

# GREY • BRUCE KIDS

A **FREE** MAGAZINE FOR  
PARENTS AND CAREGIVERS

SPRING 2012

greybrucekids.com

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VEGETARIAN DIET  
AT YOUR TABLE

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makes escape  
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## FROM THE PUBLISHER

# Feedback is overwhelming

Thank you for picking up the second issue of [Grey-Bruce Kids](#)!

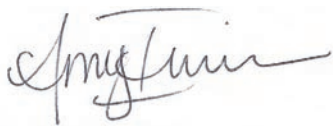
Our little family has been absolutely stunned by the positive feedback we have received on our inaugural issue from readers, advertisers, distributors, social service and government agencies, schools, daycares, and local businesses. Many have said [Grey-Bruce Kids](#) fits a niche in the area that desperately needed filling, and we hope to get even better with each issue.

We are honoured to welcome back many advertisers from our first issue, and were excited to see how many others were quick to take part in our Spring issue. We urge everyone who picks this up to learn more about the businesses, government agencies and non-profit organizations within these pages, as well as our wonderful distributors, without whom this would not be possible. They all play a key role in the success of the large and small communities across Grey and Bruce counties.

We must also thank the many contributors who provided their expertise in our Winter issue, as well as the one currently in your hands. Not only is my husband Dwight, the Editor, thankful for the knowledge of these community members, we also feel their ideas and experiences will help local parents find new ways to approach day-to-day issues, and make their families run smoother – something we'd all love, no doubt!

In this issue, we look at introducing a vegetarian diet at your dinner table, upsizing your home to match your growing family, choosing the right daycare provider and gardening with kids, among others. Our feature story also explores the pain caused by cyber-bullying, and we hope the story will help parents understand the issue, whether they discover their child to be the victim or the aggressor.

We're incredibly proud of our Spring 2012 issue, and we hope you will continue to provide both positive feedback or creative criticism through [www.greybrucekids.com](http://www.greybrucekids.com), and our Facebook and Twitter pages ([@GreyBruce Kids](#)).



Amy Irwin  
Publisher, Grey-Bruce Kids

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*Bullies in the 21st century use tools of convenience – computers and cellphones – as tools of hate*

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### Spring 2012

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# TiDBiTS

## Shortest Day of Play a huge hit

More than 9,000 PLAY hours were officially logged during the Shortest Day of PLAY event, held Dec. 21. Eleven municipalities participated in the inaugural challenge, which encouraged local residents to get more active. The municipalities with the highest number of PLAY hours were West Grey with 3,916; Arran-Elderslie, 1,429; and South Bruce, 1,191. The event was held by PLAY in Bruce Grey, a non-profit group which promotes activity. See the group's ad on Page 17.

## Bowl for Kids Sake

It has become a much-anticipated event in communities across Grey and Bruce counties.

This year, your local chapter of Big Brothers and Big Sisters (BBBS) of Hanover, Kincardine Owen Sound and Districts, will hold their popular Bowl for Kids Sake. These 'striking' good times raise much-needed funds for BBBS, while bringing hundreds of community members together for a fun day of bowling.

Check the Events calendar at [www.greybrucekids.com](http://www.greybrucekids.com) for information on your local Bowl for Kids Sake, or contact your local BBBS for information on registration.

Then, get all your friends together, shine those bowling balls and spray those bowling shoes, and get ready to have a blast for a great cause!

## Get that Grasshopper!

Kathy Johnston, a Hanover-based author, Registered Early Childhood Educator and mother of two, has just released her first children's picture book, 'Get that Grasshopper!'

The story is a laugh-out-loud tale that begins in the backyard and takes the reader on a grasshopper's quest for escape. The text invites children to join in on the story, which makes for a fantastic interactive experience.

Neil Seeley, of Dundalk, captivates with his illustrations to make this story a favourite of children and adults alike.

If you would like to meet Kathy and hear her read the story, you will find her at the Southgate Ruth Hargrave Memorial Library, Dundalk, on Thursday, March 15, at 1 p.m., and at the Kincardine Public Library on Saturday, May 12, at 10:30 a.m.

Watch for a location near you by checking out the Get that Grasshopper! Facebook page, or you can visit Kathy's website at [www.laughhopperbooks.com](http://www.laughhopperbooks.com).

You can also pick up a copy of Get that Grasshopper! at Turtle Crossings, Port Elgin; Millenia Books, Hanover; Noah's Inn, Neustadt; The Rocking Horse, Owen Sound; and the Bruce County Museum and Cultural Centre, Southampton.



## Turn off the Screens week

The Grey Bruce Public Health Unit, in partnership with local school boards, will once again promote healthy living for local students by holding the 'Turn off the Screens' challenge, from April 23-29. Check out [www.publichealthgreybruce.on.ca](http://www.publichealthgreybruce.on.ca) for more information.

## Summer Company helps young entrepreneurs

Do you want to spend the summer being your own boss?

If you're a student returning to school in the fall and aged 15 to 29, you may be eligible for the Summer Company program, which helps youth operate their own summer business.

The Summer Company, which is

funded by the Province of Ontario, helps young entrepreneurs with funding and business training.

For more information, visit [www.ontario.ca/summercompany](http://www.ontario.ca/summercompany), contact the Saugeen Shores Business Enterprise Centre at 519-832-2082, or see their ad on Page 28 of this issue of Grey-Bruce Kids.



# TALES from TOTS

## YOU NEVER KNOW WHAT THEY'LL SAY NEXT

When my daughter was 2 ½, she was supposed to be taking her nap but instead she was playing in her room, which was keeping her baby brother up from his nap. After repeatedly assisting her back to her bed, I tucked her in for the last time and said with a stern face, "It's time to have a nap!" All of a sudden she had a very worried look on face and gently grabbed my cheeks to pull me in closer to her. After quietly examining my face for a minute, she looked at me and said, "Mommy... you have scribbles on your forehead."

**Amanda, mom of Annan and Nolan**

My children just went to their first funeral, which was for their great-grandmother. When it was over I asked them if they had any questions about anything they saw or heard. My seven-year-old said no, but my four-year-old said, "How come Grandma didn't have any legs?" It was an open casket.

**Wendy, mom of Kayla and Jordan**

While I was changing my one-year-old, my three-year-old was sitting in the rocking chair, pushing the buttons on our cordless phone. I asked him what he was doing and he said, "Don't worry Mom, I'm texting someone."

**Elyse, mom of Reed and Kyla**

Recently, my six-year-old daughter Taite told me she would like to have Steven Tyler and Jennifer Lopez as parents so she could be more popular. She knows of them from watching American Idol. I asked her how having them as parents would make her more popular and she replied, "Then everyone would say I have such cool parents!" I just looked at her and said, "Thanks Taite." What else could I say?

**Shawna, mom of Landon, Gage and Taite**

When my daughter was two or so she came down with a pink eye infection, as young children often do. I said to her, "Oh no Janine, I think you have pink eye." She replied quite indignantly, "No Mom, I got 'geen' (green) eyes!"

**Gail, mom of Amy, Janine and Greg**

Our daughter was days away from turning three and she was playing with an empty crayon box, pretending it was a camera. She looked through the open end and asked everyone to say 'cheese.' Knowing I had already bought her a camera for her

birthday, I asked her is she would like a 'real' camera. She looked at me like I had two heads, and said, "Why, what's wrong with this one?" Sometimes the make-believe toys are the best ones.

**Amy, mom of Layne and Jace**

When our grandchildren were little we used to go on 'safaris' on the four-wheeler through the fields. The only requirement was you had to bring your imagination, in order to see all the "lions, elephants, tigers and rhinos" on our adventures.

One day while on a safari, a monarch butterfly flew by. I said to my granddaughter, "Becky, did you see that butterfly?" She looked at me with wide eyes and asked, "Is it weal (real)?"

**Barb, mom of 3, grandma of 6, great-grandma of 5**

Curtis had come home from school, where they were talking about different sizes of people, some fat, some thin. He told me he was happy with his 'soft' Mom. "Some Moms when you hug them, are hard," he said, "But not you Mom, you are nice and soft."

**Sarah, mom of Jake, Noah, and Curtis** GBK

Have a story for Tales from Tots? Email it to [info@greybrucekids.com](mailto:info@greybrucekids.com) and it may be published in an upcoming issue.





# Going veggie



## **EVEN SMALL CHANGES TO YOUR FAMILY'S DIET CAN RESULT IN MAJOR BENEFITS TO YOUR HEALTH**

By Jennifer MacTavish

Interest in vegetarian eating has increased over the past few years, and the trend is expected to continue into the next decade.

Movement towards a vegetarian lifestyle can be motivated by health, cultural, environmental, or ethical reasons. Whatever the motivation, well-planned vegetarian diets that include a variety of foods, can adequately meet the nutrient needs of people of all ages and stages.

Dietitians of Canada and the American Dietetic Association agree that properly planned vegetarian diets are healthy, nutritionally adequate, and have health benefits in terms of disease prevention and treatment. Compared to more conventional diets, vegetarianism is associated with a reduced risk of Type 2 diabetes, hypertension, heart disease, and some cancers, in addition to lower levels of blood cholesterol and

lower blood pressure. These health benefits may be related to lower intakes of saturated fat and cholesterol, as well as higher intakes of fruit, vegetables, whole grains, nuts, soy products, fibre, and phytochemicals in vegetarian diets compared with typical North American diets.

The term 'vegetarian' refers to an eating plan that does not include meat, poultry, or seafood. The foundation for a vegetarian diet is based on grain products, fruit, vegetables, legumes (dried peas and beans), nuts, seeds, soy products, and plant-based fats.

There are, however, varying degrees of vegetarian eating. They include:

**Pesco Vegetarian** - Excludes meat and poultry. Includes fish, seafood, eggs, and dairy products.

**Lacto Ovo Vegetarian** - Excludes meat, poultry, fish, and seafood. Includes dairy and egg products.

**Lacto Vegetarian** - Excludes meat, poultry, fish, seafood, and eggs. Includes dairy products.

**Vegan** - Excludes all animal products (meat, fish, poultry, dairy, eggs, and products made from them).

By choosing a variety of foods and consuming enough to meet energy needs, a vegetarian diet can meet a person's nutrient requirements throughout their lifecycle, from infancy to adulthood. If you are thinking of introducing your family to a more vegetarian eating pattern, one nutrient you may be wondering about is protein. It is the main building block for our bodies, and is used to build and repair tissue (including bones, muscles, skin, and blood). Good vegetarian sources of protein include legumes (dried beans and peas); soy products (tofu, veggie burgers, soymilk); nuts and seeds and their butters (peanut and almond butter, tahini); eggs; dairy products; some whole grains (such as quinoa and buckwheat); and fish, for people who continue to consume it.

You should consume a variety of different plant proteins every day. These include:

**Iron** - The role of iron is to help carry oxygen throughout the body, while serving an important role in growth and development. Good vegetarian sources include legumes, dried fruit, eggs, blackstrap molasses, whole and fortified grains and cereals, nuts, seeds, and dark green vegetables. Iron absorption from plant-based foods is increased when consumed with Vitamin C-rich foods including peppers, citrus fruits, strawberries, tomatoes, and broccoli.

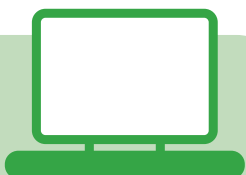
**Zinc** - Zinc is an essential nutrient for growth and development. It is also involved in immune function and wound healing. Good vegetarian sources include nuts and seeds and their butters, legumes, whole grains, and soy products.

**Omega-3 fats** - These fats are important for brain and eye development, and for heart health. Good vegetarian sources include canola oil, flax and hemp seeds, and their oils, pumpkin seeds, walnuts, soybeans, and foods fortified with DHA. Fatty fish and shellfish are excellent sources of Omega-3 fats for people who continue to include these foods.

**Vitamin B12** - This helps your body make red blood cells and is important for normal nerve functioning. Good vegetarian sources include fortified foods (soymilk, meat analogs, ready-to-eat cereals, nutritional yeast), dairy products, eggs, and fish.

## LEARN MORE ABOUT VEGETARIAN LIVING

[www.eatrightontario.ca](http://www.eatrightontario.ca)  
[www.vegetariannutrition.org](http://www.vegetariannutrition.org)  
[www.eatright.org](http://www.eatright.org)  
[www.vegetariannutrition.net](http://www.vegetariannutrition.net)  
[www.vrg.org](http://www.vrg.org)



For people who adopt a vegan-eating pattern, care must be taken to ensure adequate intakes of energy, calcium, and Vitamins D and B12, in addition to the nutrients mentioned above. The Canadian Pediatric Society agrees that well-planned vegetarian and vegan diets are healthy options at all stages of fetal, infant, child, and adolescent growth, provided attention is paid to specific nutrients, and energy intakes are adequate. Supplementation may be required for some people following a strict vegan pattern. Talk to your health care provider or a dietitian if you are unsure. Overly restrictive diets are not recommended for any age group.

If a vegetarian eating plan is not even on your radar, why not consider one vegetarian meal a week? Many people are adopting 'Meatless Mondays' as a way to incorporate more vegetarian foods into their lives. Regardless of your choices around animal products, a healthy diet is based on whole foods, variety, balanced meals, a regular eating pattern, and limiting consumption of foods that are refined, deep fried, processed or laden with added fats, sugars, and salt. **GBK**

**JENNIFER MACTAVISH** is a Registered Dietitian with the Brockton and Area Family Health Team. Learn more about the health team at [www.bafht.com](http://www.bafht.com).



A young girl with brown hair in pigtails, wearing a blue t-shirt, is sitting in a field of green grass and yellow daisies. She is holding a white tissue to her nose and sneezing, with her eyes closed and a red, irritated nose. The background is a bright blue sky with some white clouds.

HEALTH

# Allergy alert





## Know the signs of **allergies** and treat them early

By Carol Cook

Itchy eyes, sneezing, runny nose, hives, rashes, anaphylactic shock – we're all familiar with these as signs of allergy.

But this is just the tip of the iceberg. Stomach aches, 'allergic shiners' (dark circles under the eyes), bright red cheeks or earlobes, mood swings, depression, headaches, the 'allergic salute' (a line across the bridge of the nose from upward rubbing of the palm on the nose), continually getting sick or getting sick at the same time each year, excessive saliva/drooling, making strange sounds, motor mouth, whiny repetition, an inability to sit still, chronic congestion... these can all be signs of allergy or intolerance.

Is your child an angel one minute and a monster the next? Something they are eating, breathing, or in contact with could be the reason. When we are not resonating with something, it can cause an energy disruption in the body. We observe this as symptoms. Your body is saying, "This doesn't agree with me."

In this article, the terms allergy and intolerance are used interchangeably to indicate an adverse reaction to a substance that does not bother most people. This differs from a medical allergist's definition, which tends to view only those reactions to substances resulting in a specific immune-mediated reaction. These effects are usually immediate or occur within a short period of time after exposure.

Allergy symptoms occur when the body views a substance as foreign and feels the need to protect itself. Unfortunately, many people's bodies are on high alert and over-reactive. They are jumping at dust bunnies thinking they're tigers.

Substances that cause allergies are called allergens. Common allergens are dairy, wheat, corn, eggs, soy, peanuts and nuts, seafood, sugar, citrus, dust, pollen, pets, molds, chlorine and electromagnetic fields. Foods that we eat frequently are quite

often troublesome, without our realizing it.

The tendency to be allergic seems to be inherited, but not necessarily to the same things. If both parents have allergies, their children are much more likely to experience allergies as well. The number of people with allergies or sensitivities seems to be increasing. Many factors are at play. Our immune systems are overtaxed. Toxins in our environment are increasing, stresses of day-to-day life also seem to be increased, fewer 'natural' foods are being consumed – more packaged, convenience foods with genetically-modified wheat and high fructose corn syrup, inherited genetic weaknesses, artificial light and electromagnetic fields – these all leave the body with fewer resources to deal with irritants the body would normally take in stride.

Quite often a problem-food is either hated or loved. You can't get your child to eat it, or they can't get enough of it, or both! For example, your child will eat buckets of ice cream, or blocks of cheese, but will not drink a glass of milk.

### How to spot a potential allergy

- Reactions can occur at a particular time of day or year, during specific seasons or certain weather patterns.
- Do symptoms begin when surrounded by a similar cause?
- When and where does your child feel good – inside, outside, at home, on vacation?
- What do they love to eat? Or hate to eat?
- Are they worse after certain foods, snacks, or parties?



In the past, identifying possible problem substances involved skin pricks, and blood tests, or for foods, elimination diets. Fortunately, there are also less invasive ways to identify possible troublemakers, whether they be foods, pets, molds, dust mites, chemicals, etc. Some of these methods involve computer testing, while others simply rely on the muscle strength of the body. These methods work because our body responds to everything around and within it. Substances to which we are allergic or sensitive cause a disruption in the energy flow of the body that can be observed. When we are exposed to items we do not resonate with, our muscles temporarily weaken.

Our bodies are constantly making judgments about everyone and everything around us. We are either resonating or not with things in our environment. What we resonate with makes us feel good – think of a favourite person, place or object. Now think of something or someone you dislike – do you notice the change in how you feel?

Problem foods can be a particular challenge to identify as symptoms may not appear until three days after exposure. Often allergies and sensitivities develop after traumatic events. The brain makes links between the trauma and what is in the body's energy field at the time. Thereafter, each time you eat that food, you feel stressed or unwell, but you're not sure why.

There are many ways to deal with allergies. Among the

more traditional methods are avoidance of the allergen(s), antihistamine drugs, allergy shots – to assist the body to build tolerance – and rotation diets, which vary the foods the body is exposed to. Building up the body's immune system will also aid in reducing symptoms. Adequate sleep and exercise, drinking water, eating nutritious food and limiting sugary foods are all helpful. For infants, exclusive breastfeeding for at least the first four months, and, when moving to solid foods, starting with pureed meats, fruits and low-starch veggies, is also helpful.

There are also simple, non-invasive ways, without needles or medication, to balance the subtle energy flows of the body to enable it to better process the substance so it no longer views, for example, an orange as harmful. No need to give away your pets, avoid your favourite restaurants, or avoid walks or time at the playground because pollen counts are too high.

Allergies don't have to rule your life. Investigate your options.

**Author's note:** *This information is for educational purposes only and is not intended to diagnose or treat any illness. To do so, please consult a licensed physician.* **GBK**

**CAROL COOK, BSc, DHN, CBP,** is a holistic nutritionist and Certified BodyTalk Practitioner specializing in allergy relief. Her own family's allergy issues led her to an in-depth study of the field in a search for relief, which they found. For more information, visit [www.AllergyFreeMe.ca](http://www.AllergyFreeMe.ca) or email [Carol@AllergyFreeMe.ca](mailto:Carol@AllergyFreeMe.ca).







## As your family grows, your starter home may become too small

By Jim Cook

When you bought your first home, it was perfect – it had everything you needed.

There was an extra bedroom for the baby due within months and a fenced yard for your dog. You could see yourself in the basement family room watching Hockey Night in Canada on the big, flat-panel TV or entertaining in the kitchen. Realtors describe these homes as cozy, cute and perfect for first-time homebuyers.

Now, life has changed. You are comfortable in your career but your perfect home feels cramped, as your family has expanded to include two children and all their toys, gaming systems and sports equipment. Even the family dog suddenly seems so much bigger. The time has come to move to a bigger home that has space for everybody.

The same principles you used to find your first home apply to this purchase as well. Location, location and location are the key words. Now you want to consider whether your

children will walk to school or if the school bus route is nearby. You may also ask yourself whether there are similar-aged children in the neighbourhood or whether the street is bicycle friendly. Once you have narrowed the list, many parents will involve their children in the final decision.

“If you need to borrow more, you can transfer the existing mortgage without penalty and without changing its interest rate.”

*Jim Cook*

While changing homes can be a major life change, it is also a significant financial transaction as well. You have some big decisions to make. Will you keep your existing home as an

investment property or sell it for your down payment on the new one? Will you transfer your existing mortgage or pay the penalty and start fresh?

Some people will keep that first home as an investment property. If you have a new down payment saved then renting out your first house has historically been a good way to build wealth for your family over the longer term. However, being a landlord is not for everyone.

Most people will buy their new home conditional on the sale of their existing one and use the money made from the sale towards their down payment.

Does moving to a new home mean you need a new mortgage? Not usually. Most mortgages are portable, which means they can be transferred from one property to another. If you need to borrow more, you can transfer the existing mortgage without penalty and without changing its interest rate. Any additional funds needed for the purchase will be added at current market mortgage rates. Most lenders keep the same renewal date and will simply blend the interest rates together to calculate your new payment.

When new mortgage rates are lower than your existing rate, it can sometimes make sense to break your current mortgage, pay the prepayment penalty and take out a new mortgage to get the lower rate and lower monthly payments. Often the savings will offset the penalties – so in time there is no cost – yet you have lower mortgage payments. Speak to a mortgage professional about your options. An experienced mortgage lender or broker will be able to compare the two options in an unbiased way and help you determine whether it makes financial sense to stay with your current lender or start fresh.

A phrase you often hear when changing homes is ‘bridge financing.’ Let’s say you want to purchase two weeks before you complete the sale of your existing home so you have time to clean, paint, replace some carpet and then move in a less chaotic way. That is a great plan, but if you are relying on the sale of your home for the down payment, you have a timing problem. Bridge financing is a temporary loan that provides whatever money you need from the sale to complete your purchase. It is relatively cheap – a few hundred dollar fee and interest only for the time you need it. More importantly, it helps you avoid having to move in one day and eliminates the need to live in a renovation zone while you paint and decorate.

Finally, the big day approaches. You searched the market and found your new palace. You were able to sell your first home at a fair price. You should keep in mind that moving with younger children has some unique challenges.

Often a child’s biggest concern is what will happen to their special things. Help them to pack one box with all their favourite items. Explain that it will go with them. Put it into your car beside their seat so it goes with them, not the movers. Keep it in plain sight. When you arrive at your new home, make sure it is one of the first things that is placed in their bedroom.



For us, we always let our boys pick their own room paint colours as well. Their choices were often more bold than we might have opted for, but it helped them claim ownership of their own space and settle in quickly.

Like everything else, moving is what you make of it. Upscaling your home should be fun, not stressful. It should be a new adventure and with a little planning, it can be! **GBK**

**JIM COOK**, MBA, CMA, AMP, has been providing financial services and advice for over 20 years. As an award-winning, Ontario-licensed mortgage broker with Mortgage Intelligence, he provides mortgage services throughout Ontario. He has lived in Bruce County for over 14 years with his wife and two children, has owned several homes and moved more times than he would like to count. You can learn more about Jim at [www.MyMortgagePlace.ca](http://www.MyMortgagePlace.ca).





# Day care dilemma



## Choose the **right** child care provider for your family

Making a decision about child care can be a very challenging one for a parent.

This is especially true if you are a first-time parent and your maternity leave is drawing to a close. When you can't be with them, you will want to ensure your child is safe and happy in an environment that is nurturing, fun and educational.

Whether you are looking for full-time care during the workday or for occasional evening care when you need a break, the task can seem daunting.

It's important to know there are two types of child care available in Ontario – licensed and unlicensed. Licensed child care programs are required to meet and maintain specific provincial standards as set out in the Day Nurseries Act. These programs are inspected yearly by Ministry Program Advisors to ensure the health, safety and developmental needs of the children are being met. If you are thinking about licensed child care, you can choose either centre-based child care or home-based child care.

The needs of your child and family will help you decide which one makes the most sense.

Child care centres provide care for infants, toddlers, preschool and school age children, depending on their license. They include nursery schools, full day care and before- and after-school programs. Child care centres can be found in a variety of locations in your community and are staffed with professionals who have education and training in Early Childhood Education (ECE).

Children are placed in groups with children of their own age and activities are available to meet their specific developmental needs. The daily schedule and room set-up, as well as the larger number of children enrolled, can serve as helpful preparation for the formal school setting.

Home child care is provided in a caregiver's home and is available for infants, toddlers, preschool and school-aged children. An advantage for some families is that group size is



smaller and children enjoy more one-on-one time with the caregiver.

Licensed agencies contract individual caregivers to provide care for children in their own homes. These caregivers are screened, approved and monitored by home visitors who work for the home child care agency. These home visitors have ECE training and offer support to the caregivers around such things as activities promoting development, meal planning, suitable toys and equipment, and safety.

Unlicensed care is provided in many communities and can also be an option for some families. This type of child care arrangement may be provided by neighbours or relatives and can

## Find a child care provider

- In the phone book or Yellow Pages under 'child care'
- In the Grey-Bruce Kids Resource guide (Pages 24-27) or online at [www.greybrucekids.com](http://www.greybrucekids.com)
- On bulletin boards in local stores, community info centres, libraries and churches
- Talk to friends, neighbours, relatives and co-workers
- Contact regional offices of the Ministry of Education (call 519-376-1951 in Grey-Bruce)
- Check with the Children's Services department of your local municipality (in Grey call 519-376-7324; 519-881-0431 in Bruce)

be a good choice if the provider is familiar with the children. There may also be more schedule flexibility with this kind of informal arrangement and care can sometimes happen in your own home.

Parents should keep in mind that anyone providing care for more than five unrelated children under the age of 10 requires a license. The Ministry of Education can be contacted to look into reports of a provider looking after too many children.

Your local Ontario Early Years Centre may have a list of licensed and unlicensed child care providers in your community. They can also provide information about what to look for when choosing child care, questions to ask when interviewing, where to go for child care subsidy, and how to make the first few days of care go smoothly.

Keep in mind they will not have approved any of the providers on their list. As a parent, it will be up to you to research, choose and monitor your own child care arrangements.

No matter what child care setting you decide on, make sure the hours and policies are ones that work for your family. Check to see if there is an open door policy that makes you feel welcome and comfortable when you visit. Ask about their behaviour guidance policy and how they communicate when problems arise. Most importantly, you'll want to ask enough questions to ensure the provider or centre shares your philosophy about children and how they learn and grow.

The same approach should also be taken when looking for and selecting an occasional child care provider for children. Although grandparents or other family members are often the go-to option when parents need a break, there will be occasions when outside care will have to be arranged.

You can start your search for an occasional child care provider by checking with other parents, neighbours, church congregations, high school or college ECE programs, and child care centres or nursery schools.

Once you have found some possible candidates, and decided on the rate you are comfortable with, you should remember to always hire in person. Even if the child care provider comes highly recommended, arrange for a meeting and hold an interview. Then, ask relevant 'scenario' questions and if the child care provider responds as you would, it's a very good sign. Also, let the child care provider ask questions of you; however, if they all relate to money, keep looking.

If you're comfortable so far, arrange for a quick trial run. Let the provider care for your children for an hour while you go for coffee, and then ask your children what they think of your choice. Most importantly, parents should trust their instincts when choosing someone to look after their most precious commodity. **GBK**

Submitted by the **COUNTY OF BRUCE - CHILDREN'S SERVICES**

**DIVISION.** Learn more about the services they provide at <http://bit.ly/zhwyoT>.





# No place to hide

Bullying takes on new forms as youth grow up with technology

By DWIGHT IRWIN

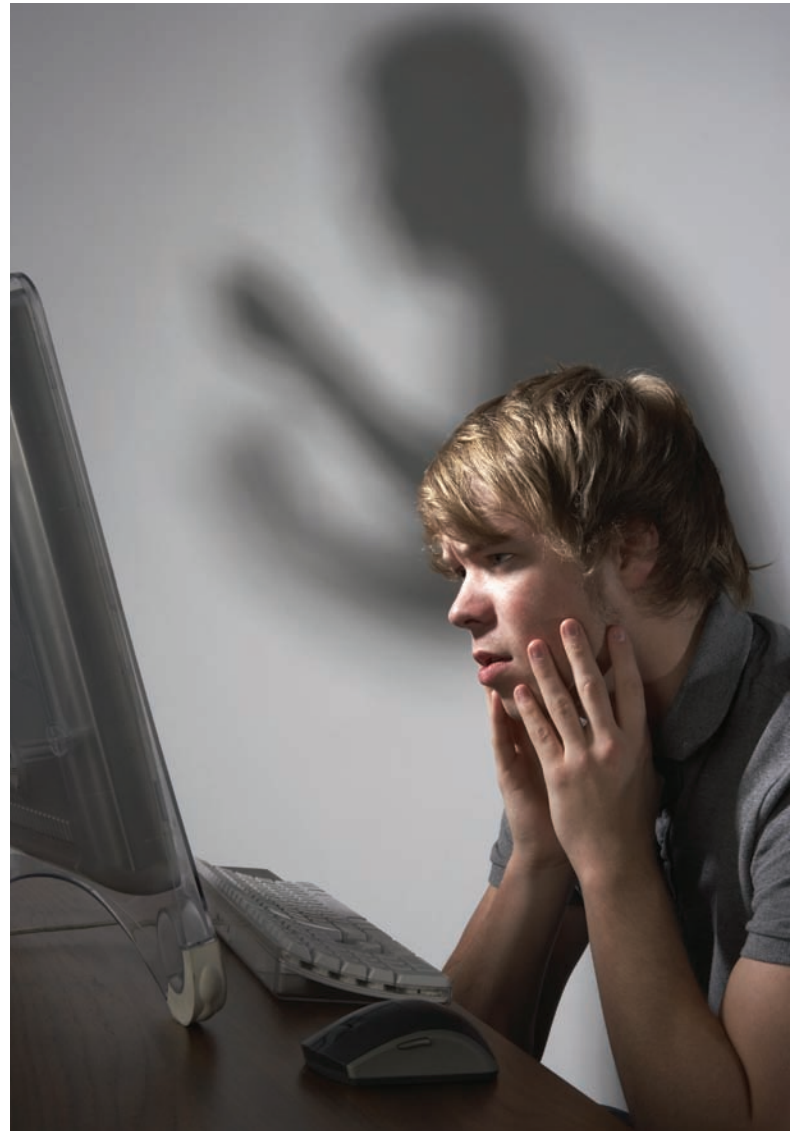
There are times Julie\* wants to die.

Bullied to the brink of the unthinkable, numerous times she has cried in the arms of her mother Susan\*, expressing her wish to leave a world of hurt behind.

She's 13 years old.

Julie lives with her mother in a lower-income home in Bruce County. She feels the wrath of both boy and girl classmates. They verbally abuse her in person, and have been ruthless in a way many parents don't fully understand – online.

"It's just awful to see your child go through such pain," Susan told Grey-Bruce Kids on the condition of anonymity for her family. "Some days I just want to hold her and cry with her, while other days I feel like chewing up nickels and spitting bullets I'm so mad at those kids."



Susan doesn't use the family's computer, even though it is located in the main room of the house so she can keep an eye on Julie's online activities. She has looked into purchasing spyware, but can neither afford it nor would she have the technological knowledge to work it, due to a lack of computer literacy. She knows Julie has suffered at the hands of taunting classmates on Facebook, but she wasn't aware she could simply create a free account and become Julie's 'friend' to see every move her daughter makes on the social networking site, and every drop of anger spit her way by her tormenters.

"I wouldn't even have a computer if I could help it, but it's just so important for kids to have access to one these days," said Susan, an admitted technophobe. "She will be bawling and then show me some of the things these kids say to her in open conversation on Facebook. It's just awful."



- Kids of all ages are involved in online social media networks, as well as text messaging. Watch for signs of bullying.

Kevin Martin, a constable with the South Bruce Grey OPP, said parents are often shocked at what they see on their kids' social networking sites, while youth have a sense of invincibility when online, or when sending text messages or emails.

They don't realize everything they do online is public and permanent.

"Youth of today have grown up with this technology and become highly skilled users, but lack some basic understanding about the Internet," Const. Martin said. "The Internet is not private or anonymous, and the OPP has specialists who can track the source of inappropriate usage."

Charges can also be laid depending on the type and severity of the bullying, and may even be admissible in court if the judge allows it, he added. Yet many parents, who knew bullying simply from a playground perspective, have a difficult time understanding this version.

"Cyber-bullying is different because you don't have to be physically present," Const. Martin said. "The problem is – how does the victim escape? Years ago, it was on the bus, in the halls or bathroom, or on the playground. If you weren't physically in those areas, there was safety. Nowadays, where do you go to escape your computer or cell phone?"

Bullying, whether face-to-face or online, is a pattern of behaviour with a negative intent, Const. Martin explained. Generally speaking, there is a power difference (real or perceived) involved, such as someone being taller, older, or in a higher grade. It can be a flip comment like "you're ugly" or "that shirt is a huge fail," or there are cases where easily designed websites – remember how tech-savvy youth can be? – are created to target and belittle a peer.

Often, these online attacks go farther than simple teasing, yet still leave the same emotional scars as physical intimidation.

"Identical to physical bullying, the same health effects manifest for the victim – low self-esteem, low self-confidence, depression, suicidal tendencies, and substance abuse."

Susan could see the torment on Julie's face, those days she'd come home from school and tell her mother she'd just rather die than face her classmates another day.

"She began missing school, making up excuses not to go," Susan said. "She'd beg me to let her stay home."

Three or four times she told her mom the pain was too much for her to continue living.

"It's just so sad that I still want to cry," Susan said. "I battle with depression and I know how low I can get at times, and Julie has always had issues with self-esteem, so when she started talking like that I got her into counselling."

Being victimized by bullies, unfortunately, runs in Susan's family. Her niece Claire\*, who lives many Bruce County towns away from her aunt and cousin, was bullied mercilessly while in Grade 7, mostly on MSN Messenger, one of the first popular sites for real-time online interaction.

"Girls in my class would call me bad names – things like 'slut' – and really tore me down to where I felt worthless," said Claire, who is now in Grade 12. "They told me I wasn't pretty enough, or cool enough to fit into their group. I was shunned at school, and I felt horrible about myself."

Although the painful memories are easily recalled even five years later, Claire has looked past the hurt the bullies caused her and is thriving. She's a smart, well-spoken 18-year-old who is currently applying at colleges to take the next step in her educational journey.

She's going to be a social worker and help victims of emotional and physical abuse.

Amy Snobelen, a Student Success teacher at Kincardine District Secondary School (KDSS), says bullying via text messaging has

## Set the example, parents

The constant use of cell phones has also resulted in the degradation of social interaction at local schools, because students are always on them – even texting each other while walking side-by-side down the hall, says Sheryl Elliott, Kincardine District Secondary School Vice-Principal.

"Cell phones are a huge distraction to student learning, and, often, the parents don't help the situation."

Sheryl says parents send their children texts or call them during classes. Parents need to set a good example and not text their kids when they know they're in class and should be concentrating on their studies.

"We need parents to model appropriate cell phone behaviour, because we're well aware cell phones are impeding learning, but need parents to understand this too," Sheryl said. "Parents need to think about how disrupting it can be when they text their kids during school hours."

"And, if they do it, then their kids think it's OK too."



“(Youth) create the conflict through texting and then... it comes to a head.”

Amy Snobelen

become the biggest issue they face at the school.

“We deal more with the conflict that is playing out as a result of interactions on social media,” Amy said. “They create the conflict through texting and then, when they meet face-to-face in our halls, it comes to a head.”

Bullying via social media and text messaging allows friends to collaborate and take sides, creating clearly drawn battlegrounds. This results in a gang mentality, where constant retaliation just fans the flames. “Technology allows for instantaneous conflict among a group to play out in real-time. They don’t stop and think beyond this moment – they act, and it’s not face-to-face so it’s easier to act ‘tough.’”

The Government of Ontario recently introduced new legislation to help schools curtail bullying of all forms, and KDSS Vice-Principal Sheryl Elliott said this will help with necessary disciplinary processes. The school board’s main focus is on educating students and parents before bullying occurs, much like they have over the past two decades with drinking and driving.

“We host speakers, have a bullying prevention and intervention plan, and created a Safe Schools committee to raise awareness for our students,” Sheryl said. “We even have evenings to teach parents about Internet safety and to educate them about the technology they are providing for their kids. Many don’t realize the capabilities these smartphones have.”

If you are the victim of bullying, or if you know someone who is, call Kids Help Phone at 1-800-668-6868 (24 hours), visit [www.kidshelpphone.ca](http://www.kidshelpphone.ca) or talk to your school’s principal.

*\*Some names have been changed to protect the identity of the victims.* GBK

- with files from Amy Irwin

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# Clutter getting you down?

## Get the family involved with this year's spring cleaning

By Patti Smith

Springtime in Grey and Bruce counties is the time of year to open the windows, let the light and the fresh air in, and shake the cobwebs out of your house and mind.

Sometimes though, starting fresh is easier said than done when we have to detour around a pile of papers here, or a stack of shoes there.

Yes, we all seem to deal with the dreaded the 'C' word – clutter.

Clutter is defined as anything unfinished, unused, unresolved, tolerated or disorganized. Simply put, in the context of your space, clutter is anything that isn't in its own home or doesn't even have a home. Clutter causes stress because it represents postponed decisions.

So where to start? Who gets involved? How do you motivate others?

## MAKE THE APPOINTMENT

Have a brief meeting with family members prior to establishing a date for your wholesale spring cleaning session. Respect yourself enough to keep that appointment as you would with your doctor, child's teacher, or hairdresser.

You all live there. Don't let anyone get away with learned helplessness or intentional incompetence. When they realize you're serious about sharing the work, they'll be more likely to share it with you.

## CHOOSE A ROOM TO START IN

Let's start in the bedrooms. The master should be a sanctuary, an escape from the storm. The children's bedrooms should promote calm for the end of their day.

## GATHER DE-CLUTTERING EQUIPMENT

Grab a bag and box for three categories of stuff – donate, delegate, or dump.

## PLAY SOME MUSIC

Put on something upbeat that you can dance to. Create a playlist on your music player just for these occasions.

## SET THE TIMER FOR 20 MINUTES

The members of your family won't find that time slot

intimidating, and the little ones will love the game aspect of beating the clock. As a rule of thumb a child's attention span is equal to two minutes plus their age. Please consider this and allow some leeway. Even the smallest toddler can help with the picking up and the cleaning. Let them. Teach them to start at the entrance to the room and work around in whatever direction calls you.

## DECIDE ON THE THREE D'S

**Donate** to someone else you know who would enjoy the item, or to your favourite thrift store. Children can be surprisingly generous, especially when bribed with the idea that they are making room for new toys or electronics to come!

**Delegate** to another room, storage, or holding area for possible selling via yard sale, online or traditional advertising.


**Dump** into the trash. Keep only what you love, you use, or makes your heart sing. If it doesn't have a home, though, it gets defined as clutter. It really does help to know where things are, where they belong, and where to put them.

Children's artwork is also hard to throw out, so why not take a digital photo of the child holding the artwork itself. This allows you a better memory of the child's age and to store his or her creativity in clever ways. Store them in a digital album and send it to the grandparents. They can set it as their screensaver. You can also turn it into greeting cards and stickers at [snapfish.com](http://snapfish.com) or [moo.com](http://moo.com).

## CREATE ZONES

Cook in the kitchen. Eat only at the table. Study at your desk. Read near the bookcase. Keep your DVDs and CDs near the entertainment centre. Set up a launch pad near the front door for everything brought into the house and everything that needs to go – mail to be sorted, or briefcases and purses and backpacks ready to be taken to work or school in the morning. Keep a donate box in your closet at all times.

## REWARD YOURSELVES

We all need balance in our lives. Work a little. Play a little. Learn a little. Dance or sing a little. Clean up a little. Get outside and walk or play. Relax a little. Put it all together. Have a balanced day! 

**PATTI SMITH-ANSELL** operates Show Offs Home Staging and Organizing. Learn more at [www.showoffshomestaging.com](http://www.showoffshomestaging.com), or contact Patti at [pattismith@sympatico.ca](mailto:pattismith@sympatico.ca) or 519-372-8307.



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# How does your garden grow?



By Janice McKean

My husband gave me a wonderful gardening book for Christmas.

It is called 'Roots, Shoots, Buckets and Boots – Activities to do in the Garden with Your Children' by Sharon Lovejoy. We are gardening with our grandchildren these days. I can't wait to build a 'sunflower house,' or maybe 'pizza' or 'moonflower' gardens with our grandgirls.

Following is some of Sharon Lovejoy's gardening wisdom so you and your kids can play in your garden this spring.

## CHOOSING A SITE

Pick a site that has six to eight hours of direct sunlight a day. Ten feet by 10 feet is a manageable size. Is it sheltered from strong winds? Plant 12 feet away from trees and shrubs as they will compete for light, water and nutrients. Keep your garden visible to the house so your kids can feel close to it and make it part of their daily routine. Or you may decide to grow plants in containers like a laundry basket, an old colander, a feed bag or a rubber boot!

## GET TO KNOW YOUR SOIL

Grab a trowel, a magnifying glass, some yogurt tubs and a small hand and go to your site. Explain to your kids how we may walk on this ground and think it's just dirt, but it is soil, and our lives depend on it. Scoop soil from different spots into your tubs and examine with the magnifying glass. See any micro-organisms? Smell and feel the different soil textures. If it seems sandy, add compost. If it seems slick and thick (clay), add compost.

## COMPOST

To grow your own soil, take your kids outside and scoop up some fallen leaves and soil. Spread these out on a newspaper. Smell, feel and look closely at them. This is decaying organic matter, the perfect soil conditioner. It is also called humus, which is what you want when your compost pile has stopped cooking. The bigger the better for your compost pile – three feet by three feet is good. Place twigs and stalks on the bottom for air and drainage; alternate with four-inch layers of veggie



and fruit peels, dead flowers, grass clippings, eggshells, coffee grounds and tea leaves, old leaves and back to twigs and stalks and repeat. No meat or fish, which attracts raccoons. Keep the pile moist and spongy, but not soggy. Add water if it dries out. If it gets smelly (anaerobic), add air by turning it with a pitchfork. Soon you will have your own 'Earth's Nurse' humus to add to your plot.

## PREPARING YOUR SITE

Loosen soil by fork or shovel to 10-inches down. Mechanical tilling damages the soil micro-organisms and awakens a huge crop of sleeping weed seeds. Hand tools disturb the soil less. Clear away the grass, rocks and weeds. The kids can shake off the soil from clumps into the garden, then carry the clumps and weeds to the compost pile. Rake smooth, add three inches of compost and stir into your soil with hoes or fork. Bagged manure can be used if you haven't any compost yet. Top with a thick (six inches) layer of mulch – leaves, straw, or shredded newspaper.

## MULCH

Mulch is earth's blanket to conserve water, deter weeds and prevent erosion. As your mulch biodegrades, add more. Explain to your kids you are giving back to the earth some of the nutrients you remove as you harvest.

## PLANTING SEEDS AND SEEDLINGS

Choose your favourite veggies, fruits, flowers and herbs. Read how high they will grow and plant taller crops so they don't overshadow the smaller ones. Choose heirloom and heritage varieties (not hybrids). Not only will you get old-fashioned flavour but also you can save your own seeds to grow the next year. Poke your finger into the soil, which should be loose, and plant your seed. Mark the rows or patch with string or sticks with the name of the veggie on it. Fine seed like lettuce can be scattered on top and covered very lightly with soil.

## Grab a Good Food Box

Sometimes busy families in Grey and Bruce counties need a hand eating fresh, healthy foods.

Luckily, the Grey Bruce Good Food Box program offers fresh fruit and vegetables to be purchased in bulk, for a cost of \$8 to \$20 a month, depending on the size required. The boxes are packaged by volunteers at 17 community sites and delivery may be available.

The program is run by the Grey Bruce Public Health Unit. Contact Lindsay Wonnacott at 1-800-263-3456 ext. 1529 for more information, or visit [www.publichealthgreybruce.on.ca](http://www.publichealthgreybruce.on.ca).

## WATERING

Remind your children how they like a drink of water on a hot day. So do their plants. How much water? The 'poke test' will tell. Have them push a finger an inch into the soil. If it feels dry, water deeply. Water the soil at the base of the plant, not the plant leaves unless you are chasing bugs. Water in early morning or evening for maximum absorption. Keep a big bowl in your kitchen sink to catch tapwater. When full, a child can pour it in a pail and take it to a thirsty plant in the garden. Install a rain barrel.

'Your garden is a place where you and your child can grow together.'

Janice McKean

## FEEDING

Plants, like kids, need food to grow. Sprinkle compost around the base of your plants every two weeks, or add a few cups of bagged manure to soak in a pail for several hours, and then water the soil under each plant. This will be a nourishing treat for your garden and kids love to do the watering.

## WEEDING

Keep the mulch layer thick on the garden and weeding will be easy. Garden chores like weeding can be done in 10-minute packages – a weeding contest to see who has the most weeds or a race to 'uncrowd' the plants by transplanting those congested carrot seedlings into a free space.

## CRITTER CONTROL

Since your children will be touching and eating some of the plants, your garden should never be treated with herbicides, fungicides or pesticides. Avoid use of slug and snail bait too, which can harm both kids and wildlife. You can handpick unwanted insects or use a forceful spray of water. You will have volunteers for these tasks. Place an empty grapefruit-half on the ground for a slug trap and drop the slugs into your compost.

## ENJOY THE ADVENTURE

Your garden is a place where you and your child can grow together as you share adventures, victories and tasty treats. It is the perfect opportunity to rediscover the joy and mystery of the world we live in. As you spend time together in your garden, your child can help you remember, as Rachel Carson says in 'A Sense of Wonder', "A child's world is fresh and new and beautiful, full of wonder and excitement." **GBK**

**JANICE MCKEAN**, who, with her husband, grows and sells tasty fruits and veggies and also native grasses and flowers at The Ark Farm, their Bed and Breakfast near Tiverton. Visit their website at [www.thearknativeplants.com](http://www.thearknativeplants.com).

# Safety on two wheels

By Jason Wepler

There is nothing quite like that first bike ride of spring.

Until, that is, you take a tumble.

While some things, like guaranteeing our kids stay upright, may be out of our control, we can ensure they are properly outfitted for maximum safety, when the inevitable occurs.

## WEARING IT RIGHT

Nothing protects heads like a properly fitting helmet. In Ontario, it is legislated that every rider under the age of 18 must wear an approved bicycle helmet. Such equipment reduces the risk of serious injury and even death by up to 85 per cent. For best results, ensure your child's helmet is worn correctly, fits properly and meets safety standards. Organizations such as CSA, ANSI, ASTM, CPSC, SAA and Snell all meet the required standards. Look for the identifiable safety standards sticker during your next purchase. As a general rule of thumb, the helmet should rest two inches above the eyebrows, the side straps should 'V' around the ears and one finger should fit between the chinstrap and chin. For best fit, your chosen helmet should sit level on your head with minimal movement while turning or nodding.

## SIZING YOUR BIKE

A properly fitting bike should allow two- to five-centimetre clearance over the frame while standing flat-footed. To ensure your seat is adjusted appropriately, sit on the seat with your feet on the pedals. At the bottom of the revolution the rider's leg should almost be straight with only a slight bend in the knee. Handlebars can also be adjusted and should be located in a position where your weight is evenly balanced and the body rests at a gentle lean.

## JUDGING PROFICIENCY

The best way to judge the skill level of a young rider is to watch them while they ride. Ideally, your child should feel comfortable keeping their balance, riding in a straight line, stopping without falling, turning without losing control, checking over their shoulder, and controlling their speed.



## RIDING THE ROADS

Guiding a bicycle along a busy roadway can be a stressful and potentially dangerous experience. Parents are advised to keep children off busy roads until they are at least 10 years old and confident in their abilities. Other safety tips you should share, and demonstrate, with young riders include riding in a straight line on the right hand side of the road, stopping for all road crossings, stop signs and lights, looking both ways, signalling to drivers your intentions to stop or turn, and looking ahead for hazards and being aware of your surroundings.

For a young child, learning to ride a bike can be one of the first steps in achieving independence. In addition, a good ride can go a long way to meeting those daily physical activity requirements that so few kids are meeting these days (only seven per cent do, according to the 2011 Canadian Active Healthy Kids Report Card).

And the best part is, you can make it a family ride so everyone reaps the benefits. **GBK**

**JASON WEPPLER**, a father of two and injured runner-turned-cyclist, is a Health Promoter with the Grey Bruce Health Unit. Get more information about physical activity and injury prevention at [www.publichealthgreybruce.on.ca](http://www.publichealthgreybruce.on.ca).





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# RESOURCES

## ABUSE (PHYSICAL/SEXUAL)

### Assaulted Women's Helpline

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

### Children's Aid Society - County of Bruce

1-800-461-1993  
brucas@brucecas.ca  
www.brucecas.ca  
Walkerton

### Children's Aid Society of Owen Sound and the County of Grey

1-800-263-0806 (24 hour)  
www.greycas.org  
Owen Sound

### Chippewas of Nawash Unceded First Nation D'binooshnowin Crisis Shelter

Crisis line: 519-534-4338 (24 hours)  
Administration: 519-534-3764  
admin.dbinooshnowin@gbtel.ca  
www.nawash.ca  
Cape Croker

### Keystone Child, Youth & Family Services

1-800-567-2384  
519-371-4773  
bgcs@bmts.com  
www.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  
www.gbhs.on.ca  
Owen Sound

### Victim Services of Bruce Grey and Owen Sound

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

### Victim/Witness Assistance Program

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

### Women's Centre (Grey and Bruce)

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

### Women's House Serving Bruce and Grey

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

## BREASTFEEDING

### Brockton and Area Family Health Team

1-866-507-2021  
www.bafht.com  
Walkerton

### Grey Bruce Health Unit

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

### La Leche League Canada

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

### 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

## CHILDBIRTH

### 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 Preschool

519-599-7577  
Meaford

### Amabel-Sauble Child Care Centre

519-422-3611  
Sauble Beach

### Beaver Valley Outreach

519-599-2577

### Bobi'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

### Family Y Child Care/First Base

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

### Grey County Childcare Services

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

### Hanover Montessori Children's House

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

### Happy Hearts Day Care Centre

519-376-1284  
Owen Sound

### Inglennook Creche Day Care

519-371-9471  
Owen Sound

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

Ayton - 519-665-0222  
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

519-389-9050  
Port Elgin

### Kinhuron Integrated Day Nursery School Co-op

519-396-4532  
Kincardine

### Le Jardin des decouvertes

519-371-4411  
Owen Sound

### Military Family Resource Centre

519-538-1371 x6753  
mfrf.meaford@sympatico.ca  
www.mfrfmeaford.com  
Meaford

### Meaford Co-operative Nursery School

519-538-3854

### Nawash N'Shiime Day Care Centre

519-534-3909  
Neyaashiinigiimiing (Cape Croker)

### Sandbox Daycare

519-506-7263  
Hanover



**Salvation Army Day Care Services**  
519-371-9540  
sadaycare@bmts.com  
www.salvationarmyowensound.com  
Owen Sound

**Saugeen First Nation G'Shaw-da-Gawin Day Care Centre**  
519-797-2419  
gshawdagawin@bmts.com  
www.saugeenf rstnation.ca

**Tammy's Learning Centre**  
519-538-9980  
Meaford

**Tobermory Primary Place**  
519-596-2606

**Unity House**  
519-371-0141  
Owen Sound

**Walkerton Day Care Centre and School Age Program**  
519-881-3123  
wdcc@wightman.ca  
http://bit.ly/rz345R

**Warton Kids Den Day Care/Kids Club Schoolage 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

## DIET/NUTRITION

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

**Closing the Gap Healthcare Group - Rehab Express Grey Bruce**  
519-370-2165  
www.closingthegap.ca  
Owen Sound

**EatRight Ontario**  
Ministry of Health Promotion and Sport  
1-877-510-5102  
www.eatrightontario.ca

**Good Food Box**  
Grey Bruce Health Unit  
519-376-9420 ext 1529  
1-800-263-3456 ext 1529  
publichealth@publichealthgreybruce.on.ca

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

**Keystone Child, Youth & Family Services**  
1-800-567-2384  
519-371-4773  
bgcs@bmts.com  
www.keystonebrucegrey.org

## FAMILY SUPPORT

**211 Ontario**  
Online database of services in your area  
www.211ontario.ca

**Big Brothers Big Sisters**  
Hanover and District - 519-364-1444  
www.bbbshanoover.ca  
Owen Sound - 519-376-4449  
www.bigbrothersbigsisters.ca/bbowensound  
Kincardine - 519-396-3565  
www.bigbrothersbigsisters.ca/kincardine

**Children's Aid Society of Owen Sound and the County of Grey**  
1-800-263-0806 (24 hour)  
www.greycas.org  
Owen Sound

**Children's Aid Society of the County of Bruce**  
1-800-461-1993  
brucas@brucecas.ca  
www.brucecas.ca  
Walkerton

**Chippewas of Nawash Unceded First Nation - Native Child Welfare**  
519-534-3818  
supervisor.ncw@gbtel.ca  
www.nawash.ca  
Cape Croker

**Grey Bruce Supervised Access Program**  
519-371-5991  
pc-superacc@bmts.com  
www.supervisedaccess.ca  
Owen Sound

**Kids Help Phone**  
1-800-668-6868 (24 hours)  
www.kidshelpphone.ca

**Motherisk - Hospital for Sick Children**  
1-877-327-4636  
www.motherisk.org

**Parent Help Line**  
1-888-603-9100

**Salvation Army**  
Hanover - 519-364-3450  
Owen Sound - 519-371-0957  
Port Elgin - 519-389-3942  
Warton - 519-534-0353

**Victim Services of Bruce Grey and Owen Sound**  
Crisis: 1-866-376-9852  
Administration: 1-888-577-3111  
info@victim-services.com  
www.victim-services.com

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

## FINANCIAL SUPPORT

**Beaver Valley Outreach**  
519-599-2577  
info@bvo.ca; www.bvo.ca  
Thornbury

**Owen Sound and Area Family YMCA**  
519-376-0484  
www.ymcaowensound.on.ca

**Social Services**  
Grey County - 1-800-265-3119  
www.grey.ca/health-social-services/  
Owen Sound  
Bruce County - 1-800-265-3005  
www.brucecounty.on.ca/ontworks.php  
Walkerton

**United Way of Bruce Grey**  
519-376-1560  
manager@unitedwaybg.com  
www.unitedwayofbrucegrey.com

## FOOD BANKS/HOUSING

**Beaver Valley Outreach**  
519-599-2577  
info@bvo.ca  
www.bvo.ca  
Thornbury

**Kincardine Ministerial Food Bank**  
519-396-2185  
circlek@bmts.com

**Lion's Head and District Food Bank**  
519-793-3860  
helen.rick@amtelecom.net

**Markdale and District Food Bank**  
519-986-3094

**Meaford Food Bank**  
519-538-4550

**Salvation Army**  
Hanover - 519-364-3450  
Owen Sound - 519-371-0957  
Port Elgin - 519-389-3942  
Warton - 519-534-0353

**Tobermory Food Bank**  
519-596-1501

**Walkerton and District Food Bank**  
519-881-0168

**Habitat for Humanity Grey Bruce**  
1-866-771-6776  
habitat@bmts.com  
www.habitatgreybruce.com

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

**Subsidized housing**  
Bruce County - 1-800-265-3022  
www.brucecounty.on.ca/socialhousing.php  
Grey County - 376-5744  
http://bit.ly/vVG1k0

**Safe 'n Sound Homelessness Initiative**  
519-470-7233  
safesoundresidence@gmail.com  
www.safesoundgreybruce.com

# RESOURCES

## HEALTH CARE

### Auditory Health Care

202 Cayley St., Walkerton  
519-881-4994  
info@auditoryhealthcare.com

### 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  
www.cgmh.on.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  
Wiarton - 534-1260  
www.gbhs.on.ca

### Grey Bruce Health Unit

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

### Hanover and District Hospital

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

### Healthy Babies, Healthy Children

Grey Bruce Health Unit  
519-376-9420  
1-800-263-3456  
www.publichealthgreybruce.on.ca

### Honouring Life Network

Aboriginal youth suicide prevention  
www.honouringlife.ca

### HopeGreyBruce

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

### Keystone Child, Youth & Family Services

1-800-567-2384  
519-371-4773  
bgcs@bmts.com  
www.keystonebrucegrey.org

### Kids Help Phone

1-800-668-6868 (24 hours)  
www.kidshelpphone.ca

### Mino Bimadsawin Health Centre

57 Mason Dr., Saugeen First Nation,  
519-797-3336

### M'Wikwedong Native Cultural Resource Centre

1-866-202-2068  
admin@mwikwedong.com  
www.mwikwedong.com  
Owen Sound

### Neurodevelopment specialists

Optimize Healing Centre, Port Elgin  
519-832-1515 or info@optimizehealing.com

### Pediatric clinics

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

### Poison Control Centre

1-800-268-9017

### Postpartum depression

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

### South Bruce Grey Health Centre (hospitals)

Chesley - 519-363-2340  
Kincardine - 519-396-3331  
Durham - 519-369-2340  
Walkerton - 519-881-1220  
www.sbgchc.on.ca

### South East Grey Community Health Centre

55 Victoria St., Markdale  
519-986-2222  
1-855-519-2220  
info@segchc.ca  
www.segchc.ca

### St. John Ambulance First Aid training

519-364-7004  
grey.bruce@on.sja.ca  
http://bit.ly/t3Ye8g  
Hanover and Owen Sound

### TeleHealth Ontario

1-866-797-0007

### Thames Valley Childrens Centre

519-396-3360  
1-866-590-8822  
Paula.Holla@tvcc.on.ca or  
Clare.Matthews@tvcc.on.ca  
www.tvcc.on.ca

## LIBRARIES

### Bruce County Public Library

Online catalogue - www.bruce.canlib.ca  
Administrative office - 519-832-6935  
bruce2@brucecounty.on.ca  
Cargill - 519-366-9990  
Chesley - 519-363-2239  
Hepworth - 519-935-2030  
Kincardine - 519-396-3289  
Lion's Head - 519-793-3844  
Lucknow - 519-528-3011  
Mildmay - 519-367-2814  
Paisley - 519-353-7225  
Port Elgin - 519-832-2201  
Ripley - 519-395-5919  
Sauble Beach - 519-422-1283  
Southampton - 519-97-3586  
Tara - 519-934-2626  
Teeswater - 519-392-6801  
Tiverton - 519-368-5655  
Tobermory - 519-596-2446  
Walkerton - 519-881-3240  
Wiarton - 519-534-2602

### Collingwood Public Library

519-445-1571  
www.collingwoodpubliclibrary.ca

### Dundalk/Southgate Public Library

519-923-3248 or http://southgate-library.com/

### Grey Highlands Public Library

Flesherton - 519-924-2241  
Kimberley - 519-599-6990  
Walter Harris Memorial Library (Markdale) -  
519-986-3436  
www.greyhighlandspubliclibrary.com

### Hanover Public Library

519-364-1420  
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 or www.owensound.library.on.ca

### The Blue Mountains Public Library/ L.E. Shore Memorial Library

Thornbury  
519-599-3681  
www.thebluemountainslibrary.ca

### West Grey Public Library system

www.westgrey.com/libraries.cfm  
Durham (main) branch - 519-369-2107  
Elmwood and area - 519-363-3321  
Neustadt - 519-799-5830  
Normanby - 519-665-7784

## MOVIE THEATRES

### Aztec Theatre

519-396-3250  
Kincardine

### Galaxy Cinemas

519-371-5222  
http://bit.ly/gB3Enq  
Owen Sound

### Hanover Drive-In Theatre

519-364-2066

### Paramount Theatre

519-364-2066  
www.movelinks.ca/paramount.htm  
Hanover

### Port Elgin Cinemas

519-832-5822  
www.portelgincinemas.com

### Owen Sound Drive-In

519-376-2190

## MUSEUMS

### Billy Bishop Heritage Museum

519-371-0031  
www.billybishop.org  
Owen Sound

### 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 and Archives - Southampton

519-797-2080 or www.brucecmuseum.ca



#### **Bruce Peninsula Visitors Centre**

519-596-2233  
<http://bit.ly/rQQFf6>  
Tobermory

#### **Bruce Power Visitors' Centre**

519-361-7777 or [www.brucepower.com](http://www.brucepower.com)

#### **Chesley Heritage & Woodworking Museum**

519-363-9837

#### **Craigleith Heritage Depot**

519-599-3131  
[www.thebluemountains.ca/Craigleith-Heritage-Depot.cfm](http://www.thebluemountains.ca/Craigleith-Heritage-Depot.cfm)  
Thornbury

#### **Grey Roots Museum and Cultural Centre**

Includes county's archives  
1-877-GREY ROOTS  
[www.greyroots.com](http://www.greyroots.com)  
RR4 Owen Sound

#### **Meaford Museum**

519-538-5974  
[www.visitmeaford.com/meaford-museum.html](http://www.visitmeaford.com/meaford-museum.html)

#### **Owen Sound Marine and Rail Museum**

519-371-3333  
[www.marinerail.com](http://www.marinerail.com)

#### **Paddy Walker Heritage Society**

519-396-1850  
[www.walkerhousekincardine.com](http://www.walkerhousekincardine.com)  
Kincardine

#### **South Grey Museum**

519-371-0031  
[www.greyhighlandsmuseum.com](http://www.greyhighlandsmuseum.com)  
Flesherton

#### **St. Edmunds Township Museum**

519-596-2479  
<http://bit.ly/vEdicK>  
Tobermory

#### **Tobermory Maritime Association**

519-596-2700  
[www.tobermorymaritime.ca](http://www.tobermorymaritime.ca)

#### **Treasure Chest Museum**

519-353-7176  
<http://tif.anyweb.bmts.com/~tcmuseum>  
Paisley

### ONLINE SUPPORT

[www.211.ca](http://www.211.ca)

[www.pathwaysawareness.org](http://www.pathwaysawareness.org)

[www.shelternet.ca](http://www.shelternet.ca)

Online directory of women's shelters across Canada, information about safety planning and resources for children and teens

[www.targetyouth.ca](http://www.targetyouth.ca)

[www.thehealthline.ca](http://www.thehealthline.ca)

### OTHER

#### **Lifecoaching - Parent and Child**

Port Elgin  
519-797-5063  
[ashley@highestheart.com](mailto:ashley@highestheart.com)  
[jacqueline@highestheart.com](mailto:jacqueline@highestheart.com)

#### **Welcome Wagon**

[www.welcomewagon.ca](http://www.welcomewagon.ca)  
1-877-675-8463 - call for local representatives

### PLAYGROUPS

#### **Ontario Early Years Centres**

Hanover - 519-376-8808  
Kincardine - 519-396-3322  
Markdale - 519-986-3692  
Meaford - 519-538-0545  
M'Wikwedong (Owen Sound) - 519-371-1147  
Owen Sound (Bayview) - 519-371-7034  
Port Elgin - 519-389-5762  
Thornbury - 519-599-2577  
Walkerton - 519-881-2739  
Wiarton - 519-534-5550  
Outreach sites available in some areas

#### **Owen Sound Crisis Pregnancy Centre**

1-888-371-2004  
[ospcp@wightman.ca](mailto:ospcp@wightman.ca)

### SCHOOL BOARDS

#### **Bluewater District School Board**

1-800-661-7509 or [www.bwdsb.on.ca](http://www.bwdsb.on.ca)

#### **Bruce-Grey Catholic District School Board**

519-364-5820 or [www.bgcdsb.org](http://www.bgcdsb.org)

### SPECIAL NEEDS

#### **Autism Ontario Grey Bruce Chapter**

519-370-2345  
[autismgreybruce@gmail.com](mailto:autismgreybruce@gmail.com)  
<http://bit.ly/tO6kam>  
Owen Sound

#### **Bruce County Childcare Services**

1-800-265-3005  
[www.brucecounty.on.ca](http://www.brucecounty.on.ca)  
Walkerton

#### **Bruce Peninsula Association for Community Living**

519-534-0553  
[bpacl@bmts.com](mailto:bpacl@bmts.com)  
Wiarton

#### **Community Living Kincardine & District**

519-396-9434  
[www.clkd.ca](http://www.clkd.ca)

#### **Community Living Meaford**

519-538-4165  
[info@communitylivingmeaford.ca](mailto:info@communitylivingmeaford.ca)

#### **Community Living Owen Sound and District**

519-371-9251  
[www.communitylivingowensound.ca](http://www.communitylivingowensound.ca)

#### **Community Living Walkerton & District**

519-881-3713  
[www.clwalkerton.org](http://www.clwalkerton.org)

#### **Georgian Riding Association for Challenged Equestrians**

519-372-2721  
[grace@log.on.ca](mailto:grace@log.on.ca)  
Wicklen Stables, RR5 Owen Sound

#### **Keystone Child, Youth & Family Services**

1-800-567-2384  
[bgcs@bmts.com](mailto:bgcs@bmts.com)

[www.keystonebrucegrey.org](http://www.keystonebrucegrey.org)  
Owen Sound

#### **PRANCE Therapeutic Riding Centre**

519-832-2522  
[prance@bmts.com](mailto:prance@bmts.com)  
Miramichi Farms, Hwy. 21 Port Elgin

#### **Reading Rescue Ontario**

519-794-4745  
[soehner@bmts.com](mailto:soehner@bmts.com)  
[www.readingrescueontario.ca](http://www.readingrescueontario.ca)  
Holland Centre

#### **South Grey Bruce Youth Literacy Council**

519-364-0008  
[info@sgbyouthliteracy.org](mailto:info@sgbyouthliteracy.org)  
[www.sgbyouthliteracy.org](http://www.sgbyouthliteracy.org)  
Hanover

#### **Special Therapy and Education Program of Saugeen (STEPS)**

519-797-1935  
[info@stepsahead.ca](mailto:info@stepsahead.ca)  
[www.stepsahead.ca](http://www.stepsahead.ca)  
Southampton

#### **Thames Valley Childrens Centre**

519-396-3360  
1-866-590-8822  
[Paula.Holla@tvcc.on.ca](mailto:Paula.Holla@tvcc.on.ca) or  
[Clare.Matthews@tvcc.on.ca](mailto:Clare.Matthews@tvcc.on.ca)  
[www.tvcc.on.ca](http://www.tvcc.on.ca)

#### **United Way of Bruce Grey**

519-376-1560  
[unitedwaybg@bmts.com](mailto:unitedwaybg@bmts.com)  
[www.unitedwayofbrucegrey.com/](http://www.unitedwayofbrucegrey.com/)  
Owen Sound

### SPEECH/LANGUAGE

#### **Bruce County Childcare Services**

1-800-265-3005  
[www.brucecounty.on.ca](http://www.brucecounty.on.ca)  
Walkerton

#### **Closing the Gap Healthcare Group Rehab Express Grey Bruce**

1-866-990-9901  
[www.closingthegap.ca](http://www.closingthegap.ca)  
Owen Sound

#### **Grey Bruce Health Unit**

1-800-263-3456  
[publichealth@publichealthgreybruce.on.ca](mailto:publichealth@publichealthgreybruce.on.ca)  
[www.publichealthgreybruce.on.ca](http://www.publichealthgreybruce.on.ca)  
Owen Sound

#### **South West Community Care Access Centre In-Home Services**

Owen Sound - 519-371-2112  
Walkerton - 519-881-1181  
[www.sw.ccac-ont.ca](http://www.sw.ccac-ont.ca)

### WISH PROGRAMS

#### **Children's Wish Foundation of Canada**

1-800-267-9474  
[on@childrenswish.ca](mailto:on@childrenswish.ca) or [www.childrenswish.ca](http://www.childrenswish.ca)  
Ajax, ON

#### **Make-A-Wish - Southwestern Ontario Chapter**

519-471-4900 or [www.makeawishsw.org](http://www.makeawishsw.org)  
London, ON



### Be Your Own Boss...

Returning to school in the fall?  
Between the ages of 15 to 29?  
Always wanted to run your own  
business?  
Need funding & business training?

To see if you're eligible, visit [www.ontario.ca/summercompany](http://www.ontario.ca/summercompany)  
or  
Contact the Saugeen Shores Business Enterprise Centre  
519-832-2082 or [smallbiz@saugeenshores.ca](mailto:smallbiz@saugeenshores.ca)  
Summer Company is funded by the Province of Ontario

### Tummy to Play, An Hour a Day!

Supervised tummy time  
from birth, for at least an  
hour a day strengthens  
muscles, promotes brain  
development and prevents  
baby flathead.

[www.pathwaysawareness.org](http://www.pathwaysawareness.org)



COMMUNITY LIVING  
Owen Sound and District



## "We Have the Answers in Quality Child Care"

### CHILD CARE

(18 months to 5 years)

### SCHOOL AGE CHILD CARE

(JK to 12 years)

### Throughout Grey & Bruce

*A Certified Playing to Learn Curriculum Provider!*

For more information on our  
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[www.ymcaowensound.on.ca](http://www.ymcaowensound.on.ca)

### FAMILY CHILD CARE

Owen Sound **519-376-0484**

Port Elgin **519-832-6225**

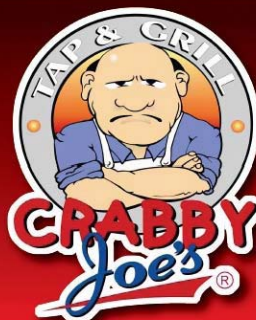
Kincardine **519-396-9622**

Ripley **519-395-5570**

Hanover **519-364-4938**



Building healthy communities



**Hanover**  
1078 10th Street  
519-364-4603

**Port Elgin**  
203 Goderich Street  
519-389-5637

**Kincardine**  
1113 Sutton Street  
519-396-9050

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\* Kids 12 and under eat free with the purchase of an adult entrée. Limit 10.99.  
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[kincardine@elearnnetwork.ca](mailto:kincardine@elearnnetwork.ca)  
519-396-5212  
[www.contactnorth.ca](http://www.contactnorth.ca)



# SPRING EVENTS

## MARCH

**3**

### **Kincardine Bowl for Kids Sake**

Runs through March 4  
Bruce Bowling Lanes  
519-396-3565

### **Owen Sound Bowl for Kids Sake**

Westside Bowl, Owen Sound  
519-376-4449

**12-16**

### **March Break at the Bruce County Museum**

Bruce County Museum and Cultural Centre,  
Southampton  
Call 519-797-2080

### **YMCA March Break Camps**

Owen Sound Family YMCA - 519-376-0484  
Port Elgin Family Y - 519-832-6225  
Kincardine Family Y - 519-396-9622  
www.ymcaowensound.on.ca

### **March Break shinny**

10-11 a.m. and 2:30-3:30 p.m.  
Ripley Huron Community Centre  
519-395-2909 or www.huronkinloss.com

**13-17**

### **March Break family activities**

Grey Roots Museum, Owen Sound  
www.greyroots.com

**17**

### **Owen Sound Health Fair**

Harry Lumley Bayshore Community Centre  
1900 3rd Ave. E., Owen Sound  
10 a.m.-3 p.m.  
Contact Eileen Comars, 519-372-1158

**18**

### **Make Art - Free Family Art Activity**

Tom Thomson Art Gallery, Owen Sound  
1-3 p.m.  
March 18, April 15, May 20  
Make arts and crafts with the family  
www.tomthomson.org

**23**

### **Blue Mountains Youth Film Festival**

The Blue Mountains/L.E. Shore Memorial  
Library, Town of the Blue Mountains  
7:30-9:30 p.m.  
www.thebluemountainslibrary.ca

**24**

### **Maple Syrup Festival**

Moreston Heritage Village, Grey Roots  
Museum Owen Sound  
8 a.m.-noon

**25**

### **25th Formosa Farm Toy Show and Sale**

Knights of Columbus Hall, Hwy. 9, Walkerton  
9:30 a.m.

**26**

### **Grey Bruce Youth Film Festival**

Galaxy Cinema, Owen Sound  
5:30 p.m.  
For more information contact Nadia Danyluk,  
Children & Youth Services Librarian at the  
Owen Sound and North Grey Union Public  
Library, at 519-376-6623 ext. 4

**30 & 31**

### **Old-Tyme Maple Syrup Festival**

Saugeen Bluffs Conservation Area, Paisley  
www.svca.ca  
519-367-3040

**31**

### **Lego Workshop**

Runs March 31, April 28 and May 26  
Bruce County Museum and Cultural Centre,  
Southampton  
10 a.m.-2 p.m.  
Register at 1-866-318-8889  
www.brucemuseum.ca

## APRIL

**7**

### **Formosa Easter Egg Hunt**

10:30 a.m.

### **4th annual Easter Egg Hunt**

Grey Roots Museum, Owen Sound  
11a.m.-1 p.m.  
Sponsored by Bayshore Broadcasting

**9**

### **Kemble Maple Syrup Tour**

Kemble United Church  
10 a.m.-4 p.m.  
For more information or for passports, call  
Bob Gray at 519-371-9128

**14 & 15**

### **45th annual Belmore Maple Syrup Festival**

Belmore  
519-335-3748  
www.southbrucetourism.org

### **18th annual Holstein Maplefest**

Love's Sugar Bush, Holstein  
Egremont Optimists Club  
519-334-3490  
www.holsteinmaplefest.com

**22**

### **Saugeen Home Expo**

Walkerton Agricultural Buildings  
Contact Walkerton Chamber of Commerce  
and BIA at 1-877-880-0319 or  
manager@saugeenexpo.ca

### **Earth Day**

Events across Grey and Bruce counties  
www.earthday.ca

**23-28**

### **Ontario Early Years Centres**

#### **Anniversary Celebrations**

See ad on Page 31

**23-29**

### **Turn off the Screens week**

Contact Jason Weppler for information  
519-376-9420 ext. 1408 or  
j.weppler@publichealthgreybruce.on.ca

**25**

### **Midwestern Ontario Rotary Music Festival**

Various sites in Walkerton  
Gala highlights concert April 28 at WDSS.  
Contact Dorothy Hazlehurst at 519-881-0415

## MAY

**4**

### **Port Elgin Rotary Club Home Show**

Runs through May 6  
Friday - 4-8 p.m., Saturday- 10 a.m.-4 p.m.,  
Sunday - 10 a.m.-4 p.m.  
Call Bob Lunney at 519-832-1384 or bplun-  
ney@bmts.com

**5**

### **Mom to Mom Sale**

Point Clark Community Centre  
344 Lake Range Dr., Point Clark  
9 a.m.-noon  
Admission is \$2  
Supports La Leche League, Kincardine  
Call Stacy at 519-955-0515 or www.lllc.ca

### **Child Care Centre Open House Tour**

See ad on Page 31

**8**

### **Bruce Power Multicultural Day**

Kincardine Davidson Centre,  
Contact Barb Goetz at 519-361-3659 or  
barbara.goetz@brucepower.com

**12 & 13**

### **Kincardine Home and Garden Show**

Kincardine Davidson Centre  
www.kincardinehomeandgarden.com

**13**

### **Delectable and Collectibles Show**

One of a kind spring craft and gift show  
Bayshore Community Centre, Owen Sound  
Contact Christine Evanhof at cevanof @  
hotmail.com

**21**

### **Market in the Park**

Runs every Monday until Sept.3  
9 a.m.-3 p.m.  
Victoria Park, Kincardine  
Kincardine Tourism - 1-866-546-2736  
tourism@kincardine.net



# RECIPES

## TRY THESE VEGGIE DELIGHTS

### TOFU SESAME NOODLES

#### INGREDIENTS:

- 250 gram package of tofu
- 250 grams linguine
  - 1 tsp sesame oil
  - 1 cup julienned carrot
  - 1 cup frozen shelled edamame (soybeans)
- 250 grams fresh spinach
  - 1 cup julienned English cucumber
  - coriander leaves

#### SAUCE:

- $\frac{1}{3}$  cup tahini
- 3 Tbsp hot water
- 2 Tbsp balsamic vinegar
- 2 Tbsp soy sauce
- 1 Tbsp rice vinegar
- 1 Tbsp sesame oil
- $1\frac{1}{4}$  Tbsp granulated sugar
- 1 large clove of garlic, minced

Fry tofu: Cut tofu into one-inch cubes, toss with 2 Tbsp cornstarch, and fry in 1 Tbsp vegetable oil until golden.

Sauce: In bowl, combine tahini, hot water, balsamic vinegar, soy sauce, rice vinegar, sesame oil, and sugar until smooth. Finely mince garlic with salt to make paste. Stir into sauce.

Cook linguine according to package directions. Drain and chill under cold water; drain well. Toss with sesame oil. Divide among shallow noodle bowls.

In small saucepan of boiling water, blanch carrots until tender-firm (about one minute). Remove with slotted spoon and chill under cold water; drain and pat dry. Repeat with edamame. Repeat with spinach, then coarsely chop it.

Arrange carrot, edamame, spinach, cucumber, and tofu in piles on serving dish. Serve with sauce. Garnish with coriander.

### QUINOA AND BOCCONCINI SALAD

#### INGREDIENTS:

- 1 cup prepared quinoa
- 1 cup zucchini, diced
- 1 cup cherry tomatoes, halved



- $\frac{1}{2}$  cup red onion diced
- $\frac{1}{2}$  cup frozen green peas, thawed
- $\frac{1}{2}$  cup red pepper, diced
- $\frac{1}{2}$  cup yellow pepper, diced
- 3 Tbsp balsamic vinegar
- 2 Tbsp extra-virgin olive oil
- 1 Tbsp Dijon mustard
- 1 tsp fresh garlic, minced
- pinch of salt
- pinch of ground black pepper
- 1 cup mini bocconcini cheese, halved

Cook quinoa according to package directions.

Combine the zucchini, tomatoes, onion, peas and red and yellow peppers in a large bowl.

Whisk the vinegar, olive oil, mustard, garlic, salt and pepper together in a small bowl. Pour the dressing over the vegetables and thoroughly mix. Add the quinoa and bocconcini and mix until evenly combined. Serve immediately or refrigerate for up to three days.

Can be used with any combination of fresh veggies.



## What's that ingredient?

### QUINOA (Keen-wah) and BOCCONCINI

Quinoa is usually considered to be a whole grain but it's actually a seed with a mild, nutty flavor. It's easy to cook and is a versatile source of protein. Bocconcini are small balls of semi-soft, white and rindless cheeses. They are mild tasting and packaged in whey or water.



## Let's Celebrate 10 Years of Learning Through Play!



The Ontario Early Years Centre, Bruce-Grey-Owen Sound is a special place where children up to the age of six with their parents/caregivers can play together, learn together, and grow together.

Join us as we  
celebrate 10 years of  
learning through play!  
April 23<sup>rd</sup> - 28<sup>th</sup>, 2012

**Walkerton OEYC**  
1-800-616-8116  
[www.brucecounty.on.ca](http://www.brucecounty.on.ca)

**Hanover OEYC**  
1-866-483-7774  
[www.grey.ca](http://www.grey.ca)



County of Bruce · County of Grey · Keystone Child Youth and Family Services  
M'Wikwedong Native Cultural Resource Centre · Kids & Us Community  
Childcare and Family Education Centres · Beaver Valley Outreach



## Child Care Centre OPEN HOUSE TOUR

**Saturday, May 5, 2012**  
**9 a.m. to noon**

**Licensed Child Care Centres in  
the Counties of Bruce and Grey  
are opening their doors for  
you to come and see what  
they have to offer!**

Registered Early Childhood Educators will be available to answer your questions and discuss the programs for your child.

Come visit our playrooms with your children and have some fun!

**Everyone is welcome!**

For participating child care centres in your community please go to:

**[www.brucecounty.on.ca](http://www.brucecounty.on.ca) or  
[www.greycounty.ca](http://www.greycounty.ca)**







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