

# GREY • BRUCE KIDS

A **FREE** MAGAZINE FOR  
PARENTS AND CAREGIVERS

SPRING 2014 • Vol. 4 Issue 1 • [greybrucekids.com](http://greybrucekids.com)

*Bring on  
Spring!*

**FREE!**

**Spring & Summer 2014  
Recreation Program Guide  
On Shelves March 1!**  
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## FROM THE PUBLISHER

### Goodbye snow, hello spring!

Ahhh... spring is here.

Having persevered through a long winter-for-the-ages, with lots of snow days for the kids (and probably a few for Mom and Dad too), it's sure nice to see the light at the end of the snowy tunnel.

After hours (more like days!) of digging out, no one is happier to see glimpses of spring than the people who call Grey/Bruce home. With lots to do in the area all year, spring has a special feel.

Spring is a time to check out the many great maple syrup festivals throughout the region, which are fun, affordable days out with the family. See Page 29 for ideas.

Spring is also the time to think about summer job searches for the older youth in your house, so see Page 20 for some great tips and resources on how to help your teen land an awesome job.

Spring is a time to reduce, reuse and recycle in honour of Earth Day, so check out the 'recycled' craft on Page 12.

Spring is also time to focus on our children's physical and emotional health. The real deal on energy drinks for kids is discussed on Page 14 and how to help your child grieve (Page 9) is important information for all families who are faced with the loss of a loved one.

Spring is a time for new beginnings, and we have a new feature in Grey-Bruce Kids this quarter – an interview with a local children's author (Page 22). Each issue we will highlight some of the unique literary talent right in our own backyard in 'The Book Shelf.'

Spring is a time to start thinking about summer, so let's get outside and celebrate this wonderful season!

*Amy Irwin*

Amy Irwin, Publisher, Grey-Bruce Kids

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Often the hidden gems of our  
region are unknown to even  
those of us who live here.

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## Youth volunteer opportunities

National Volunteer Week (April 6-12) is a time to recognize, celebrate and thank Canada's 13.3 million volunteers. Here are just a few volunteer jobs suitable for youth in our area, courtesy of [www.centraleastontario.cioc.ca](http://www.centraleastontario.cioc.ca).

**Reading buddy** – local libraries

**Backpack stuffer** – United Way of Bruce Grey

**Peer leader** – South West Community Care Access Centre, South West Self-Management Program

**Good Food Box volunteer packer** – Grey Bruce Health Unit

**Special events/lesson volunteer** – Georgian Riding Association for Challenged Equestrians (GRACE)

**Horse leaders/sidewalkers** – Pegasus Riding Association Nurturing Challenged Equestrians (PRANCE)

**Festival volunteer** – local chambers of commerce and BIAs

**Front desk volunteer** – Canadian Red Cross, Owen Sound/Bruce-Grey Branch

**Historic costume, archives and educational assistants and special events helpers** – local museums

**Nursing home/care centres** – various volunteer opportunities are available from activation, friendly visiting, reading or writing letters and one-to-one visits, to assisting with events, parties, entertainment, fundraising and administrative tasks

**Leisure buddies** – local Community Living groups. Learn more at [www.volunteer.ca](http://www.volunteer.ca).

## The cost of eating well in Grey and Bruce counties

It costs \$775.37 a month to feed a family of four – that's two adults and two children – in Grey/Bruce. That's up 3.7 per cent (\$27.88) from 2013. The figures are calculated from the Nutritious Food Basket survey measuring the regional cost of basic healthy eating. The survey is based on the prices for 67 representative food products that reflect healthy eating recommendations. The 2013 analysis shows Grey/Bruce has seen a steady rise in the cost of food, said Jill Umbach, of the Bruce Grey Poverty Task Force. "Unfortunately, income has not increased at the same rate, so individuals and families are forced to use more of their income just to meet basic needs. For those on social assistance, this may mean up to 38 per cent of their monthly income is necessary for food alone."

It is important to recognize that food insecurity is not only related to the cost of food. Income, housing, education, transportation and food skills are some of the factors which will influence whether someone in our community is left hungry. Grey/Bruce is fortunate to have a number of community programs to support families including: Eat & Learn student nutrition programs in every school, 18 Good Food Box sites, and a variety of community gardens. Local short-term solutions also available, including community meals, food banks and community kitchens. For further information, call Public Health at 519-376-9420 or 1-800-263-3456 or visit the website at [www.publichealthgreybruce.on.ca](http://www.publichealthgreybruce.on.ca).

**\$775.37**

What it costs a month to feed a family of four in Grey and Bruce counties.

## Youth Film Festival

The libraries of Bruce and Grey counties will hold the screenings for entries in the 2014 Grey Bruce Youth Film Festival at the Galaxy Cinemas in Owen Sound, on April 14. A panel of judges will select the winning entries, which will be announced at the screening. Winners will be eligible for cash prizes of up to \$150. The event is open to the public.

## Kids See Free program offering glasses to kids

Due to its success last year, the Kids See Free program has launched for a second year.

The program is designed to provide free eyeglasses to school-aged children who cannot afford the cost of prescription glasses. Supporting the health of children and providing access to supports for better health is part of the mission of Loblaws and the YMCA, who partner in the

program. The offer provides a pair of free glasses for anyone under the age of 19 who is in need due to financial circumstance. Children must have had an eye exam within 365 days of order and vouchers must be redeemed by June 30.

To request a voucher, contact Lisa Billing, YMCA of Owen Sound Grey Bruce, at 519-376-0484 ext. 222 or [lbilling@ymcaowensound.on.ca](mailto:lbilling@ymcaowensound.on.ca)



# TALES from TOTS

YOU NEVER KNOW WHAT THEY'LL SAY NEXT

*We interviewed Mrs. Simpson's SK/Gr.1 class at Ripley-Huron Community School about their Moms – here is what they had to say:*

### Why do you love your Mom?

I like her. – Cade  
 She gives me treats. – Grace  
 She's nice. – Parker  
 She lets me play outside. – Tyson  
 She hugs me. – Tanner  
 She makes me a healthy breakfast, but it's not really that healthy because it has a few inches of brown sugar, but just a few. – Jett  
 She kisses me goodnight. – Lizzy  
 She makes me chocolate chip cookies. – Maddison  
 She loves me. – Leah  
 She cooks the best food, like chicken nuggets. – Mason  
 She helps me tidy up my room. – Dylan  
 She puts movies on for me. – Finlay  
 Because I love her. – Layne

### What is your favourite thing about your Mom?

I love her. – Cade  
 She lets us go outside when it's cold. – Grace  
 She lets me play my DS. – Tyson  
 That she cooks. – Tanner  
 When I ask her if I can have a snack, sometimes she says yes and I don't care if she says no. – Jett  
 She reads me a bedtime story. – Lizzy  
 She plays with me. – Maddison  
 She gives me hugs and kisses. – Leah  
 She sometimes plays with me. – Mason  
 That when I need her, she comes. – Dylan  
 She makes me breakfast like eggs with salt. – Finlay  
 She loves me. – Layne

### What does your Mom do for you?

Cooks supper. – Cade  
 Lets us go shopping. – Grace  
 Takes me to hockey. – Parker  
 Cooks supper. – Tyson  
 She tidies up when I'm at school. – Tanner  
 Let's me play "Minecraft" with my Dad after school. Actually she lets me do it every day. – Jett  
 She likes to play with me. – Lizzy  
 She puts the TV on for me. – Maddison  
 She helps me. – Leah



She gets me a balloon sometimes. – Mason  
 She gives me good ideas to help me tidy up my room by myself. – Dylan  
 She helps me get my snow stuff on. – Finlay  
 She helps me when I need help. – Layne

### What would you like to give your Mom as a present?

Earrings. – Cade  
 Pajamas. – Grace  
 Clothes. – Tyson  
 A candle. – Tanner  
 A Hollywood Nails maker, because they are way better than other nail makers. – Jett  
 A necklace. – Lizzy  
 A card. – Maddison  
 New jammies because I need new jammies too. – Leah  
 A picture of my family because she really likes my family. – Dylan  
 Tea. – Finlay  
 Colour her a picture. – Layne GBK

*What questions would you like kids in Grey/Bruce to answer next? Send an e-mail to [amy@greybrucekids.com](mailto:amy@greybrucekids.com) with your suggestions and offer your school up for the next interview!*

● Layne, 6, was introduced to Pioneer Park, at the gateway to Lake Huron, in Southampton, last summer.

## In our own back yard



● A stunning view of Colpoy's Bay, from an outlook on the Bruce Trail, near Wiarton.

By Dwight Irwin

Since moving back to Ripley in 2010, after nearly a decade in various places, I've realized that, for having been born and raised in Bruce County, I have seen a woeful amount of it.

Outside of baseball diamonds and arena parking lots, that is.

My family – Mom, Dad, older sister and I – were all athletes, so our summer weekends were spent going to four different towns for four different ball tournaments, and the winter was really no different, except the sports were hockey, ringette and curling.

We didn't camp at MacGregor Park or take a ferry tour to Tobermory's Flowerpot Island, and I still have yet to dig my toes into the sand on Sauble Beach. My family played sports, and none of us would have had it any other way.

When I moved away from home in 2001, the prolonged absence made me realize that Grey/Bruce isn't just a collection of sporting rivals, it is absolutely beautiful – a place tourists drive hours to spend time, while dreaming of their retirement home. Yet, for those of us who live here, it is too easily taken for granted. My official 'ah-ha' moment came in 2004, when Amy and I travelled back to Ripley from our home of two years in Alberta to get married. Our best friends from the west came to celebrate our big day and fell head-over-heels in love with Lake Huron. Being from Alberta, which has a smattering of small lakes that you can see or swim across – not unlike our Muskokas, though fewer – this was the first time they'd experienced a body of water you could not see to the other side.

As we watched a gorgeous sunset with the Point Clark Lighthouse just to the south, Bruce County stole two more hearts.

Now that we've settled back into Bruce County life, we want to ensure our daughters have an appreciation for their home, so last year we took up the challenge of the Explore the Bruce Adventure Passport, a program for tourists and locals alike to experience some of the obvious, as well as hidden, gems our great county has to offer.

The Adventure Passport, which highlights 12 locations in Bruce County for people to visit in a weekend or spread across the summer, provides the sneak peek into the diversity of interesting options the county provides. Although you may stop in, say, Wiarton to get a punch on your Passport, you don't just load back into the car and drive on to the next place. You take the time to discover a beautiful waterfront for the first time, play in an exciting new park so the kids can burn off that pent-up energy from the car ride, and you eventually take a walk downtown to explore the shops or grab a bit to eat at the café you never would have known existed if you hadn't taken the time to check out your own county.

When you eventually do get in the car, you have a new appreciation for even the smallest town and file it away as a potential day-trip in the future.

We truly are blessed in Grey/Bruce with such a range of things to do outside of our largest beaches, events and festivals. Discovering a mile or two of the Bruce Trail, which features some breathtaking outlooks, can clear your mind and open a world of possibilities to your young children. Just finding a quiet, shaded, riverside picnic area on the outskirts of Paisley allows you to daydream about lazily lounging on its secluded banks with a blanket and a book, and only the birds and bubbling stream as noise pollution.





● Jace, now 3, is all explored out.


Escaping in your own back yard is about observing a 10 minute staring contest between a frog and a two-year-old while in the middle of a natural wonder. It's about seeing the trees for the forest and running hands over moss-covered boulders, while allowing your adult-stunted imagination to see the woolly mammoth your six-year-old knows is in that rock. It's about getting dirt under your nails, digging your feet into unfamiliar sand and celebrating with the world's largest \$2 ice cream.

The reason my family will spend each summer finding new things to try in our region is because you simply don't know what joy a child will get from the simple things like climbing on an old cannon that protects Southampton's harbour or mauling the kittens at a local campground's petting zoo. Sure, large hotels and waterparks in other Ontario cities are a fun weekend getaway, but experiences we may consider minor that are compiled in our own back yard can add up to lifelong memories, and can help create curious and adventurous teens and adults, who can then explore the country and the world with confidence.

'Stay-cationing' is about closing your eyes and dropping a finger on a local map, knowing that everything is within a two-hour drive. It's about forgoing the quickest route and taking the roads less travelled, which always leads to some beautiful scenery and great finds. It's about family time away from gadgets, new experiences, fresh air and an expanding appreciation for the paradise we are lucky enough to call home.

Exploring our area is all about the journey, not just the destination. **GBK**

**DWIGHT IRWIN** is the Editor of Grey-Bruce Kids. He lives in Ripley with his wife Amy, the magazine's Publisher, and their daughters Layne, 6, and Jace, 3. He caught the travel bug in his mid-20s, when he and Amy spent nearly a year backpacking across New Zealand, Australia and Malaysia, with a few stops in Europe along the way.




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## FAMILY



# Helping children **grieve**

## CHILDREN MAY BE AWARE OF DEATH BUT NOT UNDERSTAND ITS MEANING

By Amy Pollard-Fry

As a funeral professional, I have been asked several times the best way to help children deal with grief and loss.

With a third generation, family-owned business, I grew up around funerals, and I'm sure there wasn't a question I didn't ask. Children often have many questions about death, but experiencing a loss is different.

When a loved one dies, it can be very difficult to know how

to help your child cope with their loss, especially when you may too be feeling several emotions. How much a child can understand about death depends largely on their age, personality and past experience. Most young children are aware of death but may not necessarily understand it. They see it on TV, read about it in books or hear about death from friends, but experiencing grief may be a completely new process for them.

Firstly, it is important to understand that like adults, each child grieves differently. Encourage your child to express whatever emotions he or she feels. Most funeral homes have children's books about death on hand, and reading it together can be a great way to address your child's questions. At the very least it will start a conversation about what is happening. Drawing pictures or writing letters to the deceased is also a great way to





help your child express grief.

Each child reacts differently. Some children want to talk about the death, while others want to be left alone. Some like to stay busy and others withdraw from activities. Watch for any signs that your child needs help coping with a loss and seek professional help if you feel their behaviour has changed dramatically.

A child's capacity to understand death and how you discuss it with them should vary according to their age. Keep in mind a child's question may sound much deeper than it actually is. A four-year-old asking where Grandpa is now probably isn't questioning the afterlife, but instead will be more likely satisfied hearing that he is in the cemetery. Do your best to answer honestly and clearly. Many experts suggest avoiding the use of euphemisms, such as 'went away,' 'went to sleep' or that we 'lost' a person they love. Children often think literally, so these

types of phrases may actually make them afraid to go to sleep or fearful whenever someone makes plans to go away.

Explaining death is difficult for everyone. Children learn by asking questions, so it is important to listen and let your child know that all questions are OK – even the hard ones. The idea of an afterlife can be very helpful to a grieving child if you have religious beliefs, but even if you aren't religious, comforting your child with the concept that a person lives on in the hearts and minds of everyone can still comfort. Comparing death with something known can also be helpful. A person's life may be compared to leaves on a tree, which bloom in the spring, change in the fall and eventually die.

"Should I take my child to the funeral?" is probably one of the most common questions a funeral director receives. This is always a personal decision. A common thought is to let your child decide what he or she wants to do. Children usually

appreciate having choices. One child may want to attend the funeral while another may feel anxious or uncomfortable and prefer to send a picture or letter. It is an important experience for children to have the opportunity to say goodbye to the person who died in a way that feels right to them.

Never assume the right choice for one child will be the same for another. If attending a service, prepare your young child for what they will be experiencing. Will there be a body present? It may be helpful to explain the body of the person who died is going to be there in a casket, however they can no longer talk, see or hear anything. Who will be there? Explain how others may speak about the person who died and that many may be crying. Children who are prepared with such information are better able to make the choice about attending the funeral.

Many parents worry about letting a child see their own sadness. Witnessing your grief, however, shows them crying is a natural reaction to pain and loss. It may make your child more comfortable sharing their own feelings, so it is important to let them know that, no matter how sad you may feel, you are still able to help them and make them feel safe.

Most importantly, a child who is frightened about attending a funeral should not be forced to go. Honouring or remembering the person in other ways, like planting a flower or tree, can be a helpful alternative.

Although children may bring comfort to grieving relatives, they

can also be disruptive at funerals. It is unrealistic to expect a young child to sit through a service. If they attend, make sure there is someone available to watch them and focus on their needs, especially if the situation will be difficult for you as well.

"Witnessing your grief shows (kids) crying is a natural reaction to pain and loss."

You should also consider the atmosphere of the service. If it is for someone who died young or unexpectedly, this may be extremely upsetting for everyone – especially your child. For an older relative, the mood may be lighter and offer greater opportunities to discuss death. Use your own best judgment.

Parents can't always shield their children from sadness and loss. However, helping them learn to deal with these emotions now, builds healthy coping skills they can rely on throughout their life. **GBK**

**AMY POLLARD-FRY** is a licensed funeral director and co-owner of MacKenzie & McCreath Funeral Homes in Lucknow and Ripley. She has three daughters.

# MARCH BREAK

BRUCE COUNTY MUSEUM & CULTURAL CENTRE  
ARCHIVES • HISTORY • EVENTS

MARCH 10-15

**KidZone Day Camp!**  
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Port Elgin	519-832-6225
Ripley	519-395-5570

YMCA of Owen Sound Grey Bruce  
Child Care Services



# Recycle, reuse, renew

Here is a simple project from Southampton Art School that is a lot of fun and helps keep the environment clean, one plastic shampoo bottle at a time.

## WHAT YOU NEED

- A brightly coloured plastic shampoo bottle (empty)
- A sharp knife
- Scissors
- Black and white fun foam (adhesive back optional), felt or google eyes
- Glue
- Black Sharpie marker



## STEP 1

- Remove the label from the bottle and the lid
- Draw out your character with the black marker
- Have an adult start the cut with a sharp knife



## STEP 2

- Use the scissors to cut out the monster's shape
- Leave extra bottle pieces to cut out arms



## STEP 3

- Adding some final touches by gluing on eyes, the mouth and teeth from your fun foam or felt.

- Have a parent make two small cuts in the side of the bottle for the arms

- After cutting out the arms from the extra bottle pieces, slide them into the small cuts

- Now you have a handy pen and marker holder!

*SOUTHAMPTON ART SCHOOL provides art classes for youth and adults. Learn more at [www.southamptonart.com](http://www.southamptonart.com).*



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# Friend or foe?



## KIDS LOVE ENERGY DRINKS. ARE THEY BEING HARMED BY THEM THOUGH?

By Jennifer MacTavish

Many people have seen TV commercials and other advertising for energy drinks that claim to ‘give you wings,’ ‘unleash the beast’ or ‘party like a rockstar.’

Unfortunately, the only beasts that energy drinks are likely to unleash are an increase in blood pressure, heart rate, insomnia, headaches and nausea. In some extreme cases, excess consumption of energy drinks has been blamed for additional adverse health effects, including irregular heartbeats, heart attacks, and, very rarely, death<sup>(1)</sup>.

Energy drinks are a group of beverages that claim to increase energy, alertness, reaction time, and performance <sup>(3, 4)</sup>. High concentrations of caffeine are the main ingredient in energy drinks. According to Health Canada, even one energy drink can exceed the safe upper limit of caffeine for many children and teens. Some medical experts have expressed additional concerns with the effects of caffeine on the developing neurological and cardiovascular systems of children.

There are also other stimulants and additives in energy drinks, resulting in numerous claims that have yet to be proven by any clinical research studies. The few studies that have been done on the effects of these ingredients have been conducted on adults only, meaning there is no safety data available for use of these products in children and adolescents<sup>(1, 2, 3, 4)</sup>.

Unfortunately, children, adolescents and young adults make up over half of the market for energy drinks. Really, who could resist all their rebellious advertising, not to mention their sponsorship of various sports events and teams? Watching the sporting events sponsored by these energy drink companies, one gets the impression that becoming an international athlete is just an energy drink away. Besides the tempting advertising, energy drinks are sold in many places where children and adolescents have easy access to them<sup>(5)</sup>.

Of further concern is the confusion that has been created between energy drinks and sports drinks. Sports drinks, such as Gatorade® and Powerade®, are beverages containing carbohydrates, minerals and electrolytes, designed specifically to rehydrate and refuel during prolonged sports. Energy drinks on the other hand contain mainly caffeine, high concentrations of sugar or artificial sweeteners and various other ingredients that have not been proven to improve athletic performance. The high concentration of sugar in energy drinks actually makes them harder to digest during exercise, can lead to stomach upset and impair hydration. Interestingly, even very mild dehydration during sports can negatively impact athletic performance<sup>(3, 4)</sup>.

Mixing alcohol with energy drinks is another trend amongst adolescents and young adults that can be hazardous because

energy drinks can mask the effects of alcohol intoxication. According to the Canadian Medical Association Journal, teens and young adults who reported mixing energy drinks with alcohol were three times more likely to be highly intoxicated and four times more likely to drive drunk than teens who did not mix the two drinks<sup>(6)</sup>.

Health Canada, the American Academy for Pediatrics (AAP) and the Coaching Association of Canada all agree that energy drinks are not recommended for children and adolescents. The AAP states, “Rigorous review and analysis of the literature reveal that caffeine and other stimulant substances contained in energy drinks have no place in the diet of children and adolescents<sup>(3)</sup>.”

The bottom line is children, adolescents and pregnant and breastfeeding women should not drink energy drinks; these liquids should not be mixed with alcohol; people should avoid energy drinks prior to or during exercise; and always use caution when mixing energy drinks with medications or natural health products due to potential interactions. **GBK**

**JENNIFER MACTAVISH** is a Registered Dietitian at the Brockton & Area Family Health Team. For more information, visit [www.bafht.com](http://www.bafht.com).

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## Things my daughters should know

By Dwight Irwin

Lately, lists of things people want their kids – specifically daughters – to know as they embark on life have been popping up all over my Facebook feed.

Sharing a roof with a knockout of a wife, two bright and challenging daughters, an aging female dog and, I presume, a

girl fish, these articles have become an important educational tool for, well, a tool who lacks education.

Though I'm hardly an emotional brick wall, there's no denying the difference between the dominant gender in the house and myself. With their teen years still a ways off, these articles have made me realize I'm playing a larger role than I may have

expected in how my girls will perceive themselves as they grow. Everything I say and do lays another block in the foundation of their self-image, which can be both positive and negative depending on how I conduct myself.

So, while resisting the urge to just defer to the more knowledgeable parents and professionals out there who have undertaken this same initiative online, here are some things I want my daughters to know about both them and me.

**I'm not perfect.** This likely won't come as a shock to you, but sometimes Moms and Dads have to realize it's OK to admit this. I try to be the best Dad I can be, but I have days where my fuse is short or I'm tired and just don't have the energy to keep your torrid pace. What I can promise you is that I'll try my best to limit these days or power through them with a smile on my face until you're kissed, hugged and tucked soundly into bed.

**I secretly hope you'll be just a little bit like me.** You look like your Mom, and that's OK because being the spitting image of me would be an unfair disadvantage for little girls. I do look for ways you are like me though, whether it's in your sense of humour, a facial expression or your interests. Perhaps it's vanity on my part, but it makes me smile when I see some of my traits reflected in you.

**Love your sister.** As evidenced by the daily phone calls between your Mom and Aunt, sisters share a bond that can't be matched, so long as you start now and build it as you grow. She's always going to be your sister, while all but a few of your childhood friends will come and go. Remember that, and stop fighting NOW!

**I know you don't really want to watch sports with me.** And I love you for it when you do – more than you can imagine. It doesn't make me believe you're going to be my fellow sports nut, but it shows that you love me enough to pretend you are, just so we can spend some time cuddled together on the couch.

**I don't have a damn clue what's going on in your head.** I don't know why that lipgloss was the most important thing in the world, and why the river of tears, anguished screams and kicking of feet is the best way to deal with the fact your sister used it.

“Love your sister. Sisters share a bond that can't be matched... (so) stop fighting NOW!”

**I know there will be a day where I long for a hug from you.** Today though, when you slap an unexpected bear hug on my legs while I'm walking by you, my life flashes before my eyes.

**Beauty is 100 different things, not just the superficial stuff in the media.** It radiates from you through your actions, how you interact with your sister and Mom, and how playful you are with your friends and extended family. Beauty on the outside doesn't



matter a lick if you're ugly on the inside, so focus on being a good person and you'll lead a wonderful life.

**Your tummy is supposed to be round.** You're a baby. My baby. You're not unhealthy, and certainly not obese, so go ahead and use it as a bongo drum and entertain us!

**I may roll my eyes and hesitate after a long day, but eventually I realize dancing with you is amazing.** Even if most of your Top 40 music sucks.

**You have your whole life to learn to use the computer, so get outside.** And I don't care who has an iPad, get outside.

**I'm going to yell sometimes.** It doesn't mean I don't like you, and often, I'm not even that mad. But there are times where negotiating helps nobody and, *gasp!*, sometimes I'm even right.

**I don't like peas.** Your Mom hates them too. But you're going to eat what's on your plate because we've already paid our dues.

**You can be or do anything you set your mind to.** You're going to have to work for it though, and I'll be there to support you along the way, but I certainly won't do it for you.

**When you show a social conscience, especially at such young ages, my heart soars.** The need for a Food Bank or toy drive at Christmas are difficult concepts for youngsters to understand, so when you remind us to make a donation when we're at the







# Summer job hunt is on

## TAKE THESE TIPS AND KNOCK THAT JOB INTERVIEW OUT OF THE PARK

Walking into someone's place of business, resume in hand, is one of the most nerve-wracking things a teenager has to do.

Living in rural Ontario gives some youth an upper-hand on the job market, because that small business owner they're approaching for a job may be the parent of a friend, a soccer coach or a neighbour. That doesn't make this very grown-up responsibility of obtaining their first job any easier though.

One of the most important things a teen looking for a job this summer can do is to look the part. According to a fact sheet from the Family Y Employment Resource Centre, only eight per cent of what you say has any bearing on whether you're the successful applicant or left to remain knocking on doors seeking an opportunity. Not surprisingly, 55 per cent of the hiring decision is based on an applicant's appearance (grooming, composure, body language, personality, etc.), while *how* you answer a question is nearly five times as important as what you actually say.

In other words, be confident, friendly and enthusiastic, even if you may not know exactly what the interviewer wants to hear. Good body language may overcome an imperfect answer.

Although it is difficult for youngsters to answer some questions related to previous work experience – many are entering the job market for the first time, after all – they should lean on their home and volunteer experiences and relate them to the position they're vying for. A teen may not think cutting the grass on time and without complaint is important, but to a potential employer it shows initiative, responsibility and a work ethic that could easily translate to their business environment. Don't discount the mundane, everyday things you're expected to do at home – use them to your advantage and impress that future boss!

Most youth are also involved in organized sports or clubs that help to develop social skills, ability to work well with others and present more life experiences on which a job-seeker can leverage during difficult interviews. If you can play well with others in your leisure time, you can generally handle the stresses of working with different personalities. The ability to adapt to the



people you work with and give your boss your best effort at all times is a skill that will be important your entire life.

One of the most important aspects of the job interview is whether the person is applying for the job because they actually want it, or if they're just being forced to search for employment by parents who are tired of acting like a bank machine. Don't just drop off that resume and walk away, politely ask to meet the manager/owner, make eye contact, shake hands and explain that you'd like to work for them someday. Being politely confident will have that perspective employer putting your resume in the 'interview' pile.

Be realistic and honest about your availability. Employers know that team or individual sports, family holidays and volunteering are important to the lives of teenagers, but if you're up front about your commitments it will save some potentially difficult conversations down the road. Just remember, the more flexible and available you are for work, the more attractive you'll be on the competitive job market.

Always tailor your cover letter and resume to each job. Not all employment opportunities require the same skill sets, so be sure to tweak these important documents accordingly.

Follow up with employers, preferably at a time when they're not overrun by customers or other work. Even if they say they have no openings, things can change quickly in the work environment, so keeping in touch – just dropping in to say hi sometimes – may move you to the top of their list when they have a position to fill.

Don't get flustered. Some interviewers will throw curveball questions just to see how you handle pressure. Don't sweat it, just remember to be confident in your answer. It may not be perfect, but it's your agility when faced with uncertainty that will impress them.

Remember that it's OK to listen to the interview question and think about your answer before you begin speaking. There's a fine line between contemplating the question and an awkward pause, so practice maximizing that time and use it to your advantage in the job interview.

Remember, even adults who have been through numerous job interviews find this process difficult. Nobody likes being put on the spot and facing difficult questions, but it's a small price to pay whether it's your first job or your dream job.

There are many employment resource centres in Grey and Bruce counties that can assist you in finding vacancies or tinkering with your resume once you're ready for that first job.

Good luck! **GBK**

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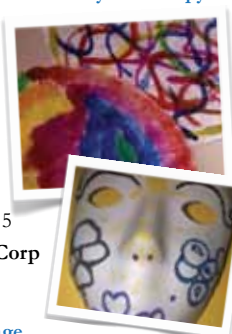
#### Optimize Healing Centre

625 Goderich Street, Port Elgin (519) 832-1515

Bruce Community Futures Development Corp  
233 Broadway St, Kincardine (519) 396-5886

Please inquire about health insurance coverage

kayliarttherapy@bmts.com  
www.kayliarttherapy.com



## How parents can help prepare their teens

- Point them towards some businesses you think may be looking for teenaged employees.
- Explain the importance of a resume and cover letter, and help them perfect theirs.
- Don't walk into the perspective employers' offices with them. They need to develop these skills on their own, though it may involve trial and error.
- Encourage them to find a job that suits their skills, interests, etc. A job they enjoy is a job they'll keep.
- Help them prepare by conducting mock interviews. Provide constructive criticism and positive feedback where applicable.
- Discuss safety in the workplace and help them to understand their right to refuse work they feel they're untrained for. Did you know 48,000 Canadian teens are hurt on the job annually?
- Teach them how to handle their money. For many, it will be the most cash they've ever had access to, and since they earned it, they may want to spend it all (and remember, you did too!).

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Mandy Rhody M.Sc., Audiologist

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9:00 am to 5:00 pm  
Wednesday and Friday  
9:00 am to 3:00 pm

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

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# The BOOK SHELF

with Matt Minty



## TELL US ABOUT YOURSELF

I am 31 years old, live in Kincardine with my wife, daughter and two dogs, and work at Bruce Power. Along with writing and promoting my books, I enjoy a number of sports like hockey and basketball, and spending time with my family and friends.

## WHAT MADE YOU WANT TO WRITE YOUR BOOKS?

I wrote my first book, 'The Imagi Nation, A Strange New World' in 2009. Growing up, I loved creative and imaginative TV shows and stories, and I always had ideas popping into my head. The Imagi Nation series, which now has two books, is a combination of a number of those ideas. I have always enjoyed working with kids both as a teacher and through coaching, and I thought my stories would be something they would enjoy. The audience of my books is ages six to 10.

## WHAT ARE YOUR BOOKS ABOUT?

There are two books in the Imagi Nation series. The first book, A Strange New World, follows Danny Ranger, a Grade 4 student who moves to the Imagi Nation when his father gets a job there. The storyline follows Danny as he adjusts to the new school and confronts the school bully. In book two, 'Wizards, Mulizards, and Suds,' a new student enrolls in the school and, immediately after, strange events occur that threaten Danny, his friends and family. The books have some humour, teach morals and have a lot of creative characters like robots, furry monsters and a principal who may or may not be a werewolf.

## WHAT BOOK HAVE YOU READ THAT MOST INFLUENCED YOU AND WHY?

I think the first series of books that really got me interested in writing/storytelling was The Hobbit and Lord of the Rings series. Both are the kinds of books that when you pick them up, you have a hard time putting them down.

## WHAT ARE YOU WORKING ON NOW?

I've been working more recently on short nursery rhymes and stories for picture books. I have a young daughter and my brain has been in baby mode since her birth. I also plan on introducing more books in the Imagi Nation series in the coming years.



## WHAT ARE THE REWARDS AND CHALLENGES OF BEING AN AUTHOR?

What I enjoy most about being an author is talking with kids who are interested in my stories, and I also enjoy sharing my experiences with other individuals who have a book idea in the works. What can be a challenge is finding the time and motivation to write after a long day.

## DO YOU HAVE ADVICE FOR ADULTS AND KIDS WHO WANT TO WRITE?

Stay with it, and always look for feedback. I think a lot of hopeful writers have good ideas, but have issues with finding the time to write it out. Also, it's important to get unbiased feedback. Family and friends aren't always as critical as they may need to be to help you get the best out of your writing. **GBK**

Kincardine resident **MATT MINTY** is the author of two books. Visit his website at [www.theimagination.ca](http://www.theimagination.ca) to learn more. Are you an author who would like to be featured in The Book Shelf? Email [amy@greybrucekids.com](mailto:amy@greybrucekids.com) for more information.

## REGISTRATION FOR SUMMER CLASSES & SUMMER SCHOOL



Sat May, 31st  
11am - 1pm

OWEN SOUND  
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807 3rd Ave E, Owen Sound  
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or [amy@greybrucekids.com](mailto:amy@greybrucekids.com).





# RESOURCES

## ABUSE (PHYSICAL/SEXUAL)

### Assaulted Women's Helpline

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

### Bruce Grey Child and Family Services

(Bruce and Grey Children's Aid Societies  
amalgamated April 1, 2012)  
1-855-322-4453

### Keystone Child, Youth & Family Services

1-800-567-2384; 519-371-4773  
kcyfs@bmts.com or keystonebrucegrey.org  
Owen Sound

### Saugeen First Nation - Kabaeshiwin Respite Women's Shelter

519-797-2521  
cgeorge@saugeenfirstnation.ca  
www.saugeenfirstnation.ca

### Sexual Assault and Partner Abuse Care Centre

Grey Bruce Health Services  
1-888-525-0552 or www.gbhs.on.ca  
Owen Sound

### Victim Services 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 or 519-881-1920  
RN/certified Lactation Consultant available  
www.bafht.com  
Walkerton

### Grey Bruce Health Unit

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

### 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

### Moms Walkerton

New Mom support  
320 Durham St., Walkerton; 519-379-6769

### Support groups

Southampton, Port Elgin, Paisley, and Tara -  
519-797-2010  
Kincardine, Ripley, Tiverton, and Lucknow -  
519-368-4847  
South-Bruce Breastfeeding Buddies -  
519-881-1920  
Wiarton and Bruce Peninsula - 519-534-0912  
Markdale - 519-369-3381  
Owen Sound - 519-372-1330

## CHILDBIRTH

### Empowering Doula Care

Emotional, physical and information support  
for women and families  
519-955-0515  
empoweringdoulacare@gmail.com

### Hanover and District Hospital Obstetrics/ Family Centred Care Birthing Centre

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

### Midwives Grey Bruce

519-371-2886  
www.midwivesgreybruce.com  
Owen Sound

### Owen Sound Hospital Labour and Delivery

519-376-2121  
www.gbhs.on.ca/owensound.php

### Walkerton Hospital Family Birthing Centre

519-881-1220  
www.sbghe.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

### Bob's Playschool

519-538-5483  
Meaford

### Brooke Montessori Toddler Program

519-376-3447  
Owen Sound

### Bruce County Childcare Services

519-881-0431 or www.brucecounty.on.ca  
Walkerton

### Bruce Peninsula Family Centre

519-793-4100  
Lion's Head

### Chesley Nursery School

519-363-9544

### Durham Nursery School

519-369-6973

### 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 - 519-665-2022  
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 - Meaford

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

### Meaford Co-operative Nursery School

519-538-3854

### Nawash N'Shime 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'Shaw-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

### Riverforest Montessori School

519-371-2313  
www.riverforestmontessori.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.bbbshhanover.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)

### Salvation Army

Hanover - 519-364-3450  
Owen Sound - 519-371-0957  
Port Elgin - 519-389-3942  
Wiarton - 519-534-0353

# RESOURCES

**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](mailto:habitatatos@bmts.com)  
[www.habitatgreybruce.com](http://www.habitatgreybruce.com)

**Ontario Tenants Rights**  
[ontariotenants@hotmail.com](mailto:ontariotenants@hotmail.com)  
[www.ontariotenants.ca](http://www.ontariotenants.ca)

**Safe 'n Sound Homelessness Initiative**  
519-470-7233  
[www.safensoundgreybruce.com](http://www.safensoundgreybruce.com)

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

## HEALTH CARE

**Auditory Health Care**  
202 Cayley St., Walkerton  
519-881-4994 or [info@auditoryhealthcare.com](mailto:info@auditoryhealthcare.com)

**Brockton and Area Family Health Team**  
1-866-507-2021 or [www.bafht.com](http://www.bafht.com)  
Walkerton

**Canadian Mental Health Association Grey-Bruce Branch**  
Administration - 519-371-3642  
Crisis: 1-877-470-5200  
[jralph@cmhagb.org](mailto:jralph@cmhagb.org); [www.cmhagb.org](http://www.cmhagb.org)  
Owen Sound

**Collingwood General and Marine Hospital**  
705-445-2550 or [www.cgmh.on.ca](http://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](http://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](http://www.gbhs.on.ca)

**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

**Hanover and District Hospital**  
519-364-2340/[admin@hanoverhospital.on.ca](mailto:admin@hanoverhospital.on.ca)  
[www.hanoverhospital.on.ca](http://www.hanoverhospital.on.ca)

**Healthy Babies, Healthy Children**  
Grey Bruce Health Unit  
519-376-9420 or 1-800-263-3456  
[www.publichealthgreybruce.on.ca](http://www.publichealthgreybruce.on.ca)

**Hanover Family Health Team**  
519-506-4348 or [dford@hanoverfht.ca](mailto:dford@hanoverfht.ca)  
[www.hanover.ca/hfht](http://www.hanover.ca/hfht)

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

**Homefront First Aid and Emergency Training**  
Janine Donaldson - Red Cross Training Partner  
519-444-8164 or [homefrontfirstaid@gmail.com](mailto:homefrontfirstaid@gmail.com)

**Honouring Life Network**  
Aboriginal youth suicide prevention  
[www.honouringlife.ca](http://www.honouringlife.ca)

**HopeGreyBruce - Owen Sound**  
Mental Health and Addiction Services  
519-371-4120 or [www.mhagb.ca/gbchc/](http://www.mhagb.ca/gbchc/)

**Huron Shores Foot Clinic - Kincardine**  
Orthotics, footcare, podiatrist, chiropodist  
519-396-3500

**Kayli Hall Elwood Art Therapy**  
Port Elgin-519-832-1515/Kincardine-396-5886  
[kayliarththerapy@bmts.com](mailto:kayliarththerapy@bmts.com)  
[www.kayliartttherapy.com](http://www.kayliartttherapy.com)

**Keystone Child, Youth & Family Services**  
1-800-567-2384 or 519-371-4773  
[kcyfs@bmts.com](mailto:kcyfs@bmts.com) or [keystonebrucegrey.org](http://keystonebrucegrey.org)

**Kids Help Phone** (24 hours)  
1-800-668-6868 or [www.kidshelpphone.ca](http://www.kidshelpphone.ca)

**Kincardine Family Health Team**  
Kincardine - 519-396-2700  
Ripley - 519-395-2601  
[www.kincardinefht.ca](http://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](mailto:admin@mwikwedong.com)  
[www.mwikwedong.com](http://www.mwikwedong.com)  
Owen Sound

**Optimize Healing Centre, Port Elgin**  
Neurodevelopment specialists  
519-832-1515 or [info@optimizehealing.com](mailto:info@optimizehealing.com)  
[www.optimizehealing.com](http://www.optimizehealing.com)

**Owen Sound Crisis Pregnancy Centre**  
1-888-371-2004 or [oscpc@wightman.ca](mailto: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.sbgchc.on.ca](http://www.sbgchc.on.ca)

**South East Grey Community Health Centre**  
55 Victoria St., Markdale  
519-986-2222 or 1-855-519-2220  
[info@segchc.ca](mailto:info@segchc.ca) or [www.segchc.ca](http://www.segchc.ca)

**St. John Ambulance First Aid training**  
519-364-7004 or [grey.bruce@on.sja.ca](mailto: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](http://www.tvcc.on.ca)

## LIBRARIES

**Blue Mountains Public Library/ L.E. Shore Memorial Library**  
Thornbury  
519-599-3681 or [thebluemountainlibrary.ca](http://thebluemountainlibrary.ca)

**Bruce County Public Library**  
Online catalogue - [opac.brucecounty.on.ca](http://opac.brucecounty.on.ca)  
Administrative office - 519-832-6935 or [libraryinfo@brucecounty.on.ca](mailto:libraryinfo@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](http://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](http://www.greyhighlandspubliclibrary.com)

**Hanover Public Library**  
519-364-1420 or [www.hanoverlibrary.ca](http://www.hanoverlibrary.ca)

**Meaford Public Library**  
519-538-1060  
[www.meaford.ca/meaford-library-home.html](http://www.meaford.ca/meaford-library-home.html)

**Owen Sound and North Grey Union Public Library**  
519-376-6623  
[www.owensound.library.on.ca](http://www.owensound.library.on.ca)

**West Grey Public Library system**  
[www.westgreylibrary.com](http://www.westgreylibrary.com)  
Durham (main) branch - 519-369-2107  
Elmwood and area - 519-363-3321  
Neustadt - 519-799-5830  
Ayton/Normanby - 519-799-3242

## MUSEUMS

**Billy Bishop Heritage Museum - Owen Sound**  
519-371-0031 or [www.billybishop.org](http://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](http://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](http://www.brucepower.com)

**Chesley Heritage & Woodworking Museum**  
519-363-9837

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

**Grey Roots Museum & Archives**  
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.marinerrail.com](http://www.marinerrail.com)

**Paddy Walker Heritage Society**  
519-396-1850  
[www.walkerhousekincardine.com](http://www.walkerhousekincardine.com)  
Kincardine

**South Grey Museum - Flesherton**  
519-924-2843 or [museum@greyhighlands.ca](mailto:museum@greyhighlands.ca)  
[www.southgreymuseum.ca](http://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](http://www.tobermorymaritime.ca)

**Treasure Chest Museum**  
519-353-7176  
<http://tiffanyweb.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)**  
Directory of women's shelters across Canada

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

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

**[www.wesforyouthonline.ca](http://www.wesforyouthonline.ca)**  
Crisis counselling for local youth

## 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](mailto:marti@autismontario.com)  
<http://bit.ly/tO6kam>  
Owen Sound

**Autism Parent Support Group**  
Community Living Kincardine & District  
519-396-9434  
[www.clkd.ca](http://www.clkd.ca)

**Bruce County Childcare Services**  
1-800-265-3005 or [www.brucecounty.on.ca](http://www.brucecounty.on.ca)  
Walkerton

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

**Community Living Kincardine & District**  
519-396-9434  
[www.clkd.ca](http://www.clkd.ca)

**Community Living Meaford**  
519-538-4165

**Community Living Owen Sound and District**  
519-371-9251 or [communitylivingowensound.ca](http://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  
[kcyfs@bmts.com](mailto:kcyfs@bmts.com) or [keystonebrucegrey.org](http://keystonebrucegrey.org)  
Owen Sound

**PRANCE Therapeutic Riding Centre**  
519-832-2522 or [prance@bmts.com](mailto:prance@bmts.com)  
Miramichi Farms, Hwy. 21 Port Elgin

**Reading Rescue Ontario**  
519-794-4745 or [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 or [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 Children's 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 or [www.closingthegap.ca](http://www.closingthegap.ca)  
Owen Sound

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

**South West Community Care Access Centre In-Home Services**  
Owen Sound - 519-371-2112  
Walkerton - 519-881-1181  
[www.sw.ccac-ont.ca](http://www.sw.ccac-ont.ca)

**VOICE for Hearing Impaired Children**  
Support, speech and language therapy  
Grey/Bruce chapter is free to families  
[www.voicefordeafkids.com](http://www.voicefordeafkids.com)

## 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



## COOL KID WINNER

# Beating the odds and helping others do it too

Spring's Cool Kid – Elizabeth Plakholm – is a Grade 6 student at Mary Immaculate School in Chepstow.

“She is a friendly, intelligent girl with a contagious smile and kind heart,” said her nominators, Kim and John LeBlanc.

Elizabeth enjoys time with family and friends, and her favourite school subject is science. She also loves animals, music and dancing – many of the same things enjoyed by other 11-year-olds. One of the things that makes Elizabeth unique is that she was born with Congenital Diaphragmatic Hernia (CDH), a birth defect that inhibits lung growth after the diaphragm fails to form or to close totally, allowing abdominal organs into the chest cavity. About 1 in 2,500 babies in North America are born with CDH, with only a 50 per cent survival rate.

Elizabeth, the daughter of Amanda and Bill of Cargill, had her first operation before she was 24 hours old. Against the odds, she survived the surgery but remained in the Hamilton Children's hospital for months. In her 11 years, she has undergone five surgeries, while remaining under the care of several doctors at Sick Kids in Toronto.

“However, even with the struggles this young lady faces, she remains upbeat and happy and ready to help whenever she can,” the LeBlancs said.

Elizabeth joined CHERUBS, an online organization that helps promote awareness and raise funds for CDH. She organized a fundraising walk from Cargill to Walkerton (15 km) and raised \$2,135. She gave half the proceeds to assist families who child



Elizabeth Plakholm, 11,  
is our Spring Cool Kid.

was in hospital with CDH and half to research. She'll hold the walk again in June.

She also donated her birthday money to the CHERUBS foundation in memory of the founder's son, who died of CDH. She was also selected by the organization to be a model in their fundraising calendar wearing her Cherub wings. She also hopes to join the basketball and cross-country teams at school, despite often suffering from shortness of breath and discomfort due to her condition.

Thanks Elizabeth for being such an inspiring Cool Kid! **GBK**

For being this issue's Cool Kid, Grace receives a prize pack from Miller Insurance and Grey-Bruce Kids. To nominate a Cool Kid, visit [www.greybrucekids.com](http://www.greybrucekids.com) or contact [amy@greybrucekids.com](mailto:amy@greybrucekids.com) for details.

We have you covered,  
so you can focus on  
what really matters.



1 (800) 265-3000  
[www.millerinsurance.ca](http://www.millerinsurance.ca)

## SPRING EVENTS

### MARCH

1

**Big Brothers Big Sisters Bowl for Kids Sake**  
Kincardine  
Runs through March 2  
[www.bigbrothersbigsisters.ca/kincardine](http://www.bigbrothersbigsisters.ca/kincardine)

### MARCH BREAK

7

**PA Day Movie**  
Bruce County Museum & Cultural Centre, Southampton  
10:30 a.m.-noon; general admission applies  
[www.brucemuseum.ca](http://www.brucemuseum.ca)

**PA Day Choose Your Own Adventure**  
Grey Roots Museum & Archives, Owen Sound  
Ages 5-12; pre-registration required.  
519-376-3690 or [www.greyroots.com](http://www.greyroots.com)

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**March Break at Blue Mountain Village**  
Runs through March 16  
[www.bluemountainvillage.com](http://www.bluemountainvillage.com)

**March Break Family Fun!**  
Grey Roots Museum & Archives, Owen Sound  
Also runs March 11-15  
[www.greyroots.com](http://www.greyroots.com)

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#### March Break Camps

**Kincardine Davidson Centre**  
March 10-14 for ages 4-12  
Pre-registration is required at 519-396-3491  
[www.kincardine.net/rec-programs.cfm](http://www.kincardine.net/rec-programs.cfm)

**KidZone DayCamp**  
Bruce County Museum & Cultural Centre, Southampton  
March 10-14 from 8:30 a.m.-5 p.m. Ages 5-12  
Pre-registration and prepayment required.  
[www.brucemuseum.ca](http://www.brucemuseum.ca)

**March Break Family Fun Days**  
Bruce County Museum & Cultural Centre  
March 10-15 from 11 a.m.-3 p.m.  
[www.brucemuseum.ca](http://www.brucemuseum.ca)

**Explore your World**  
Grey Roots Museum & Archives  
Owen Sound, from 9 a.m.-4:30 p.m.  
For ages 5-10 and pre-registration required.  
[www.greyroots.com](http://www.greyroots.com)

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**Beauty and the Beast Kid's Theatre**  
Meaford Hall Arts and Cultural Centre  
Suitable for ages 4+.  
519-538-0463, 1-877-538-0463  
[info@meafordhall.ca](mailto:info@meafordhall.ca) or [www.meafordhall.ca](http://www.meafordhall.ca)

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**Make Art**  
Tom Thomson Art Gallery, Owen Sound  
1-3 p.m., no pre-registration required.  
Also runs April 20 and May 18.  
[www.tomthomson.org](http://www.tomthomson.org)

### MARCH (CONT.)

23

**Fred Penner at Meaford Hall Arts and Cultural Centre**  
2 p.m.  
\$28 for kids under 12, \$34 for adults  
519-538-0463 or 1-877-538-0463  
[www.meafordhall.ca](http://www.meafordhall.ca)

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**Walter's Falls Maple Fest**  
Walter's Falls Community Centre, Chatsworth  
9 a.m.-2:30 p.m.

**Maple Sugar Moon Festival**  
Grey Roots Museum & Archives, Owen Sound  
519-369-3690 or [www.greyroots.com](http://www.greyroots.com)

**Old Tyme Maple Syrup Festival**  
Saugeen Bluffs Conservations Area, Paisley  
10 a.m.-4 p.m.  
Runs through March 30  
519-367-3040 or [www.svca.on.ca](http://www.svca.on.ca)

**Fashion Fables in support of TREE Camp**  
Harvest Room, Hanover  
Tickets at Fabulous Fashions Consignment Boutique, Hanover, or call 519-377-1097

### APRIL

4

**Feast for the Eyes Juried Art Exhibit**  
Southampton Art Gallery at 7 p.m.  
Runs through May 11  
[www.southamptonart.com](http://www.southamptonart.com)

6

**Eco Explorers**  
Bruce County Museum & Cultural Centre, Southampton  
2-4 p.m.  
Also runs May 4 and June 1  
[www.brucemuseum.ca](http://www.brucemuseum.ca)

9

**Early Dismissal Movie**  
Bruce County Museum & Cultural Centre, Southampton  
From 2-3:30 p.m., general admission applies.  
[www.brucemuseum.ca](http://www.brucemuseum.ca)

**Early Dismissal Day**  
Grey Roots Museum & Archives, Owen Sound  
519-376-3690 or [www.greyroots.com](http://www.greyroots.com)

11

**Port Elgin Rotary Home and Rec Show**  
Southampton Coliseum  
Friday, 5-8 p.m., Sat. and Sun., 10 a.m.-4 p.m.  
519-389-9225; runs through April 13

12

**A Medieval Day**  
Bruce County Museum & Cultural Centre, Southampton  
10 a.m.-4 p.m. and general admission applies.  
[www.brucemuseum.ca](http://www.brucemuseum.ca)

**Hanover Home Show at the P&H Centre**  
519.506.4782 or [d.schefter@wightman.ca](mailto:d.schefter@wightman.ca)  
Runs through April 13  
[www.hanoverhgs.ca](http://www.hanoverhgs.ca)

**Holstein Maplefest**  
#392098 Grey Rd. 109, Holstein  
Runs through April 13  
519-334-3490 or [www.holsteinmaplefest.com](http://www.holsteinmaplefest.com)

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**Purple Valley Maple Syrup Festival**  
9 a.m.-2 p.m.  
519-534-0268 or [www.explorethebruce.com](http://www.explorethebruce.com)

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**Regional Heritage Fair**  
April 24, with public viewing April 25-26.  
[www.greyroots.com](http://www.greyroots.com)

25

**Saugeen Home and Recreation Expo**  
Walkerton Agricultural Building  
Runs through April 27  
519-881-3413 or [www.saugeenexpo.ca](http://www.saugeenexpo.ca)

26

**Owen Sound Home and Cottage Expo**  
Harry Lumley Bayshore Community Centre  
10 a.m.-4 p.m.  
Runs through April 27  
519-376-1440 or [homeandcottageexpo.com](http://homeandcottageexpo.com)

**Kincardine Home and Garden Show**  
Kincardine Davidson Centre  
10 a.m.-5 p.m.; Runs through April 27  
519-396-3923 or [kincardineskatingclub.ca](http://kincardineskatingclub.ca)

### MAY

7

**Early Dismissal Day**  
Grey Roots Museum & Archives, Owen Sound  
519-376-3690 or [www.greyroots.com](http://www.greyroots.com)

11

**Mother's Day Walk with the Breast Cancer Society of Canada**  
Kincardine's Geddes Environmental Park  
9 a.m.-2 p.m., with pre-registry required  
519-395-0328 or [heatherbcsc@gmail.com](mailto:heatherbcsc@gmail.com)

17

**Victoria Day weekend at Blue Mountain**  
[www.bluemountainvillage.ca](http://www.bluemountainvillage.ca)

**Artsy Treasures Sale**  
Southampton Art Gallery  
7 a.m.-2 p.m.; [www.southamptonart.com](http://www.southamptonart.com)

23

**Grey Bruce One World Festival**  
Owen Sound  
[www.greybruceoneworldfestival.org](http://www.greybruceoneworldfestival.org)





# RECIPES

## FREEZER MEALS THAT DON'T TASTE FROZEN

Courtesy [www.sixsistersstuff.com](http://www.sixsistersstuff.com)

Make and freeze these breakfast, lunch and supper recipes to make meal planning a little easier.

### BAKED PANCAKES

#### INGREDIENTS:

- 1 ½ cups of milk
- ¼ cup (½ stick) of butter, melted
- 2 eggs
- 2 cups of all-purpose flour
- 3 tsp. of baking powder
- ½ tsp. of salt

#### DIRECTIONS:

- Preheat oven to 350 C. Spray a 9 x 13" baking pan with non-stick cooking spray.
- In a large bowl, mix the milk, butter and eggs. Mix in the remaining ingredients and pour batter into the baking pan. You could also mix in blueberries, bananas or chocolate chips – use your imagination.
- Cook for 25-30 minutes, remove from oven. Let cool for five minutes, then cut into squares and serve, or freeze for later.

If frozen, microwave for about 90 seconds.

### STUFFED MEXICAN CHICKEN SHELLS

#### INGREDIENTS:

- 4 cups of chicken breast, cooked and diced
- 1 can of black beans, rinsed and drained
- 6 green onions, diced
- 1 green pepper, diced
- 1 red pepper, diced
- 3 eight-ounce blocks of cream cheese, softened
- 2 14 oz cans of diced tomatoes w/ chiles, undrained
- ¼ cup of chicken broth
- 1 tsp. of cumin
- 1 ½ cups of sharp cheddar cheese, shredded
- 2 cups of salsa
- 40 large pasta shells

#### DIRECTIONS:

- Cook pasta shells in well salted, boiling water until al dente. Drain the pasta and set aside while you make the filling.
- For the filling, add diced chicken, drained black beans, green onions, diced peppers and cumin into a large mixing bowl. Mix well.

- In a separate bowl, mix the cream cheese, chicken broth and undrained tomatoes with chiles. When thoroughly combined, pour it over the chicken mixture and mix well. Heat the cream cheese slightly in the microwave to allow it to combine easier.
- You will need two 9x13" baking pans. Spread ¾ cup salsa in the bottom of each pan.
- Using a spoon, fill each of your cooked pasta shells with chicken mixture, setting them into the salsa-covered pan. Continue until all shells are filled and arranged in the pans.
- When the pans are full, drizzle the shells with the remaining ½ cup of salsa (¼ cup per pan) and then sprinkle with the shredded cheddar cheese.
- Cover the baking pan tightly with foil and bake at 350 C for about 30 minutes or until hot and bubbly.

To freeze, cover in foil and freeze uncooked. Let thaw for 24 hours in fridge before cooking. Bake at 350 C for 30 minutes.

### HOMEMADE CHICKEN NUGGETS

#### INGREDIENTS:

- 3 cups of Corn Flakes
- ½ cup of grated Parmesan cheese
- ½ tsp. of salt
- ¼ tsp. of onion powder
- ¼ tsp. of garlic powder
- 1 pinch of pepper
- 1 lb. of boneless chicken breasts
- ¼ cup of flour
- 2 large eggs, beaten

#### DIRECTIONS:

- Cut chicken breasts into nugget-sized pieces. Set aside.
- Preheat oven to 425 C. Grease cookie sheet.
- Put flakes in large plastic bag and crush to fine texture. Pour into medium-sized bowl. Add Parmesan cheese, salt, onion powder, garlic powder, and pepper to Corn Flakes.
- Place eggs in separate small bowl.
- Place flour in separate small bowl.
- To bread chicken, coat chicken piece in flour, shaking off excess. Dip in the egg, coat in Corn Flake mixture.
- Arrange chicken on prepared baking sheet until golden brown (about 12-15 minutes). Make a double batch and freeze half (before cooking).

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## Grey County Maple Syrup Festivals 2014

- ☐ 12th Annual Maple Syrup Festival at Ecole Saint-Dominique Savio, Owen Sound - March 1, 2014
- ☐ Walter's Falls Maple Fest, Walters Falls Community Centre March 29, 2014
- ☐ Maple Sugar Moon Festival at Grey Roots Museum & Archives, near Owen Sound - March 29, 2014
- ☒ 5th Annual Kemble Maple Syrup Farm Tour, various locations near Kemble - April 5, 2014
- ☐ 20th Annual Holstein Maplefest, Love's Sugar Bush near Holstein April 12 & 13, 2014



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