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FALL 2017 • Volume 7 Issue 3 • greybrucekids.com

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FROM THE PUBLISHER

Though summer felt short, fall still the best

Yet again summer felt short, and, I admit, it was too chilly and rainy for my liking. On the plus side, I made sure to take advantage of the beautiful, sunny days we did have, making them that much sweeter.

The turning of the calendar isn't all bad news either because fall is, by far, my favourite season, so I welcome it with open (although sweater-covered) arms. Growing up on a farm that featured a small apple orchard and roadside market, on Hwy. 21 south of Kincardine, fall was always our busiest season, as the apples were harvested. This fall marks the first year in a quarter century I won't be helping my parents on the home farm, as they are enjoying their first year of retirement. Had 15-year-old me knew I would one day miss all the work that goes into an apple harvest, she'd be floored, but fresh apples off the tree just can't be beat, regardless of how much work it takes to put them in your hands. I wish my parents, Roger and Gail Farrell, a well-deserved retirement!

We've put together another fantastic issue of Grey-Bruce Kids for you. We're excited to share a Kincardine family's safari experience in Africa. The Carney family's amazing photos will entice you to start saving for this once-in-a-lifetime trip. Also, we're thrilled to feature an article about the importance of mentoring, both Dwight and I having been involved with Big Brothers, Big Sisters organizations for many years as an employee, board member and Big Brother. Mentors truly are an important part of a youngster's lives. This issue also has a great deal of information about pediatric physiotherapy as well as dyslexia.

Welcome to our new advertisers and a sincere thank you to our ongoing advertisers, readers, writers, distributors and supporters. We strive to be a true community publication and it's only with your support we can be the premier publication for local parents and caregivers. Please continue to support those represented in our magazine by keeping your spending local as much as possible!

And enjoy all the amazing sights, tastes and events our area provides this fall!

Amy Irwin, Publisher

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TALES from TOTS

YOU NEVER KNOW WHAT THEY'LL SAY NEXT

We interviewed the Munchkin group at the Davidson Centre's Summer Camp in Kincardine, and asked them some fun questions.

What do you think is in outer space?

Ivy – Aliens.
Miriam – The planets.
Michael – Friendly green aliens.
Kayden – Jupiter.
Araluen – The sun and pink aliens.
Hendrik – The moon and the sun.
Lennon – Planets. They are all the way up there.
Ryann – The Earth and Mars.
Lily – Jupiter, Pluto, Mars, Earth. I don't think there are any more.
Sam – Astronauts.
Zoey – I don't know.
David – It's up high, a big place where everything floats.
Susanna – It's in the sky, the moon, the sun, planets and stars.

What do you dream about when you sleep?

Ivy – Playing at the playground.
Miriam – Lots of stuff – all good stuff.
Michael – Scary dreams with snakes.
Kayden – Candy piles and I eat all of it.
Araluen – Good dreams with rainbow-coloured swimming fish.
Hendrik – My nightmare about the movie 'The Diary of the Wimpy Kid.'
Lennon – I dream about nothing.
Ryann – I dream about my dreams and then I forget them.
Lily – Space.
Sam – Lightning McQueen.
Zoey – Princesses.
David – Nightmares about creepy critters that scare me, and ghost knights who are the strongest ghosts ever.
Susanna – Outer space.


If your pet could talk, what would it say?

Ivy – Ruff, ruff, ruff.
Miriam – I don't have a pet.
Michael – Dexter, my big black dog would say, "Dog food please."
Kayden – They talk about outer space.
Araluen – My cat Sully would say, "Different food please."
Hendrik – My cat Finn says, "Meow."
Lennon – Ruff and meow.
Ryann – My cat Benny Boo says, "Can you feed me?" He likes food.



Lily – I have one ladybug and she would answer all my questions.
Sam – My dogs Cally and Stogie would say, "You're weird."
Zoey – My dog Max says "Ruff" and "I love you" when he kisses me.
David – Felix the cat, he just talks like a cat. He just talks to Mommy because I can't do things for him. You have to be six for him to talk to you.
Susanna – "We want food."

What does love mean?

Ivy – When you get hugs.
Miriam – Love is love – like caring.
Michael – Hugs.
Kayden – That you love someone because you're married to them.
Araluen – I don't know.
Hendrik – When you play together.
Lennon – Hugs and kisses.
Ryann – Love is when someone loves you so much by giving you hugs and kisses.
Lily – That means that you love your mom, your aunts and your pets and you love your camp leaders and give them gifts.
Sam – Kissy.
Zoey – That you're best friends.
David – Hugs and kisses and saying, "I love you."
Susanna – When you hug or kiss someone. 

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Developing a child's gross motor skills



Children need to be physically prepared for Kindergarten

By Stephanie Sollazzo

My first baby is now approaching four years old and will start Junior Kindergarten this year.

I have enjoyed my time with him at home but can feel myself ready for him to take the next leap in his learning. I am all the things Moms are before their baby starts JK – nervous for him to take the bus, wondering if he will have any friends in his class, hoping that he gets a teacher that is good with active little boys

with minimal attention span, feeling certain that by Friday he is going to be exhausted without a nap, and wondering what to do if he has an accident or doesn't eat his lunch.

I am reminiscing about his first year and how quickly milestones are met. In that first year, whether we were at the grocery store or the doctor's office, the questions always related to motor development; how old was he when he started rolling, sitting, and walking?

Now in preparation for JK, most people ask me if he is potty trained, can count to 10 and do his ABCs. Rarely, if ever, do people ask how coordinated his running pattern is, how high he can jump, if he can kick a ball straight, walk a line, or stand on

one foot. But those are the questions I ask as a physiotherapist.

Kindergarten readiness can mean many things; for the most part it includes identifying colours, shapes, the alphabet, numbers, communication, fine motor skills and social-emotional development. Less focus is on gross motor skills and whether the child is ready to keep up with their peers physically. Don't get me wrong, I think communication, social-emotional development and problem-solving skills are greatly important for how my child and every child will perform, and I ask those questions too.

We have all been hearing about the effects of too much screen time on brain development, and this definitely leads to less time working on gross motor skills. In fact the Canadian Sedentary Behaviour Guidelines put forth by the Society for Exercise Physiology (csep.ca) recommends screen time for preschool-aged children (two to four years) be limited to under one hour per day. I know I am guilty of turning the TV on to be able to get a few chores done and during meal prep, but I do try to stay within these guidelines, or at least balance it out with outside play.

The Canadian Physical Activity Guidelines (csep.ca) recommend preschoolers accumulate at least 180 minutes of physical activity a day, progressing toward at least 60 minutes of energetic play by age five.

Here are some things a child should be able to do by four years of age:

- Catch a ball from five feet away with both hands.
- Throw a small ball overhead in the direction of a person in front of them at least six feet.
- Climb up a ladder and slide down a slide without help.
- Hop on one foot without losing their balance, five times.
- Jump forward on two feet at least 20 inches.
- Balance on one foot for at least five seconds.
- Stand on their tiptoes for at least three seconds.
- Walk up and down stairs alternating feet.
- Walk backwards for four feet.

(Adapted from the Ages and Stages Questionnaire-3 and Peabody Developmental Motor Scales-2)

You can easily work on these skills in your own home. There are also many opportunities in the community to expose your children to gross motor challenges and learning to play with other kids, which in turn develops their communication, problem-solving and social-emotional skills. The YMCA has family drop-in times where balls, slides, and bikes are readily available in the wide-open gym. The Early Years Centres also have daily playgroups, including parachute play and outdoor programming.

Swimming is also a fantastic way to work on gross motor skills and coordination. Find a drop-in time at your community's pool or visit one of many splash pads throughout the region.

If you're looking to work on balance, coordination and climbing skills the numerous parks in each municipality in Grey/Bruce



offer great opportunities and challenges for children of all ages.

To make practicing gross motor skills fun for a child of Kindergarten age, do it together. See who can stand on one foot the longest pretending to be a tree or a flamingo. Walk along a curb pretending not to fall into the crocodile-infested water below. Climb up the slide backward if you dare! Skip to my loo! Dance like nobody is watching. All these things work on balance, coordination, endurance and agility.

If you have any concerns about your child's gross motor development, talk to your child's health professional, teacher, coach or schedule an appointment with a pediatric therapist.

Perhaps I am a little biased, and work more on the physical than the fine motor, math and spelling, but I do feel like my four-year-old is ready for JK. The question is, am I? [GBK](http://gbk.com)

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MENTORING

It can change a youth's life

By Gillian Andrews

A mentor is the hand holding the back of a two-wheeler; a cheer from the stands letting them know you are there; the gentle advice about a problem at school... it all adds up for youth.

A mentor can be a family member, coach, teacher or neighbour. A mentor is any adult willing to be present and engaged in a youth's life, even if for a short time.

Kids glean mentoring from any positive adult in their lives. A mentor builds confidence so kids can reach further and advance past what might otherwise be impossible.

Since mentoring changes the course of young lives, it can change the future of communities by making them better places to work, live and thrive. It can lead to a reduction in poverty and unemployment, to safer schools and neighborhoods, and to a renewed optimism for growth.

How can a seemingly small gesture add up to these huge rewards?

It's the intertwining of social, health and economic policy that creates the environments that affect child health. Improving the broader health and well-being outcomes for children, youth and families is an important element of Health Canada's mandate, and it is contingent on the involvement of a wider range of partnerships because of the complexity of the issues and the need for preventative – as well as immediate – solutions.

According to the Public Health Agency of Canada, evidence indicates that key factors which influence population health are income and social status; social support networks; education; employment/working conditions; social environments; physical environments; personal health practices; coping skills; healthy child development; biology and genetic endowment; health services; gender; and culture.

The most fundamental determinant of health for children and adults alike is poverty. Inequalities are Canada's Number 1 health problem, and yet it is a problem that health care alone is powerless to overcome. Canada has experienced a significant rise in poverty over the past several decades and, moreover, a number of trends suggest income inequality may rise higher, while social mobility could decline, in the years ahead.

INCREASED RISK

Over 13 per cent of Canadian children live in poverty, compared to 11 per cent across the 35 'economically advanced countries',¹ and one-in-five Canadian children is born or lives in a single-parent home.²

Children from single parent homes are at higher risk of:

- growing up in poverty
- facing emotional and behavioural problems
- poor physical health
- strained parental and peer relationships
- poor academic achievement
- disengagement from school

Children who live in poverty are at increased risk of falling

behind on many health outcomes. All children deserve the support, resources, and opportunities they need to reach their full potential.

HOW DOES MENTORING HELP?

The National Human Services Assembly identified mentoring as a key support to enable individuals to break out of the cycle of poverty.³ Each step up the socio-economic scale, the better the health, language skills and well-being of the population.⁴ In fact, every \$1 invested in mentoring for the most economically disadvantaged populations returns \$23 to society.⁵

Investing in youth mental health and providing community support in the form of caring interactions between adults and youth is a highly recognized 'protective factor,' one that may be more amenable to intervention than other types.⁶ Caring adults provide young people with a sense of belonging, acceptance, empowerment and connection, factors that are known to foster mental health and emotional well-being. However, in any given year, one-in-five people in Canada experience a mental health problem or illness, with a cost to the economy well in excess of \$50 billion.⁷

MENTORING AND THE MODERN YOUTH

Mentoring can also impact the physical and mental health of children. In fact, 80 per cent of adults who had a mentor said

Did you know?

- Suicide accounts for 24 per cent of all deaths among 15- to 24-year-olds,⁸ while 70 per cent of mental health problems have their onset during childhood or adolescence.⁹
- In the 2013 report from the longitudinal study commissioned by Canadian Institutes of Health Research titled, 'A Longitudinal Analysis of the Impact of Big Brothers Big Sisters Community Match programs on the Health and Well-Being of Canadian Children,' numerous positive outcomes were identified for children who have had a mentor versus children who had not.

The study showed:

- Girls who were mentored were half as likely to be depressed.
- Boys and girls were two times and three times less likely to have social anxiety, respectively.
- Girls and boys were half as likely to exhibit conduct problems, with boys showing a significant reduction in hyperactivity.
- Mentoring is identified as a, "Structured and trusting relationship that brings young people together with caring individuals who offer guidance, support, and encouragement aimed at developing the competence and character of the mentee."¹⁰



they pursue healthy lifestyles today.¹¹

Physical activity and healthy eating habits are part of the solution regarding overall physical health, and healthy relationships and the reduction of stress, especially during developmental years, are key factors to childhood success. In addition to providing education and positive roles models, mentoring (characterized by sustained support, guidance, concern and encouragement) also promotes healthy relationships and positive social development.

BULLYING WILL ALWAYS HAPPEN

A growing mental health concern for youth is bullying. Bullying is not going away; in fact Canada has the ninth highest rate of bullying by 13-years-olds on a scale of 35 countries,¹² and, with technological advancements, cyberbullying is a growing issue. The implications of bullying and cyberbullying are very serious as male victims are five times more likely to be depressed, while females are over three times more likely, than their non-bullied classmates.¹³

Research also suggests the effects of bullying do not disappear

with time. Individuals who were formerly bullied were found to have higher levels of depression and poorer self-esteem at the age of 23, despite the fact that, as adults, they were no more harassed or socially isolated than comparison adults.¹⁴

Children who bully may turn into adolescents who sexually harass, become involved in delinquent or gang-related behaviours, or engage in date violence. As adults, these same individuals may display harassment in the workplace or may commit spousal, child or senior abuse.¹⁵

Mentoring programs improve a young person’s ability to connect with family and peers, which builds their resilience and guards against bullying. It impacts both the individual and their close circle, and strengthens the community as a whole.¹⁶ Girls with a mentor are four times less likely to bully than girls without a mentor,¹⁷ while mentored boys are also two times less likely than non-mentored boys to develop negative conducts like bullying and fighting.¹⁸

MENTORING = IMMEDIATE RESULTS

- Students who meet regularly with their mentors are 52 per cent

less likely than their peers to skip a day of school and 37 per cent less likely to skip a class.

- Girls are 2 ½ times more likely to be confident in their ability to be successful at school.
- Boys are two times more likely to believe that school is fun and that doing well academically is important.

MENTORING = SAFER SCHOOLS

- Girls are four times less likely to bully, fight, lie or lose their temper.
- Boys are three times less likely to suffer peer pressure-related anxiety.
- Boys are two times less likely to develop negative conducts like bullying, fighting, lying, cheating or losing their temper.

MENTORING = FUTURE SUCCESS

- 63 per cent have post-secondary education.
- 17 per cent more likely to be employed.
- 13 per cent higher earnings—\$315,000 over their lifetime.
- 47 per cent hold senior leadership positions.¹⁹

WHERE TO START?

Mentoring can happen organically within a family, or in pursuit of an activity an adult enjoys in a coaching or teaching capacity. It can be part of a career, and it can also be facilitated by organizations in your community. A quick browse of social services available to your area (www.211ontario.ca) will provide another opportunity to get involved.

Every adult has the ability to make a difference in a child’s life just by being present and engaged. With all the benefits to be had for youth and communities alike, why not give it a try? GBK

GILLIAN ANDREWS is the Executive Director and Mentoring Coordinator of Big Brothers Big Sisters of Kincardine & District. Learn more about the organization at www.bigbrothersbigsisters.ca/kincardine/en/Home/default.aspx.

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FAMILY

OUR AFRICAN ADVENTURE



● All photos courtesy the Carney family.

By Shaun Carney

Traveling to Africa with three children might seem like a daunting task for any parent, but we knew we had to seize the opportunity as we may never have the chance again.

The timing was perfect. Our oldest was not yet in high school, hockey was done and we were heading there in the dry season. This meant there was significantly fewer spiders, scorpions, mosquitoes and spitting cobras to contend with, and flights to our starting point, Johannesburg, South Africa, were actually somewhat reasonable.

Most importantly, we saw the value of such a trip and the impact it would have on us as a family.

Increasingly, we are putting more priority into ‘doing’ as opposed to ‘having,’ which was inspired by my late mother-in-law, Janet. Her life – and the realization that things don’t always go according to plan – were one of the main catalysts in our choosing to travel to Africa this past June.

Janet, mother of four and a physiotherapist who owned her

own successful clinic in Kincardine, had her time cut short by a degenerative brain disease called PSP. She was in her early-50s when she had to give up her clinic, and other things we take for granted like driving and, eventually, independent living. All of her plans to enjoy retirement as a grandmother with the ability to travel the world on a whim, suddenly were not an option any longer.

She passed away at the age of 59, leaving us with fond memories and the urge to take every opportunity to experience life as a family.

So, why Africa? Well, for obvious reasons, there are the animals – loads of animals – and a safari is an incredible way to see them interact with each other and their environment. In addition to the wildlife, it was opportunity to show our children that Africa and her people are no different than us. Our kids’ perception of Africa is based on the news, which portrays her as a place of war and famine. Yet, as my children would learn first-hand, it is quite different than that.

We found an area in the northwest province called the Madikwe



Game Reserve. This is one of the only reserves that’s malaria-free. This was the biggest safety factor in the decision to go because I was not interested in pumping my kids with malaria drugs and then worrying that they might not work.

Next we chose a safari lodge. There are over 30 lodges in the area, but only a few offer family cabins that have room for five. Ours was self-contained with a fireplace, indoor and outdoor showers, large deck and a plunge pool. The food was another concern, as most children aren’t really interested in fancy, five-star meals that these lodges offer, but ours had a perfect kids’ menu with things kids like to eat, and they were so accommodating they would often make whatever you requested anyway.

At Madikwe Safari Lodge, all of your food, drinks and game drives are included so there is no need to



worry once you are there.

Accommodations aside, the best part of a trip like this is the experience of watching animals in the wild. I will never forget the expression on my five-year-old daughter's face the first time she saw a group of elephants.

A TYPICAL DAY

At 6:30 a.m. you head from your cabin to the main lodge for coffee and a light breakfast, usually consisting of pastries and local fruit. Then you load into the safari vehicle at 7 a.m. and tour around until 10 a.m. with a stop for coffee and a snack in the bush. These small stops were very popular with the kids as they were able to get out and explore a little and have some hot chocolate. Once back at the lodge, we would have a full brunch and then head to the main pool, where we'd lounge and swim from 12:30 p.m. to 3:30, when it was time to have another snack and head out for the evening game drive and bush drinks. Dinner would be served upon our return around 7 p.m. and there were always lots of local dishes prepared.

The quality of the food is five-star, every night, and we got to experience new foods and flavours.

GETTING THERE

The largest time change – six hours – was on the way to Europe, and, since this trip was all about maximizing our experience in Africa, we decided to spend three days in Paris on the way to Johannesburg. This allowed us to get settled to the new routine at our pace as opposed to being obligated to the schedule of the safari.

We did not book anything for the first day because we didn't know how the kids would react to suddenly being six hours into the future! This allowed us to explore the streets of Paris, take a river boat cruise on the Seine, and make our way to the very top of the Eiffel Tower. Our kids are in French Immersion at school and so they were familiar with some of the history, sights and language.

To my surprise, the flight prices were the same whether we spent three hours in Paris or three days. The only additional cost



would be accommodation and food. We discovered a perfect three-bedroom apartment right near the base of the Eiffel Tower. It had its own kitchen, dining and living rooms and balconies that overlooked the famed tower. We could come and go as we pleased and it had lots of space so everyone could breathe after the flights.

The kitchen also allowed us to keep the costs down and have a few meals at home. The restaurants in Paris are great and plentiful, but after a while you get tired of eating out for three meals a day and spending \$80 to \$100 at breakfast.

After three days in Paris, it was time to move on to our ultimate destination. I had spent some time trying to determine the best time of day to make the 10 ½ hour flight with 12, nine and five year olds. Would it be better in the morning or at night? Three of our four flights were at night, departing between 7 p.m. and midnight. This allowed the kids to get settled and sleep for most of it, but if your child has a hard time sleeping, I

● PICTURED AT RIGHT: Shaun and Melanie Carney, of Kincardine, took their children Taylor, 12, Cameron, 9, and Jordan, 5, on an epic safari in South Africa earlier this year. Joining them in the photo is their guide (middle back).



would recommend day flights.

The entertainment on the planes was superb with a lot of programs to keep them engaged, and, for our one flight during the day, it was greatly appreciated.

ARRIVING IN SOUTH AFRICA

Landing on the tarmac in Jo'burg we all felt a sense of adventure and we soon realized this trip would change our perception of Africa. There are some serious issues in the country, with violent crime on the rise, while uncontrolled immigration from the north has put a serious strain on resources. Unemployment is at a 13-year high at 27.7 per cent, and crimes of theft are common in certain areas, so we made an effort to stay clear when in the city. Our trip was about rural Africa, while Cape Town and the Garden Route will perhaps be part of a return visit.

After eight amazing nights in the bush, I wanted to treat ourselves to a couple of nights in Sun City, South Africa, at the Palace of the Lost City. This is the location where the Adam Sandler film 'Blended' was shot and the amount of detail and

opulence was such a contrast from where we had just spent the past nine days. A pianist gently played while we navigated a massive buffet breakfast featuring quail eggs, a waffle bar and every imaginable breakfast meat. The service was something that I imagine of a time 50 years ago.

Finally, it was time to make the long journey home, but first we stopped in Amsterdam. Like Paris, we needed to make a stop through Europe to continue, and so I chose Amsterdam. Our oldest daughter had been reading the Diary of Anne Frank, and this was reason enough to make the choice.

All of the standard European city attractions apply to Amsterdam with its museums, restaurants, bronze statues of army generals on horseback and, as our youngest put it, "lots of skunks," as that is all she could smell. **GBK**

SHAUN CARNEY and his wife Melanie are Kincardine residents who enjoy travelling with their family and spending time outdoors, experiencing all the world has to offer.

DYSLEXIA

Could this common learning disability be why your child struggles with reading?

By Linda Soehner

Some of you will be sending your children to school for the first time in September.

You assume, since he or she is bright, intelligent, happy and willing to take on all the challenges that school has to offer, Junior and Senior Kindergarten will go well; and most times it does. However, for some students, Grade 1 will not be easy. Your happy child may not be so happy. Then your teacher reports your child is not keeping up with their peers in reading.

Being a diligent parent, you work with him at home and may notice some of the following problems:

- He may have been a late talker and may have speech problems, a stutter, or he may mispronounce words (aminal for animal).
- He may have poor sound/symbol relationships and is not able to decode (by the beginning of Grade 1, he should know the sounds and the names of all the letters of the alphabet).
- He may disregard punctuation altogether.
- He may read over small words (the, a, as).
- He may omit the endings of words (fish/fishes, show/showed).
- He may substitute words that have a similar meaning, but are phonetically not at all the same (large/huge).
- He may confuse similar looking abstract words (form/from).
- He may have trouble telling the difference between letters that can reverse either horizontally or vertically (d/b, p/b, w/m, n/u).
- His spelling may show confusion in letter order and sequencing.
- He might have poor comprehension, which is usually more severe in oral reading than silent reading.

These kinds of reading mistakes are peculiar to dyslexia, and are not usually made by children who are slow, disinterested, emotionally disturbed or undereducated.

The writer Dorothy van den Honert described dyslexia as, "Poor reading and spelling in a bright person with nothing else wrong." It is an invisible learning disability – no one can see why these children struggle – but they do. Yet, the word 'dyslexia' is not commonly used in schools.

Anyone can have dyslexia, but researchers believe it runs in families. Conservative estimates suggest that between five- and 10 per cent of the population are dyslexics. The condition also knows no bounds, occurring in all the world's countries.

WHAT CAN YOU DO?

Firstly, let's rule out the obvious. Have your child's ears tested to make sure he can hear perfectly well. Secondly, have your child's eyes checked to ensure they are healthy, working together, and he can see well enough to read. The audiologist and the optometrist might recommend auditory/visual processing testing. This may be useful, but it can be expensive, so unless you have coverage, I would leave this until you have more information and believe it is necessary.

WHAT CAN THE SCHOOL DO?

Once you believe your child shows the symptoms of dyslexia, you must act to ensure he will read to his intellectual potential. Don't let anyone tell you to 'wait and it will come,' because it won't.

Ask the teacher to prepare an Individualized Educational Plan (IEP) for your child, so that he will reach his potential more easily. By this time, the special education teacher should be involved. The next step would be to request a speech and language assessment, which will give you important information about the way he processes language.

If things are still not progressing, involve the principal and request an Identification, Placement and Review Committee (IPRC), and be sure to do this before he goes to high school, in order to be declared an 'exceptional student' and have additional accommodations put in place. A psychological assessment is necessary to proceed to IPRC, and it will show areas of strengths and weaknesses for your child. This assessment is language-based, which should immediately highlight your child's weakness. If he is dyslexic, he will do very poorly, and that will point out all his problem areas.

Unfortunately, this assessment seeks to provide an IQ by adding up all his subtest scores and averaging them, and, as a result, his IQ may be really low. This can mean that someone who only considers your child's IQ may misplace him, so make sure the declaration of exceptionality is not in the area of 'intelligence,' but in the area of a 'communication disability.'

Dyslexic children can be taught how to read at their grade levels, but they will need a program designed specifically for them. It should be geared to phonics and phonemic awareness, with many strategies to enhance memory and learning.

Your bright child needs to be able to read at his grade level in order to learn and to be successful in school, and you will need to be his advocate throughout his school career.

So what happens if he doesn't get help?

These children know they are bright and should be able to succeed in school, yet no matter how hard they try, they cannot make it happen. Research shows that children who fail to meet their potential suffer from low self-esteem, may bully others or be bullied, and may have run-ins with authority figures and the law.



IT IS NOT ALL DOOM AND GLOOM

However, these children can be extremely funny, quick-witted and creative. Many famous people have been dyslexic (Walt Disney, Leonardo Di Vinci, John Kennedy, Tom Cruise, Pete Rose and a whole host of others). Many entrepreneurs and other 'outside the box thinkers' owe their success to dyslexia.

I have already trodden the path you will tread. My enthusiastic, confident boy became insecure and frustrated with school. He was diagnosed with Attention Deficit Hyperactivity Disorder (ADHD) – 40 per cent of dyslexics show these symptoms – and he became somewhat of a behavioural problem at school. He was in the French Immersion Program until high school, and he did not meet his true potential once there. Fortunately, he was accepted into the University of Guelph to study Biological Sciences, and he was one of the first to enter the new Learning Disabilities Program.

It was a hard road that led to his graduation with an Honours B.Sc. in Biological Sciences, and he now has a very good job and a happy life. **GBK**

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LINDA SOEHNER, B.A., M.Ed. (NILD therapist), is a Reading and Special Education Specialist. She is a Past Principal with the Avon Maitland Board of Education and is founder of the charities 'Reading Rescue Ontario,' and 'Reading Rescue Online,' which teach struggling readers to be successful. Learn more at readingrescueontario.ca.



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www.fonl.ca info@fonl.ca 519-376-1440 ext. 1225

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202 Cayley Street
Walkerton, ON, N0G 2V0
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 or info@auditoryhealthcare.ca

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 Wednesday and Friday
 9:00 am to 3:00 pm

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- AED Training and CPR (Levels A, C & HCP)

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JANINE DONALDSON | Red Cross Training Partner
 519 444 8164 | homefrontfirstaid@gmail.com

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Apply for Kids & Us child care with OneList
www.onehsn.com/Home/Childcare

Contact us:
 519-986-3692 ext. 5 or 1-800-265-9107
 Visit www.kidsandus.ca



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Science Show • Annual Craft Fair

Visit greyroots.com or call 519-376-3690 for more information!

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

Hanover Family Health Team

RN/Certified Lactation Consultant
519-506-4348
www.hanoverfht.ca

La Leche League Canada

Referral Service: 1-800-665-4324
Hanover/Walkerton - 519-364-3316
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.sbgchc.on.ca

CHILD CARE

Acorn Montessori

705-606-1642
Thornbury

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

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)

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

Hanover Family Health Team

Registered Dietitian
519-506-4348; www.hanoverfht.ca

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

Conseil Scolaire Catholique Providence

(French Catholic School Board)
1-888-768-2219; www.cscprovidence.ca

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

Owen Sound - 519-376-4449
www.bigbrothersbigsisters.ca/bbowensound
Kincardine - 519-396-3565
www.bigbrothersbigsisters.ca/kincardine

Bruce Grey Child and Family Services

1-855-322-4453; www.bgcfcs.ca

Bruce Grey Mentorship

504 10th St. Suite 2, Hanover
519-506-5065; www.brucegreymentorship.ca

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

RESOURCES

Markdale and District Food Bank
519-986-3094

Meaford Food Bank
519-538-4550

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

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

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.hanoverfht.ca

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

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

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

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

Huron Shores Foot Clinic - Kincardine
Orthotics, footcare, podiatrist, 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@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

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 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
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; 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/1PjTS1D>

ONLINE SUPPORT

www.211.ca

www.pathwaysawareness.org

www.mentallyfit.ca

www.shelternet.ca
Directory of women's shelters across Canada

www.targetyouth.ca

www.thehealthline.ca

www.wesforyouthonline.ca

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.makeawishswo.org
London, ON 



• Victoria Jarvis, of Durham, is involved in many school and community activities.

A leader in the community

Victoria Jarvis is an amazing student who attends Spruce Ridge Community School, in Durham, where she is heavily involved in school and community events.

“Her accomplishments include being a member of student council, school soccer team, hockey, swimming, lunch monitor, recipient of multiple school character assembly certificates and speaker at school assemblies,” said Dorothy Oberle, a teacher at Spruce Ridge, who nominated Victoria as this issue’s Cool Kid.

“She is also actively involved in the Fall Fair, and was recently recognized for her submission to Health Care Heroes to promote her local hospital.”

Victoria also assisted with a food drive at Crawford United Church, and collected and donated books to ‘Books With No

Boundaries’ through her classroom’s ‘Nobody Project.’ These books were then distributed to remote areas of Ontario and poverty-stricken areas around the world, Dorothy added.

Victoria, who exchanged her hockey skates for curling shoes last season, was also nominated for the Ontario Community Newspaper Association’s Ontario Junior Citizen of the Year Award in 2016.

“Victoria accepts a challenge and always finishes what she starts. She demonstrates leadership, responsibility, honesty, integrity and caring.

“Victoria is the change you want to see in the world,” her teacher said. **GBK**

FALL EVENTS

SEPTEMBER

1

Kincardine Fall Fair
www.kincardineagsocietyfallfair.com
Runs through Sept. 3

6

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

7

Owen Sound Fall Fair
519-371-1720 or www.owensoundfallfair.com
Runs through Sept. 9

10

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

15

Lucknow Fall Fair
519-392-6151 or www.lucknowagsociety.ca
Runs through Sept. 17

Wairton Fall Fair
Runs through Sept. 16
wairtonfallfair@gmail.com

Owen Sound Ribfest
Bayshore Community Centre
www.bwgeventsgroup.org
Runs through Sept. 17

16

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

Wild for the Arts Festival
10 a.m.-4:30 p.m.
MacGregor Provincial Park, Port Elgin
http://friendsofmacgregor.org
Runs through Sept. 17

24

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

28

Sydenham Agricultural Fair
East Ridge Community School, Owen Sound
10 a.m.-3 p.m.
www.sydenhamfallfair.com

29

Ripley Fall Fair
www.ripleyfair.ca
Runs through Sept. 30

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

30

Port Elgin Pumpkinfest
www.pumpkinfest.org; 519-389-3714
Runs through Oct. 1

Apple Harvest Craft Show
Meaford Arena and Curling Club
10 a.m.-6 p.m.
www.appleharvestcraftshow.com
Runs through Oct. 1

OCTOBER

4

Mid-Autumn Moon Celebration
Grey Roots Museum & Archives
7:30-9:30 p.m.; tickets at the door.
www.greyroots.com

6

Tiverton Fall Fair
www.tivertonagsociety.com
Runs through Oct. 8

7

Apple Harvest Festival
Blue Mountain Village, Thornbury, Clarksburg
www.appleharvestfestival.ca
Runs through Oct. 9

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

13

Tara Festival of Crafts
Tara-Arran Community Centre
www.tarafestivalofcrafts.com
Runs through Oct. 14

14

Witches in the Woods Haunted Trail and
Camping Weekend
MacGregor Point Provincial Park, Port Elgin
Haunted trail runs 8-10 p.m., Oct. 13-14. Trail
not recommended for kids under 12.
519-389-6231; www.friendsofmacgregor.org

14

Shiverton
Tiverton’s Halloween Tour of Terror
Saturday, 7-10 p.m.; Sunday, 6:30-9:30 p.m.
519-386-6463
Runs through Oct. 15

27

Halloween Hoopla
Bruce County Museum & Cultural Centre
Southampton
1:30-3 p.m.; cost is \$8
www.brucemuseum.ca

Huron-Bruce Celebrity Hockey Classic
Port Elgin arena
www.celebrityhockeyclassics.com

Spooky Bruce Tours at Walkerton Jail
6-9 p.m.; www.bruce150.ca
Runs through Oct. 29

28

Halloween Super Science Show
Grey Roots Museum & Archives
www.greyroots.com

Night at the Bruce County Museum
8 p.m.-8 a.m.; www.brucemuseum.ca

Halloween in Lakeside Downtown Kincardine
11 a.m.-2 p.m.
r.clarke@hurontel.on.ca

NOVEMBER

11

Remembrance Day across Grey/Bruce
Check with your local municipality for info

17

Kincardine BIA Hometown Christmas
519-955-0547 or r.clarke@hurontel.on.ca

18

Festival of Northern Lights
Harrison Park, Owen Sound; 5-11 p.m. daily
Runs through Jan. 7

Owen Sound Santa Claus Parade
10 a.m.; www.owensoundsantaparade.com

24

Christmas Cards Now & Then
Bruce County Museum & Cultural Centre
Southampton
1-2:30 p.m.; cost is \$8
www.brucemuseum.ca

Christmas in the Country
Sulphur Spring Conservation Area
Grey Rd. 28
www.saugeenconservation.com
Runs through Nov. 26

Lucknow Santa Parade
7 p.m.
519-357-8454

25

Ripley Parade of Lights and Skate with Santa
7 p.m.
519-524-0101

29

Preschool Holiday Fun
Bruce County Museum & Cultural Centre
Southampton, 10-11:30 a.m.
Cost is \$8
www.brucemuseum.ca **GBK**



RECIPES

Comfort food

Recipes courtesy Foodland Ontario

As the weather turns cooler and the leaves take on their golden hues, thoughts turn to comfort food. Try these recipes to beat back the oncoming chill.

TURKEY POT PIE WITH TEA BISCUIT CRUST

INGREDIENTS:

- 2 potatoes, peeled and cubed
- 2 carrots, peeled and sliced
- 1 large onion, chopped
- ¼ cup chicken broth
- 2 cups cooked turkey or chicken, cubed
- 1 cup mushrooms, quartered
- 1 cup frozen green peas, thawed
- 1 can cream of chicken soup (or celery, mushroom)
- ¼ tsp dried thyme leaves
- 1 ½ cups tea biscuit mix
- 2 tbsp fresh parsley, chopped (or 1 tbsp dried)
- ⅓ cup milk
- Pinch of black pepper

DIRECTIONS:

In eight-cup, round, microwavable, heatproof casserole dish, combine potatoes, carrots, onion and chicken broth. Cover and microwave at high for 10 to 12 minutes or until vegetables are almost tender, stirring twice during cooking. Stir in turkey, mushrooms, peas, soup, thyme and pepper until evenly combined, smoothing top. Set aside.

In small bowl, combine biscuit mix and parsley; stir in just enough milk to make a soft, sticky dough. Turn out onto floured surface and knead six to eight times. Roll or pat into circle to fit casserole. Place dough on filling (don't worry if it falls apart, just pat it together). Cut a few steam slits in the topping.

Bake in preheated 400 F oven until top is golden brown and filling is bubbly; about 20 to 25 minutes.

Let stand five minutes before serving.



MUSHROOM TURKEY MEATLOAF MUFFINS

INGREDIENTS:

- 1 lb mushrooms, sliced
- 1 lb ground turkey or chicken
- ½ cup onion, finely chopped
- ½ cup dry bread crumbs
- 1 egg
- 2 tbsp soy or teriyaki sauce
- 2 tsp fresh gingerroot, grated
- 4 garlic cloves, minced
- 2 tbsp vegetable oil
- 1 large onion, sliced

DIRECTIONS:

Finely chop enough mushrooms to yield 1 ¼ cups, and set remaining mushrooms aside.

In large bowl, gently combine chopped mushrooms, turkey, chopped onion, bread crumbs, egg, 1 tbsp of the soy/teriyaki sauce, ginger and half of the garlic. Divide the mixture evenly between 12 muffin cups, pressing down lightly. Bake in 350 F oven for 25 to 30 minutes or until juices are clear. Let stand for five minutes before removing from pan.

Meanwhile, in large skillet, heat 1 tbsp of the oil over medium heat. Cook the sliced onion, stirring often, for about five minutes or until lightly browned. Add the remaining oil and reserved mushrooms; cook, stirring for seven or eight minutes. Stir in the remaining soy sauce and garlic, and cook for 30 to 45 seconds.

Serve over meatloaf muffins. **GBK**



Trusted by more than 1080 families last year!

Program sites throughout Grey and Bruce

Full Day Child Care (18 months to 5 years)

School Age Child Care (JK to 12 years)

YMCA of Owen Sound Grey Bruce Child Care

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

Certified Playing to Learn Curriculum provider. **Playing to Learn** lets your child grow at their own pace in a safe, fun environment.

Learn more: ymcaowensound.on.ca

Give your child a head start with FRENCH IMMERSION

LEARNING a SECOND LANGUAGE helps DEVELOP COGNITIVE and LANGUAGE SKILLS, while OPENING DOORS to FUTURE CAREERS!

Registration for current 3 year olds who begin school in September 2018 takes place this October and November.

Kindergarten French Immersion is offered at these Bluewater schools:

Dawnview Public, Hanover
 Elgin Market Public, Kincardine
 Hepworth Central Public, Hepworth
 Port Elgin-Saugeen Central, Port Elgin
 East Ridge Community, Owen Sound
 St. Vincent-Euphrasia Elementary, Meaford
 Macphail Memorial Elementary, Flesherton



Visit www.bwdsb.on.ca/instructional_programs/kgtn or contact your local French Immersion school for more information.



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 2018?

Attending the 2017 Let's Learn Kindergarten Registration is **the best way to register your child for 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 2017 schedule.

Website
letslearnbrucegrey.com

Facebook
facebook.com/letslearnbrucegrey



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Bruce County Residents



Grey County Residents



www.greycountychildcare.ca



Call 1-888-722-1540 if you require assistance with your OneList application.