

# GREY • BRUCE KIDS

A FREE MAGAZINE FOR  
PARENTS AND CAREGIVERS

FALL 2019 • Volume 9 Issue 3 • [greybrucekids.com](http://greybrucekids.com)

**Embracing  
exchange**

Rotary helps teens  
see the world

## A PARENT'S GUIDE TO VAPING

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this dangerous activity

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FROM THE PUBLISHER

# Leaving the nest

“There are two gifts we should give our children: One is roots, and the other is wings.”

You’ve likely heard or read this phrase many times, and when your kids were younger you may have thought it wise.

But as our kids grow up, the thought of helping them fly away to college, university and the workforce — and eventually to start families of their own — can be more difficult to take.

When kids leave home for good, the emotional toll can be huge, and their absence is a void many parents struggle to fill. When you think about it, you have spent at least 18 years ensuring every need of your child’s was met. You fed, clothed, chauffeured and taught life lessons to this small person, who suddenly isn’t so small anymore.

In the end, you’re left hoping you’ve imparted enough knowledge and life skills on your child to make them successful once they’re making decisions on their own, but that doesn’t make the transition any easier on parents.

That’s why, in this issue of Grey-Bruce Kids, we explore this phenomenon in a story about “empty nest syndrome,” with several practical tips about how to cope. (Page 18)

We also focus in on an issue facing many teenagers and their parents – vaping, which is a dangerous practice that has reached epidemic proportions in North America (Page 4). You may be surprised to see — after finally making progress in the battle against cigarette use — just how common this new way to ingest nicotine has become in Grey and Bruce counties.


Elsewhere, we explore the life-changing elements of the Rotary Youth Exchange program (Page 8), and how to achieve breastfeeding success (Page 14).

And if you have family pets — or if you’re thinking about adopting one — you’ll love Candra Schank’s personal story on Page 22. Pets can have an incredible impact on a child’s upbringing, confidence and development.

As we head into the busy fall season, I hope you’ll be able to enjoy the small bits of joy it brings. Life is a constellation of small moments, and there’s wisdom in stopping to enjoy them when we can.

*Amy Irwin*  
Amy Irwin, Publisher

## CONTENTS

- 4 Vaping
- 8 Rotary Youth Exchange
- 14 Breastfeeding tips
- 18 Empty Nest Syndrome
- 22   
Family pets  
*An important part of our lives.*
- 26 Resources
- 30 Fall Events



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# A PARENT'S GUIDE TO VAPING

THIS DANGEROUS ACTIVITY IS ON THE RISE AMONG TEENAGERS. HERE'S WHAT YOU NEED TO KNOW. **BY BROOKE TOMSETT**



Nic Buzz, Juul box, Juuling, Vape Challenge, cloud tricks ... these are just a few of the buzz words young people relate to the issue of vaping. As a parent, you may be thinking to yourself, "My teen would never try vaping," but you might be surprised.

Teenage brains are still growing and developing until around age 25. The prefrontal cortex helps control impulses and make decisions, but it is one of the final parts to mature, so this can lead to experimentation.

Plus, it is likely your teen has heard about vaping and is curious to know more. But there is no need to panic — while the topic can be confusing, your tween or teen is likely looking for your guidance. Parents and adults who can help guide conversations and encourage critical thinking will help youth make good decisions about vaping and other substances.

A perfect storm of events has come together to create a rise in youth vaping. In May 2018, it became legal in Canada to sell e-cigarettes, or vape products, that contain nicotine. Suddenly, more products came on the market, with some big brands owned by tobacco companies being heavily promoted.

For those who may not be familiar, vapes are electronic devices that include a battery, coil or heating element, and either a tank or pod that hold e-liquids or "e-juice," as it is called by some in the industry.

The e-liquid contains propylene glycol or vegetable glycerin, as well as flavourings and, optionally, a variable percentage of nicotine. Some products also allow cannabis oil or ground-up buds to be vaped. Some vapers get creative and add cannabis oil to e-liquids for use in vape pods.

During this time, the e-cigarette company Juul also entered into the Canadian market despite facing strong criticism and allegations it played a role in creating a youth vaping epidemic in the U.S. This is because much of Juul's early marketing seemed to mimic tobacco industry strategies. Juul made vaping look like a trendy, fun thing to do — but the company did not always mention health risks or give much warning of the high nicotine amounts in their products.

Now add to this mix the influence of popular social media platforms, which companies like Juul and many others have used to make their products go viral. Youth who use platforms like Snapchat, Instagram and YouTube are regularly exposed to



vaping imagery and promotion.

There are thousands of influencers who are paid to "unbox" and test products in videos, and it is not always obvious they are being paid or receiving free products for these promotions. Young people may see their peers and influencers sharing "cloud tricks" and supporting various brands of products. Many vaping brands and companies promote their products by commenting, tagging posts or attempting to follow people who mention vaping online.

Along with this increase in vaping promotion, there has also been a surprising increase in the amount of tobacco and vaping



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being shown in TV shows from streaming services. Netflix has faced pressure recently due to reports showing high tobacco impressions in shows popular with youth. The streaming company has announced it will work on reducing the amount of youth exposure to tobacco in its original shows.

It is no surprise that youth today feel like vaping is all around them, and this builds a perception that it is common and without much risk. It also means that turning down the chance to try a vape can be daunting.

So how much has youth vaping increased? In late-June, new research confirmed what many people feared — that there has been a dramatic increase in youth vaping in Canada. David Hammond, a tenured professor in public health at the University of Waterloo, led research that surveyed youth aged 16 to 19 and found a 74 per cent increase in vaping for that demographic between 2017 and 2018.

Surveys took place from July to August 2017 and August to September 2018.

During these time periods, youth from Canada, England and the U.S. completed online surveys about their use of tobacco cigarettes, vapes and cannabis. Had they ever tried vaping? Had they vaped in the past week? Had they vaped in the past 30 days? And how many times had they vaped? In each of these areas, the report showed an increase in vaping by Canadian youth.

In the first group of youth in 2017, 8.4 per cent reported vaping in the previous 30 days. In the group surveyed in 2018, this jumped to 14.6 per cent. This research also showed an increase in cigarette smoking and cannabis use for Canadian youth.

There is agreement in the health field that vaping aerosol contains fewer chemicals than tobacco cigarettes, but this does not make them safe. When the ingredients are heated they can change composition into other chemical compounds. Studies have found at least 60 different compounds including metals

and chemicals in the aerosol of e-cigarettes. Researchers recently looked for chemical compounds in the urine of youth who vape and they were able to detect several chemical compounds that may cause cancer growth, including propylene oxide, acrylamide, and acrylonitrile.

The other safety issue with vaping is the thousands of flavours that are marketed and sold. There is growing concern for the health effects of these flavours when they are heated and inhaled.

The Flavor and Extract Manufacturers Association of the United States has warned that flavours recognized as safe for eating are not known to be safe for use in vapes. Research is starting to show evidence of lung damage such as inflammation and scarring, as well as damage to cilia that are meant to help clear the lungs of pollutants and debris. The message is becoming loud and clear that vaping is not just inhaling harmless water vapour. The mix of ingredients being heated and inhaled does involve health risks.

While many teens are aware of the addictive risk of nicotine, they are not always sure when nicotine is contained in a product. Back in April 2018, The Truth Initiative, a U.S.-based anti-tobacco non-profit, surveyed youth and young adults and found 63 per cent of Juul users did not know the product contains nicotine.

Juul is a commonly-known vaping product that looks very similar to a USB stick. While a USB stick doesn't need to be charged, a vape does, and many come with USB cords so they can be plugged into a computer. The product doesn't contain a noticeable mouth piece and there is no "on" button — as long as it's charged, it can be used. These technical aspects seem to appeal to the current generation of youth as they are used to trusting and relying on sleek, techy products. But what they are not used to is the addictive power of nicotine salts found in some vape pods. As recently as February 2019, the amount of nicotine in one Juul cartridge was roughly equal to the amount of nicotine in one pack of cigarettes.

For those trying to quit smoking or vaping, Public Health recommends individuals make a quit plan and if necessary use nicotine replacement products such as the patch or inhalers. These products do not heat nicotine and other chemicals and have been well researched. Doctors, pharmacists and Smoker's Helpline are all helpful resources for quitting.

What can parents do? Do you feel like what you say to your teen goes in one ear and out the other? It turns out that youth are listening and do respond to the opinions and expectations of parents and other supportive adults in their lives. Research shows that having consistent rules and expectations about substance use helps to shape the attitudes youth have towards drugs like nicotine, alcohol and cannabis.

The Colorado Healthy Kids Survey from 2015 indicates that adults can help reduce youth cannabis use. Youth who have clear family rules are 1.7 times less likely to use cannabis. When it comes to parents' opinions, those matter too. If a parent feels it is wrong for youth to use cannabis, their children are four times less likely to use.


While this study focuses on cannabis use, the idea of youth being supported and having boundaries is helpful no matter what substance is of concern. Staying connected and having open communication is also important.

In the same survey, youth who could ask a parent or guardian for help were 1.6 times less likely to use.

What parents say and do matters. This is also the message of a campaign that brings the message, "Parents Matter" with information to support parents in preventing and reducing drug use by youth.

The campaign recommends six strategies to take action:

- 1) Know what's going on in your child's life.
- 2) Develop open and regular communication.
- 3) Set expectations and consequences together.
- 4) Be a positive role model.
- 5) Build a close and caring relationship.
- 6) Don't provide drugs like alcohol, tobacco, vapes, and cannabis.

To read the Parents Matter booklet, visit [www.rethinkyourdrinking.ca/parents/](http://www.rethinkyourdrinking.ca/parents/). For more information and support about vaping visit or [www.publichealthgreybruce.on.ca/Your-Health/Smoke-Free-Living/Youth](http://www.publichealthgreybruce.on.ca/Your-Health/Smoke-Free-Living/Youth). 

**BROOKE TOMSETT** is the Youth Advisor for the Tobacco Prevention Program at the Grey Bruce Health Unit. The goal of this program is to prevent the initiation or use of tobacco and vapour products by youth and young adults. Learn more at [www.publichealthgreybruce.on.ca](http://www.publichealthgreybruce.on.ca) or call at 519-376-9420.



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# EMBRACING EXCHANGE

ROTARY YOUTH EXCHANGE BENEFITS  
YOUTH, HOSTS, SCHOOLS AND  
COMMUNITIES. **BY DWIGHT IRWIN**

Imagine you had a high school do-over — what would you do differently?

Some might have run with a different crowd, said no thanks to that awful perm, retired the Non-Fiction sweatshirt a year earlier, or spent more (or less!) time studying and more (or less!) time on chasing love and partying.

Marijke Hennink, of Kincardine, talks to a lot of people about the opportunities for teenagers to broaden their horizons and see the world through the Rotary Youth Exchange (RYE) Program, with which she is quite familiar both as a previous (Rebound) exchange student, host parent, and parent of an Outbound student. She is also the Youth Exchange Officer for the Rotary Club of Kincardine in District 6330, which runs from Tobermory to Flint, Michigan, encompassing much of Bruce and Grey counties.

“Ninety-nine per cent of people I talk to about Rotary Youth Exchange say they wish they had done it when they were young,” said Marijke, who was one of the few Kincardine District Secondary School students who took the opportunity in 1996-97, when she lived in Mexico City for a year.

“Exchange is hard. It’s terrifying, fabulous, challenging, thrilling and exciting all at the same time. Some people are born with a sense of adventure, while others seek to step outside of their comfort zone and experience new things. Students must have a strong desire to embark on the adventure of a lifetime.

“You learn new skills and discover more about yourself, all within the program and, when the exchange has ended, you quickly realize that it is was an incredible stepping stone on your journey, throwing you onto a path with many more amazing adventures to come.”

Marijke said she chose RYE over the three-month high school exchange program because of her sister’s experience.

“After her three-month exchange, she had just started to feel really comfortable with her friends, the language and the culture, and then all of a sudden she had to go home. For those reasons, I decided I wasn’t going to do the three-month exchange, so I applied for Rotary, and that’s when my journey began. I worked hard and found jobs that would help me raise money to fund my exchange.”

Marijke stresses that the high school exchange program — where you host an international or Quebec-based student for three months and then live with their family for another three months — is still an excellent opportunity for students, some of whom may not be prepared to do a full year abroad. The shorter exchange simply wasn’t the experience she was looking for at the time.



• District 6330 students with Mark Maloney, 2019-20 Rotary International President, at the Central States Rotary Youth Exchange conference in Grand Rapids, Michigan.

The RYE program is a three-year process, Marijke said. There’s a year of preparation, a year abroad full of opportunities and memories, a ‘rebound year,’ and then a lifetime beyond that, where she has continued to build on her connections, knowing she has two homes, global citizenship and a stronger desire to volunteer, travel and make new friends all around the world.

“In a world where travel has become easier, exchanges have become less popular, but nothing compares to delving deep into a culture and being able to understand its people from the inside looking out, gaining new perspectives on another part of the world, and of yourself.

“I always say you become fluent in a language when you can understand and use the humour of the people. That’s when you can truly say you speak the language. That is the difference between travel and going on an exchange.”

Suzanne Brown, of Walkerton, said her exchange to Irapuato, Mexico, in 1999-2000, changed her life.

“I grew as a person and truly found myself,” said Suzanne, whose son is now an Outbound student to Finland.

“You see and do things you never thought you would be able to do. You meet amazing people and do amazing things. The friends you make and your host families will remain in your heart forever. They become your people and your family because they are the ones that are there to guide you through your new world, to explore with you and to open your heart a little more than you ever thought possible. Who knew that strangers could become family in a few short months?”

Suzanne said she told her son that RYE gives you the chance to





explore the world with a new set of eyes and you will never come home the same; you come home a better person who is now a world citizen.

## PREPARING STUDENTS

Knowing what a large undertaking an exchange is for teenagers, Rotary District 6330 spends a great deal of time and energy preparing its students. The District holds mandatory conferences prior to departure, which includes some preparation homework, workshops about how to manage homesickness and culture shock, language acquisition, and how to calm yourself when in a stressful situation.

“There are many resources, including a psychologist who works with the students prior to departure, to ensure they are able to handle themselves appropriately and independently,” Marijke said. “The students and families know there is a group of Rotarians there to support you. Students have support from their host families, the local Rotary Club, a counsellor, Youth Exchange Officer, and the District.”

That’s why Marijke was confident — and nervous, as any parent would be — when her teenaged son Martin Méndez Hennink recently departed for his year abroad with RYE. Other students from District 6330 are currently in Bolivia, Brazil, Denmark, Finland, France, Germany, Italy, Japan, Peru, Philippines, Spain and Sweden.

After a lifetime of travelling together, Marijke wants Martin to begin cultivating his own worldview by experiencing new

cultures, learning new languages and meeting new people.

“As a sole parent, it is terrifying to know that I have let my son go for a whole year and I do not have control over some of the things that may happen to him. However, I know he is gaining valuable experience and becoming an even better version of himself, gaining strengths and skills that I alone cannot teach him.”

This is a unique opportunity for Martin to change who he is, she added.

“This does not mean he needs to reinvent himself, because he is already amazing. But I challenged him to push the limits of his comfort zone, to expand and develop new boundaries, seek out experiences and find something positive in even the most mundane, because in those moments a person can still be inspired.

“I urged him to try new foods and activities even if they’re unfamiliar, to expand himself in every way through these experiences, and I reminded him to not just try something once – sometimes it takes several attempts to discover something you might actually learn to love.”

Learning how to interact with people from diverse countries, cultures, languages and backgrounds will only benefit Martin as he moves into adulthood, she said.

“Exchange equips them as future leaders by gaining valuable skills to be successful in cross-cultural situations on a global



“As they develop an understanding of their new environment, their experience quickly becomes an integral part of their education and self-discovery.”

– Marijke Hennink

scale. Students experience another language, family dynamic, culture and education system, and often gain a stronger appreciation for differences and similarities amongst their community.

“As they develop an understanding of their new environment, their experience quickly becomes an integral part of their education and self-discovery.”

Prior to his departure for Chile, Martin said he grew up hearing about the positive impact RYE had on his mom’s life.

“Going through the year of training and preparing to leave, my expectations were already surpassed with the level of commitment of all Rotarians to this program,” Martin said. “I feel like I have joined a new international family where everyone is supportive and enthusiastic about the year to come, and I can’t wait to see what my own adventure brings me.”

To learn more about RYE and how to become an exchange student, visit [www.rotary6330.org](http://www.rotary6330.org).

## HOSTING OPPORTUNITIES

One unique aspect of RYE is the fact you don’t have to send a child on exchange in order to take part. In fact, even if your teen is an Outbound student, you are not obliged to host an Inbound student, though it is certainly encouraged. In fact, one of the major tenets of RYE is that hosting an exchange student takes a community effort.

“We have just as much to learn from them as they have to learn

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• Marijke Hennink, left, attending her first Rotary meeting in Mexico City in 1996, with her host sister Nagelly.



from us,” Marijke said. “The process provides unlimited opportunities to share, experience, learn, teach and enjoy.”

That’s why she encourages people of all ages and family situations (young families, empty nesters, etc.) to become an RYE host. The biggest obstacle to finding hosts is people who say their house isn’t big enough or isn’t conducive to another person because there’s only one bathroom, for example.

“That was our house when we hosted a student,” Marijke said. “But it isn’t about the space you have; it is about how you share your space and make it feel like home to someone new. Our house isn’t perfect, but our home is plenty big.”

Hosting is a great opportunity to explore new cultures and languages, and you can do so right in your hometown. Every host family is unique — some have young children, some are empty-nesters, and others never had children. Others are retired, single, or a couple looking for a new experience.

One such family is Jim and Jennifer May, of Kincardine, who have two young children and were one of three families who welcomed Swiss student Arnaud Jaquet into their home during his stay in Kincardine from August 2018 to July 2019. Arnaud was one of 13 Inbound students throughout District 6330 during that time.

“We thoroughly enjoyed our recent host family experience with Rotary,” the Mays said. “Arnaud was a wonderful addition to our family and no doubt we have created a relationship that will last long after the exchange is over.”

There’s no right or wrong host family, said Tony Sheard, District Governor, District 6330.

“As a former host parent, the program offers a unique, enriching opportunity for you to learn about the customs and cultures of another country through the eyes of an overseas student living in your very own home,” Tony said.

Everybody has different interests and passions and Rotary tries to match students with families who the organization believes they will get along with. Rotary also provides ongoing support to hosts, Tony added.

Host families provide room and board and share their lives with exchange students, involving them in family, community, and cultural activities, said Don Bork, District Chairman of RYE for District 6330. Host families are the key component of RYE.

“Without them, this program would not be possible,” Don said. “Host families are our most precious resource. We cannot properly express the importance of, and our appreciation for, their role in the program. When you host, you are an ambassador of Canada. It is your family and the life you show them that these students will take back with them to their home countries. We feel this program is as instrumental in teaching the students about



• The May family hosted Inbound student Arnaud Jaquet, middle back, of Switzerland.

Canada as it is in our learning about the student’s country of origin.”

One question many people ask is if host families are paid, and the simple answer is no. However, students participating in RYE are keenly aware their host families are opening their homes on a volunteer basis.

This means that students are especially motivated to fully immerse themselves in Canadian culture, and often form lasting bonds with their host families that continue for months and even years after their exchange ends, Don added.

To learn more about hosting opportunities, contact your local Rotary Club or Don Bork, District Chair for Rotary Youth Exchange [d.bork@outlook.com](mailto:d.bork@outlook.com). 

“We thoroughly enjoyed our recent host family experience with Rotary. Arnaud was a wonderful addition to our family and no doubt we have created a relationship that will last long after the exchange is over.” – Jim and Jennifer May

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# TOP TIPS FOR INCREASING *breastfeeding success*

A MAJORITY OF CANADIAN MOTHERS STOP BREASTFEEDING BEFORE MEETING THEIR GOALS. **BY TORI HAMILTON**



Canada has one of the highest-ranking health care and paid parental leave systems in the world, but breastfeeding rates here are similar to the United States, where a lack of universal health care is the norm and parental leave opportunities are less robust.

While a public health survey found in 2011 and 2012 that a majority of Canadian mothers (89 per cent) initiated breastfeeding soon after birth, only 26 per cent breastfed exclusively for six months.

A similar survey in 2011 in the United States found that 79.2 per cent of new moms initiated breastfeeding and 18.8 per cent exclusively breastfed for six months.

This may be surprising, given the supports available to Canadian mothers. But breastfeeding is not a simple issue — many factors are at play.

Of the population of Canadian moms studied, 26 per cent stopped breastfeeding due to the perception of not having enough breast milk, but a separate study found that only three to five per cent of mothers have anatomical or hormonal problems that cause insufficient milk supply.

It's important to note that many factors can be involved in milk supply, including lack of breast stimulation causing low production, milk transfer issues, and misreading normal periods of fussiness or cluster feeding for signs of hunger.

Recent research suggests that 60 per cent of mothers do not reach their own breastfeeding goals. To me, this is the most disheartening and important percentage, as it indicates that these moms who stopped breastfeeding early didn't actually want to. This tells me that health care teams need to provide better care, support and counselling to new mothers so they can feel empowered to reach their own breastfeeding goals and feel at peace with their bodies.

In this article, I will discuss some ways that new moms can increase their likelihood of breastfeeding success. It is important to note that while these suggestions are backed by clinical evidence, by no means do they all have to happen for a baby to be able to breastfeed.

## LIMIT INTERVENTIONS IF POSSIBLE

Some studies have found that labour pain medications can impair infant suckling during the immediate post-partum period, which can put infants at greater risk of dehydration, jaundice and poor weight gain. Epidural anesthesia has been found to have a high correlation to early breastfeeding cessation. Labour induction, assisted delivery (vacuum, forceps) and caesarean section are also associated with a shorter duration of breastfeeding.

Excessive IV fluids can cause excess edema in the breast tissue, making latching difficult, and the excess fluid baby loses may be seen as excessive weight loss, causing supplementation to unnecessarily be started.

All labour and birth experiences are different and sometimes require medically necessary interventions. It is important that

moms and health providers are aware of how these interventions can impact breastfeeding in the early days so that parents know what to expect and a plan can be made to increase the likelihood of breastfeeding success.

Moms need to be provided with accurate information to maintain their supply and should be encouraged to continue trying to latch their babies on. If the mom and baby experienced a traumatic birth, it may take longer for milk to come in or to get baby latched on — and that's OK as long as moms are provided accurate information and are given a way to feed their babies in the meantime.

I always encourage moms to consider booking with the local midwives and/or labour doula so that you have someone there to advocate and support you.

## BREAST EXPRESSION AND CUP-FEEDING

All new and expecting moms should be taught how to manually express their breasts. Hand expression can be practiced at the end of pregnancy, when there is less pressure to learn a new skill.

Not only does expressing after delivery help a mom's milk come in, but it also gives the baby something to drink while mom and baby are working on latching. Breast expression and cup-feeding puts less stress on obtaining the perfect latch, and more on mom-and-baby bonding.

When baby won't latch right away, cup-feeding colostrum will stop the cycle of needing to supplement with formula, reduced milk supply, guilt and feelings of failure.

When a mom hand expresses, she often thinks that she does not have enough milk to satisfy her baby.

But she does! A newborn infant's stomach is only five to seven millilitres, so a few drops in a cup or spoon at each feed is all your baby needs in the first one to two days.

Due to the small quantity and thickness of colostrum, hand expressing will yield more than using a breast pump in the early days. Early and frequent expression of breast milk is associated with a higher likelihood of breastfeeding success.

In addition to using expressed colostrum for feeds, you can also apply it to your nipples and allow to air dry to help prevent infection and ease nipple pain.

## SKIN-TO-SKIN CONTACT

Every baby that does not need medical intervention at birth should be placed on their mom, skin-to-skin, immediately, and left there to breastfeed.

Not only does this help with mother-infant bonding and allow for delayed cord clamping, but it also helps ease a baby's transition into her new world. Skin-to-skin does wonders to regulate body temperature, heart rate, oxygen saturation, and it increases the likelihood of infant-led latching.

Many hospitals and birthing centres offer to help moms have



skin-to-skin and breastfeed their babies almost immediately after a caesarean section. Dads can also provide skin-to-skin with their babies, which increases bonding.

DELAYED BATHING

The World Health Organization (WHO) recommends delaying bathing until 24 hours after birth. Delayed bathing allows the vernix, the white skin protectant many newborns have that provides antimicrobial and antibacterial properties, to soak into the skin naturally.

It is also thought that delayed bathing benefits the breastfeeding relationship as the scent of amniotic fluid on their hands helps them find and latch on to the breast. Bathing soon after birth can cause the infant unnecessary cold stress, which can cause hypoglycemia and hypothermia.

LIMIT BOTTLES, PACIFIERS

Bottle and/or pacifier use early-on have the potential to cause problems with breastfeeding, though recent research has found that pacifier use may not be as harmful to breastfeeding as previously thought.

Mom’s milk supply can dwindle from decreased stimulation, and baby may begin to prefer the ease of bottle feeding.

Feeding your baby from a cup, spoon or finger feeding are all great options to supplement breastfeeds if needed. However, if families are finding it difficult to continue using these techniques on a long-term basis, they can switch to bottles using paced techniques with a slow-flow nipple.

When supplementing with formula or breastmilk, it is important that moms stimulate milk production by using a high-quality breast pump for 15 to 20 minutes on a comfortable setting at least eight times per day.

These recommendations are for moms who want to ease their transition back to breastfeeding, and are different than a mom who has made an informed decision to formula feed or if a mom is unable to breastfeed her baby.

For these babies, bottle feeding will most likely be the easiest option. In addition, research shows that pacifiers used by formula fed infants may decrease the incidence of sudden infant death syndrome (SIDS).

Ways to help breastfeeding mothers	
Spouses	<div>While breastfeeding:</div> <ul style="list-style-type: none"><li>Fill up mom’s water bottle and make her a healthy snack.</li><li>If breastfeeding during meal time, cut up her food.</li><li>Provide mom and baby with a safe space to sleep.</li><li>Encourage mom to breastfeed in public.</li><li>Help her find a comfortable place to sit.</li><li>Encourage her to get help if she needs it.</li></ul> <div>Household tasks:</div> <ul style="list-style-type: none"><li>Cook meals and do the shopping.</li><li>Take older children out for walks and activities.</li><li>Drop off and pick up kids at daycare and/or school.</li><li>Clean the house and do the laundry.</li></ul> <div>Ways to bond with your baby:</div> <ul style="list-style-type: none"><li>Change dirty diapers and clothes.</li><li>Give your baby a bath and story.</li><li>Rock your baby to sleep and cuddle.</li><li>Tummy time.</li><li>Wear baby in a carrier.</li><li>There are so many ways to bond with your baby besides bottle feeding!</li></ul>
Family members	<ul style="list-style-type: none"><li>Be supportive of breastfeeding, no matter how long mom and baby choose to continue.</li><li>Offer to take older siblings out for activities and sleepovers.</li><li>Sit and talk with mom while breastfeeding.</li><li>Give the baby back right away when getting fussy.</li><li>Consider buying a gift certificate for in-home help such as cleaning, homemade meal service, postpartum doula or lactation consultant</li><li>Supportive families help moms reach their breastfeeding goals.</li></ul>
Community businesses	<ul style="list-style-type: none"><li>Offer young families a booth at restaurants.</li><li>Keep toys on hand for older children.</li><li>Provide a comfortable space for mom and baby to sit.</li><li>Pick up or download a Breastfeeding Friendly Business Toolkit from the Grey-Bruce Public Health Unit.</li><li>Offer to pack bags or carry heavy items.</li><li>Provide a space for parents to change diapers.</li><li>Educate staff on the rights of mothers to breastfeed in public and the benefits of being a breastfeeding-friendly business.</li><li>Remember – families return to businesses that are breastfeeding friendly!</li></ul>



LINK TO COMMUNITY RESOURCES

Before you are discharged from hospital, as a new mom you should be provided a list of community resources to help you with breastfeeding.

Since hospital stays for post-partum moms and babies range from 24 to 72 hours, there isn’t much time to ensure breastfeeding is off to a good start.

If you don’t feel comfortable with your latch or are worried about whether your baby is getting enough breast milk, you may consider asking your provider to stay in the hospital or birthing centre for an additional night.

Peer-to-peer parenting and breastfeeding support groups provide moms with a safe space to vent and ask questions. Some community resources you may want to consider include:

- La Leche League
- The MotHERS program — Telehealth Ontario has a separate line for breastfeeding moms
- Lactation consultants and breastfeeding clinics in your area
- In-home visits by a public health nurse
- EarlyON centre infant and toddler programs.

I hope you found this information helpful as you begin your breastfeeding journey. Though breastfeeding is the natural way to feed a baby, it is not always easy to do so in our fast-paced society.

If you are experiencing breastfeeding difficulties and are at risk of not meeting your goals, please reach out to someone you trust to help you through your difficult times. [GBK](#)



**TORI HAMILTON** is a Registered Nurse, International Board Certified Lactation Consultant, La Leche League Leader, and mom of three little ones. She lives in Kincardine and runs *The Mama Nurse*, a consultancy that helps moms meet their breastfeeding goals. Visit her at [themamanurse.com](http://themamanurse.com) and find her on Facebook and Instagram @themamanurse.

If you have a 3 year old attending one of these schools in 2020, it’s time to register for Kindergarten **THIS FALL!**

**St. Peter and St. Paul’s, Durham**  
October 2 (519) 369-2932

**St. Teresa of Calcutta, Walkerton**  
October 3 (519) 881-1852

**Sacred Heart, Mildmay**  
October 7 (519) 367-2685

**Mary Immaculate, Chepstow**  
October 8 (519) 366-2731

**École Immaculée-Conception, Formosa**  
October 8 (519) 367-2900

**Sacred Heart, Teeswater**  
October 16 (519) 392-6854

**St. Anthony’s, Kincardine**  
October 23 (519) 396-4330

**St. Joseph’s, Port Elgin**  
October 24 (519) 389-5495

**St. Basil’s, Owen Sound**  
November 5 (519) 376-9370

**Holy Family, Hanover**  
November 7 (519) 364-2760



Visit [www.bgcdsb.org](http://www.bgcdsb.org). Call your local school to register.  
**'Let Your Light Shine'**

Let's Pray ~ Let's Inspire ~ Let's Learn ~ Let's Shine



# EMPTY NEST *syndrome*

WHEN KIDS LEAVE HOME FOR WORK, COLLEGE OR UNIVERSITY, WE CAN EITHER RESIST THE CHANGE OR EMBRACE IT AS A NORMAL AND NECESSARY STAGE OF LIFE.



Empty nest. These two words can evoke a great deal of emotion and many questions.

What does it mean for my identity and my role as a parent when my kids are gone? How will my kids cope without me? How will I cope? What will I do with my time and the quiet? Should I feel guilty if I like it too much?

These are all valid questions and can affect people differently depending on their relationships with their children and how far their children are going and how long they'll be away.

It is important to note that parents handle their children leaving home in different ways and children leaving home also have different feelings about leaving home than their parents.

Although it is common for parents to experience feelings of uncertainty around their children leaving home, there are also great opportunities for growth — for both the youth and the parents — during these necessary life transitions.

Transitions are often difficult, so accepting and acknowledging this is often the first step. It is important for us to reflect on what our needs are during a transition and how this may impact our actions and behaviours during this exciting, yet also scary time.

Empty Nest Syndrome is not a clinical disorder or diagnosis. It is a transitional period in life that highlights the feelings of sadness and loss when the last child leaves home. Parents encourage their children to grow up; however, the experience of them leaving the home is often bittersweet or emotionally challenging, according to Psychology Today.

The Mayo Clinic recommends that if you are experiencing these feelings of loss it is important to take action. The following are some of the ways you can cope in a positive way:

## **FOLLOW THEIR LEAD**

It is our instinct to “parent” and protect our children. In reality, our responsibility as parents is to guide them. We can guide from behind and allow our children to experience the ups and downs of life, or we can guide them by being out in front and trying to protect them or attempt to fix everything that happens along the way.

We often do our children a disservice when we prevent them from life lessons, one of which is that not everything goes the way we expect it, and difficult situations most often make us stronger. Life happens, and our best learning is through the navigation of life.

Have a dialogue with your children from a place of what they need, and how you will know what they need. Allow them the autonomy of “spreading their wings,” which includes taking the lead in — and through — this transition.

## **STAY CONNECTED**

Modern technology is making it easier for us to keep in touch with our children, even when they move out of our homes. Regular contact can be maintained through texting, social media, phone calls and emails. If you are not too far away, the occasional visit is also a nice way to reconnect and deliver a care package from home.

Remember, your plan and needs may be different than the needs





of the young person leaving home. Make a plan together about what may be helpful, and how this connection will continue.

Listen to your children, and understand that what they think they need before they leave for school may be different than what they discover they need in reality, when they get there.

Often the first week of college or university is filled with fun and play, so being away from home may be relatively easy for your child. This may not be true for you. It is the weeks afterward, the first month, the first test, and the return to school after an extended break, that results in a different need of connection on both sides.

Be open to discussing the situation and hopefully everyone will be able to come to a compromise, or an understanding of how the connections will best meet everyone's needs.

## REACH OUT

Connection with friends and family will be important when your children leave the nest.

Reaching out to loved ones for support, refocusing on what is important, and finding things to occupy your time in a different way, may be helpful. For example, you may have been the person that always drove and attended your child's hockey games, and now that they are not at home, this time has opened up.

If the arena is where you like to be, find other opportunities to be present — go along with a friend, go and cheer on a niece or nephew, or volunteer! Look for the positive and accept the transition as a natural stage of life, because you did not have children to never have them leave home.

Appreciate that your feelings of loss are normal, and help

yourself to see that having your children leave home is a natural and normal part of growing up — it's what we want our children to do.

Ultimately if our children are leaving, we have accomplished an important goal in life. See this for what it is — success in a stage of parenting. It could also be a time for you to refocus and work on your relationship with your partner, spouse and/or friends, or take up a new hobby.

If you are having a difficult time thinking in a positive way, it might be helpful to use the "Flip It" strategy that we often talk about at Penetangore Wellness.

In life, we do not have control over the situations that happen to us, although we do have control over what we do in these situations, as it relates to our thoughts, feelings and actions. If we can remember this, it often helps us navigate these situations from a different perspective, or "mindset."

We take a difficult situation and process through the thoughts, feelings and actions of that situation, which typically start out as negative thoughts. When you are aware you are doing this, you can practice flipping it into a positive thought cycle, which will provide a better experience and a more positive action.

The situation we are using here is when your child calls upset over receiving a lower grade than they were used to having in high school. This could also apply if your child leaves the home to work and is having a tough time being away from home.

It is important to remember that when children leave home to attend college or university, they have often spent their years prior focusing on grades "to be accepted." One of the hurdles we often hear about from young people in their first year of college or university is the struggle to shift thinking that the "grade" is

no longer as important as the "pass."

If we can help our children understand this early on in their university and college experience, it often helps them adjust quicker to the expectations and pressure they place on themselves.

When they go for their first job interview, they are not going to be asked or questioned about their grade average — they simply need to be able to demonstrate achievement based on a certificate, diploma or degree!

The empty nest — it's not always an easy stage in life, but it also can be filled with many new opportunities and positive life experiences for you and your child.

So as we navigate these natural life transitions with our children, we can resist them or embrace them. Part of embracing them is acknowledging that our children have become adults, and this stage is their natural progression of making their way in the world. **GBK**

*This article is provided by Kayli Hall Elwood, Bethany McCulloch and Sarah Martyn, counsellors at Penetangore Wellness, an art therapy and counselling centre in Kincardine. Visit them at [penetangorewellness.com](http://penetangorewellness.com).*



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[Grey.ca/Childrens-Services](http://Grey.ca/Childrens-Services)



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book an appointment for you and your child!  
[www.bwdsb.on.ca/instructional\\_programs/kgtn](http://www.bwdsb.on.ca/instructional_programs/kgtn)





# A FAMILY'S BEST FRIEND

PETS CAN HAVE AN INCREDIBLE IMPACT ON A CHILD'S UPBRINGING, CONFIDENCE AND DEVELOPMENT. **BY CANDRA SCHANK**



You look around your home at the breakfast dishes on the kitchen counter.

The couch cushions are piled on the floor in what you think is a fort. The TV is left on, playing that cartoon you've seen 100 times now.

And then two sets of feet, four paws and a wagging tail come barreling through the front door. Giggles, laughter and puppy barks fill your home. Your children are absolutely in love with the family dog, Ribet.

The kids play with the family dog day and night. If they are in their bedroom playing dress-up and superhero games, Ribet is there wearing that pink tutu, or that red Superman cape, with a smile on his face.

When everyone is heading out the door to the lake for a swim, Ribet is leading the way. Your home is filled with so many memories, happiness and love.

A dog isn't just a dog. It's a family pet. A best friend. A confidante.

Family pets have an incredible impact on a child's upbringing, confidence, and development. Now, I don't write this as someone who holds a PhD in child psychology or behaviour, and I'm not a medical doctor. I write this through first-hand experience.

You see, when I was a young girl, I was terribly shy. And honestly, I am still shy under some circumstances.

I was that little girl who always hid behind her parents' legs when meeting new people. I often didn't like going out in public when I knew I'd be new meeting people. I even got nervous attending my weekly Girl Guide meetings.

But do you want to know a little secret? When I was with my childhood dog, Candy, a white cockapoo, I always felt different. I felt safe with her. I could and would tell her everything (knowing she would never tell a soul).

Candy and I would go on our daily walks around the neighbourhood, often ending up at the ball diamond near our house. I liked to watch the guys play ball, but could never go by myself. When Candy and I went on our walks, I often didn't feel nervous or dumb to walk to the ball diamond.

I have memories from days I was sick and couldn't get out of bed. Candy would always be by my side.

There is one particular memory I have. One day I woke up with a bad kink in my neck. I couldn't move my neck without it hurting. I'm not sure why this happened, but it did.

Well, I think I started to cry, and before I knew it, Candy was laying beside me, and she gently nudged up and put her small head over my chest and neck. This didn't hurt me. It relaxed me and calmed me down. I wasn't as scared anymore.

Now, I can't remember much after that. But I think often of that memory of Candy coming to me when I needed her.



If you're a dog lover or a cat lover and you have children, I encourage you to get a family pet. I am certain you and your children will experience similar joys .... Family pets fill our hearts and home with so much joy and happiness.

I truly believe my relationship with my childhood dog helped shape me into the woman I am today. She gave me confidence, companionship and much more. And honestly, the simple memories and the bond we shared are always on my mind and make me smile when I think of them.

I have a few photos of Candy in my home that I look at often. One in particular is of Candy with an old-fashioned white mop on her head. It's very comical, and I always smile and relive that moment in my head. I was the one that put the mop on her head because I wanted to see what it would look like and she played right along, like a good friend does.





All photos courtesy  
Candra Schank.

I have another image of Candy on the couch, sleeping with our family cat, Fingers. These two had a unique relationship... dog and cat BFFs.

Candy loved Fingers, but if another cat came onto our property, Candy would take off running after it... and then there would be me running after her saying, "No, Candy. Come back. That's a nice cat."

I often wish I had more photos of Candy, so I could show them to my growing family. You see, I often share stories of Candy with them, as she was a huge part of my childhood.

And now, our family dog Sally Pants, an energetic schnauzer-poodle, brings the same joy and happiness to our family as Candy did.

Now, Sally Pants is very different from Candy — she is a little more energetic, stubborn and full of attitude. But she is just as playful, loving, and caring as Candy was.

She is now my confidante when I need to talk to someone, my protector when I am feeling scared, and a companion on our daily walks. We cuddle up each night on the couch as we wind down from the day, and I love the little licks she gives me to say hello.

A funny side note: the kids have given Sally Pants a few nicknames. First is Miss Lick-A-Lot because she is always licking us and often just licks the air. Her second nickname is Chicken Legs, because whenever she gets wet she has very noticeable 'chicken legs.'

If you're a dog lover or a cat lover and you have children, I encourage you to get a family pet. I am certain you and your children will experience similar joys as my family does.

Yes, owning a family pet brings additional expenses, and it's important to discuss this ahead of time before getting a dog or cat. But if getting a pet is on your mind, I say head to your local animal shelter, or ask if anyone has a litter of puppies and just start the discussion of owning a pet.

Family pets fill our hearts and home with so much joy and happiness. **GBK**

**CANDRA SCHANK** is a true animal lover who has her Masters in Conservation Ecology (studying frogs) and a diploma in Digital Photography. She is a pet photographer who enjoys capturing pets' personalities, as well as the bond between people and their pet. She enjoys watching her kids' lacrosse and hockey games, camping and roasting hotdogs, and hiking with her dog Sally Pants. Contact her at [candraschankphotography.com](http://candraschankphotography.com).

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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](http://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](http://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](mailto:kris_klages@bwdsb.on.ca).

Visit our website at [bwdsb.on.ca/CONED](http://bwdsb.on.ca/CONED)



# RESOURCES

## ABUSE

### 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

### 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  
Warton and Bruce Peninsula - 519-534-0912  
Markdale - 519-369-3381  
Owen Sound - 519-372-1330

### The Mama Nurse

New Mom support and lactation consultant  
www.themamanurse.com

## 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

### Inglennook Creche Day Care

519-371-9471; Owen Sound

### Kids & Us Community Childcare and Family Education Centres

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

### Kids Street Nursery School - Port Elgin

519-389-9050

### Kinhuron Integrated Day Nursery School Co-op

519-396-4532  
Kincardine

### Le Jardin des decouvertes - Owen Sound

519-371-4411

### Military Family Resource Centre - Meaford

519-538-1371 x6753  
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

### Brockton Childcare Centre

519-881-3123; sbross@brockton.ca  
and cborth@brockton.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.edgehillschool.org

### 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  
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 and 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/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 thebluemountainlibrary.ca

**Bruce County Public Library**  
Online catalogue - opac.brucecounty.on.ca  
Administrative office - 519-832-6935 or libraryinfo@brucecounty.on.ca  
Cargill - 519-366-9990  
Chesley - 519-363-2239  
Kincardine - 519-396-3289  
Lion's Head - 519-793-3844  
Lucknow - 519-528-3011  
Mildmay - 519-367-2814  
Paisley - 519-353-7225  
Port Elgin - 519-832-2201  
Ripley - 519-395-5919  
Sauble Beach - 519-422-1283  
Southampton - 519-797-3586  
Tara - 519-934-2626  
Teeswater - 519-392-6801  
Tiverton - 519-368-5655  
Tobermory - 519-596-2446  
Walkerton - 519-881-3240  
Warton - 519-534-2602

**Collingwood Public Library**  
519-445-1571; www.collingwoodpubliclibrary.ca

**Dundalk/Southgate Public Library**  
519-923-3248 or http://southgate-library.com/

**Grey Highlands Public Library**  
Flesherton - 519-924-2241  
Kimberley - 519-599-6990  
Walter Harris Memorial Library (Markdale) - 519-986-3436; 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

### Kindergarten Registration

Bluewater District School Board  
Visit [www.bwdsb.on.ca](http://www.bwdsb.on.ca) for dates and times  
Bruce Grey Catholic District School Board  
Visit [www.bgcdsb.org](http://www.bgcdsb.org) for dates and times

4

### Fall and Winter Leisure Fair

Rotary Hall at The Plex, Port Elgin  
6-8 p.m.  
519-832-2008; [www.saugeenshores.ca](http://www.saugeenshores.ca)

7

### Owen Sound Fall Fair

Family friendly activities for all ages  
[www.owensoundsfallfair.com](http://www.owensoundsfallfair.com)  
Runs though Sept. 7

### Autumn Harvest Festival

Nature's Millworks, Paisley  
[naturesmillworks@bmts.com](mailto:naturesmillworks@bmts.com)  
Runs through Oct. 6

8

### Paisley Fall Fair

Rotary Park  
519-353-5559  
[www.paisleyfair.com](http://www.paisleyfair.com)

13

### Owen Sound Ribfest

Bayshore Community Centre  
Live music, rib cook-off and more  
[www.ontariofestivalgroup.com](http://www.ontariofestivalgroup.com)  
Runs through Sept. 15

14

### Harry Potter Day

Meaford Public Library  
10 a.m.-5 p.m.  
[www.meaford.ca/newlibrary](http://www.meaford.ca/newlibrary)

20

### Lucknow Fall Fair

519-392-6151 or [www.lucknowagsociety.ca](http://www.lucknowagsociety.ca)  
Runs through Sept. 22

### Sweetwater Music Festival

Owen Sound and Meaford  
[sweetwatermusicfestival@gmail.com](mailto:sweetwatermusicfestival@gmail.com)  
[www.sweetwatermusicfestival.ca](http://www.sweetwatermusicfestival.ca)  
Runs through Sept. 22

25

### Owen Sound Air Cadets Open House

Tommy Holmes Memorial Armoury  
7-8 p.m.  
[167sqn@gmail.com](mailto:167sqn@gmail.com)

27

### Ripley Fall Fair

One of the largest fall fairs in the area  
[www.ripleyfair.ca](http://www.ripleyfair.ca)  
Runs through Sept. 28

### Branching Out - Family Tree Building for Kids

Bruce County Museum & Cultural Centre, Southampton  
[www.brucemuseum.ca](http://www.brucemuseum.ca)

29

### Pratie Oaten Irish Festival

Moreston Heritage Village,  
Grey Roots Museum & Archives  
11 a.m.-4 p.m.  
[www.greyroots.com](http://www.greyroots.com)

## OCTOBER

4

### Autumn Leaves Studio Tour

33 artists exhibiting at 17 studio locations  
[www.autumnleavesstudiotour.ca](http://www.autumnleavesstudiotour.ca)  
Runs through Oct. 6

### Meaford Scarecrow Invasion

Parade and family fun festival starts at 6 p.m.  
[www.scarecrowinvasion.com](http://www.scarecrowinvasion.com)

### Tiverton Fall Fair

[www.tivertonagsociety.com](http://www.tivertonagsociety.com)  
Runs through Oct. 5

5

### Port Elgin Pumpkinfest

[www.pumpkinfest.org](http://www.pumpkinfest.org)  
519-389-3714  
Runs through Oct. 6

### Apple Harvest Craft Show

Meaford Arena and Curling Club  
10 a.m.-6 p.m.  
[www.appleharvestcraftshow.com](http://www.appleharvestcraftshow.com)  
Runs through Oct. 6

### Apple Harvest Festival

Events at Blue Mountain Village, Thornbury and Clarksburg  
[www.appleharvestfestival.ca](http://www.appleharvestfestival.ca)  
Runs through Oct. 8

6

### 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](mailto:pineriverchurch@hurontel.on.ca)

18

### Tara Festival of Crafts

Tara-Arran Community Centre  
[www.tarafestivalofcrafts.com](http://www.tarafestivalofcrafts.com)  
Runs through Oct. 19

19

### Night at the Museum

Bruce County Museum & Cultural Centre  
8 p.m.-8 a.m.  
[www.brucemuseum.ca](http://www.brucemuseum.ca)

25

### Diwali Kids Celebration

Bruce County Museum & Cultural Centre Southampton  
[www.brucemuseum.ca](http://www.brucemuseum.ca)

26

### Battlefield Model Painting Workshop

Bruce County Museum & Cultural Centre Southampton  
[www.brucemuseum.ca](http://www.brucemuseum.ca)

### Boo Bash

Grey Roots Museum & Archives, Owen Sound  
10 a.m.-1 p.m.  
[www.greyroots.com](http://www.greyroots.com)

## NOVEMBER


11

### Remembrance Day

Cenotaphs across Grey/Bruce  
Check with your local municipality

16

### Festival of Northern Lights

5-11 p.m. daily  
More than 300 light displays.  
Harrison Park and banks of Sydenham River, downtown Owen Sound.  
[www.fonl.ca](http://www.fonl.ca)  
Runs through Jan. 5 

## AUDITORY Health Care

Mandy Rhody M.Sc., Audiologist


### We are a full service Hearing Clinic:

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

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

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

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



**GREY-BRUCE boomers**  
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To write, advertise or distribute contact Amy Irwin at  
519-524-0101 or email [amy@greybruceboomers.com](mailto:amy@greybruceboomers.com).  
[www.greybruceboomers.com](http://www.greybruceboomers.com)

## THE ROYAL CANADIAN AIR CADETS

is a National youth program for young men and women ages 12-18. The Cadet Program develops in youth attributes of citizenship, leadership, and physical fitness. Cadets will participate in flying, survival, camping, marksmanship, sports and fitness, plus much more! **Come Join the Fun!**

167 Squadron meets Wednesday evenings at the Tommy Holmes Memorial Armoury, Owen Sound from mid-September to mid-June.

### OPEN HOUSE

Wednesday, September 25, 2019  
from 7-8 p.m.

For More Information email  
[167sqn@gmail.com](mailto:167sqn@gmail.com)



## Bruce Telecom

Connecting our Community

## Connecting you to your favourite people



(519) 368-2000 • 1-866-517-2000

[bruce telecom.com](http://bruce telecom.com)

INTERNET • DIGITAL TV • HOME PHONE • MOBILE



Come be part of the magic!

Enjoy our winter light Festival with over 400 light displays in scenic Owen Sound.



Whether you walk it or drive it, there are lots of new exciting displays to see.

**Saturday Nov. 16th to Sunday Jan. 5th**

[www.fonl.ca](http://www.fonl.ca) [info@fonl.ca](mailto:info@fonl.ca)



# Choosing Quality Licensed Child Care in Your Community

**NEW!** Families can now check eligibility and apply online for fee subsidies.



Finding a child care program that meets the needs of your family is an important decision. Licensed child care gives your family peace of mind knowing your child is learning and developing in a safe and healthy environment.

## Benefits of licensed child care centres and licensed home child care:

- \* Regulated and inspected
- \* Trained and educated professionals help children learn and develop
- \* 2,000+ spaces across Grey County
- \* Care providers are supported with training and resources
- \* Subsidies available for qualifying families

