloween spirit and supports the Tiverton & District Lions Club.

ACTIVITIES

Apples and pumpkins galore!

There are many places in Bruce County to pick the perfect pumpkin for your jack-o-lantern or enjoy a slice of warm apple pie this fall.

Homefront Acres – Ripley

With over a dozen varieties of pre-picked apples, Homefront Acres is a perfect place to get farm-fresh, delicious apples for those back-to-school lunches, while you can also pick up locally grown produce, fall outdoor decorations and Halloween pumpkins. Head south on Hwy. 21 from Kincardine to Conc. 6 of Huron-Kinloss, and be sure to stop at Pine River Cheese, directly across the highway, while there. Open Labour Day to mid-November.

Smith's Apples and Farm Market – Port Elgin

From Labour Day to Halloween, people come from all over to visit this local treasure. Grab a basket and get picking one of the many varieties of apples that Smith's has to offer. That's not all –

there are tons of places to run around, including the huge corn maze, pumpkin patch and strawfort! After your day of fun, head inside the market for some fresh-baked goods!

Teeswater Straw Bale Maze – between Formosa and Belmore

There's nothing better than getting lost in the rows upon rows of strawbales that can be found in this maze! With tons of games and even more gourds, you're sure to find something for everyone.

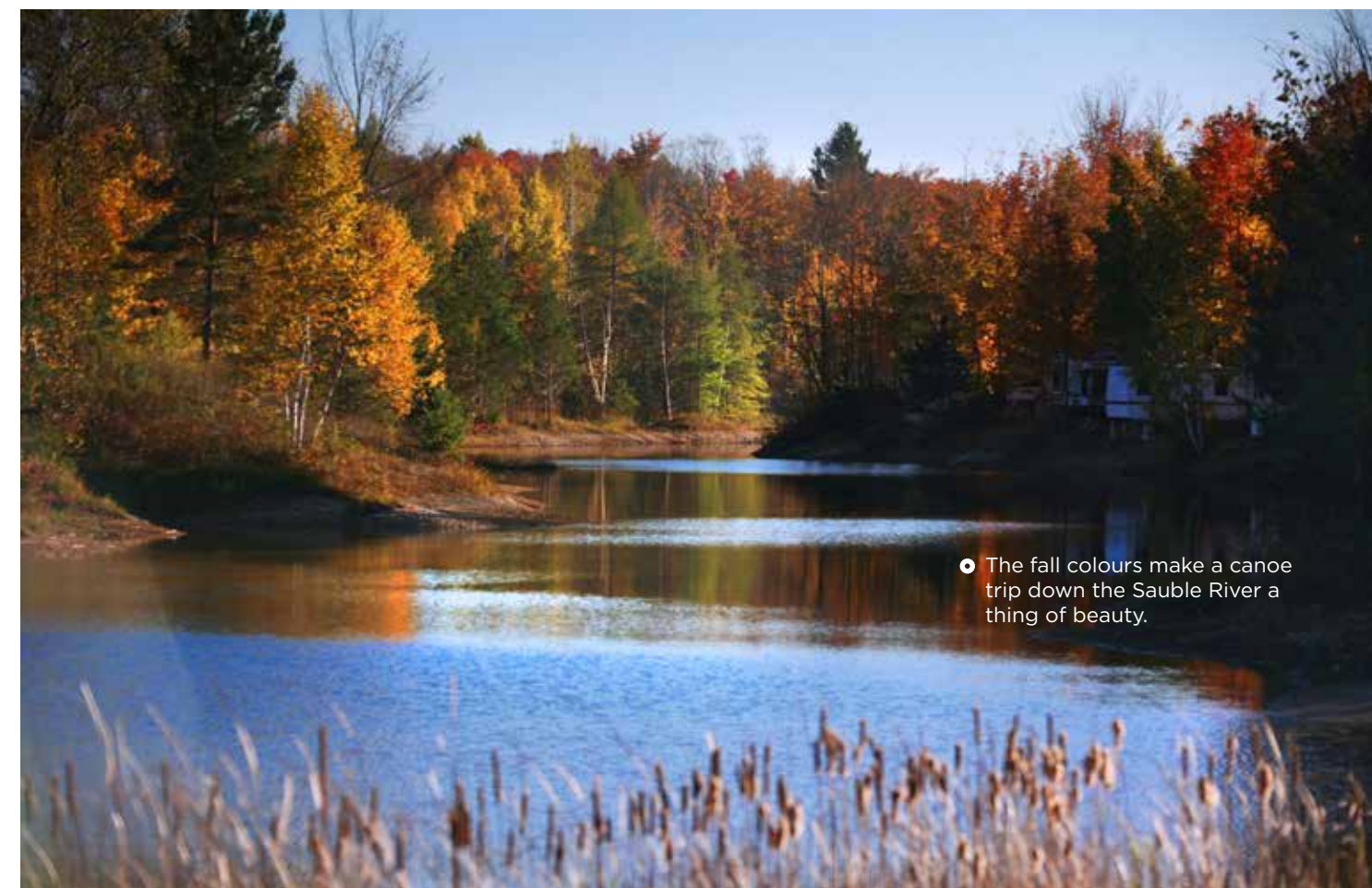
Keyzers Fruit Farm – south of Paisley

Looking to pick your own apples, pears, and more? Keyzer's has you covered! With a wide variety of fruits available throughout the summer into late-October, this is a great place to head out with the family and have some fall fun!

Hi-Berry Farm – Port Elgin

Coming in all shapes and sizes, Hi-Berry has hundreds of pumpkins, both orange and white, to choose from for your perfect Halloween jack-o-lantern. They also have a large selection of squash, coloured corn and gourds. **GBK**

Learn more about the County of Bruce at www.explorethebruce.com.



- The fall colours make a canoe trip down the Sauble River a thing of beauty.

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 Bruce Grey Perth

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

Victim/Witness Assistance Program

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

Women’s Centre (Grey and Bruce)

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

Women’s House Serving Bruce and Grey

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

BREASTFEEDING

Brockton and Area Family Health Team

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

Grey Bruce Health Unit

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

La Leche League Canada

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

Moms Walkerton

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

Support groups

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

CHILDBIRTH

Empowering Doula Care

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

Hanover and District Hospital Obstetrics/ Family Centred Care Birthing Centre

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

Midwives Grey Bruce

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

Owen Sound Hospital Labour and Delivery

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

Walkerton Hospital Family Birthing Centre

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

CHILD CARE

Acorn Montessori Preschool

519-599-7577
Meaford

Amabel-Sauble Child Care Centre

519-422-3611
Sauble Beach

Beaver Valley Outreach

519-599-2577

Bob’s Playschool

519-538-5483
Meaford

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

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

Inglennook 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)

OneList – Find and apply for child care

brucecountychildcare.ca
greycountychildcare.ca

Queen of Hearts Nursery School

109 Balmy Beach Rd., Owen Sound
www.queenofheartsnurseryschool.com

Sandbox Daycare - Hanover

519-506-7263

Saugeen First Nation G’Shaw-da-Gawin Day Care Centre

519-797-2419
gshawdagawin@bmts.com
www.saugeenfirstnation.ca

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

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

YMCA Childcare

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
ymcaowensound.on.ca

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 or 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, Durham

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

Lesley Holm - Youth and Family Counselling

519-270-8790; holmesley@gmail.com

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

Penetangore Wellness

Art and family therapy
www.penetangorewellness.com

Salvation Army

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

Victim Services Bruce Grey Perth

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

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

YMCA of Owen Sound and Grey/Bruce

519-376-0484 or ymcaowensound.on.ca

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

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

Lesley Holm - Youth and Family Counselling
519-270-8790; holmlesley@gmail.com

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@wrightman.ca

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

Penetangore Wellness
Art and family therapy
www.penetangorewellness.com

Poison Control Centre
1-800-268-9017

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

South Bruce Grey Health Centre (hospitals)
Chesley - 519-363-2340
Kincardine - 519-396-3331
Durham - 519-369-2340
Walkerton - 519-881-1220
www.sbghc.on.ca

South East Grey Community Health Centre
55 Victoria St., Markdale
519-986-2222 or 1-855-519-2220
info@segchc.ca or www.segchc.ca

St. John Ambulance First Aid training
519-364-7004 or grey.bruce@on.sja.ca
Online: http://bit.ly/t3Ye8g
Hanover and Owen Sound

TeleHealth Ontario
1-866-797-0007

Thames Valley Children's Centre
519-396-3360 or 1-866-590-8822
www.tvcc.on.ca

LIBRARIES

Blue Mountains Public Library/ L.E. Shore Memorial Library
Thornbury
519-599-3681 or thebluemountainlibrary.ca

Bruce County Public Library
Online catalogue - opac.brucecounty.on.ca
Administrative office - 519-832-6935 or libraryinfo@brucecounty.on.ca
Cargill - 519-366-9990
Chesley - 519-363-2239
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 - 519-797-3586
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 http://bit.ly/1PjTSID

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

They're the Empowering 5

Although there were many students who worked hard and contributed to Northport Elementary School's Me to We group, in Port Elgin, the past school year saw five young ladies go above and beyond.

Darragh Billings, Jasmine Smith, Lauren Gilbert, Charli Rosario and Evrim Dereli joined Me to We at the start of the 2015 school year, and have put countless hours into the group's initiatives, said teacher Rebecca Woodley.

"One of the girls lead the creation of stress balls for cancer patients, another was our continual collector of metal tabs for London's Ronald McDonald house, and all of the girls worked hard to create art for our art show, as well as taking leadership roles in our backpack and school supplies fundraiser," Rebecca said.

On May 30, a group of Me to We students from Northport attended Craig Kielburger's presentation in Hanover. Craig was 12 years old when he and his brother started Free the Children. These five ladies were inspired by Craig to start their own initiative, calling themselves the 'Empowering 5.' At first they were going to raise money for the Malala Fund for women's rights, but then decided they wanted to see something specifically built. They decided to begin their endeavour by raising money to build a water pump for a school in need, which was worth \$1,000. The girls eventually dream of building a classroom worth \$10,000 with Free the Children, and opening the Empowering 5 to a larger group of fellow students.

They have gone door-to-door, face-painted and sold baked goods



• The Empowering 5 are Darragh Billings, Jasmine Smith, Lauren Gilbert, Charli Rosario and Evrim Dereli.

and lemonade to support their cause.

"They were proud to announce that, before the end of the school year, they were over halfway to their first goal of the classroom water pump!" Rebecca said.

Two of the girls were hoping to attend a Me to We Camp this past summer, and share their knowledge with the rest of the group. All five are currently brainstorming plans to raise the rest of the money before returning in the fall to Grade 7 and the Me to We group.

"The path they lead is enriched with passion, inspiration, generosity and empowerment. This outlook on life is one that we can all strive for as a community!" **GBK**

For being this issue's Cool Kid, the Empowering 5 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.



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www.millerinsurance.ca

FALL EVENTS

SEPTEMBER

2

Teddy Bear Picnic for Youth Mental Health Awareness
Harrison Park in Owen Sound
11 a.m.-1 p.m.
www.gb.cmha.ca

Kincardine Fall Fair

Country fun for everyone!
www.kincardineagsocietyfallfair.com
Runs through Sept. 4

7

Saugeen Shores Fall and Winter Leisure Fair
Rotary Hall at the Plex, Port Elgin
6-8 p.m.
519-832-2008

8

Owen Sound Fall Fair
519-371-1720
www.owensoundfallfair.com
Runs through Sept. 10

10

4th annual Swing, Shoot and Liv Golf Classic
Saugeen Golf Club, Port Elgin
Proceeds go to cystinosis research
11 a.m.
Erin Little at 519-832-5188

Museum and a Movie

Grey Roots Museum & Archives
2 p.m.
519-376-3690
Also runs Sept. 11

11

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

Paisley Fall Fair

Rotary Park
519-353-5559
www.paisleyfair.ca

15

Owen Sound Salmon Tour
www.greatsalmontour.com
Runs through Oct. 15

16

Lucknow Fall Fair
519-392-6151 or www.lucknowagsociety.ca
Runs through Sept. 18

Wairton Fall Fair

Runs through Sept. 17
wairtonfallfair@gmail.com

17

Wild for the Arts Festival
10 a.m.-4:30 p.m.
MacGregor Provincial Park, Port Elgin
www.friendsofmacgregor.org
Runs through Sept. 18

22

Sydenham Agricultural Fair
Grey Roots Museum & Archives
10 a.m.-3 p.m.
519-371-0864

23

Owen Sound Ribfest
Bayshore Community Centre
www.bwgeventsgroup.org
Runs through Sept. 25

Ripley Fall Fair

One of the largest fall fairs in the area
www.ripleyfair.ca
Runs through Sept. 24

25

Pratie Oaten Irish Festival
Moreston Heritage Village,
Grey Roots Museum & Archives
Noon-5 p.m.
www.greyroots.com

30

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

Tiverton Fall Fair

Country Pride, Country Wide
www.tivertonagsociety.com
Runs through Oct. 2

12th annual Hiking Festival

Hosted by the Peninsula Bruce Trail Club
Runs through Oct. 2
<http://www.pbtc.ca/festival.html>

OCTOBER

1

Port Elgin Pumpkinfest
519-389-3714 or www.pumpkinfest.org
Runs through Oct. 2

Apple Harvest Craft Show

Meaford Arena and Curling Club
10 a.m.-6 p.m.
www.appleharvestcraftshow.com
Runs through Oct. 2

7

"Walk Into Light" trail walk - Hanover
7 p.m.
To bring hope and break the stigma
for those affected by depression
& other mental illnesses.
www.gb.cmha.ca

8

Apple Harvest Festival
Blue Mountain Village, Thornbury and
Clarksburg
www.appleharvestfestival.ca
Runs through Oct. 10

Kountry Kitchen Bazaar

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

14

Tara Festival of Crafts

Tara-Arran Community Centre
www.tarafestivalofcrafts.com
Runs through Oct. 15

15

Witches in the Woods Haunted Trail

8-10 p.m.
MacGregor Point Provincial Park
Not recommended for children under 12
friendsofmacgregor.org/page/witches-in-the-woods

29

Huron-Bruce Celebrity Hockey Classic

Port Elgin arena
www.celebrityhockeyclassics.com

Shiverton

Tiverton's Halloween Tour of Terror!
Saturday, 7-10 p.m.; Sunday 6:30-9:30 p.m.
519-386-1971

NOVEMBER

11

Remembrance Day celebrations

Check with your local Municipality

18

Kincardine BIA Hometown Christmas

Downtown Kincardine
519-955-0547 or r.clarke@hurontel.on.ca

19

The Christmas Train

Community Waterfront Heritage Centre,
Owen Sound
519-371-3333

25

Christmas in the Country

Sulphur Spring Conservation Area
Grey Rd. 28
saugreenconservation.com/christmas.php
Runs through Nov. 27

Lucknow Santa Parade

7 p.m. Main Street
519-357-8454 **GBK**



RECIPES

An apple a day...

Recipes courtesy
Foodland Ontario

Grey/Bruce is blessed with many apple orchards – from as far south as Ripley to as far north as Thornbury, locals can take a bite out of a crisp, farm fresh apple every fall. Although perfect off the tree, try these recipes as well.

APPLE BURRITOS

Ideal for dessert, as an after-school snack or to take on the road to a soccer practice. For small children, use small flour tortillas, filling each with about ¼ cup of the apple mixture.

INGREDIENTS:

- 2 tbsp unsalted butter
- 6 apples, peeled if desired and cut into thin slices
- 1 tsp cinnamon
- ¼ tsp ground ginger
- 1 tsp cornstarch
- 3 tbsp maple syrup
- 4 large flour tortillas, preferably whole grain

Topping:

- 1 tsp butter, melted
- 1 tsp granulated sugar

Additional fillings (optional): Dried cranberries, raisins, granola, toasted coconut, chopped nuts or chocolate chips.

Additional toppings (optional): Honey, frozen vanilla yogurt or ice cream.

DIRECTIONS:

In large skillet, melt butter over medium heat. Add apples, cinnamon and ginger; stir until apples begin to soften, about three minutes. Stir cornstarch into maple syrup until dissolved. Add to apple mixture, stirring constantly until boiling and thickened, about two minutes.

Divide apple mixture among tortillas, placing in row on bottom third of each. Roll bottom of tortilla over filling; flip sides over then roll up tightly to enclose. Place seam side down on baking sheet.

Topping: Brush tops with melted butter; sprinkle with sugar. Bake in 425 F oven until crispy, about 15 minutes. Serve warm or at room temperature, sliced diagonally in half with additional toppings if desired.



BREAKFAST GRANOLA BARS

Make your own granola bars full of carrots, apples and oats. Good for breakfast or lunch boxes, or anytime you need a high-energy treat. Instead of nuts, substitute dried cranberries, coconut or chocolate or butterscotch chips.

INGREDIENTS:

- 2 cups quick-cooking rolled oats
- 1 cup all-purpose flour
- 1 cup grated carrots
- ½ cup diced apples (skin on)
- ⅓ cup each roasted unsalted sunflower seeds and toasted chopped walnuts
- 2 tsp ground cinnamon
- ¼ tsp salt
- 1 egg
- ½ cup canola oil
- ⅓ cup liquid honey and packed brown sugar
- 1 tsp vanilla

DIRECTIONS:

Line a 13 x 9 inch baking pan with foil, leaving two-inch overhang at each end; grease foil.

In large bowl, combine oats, flour, carrots, apple, sunflower seeds, walnuts, cinnamon and salt. In medium bowl, whisk egg, oil, honey, sugar and vanilla until blended. Pour over dry ingredients and mix until thoroughly combined.

Spoon mixture into prepared pan, press firmly into an even layer with a spatula. Bake in 375 F oven for about 30 minutes or until lightly browned around the edges and firm to the touch. Let cool completely in pan on rack. Using foil overhang as handles, remove from pan and transfer to cutting board. With large knife, cut into bars. Store covered in the refrigerator.

Tips: Freeze-wrap bars in an air-tight container. Thaw at room temperature for 15 minutes or pack frozen into lunch box. **GBK**

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Irwin at 519-524-0101 or email
amy@greybruceboomers.com.
www.greybruceboomers.com



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- **Locate** child care programs near home/work.
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