

GREY • BRUCE KIDS

A FREE MAGAZINE FOR
PARENTS AND CAREGIVERS

FALL 2018 • Volume 8 Issue 3 • greybrucekids.com

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Fall travel

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Our sponsors are a huge support to the Adventure Passport every year and we'd like to say thanks! Walkerton Toyota, Ontario Power Generation, Mix 106.5 and 98 The Beach are our gold level sponsors for 2018 and we just can't say enough good things about them. We'd also like to give a special shout out to our prize sponsors, see what you can win at passport.explorethebruce.com.

FROM THE PUBLISHER

Keep exploring this fall

Yet another amazing Grey/Bruce summer has come and gone. It seemed to be the perfect mix of just hot enough, with all the sunny days explorers and beachgoers needed to be happy, and just the right amount of rain at just the right time to keep the farmers happy too.

Our family had a fantastic summer, spending time camping, at the beach, and many evenings and weekends at local ball diamonds, as both kids played this year. Our girls also took in a couple of day camps, our oldest started babysitting a day a week (where did that time go?), and they experienced their first non-family wedding, where they danced the night away.

The experts are saying it's supposed to be a beautiful fall, weather-wise, perfect for continuing to embrace all Grey/Bruce has to offer. This issue has my family's story about how exploring and travelling doesn't have to end as soon as summer does, and as life seems to get so much busier in October, we think it's important to embrace travel in the September shoulder season. Our family is travelling in the fall again this year, heading to the Greek Islands when most kids are back in school.

In this issue, we also profiled the new Children's Safety Village, just outside of Hanover. This is going to be a fantastic resource for local schools and community groups, to help teach children safety in all aspects of their life, in a fun and interactive environment.

We also have an educational article about your children's teeth and what to look for as they age, an article with tips for inclusive play, and a piece about easy meal planning now that lunchboxes need to be filled again.

As always, our gratitude goes to our contributors, advertisers, distributors and you, our reader! Thank you for continuing to help make Grey-Bruce Kids magazine the go-to source of local information for local parents.

I hope the first weeks of back to school/work/daycare go smoothly for your family this fall!

Amy Irwin
Amy Irwin, Publisher

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FALL 2018

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TALES from TOTS

YOU NEVER KNOW WHAT THEY'LL SAY NEXT

We asked the Munchkin group at Kincardine Davidson Centre's Day Camp some fun questions. Here is what they had to say.

Pretend you're a chef at a restaurant, what foods do you serve?

Owen – Kraft Dinner, macaroni and cheese.

Morgan – Pizza.

Jackson – Pizza, grilled sandwiches, ham and cheese sandwiches, and I like eating pizza buns and pancakes, cereal, sausages and eggs, and that's it.

Michael – Pepperoni pizza and mashed potatoes.

Jason – I would cook pizza and some muffin mix and steak.

Lennon – Meat – pink meat. I wanna be a pizza man.

Luke – A chicken taco.

Colton – French fries and hamburgers.

Owen – Kraft Dinner, soup and sandwiches.

Noah – I would make blueberry pies and strawberry pies.

Grayson – I would make mini muffins.

Evalin – Chocolate cake.

Cai – Macaroni and cheese, pizza, and stuff like that.

Jack – Chocolate pizza.

Jack – I'd make good food.

Jordyn – Pizza, like Hawaiian, coffee and wine.

Ben – Potatoes and pancakes.

Nash – Pepperoni pizza and hotdogs.

Koden – Cheese pizza and some desserts, and, for after, cake.

What makes your family special?

Owen – When they make dinner for me.

Morgan – Hugs are the best.

Jackson – Because Mommy and me cuddle.

Michael – My dad plays little Lego with me every day.

Jason – Because we are all nice to everyone.

Lennon – When we go to Storybook Park.

Luke – That my family loves each other.

Colton – Going on a trip, like when we went to the Toronto Zoo and I got to sleep at a hotel.

Owen – Being kind to others.

Noah – They take me fishing.

Grayson – When we give each other love.

Evalin – Buying my Mama a ring and going to the beach.

Cai – When my Mom gets new puppies but she's never going to get one.

Jack – Because we go to the park.

Jack – After every supper we have a little treat.

Jordyn – Spending time together.

Ben – It's because my Dad takes me to the park and Mom



cleans my bedroom for me.

Nash – When we go to the park.

Koden – The first thing is when I play at a park with my whole family, I think that's special.

What's the funniest thing you've ever seen?

Owen – A clown.

Morgan – Don't know.

Jackson – A cow pooing, right in front of my face.

Michael – My Dad's jokes, he's really funny at jokes.

Jason – Me doing funny jokes.

Lennon – Funny pranks on TV.

Luke – I don't think I have a funny thing.



Colton – Seeing my brothers fighting in the house. We used to do that in my bed, but I pushed them off.

Owen – Seeing a deer drinking a beer.

Noah – I saw a big pike fish jumping over the river onto the grass.

Grayson – It was the funniest thing when I saw a seagull poop. He pooped on my dad's head.

Evalin – A clown.

Cai – A clown doing cartwheels.

Jack – When my friends tell me jokes.

Jack – When my little sister puts her pants on her head.

Jordyn – When my brother and mom tell me jokes.

Ben – The funniest thing I have ever seen is a clown.

Nash – When my Dad puts me on his shoulders and says something funny.

Koden – I forget.

If you opened a store in downtown Kincardine, what would you sell?

Owen – Everything.

Morgan – Toys and Play-Doh.

Jackson – Playsets to play outside.

Michael – Ice cream and French fries and cake.

Jason – Some candy, like chocolate and lollipops.

Lennon – Some tomatoes, and I would also be an ice cream man.

Luke – A couch, a chair and that's all.

Colton – Chocolate cookies.

Owen – A boat and a canoe.

Noah – I would sell bikes and canoes.

Grayson – I would sell submarines.

Evalin – I would sell Baby Alive dolls.

Cai – I would sell tons of things, like Power Rangers and Bumblebee's garage.

Jack – Chocolate pizza.

Jack – Toys like robots.

Jordyn – Fork, knives, spoons and coffee.

Ben – Some potatoes.

Nash – I would sell one of my baby books because I don't need them any more.

Koden – A big car and a picture of something I can make all by myself. **GBK**



A 100-year smile

By Janelle Shouldice

They're just going to fall out, right?

A common misconception about primary or 'baby' teeth is that they aren't important because the permanent or 'adult' teeth will eventually replace them.

Yet we shouldn't downplay the importance of good oral hygiene

at a young age, as these are the integral years for building healthy habits with both nutrition and self-care.

The ultimate goal is to keep our primary teeth as happy and healthy as possible, as they will hold the space and foundation for the permanent teeth to erupt (grow in). Premature loss of the primary teeth because of large cavities or infection will affect the amount of space the permanent teeth have to line up straight,

leading to complications like malocclusion (crowding).

Proper mouth care and healthy teeth, free of discomfort, in both children and adults, are fundamental in chewing our food effectively, speaking clearly and, most importantly, smiling with confidence.

When should good oral hygiene start? As soon as possible – effective oral hygiene starts at birth. After feeding, wipe the gums with soft cloth or gauze to clear away bacteria and debris. This teaches our children early in life the importance and frequency of mouth care, with the ultimate goal being habits adopted early in life, and self-starters recognizing the need to care for their mouth as they grow.

Parents should aim to have their child drinking from an open cup by their first birthday. Sippy cups are still OK occasionally for convenience – I'm a mom too, I get it! But an open cup aids in tongue and speech development, while constant use of sippy cups can encourage just that – constant sipping and constant exposure to acidic environments if they contain anything more than simply water. Research suggests that when children are used to drinking water at a young age they are more likely to continue this throughout adulthood, as most eating preferences are set by the age of four. So, please, never put a child to bed with anything other than water. Frequent pooling of liquids around teeth while sleeping (aside from water) increases the risk of cavities.

Once the first tooth is visible, brushing with a soft-bristled, infant-sized brush may begin – ideally twice per day. Wet the



BRUCE COUNTY

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bristles with water, or, if living in an area without water fluoridation, a rice-sized smear of fluoridated toothpaste may be used. This is a great time to begin teaching how to spit out the excess paste.

After your child is able to effectively clear their mouth of toothpaste, around age six on average, the toothpaste amount may be increased to a pea-size.

Effective toothbrushing should take about two minutes. A timer may be helpful, or listening to a favourite song could help pass the time, ensuring all surfaces of the teeth are cleansed – and don't forget the tongue!

Incorporate flossing or floss sticks once most of the primary teeth are erupted (around 18 months) or if the back molars are touching. Flossing once per day is ideal, most importantly before bed. Toothbrush bristles cannot effectively clean between the teeth, so floss sticks can dislodge debris and inhibit cavity and gingivitis-forming bacteria from growing and multiplying.

After age three, parents must still supervise and assist as manual dexterity is still developing until around age nine. This can be encouraged by simply checking their work with one more lap around all tooth surfaces with a toothbrush.

Don't forget to change their toothbrush every three months (earlier if bristles are bent) or even after sickness. Let your child pick out their brush and flossers to allow them to take ownership and get excited. Having a daily sticker chart can be encouraging too with a prize after a month of daily brushing and flossing.

There doesn't have to be discomfort or pain to indicate a potential problem. We can screen our children monthly, simply by lifting the lips to assess the enamel appearance and along the gumline. Chalky white lines can indicate the early and irreversible signs of a cavity. Fuzzy, removable plaque can indicate areas being missed with homecare, and brown-black spots can indicate an immediate concern like cavities or infection.

When your child is five or six years old their teeth will begin to come loose or wiggly. Let your child wiggle the tooth until it falls out on its own. This will minimize the pain and bleeding associated with a lost tooth. Try not to let the wiggly tooth stick around too long though. A wiggly baby tooth indicates the permanent tooth is growing in underneath it. As it grows, the

Lift the Lip to check baby's teeth



Babies can get cavities as soon as teeth appear. Help keep your baby's teeth healthy.

- Clean baby's teeth daily.
- Lift the lip once a month to look at teeth and check for early cavities.
- Never put baby to bed with a bottle that has anything other than plain water in it.
- Avoid constant sipping from a bottle or a sippy-cup during the daytime—it can cause cavities!
- Visit the dentist by age one.

Parents should check baby's teeth once a month to look for signs of tooth decay.

Stage 1 Very Early Decay



White chalky areas around the gum line. **It can be reversed, if found early.**

Stage 2 Decay



Brown areas or decayed spots along gumline. **Requires dental treatment.**

Stage 3 Severe Decay



Spots continue to expand and tooth structure can be lost. **Can result in tooth loss.**



Source: <https://www.publichealthgreybruce.on.ca/Portals/0/Images/OralHealth/EarlyCD3.jpg>

permanent tooth dissolves the roots of the baby tooth making it loose and eventually, if the baby tooth isn't removed, could wear the new one like a hat! You can only imagine the hiding places for bacteria under that baby tooth, and this puts that brand new tooth at risk for a cavity as it cannot be properly cleansed.

VISIT THE DENTIST

Children should visit their dentist every six months. If this is not financially achievable, you may qualify for one of the Grey Bruce Health Unit programs like Healthy Smiles Ontario, which aids children in having access to dental care.

Regular checkups are important. Your child doesn't need to have pain to be in the dental chair. The skilled team in a dental office are there to encourage and educate your children on their oral health, and the dentist exam can screen for less invasive treatment if needed, not necessarily just cavities.

A dental hygienist will also clean and polish the teeth if needed,

with the possibility of a recommended fluoride treatment depending on their risk for cavities.


If cavities or gum disease are left undetected and untreated it can lead to serious infections, and also affect the permanent teeth forming under the gums. Pain can hinder eating and affect overall health, interrupt sleep and interfere with the ability to learn and stay attentive at school.

You can encourage good dental health for your child by helping them choose healthy, low-sugar snacks instead of sweetened snacks, drinks, and candy. For example, give your child cheese and crackers with a glass of milk instead of offering cookies and juice or sports drinks. Juices contain much more sugar than simply eating fruit or vegetables. Older children can chew gum sweetened with xylitol, which prevents cavities, instead of sugar, which promotes cavities.

Cavities can develop when sugar-containing foods are allowed to stay in the mouth for a long time. Bacteria that live on the teeth feast on these bits of food and can eat away at tooth enamel. Saliva washes away the acid between meals, but if your child is always eating, there may not be time for this acid to get washed away by saliva, especially foods that are sticky, starchy, sweet and difficult to brush out of the pits and grooves in their teeth.

Remember a healthy smile for life begins with just two minutes, twice a day. As caregivers, it's our job to be a role model and encourage healthy habits for a lifetime of healthy, confident smiles. Healthy teeth set the course for healthy smiles – for life.

SOURCES

- www.publichealthgreybruce.on.ca/Your-Health/Dental-Health/Preventing
- CDHO.on.ca- daily oral health tips for babies and toddlers
- ODHA.on.ca/wp-content/uploads/2016/08/ODHA-Facts-children.v2.pdf
- Colgate.com 

JANELLE SHOULDICE is a Registered Restorative Dental Hygienist at Georgian Family Dentistry in Owen Sound. She also volunteers on the executive committee of the Huron Grey Bruce Dental Hygienists Society. Learn more at GeorgianFamilyDentistry.com.

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EarlyON Child and Family Centres in Grey County

EarlyON Centres offer children, parents and caregivers a friendly environment that fosters positive learning with a wide range of quality programs and services to help your child reach their full potential. Early years professionals can provide support, advice, and helpful resources. Programs are free and are designed especially for children up to six years old. Activities include painting, drawing, building, creating, reading, storytelling, singing and more.



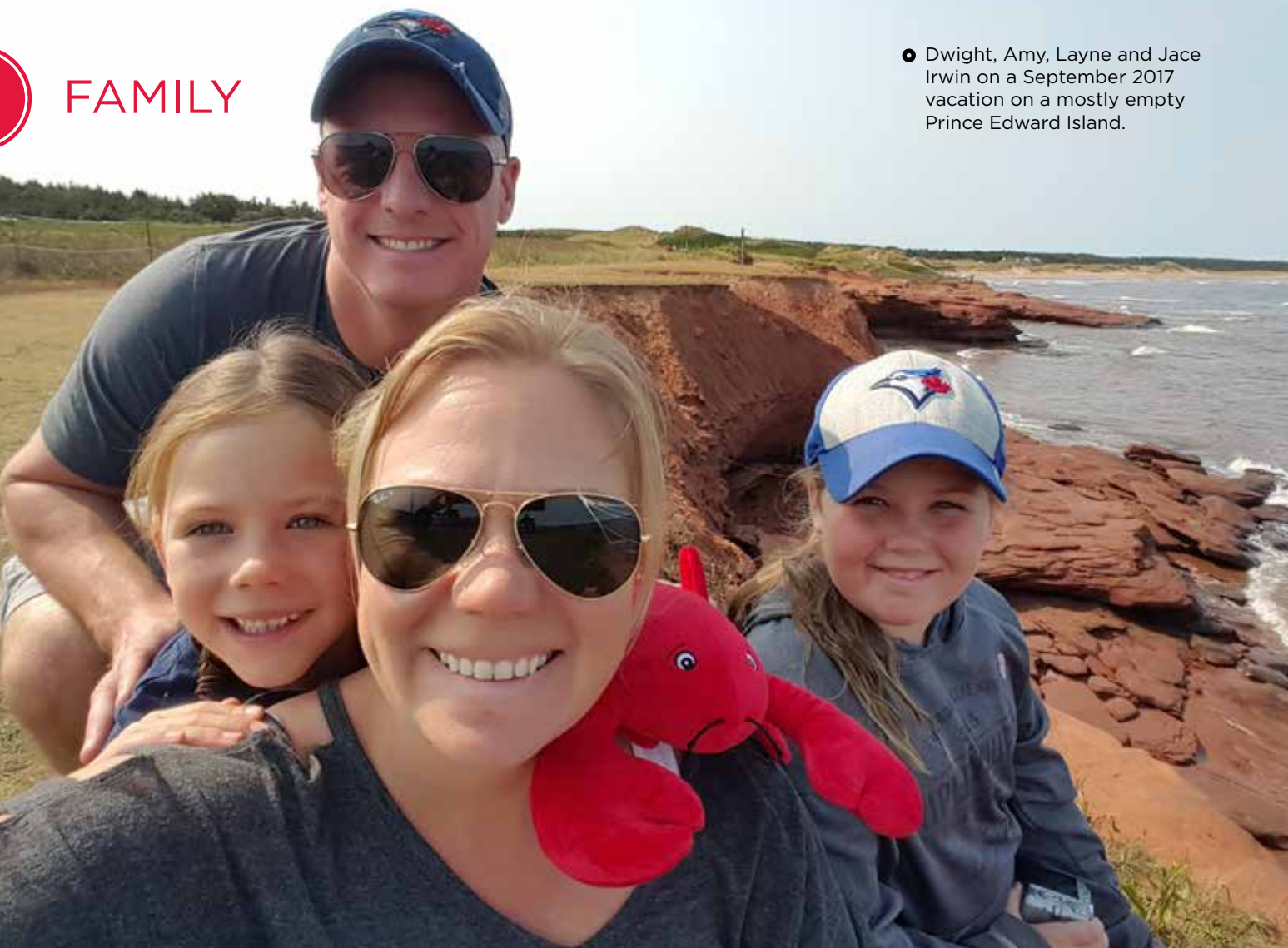
EarlyON locations and program calendars can be found online at Grey.ca/Childrens-Services.



EarlyON
 Child and Family Centre

Learn more & discover an EarlyON location at Grey.ca/Childrens-services.

- Dwight, Amy, Layne and Jace Irwin on a September 2017 vacation on a mostly empty Prince Edward Island.



Stretching out summer

With July and August being so busy, try taking a holiday in the fall

By Dwight Irwin

School. Hockey try-outs. 4-H meetings. Swimming lessons.

With the simple flip of the calendar to September, the times of relaxation that come with a beautiful Grey/Bruce summer become a distant memory, as extra-curricular activities slam into high gear, and nights are again filled with racing kids from one activity to another, before collapsing into bed, only to do it all again the next day.

The abrupt return to 'normal' life in September makes that week or two of holidays you enjoyed in July and August seem almost like they didn't happen. That's why my family has become a proponent of the September vacation. Although my daughters'

teachers may not love them missing the early part of the school year, we have taken September vacations for two years now (Greece in 2018, after this issue's press time) and eastern Canada in 2017. It was not something we had ever considered until we heard of a local family who went to Disney World during the first week of September and had full reign of the (relatively) empty park, when just the week before it would have been filled to the spires of Cinderella's Castle.

So we figured, if you can beat the crowds at Disney of all places, a trip to eastern Canada would be a great idea, because it should still provide the mostly great weather of August without the clogged roads, beaches and restaurants of tourism's high season.

OUR FALL VACATION

Due to work commitments (delivering the Fall 2017 issue of this magazine specifically), we sent the kids to school for the first four days of September, leaving that weekend for Quebec City, while this year we flew to Greece on Labour Day weekend, so

they won't step foot in the classroom until mid-September. In 2017, the girls had no problem catching up upon their return to Grades 5 and 2 respectively, so we'll hope for the same this school year with a mid-September start!

Upon arrival in Quebec City, we discovered, not surprisingly with the recent start of school, most tourists were of retirement age, and many were on organized bus tours. As we chatted with some of these folks (including, because you can't go anywhere without seeing someone you know, my former barber), we could tell they were impressed, and slightly taken aback, that we'd decided to travel after the summer crush. One even commented that travelling in the fall was something they'd never thought to do until they retired and had fewer family commitments.

We were also told that Old Quebec, which was a 15-minute walk from our hotel – the most agonizing 15 minutes of my 10- and six-year-olds' lives if you'd heard their pleas for a taxi when we got slightly sidetracked when gaining our bearings – was essentially empty when compared to late-August, when tourists were fitting in their last-minute vacations.

That meant we had full run of one of Canada's shining stars on the tourist circuit. We had no issues booking the four of us one of Old Quebec's famous Ghost Walks, which the girls found enthralling, sticking close to the heels of the guide who told spooky stories of the city's early days. I'm sure some of the dozen Boomer-aged folks with us were initially concerned that having kids on the tour might hinder their ability to enjoy their evening, but by the end they had taken our girls – obviously, the only children on the mid-week tour – under their wings.

What could have been one of those times where the kids make me wary about their impact on others because of their enthusiasm for the experience became a learning opportunity for them (and me, to trust them in group settings), as they chatted with other adults who were interested in their story, while we hung back in the group and let them find their place within the group as we walked Old Quebec's cobblestoned streets after dark. I have no doubt, had we been there in high tourist season, older travellers would've had their fill of other peoples' children running underfoot by that point, and they would have been less likely to be interested in, or understanding of, these two girls who commandeered the wonderful tour guide by asking so many questions about Quebec's ghosts, murders, hangings, haunted buildings, and garbage buried under Old Quebec's streets.

Instead, they enjoyed – and encouraged – our girls' inquisitiveness, providing them an even greater experience than we had hoped.

HEADING FURTHER EAST

The next stop on our driving tour would take us to a small hotel in St. Andrew's, New Brunswick, which is on the Bay of Fundy and a major tourist hub at summer's peak. When we arrived, there were still a couple tour buses on the main street, but nothing compared to August we were told. Most businesses were still open, as were the whale watching tour companies stationed on the pier, which overlooked a bay that loses and regains its

water on the world's highest tides every 12 hours.

Again, the town was our playground, as we were the only ones chasing crabs and picking rocks on the ocean floor at low tide, before taking the girls on their first boat ride as our tour chased whales far into the Bay of Fundy. The tour company, which featured a man as the boat's Captain and his daughter – a incredibly personable marine biologist – serving as tour guide, took us far further out into the Bay than normal because of rare humpback whale sightings, something they couldn't have done in high tourist season due to the next tour awaiting their return. Again, the kids were the only youth on board and had the full attention of the guide and captain, which pleased them to no end. The one-on-one attention from a highly educated young woman provided my daughters with a new-found interest in marine biology, especially when she told them of her shark-tagging adventures!

Later in the vacation, when we camped in a nearly empty Bay of Fundy National Park in one of only two yurts that overlook

- Layne and Jace didn't have to fight the crowds to enjoy the spray of Montmorency Falls, which is just outside Old Quebec.





● Scouring the ocean floor for treasures during low tide at St. Andrew's, New Brunswick. Below: Enjoying a peaceful sunset over the Bay of Fundy.



the New Brunswick town of Alma and the constantly shifting tides of the Bay, we sat in empty restaurants on the wharf and enjoyed the freshest seafood dinners imaginable (the kids, of course, also enjoying their chicken fingers and fries). Two or three weeks previously it would have taken reservations to find a table at these eateries, and to get the best view in one of Canada's premier National Parks would've been nearly impossible. We still had to book the yurt months in advance, but had we not targeted that specific yurt, we could've booked a site upon our arrival.

DOWNSIDE TO FALL TRAVEL

As we made our way to Cavendish, Prince Edward Island, which we used as our home base to travel around the entire island over the course of a week, we expected the homeland of Anne of Green Gables to be fairly quiet. Instead, what we found was the island's main destination for family tourism – with Anne's village, and its amusement parks and stunning stretches of beachfront – was mostly shut down. Green Gables was open with limited access, and 'Anne' wasn't walking around greeting visitors as we heard happens in the summer, when families and tour buses descend on this world-famous slice of pure Canadiana.

Fortunately, the kids cared about Green Gables just slightly more than I did, and our visit was less than an hour, and was topped off by my youngest daughter's gift store purchase of 'Pinchy,' a stuffed lobster that had nothing to do with Anne of Green Gables, and yet found its way into most of our pictures for the remainder of the trip.



● Though the real Anne had already started her fall/winter vacation, a visit to Green Gables, in Cavendish, PEI, was still a fun stop for the family.

So, when visiting a one-season tourist destination, landing after Labour Day certainly has its downsides, because you can't fully enjoy what the tourist community has to offer. Yet, as we drove past the quieted amusement park with its bumper cars and Ferris wheel, we realized that we would've spent a full day there doing things that we can do at the Ripley Fall Fair (while spending hordes of money) instead of scouring the rugged edges and endless string of hamlets on the island's east coast that day. Some of our best memories of from that day of just touring.

The warm, but not hot, fall weather meant we weren't going to spend a full day relaxing on the red-sand beaches (though we certainly explored them and the cliffs above), instead opting to take a tour with a lobster boat operator, who was incredibly attentive with our daughters as he taught them (and the six adults on board) how mussels and lobsters are harvested, before teaching them how to fish for mackerel, and then barbecuing our catch on the way back to harbour (the girls even tried a very small piece, their only seafood of the trip).

So, despite the playgrounds and most restaurants of Cavendish being shuttered for the season, it gave us a reason to spend our days truly getting to know the island, with nothing but our sense of adventure leading us to the top of historical lighthouses much shorter than ours in Point Clark, or down random red-dirt roads to dig our toes in the Atlantic, before crashing a southwestern community's Sunday clam bake and music/dance festival on the recommendation of the lady at the nearby bottle-house museum (it's a PEI thing). In fact, I still dream about



Follow along with the *Colouring it My Way* series and learn about why your friends, neighbours, and other locals have chosen to make Grey County home.

ZAK ERB
OWEN SOUND

www.visitgrey.ca/colouring-it

Grey County
Colour It Your Way



- Once again, ours were the only children on a guided tour of Hopewell Rocks, one of Canada's signature tourist destinations.

that clam and lobster lasagna, which is just regular food for those small-town folks, which my addiction to fresh seafood still can't comprehend.

Tourism season sometimes means tourist traps abound. Removing them from the equation allowed us to become better explorers in ways we wouldn't have in July or August.

GIVE FALL TRAVEL A TRY

Upon returning home on highways even more empty of RVs and trailers than when we left, the girls quickly reintegrated into their classrooms, caught up on any work missed (which was minimal if I recall), and went about their school year with great memories of a fantastic family vacation, no worse for the wear.

So when friends tell me they have difficulty finding time to get away in the summer due to work commitments, weddings, weekend events, and nightly baseball and soccer games, I remind them that travel opportunities don't end on Aug. 31, and they

may just find a fall vacation is less stressful and more enjoyable, with fewer other families encroaching on their space, than travelling during peak periods.

Sure, you may not get that photo with the 'real' Anne of Green Gables because she too vacations during low season, but not needing a reservation for Charlottetown's most famous waterfront dinner destination, or having the option to book a last-minute, rainy-day stay at a hotel with a giant waterslide just may outweigh that loss. **GBK**

DWIGHT IRWIN is the Editor of Grey-Bruce Kids, and the husband of Publisher Amy Irwin. They live in Ripley with their daughters, aged 11 and seven. They have begun planting the seeds of a love for travel in their daughters, and will be exposing them to much more in the near future.

*If you have a 3 year old attending one of these schools in 2019, it's time to register for Kindergarten **THIS FALL!***

St. Teresa of Calcutta, Walkerton

October 4 (519) 881-1852

St. Peter and St. Paul's, Durham

October 9 (519) 369-2932

Sacred Heart, Mildmay

October 10 (519) 367-2685

Mary Immaculate, Chepstow

October 10 (519) 366-2731

Sacred Heart, Teeswater

October 16 (519) 392-6854

École Immaculée-Conception, Formosa

October 23 (519) 367-2900

St. Joseph's, Port Elgin

October 24 (519) 389-5495

Holy Family, Hanover

October 25 (519) 364-2760

St. Anthony's, Kincardine

October 25 (519) 396-4330

St. Basil's, Owen Sound

November 7 (519) 376-9370



Visit www.bgcdsb.org. Call your local school to register.

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Meal planning 101



By Kathy Drennan

Preparing and cooking well-balanced, nutritious meals that satisfy everyone can be a real struggle, especially when the kids are at the dinner table.

Trying new foods or even revisiting food your kids have turned down in the past shouldn't have to be a battle either. Here are a few tips and ideas for you to spend less time in the kitchen and keep more money in your pockets.

Having a weekly meal plan is so important for saving you time and money – and, most importantly, your sanity. Even if that plan is just scribbled on a scrap of paper and stuck to the side of the fridge, it will make your mealtime so much smoother because you will know what items you need in the fridge or freezer.

Now, with our amazing modern technology, some of you will go a little more high tech, and download apps and weekly meal plans with grocery lists to plan out your week. Whatever method

you choose, take five minutes each week and make a plan.

For many, simply making it to the grocery store can be a challenge, especially if you have young kids or lead a busy life with sports and activities. Many now use online grocery stores for their shopping, then arrange for a date and time that works with your schedule to drive to the grocery store, make a call, pay for your groceries and have them loaded in the car in less than 10 minutes. This saves you time and usually money because you generally don't add in the extras to your cart. It's truly a win-win!

BACK-TO-SCHOOL BREAKFASTS

Weekday mornings can be hectic. Between wrangling kids, organizing backpacks, and packing lunches – and getting yourself ready too – breakfast can become an afterthought. Make-ahead meals, especially for breakfast, may help you keep your sanity. Overnight oats are very popular, and the ultimate fuss-free, healthy breakfast for busy people on the go. The options are endless – from chocolate and almonds to strawberry-flax seed to mango and honey. Parfaits are another

great on-the-go breakfast. Simply choose your favorite Greek or regular yogurts as your base (plain, vanilla, or strawberry), then clean and prep berries to mix and match throughout the week. Don't forget to top them with your favourite granola, chia or hemp seeds for added fibre and protein.

Make-ahead egg muffins or omelettes are certainly another time saver for breakfast, and they freeze well too. You can make them in a muffin tin and add your favourite items like peppers, tomatoes, ham, and cheese, and bake in the oven at 375 F for 18 minutes.

LUNCHTIME

Now, let's talk lunch. Layered jar salads are a great way to pack a healthy lunch every day and a great solution for school lunches too. Taking time on the weekend or beginning of the week to clean and prepare your favorite veggies, dice-cooked chicken, and pre-cooked pasta or quinoa will have you heading out the door with ease. What if I told you that you can prepare your lunches for the entire week on Sunday in about one hour? And yes, they stay crisp and fresh – when layered in proper order – for the entire week!

For the freshest salads, layer from bottom to top in the following order: salad dressing, hearty and juicy veggies (tomatoes, cucumber, peppers, broccoli), delicate veggies (black beans, chickpeas, carrots, onion, avocado, strawberries), greens (spinach, mixed greens, kale, romaine or iceberg lettuce, cabbage), protein (chicken, fish, hard boiled eggs, tofu), and toppings (bacon bits, cheese, nuts/seeds, granola, dried fruit). Amazing, right?

One-pot meals are also perfect for busy families, and nothing is better than a cook-once-eat-twice, one-pot wonder meal! We're not talking about boring leftovers either. For example, make a double batch of stir-fry on a not-so-busy night. The following day, when you need to be out the door in a hurry for sports or activities, turn the extras from the previous day into fajitas or burritos by adding cheese, salsa, and your favourite toppings.

Another great time saver is to cook a triple batch of Bolognese or spaghetti sauce. It may seem daunting to some, but it really doesn't take much longer to cook three batches, and it saves you hours in the kitchen, time which you would surely better enjoy with your family. Enjoy a great spaghetti dinner on cook day, freeze a batch of sauce immediately in freezer bags or leak proof containers to enjoy in the following couple of weeks, and later that week you can turn the remaining sauce into a yummy pot of chili. The best part of this is you can make extra chili and freeze it too! Talk about a time and sanity saver – in a matter of days, while preparing your daily meals, you have prepared a minimum of two more meals for the weeks to come.

GET KIDS INVOLVED

Did you know one of the greatest life skills you can give your children is the ability to cook? Kids who help in the kitchen at an early age grow up confident in their ability to prepare their own meals. As a result, they're likely to be healthier and make meals from scratch when compared to their peers. When you



engage your kids in planning the meals ahead of time, and put them to work alongside mom or dad, including setting the table, it can be the start of a great, stress-free mealtime.

Meals are more appealing to kids when their food is fun! When kids help with the prep work they're also more likely to take an interest in their meals. Serving smaller portions so it doesn't seem overwhelming to little ones is one of the best tips I can share. Consider how you're presenting food on the plate – make it eye catching, with colourful foods, and by cutting it into fun shapes and sizes. Have you tried making cars or boats for snacks out of apples, raisins and grapes?

Trust me, the kids love them! GBK

KATHY DRENNAN, an Advanced Director with Pampered Chef, offers solutions to your mealtime challenges by creating fun, educational and healthy cooking classes and workshops for busy people looking for ideas for creating a healthier lifestyle, and cooking with ease. Kathy has recently relocated to her home community in Kincardine, with her husband and two sons, aged 9 and 14. Call/text her at 519-525-6220 or visit www.pamperedchef.biz/morethankd or www.facebook.com/kathydrennanpc.



Dr. Manvir Bagri | Dr. Rajiv Gakhar | Dr. Shreya Gakhar
Dr. Cyril Joseph | Dr. Roocha Vyas

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georgianfamilydentistry@rogers.com

Fun with friends

Inclusive play an important part of a healthy childhood

By Amy MacFarlane

Play is one of a young child's most powerful learning tools, and helps to strengthen cognitive and social development.

Play-based learning environments can be a safe, inclusive, and fun way to explore new interests and learn recreational and social skills. It's also a great opportunity for kids to develop coping strategies, self-regulation tools, explore anti-bullying strategies, and make new friends!

HOW CAN WE BE INCLUSIVE?

Different children will have different strengths and abilities when it comes to recreational and social interaction. Identifying children's needs, abilities and strengths, and then applying the appropriate tools and strategies, can help remove barriers to participation, ensuring that all children feel included.

Visual tools, which can be created using simple pictures, can be used by parents to easily communicate important points, and simplify daily or impending activities. These are particularly useful for children who have difficulties with receptive language skills.

A 'First and Then' tool is often an effective way to create a basic direction for a child without overwhelming them with multiple details:

First – We are going to get dressed.
Then – We will go outside to play.



Focusing on one item at a time can be very helpful for children who are anxious about new environments or who are unable to process a lot of information at once.

Other behaviour strategies can include:

- being an active listener
- creating rules and routine
- being fair and consistent
- fostering a sense of belonging in the play environment
- being aware of your proximity to the child by lowering your own energy and providing space
- offering individual feedback and reinforcement

These tools and strategies can be especially helpful for children who are experiencing barriers to participation because of anxieties, sensory concerns, disabilities, or mental health, and they can have positive results on children of all ages and abilities. Inclusive play environments can help decrease anxiety and create a sense of security. Using receptive, accessible language also encourages participation and nurtures independence and self-esteem. By creating inclusive play and learning environments, we allow children of all abilities to enjoy the benefits of active play, and guide them in developing an understanding of important concepts like empathy, diversity, and acceptance.

Community programming – such as 'Chlöe's Friend Den, A Recreational Respite Program' – can be another way for your child to safely discover new interests and activities, while learning more about empathy, emotions, and real-world skills like cooking and problem solving.

This type of innovative programming has a positive impact on the participants and the community as a whole by creating a culture of inclusion and engagement. Encouraging meaningful connections between children with barriers to participation and those without, as well as between their parents and caregivers, helps us all to be active participants in community life.

'Chlöe's Friend Den - A Recreational Respite Program' runs from Sept. 29 to Dec. 1 at Grey Roots Museum & Archives (greyroots.com). For more information about it or other Recreational Respite Programs, contact Amy MacFarlane at amy.macfarlane@recrespice.com or 1-877-855-7070. **GBK**

AMY MACFARLANE, Founder and CEO of Recreational Respite, is passionate about community education in the areas of accessibility, leadership, and inclusion. She would love to do more in Grey and Bruce, her home community where she lives with her partner Eric, two fantastic kids, and Brog, the family golden retriever. Learn more at www.recrespice.com.

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www.brucepower.com

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TEACHING SAFETY

CHILDREN'S SAFETY VILLAGE TO HELP KIDS PREVENT INJURIES

Injuries are the leading cause of death for children in Canada – and almost all of them are considered preventable. That's why a team of dedicated volunteers have spent a decade bringing the Saugeen Valley Children's Safety Village to life.

"Hundreds of Canadian children die each year, and thousands more suffer life-changing injuries that could have been prevented," said Marilyn Rosner, President of the Saugeen Valley Children's Safety Village, which is located at Sulphur Springs Conservation Area, just south of Hanover. "The Children's Safety Village is an innovative and interactive educational safety facility that is designed to aid in the elimination of preventable childhood injuries and death."

The Safety Village will offer children hands-on safety programs where they'll learn practical skills and attain essential knowledge to make a difference in their lives and the lives of others. Safety programs will include fire, road, bike/scooter, Internet, bus, farm, and outdoor recreational, as well as anti-bullying and personal safety components.

"The interactive safety training programs will provide children with the practical skills and knowledge they'll need to react in emergency situations."

WHERE CANADA RANKS

For being one of the leaders of the developed world, the report 'Reaching for the Top,' by the Advisor on Healthy Children and Youth, found Canada lags behind our peers in caring for children. Of the 29 countries studied, Canada ranked 21st for child well-being, including mental health; 27th for obesity; and 22nd for preventable childhood injuries and death.

The study formed three fundamental conclusions:

- Canada is doing surprisingly poorly when compared to other countries in measures of the health and wellness of children and youth.
- We must invest in the health and wellness of our children and youth in the same way that we invest in infrastructure, science or technology. Indeed, Canadian children and youth are the future, and they are also fundamental to the nation's economic success in an ever-more competitive world.



• Children will learn about fire safety in 'Sparky's Apartment.'

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www.fonl.ca info@fonl.ca

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Hallowe'en Good Grief Tours • **New Exhibit**
Peeling Back the Layers: Apples in Grey County •

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

- There's a new fire chief in town, thanks to the Saugeen Valley Children's Safety Village.



- Canada has the potential – and the ability – to be the Number 1 place in the world for a child to grow up, from a health perspective. It is a nation that has grown strong because of great goals and bold plans.

SAFETY VILLAGE COMPONENTS

The Children's Safety Village highlights two main components – the Admin Building and the Miniature Village. The Admin Building includes a fire/paramedic classroom, which includes 'Sparky's Apartment,' and features a demonstration kitchen, bathroom and evacuation bedroom; a conference room; and a 'Peace Room,' which will house an interactive empathy display in honour of 10-year-old Myles Neuts, who lost his life to bullying.

The Miniature Village is a child-sized town that will include scaled-down buildings; roadways with a roundabout, operating traffic lights, and traffic signs, which children will travel through with battery-operated toy jeeps, and on bikes, scooters, and foot;

a resource centre; a farm safety zone; and other interactive sites.

Programs will focus on schoolchildren from Kindergarten to Grade 6, while additional community safety events are available for children, youth, adults and seniors throughout the year. There will be no charge for schools that attend the Safety Village. It is also accessible for all children with physical and mental challenges.

"It is estimated that 10,000 children per year will participate in interactive, hands-on safety programs provided at the Safety Village," Marilyn said.

THE PROJECT'S BEGINNINGS

In 2007, Bruce Power's Off-the-Job Safety Team visited the Chatham-Kent Children's Safety Village, and the dream to bring a life-saving facility to the area was founded. Since then, a board of directors and organizing committee has been formed, and includes representations from school boards, police services, fire departments, EMS, service organizations, and engaged

What Is Peace?

Written by Myles Neuts - March 25, 1997
just months before his death at 10 years old

To me peace is love instead of hate
Peace is truth instead of lies,
Peace is nature and a clean world,
Peace is comments instead of complaints
So share instead of greed,
Tell the truth instead of lies,
Tell comments instead of complaints,
Be kinder to others,
Do what ever you can do to be more peaceful,
If it means praying to God more,
Or read more of the Bible,
Don't swear or fight,
Just be more peaceful
To yourself, and to others,
I hope my poem has made you more peaceful,
For our world.
- Myles Neuts

community citizens. The Children's Safety Village was incorporated in 2009/10 and gained non-profit charity status.

Fundraising and sponsorship opportunities were then introduced for local businesses and citizens, and, in 2015, a central location for Grey and Bruce counties was established at the Sulphur Springs Conservation Area, in an agreement with the Saugeen Valley Conservation Authority. The location, in the Municipality of West Grey, is just south of Hanover.

Then, in 2016, extensive renovations occurred to the Admin Building, while construction of the Miniature Village got underway.

While further development of the Safety Village continues, with the organization still accepting corporate and private donations, it is expected to open to schools and the public later this fall. To learn more about the Saugeen Valley Children's Safety Village or to discuss sponsorship opportunities, visit www.saugeenvalleycsv.ca or contact Marilyn at marilyn.rosner@bmts.com or admin@saugeenvalleycsv.ca.

Left: Myles Neuts, who died after he was hung on a coat hook at school in 1997, wrote this poem, which is featured in the 'Peace Room.' The room also features safety coat hooks to ensure children's safety.



The OSCVI Community Auditorium, located in East Ridge Community School hosts a variety of events year round. For more information please visit www.bwdsb.on.ca/CONED/Auditorium/Events

Beginner Driver Educations courses are being offered at a number of secondary schools.

Please visit www.bwdsb.on.ca/CONED/driver_ed for a complete list of locations and course schedules.

If you are wanting to find space for new programs for the upcoming school year, gym space may be available. To book classroom space or if you have questions regarding use of any of the Bluewater District School Board locations please contact the permit coordinator at 1-800-661-7509 ext 2007 or email at kris_klages@bwdsb.on.ca.

Visit our website at bwdsb.on.ca/CONED



Engaging Programs for Your Family!

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October 20, 8:00 p.m. - October 21, 8:00 a.m.

Halloween Hoopla
October 26



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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 - Kabaeshiwin 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
mfrf.meaford@sympatico.ca
www.mfrfmeaford.com

Meaford Co-operative Nursery School

519-538-3854

Nawash N'Shiime Day Care Centre

519-534-3909
Neyaashiinigmiing (Cape Croker)

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

Warton Kids Den Day Care/Kids Club School age Program

519-534-4434

Warton 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, Warton
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; holmlesley@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
Warton - 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 habitos@bmts.com
www.habitatgreybruce.com

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

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

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

HEALTH CARE

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

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

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

Collingwood General and Marine Hospital
705-445-2550 or www.cgmh.on.ca

ConnexOntario Help Lines
Free, confidential, 24-7 helplines via phone, webchat or email
Drug and alcohol - 1-800-565-8603
Gambling - 1-888-230-3505
Mental health - 1-866-531-2600
www.connexontario.ca

Grey Bruce Health Services (hospitals)
Lion’s Head - 519-793-3424
Markdale - 519-986-3040
Meaford - 519-538-1311
Owen Sound - 519-376-2121
Southampton - 797-3230
Warton - 534-1260
www.gbhs.on.ca

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

Hanover and District Hospital
519-364-2340/info@hdhospital.ca
www.hdhospital.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

Physiotherapy III - Pediatric Physiotherapy Healing Waters Clinic
318383 Grey Rd 1,
Owen Sound;
519-370-2333; healingwaters@physio3.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.marinerrail.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.

Pine River Moms
519-389-7136; jill.ricica@gmail.com.
Thursdays during school year, info on FB

EarlyON Child and Family 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 (East Ridge) - 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
519-986-1247
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@sbgbyouthliteracy.org
www.sbgbyouthliteracy.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 **GBK**

FALL EVENTS

SEPTEMBER

1

Explore the Bruce Adventure Passport

Visit spots throughout Bruce County
www.explorethebruce.com
Runs through Oct. 30

Kindergarten Registration

Bluewater District School Board
Visit www.bwdsb.on.ca for dates and times

Kindergarten Registration

Bruce Grey Catholic District School Board
Visit www.bgcdsb.org for dates and times

5

Saugeen Shores Fall and Winter Leisure Fair

Rotary Hall at the Plex, Port Elgin
6-8 p.m.; 519-832-2008

6

Owen Sound Fall Fair

Family friendly activities for all ages
www.owensoundfallfair.com
Runs through Sept. 8

9

Paisley Fall Fair

Rotary Park
519-353-5559; www.paisleyfair.com

14

Lucknow Fall Fair

519-392-6151 or www.lucknowagsociety.ca
Runs through Sept. 16

Owen Sound Ribfest

Bayshore Community Centre
Live music, rib cook-off and more
www.ontariofestivalgroup.com
Runs through Sept. 16

Wild for the Arts Festival

MacGregor Provincial Park, Port Elgin
10 a.m.-4:30 p.m.
http://friendsofmacgregor.org
Runs through Sept. 16

15

Autumn Harvest Festival

Nature's Millworks, Paisley
naturesmillworks@bmts.com
Runs through Oct. 14

16

Terry Fox Run

Check with your municipality for details
www.terryfox.org

21

Sweetwater Music Festival

Owen Sound and Meaford
sweetwatermusicfestival@gmail.com
www.sweetwatermusicfestival.ca
Runs through Sept. 23

28

Autumn Leaves Studio Tour

30 artists exhibiting at 18 studio locations
www.autumnleavesstudiotour.ca

Ripley Fall Fair

One of the largest fall fairs in the area
www.ripleyfair.ca
Runs through Sept. 29

Meaford Scarecrow Invasion

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

Port Elgin Pumpkinfest

www.pumpkinfest.org
519-389-3714
Runs through Sept. 30

Apple Harvest Craft Show

Meaford Arena and Curling Club
10 a.m.-6 p.m.
www.appleharvestcraftshow.com
Runs through Sept. 30

30

Pratie Oaten Irish Festival

Moreston Heritage Village,
Grey Roots Museum & Archives
11 a.m.-4 p.m.
www.greyroots.com

Owen Sound Salmon Celebration

Mill Dam and Fish Ladder, Owen Sound
www.owensoundtourism.ca

OCTOBER

5

Tiverton Fall Fair

www.tivertonagsociety.com
Runs through Oct. 7

6

Apple Harvest Festival

Blue Mountain Village, Thornbury and Clarks-
burg
www.appleharvestfestival.ca
Runs through Oct. 8

Kountry Kitchen Bazaar

Pine River United Church, Hwy. 21, south of
Kincardine
11 a.m.-1 p.m.
519-395-5371; pineriverchurch@hurontel.on.ca

12

Tara Festival of Crafts

Tara-Arran Community Centre
www.tarafestivalofcrafts.com
Runs through Oct. 13

13

Witches in the Woods Haunted Trail

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

20

Night at the Museum

Bruce County Museum & Cultural Centre
8 p.m.-8 a.m.
www.brucemuseum.ca

26

Grey-Bruce Celebrity Hockey Classic

Port Elgin arena
www.celebrityhockeyclassics.com

Halloween Hoopla

Bruce County Museum & Cultural Centre
www.brucemuseum.ca

NOVEMBER

3

By Our Hands

Nature's Millworks, Paisley
www.naturesmillworks.com
Runs through Dec. 23

11

Remembrance Day

Check with your local municipality

17

Festival of Northern Lights

Enjoy the beauty of the holiday season from
5-11 p.m. daily with more than 300 light dis-
plays twinkling in Harrison Park and along the
banks of the Sydenham River in downtown
Owen Sound.
www.festivallights.ca
Runs through Jan. 6

Owen Sound Santa Claus Parade

10 a.m.
www.owensoundsantaparade.com

23

Christmas in the Country

Sulphur Spring Conservation Area, Grey Rd.
28
saugreenconservation.com/christmas.php
Runs through Nov. 25


24

Lucknow Santa Parade

7 p.m.
519-357-8454

25

Ripley Parade of Lights, Skate with Santa

7 p.m.
519-524-0101 

Do you have a family-friendly event
happening in December 2018, or
January/February 2019?
If so, send us the details at
amy@greybrucekids.com.

Quality, Licensed Child Care



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Family Education Centres

519-986-3692 x28 • www.kidsandus.ca

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School Programs at all
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Dundalk, Flesherton,
Holland-Chatsworth,
Markdale, Meaford and
Mildmay schools

With childcares in Dundalk, Durham,
Holstein, Markdale, Osprey and Paisley

322-10th Street Hanover, Ontario N4N 1P3
(519) 506-5672
@littleonesstudioboutique
@littleonesstudioboutique_
littleonesstudioboutique.ca

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 2019?

Attend Kindergarten Registration
in October & November of THIS year to
register your child for Kindergarten 2019.
This is the best way to learn more about
how to set up your child for success in
KINDERGARTEN!

Call your local school for more info and to
book an appointment for you and your child!
www.bwdsb.on.ca/instructional_programs/kgtn

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RECIPES

Pumpkin time!

Recipes courtesy Foodland Ontario

Pumpkins are so much more than jack-o-lanterns, so celebrate the fall harvest with these pumpkin recipes!

PUMPKIN RAVIOLI

INGREDIENTS:

- 1 cup pumpkin purée
- 1 tbsp butter, cut into tiny pieces
- 1 ½ tsp cornmeal
- 1 tsp dried sage, crumbled
- ½ tsp dried thyme
- Salt and pepper
- 36 wonton wrappers
- 1 egg, beaten
- ¼ cup butter, melted
- 2 tsp fresh parsley, chopped
- Fresh Parmesan cheese, grated

DIRECTIONS:

In a medium bowl, combine pumpkin purée, butter, cornmeal, sage, thyme, and salt and pepper to taste. Working with six wonton wrappers at a time, brush edges lightly with egg. Place one heaping teaspoon of pumpkin mixture in the centre of each. Fold over into triangle and press the edges to seal the ravioli. Place on a baking sheet and cover with damp tea towel; repeat with remaining filling and wrappers.

In a large pot of boiling water, cook the ravioli in four batches, until tender, about four to five minutes per batch. Remove with a slotted spoon; gently toss with butter and parsley. Sprinkle with Parmesan cheese and serve immediately.

PUMPKIN SPICE COOKIES WITH CREAM CHEESE FROSTING

INGREDIENTS:

- 2 ½ cups all-purpose flour
- 1 tbsp pumpkin pie spice
- 1 tsp each of baking soda and baking powder
- ½ tsp salt
- ¾ cup butter, at room temperature
- ¾ cup brown sugar, packed



- ½ cup granulated sugar
- 2 tbsp molasses
- 1 egg
- 1 cup pumpkin, puréed
- ½ cup each of raisins and chopped nuts

Frosting:

- ½ package cream cheese, softened
- 1 ¼ cups icing sugar
- Orange food colouring (optional)

DIRECTIONS:

In bowl, combine flour, pumpkin pie spice, baking soda, baking powder, and salt. Set aside.

In large mixer bowl, beat together butter, brown sugar, granulated sugar, molasses and egg until light and fluffy. Blend in pumpkin. Beat in flour mixture just until combined. Stir in raisins and nuts.

Drop batter by rounded tablespoonfuls onto lightly greased or parchment paper-lined baking sheets. Bake in 350 F oven for 10 to 12 minutes, or until firm to the touch, and lightly browned. Transfer to racks to let cool.

Frosting: In a bowl, beat cream cheese with icing sugar until smooth. Colour with food colouring if desired. Spread over tops of cookies. Store cookies in covered container in refrigerator (place waxed paper between layers).

To prepare pumpkin purée, cut in half, remove seeds and fibre from centre and peel. Cut flesh into 1 ½ inch chunks. Place in eight-cup microwaveable casserole dish; cover and microwave on high, stirring several times, for 15 to 18 minutes, or until tender. Let cool. Purée in food processor until smooth; drain any excess liquid. Measure out one cup for recipe. Refrigerate or freeze remainder. **GBK**



JOIN CHRISTOPHER'S CREW FOR THE 2018 GODERICH KIDNEY WALK

Kidney Walks are the cornerstone of The Kidney Foundation of Canada's Fundraising efforts. Join us in Goderich where we walk 5 km along the shore of Lake Huron raising awareness and funds for the 1 in 10 Canadians suffering from Kidney Disease. Every Kilometer Counts!

KIDNEY WALK

Walk for the 1 in 10
Canadians who
suffer from Kidney
Disease

Goderich
Waterfront Board
Walk Pavilion 4 The
Cove

Sunday
September 9,
2018

Registration 9:00 a.m.
Walk 10:00 a.m.

Cathy Pennington
519-396-5220
Mark Pennington
519-357-0241

Kidneywalk.ca

Physiotherapy Clinic
Port Elgin & Owen Sound

Physiotherapy III

Our staff includes Physiotherapists, Kinesiologists, Physiotherapy Assistants, Massage Therapists and Pedorthists.

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Global developmental delay * Orthopedic conditions * Medically fragile
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Our Pediatric Physiotherapist has experience, helping children break through their motor challenges resulting in a more active life.

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Warm Water Pool Program • Pediatric Therapy

Where to find us...
www.physio3.com

Port Elgin • 519.389.3393 • pephysio3@bmts.com
Owen Sound • 519.372.1920 • physio3@bmts.com
Owen Sound 'Healing Waters' Clinic • 519.370.2333

Accepting Patients

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Providence
CscProvidence.ca/registration

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Licensed Child Care in Grey County Support for Families

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- * Caregivers are supported with training and resources

Financial support for families

Child care fee subsidies are available for qualifying families with a financial need and reason for care. You may qualify if:

- * Your family resides in Grey County.
- * You and your spouse/partner (if applicable) file an income tax return each year. The most current tax information is required to maintain a subsidy.
- * You and your spouse/partner (if applicable) must be working, attending school, or your family is referred for child care from an eligible third-party agency.
- * Families must meet the financial criteria set out by the Ministry of Education.

Learn more at www.grey.ca or 1.800.567.4739



Find and apply for child care with OneList

- * Find licensed child care programs near home or work
- * Apply to multiple programs with a single application



Visit www.GreyCountyChildCare.ca