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FROM THE PUBLISHER

There's plenty to do this spring!

An early spring was predicted by Wiarton's famous groundhog, but it's hard to say if Willie was right because the weeks after Groundhog Day were a wild mix of snow, rain, freezing rain and repeat! Hopefully our crazy Grey/Bruce weather will straighten around as predicted and the kids can get out on their bikes again!

Sometimes it's hard to remember all the great things there are to do in our region, especially after we've been hibernating since November. Be sure to check out the family friendly and fantastic maple syrup festivals in the area (Page 4), as well as all the great March Break activities for the kids. A full listing can be found in our Events section on Page 29.

In this issue we've covered a great cross-section of topics for parents, from breastfeeding to tax tips, to nutrition and second career training.

In our feature story, we explore the YMCA Youth Justice Committee's Justice Circle, a different way for young offenders to repay their debt to society and their victims instead of going through the regular criminal court process. By putting the offender, their parents and their victims all in the same room, it gives the offender a chance to look their victim in the eye and apologize, while seeing how their actions have harmed their victims and disappointed their parents.

Finally, we are thrilled to announce Corbin Cuneo as the first winner of the 'Cool Kids' contest, sponsored by Grey-Bruce Kids and the Owen Sound Attack! Be sure to read about all the ways Corbin is a Cool Kid (Page 16). We had a lot of great entries in the contest and it was very difficult to pick a winner. Thank you to all who entered – we think you are all very special kids!


If you know of a Cool Kid in your community, be sure to check out the back page or www.greybrucekids.com for all the details on how to enter for our Summer issue.

Once again, thanks to all our contributors and advertisers, who have been incredibly supportive for the first six issues of our magazine. Dwight and I could not do this without them, so we hope our readers do all they can to support them in return!

Amy Irwin

Amy Irwin, Publisher, Grey-Bruce Kids

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Spring 2013

Publisher
Amy Irwin
amy@greybrucekids.com

Editor
Dwight Irwin
dwight@greybrucekids.com

Advertising inquires
info@greybrucekids.com

Grey-Bruce Kids welcomes your feedback.

EMAIL info@greybrucekids.com

PHONE 519-395-5430

FAX 519-395-5434

MAIL P.O. Box 287, Ripley, ON NOG 2R0



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Lots of family fun at maple syrup festivals

With the arrival of spring comes perhaps the tastiest celebrations of the year – maple syrup festivals!

Enjoy hot pancakes smothered in golden maple syrup, horse and sleigh rides, music, cultural events, entertainment and so much more at these great family events.

One of the largest festivals in the region is the Old Tyme Maple Syrup Festival at the Saugeen Bluffs Conservation Area, near Paisley, on March 23 and 24. Call 519-364-1255 or visit saugreenconservation.com/maplesyrup.php for info.

Also on March 23, the Grey Roots Museum and Archives (www.greyroots.com) celebrates the season, while Walter's Falls (519-538-5944) does the same thing on March 30, from 9 a.m.-2:30 p.m.

Kemble will also celebrate the sweet stuff with the 4th annual Kemble Maple Syrup Tour, on April 6. A number of maple syrup operations will be open to passport holders to see different ways it is made in the beautiful Georgian Bluffs. Call 519-534-1211.

The area's final festival is the 19th annual Holstein Maplefest, at Love's Sugar Bush, on April 13 and 14. Tons of family activities can be found at www.holsteinmaplefest.com or call 519-334-3490.

Workshop to raise awareness on importance of fathers to families

Did you know children of involved fathers are more likely to have higher levels of educational achievement? They also have superior problem solving and adaptive skills, while also being more likely to have positive peer relationships and be less likely to become involved in drug use, truancy, stealing and drinking. Essentially, more engaged fathers mean healthier kids and communities.

Professionals who work with families are invited to a workshop that will explore why engaged fathers are so important to the family unit and ways to better connect with and support fathers within their programs. The Fathers Matters Workshop, being held March 27 at the Grey Bruce Health Unit in Owen Sound, will give participants at least five practical ideas they can immediately implement into their programs.

The workshop will be facilitated by Brian Russell, provincial coordinator of Dad Central Ontario, and is hosted by the 'Guys Caring for Kids Working Group', which includes representatives from the County of Grey, Keystone Child and Youth Services, South East Grey Community Health Centre, County of Bruce, Grey Bruce Health Unit, Community Living Owen Sound and District and the Men's Program of Grey Bruce.

Contact Debra Ruttan at the health unit at 519-376-9420 or email d.ruttan@publichealthgreybruce.on.ca.

1.3

In millions, the amount of money Community Living Kincardine and District needs to build its new home.

Run for fun

Don't miss the Grey Bruce Fun Run, on April 27, in Walkerton. It's an opportunity to support local organizations that advocate for people with intellectual disabilities. The run supports the Grey Bruce Special Hockey Foundation and Community Living Walkerton and District. Visit greybrucefunrun.com.

New app gives youth a way to relieve stress

After consulting Canadian youth, Kids Help Phone has released a new smartphone app that provides an outlet for youth.

The 'Always There' app provides a password-protected space for youth to log their feelings daily and read tips from other people their age, inspirational quotes and jokes aimed at helping them

deal with stress. Users can also connect directly with a Kids Help Phone counsellor over the phone or through a live chat.

The app is available on Apple, BlackBerry and Android phones.

Learn more at www.kidshelpphone.ca/Teens/PhoneUs/AlwaysThere.aspx.



TALES from TOTS

YOU NEVER KNOW WHAT THEY'LL SAY NEXT

Me: "When I was your age we didn't have computers, Internet, cell phones and we definitely didn't have YouTube."
My five-year-old son: "So that means you didn't even have hydro?"

Melissa, mom of Wyatt and Brynn

A sign of the times seems to be the demise of the water fountain. In the case of a small rural elementary school my great-nephew and great-niece attend, drinking fountains have been decommissioned as they are too costly to maintain with today's rigid testing requirements. So Will, who has never seen a drinking water fountain in operation, saw a child having a drink from one at the local arena and loudly exclaimed in a crowded foyer, "Mommy, look! That kid's drinking from the toilet."

Joannie, Great Aunt of Gracie and Will

It was a few days after New Year's and for supper we were having pork tenderloin baked in sauce. My four-year-old son tried the meat and commented that he didn't like the taste. I said that I had tried a new sauce and his reply was, "Just because it's the happy new year doesn't mean that everything has to change!"

Shilo, mom to Gavin and Adelyn

I was listening to the kids fighting over dinosaurs, trying to see if they would figure it out on their own. Ricky, my one-year-old, grabbed one of the dinosaurs Ava, 5, was playing with. She said, "Ricky, I was playing with that." He screamed, and she replied with, "Fine then... you can have it." She went back to playing and I heard her say on behalf of the dinosaur, "I'm so sad we don't have a Mommy." Then, "I know sister, the giant (Ricky) took her away."

Jessica, mom of Ava and Ricky

I had put my five-year-old son in a timeout, and I was watching him sitting there, scowling at me. He picked up a pen and paper and started scribbling something. I asked him what he was doing and he replied, "I'm drawing a picture of you and (little sister) Peyton so I will remember what you look like when I run away." I guess he was still mad.

Ashley, mom to Parker and Peyton

My sister had just had her first baby, the first cousin for our daughters. My five-year-old was very excited to go see her new cousin and I explained that we would go after school, as the baby was just born and Aunt Janine was very tired. She asked,



"Why is Aunt Janine so tired?" Trying not to get into too many details about labour and delivery, I tried an analogy. "Having a baby is kind of like running a race. When you run for a long time you get really tired, so she needs to rest." She thought about that for a minute and then said, "Yeah, you're right, having a baby *is* like running a race, except you're *laying down*!" I guess she knows more than I thought!

Amy, mom of Layne and Jace

A telemarketer had called our house looking for me while I was away. After my husband had hung up, my four-year-old asked who it was. My husband replied that it was just someone trying to sell Mommy something. My four-year-old said, "Good thing she wasn't here, she would have bought it!"

Sonya, mom of Carson and Nash

GBK

Do you have a Tales from Tots? Email amy@greybrucekids.com and it may be published in an upcoming issue.

Breastfeeding benefits



By Marion Cooper

Although a ‘lactation consultant’ sounds like a new-age profession designed to teach women what comes naturally, it is actually one of the oldest professions known to humans.

Even traditional societies had women in the community who helped with childbirth and others who helped the new mom learn to care for her baby. In fact, even today in the Amish communities of Grey and Bruce counties, mothers have challenges with breastfeeding and reach out for help from those with special knowledge and skills.

People living outside our tightly knit Amish communities also have opportunities to seek assistance from lactation professionals, who receive their ‘consultant’ accreditation from

the International Board Certified Lactation Examiners, after several hundred hours of hands-on experience and a passed exam. Consultants work with mothers to prevent and solve breastfeeding challenges, adhere to a code of ethics and maintain their certification every five years with continuing education and periodic examination.

THE IMPORTANCE OF BREASTFEEDING

Human milk is designed for human babies. It is a living fluid that supplies all the nutrients your baby needs, provides antibodies to fight infection and will change as baby gets older to meet their needs.

Breastfeeding is convenient and hygienic, and is associated with health benefits for both mom and baby. Breastfeeding is environmentally friendly and costs much less than formula.

More recent studies indicate that benefits can persist into adulthood. Adults who were breastfed as a baby have a lower incidence of obesity, high blood pressure, Type 2 Diabetes and high cholesterol. These are conditions that have become epidemic and are developing at a younger age than ever before.

TIPS TO SUCCESSFUL BREASTFEEDING

Become knowledgeable about breastfeeding during your pregnancy. Create a support team through family, friends and in the community so you know where to go for help if you have challenges. Have a comfortable setting for feeding your baby, because this can make a big difference for positioning and latching, and, since baby spends a long time feeding initially, mom spends a lot of time sitting.

BREASTFEEDING SUPPORT

In Grey and Bruce counties, breastfeeding support can be found by contacting the Grey Bruce Public Health Unit, your local Family Health Team, La Leche League and midwives. The hospitals in Grey/Bruce that provide birthing services also provide excellent breastfeeding support while in hospital. Prenatal breastfeeding classes are also available in some communities including Walkerton and Owen Sound. Despite the best planning, challenges may occur. Common challenges in the early weeks often revolve around latching, sleepy baby, mom being overwhelmed and the first growth spurt. Getting help early whether you have questions or are having troubles can resolve many problems. When in doubt, check it out!

HOW CAN YOU SUPPORT A BREASTFEEDING MOTHER?

“The moment the child is born the mother is also born.” (Osho)

Encourage her efforts. Prepare a meal. Offer to do errands. Let her know what an important task she has. Every little thing helps.

WHAT IF BREASTFEEDING DOESN'T WORK OUT?

Sometimes it does not. I have seen moms work so hard to make it happen and I wish it could be easy for everyone. However, a mom may want to discuss her options to ensure baby gets some breast milk. Know that some of the benefits of breastfeeding (such as higher IQ) comes from the closeness and skin-to-skin contact that comes with breastfeeding, so consider holding your baby a lot, try baby wearing, or hold baby to feed. Ensure that formula is properly mixed – improper preparation can cause health concerns. Let baby determine when they have finished their bottle and the frequency of the feedings. **GBK**

MARION COOPER, RN, IBCLC, RLC, CDE, is a mother of six, grandmother of one, an RN with experience in emergency, community nursing, and maternal, child and long-term care. She currently works at the Brockton Family Health Team and owns Moms in Walkerton.

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Tax tips



By Jesse Moore

We love our children and we love saving income tax. Fortunately, these two concepts are not mutually exclusive.

One way to do that is income splitting, which is the process of attributing income within a family group to take advantage of the lower tax brackets, deductions and credits available to each family member. Income is split by transferring income-earning assets from high- to lower-income earners. The total tax on family income will be lowest when each member earns approximately the same level of income.

You always need to watch out for the income tax attribution rules if you are trying to achieve income splitting by transferring assets to other family members. If income attribution applies to a transfer of property, the income from that property will be taxable to the transferor because income splitting has not been achieved when income attribution applies. You need to speak with a professional tax advisor if you are considering implementing an income-splitting strategy to make sure this income attribution is avoided.

INVESTING BENEFITS

If you receive the Universal Child Care (UCC) or Child Tax (CT) benefits, you should consider investing the funds in a separate account in trust for your children, because investment income on these funds will not be attributed to you. The CT benefit is based on family income, so higher income families do not qualify, while UCC is available to all parents for children under the age of six and is paid in instalments of \$100 per month per child.

INHERITANCES

If your child inherits money, you should consider segregating these funds and investing them in the name of the child. If you or your spouse will inherit funds from a relative, you can split income from that inheritance as well if your relative names your child as a beneficiary. Keep in mind that if a child's inheritance from a relative who is not their parent includes shares of a private company, the dividends will likely be subject to the 'kiddie' tax, which refers to the highest marginal rate of tax in our graduated income tax system, and should be avoided at all costs.

LOANS

Consider loaning funds interest free to your children to purchase investments with low returns, but with the potential to produce capital gains. Capital gains arising on these investments will not be subject to attribution. Many mutual funds invest in growth stocks with low dividend rates. Such investments are well-suited for this plan, as any distribution from these funds is often a distribution of capital gains. It is important to note that any non-capital gains income from these investments will be taxable in your hands.

If you are considering having your child invest in shares of a company other than a mutual fund corporation or a company listed on a public stock exchange – for example an investment in shares of a company controlled by you or your spouse or another relative – you need to consult with an income tax professional first. Capital gains on such investments could result in an inadvertent application of the kiddie tax if you are not careful, as well as other unintended results that are beyond the scope of this article.

If a child's in-trust account or a trust for the child has investments with accrued gains, consider triggering these gains each year to the extent the child's personal exemptions are not otherwise utilized. This will help ensure the child won't have a large gain that will be taxed at some point in the future.

Generally speaking, if you are considering income splitting with your minor child, you should consult with an income tax professional first to make sure the kiddie tax, and other possible income tax consequences, have been considered.

CLAIM THOSE CREDITS

There are a number of income tax credits available to parents with children under the age of 18 or younger, depending on the credit. They include, but are not limited to:

- The eligible dependant tax credit: For single parents (i.e., who are not married or considered to be in a common-law relationship for income tax purposes) living with children who are under the age of 18.
- The child tax credit: For parents with children under the age of 18.

- The disability tax credit of a dependant: For parents with disabled children under the age of 18, who have been approved for the Disability Tax Credit by Canada Revenue Agency (CRA).
- Education and textbook credit: Students who have attended a post-secondary institution or trade school and who have low taxable income can transfer any unused credits (up to a maximum amount) to their parents.

“You should consider investing your Universal Child Care or Child Tax benefits.”

Jesse Moore

- Fitness activity credit: For parents who have enrolled their children in sports programs or other programs of physical activity.
- Children's arts/cultural activity credit: For parents who have enrolled their children in artistic, cultural, recreational, or other developmental activities.

The Canada Revenue Agency has excellent information on these credits online at <http://www.cra-arc.gc.ca/menu-eng.html>.

You should make sure, where required, you obtain and keep any receipts that support your credits, as the CRA may ask for them after you have filed your return.

Remember, the agency has up to three years to audit you. **GBK**

JESSE MOORE, CPA, CA, BBA, is a Chartered Professional Accountant and Chartered Accountant working as a Tax Manager out of BDO Canada LLP's Kincardine and Port Elgin offices. He and wife Sara are expecting their first child this summer.

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Free to ride

By Jessica Jensen

I was born three months early at a hefty 2½ lbs.

I had a number of complications when I was first born and have cerebral palsy as a result. To simplify that, it means the messages from my brain don't always get transmitted properly to the rest of my body. It has affected both of my legs, and my left arm and hand, which is why I have to use a wheelchair to get around.

Being disabled means a lot of things. I learned very quickly there were many things I could not do like my brother and sister did. I have never taken my first steps unaided, never ridden a bike or skated.

It also meant I was very scared of other living creatures. I was

very timid around large animals and even the cutest little kittens. I think that was because I knew I couldn't just run away from them, but was stuck – always at their mercy. You may find it hard to imagine being scared of a fluffy kitten, but that was me!

Much of this changed when my parents discovered Pegasus Riding Association Nurturing Challenged Equestrians (PRANCE), which is a riding stable near Port Elgin that enables kids and adults with many different types of disabilities to ride horses.

When I was six, I met my first horse, DH, and that was the beginning of my life with horses. My first few riding sessions were all about getting comfortable with horses, learning how to stay on them and just enjoying the freedom of leaving my

wheelchair behind for an hour of pure bliss. We would walk the horses for a majority of the lesson, learn some patterns and the basic parts of the horses.

After 15 years of riding, many things have changed. I can now groom the horse I ride, Bailey, almost completely by myself. I get the blanket and bridle on her while my leader gets the heavy saddle on. Once the horse is tacked, I lead her to the riding arena and warm her up. Once I am riding I am able to do this completely independently – no leader and no side walkers – just Bailey and me.

It is the best feeling in the world!

Being introduced to horses has changed my life in so many ways. I am no longer afraid of animals and I have come to love all other kinds of pets – especially dogs of any size, shape or breed.

Riding horses has given me something I look forward to every week. It has also given me a hobby I can talk about for hours given the chance.

More importantly, horses have given me a great deal of independence. You see, when I am on a horse, I am not in a wheelchair. When I am on a horse, I'm more able-bodied than disabled. When I am on a horse, I love to feel the rhythm of the horse's gaits and I feel comfortable and relaxed. Horses have given me something to share with people I care about. My love of horses has also greatly increased my circle of friends and I enjoy talking shop with them on Facebook and visiting with their horses.

Riding horses has also helped me physically. It is a lot of work staying up on one of these animals, and my balance and overall strength has improved just by riding. It is a great way for me to strengthen muscles that would otherwise grow weak from lack of use. It also helps to stretch my tendons that can become very tight by sitting in a chair all day.

I would not have been able to have my life so blessed by horses if it were not for the facilities at PRANCE and for the many volunteers who run the various programs. The stables are equipped with a device that lifts me up from my wheelchair to the horse. PRANCE has also provided me with a therapeutic saddle, which has a very deep seat that helps me stay on and a firm handhold that is bolted to the saddle so my left hand is able



• Jessica Jensen leads her horse Bailey through its paces at the PRANCE ranch near Port Elgin.

to grip the saddle firmly. My stirrups are also modified. They cover the entire front of my boots so that I can't slip out as easily. I also wear a thick belt around my waist with a handle for each of my side walkers to grab if they need to.

When I first began riding, they held on to me continually, but now it is there just in case they need to quickly grab hold of me. That happens very rarely because Bailey hardly ever spooks at anything.

Horses truly have changed and blessed my life. There's nothing like having a horse greet me with sweet nickers when they hear me call their name, nothing like feeling the warmth of their soft muzzle on my cheek, and nothing like feeling the wind in my face as we walk together along the trails in the forest. **GBK**

JESSICA JENSEN is a 21-year-old Walkerton resident who enjoys reading, writing, researching, watching hockey and baseball on TV and horseback riding. Learn more about PRANCE at www.prance.ca.



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By Paige Mason

In late-2011, Mike Bailey found himself in a difficult position – he had been laid-off and was unsure of what life had planned next.

With two children and bills to pay, Mike had to quickly make a decision about his career goals. In the midst of confusion and uncertainty, it is here Mike's career journey began.

Mike had worked in carpentry for over 17 years and, throughout his career, he had never been laid off until now.

He felt it was time to embark on a second career.

Mike obtained his commercial truck operator's license and quickly gained employment, but due to a shortage of work, was subsequently let go. After already making a quick career change which resulted in unemployment, Mike began to conduct online research, exploring possible career options and government programs. He was led to a local employment service provider which offers individual counseling throughout Bruce County.

After meeting with a career specialist, Mike decided he would

pursue a career in nursing. However, Mike had left school before completing his Grade 12 and would require academic upgrading in order to gain acceptance into the program. Mike began meeting with educators at an adult learning centre in Warton, working towards his General Education Diploma (GED). He became part of a family of individuals who were also working toward the same goal, and it was a very supportive environment.

"Although the task can seem daunting, everyone at the learning centre is there for the same purpose, and will support you throughout your predicaments and accomplishments," Mike said.

Even after Mike successfully passed his GED, he still had to take biology and chemistry to gain acceptance into Georgian College's nursing program in Owen Sound. He attended night classes with other mature students and passed with flying colours.

It should be noted that at this time, Mike also maintained a full-time job, worked shifts whenever he could and ensured his family was his first priority. The entire process of completing

his GED, attending night classes and completing the required paperwork took an entire year, which adds to his achievement.

Mike admits there have been many hurdles throughout this past year and that more will likely come. He is currently the only man enrolled in the nursing program and explains that, although stereotypes still exist with gender roles, he believes he has made the right decision.

"With the support of my wife and family, I am confident I will overcome any challenges, as they have been my backbone throughout this entire process," Mike said.

In order to be successful, Mike said you need a strong support group and to maintain sight of your goal. He found employment agencies and local adult education centre in Grey and Bruce to be extremely beneficial throughout his journey.

"I chose the nursing program because I want to make a difference in the lives of others and to bring something different to the health care profession. My best advice is to never give up, because you will catch that break and in the end, it will all be worth it." **GBK**

PAIGE MASON is an Employment Advisor with vpi inc. She offers job search assistance and connection to Employment Ontario-funded programs including Second Career. Visit www.vpi-inc.com for more.

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They're only young once

By Dwight Irwin

I've never considered myself a 'cell phone guy'.

I really don't know what an app is for, outside of what I can gather from my more tech-savvy friends and their grandparents. I have little to no interest in yelling commands – generally to no avail, I assume – at the robot inside my iPhone2000. And you certainly won't catch me lining up in the freezing cold for two days just so I can be the proud owner of the newest gadget, get my smiling face on TV while I hold the device over my head like I earned it, and have millions of people silently wonder if I've ever had a girlfriend.

I just never saw the attraction to being available 24 hours a day, seven days a week which comes with having a cell phone on your hip all the time. I think my need to disappear stemmed from my days as the editor of extremely busy newsrooms at community papers. In small towns, people don't hesitate to stop you at the grocery store, arena or your front door to tell you exactly what they think about you, your paper, the local council and that creepy guy down the street who must be up to no good.

Plus, giving your boss every opportunity to track you down can only lead to more work.

With a cell phone, I'd say at the time, you could never be truly *off work*. For some, that's heaven. For me, towards the end of my newspaper career when I was on the verge of burning out, it was the definition of hell.

So when I changed jobs, I was unimpressed by the BlackBerry that came with the territory. This job was different than my last, and a cell phone wouldn't create the same trappings my previous employment would have.

For months after, I still saw something as 'normal' as texting as completely ridiculous. "Why would I type something with these fat fingers on a tiny keyboard when I could just make a 10-second call?" I remember saying, while completely forgetting about my years of utter dependence on email and Facebook messages.

Fast forward three years and I am now an absolute hypocrite when it comes to cell phones. I have bought a phone and entered a contract just so I could text, BBM and follow sportswriters, comedians, bloggers and completely random but interesting people on Twitter. I don't play games on it but I



mostly check messages within a minute or two of hearing the 'ding' (if not immediately). I even have friends I haven't spoken to on the phone in ages, yet we send reams of text messages back and forth instead of just making that 10-second call.

The cell is the only way I can keep in touch with my friends, and hockey and baseball teammates, few of whom use Facebook or even email. It has become everything I said it never would to my social life and, unfortunately, my family is taking notice.

Though I try to leave my phone by the door when I come home – and am improving at letting a message go unread for a length of time – the girls still bring it to me whenever it dings, thinking I'd prefer to drop what I'm doing with them to check it. It's not true, but it's what they think, and that frightens me a bit, especially since my wife sent me a blog post from a Mom who realized she (and many, many other cell-phone-dependent parents) was not only missing out on her kids' lives because of her attachment to her phone, she was also inadvertently telling her kids she didn't care about their activities or playing with them because she wouldn't give them her undivided attention.

And isn't that all a child really wants from a parent?

Once she recognized it, she started the 'Hands Free Mama' movement (Google it), where she just puts the phone down (What? Even at boring soccer games and swimming lessons! I exclaimed) until the kids weren't around.

Pay attention to our kids and leave the phone for later. If we're really, truly needed, someone will make the call.

Huh... what a concept. **GBK**

DWIGHT IRWIN is the Editor of Grey-Bruce Kids and husband to Amy, the Publisher. He blogs at www.greybrucekids.com/blog.

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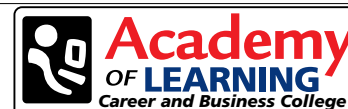
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★ Winner ★

Corbin Cuneo

You know you're a 'Cool Kid' when a complete stranger suggests you're perfect for this contest!

The first Grey-Bruce Kids/Owen Sound Attack 'Cool Kid' is Corbin Cuneo, the son of Jordan and Beth Cuneo, of Elmwood. Corbin, 7, attends Holy Family School in Hanover, and plays hockey on Hanover's Tyke team and soccer as well.

What makes Corbin a Cool Kid is how social he is, and how he spreads joy every chance he gets to people in our communities, as well as across southwestern Ontario. Since he was three years old, Corbin has run a toy drive for the London Children's Hospital. He collects toys for two weeks and then hosts a meet-and-greet so everyone in the community can come together to share in the fun. Once he has a good amount of toys, his family takes them to London to the Children's Health Foundation for distribution to kids who can use a pick-me-up. His toy drive has landed him on local radio, in the newspaper, on London's news, and all over Facebook.

"He is such an inspiration," said his Mom, adding he won an award at his school last year for demonstrating empathy.

Despite his community work, Corbin is just a regular kid. He likes sports, cars, Pokemon, playing with friends, watching movies with his little sister and family outings. He is also a very musical child, who is learning to play guitar and enjoys writing songs. "There isn't a shy bone in this little superstar's body," Beth said. "We are certain he will do amazing things throughout his life with his ability to entertain and his big, generous heart."

Congratulations Corbin! You truly are a Cool Kid.

If you are the parent, friend, relative or teacher of a Cool Kid, we want to hear from you! Visit www.greybrucekids.com for more information.

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Making amends

By Dwight Irwin

*Editor's note: *Some names have been changed to protect the identities of youth, parents and victims of crime*

Sweaty palms. A racing heart. A spike in adrenalin.

When *Jill Smith, a 21-year-old college student from Grey County, feels these symptoms simultaneously, she knows she's in a situation that could result in trouble, and she walks away.

Seven years ago, as a 14-year-old Grade 9 student, Jill learned this lesson the hard way. She left a party with a group of kids, including two 18-year-old boys, and went to a neighbour's house in search of alcohol. When he didn't answer the door, she ignored her biological cues and watched as her friends broke into the home and stole the booze they wanted, before further damaging the property in the process.

Certainly no professionals, they made enough noise to capture the attention of two neighbours who notified police while the group made its way back down the street to their party.

"It wasn't long before the cops showed up, and we got in big trouble," Jill recalled.

Some were arrested on the spot, while others sweated it out

overnight before, with the guidance of their parents, they turned themselves in to police when daylight broke.

Break, enter and theft. Mischief. Vandalism.

A laundry list of charges awaited the kids, and they went through the humiliation of having their mugshots and fingerprints taken in the police station.

"It was horrible, especially since my Mom worked closely with the police at the time," Jill said. "I was familiar with the police. They were my friends."

What was worse was the disappointment and embarrassment she caused her Mom *Sandy.

"It's terrible when your parents say they're disappointed in you. I never want to put Mom through that again."

Sandy, who was familiar with the justice system through her employment, knew the charges Jill was facing were serious, but she also wanted her young daughter to learn from her mistake so she could get back on the right path. When the defense counsel told the group of kids to simply plead guilty at their first court appearance and take a year of probation as punishment, she knew that wasn't enough.

"How are the kids learning anything? How would pleading guilty make it so they don't do it again?" Sandy wondered. "Our justice system is not always conducive to allowing the offender to tell their story, or make any reparation to the victim, because the court often stipulates you are to have no contact with them. Often, the victim just wants someone to say they're sorry, but it's a breach of probation if you try to do that."

"I didn't realize how (my actions) affected him – his girlfriend was afraid to be in his house."

Jill Smith'

That's why, against the wishes of the police, who said the charges were too serious to be diverted from the court system, she successfully petitioned and wrote letters for Jill to become involved with the YMCA of Owen Sound Grey Bruce's Youth Justice Committee and, specifically, its Justice Circle. The Circle brings the offender, parent(s), the victim(s), two volunteer facilitators and the program's coordinator together to discuss the incident. Typically, offenders are referred to the YJC by police (pre-charge) or post-charge by the Crown Attorney, if they feel the youth and victims would be better served this way than proceeding with criminal charges. The option is available to anyone in Grey and Bruce counties.

The Circle puts everyone in the same room and, through a series of guided questions, which are scientifically designed to help people tell their stories, a clear picture emerges of what happened and how everyone has been affected, said Christine McCardell, Justice Circle Coordinator for the YMCA.

"The questions are posed in an order that facilitates positive learning and understanding of the incident and the harm that has resulted," Christine said.

At Circle, the young person tells their story first. Having the young person accept responsibility for his or her actions at the beginning of the process allows everyone to move forward in a positive manner, the coordinator said.

"Ultimately it puts both the young person and the victim, who is only listening at this point, a little more at ease."

The victim then tells their story, which the young person is now comfortable enough to hear, before the parents tell theirs.

"I think it was nice for the victim to know how I was feeling at the time and get the full story," Jill said. "Personally, I didn't realize how it affected him – his girlfriend was afraid to be in his house after we broke in. It was nice to hear everyone's side."

Once everyone has the opportunity to speak, the victim is asked what they think the young person can do to repair the harm they've caused.

"We don't use the word 'punishment' because that's not usually what anyone is looking for at this point," Christine said. "They're looking for a way for things to be made right, both actively and personally."

Each Circle agreement is unique to the needs of the people involved. Typically, it involves the youth making financial restitution for stolen items or damaged property, and sometimes the youth will help in the

How the Justice Circle works

- Youth is referred to Youth Justice Committee by police (pre-charge), Crown Attorney (post-charge) or Youth Probation Services (pre- or post-sentence).
- Justice Circle Coordinator meets offender and parent(s) to determine if their case is suitable for the Circle.
- Coordinator contacts victim(s) and explains the program to see if they're interested in being involved.
- Preparation for the Circle process begins. Offender often does reflective written work and meets at least once with the coordinator. Victims meet coordinator separately and discuss what they can expect at the Circle and how to best communicate their feelings.
- Once the coordinator deems everyone prepared for the Circle (the time it takes can vary greatly, depending on the participants), the Youth Justice Committee's volunteer facilitators are brought into the process. The Circle date is set.
- The Circle begins by the facilitators leading the group through scripted questions, scientifically proven to best elicit thoughtful and meaningful responses from the offender, parents and victims.
- All parties are given the opportunity to tell their story and discuss their feelings both at the time of the incident and since.
- The victim is asked what they'd like to see happen now, and a discussion on how restitution can be made follows. The facilitators and coordinator do not decide on these reparations, it is a mutual agreement between the youth and the victim.
- The agreement is put in writing and signed by all parties. A completion date is set. If the youth meets the terms, the charges are typically withdrawn by the Crown (if a post-charge referral) or the file is closed by police (if a pre-charge referral). Meeting the terms of the agreement denotes a successful completion of the program (85-95 per cent of cases are deemed a success annually).
- If unsuccessful, the youth re-enters the criminal justice system and goes before the court.

repair of damaged property. There are many letters of apology, requests for community volunteerism, written assignments demonstrating something has been learned, and even referrals to other social service agencies and drug and alcohol assistance programs.

“There are no rules about what can go into an agreement, as long as it meets peoples’ needs, is feasible and can be monitored for determination of successful completion,” Christine added.

*Scott and Mary Jones were the victims of a separate incident of break and enter and vandalism from Jill’s, and they too went through the Justice Circle process. The offender – a 12-year-old boy – was the lookout while his 11- and 13-year-old friends smashed their way through the Jones’s house, which was empty because her mother had suffered a stroke the day before and they were attending to her. Her husband came home while the kids were smashing a laptop and eReader, and stealing an iPod and liquor on the way to doing \$1,000 damage. The 11-year-old was too young to face any charges, and only the 12-year-old’s family was interested in the Justice Circle.

“I got to meet him and hear his Mom’s disappointment in him,” Mary said. “I think they were a little too easy on him though – the questions weren’t stern enough... he’s a quiet, shy kid so there was a lot of one-word answers.”

Mary admits she forgives less easily than her husband, who has developed a soft spot for the youth and is very concerned for his future. She felt the Circle was a worthwhile experience. It gave her the chance to tell the victim how he and his friends made dealing with her mother’s stroke and impending death much more difficult by their pointless destruction of her property.

“My family should have been together with my Mom at this time, but instead my husband was at home dealing with this,” she said. “Hopefully he listened to us and moves down a good road.”

The youth spent a lot of time at Mary’s house this past winter, as his agreed-upon restitution was reimbursing \$189 and completing 10 hours of work – shoveling snow mostly – for his victims. Mary kept close track of the minutes he spent, and even had to put a stop to his parents taking up a shovel to lend a hand.

“I put my foot down when they tried to help him,” Mary said. “This is his responsibility and he needs to do it on his own. We’re going out of our way to give him a chance to make things right, so he needs to put in his hours or he goes back to court.”

While sticking to her guns as the reparation process unfolds, all-in-all Mary believes the Justice Circle was the best avenue for their case.

“The Circle gives the kids a chance to straighten their lives around. If it was our kids, I certainly would want them to have a second chance and make things right by the people they harmed.”

Sandy agreed that the Justice Circle was beneficial for her daughter.

A facilitator’s role

Amy Sutherland is a volunteer facilitator with the Youth Justice Committee. She uses a scripted process to guide the Justice Circle discussion between the youth, victims and their supporters. She acts as a neutral party to help ensure each person has a chance to be heard and is respected during the process, while also being responsible for bringing the parties to an agreeable and realistic restitution.

“Since facilitators are also members of the community, sometimes we can also act as a link to other community supports by advising them of programs the young person can be linked to, or help with community service placement suggestions,” Amy said.

While searching for a volunteer role in her community, Amy found the Justice Circle to be a good fit for her experience and interests.

“Often with the formal criminal justice process, victim input, although considered, is not a primary focus of the process. The Justice Circle provides the opportunity to share how one has been impacted by another’s behaviour, for reflection, explanation and further understanding. It also empowers people to be part of the process and play an active role in the resolution of an offence, and it gives a sense of satisfaction with the criminal justice process.”

Amy believes in the benefits of the Circle for all involved.

“Circle is not an easy process for any of the participants, yet, in general, when people leave a Circle, they feel better about having been a part of it.”

“Jill needed to apologize. She had to put a face to her victim,” she said.

Jill has taken her experience to heart and now knows there are repercussions to all her actions, and now she strives to make sure they’re only positive ones. The Circle, and her interaction with her victim, was instrumental in teaching her this life lesson.

“I feel like if I hadn’t done the Justice Circle, I wouldn’t have realized how it affected the victim, my parents and everyone else. I don’t think the others who went through the court system understood the full impact of what we’d done,” Jill said.

To learn more about the Youth Justice Committee and the Justice Circle, visit www.ymcaowensound.on.ca/Community-Justice/?pageid=27. 

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Healthy foods, healthy family



SUPPLEMENT YOUR CHILD'S DIET WITH PROBIOTICS

By Dr. Marissa Heisel

Have you ever wondered what foods were safe to eat while you were pregnant and which ones were best avoided?

Were you uncertain about the first foods to feed your six-month-old baby? Or have you possibly even wondered what all the fuss is about food these days, anyway?

The simple reality is that nutritious, healthy foods are key factors in illness prevention for you and your family. There is increasing evidence that what pregnant mothers eat and drink has far-reaching consequences for the future health of their growing babies. What those babies are fed from the day they're born is absolutely vital to the growth and development of every function and organ system in their bodies.

I often describe healthy nutrition as a basic equation – the quality of what you put into your body is a direct reflection

of the quality of what your body is able to produce. Healthy fats, green vegetables, good sources of protein, clean drinking water and probiotics (good bacteria) all help to enhance the immune system, decrease inflammation and balance body chemistry. Those processes are supported by feeding your little one (and yourself) as little processed or pre-packaged, genetically modified, and chemically sprayed food as possible, as well as a diet low in sugar, wheat and excessive meat protein and dairy.

“But wait,” you might be saying, “They’re kids! All kids crave sugar. What’s wrong with pop? Or fast food? And they won’t eat green vegetables!”

I hear you. I have young kids, too. The key is to start feeding them a clean, whole food-based diet as soon as they start to eat, with the introduction of specific first foods in an order that might be quite different from what is commonly suggested. That doesn’t mean that you have to know it all, or spend countless

hours in the kitchen preparing meals and snacks. There are numerous sources of high quality information you can rely on. One of my favourites is a book called ‘Sprout Right: Nutrition from Tummy to Toddler’ by Toronto-based holistic nutritionist Lianne Phillipson-Webb. And yes, kids can have sweet treats, but ones that are fruit-based, or contain complex carbohydrates instead of simple sugars.

“But why?” you might now be asking. “Exactly what kind of health issues are we talking about here?” Quite a few, in fact. Ear infections, eczema, allergies, ADD/ADHD, constipation, diarrhea, asthma, sleep issues, irritability and respiratory infections are all influenced by, or have a direct link to, nutritional health.

So when and what should we supplement our children’s diets with? There are a few basic supplements that I recommend much of the time. One of the most important is probiotics, which are helpful bacteria that live in our small and large intestines and play an important role in protecting our health. They help with the digestion of food, keep harmful bacteria from spreading, protect against infection and are extremely important for stimulating the immune system as it is so highly linked to the digestive system. Probiotics are also beneficial in reducing the effects of food allergies, inflammatory bowel disease, lactose intolerance, eczema and ear infections. They also seem to be helpful in decreasing symptoms of asthma, ADD/ADHD, autism and colic, among many other conditions. Infants are colonized with good bacteria as they travel through the birth canal. It is also transferred through breast milk, while formula is supplemented with probiotics.

Antibiotics strip not just harmful bacteria from the gut but good bacteria too, and leave children (and adults) susceptible to re-infection or secondary infection. Repetitive antibiotic use will often cause significant issues with digestive health, thereby also decreasing the vitality of the immune system. Taking a probiotics supplement is the best way to flood the intestines with these good bacteria, and specific supplements have been formulated for newborns/infants, toddlers and older children. Plain organic yogurt, kefir, tempeh and miso are also helpful, but won’t be as effective or act as quickly as a good supplement, which is particularly important after antibiotic use.

What is perhaps most brilliant about feeding our children healthy, nutritious food is the influence that we can have on their overall health and vitality. That isn’t to suggest that your kids will never get sick, but they will definitely get sick less frequently and recover far more rapidly if their bodies are filled with good foods that keep them functioning at their absolute best. I say this frequently and it’s worth repeating here: it is generally much easier (and less expensive) to keep your child healthy than to scramble in a panic once they’re unwell. **GBK**

DR. MARISSA HEISEL is a holistic chiropractor who is also trained as a midwife. Her vision is to ensure every mother and child has access to the best health care, the least stress and the cleanest nutrition possible. She co-owns Spines & Minds Transformational Health in Hanover with Dr. Peter Kravchenko, and can be reached at 519-506-2273, and on Facebook at www.facebook.com/SpinesAndMinds.



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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

Inglenook Creche Day Care
519-371-9471
Owen Sound

**Kids & Us Community Childcare
and Family Education Centres**
Ayton - 519-665-2022
Dundalk - 519-923-2182
Durham - 519-369-9911
Holstein - 519-334-3132
Markdale - 519-986-3692
Osprey - 519-922-2333
Paisley - 519-353-7220
www.kidsandus.ca

Kids Street Nursery School
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
mfrfc.meaford@sympatico.ca
www.mfrcmeaford.com
Meaford

Meaford Co-operative Nursery School
519-538-3854

Nawash N’Shiime Day Care Centre
519-534-3909
Neyaashiinigmiing (Cape Croker)

Sandbox Daycare - Hanover
519-506-7263

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

**Saugeen First Nation G’Sshaw-da-Gawin
Day Care Centre**
519-797-2419
gshawdagawin@bmts.com
www.saugeenfirstnation.ca

Tammy’s Learning Centre
519-538-9980
Meaford

Tobermory Primary Place
519-596-2606

Unity House - Owen Sound
519-371-0141

**Walkerton Day Care Centre
and School Age Program**
519-881-3123
wdcc@wightman.ca

**Wiarton Kids Den Day Care/Kids Club
Schoolage Program**
519-534-4434

Wiarton Nursery School
519-534-2121

**Wooden Hill Child Care Centre (La Colline
De Bois) at Notre Dame School**
519-376-6952
Owen Sound

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 ext 1529
1-800-263-3456 ext 1529
publichealth@publichealthgreybruce.on.ca

Grey Bruce Eat and Learn
School nutrition program
bev_gateman@bwdsb.on.ca or www.osnp.ca

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

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

EDUCATION

Academy of Learning
1077 2nd Ave. E., Suite B (2nd floor)
Owen Sound
519-371-6188 or www.academytraining.ca

Adult Learning Centres
Collingwood, Port Elgin, Markdale, Owen
Sound, Walkerton, Wiarton
Free assistance with math, writing and
reading; 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

Kumon of Owen Sound
www.kumon.ca; andreamischer@ikumon.com

EMPLOYMENT SERVICES

LiveGreyBruce
www.livegreybruce.ca

VPI Employment Strategies (Walkerton)
519-881-4900 or 1-855-260-4900
jobswalkerton@vpi-inc.com
www.vpi-inc.com

YMCA Employment Services
1450 1st Ave. W., Suite 4A, Owen Sound
519-371-9222
employmentservices@ymcaowensound.on.ca

FAMILY SUPPORT

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

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

Bruce Grey Child and Family Services
(Bruce and Grey Children’s Aid Societies
amalgamated April 1, 2012)
1-855-322-4453

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

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

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
Wiarton - 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 (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

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 - Thornbury
519-599-2577
info@bvo.ca or www.bvo.ca

Durham District Food Bank
Monday, Tuesday, Friday, 9 a.m.-noon
Call 519-369-6860 and leave message

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

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

RESOURCES

Salvation Army
Hanover - 519-364-3450
Owen Sound - 519-371-0957
Port Elgin - 519-389-3942
Wiarton - 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 or habitatatos@bmts.com
www.habitatgreybruce.com

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

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

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

HEALTH CARE

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

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

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

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

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

Grey Bruce Health Services (hospitals)
Lion's Head - 519-793-3424
Markdale - 519-986-3040
Meaford - 519-538-1311
Owen Sound - 519-376-2121
Southampton - 797-3230
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 or 1-800-263-3456
www.publichealthgreybruce.on.ca

Hanover Family Health Team
519-506-4348 or dford@hanoverfht.ca
www.hanover.ca/hfht

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

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](http://www.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

Mino Bimadsawin Health Centre
57 Mason Dr., Saugeen First Nation
519-797-3336

M'Wikwedong Native Cultural Resource Centre
1-866-202-2068 or admin@mwikwedong.com
www.mwikwedong.com
Owen Sound

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

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.sbgbc.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

Spines and Minds
478 10th Ave., Hanover
519-506-2273
www.facebook.com/spinesandminds

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

TeleHealth Ontario
1-866-797-0007

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

LIBRARIES

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

Bruce County Public Library
Online catalogue - 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 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.westgrey.com/libraries.cfm
Durham (main) branch - 519-369-2107
Elmwood and area - 519-363-3321
Neustadt - 519-799-5830
Normanby - 519-665-7784

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 and Archives - Southampton
519-797-2080
www.brucemuseum.ca

Bruce Peninsula Visitors Centre
519-596-2233
<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 and Cultural Centre
Includes county's archives
1-877-GREY ROOTS
www.greyroots.com
RR4 Owen Sound

Meaford Museum
519-538-5974
www.visitmeaford.com/meaford-museum.html

Owen Sound Marine and Rail Museum
519-371-3333
www.marinerail.com

Paddy Walker Heritage Society
519-396-1850
www.walkerhousekincardine.com
Kincardine

South Grey Museum - Flesherton
519-924-2843 or museum@greyhighlands.ca
www.southgreymuseum.ca

St. Edmunds Township Museum
519-596-2479 or online <http://bit.ly/vEdick>
Tobermory

Tobermory Maritime Association
519-596-2700 or www.tobermorymaritime.ca

Treasure Chest Museum
519-353-7176
<http://tiffanyweb.bmts.com/-tcmuseum>
Paisley

ONLINE SUPPORT

www.211.ca

www.pathwaysawareness.org

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

www.targetyouth.ca

www.thehealthline.ca

www.wesforyouthonline.ca
Crisis counselling for local youth

OTHER

Cathi Wentworth Family Mediator
647-459-4995 or cathiwentorthmediator.com

A Kid Safe World
Babysitter course for youth 10 to 13
www.akidsafeworld.ca

PLAYGROUPS

Kincardine Toy Library and Playgroup
Pentecostal Church, 249 Bruce Ave.
Wednesday, 9:30-11:30 a.m.

Ontario Early Years Centres
Hanover - 519-376-8808
Kincardine - 519-396-3322
Markdale - 519-986-3692
Meaford - 519-538-0545
M'Wikwedong (Owen Sound) - 519-371-1147
Owen Sound (Bayview) - 519-371-7034
Port Elgin - 519-389-5762
Thornbury - 519-599-2577
Walkerton - 519-881-2739
Wiarton - 519-534-5550

SPECIAL NEEDS

Autism Ontario Grey Bruce Chapter
226-787-0333 or marti@autismontario.com
<http://bit.ly/tO6kam>
Owen Sound

Bruce County Childcare Services
1-800-265-3005 or www.brucecounty.on.ca
Walkerton

Bruce Peninsula (Wiarton) Association for Community Living
519-534-0553

Community Living Kincardine & District
519-396-9434 or 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
www.clwalkerton.org

Georgian Riding Association for Challenged Equestrians
519-372-2721; grace@log.on.ca
Wicklen Stables, RR5 Owen Sound

Keystone Child, Youth & Family Services
1-800-567-2384
kcyfs@bmts.com
www.keystonebrucegrey.org
Owen Sound

PRANCE Therapeutic Riding Centre
519-832-2522
prance@bmts.com
Miramichi Farms, Hwy. 21 Port Elgin

Reading Rescue Ontario
519-794-4745
soehner@bmts.com
www.readingrescueontario.ca
Holland Centre

South Grey Bruce Youth Literacy Council
519-364-0008
info@sgbyouthliteracy.org
www.sgbyouthliteracy.org
Hanover

Special Therapy and Education Program of Saugeen (STEPS)
519-797-1935
info@stepsahead.ca; www.stepsahead.ca
Southampton

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

United Way of Bruce Grey
519-376-1560
unitedwaybg@bmts.com
www.unitedwayofbrucegrey.com/
Owen Sound

SPEECH/LANGUAGE

Bruce County Childcare Services
1-800-265-3005
www.brucecounty.on.ca
Walkerton

Closing the Gap Healthcare Group Rehab Express Grey Bruce
1-866-990-9901
www.closingthegap.ca
Owen Sound

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

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



in the Bruce

we're

everywhere

you want to be



CARGILL	CHESLEY	HEPWORTH
KINCARDINE	LION'S HEAD	LUCKNOW
MILDMAY	PAISLEY	PORT ELGIN
RIPLEY	SAUBLE BEACH	SOUTHAMPTON
TARA	TEESWATER	TIVERTON
TOBERMORY	WALKERTON	WIARTON

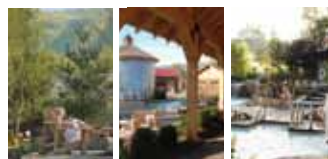
library.brucecounty.on.ca

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Rejoice in weekday serenity



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SPRING EVENTS

MARCH

2

Bowl for Kids Sake (Big Brothers/Sisters)
Kincardine and Hanover
Runs through March 3
www.bigbrothersbigsisters.ca/kincardine/
www.bbbshanover.ca

3

'Rock of Ages' skating show
Beaver Valley Skating Club
Thornbury arena
519-599-3017

MARCH BREAK EVENTS

9

March Break at Blue Mountain Village
Free family activities including a concert featuring 'These Kids Wear Crowns', daily free guided snowshoe hikes, horse/wagon rides, scavenger hunts, pond skating and more.
Runs through March 17
www.bluemountainvillage.ca

March Break at Grey Roots Museum
Owen Sound
Family-oriented activities including a special craft each day from 1-2 p.m., daily full-length, family movies at 2 p.m., scavenger hunts, etc.
Runs through March 16
www.greyroots.com

11

KidsCamp at Grey Roots Museum
Beyond Belief: Tales of Myth and Legend
Ages five to 12
Call 519-376-3690 to reserve your spot
9 a.m.-4:30 p.m.
Runs through March 15

ACTING UP! at the Roxy Theatre
Musical theatre training camp for ages eight to 15, presented by The Roxy and Christy Taylor of Christy's Stage Door.
Runs through March 15
See 'Programs' at www.roxytheatre.ca

March Break KidZone Day Camp
Bruce County Museum & Cultural Centre
Southampton
8:30 a.m.-5 p.m. for ages 5-12
Runs through March 15
www.brucemuseum.ca

12

Art à la carte! March Break at the TOM
Tom Thomson Art Gallery, Owen Sound
9 a.m.-noon
Runs through March 15
www.tomthomson.org

March Break Reptiles & Lizards
Bruce County Museum & Cultural Centre, Southampton
Presentations at 10:30 and 11:30 a.m. and 1:30 and 2:30 p.m. Get close to snakes, lizards, iguanas and more!
www.brucemuseum.ca

'Elephant Thoughts' Science Show
Meaford Hall Arts & Cultural Centre
High energy, interactive, funny and wacky! Professor 'What'z up' will amaze the little scientists with fire and ice, fog and hovering magic.
www.meafordhall.ca

14

Let's Talk Science
Bruce County Museum & Cultural Centre
Southampton
Presentations at 1, 2 and 3 p.m.
'Let's Talk Science' from the University of Guelph delivers fun, exciting hands-on science activities for children
www.brucemuseum.ca

Charlotte's Web March Break kids theatre
Meaford Hall Arts & Cultural Centre
2 p.m.
Contact Meaford Hall Box Office at 1-877-538-0463 or www.meafordhall.ca

17

Make Art
Tom Thomson Art Gallery, Owen Sound
1-3 p.m.
Family fun activities and art making
Runs third Sunday of every month
www.tomthomson.org

MARCH (CONT.)

23

Songwriting Workshops for Youth
Roxy Theatre, Owen Sound
10 a.m.-2 p.m. for ages 15-19
Presented by The Roxy and the Georgian Bay Folk Society
See 'Programs' section of www.roxytheatre.ca

30

KidZone Sciencemania
Bruce County Museum & Cultural Centre
Southampton
10 a.m.-noon for ages eight to 12
Pre-registration and prepayment required.
Runs April 27 and May 25 as well.
www.brucemuseum.ca

Easter at Blue Mountain Village
Annual Easter egg hunt, horse and wagon rides, village scavenger hunt and more.
Runs through April 1
www.bluemountainvillage.ca

APRIL

5

Feast for the Eyes
Juried art exhibit and food fundraiser
Southampton Art Gallery
Showcases and awards artistic talent growing in our community.
Runs through May 12
www.southamptonart.com

10

Early Dismissal Day
Grey Roots Museum, Owen Sound
www.greyroots.com
Also May 8

19

Saugeen Home and Recreation Expo
Walkerton
1-877-880-0319
Runs through April 21

20

A Knight in the Museum
Bruce County Museum & Cultural Centre
Southampton
10 a.m.-4 p.m.
Heavy arms fighting, fencing, fanciful dancing, cooking demonstrations and artistry.
www.brucemuseum.com

26

P.A. Day Adventures
Grey Roots Museum, Owen Sound
Ages five to 12
Tales of Fantasy: Things that Go Bump
Call 519-376-3690 to reserve your spot.
www.greyroots.com

27

Kincardine Home & Garden Show
Kincardine Davidson Centre
10 a.m.-5 p.m.
Support the Kincardine Skating Club
519-396-3923
Runs through April 28

29

Screen Free Week
A time to unplug TV and computer screens and play, daydream, create, explore and spend time with friends and family.
www.screenfree.org
Runs through May 5

MAY

2

5th annual Children's Safety Festival
Saugeen Shores Community Complex
9 a.m.-3 p.m.
safecomm@bmts.com

4

Motus O Dance Theatre's Circus Terrifico
Roxy Theatre, Owen Sound
1 p.m.
www.roxytheatre.ca

18

'Artsy Treasures' Sale
Southampton Art Gallery
7 a.m.-2 p.m.
Giant art and craft supply garage sale
1-800-806-8838
www.southamptonart.com

put a Spin on your



GET OUTSIDE & PLAY

March Break

@ the Davidson Centre

March Break Camp
FREE Swim & Skate Times
Drop-In Gym & More
Contact Rec. Dept. for details:
519-396-3491

Spring Recreation Program Guide
On Shelves Early March!

FOR A FULL LIST OF EVENTS TAKING PLACE THIS SPRING ~ www.sunsets.com/kincardine



RECIPES

NUTRITIOUS AND DELICIOUS



HUMMUS

Recipe by Dr. Marissa Heisel.

Hummus is a good source of protein, iron, calcium, magnesium and folate. It's great eaten plain, on rice crackers or a rice cake, and as a dip for cut veggies. It's my kids' favourite snack and a staple in my fridge.

INGREDIENTS:

- 1 can of chickpeas, rinsed and drained
- 4 tbsp extra virgin olive oil
- 2 tbsp water
- 2 tbsp tahini (sesame seed paste)
- 2 tbsp lemon juice (preferably freshly squeezed)
- 2 clove of garlic (raw or roasted)

To prepare: Place all ingredients in a food processor or a quality blender. Blend to desired consistency – very smooth for younger children, chunkier for older kids if they prefer it that way.

Add extra water to thin the hummus out or extra olive oil for increased flavour.

Sea salt can also be added into the mix, if desired. Start with ¼ to ½ a teaspoon, to taste.

Makes about two cups.

CAULIFLOWER PIZZA CRUST

Makes one large crust

Used with permission from detoxinista.com.

A grain-free alternative to traditional pizza crust that you can pick up with your hands!

INGREDIENTS

- 4 cups raw cauliflower rice (one medium head)
- 1 egg, beaten
- 1/3 cup soft goat cheese (chevre)
- 1 tsp dried oregano
- 1 pinch of salt

To prepare: Preheat your oven to 400F.

To make the cauliflower rice, pulse batches of raw cauliflower florets in a food processor, until a rice-like texture is achieved.

Fill a large pot with about an inch of water and bring it to a boil. Add the 'rice' and cover. Let it cook for between four and five minutes. Drain into a fine-mesh strainer.

Once you've strained the rice, transfer it to a clean, thin dishtowel. Wrap up the steamed rice in the dishtowel, twist it up, then squeeze all the excess moisture out. It's amazing how much extra liquid will be released, which will leave you with a nice and dry pizza crust.


In a large bowl, mix up your strained rice, beaten egg, goat cheese and spices. Don't be afraid to use your hands! You want it very well mixed. It won't be like any pizza dough you've ever worked with, but don't worry – it will hold together!

Press the dough out onto a baking sheet lined with parchment paper. It's important that it's lined with parchment paper, or it will stick. Keep the dough about ⅓-inch thick and make the edges a little higher for a 'crust' effect if you like.

Bake for 35 to 40 minutes at 400F. The crust should be firm and golden brown when finished.

Now's the time to add all your favorites – sauce, cheese, and any other toppings you like. Return the pizza to the 400F oven and bake an additional five to 10 minutes, just until the cheese is hot and bubbly.

Slice and serve immediately!

Here's a timesaving tip: I recommend making a double-batch of cauliflower pizza crusts; make one for now and save one for later. After baking the crusts, wrap up the extra pizza crust in foil and freeze it for a quick meal to enjoy another night! All you need to do is add toppings and bake at 400F, until the cheese is hot and bubbly. 

OPG's DEEP GEOLOGIC REPOSITORY PROJECT

For Low & Intermediate Level Waste

The Proposal

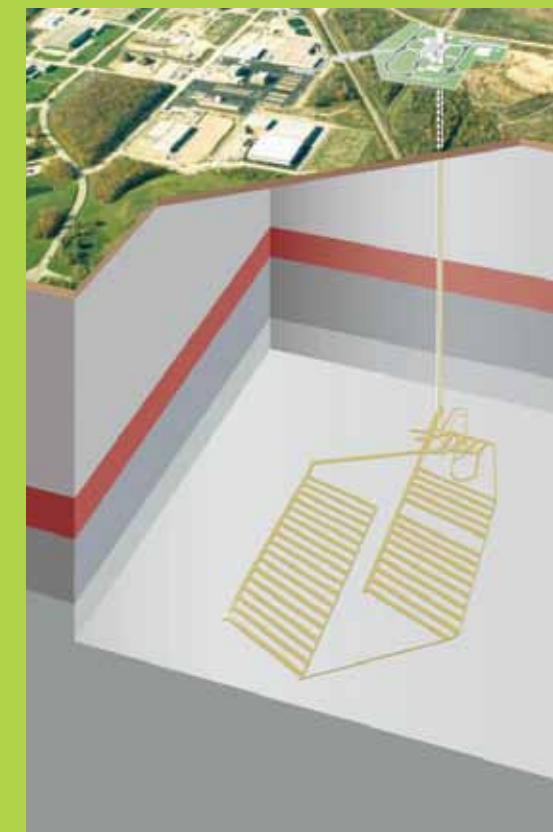
Low and intermediate level nuclear waste from Ontario Power Generation's 20 reactors has been safely managed for over 40 years at the secure Bruce nuclear site in Kincardine. Now, with the support of the Municipality of Kincardine, OPG is proposing to permanently safely manage and isolate the waste in a Deep Geologic Repository (DGR) located 680 metres beneath the Bruce nuclear site.

Why Kincardine?

The proposed site has a willing host municipality and rock formations capable of safely isolating and containing the waste – two factors, which international experience has shown are essential for the successful implementation of the DGR concept.

Key FACTS about Ontario Power Generation's proposed Deep Geologic Repository

- The DGR will be located about one kilometre inland from the shore of Lake Huron.
- At a depth of 680 metres, the DGR is well isolated from surface water and groundwater.
- The 450 million-year-old stable rock formations will provide multiple natural barriers to contain the waste for hundreds of thousands of years and beyond.
- Over four years of studies, many of them peer reviewed by national and international specialists, conclude the DGR Project will not result in any significant negative effects to public health or the environment.
- The documentation for the DGR Project is currently the subject of an independent regulatory approvals process with opportunities for participation by the public and Aboriginal communities.
- Kincardine and OPG chose the DGR concept because it will provide safe, permanent management of the waste on behalf of present and future generations.



KEEPING YOU INFORMED

www.opg.com/dgr

For more information about the DGR Project or how to participate in the regulatory approvals process, connect with us through any of the following:

WEB www.opg.com/dgr
 EMAIL dgrinfo@opg.com
 PHONE (519) 368-1639

ONTARIO POWER
GENERATION

COOL KIDS

★ contest ★

Grey and Bruce counties are full of kids who do great things every day — at home, school, and in their communities — which is why we are excited to announce the Cool Kids Contest, sponsored by the Owen Sound Attack and Grey-Bruce Kids.

Each quarter we will feature a local Cool Kid who we think is awesome.

Judging is based on, but not limited to, community participation, leadership, academics, ~~and~~ sports, involvement in the arts or extraordinary accomplishments.

Send us your Cool Kid story in 500 words or less to amy@greybrucekids.com

The winner will be notified via e-mail and we will publish the winning story in the next issue of Grey-Bruce Kids!

CONTEST RULES AND DETAILS:

1. Nominee must live in either Grey or Bruce county
2. Nominee must be between the ages of four and 18 at time of submission
3. Nominee's parental consent form must accompany nomination (available for download at www.greybrucekids.com/consent.pdf)
4. Please include nominee's name, age, contact information for parental consent, school attend, and why you think they should be Grey-Bruce's Cool Kid.

The Cool Kid wins a prize pack from the Owen Sound Attack and \$50 cash from Grey-Bruce Kids!

Submit your nomination for a Cool Kid today!

Contact: amy@greybrucekids.com



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