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A FREE MAGAZINE FOR
PARENTS AND CAREGIVERS

SPRING 2015 • Volume 5 Issue 1 • greybrucekids.com

The sex talk

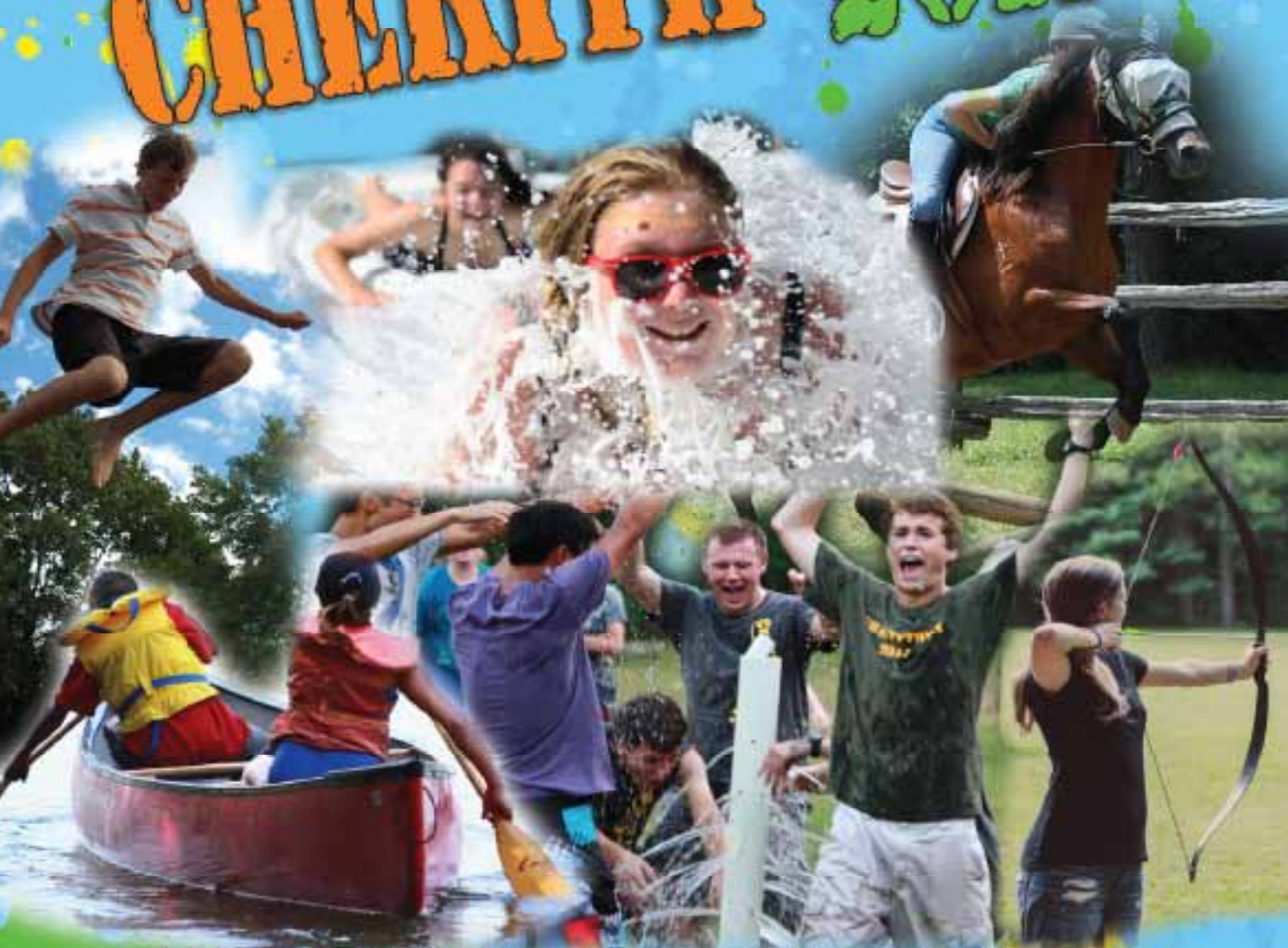
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FROM THE PUBLISHER

So happy to see spring!

As much as I enjoy Grey/Bruce winters, four or five months of it is a little too long for my liking. Here are the top reasons why I'm looking forward to spring:

- Daylight savings time. I enjoy eating breakfast and dinner in the daylight.
- The sun, flowers, grass and colour! Something besides blinding white ... and then muddy white.
- Not having let my car warm up and shoveling for 20 minutes just to get out of the driveway. (*Editor's note: Who does the shovelling?*)
- Mopping up melted snow that the dog and kids track in. Oh wait, with the spring comes mud... I just can't win.
- Not having to plan around the weather forecast every time I want to go farther than the post office.
- Letting the kids play outside without checking them for frostbite every half-hour.
- Going for walks without 20 lbs of winter boots, snowpants, coat, scarf, hat, mitts, and ice crampons, while dragging a four-year-old on a sled and fighting with a seven-year-old who refuses to wear her gloves.
- Temperatures in the double digits ... on the right side of zero.
- The promise of summer!

We are excited to share the Spring 2015 issue (our 14th!) with you, and hope you enjoy it as much as we did putting it together (doesn't the cover picture just fill you with joy?). As always, thank you to our advertisers, contributors, distributors and, of course, our readers! We have the best readers in Grey/Bruce and are proud to be in our fifth year of being your local source of information for parents and caregivers.

Here's wishing your spring is all you hope it will be!



Amy Irwin, Publisher

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Spring 2015

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Prepare for emergencies

Bruce Power and a coalition of agencies and municipalities with an interest in public safety have launched a new website to provide residents of Grey, Bruce and Huron counties with the information they need to prepare for emergencies.

The website, bepreparedgreybrucehuron.com, is an educational resource for the different types of emergencies all residents should be prepared for, and provides tips on what to do in the event of a fire, flood, tornado, winter storm or nuclear emergency.

Information on the website includes items that should be in everyone's emergency kit, including:

- Food (non-perishable and easy-to-prepare items, enough for three days) and a manual can opener
- Bottled water (four litres per person for each day)
- Medication(s)
- Flashlight
- Radio (crank or battery-run)
- Extra batteries
- First-aid kit
- Candles and matches/lighter
- Hand sanitizer/moist towels
- Important papers (ID, contact lists, prescriptions)
- Extra car keys and cash
- Whistle (to attract attention)
- Zip-lock bags
- Garbage bags
- Items for babies and small kids – diapers, formula, etc.
- Medication, medical supplies and equipment
- Pet food and supplies.
- Any other items specific to your family's needs.

Talk about sex with your kids

On Page 10 of the Spring issue, we have a story from the Grey Bruce Health Unit about the importance of having the 'sex talk' with your children, and how to approach it at different ages.

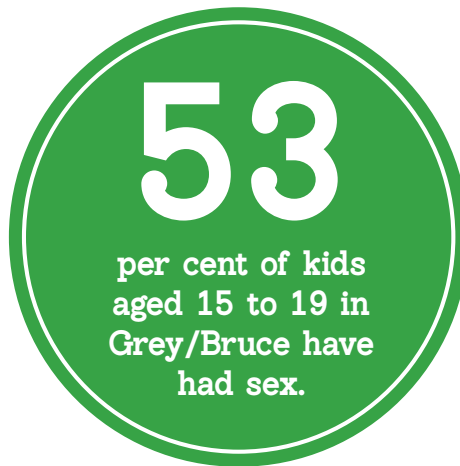
Although many feel their kids are too young and won't understand, a 2011 health unit study shows the need to educate our kids early, because 53 per cent of kids in Grey/Bruce between ages 15 and 19 have had sex, which is well above the provincial average of 37 per cent.

What's more concerning is the fact that only 54 per cent of Grey/Bruce youth used a condom, while the provincial average is 64 per cent.

A separate, Canada-wide study showed why parents can't count on kids learning from their school, friends or the Internet. For example:

- 45 per cent of teens regard their parents as their role model, far ahead of friends (32 per cent) and stars of the entertainment industry (15 per cent) when it comes to sex.
- Parents are considered a major source of information on sex and sexual health by their teenagers (63 per cent), and 43 per cent consider their parents to be the most useful and valuable source of information.
- 62 per cent of Canadian teens faced obstacles or barriers in getting answers to their questions on sexual health. As an example, 31 per cent are uncomfortable talking or learning about sexual health information.
- Teens regard their parents as an important information source on the subject of sex, but a generation barrier exists. When teens were asked what they felt was missing in their knowledge about sex, 25 per cent cited, "How to talk about sexual health issues with my parents."

Source: Sexual Behaviours and Attitudes Canadian Teenagers and Mothers. IPSOS and the Canadian Association for Adolescent Health (CAAH), February 2006.



Celebrate the sap

Spring is prime maple syrup time in Grey and Bruce counties, and there are numerous Maple Syrup Festivals across the region to honour the sticky and sweet treat.

See Grey-Bruce Kids Events on Page 29 to find your local festival.

Mental Health Awareness Week

The Canadian Mental Health Association will recognize Mental Health Awareness Week from May 4-10, to encourage people from all walks of life to learn, talk, reflect and engage with others on all issues relating to mental health. Learn more at mentalhealthweek.cmha.ca. Locally, Wes for Youth

Online, in Walkerton, will hold an open house at its new, larger facility at 4 Park St., this spring. The new facility allows the organization to provide better service to youth who are struggling or people looking for information on youth mental health. Visit www.wesforyouthonline.ca for more info.



TALES from TOTS

YOU NEVER KNOW WHAT THEY'LL SAY NEXT



We interviewed Mrs. Montgomery's JK/SK class at Keppel-Sarawak Elementary School in Owen Sound about work. Here is what they had to say...

What does Mom do at work?

Joshua – I don't know what she does.

Colton – She makes bagels.

Madi – She works at the insurance and she helps people with money and she does lots of writing.

Claire – I don't know.

Samantha – She doesn't go to work.

Blake – I don't know.

Ezio – She doesn't go to work.

Addison – She eats lunch.

Wyatt – She helps people. I can't remember the word.

Ian – I don't know.

Sierra – My Mommy has to wash the dishes and clean my bed.

Abby – She helps babies.

Tamati – She helps people.

What does Dad do at work?

Joshua – He lifts some pipes.

Colton – Chainsaws wood and chainsaws iron.

Madi – He helps people do their houses.

Claire – I don't know.

Samantha – He goes to work and makes stuff and does videos.

Blake – I don't know.

Ezio – He tests out car pieces.

Addison – He does work and he drives.

Wyatt – He helps kids and moms and dads that don't take care of stuff.

Ian – He works on his computer.

Sierra – He fixes coats, but sometimes it doesn't work.

Abby – He fixes stuff.

Tamati – He stays home.

When I grow up I want to be a ...

Joshua – Motorcycle rider.

Colton – Police officer.

Madi – Pet doctor.

Claire – A doctor.

Samantha – A mermaid.

Blake – Batman.

Addison – Policewoman, and buy makeup.

Maggie – Massager.

Wyatt – Scientist.

Ian – I don't really know.

Sierra – Driver.

Jackson – Paramedic.

Abby – Clown.

Tamati – Firefighter. 



Help your kids prepare for their much-anticipated week at camp

By Keith Hadigate

Weary, wearing a week's worth of dirt and a T-shirt bearing a summer camp logo, a child bursts through the door only to be greeted by, "Where's your laundry?"

As a parent, you may consider yourself set apart from your child's camp adventure because you aren't in attendance, but the success of a child's experience may very well depend upon your participation.

Preparing a child for camp involves a lot of time and effort. I remember my folks scurrying around to buy extra play clothes, attempting to tie a bedroll, loading film in my little camera and

checking to make certain the flashlight had batteries. All of these are necessary, but I suggest a few additional things you can do to enhance your child's camping experience.

BROWSE THE BROCHURE

It is important that young people be involved in decision making, so why not start with the selection of a camp? Your child will be interested in what activities are offered, who will be going and how long they'll be staying. You, of course, will be interested in the price. Does the brochure say anything about a theme or focus for the week? If so, does it emphasize the same values you have for your home? A camping experience should build the family, not merely build the individual.

Pool the pennies

Become involved as a team in helping pay for the camp experience. You may want to give your child certain

responsibilities, other than those you require, for which they can be paid. Why not mow a lawn together or have a family car wash? Your child will be thrilled you considered it important enough to 'combine the cash' for them to go to camp.

TALK ABOUT THREADS

Involve your youngster in selecting clothes. Do the packing together so your child knows what's in the suitcase. Their favourite clothes should go to camp. They will make it home if they like them enough. Many parents spend a lot of money on new clothes for camp. I suggest sending the old stuff; save the money for new clothes after camp or before school. Place a plastic bag for soiled laundry in the suitcase and explain its purpose.

PREPARE THE POSTAGE

Parents, like campers, always want to hear from their children, and are disappointed if they do not receive a letter. Why not take your child shopping to select some notes or postcards? Help address and stamp the cards before your camper leaves. Some counselor will love you for it!

MENTION THE MONEY

Know what activities your child wants to participate in and how much each will cost. An extra fee is sometimes charged

for certain activities. If the money is limited, be sure your child knows that before arriving at the camp 'bank.' Many times children sign up for several extra-cost activities and are left with no spending for the week. This may seem like a small problem, but the peer pressure of today makes being without spending money an uncomfortable situation.

SIDESTEP THE SEPARATION

Do not suggest to your child they can call home if homesick. That is a statement a child never forgets. The policy of telephoning home is different in each camp. Know what the policy is at your selected site before you make a verbal commitment to your child. Do not highlight a conversation about 'homesickness' in your preparations. If it happens, the camp staff will deal with it, but don't set your child up for it.

GEAR UP FOR THE GOAL

Consider why you are sending your child to camp. Camp is an excellent place to establish wholesome friendships for life, to develop respect for the world and to help your child learn to make decisions. With these goals in mind, talk with your child about what to expect in all areas, particularly spiritual emphasis and development. Let your youngster know you are interested in what will be happening and will be anxious to know what they have learned upon their return.



WHEN THEY'RE GONE

Now that you have sent your child off to camp, you will probably want to relax and enjoy a little freedom. While your child is away, however, consider the following:

Push the pen - Write to your child. Don't highlight big events they're missing, but let your youngster know you are proud they are there. The ideal days for a child to receive mail are the second, fourth and sixth days of a seven-day camp. Assuming the camp extends from Sunday through Saturday, Monday is an excellent day for mail because not everyone gets a letter that day, and mail is a relatively new activity. It gives special attention to your child and makes them feel good because you wrote on the first day. (That letter would need to be mailed before the youngster leaves for camp).

Wednesday is sometimes difficult because the light at the end of the tunnel (Saturday) is not showing through. It is also exciting for your child to receive mail at the end of the week; it provides assurance that you are looking forward to him or her coming home.

Returning home can be an extremely anticlimactic experience. A letter may help balance that feeling.

Harken the homecoming - Do something special for the homecoming. You might want to prepare a favourite meal. I suggest this be done the second day home as opposed to the first night. Make a 'welcome home' sign for the garage door, or make or buy a small bulletin board or scrapbook, and place it on your child's bed accompanied by a note of welcome.

Making your child feel missed while they were away will help them reintegrate into family life after camp.

Welcome the weary - Plan the day of your child's arrival at home. Be aware of pick-up times and be prompt! It is devastating to a child who is exhausted to watch other campers be greeted by family and be the only one left behind. Be prepared for your child to be out of sorts and tired. Camp days are high-level activity times. Facing home and a sudden change of pace often causes one to turn from a near-perfect angel into an A-1 grouch.

Your child may not be as delighted to see you as you are to see your child. Besides going home, children are saying goodbye to counselors they had, as well as friends they've made. When you arrive home, be sure to provide extra time for rest and sleep. It is nice if a child can be excused from chores for an additional 24 to 48 hours before joining the rat race of a normal household.

Expecting a child to leave on vacation immediately or to be involved in a family outing that first day or two will often be too much.

Listen with love - Listen diligently as your youngster shares what happened. For the child who is especially expressive, be cognizant of good and/or bad things that happened. Be aware of any problem areas that might have occurred with peer and/or authority relationships. Later, you may be able to help your child

mature in the area of getting along with others.

Ask questions and be interested, but don't probe. For the child who is quiet, reserved and doesn't open up easily, allow time for him or her to do so. It's fun to share what the family did while the child was away, and then to ask your child to share in return.

Some other lead-in questions might be, "Tell us about your favorite person at camp... your favorite activity... or your most difficult day at camp."

Fun with the family - This is easy to do if the child has taken pictures. Some activities for such a family night might include looking at the pictures, having a favourite camp meal, participating in the child's favourite camp activity as a family (swimming, canoeing, archery, horseback riding), or working on the bulletin board or scrapbook you gave your child when they arrived home.

Do something special for the homecoming... prepare a favourite meal, make a sign.

Identify the idealistic Your child may come home with an attitude of everything being ideal at camp. Patiently wait out the comments. Things will die down. Eventually things will return to normal.

Letters to leaders - If you find your child mentioning one particular staff member who was an excellent role model, or one they especially enjoyed, encourage your child to write and thank that person for what it meant.

Many a camp staff member has been greatly encouraged to go on another week because a camper of a previous week wrote a note of thanks. Maybe your youngster can even email them at camp, but check with the camp first because many today have policies regarding staff/camper communication outside camp, so address all letters to the camp office.

Well camp is over, and your child has grown and learned much. His or her life has been changed, but the job isn't finished. Spend time with your child during the growing process as your youngster learns some of the principles mentioned. Take the skills your child has learned at camp and help them transfer them into daily life. **GBK**

Keith Hadigate has been involved in camping for over 50 years as a camper, leader-in-training, senior staff, board member and director. He is a graduate of both recreation and social service programs, is married and the proud grandfather of seven, who are now all campers. He is the director of Camp Cherith, near Walkerton. www.campcherith.ca

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www.kincardine.ca

PUT A LITTLE
Spring
IN YOUR STEP
THIS SEASON!



Let's talk about sex

By Grey Bruce Health Unit

The sex talk.

Parents dread it, but know it's something they can't avoid forever. We tell ourselves our kids are too young or won't understand, but today's youth are hearing more and learning more than we did at this age, so it's a topic best met head on.

The first place to start is with yourself, and with your partner if you have one. Try to identify your own values about the place of sex in life and in a relationship. How do you feel about young people having sex and why do you feel that way? What fears do you have? Have you had bad experiences that might colour your views and values about sexual subjects? If you've not had a satisfactory sexual relationship yourself, you may be passing those feelings and attitudes on.

What would your ideal sexual outcome be for your child? In other words, how would you know if you had raised 'sexually healthy' offspring? Think back on how you learned about sex. Was it from an awkward teacher rolling a condom onto a banana or a trusted adult sitting you down for 'the talk?' How would you wish it to be for your child?

Kids say parents' biggest weakness is they underestimate what young people can understand or are capable of handling. On the other hand, don't assume that since they seem very sophisticated, they don't need your guidance. One of many parents' worries is that they could somehow harm their child by introducing too much information about sex at too early an age. It's a myth that knowledge about sex is harmful. Virtually all opposition to sex education is based on the assumption that young people who know about sex will practice it, yet research shows well-informed

young people are more likely to delay sexual experiences and then practice more responsible behaviours if they do have sex.

Teachers of sex education say they can tell which students have had the benefit of home-based counsel – they're more confident, less giggly, and have more seriously informed views and values.

However uncomfortable parents may feel, children, even teenagers, say they want guidance and advice from their parents about sex. Each stage of a child's development offers an opportunity to integrate sexuality concepts at an increasingly mature level. It may help if parents think of sexual education as a gradual, life-long process – another aspect of preparing their child to be fully human.

FIVE- TO NINE-YEAR-OLDS

Many parents find it's easiest to talk about sex when their kids are very young. By the time a child is in preschool or early school, you'll want them to know appropriate words for the sex parts of the body and for bodily functions, and that 'sex talk' is for private times at home. They are usually ready to understand how babies are made, how they grow, and how they are born. Sometimes this is hard for parents to put in young children's terms. A simple version is, 'When a woman and a man love each other and go to bed together, they like to kiss and hug. Sometimes, if they both want to, the man puts his penis in the woman's vagina and that feels really good for both of them. A liquid containing sperm comes out of the man's penis and goes inside the woman. If one tiny sperm from the man meets one tiny egg inside the woman's body, a baby is started, and the man and the woman will be the baby's parents. The baby grows inside a special place in the woman's body called the uterus and after about nine months it comes out through the vagina. That's how a baby is born.' You can go into more or less detail if you want, but it might be best to ask if the child has any questions and take your cues from that. You can put in values that are important to you, such as if you feel the couple should be married.

Preschool and early school-aged children need to know that boys' and girls' bodies are different, but they are the same in most other ways. Discourage ridicule of the opposite sex and challenge stereotypes of masculine or feminine behaviour in either boys or girls. Model respect for differences in your own life.

Young children should also know the difference between good and bad touch and between private and secret. For example, going to the bathroom is private; it's not wrong, it's just something you keep to yourself. But if someone makes you promise to keep something secret and you feel bad about it, you should probably tell Mom, Dad or someone you trust.

10- TO 13-YEAR-OLDS

Preteens need to be prepared well in advance for the changes of puberty – when they are in the throes of it, kids may not be able to hear. In girls, breast development begins on average about

two years before menstruation – anywhere from nine to 11 years, but sometimes later. Boys may start to have wet dreams a little later. Their growing sense of privacy and independence will be enhanced if you matter-of-factly explain how to look after these functions and then butt out, offering to help if they need it. Try to keep explanations short and simple, drawing out what they already know and then discussing fears or misconceptions. An important point to include in such discussion is something along the lines of, 'Once you are old enough to have periods or to have an erection and ejaculation, your body is able to have sex and have a baby. But it takes a long time after that to become emotionally ready to have a child. Everybody takes time to grow up.'

Late-developing boys and early developing girls may often need the most understanding and frequent reassurance that in a few years their development will be almost the same as their friends. Appreciate their need to be like their peers, but support their right and responsibility to be themselves too. Don't wait for questions – they may never come. Instead, use day-to-day events where you agree or disagree with the sexual behaviours being portrayed to start conversations about sexual values. Don't forget to include the emotional highs and lows of puberty and

.....
DID YOU KNOW? 53% of youth (15-19) in Grey/Bruce have had sex. The provincial average is 37%. 54% of Grey/Bruce youth used a condom. Province-wide, it's 64%.
.....

early adolescence. Laugh with them, not at them, about some of the silly things people say or do about sex. And maintain positive touch – a hug or a stroke of the hair can go a long way to restoring a fragile ego. Besides, you are helping your child become someone who can show affection without it needing to be sexual.

TEEN YEARS

You'll have to seize those occasional moments when they seem to want to talk (watch for them – they're easily missed!). Listen to stories about school or friends and try to ask open-ended questions like, 'So, what did you think when she said that?' It is perfectly normal to feel shut out of areas of your teen's life where you used to be intimately involved. Don't take it personally – they're working on a very difficult but necessary developmental task, establishing independence from you. Just be there when they need someone to rail against or fall back on. If you see a concern, try something like, 'I'm not trying to pry into your personal life, but I was worried when I noticed...' Use your own experiences, but don't go into too much detail. Discuss mistakes you made if you hope your child won't repeat them. Try to

work these issues into conversations – being pressured to have sex, which happens to both boys and girls; getting health care or birth control without parental consent; the very real dangers of sexually transmitted disease and AIDS; when you think it's right to have sex, and when it's not; and love. Also include a discussion about homosexuality and sex role stereotypes and the role society plays in defining what is 'normal.' Sex is not what you do; it is part of who you are.

Don't be afraid to state where you stand on teenagers having sex. Many parents would agree with something like, 'For many reasons, I hope you'll decide not to have sex while you are a teenager. There's the possibility of pregnancy or sexually transmitted diseases which have the potential to change your whole life forever. Even if birth control methods and condoms were 100 per cent foolproof – and they aren't – the people who use them are not. And even though you may feel very strongly about a certain person now, it is part of growing up to change often. You may regret sharing something so intimate with someone who you find you've changed your mind about, or who changes their mind about you. It's your decision, but I hope you will wait. I hope you will talk it over with someone else you trust, if you feel you just can't talk to me. If you do make the decision to have sex, it is your responsibility to yourself and to your partner to protect yourself against pregnancy and sexually transmitted disease.'

Mainly, help them sweat it out through those awful times. Involvement with various activities is a self-esteem booster and expands their horizons beyond a narrow social set, which

they may feel can make or break them. If you include your ideas about the joys of human sexuality and about the love and pleasure that can come from a positive and fulfilling sexual relationship, it provides a positive goal, instead of just tell them they can't do it. And, if you can't seem to establish rapport, many parents find it helps to put their teen in touch with another adult who could be a trusted confidant. This is not a failure; it is a strategy of effective parenting.

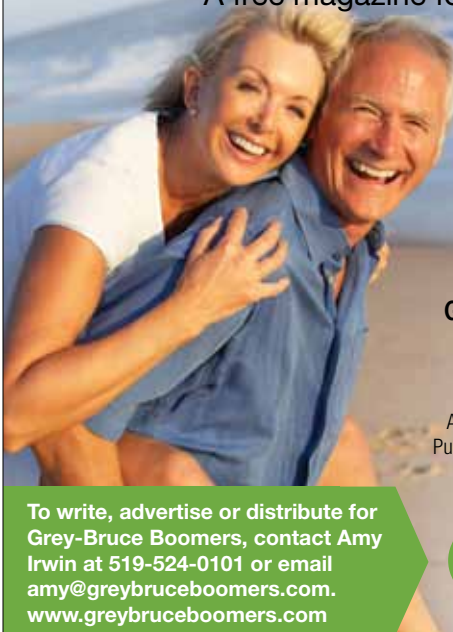
TOWARD ADULTHOOD

It is difficult for parents to come to terms with the fact their children are sexual beings. Try to remember your overall goals. Ask yourself before you begin a lecture, 'Is this going to help my child become a sexually healthy adult?' You may make a few mistakes, but teenagers tell us they appreciate their parents' efforts to talk to them, even when they seem to be rejecting them completely. What matters is the spirit in which your counsel is offered. What you're trying to do is show your child you care about their well-being, you think sex is a wonderful part of life, and you want them to grow to be adults who have the capacity for the joy and sharing that comes with a meaningful sexual relationship.

If you need help, there are many books and brochures that can help with what to say, or that you can read with your child or give to your teenager, while www.sexualityandu.ca/parents is an excellent online resource as well. For more information, visit www.publichealthgreybruce.on.ca or call 1-800-263-3456. **GBK**

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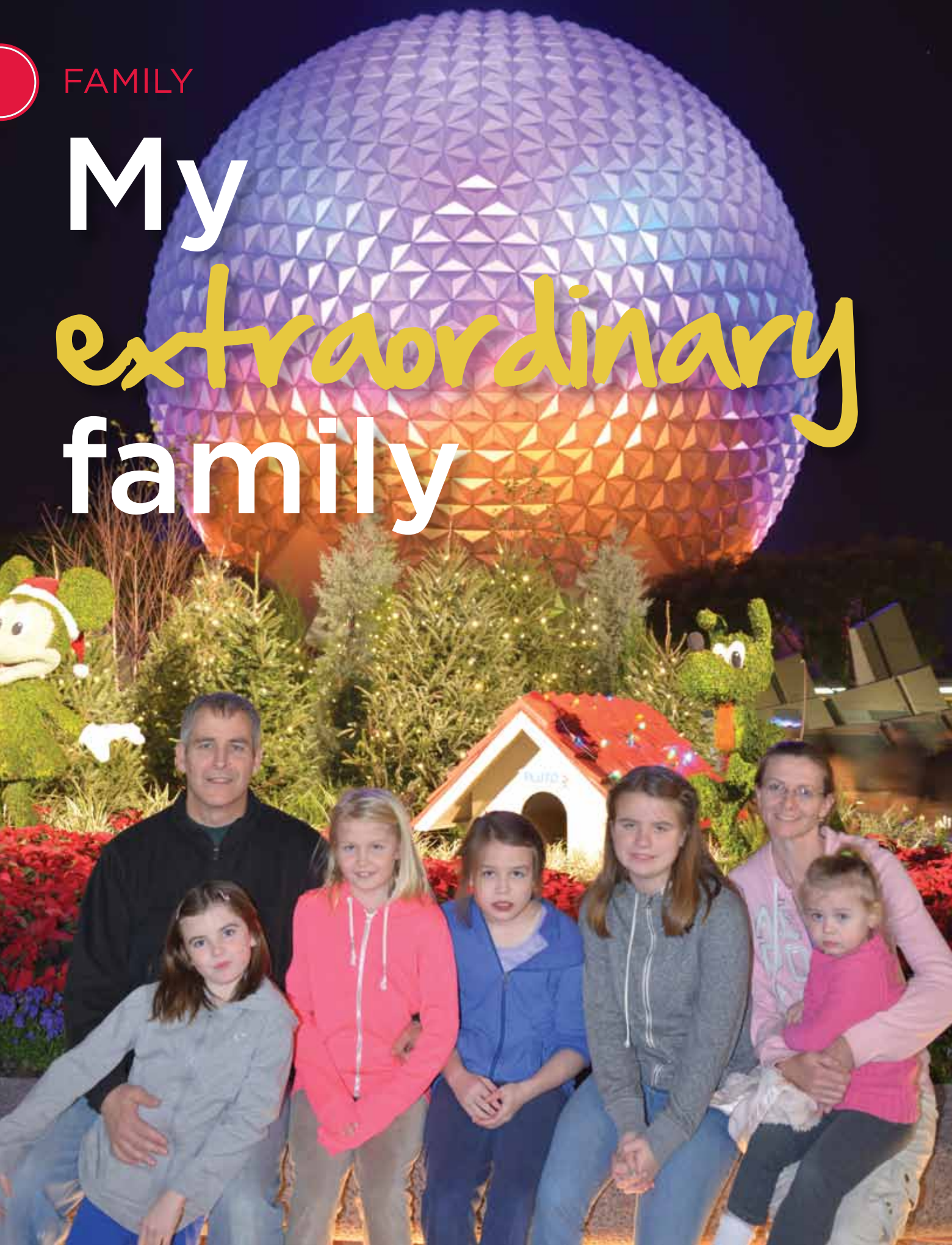
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FAMILY

My extraordinary family



A Ripley family has five daughters, four with autism. This is their story.

By Marnie Cassidy

I vividly recall receiving the diagnosis that our child had autism.

The twist in my gut still returns periodically.

The news that your special child is now 'special' redefines all that you had once been and once dreamed. There is a loss in your heart somewhere, a kind of mourning for the 'typical' life you had envisioned. Some parents feel the loss of the prospect of university, marriage and grandchildren – it's a pain you feel for yourself and it's quite common.

More profound is the loss most of us suddenly felt for our precious child. How cruel this world is, and will your cherished little one ever find a place in it? Will they ever be truly happy? My heart twists just reflecting on these questions, because they exist in my every minute. There is no parent who wishes such a profound challenge for themselves, much less their child.

My husband and I have five young daughters and four have autism. Why our third daughter is 'neuro-typical' is left for science to understand. After the first diagnosis, it took time to reconcile that our daughter wasn't simply non-verbal and 'quirky,' she was considered 'broken.' At two years old, she was deemed 'severely autistic' and the family life we knew was over.

For some this marks the beginning of marital demise. Divorce is quite common. We are exhausted, mentally and physically, so we do get snippy and bicker. In our house, we sleep in shifts at the best of times, because that is the rhythm of the children. Each of us gives so much dedication and focus to parenting, often the marriage-part of our lives gets forgotten. If you ask my husband why we don't spend time arguing, he will tell you we are simply too tired (it's not much of a recipe for a successful marriage, but so far, so good).

I feel it has more to do with the level of acceptance paid to the diagnosis itself and of our own self-awareness. We never denied the diagnosis. We knew that our beautiful child was the same person after the diagnosis as she was before – the doctor didn't exchange our child for another. When we recognized that, our shoulders relaxed a little. We were ready to work toward something better for her. As individuals, my husband and I have always been aware that we have our flaws and, for the most part, we accept our imperfections. We can laugh at ourselves (and each other). We don't dwell on the path we had once assumed our child would travel, but instead focus on the path that exists.

Having children with special needs does create a new trajectory. There is a revolving door of therapists, psychologists and specialists. School meetings force us to constantly hone our advocacy skills. It is worth noting that the more your child improves, the less support they will get, because the limited funding is reserved for the most needful of children throughout the school board.



• The Cassidy girls enjoyed their trip to Disney just before Christmas last year.

The family dynamic, for us, changes with the seasons. New behaviours replace the ones you have tackled, much like Whack-a-Mole. Nutrition is a constant concern. Our kids are very limited in their diet. One of our daughters will only eat chicken and asparagus, for breakfast, lunch, dinner and snack! Our children do grow, change and learn, leaving us to always wonder if we're doing enough for each child, including the one without autism.

Most parents of autistic kids will only share with you the fulfillment and self-realization their high-needs child brings. Memes on facebook tout the wonder and glory of autism. Beautiful butterflies with colourful wings symbolize a pride that only parents of autistic kids experience. They are very correct in that these children do in fact capture details we would miss. Their heightened senses leave them no choice but to notice. Autistic children have a very true and logical viewpoint. These sunny thoughts serve a great purpose.

We parents have a kinship with others who share the journey and give each other permission to feel proud of our children and enjoy them with the genuine love as 'typical' parents. While that is true, what parent wants to share stories of having a tooth broken or having their hair pulled out by their child? In the throes of a meltdown, autistic people can injure themselves or others. We have had several laptops mistaken for Frisbees, but these are the stories we don't easily share. Why? Because we want, rather need, society to like our children – to accept them and be kind to them.

We will not always be around to protect them from the wrongs of the world, and they will hopefully be immersed in a community of acceptance. We are driven to teach society the similarities to their own children, not highlight the differences. It seems an endless, exhaustive quest to prove your child's worth.

These children are not ‘broken’ – our children can be happy, love, laugh and engage. These kids can actually endure more than any of us can fully appreciate. Tenacity and honesty are perfect, innate qualities I admire in my daughters, traits I am slowly adopting, but they can’t take a break or shut it off.

Seeing this odd world through their eyes has given us a very literal perspective. When we venture out on one of our oh-so-carefully-planned outings, we are constantly keen to seemingly ordinary smells and notice sounds we would have once ignored. Perhaps it is a ‘survival mode’ typical parents do not require. Perfume, air fresheners, a child making an animal noise and humming lights have all sent one (or more) of our children into sensory overload, provoking panic or public meltdown. Privately, we work on their tolerance to such stimuli but essentially we are always on high alert. It’s extreme parenting, I suppose.

The public meltdown is inevitable. It will happen. In the early years, it triggers the whispers and ‘advice’ of strangers. A thick skin develops as the years pass, but there will always remain a sting when strangers feel obligated to kick when you are already vulnerable, something that will baffle me for years to come. Some simply assume we would, in the height of our cherished kiddo’s meltdown, entertain a vaccine debate, Jenny McCarthy’s cure and the benefits of spanking as a teaching tool. Make no mistake, my husband and I would welcome a debate on just about any topic, but not with our child within earshot, much less while they are in a painful struggle with their own senses. Our children hear every word, and listening to your opinion will not help them (or us).

While public perception does affect us, we do seem to dwell on the negative. In reality, for every awful comment, there are a hundred truly understanding and compassionate people – friends, family and strangers don’t ‘tolerate’ your child, but accept them. Every parent has those days of frustration and turbulence. Ours looks different and can result in broken property or injury, but we are not lesser parents for it.

In a quest for inner peace, we must also forgive ourselves for our parenting mistakes because I know we do far more of the right thing. Those who have come to know our family realize this and, while they may not understand completely, they trust our choices and strategies. Some endearing souls do ask questions, and we hold them most dear because they care enough about

A Disney meltdown

We recently took the clan to Disney. My daughter embarked upon a painful two-hour meltdown *in the line* for Dumbo. A well-versed Disney staff checked in periodically to offer any needed assistance, while, literally, hundreds of people passed through or stepped over us. One hears a lot of things in that situation. Two people, who were with their kids, laughed and took our picture while my daughter was screaming through tears, unable to get the words out and kicking at me – it was that kind of meltdown. I knew in my sensible mind that if I spoke at all, my daughter would only escalate, so I said nothing. I really wanted to through.

In the middle of the second hour, my daughter was starting to tire and quietly and continuously repeated the safety warnings for the Dumbo ride in Spanish (and no, she doesn’t speak Spanish, she had just heard it a hundred times). As I was finally catching my breath, I felt a hand on my shoulder. It was a woman walking her daughter through the line, and I had seen her go through at least once before. She said, “You know, you’re a good mom. A very good mom.” And she continued through the line.

I will never forget her.

our children to learn about them. My heart swells when our children’s schoolmates discuss our girls’ strengths (and there are many) with their parents at the dinner table. This awareness and acceptance is all we strive for in our community, while the hard stuff can be put in a more natural, separate place.

I think special needs kids offer each of us an opportunity for growth and understanding that can resonate to other areas of life. It may sound cliché or trite, but there truly is a peace that comes with the acceptance of all people. **GBK**

MARNIE CASSIDY and her husband Brian have five daughters and live in Ripley. They encourage people to learn more about autism at www.autismcanada.org.

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THE 'CAVEMAN DIET' FEATURES MEAT AND VEGETABLES, NOT STARVATION

By Shari Talbot

Spring is the perfect time for decluttering and fresh starts, so why not clean some junk out of your diet too?

Many people are turning to a Paleo diet to do just that.

It's no secret that processed foods and uncontrolled sugar consumption are increasingly being blamed for obesity, skyrocketing rates of diabetes and general lack of wellness in today's society. Gluten-free diets are becoming more common as people are convinced that grains are having a negative impact on their bodies. Paleo-style diets go even further, removing processed foods, sugars and dairy too.

While some may turn to stricter versions of the Paleo diet for weight loss, most Paleo proponents seem to be focused on its other health benefits, especially those surrounding the gut. Some folks discover Paleo after a diagnosis of Celiac disease or other autoimmune disorders. Others choose to ditch the grains due to food intolerance or sensitivity and find their headaches, joint pain, skin conditions and other problems are eliminated.

THE PALEO LIFESTYLE

For many, the Paleo lifestyle goes well beyond nutrition. If you think about the way your ancestors lived, life was a lot less complicated. No digital distractions, no information overload and the world was a much smaller place. People focused on survival and likely had a fair amount of leisure time. When they travelled, it was on foot. They walked, ran, jumped and moved heavy objects when necessary. They worked and played in the sun and found shelter when the weather was cold or wet. When

the sun went down, they slept.

For most children, all of these things come pretty naturally. By imitating the natural behaviour of most of our kids, we probably wouldn't have any trouble eating well, moving our bodies, getting enough sleep, managing our stress and remembering to play.

WHAT TO EAT AND WHAT TO AVOID

The Paleo diet focuses on whole, single-ingredient foods that can be found in nature. Think foods that a caveman would have eaten – meat, eggs, seafood, fruit, vegetables, nuts, seeds and natural oils. If you are used to a traditional diet based on Canada's Food Guide, you may be surprised to find that fat can be very healthy. In fact, Dr. Tara Gignac, a Naturopathic Doctor at StoneTree Naturopathic Clinic in Collingwood, believes the right kinds of fats, when they come from real foods, can be extremely nutrient dense. Since they fill you up, you are likely to eat less in the long run.

"The Paleo diet is very sexy right now, but the basic tenets of eliminating all of the pro-inflammatory agricultural products, sugars and processed foods, and eating a whole food diet, is something we have been advocating all along," Dr. Gignac said.

There is some controversy within the Paleo community, depending which book or expert opinion you choose to follow. Some versions of the diet eliminate legumes, dairy and potatoes, while others allow small amounts of these foods and even grains that do not contain gluten. Despite the controversy though, the Paleo community agrees on these things – get rid of gluten, refined sugars and oils and other processed foods!

There's no need to fret though, you won't be eating dry chicken breasts and steamed broccoli at every meal. Most versions of Paleo allow butter or ghee, sea salt and even indulgences that include honey, maple syrup and dark chocolate. A quick search

on Google or Pinterest will have you staring at mouth-watering recipes, wondering which ones to try first.

PALEO ON A BUDGET

How many times have you heard, “Eating healthy is so expensive!”? While buying organic produce and grass-fed meat can increase your budget, there are ways to eat whole foods without breaking the bank. Take advantage of local farmers’ markets and fresh produce cooperatives like The Good Food Box (find more at www.foodlinkgreybruce.com). If you’re eating whole foods, chances are you will be spending a lot less money on processed food and dining out. Additionally, it’s not necessary to make every change at the same time. By taking small steps toward eating healthier, you may also find that you are spending less money on prescription and over-the-counter medication. For many families, spending a little more on wholesome, healthy food is worth every penny.

PALEO AND KIDS

If you are considering a Paleo diet for your family, you may be concerned about whether your children will get the nutrition they need. Dr. Gignac suggests, because Paleo is about eating real food, it can be beautifully and healthfully done, but it’s going to take some work. Since a true Paleo diet focuses on whole foods that do not come in boxes, it can require more planning and time in the kitchen. You can buy Paleo snacks and convenience foods but these too can contain questionable ingredients. Even if they are pure, the cost can be prohibitive for families.

When transitioning your family to Paleo, you have two choices. Some families, especially those with immediate health concerns, go cold turkey, throwing out everything non-Paleo and starting from scratch. Other families might ease into it by eliminating gluten, then other grains, then dairy. In the beginning, you might want to seek out Paleo recipes that attempt to replicate family favourites.

One of the biggest concerns for families is what to pack for lunches, especially in nut-free schools and classrooms. Some easy lunches may include leftovers, homemade paleo bread or crackers, sliced meat roll-ups (filled with shredded veggies or tuna), dried or fresh fruit, grape tomatoes, sliced veggies, celery

with apple butter, apple sauce, homemade fruit gummies, olives and boiled eggs. Paleo treats can include paleo baked goods, gluten-free chocolate chips, banana or plantain chips, sweet potato chips, etc. At home or on the run, nuts and seeds are quick and tasty too.

With a little creativity, even picky eaters might be willing to try new foods. Don’t Brussels sprouts look just a little like dinosaur

“Nutrition really is very simple – eat foods that nature makes and cook them for yourself.”

Dr. Tara Gignac

eggs? How about using cookie cutters to cut sliced meat into shapes? Allowing choices and involving kids in meal preparation are also helpful for getting kids on board.

Of course, if you are taking on the Paleo lifestyle together, you will want to stay away from the ‘diet for weight-loss’ mentality. By framing your new lifestyle in a ‘healthy living’ perspective and being active together, you’ll be teaching your kids that nutrition can make all the difference when it comes to staying healthy and strong. Whether or not you believe that a meat-based, fat-based diet is particularly healthy, you’ll have to admit that eating whole foods, reducing genetically modified grains and eliminating processed food is definitely better for your health overall.

Like any new nutritional undertaking, the Paleo diet can sound a bit daunting at first, but it doesn’t need to be. “Nutrition really is very simple – eat foods that nature makes and cook them yourself,” Dr. Gignac said.

Tweaking the Paleo diet, based on your needs and those of your family, will help you stay motivated and reap the most benefits. Checking in with a health professional can save you the headaches of research and help you find a natural way of eating that works for you.

This article is for informational purposes only. It doesn't replace advice from a qualified health professional.

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Paleo recipes

PALEO BROWNIE BITES

INGREDIENTS:

- 3 oz dark chocolate
- ½ cup coconut oil
- ½ cup raw honey
- 2 eggs
- 1 tbs vanilla
- ¾ cup blanched almond flour
- ½ tsp sea salt

DIRECTIONS:

- Preheat oven to 350 F and lightly grease a mini-muffin pan with coconut oil.
- In a double boiler, gently melt the chocolate, coconut oil and raw honey. Remove from heat, allow to cool, add the eggs and vanilla.
- In a medium bowl, combine the almond flour and the salt. Add the wet ingredients and mix well.
- Fill the mini-muffin tins nearly to the top. Bake for 15-25 minutes until golden and set. Allow to cool in the pan.

Recipe courtesy Diana Keuilian at realhealthyrecipes.com.



Image via www.paleogrubs.com

SWEET POTATO CHIPS

INGREDIENTS:

- 1 large sweet potato
- 1 tbs melted coconut oil
- 1 tsp sea salt

DIRECTIONS:

- Preheat oven to 375 F. Use a mandolin or very sharp knife to slice potatoes thinly.
- Place sweet potato slices on a parchment lined baking sheet and brush lightly with coconut oil.
- Bake the chips for 10 minutes. Turn and bake for about 10 minutes more. Transfer chips to a cooling rack when they begin to brown.


Resources to learn more about Paleo

Learn more about the Paleo Lifestyle at www.paleoleap.com.

For easy-to-understand overviews on how to get started visit www.paleomagazine.com.

For great boxed-lunch ideas (with photos) visit www.paleomama.com.

For Paleo information with an emphasis on autoimmune conditions, visit www.thepaleomom.com.

To discover sources of grass-fed meat and locally grown vegetables in Grey and Bruce counties, visit www.foodlinkgreybruce.com. 

SHARI TALBOT is a freelance writer and an Ontario Certified Teacher who now enjoys homeschooling her two children. You can reach her at www.shariwrites.ca.



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Purging the playroom

A TOY ROTATION IS THE BEST WAY TO KEEP YOUR HOUSE TIDY, AND GET THE MOST OF KIDS' IMAGINATIONS

By Erin Little

Do you walk into your children's rooms or playroom and question if a tornado came ripping through?

Following this discovery of a natural or unnatural disaster, do you quietly close the door, knowingly delaying the dreaded clean-up battle that's about to ensue? It inevitably starts with, "I didn't do it! It's not my mess!" from a strong-willed child. Now at a standstill, do you threaten to take away your children's toys? Doesn't it make you wonder why they don't play with all of the beautiful things they once begged for?

If you are imagining this scenario unfolding in your child's play space while you try to prepare dinner, answer the phone and unpack lunch bags while listening to "I have nothing to do," I have some solutions for you.

The first thing I recommend is to get a babysitter or send the kids to Grandma's for a visit, because this isn't a job you want them around for, unless you want to hear them tell you how much they love every stuffed animal – all 55 them – that somehow appeared in your house. Tackling this journey will be much easier without interruptions and the constant reminders of why each toy can't be purged.

Although you may think a toyroom purge is a good way to teach the kids about giving to those in need, believe me there are plenty of better opportunities throughout the year to impart those lessons. Besides, we aren't using this as a teachable moment for the kids, we are purging toys to help enrich their play and imagination.

LET THE PURGE BEGIN

Now for the fun part. Gather all of the toys in an open space so you can easily organize them. Don't forget to add some background music – Taylor Swift always keeps me moving during daunting tasks. Once the toys are gathered from every nook and cranny of the house, it's time to start. You will make three piles – garbage, keepers and donate. I recommend using index cards to label the piles so you don't get mixed up and have to start all over.

Now it's time to tackle the toys. Anything missing a part or that's broken goes straight to the trash. If you find toys you are waiting to fix or call about the warranty you have somewhere in the office files, throw it in the garbage too, because chances are you'll never get around to it. Toys that no longer have a younger sibling to grow into them can go to the donate pile, so some other little boy or girl can enjoy the magic still left in them. If there are toys a younger sibling will grow into, place them in the keepers pile.

CREATE A TOY LIBRARY

Now it's time to organize the toys you've deemed worthy to keep, which is one of my favourite things to do. I like to create a toy library, which is an out-of-the-way place (closet, basement, attic) where all the toys from your keeper pile will hibernate until you rotate them in for your children to play with.

Why do I rotate my toys? Rotating the toys in your child's play space will allow for deeper play as they won't be overwhelmed with all of the choices before them, plus it will keep you from picking up all the bins that have been dumped onto the floor. Depending on where your child's play space is – it could be as simple as a shelf in the bedroom or an elaborate playroom – set it up with 18 to 25 toys. Take the basket of wooden blocks and place them on the play kitchen to encourage imaginative play, and watch to see what the blocks will become. When you put them away that afternoon or evening, try placing the blocks next to the dump truck and digger, and these same blocks will magically turn into rocks and boulders to be moved out of the way in the morning.

HOW OFTEN TO ROTATE TOYS?

My recommendation would be to rotate toys once a month,



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but if you find your child isn't engaging in the toys then you can switch just a couple toys in, remembering to do this when the little ones aren't around. I also recommend moving things around in their play space, which will encourage them to engage differently with the same toy.

TOY PLACEMENT MATTERS

Did you know a child's development could be improved from simply placing toys in strategic positions? For example, infants thrive when they are embraced with closeness. When toddlers begin to play, they will happily do so but will prefer to be within eyesight of you, which is why the best place for a toddler is usually under your feet. From early childhood through the first couple years of primary school, your children will still want to be close, so a room off the kitchen is the perfect place to set your child up for success. Between the ages of six and nine, they will enjoy more privacy in their play but will often come and check in at the command centre. Once they turn 10, they will crave more privacy, so this is the perfect time to put a desk in their room where they can engage in crafts and projects. As preteens, they will be trying to figure themselves out and where their place is in the world. They'll need more alone time, but will still need you to be there emotionally for them. Teenagers will also separate themselves from you, but will still need that emotional availability and time with you, but it will be on their terms. Meals are the perfect time to be there for your teens.

The most important thing you can give your children is you, so get down on the floor and pretend to be the doggy they beg you to be, and remember to laugh with your full belly and love with your whole heart. **GBK**

ERIN LITTLE lives in Port Elgin with her two children and husband Chad. She blogs at www.ourlittlehappenings.com.

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The **BOOK** **SHELF**

with Cathy Hird



Author of 'Moon of the Goddess'

TELL US ABOUT YOURSELF

I never know where to start with this kind of question but since this is about writing, let me start with books. I love to read fantasy stories when I have time. Since my husband and I run a sheep farm, and I work as a United Church minister, I do not get as much time to read as I would like. My children are now in their 20s, but they have been avid readers since elementary school. We still have the collections of Jedi Apprentice stories; we gave away the set of Unicorns of Balinore. As I started writing Young Adult fiction, I paid attention to the books they read.

WHY DID YOU WRITE THIS BOOK?

At one point, I got tired of just writing serious stuff. What I do for my job is important, but I wanted to have more fun, seek more adventure with words. So I travelled to a place I love, the land of Greece. Greek mythology has a wealth of stories and characters to draw from. Sometimes I do not appreciate the direction of the traditional stories – Helen of Troy makes me angry because she is so powerless and causes such destruction. When I wrote *Moon of the Goddess*, I began with a kidnapped princess, but I shaped the story so she could grow strong in her captivity. I opened a journey for her rescuer that would avoid a war.

DESCRIBE YOUR BOOK

In *Moon of the Goddess*, a valley is threatened with famine because their river is disappearing. The king seeks to buy Poseidon's help by offering a lovely woman as his bride. His son kidnaps a young pampered princess. Alone and afraid, she must find the courage to face her captors. The ancient earth goddess who has cared for the threatened valley supports her. The princess's brother races to her rescue, even travelling under a mountain and to the edge of Hades' kingdom to reach her in time.

WHAT INFLUENCED YOUR BOOK?

The Lord of the Rings set the basic direction for my writing. More recently, the writings of Guy Gavriel Kay have been important; he takes particular historical times and creates a magical story. In the introduction to one of his books, he talks about spending time in the location to make sure the texture is authentic. I followed his advice and travelled to Greece for my research.



● Cathy Hird is the author of 'Moon of the Goddess.'

WHAT ARE YOU WORKING ON NOW?

One of the standard pieces of advice for a writer is 'write what you know.' My current story is set in modern Grey County. I think we are inspired when we imagine that our ordinary life is right on the edge of something magical. Also, there is a current interest in 'urban fantasy.' I wondered if rural fantasy could be made just as exciting.

ADVICE FOR POTENTIAL WRITERS?

The best advice is just to keep writing. Whatever you imagine, a scene or a character, write it out. Write every day. You do not need to wait until you have the whole thing planned out. Just write what is in your head. Writing takes practice. Then, let someone you trust read what you wrote. Listen to what they say works for them and build on that. It is scary to have your work commented on, but we see the words in a whole new way when we look from another person's perspective. We do not have to agree with them, but they give us clues so we can go back and edit. And yes, learn to love editing. The first draft is just that. We do not get the thing right until we polish and polish, and fix and polish some more. Do not be in a hurry. Just keep writing. **GBK**

Owen Sound resident **CATHY HIRD** is the author of 'Moon of the Goddess.' Learn more at www.openonemore.com.

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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
Warton 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.sbgbc.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 - Port Elgin

519-389-9050

Kinhuron Integrated Day Nursery School Co-op

519-396-4532
Kincardine

Le Jardin des decouvertes - Owen Sound

519-371-4411

Military Family Resource Centre - Meaford

519-538-1371 x6753
mfrc.meaford@sympatico.ca
www.mfrcmeaford.com

Meaford Co-operative Nursery School

519-538-3854

Nawash N'Shiime Day Care Centre

519-534-3909
Neyaashiinigiing (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 - Meaford

519-538-9980

Tobermory Primary Place

519-596-2606

Unity House - Owen Sound
519-371-8686

Viola Jean's Garden Daycare - Owen Sound
519-416-5633 or 519-371-2362

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

**Warton Kids Den Day Care/Kids Club
School age Program**
519-534-4434

Warton Nursery School
519-534-2121

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

DIET/NUTRITION

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

Foodlink Grey Bruce
Find locally grown meat, fruit and produce
www.foodlinkgreybruce.com

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

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

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

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

EDUCATION

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

Adult Learning Centres
Collingwood, Port Elgin, Markdale, Owen
Sound, Walkerton, Warton
www.adultlearningcentres.com

Bluewater District School Board
1-800-661-7509 or www.bwdsb.on.ca

Bruce-Grey Catholic District School Board
519-364-5820 or www.bgcdsb.org

Edgehill Country School, Durham
www.edgehill-school.com

Georgian Tutors
www.georgiantutors.com

EMPLOYMENT SERVICES

LiveGreyBruce
www.livegreybruce.ca

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

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

FAMILY SUPPORT

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

Big Brothers Big Sisters
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 - Cape Croker**
519-534-3818
supervisor.ncw@gbtel.ca; www.nawash.ca

Family Support Initiative
Fosters networking and peer support among
family of those with mental health issues
519-371-4802 or fsi@hopegb.org
www.mhagb.ca

Grandparent Network
For grandparents raising grandchildren
Meets first Monday of month at 9:30 a.m.
Bayview Public School, 615 6th Ave. E.,
Owen Sound
Call Mary Nuckowski at 519-371-2498

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

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

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

Multiples in Bruce
For families with or expecting multiples
<http://multiplesinbrucecounty.webs.com>

Nemesis Group Services
Owen Sound; 519-372-2425
www.nemesisgroupservices.com

Parent Help Line
1-888-603-9100

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

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

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

FINANCIAL SUPPORT

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

Bruce Children are Special Foundation
Directs donations to the children programs
provided by Bruce Grey Child and Family
Services (formerly Children's Aid)
1-855-322-4453 ext 4133

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 or 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

Flesherton and Area Food Bank
Marian Doyle, 519-599-3576

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

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

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

Tobermory Food Bank

519-596-1501

Walkerton and District Food Bank

519-881-0168

Warton Food Bank

519-534-0353

Habitat for Humanity Grey Bruce

1-866-771-6776 or habitatots@bmts.com
www.habitatgreybruce.com

Ontario Tenants Rights

ontariotenants@hotmail.com
www.ontariotenants.ca

Safe 'n Sound Homelessness Initiative

519-470-7233
www.safesoundgreybruce.com

Subsidized housing

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

HEALTH CARE

Auditory Health Care

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

Brockton and Area Family Health Team

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

Canadian Mental Health Association Grey-Bruce Branch

Administration - 519-371-3642
Crisis: 1-877-470-5200
jralph@cmhagb.org; www.cmhagb.org
Owen Sound

Collingwood General and Marine Hospital

705-445-2550 or www.cgmh.on.ca

ConnexOntario Help Lines

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

Grey Bruce Health Services (hospitals)

Lion's Head - 519-793-3424
Markdale - 519-986-3040
Meaford - 519-538-1311
Owen Sound - 519-376-2121
Southampton - 797-3230
Warton - 534-1260
www.gbhs.on.ca

Grey Bruce Health Unit - Owen Sound

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

Hanover and District Hospital

519-364-2340/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 for families making under \$20,000/yr
Register through the health unit
Online: <http://bit.ly/JAqJbY>

Homefront First Aid and Emergency Training

Janine Donaldson - Red Cross Training Partner
519-444-8164 or homefrontfirstaid@gmail.com

Honouring Life Network

Aboriginal youth suicide prevention
www.honouringlife.ca

HopeGreyBruce - Owen Sound

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

Huron Shores Foot Clinic - Kincardine

Orthotics, footcare, podiatrist, chiropodist
519-396-3500

Kayli Hall Elwood Art Therapy

Port Elgin-519-832-1515/Kincardine-396-5886
kayliarttherapy@bmts.com
www.kayliarttherapy.com

Keystone Child, Youth & Family Services

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

Kids Help Phone (24 hours)

1-800-668-6868 or www.kidshelpphone.ca

Kincardine Family Health Team

Kincardine - 519-396-2700
Ripley - 519-395-2601
www.kincardinefht.ca

Mino Bimadsawin Health Centre

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

M'Wikwedong Native Cultural Resource Centre - Owen Sound

1-866-202-2068 or admin@mwikwedong.com
www.mwikwedong.com

Optimize Healing Centre, Port Elgin

Neurodevelopment specialists
519-832-1515 or info@optimizehealing.com
www.optimizehealing.com

Owen Sound Crisis Pregnancy Centre

1-888-371-2004 or ospcp@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

South East Grey Community Health Centre

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

St. John Ambulance First Aid training

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

TeleHealth Ontario

1-866-797-0007

Thames Valley Children's Centre

519-396-3360 or 1-866-590-8822
www.tvcc.on.ca

LIBRARIES

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

Thornbury
519-599-3681 or thebluemountainslibrary.ca

Bruce County Public Library

Online catalogue - opac.brucecounty.on.ca
Administrative office - 519-832-6935 or libraryinfo@brucecounty.on.ca
Cargill - 519-366-9990
Chesley - 519-363-2239
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
Warton - 519-534-2602

Collingwood Public Library

519-445-1571
www.collingwoodpubliclibrary.ca

Dundalk/Southgate Public Library

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

Grey Highlands Public Library

Flesherton - 519-924-2241
Kimberley - 519-599-6990
Walter Harris Memorial Library (Markdale) - 519-986-3436
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.westgreylibrary.com
Durham (main) branch - 519-369-2107
Elmwood and area - 519-363-3321
Neustadt - 519-799-5830
Ayton/Normanby - 519-799-3242

MUSEUMS

Billy Bishop Heritage Museum - Owen Sound
519-371-0031 or www.billybishop.org

Bruce County Lighthouse Museums
Seasonal
Cabot (Lion's) Head - 519-795-7780
Chantry Island (Southampton) - 866-318-8889
Kincardine - 519-396-3468
Point Clark - 519-395-2494

**Bruce County Museum, Cultural Centre &
Archives - Southampton**
519-797-2080 or www.bruce-museum.ca

Bruce Peninsula Visitors Centre
519-596-2233 or http://bit.ly/rQQFf6
Tobermory

Bruce Power Visitors' Centre
519-361-7777
www.brucepower.com

Chesley Heritage & Woodworking Museum
519-363-9837

Craigleith Heritage Depot - Thornbury
519-599-3131
www.thebluemountains.ca/Craigleith-Heritage-Depot.cfm

Grey Roots Museum & Archives
Includes county's archives
1-877-GREY ROOTS
www.greyroots.com
RR4 Owen Sound

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

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

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

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

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

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

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

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
Counselling for local youth

PLAYGROUPS

Kincardine Toy Library and Playgroup
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
Warton - 519-534-5550

SPECIAL NEEDS

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

Autism Parent Support Group
Community Living Kincardine & District
519-396-9434 or www.clkd.ca

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

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

Community Living Kincardine & District
519-396-9434
www.clkd.ca

Community Living Meaford
519-538-4165

**Community Living Owen Sound
and District**
519-371-9251 or communitylivingowensound.ca

Community Living Walkerton & District
519-881-3713
www.clwalkerton.org

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

Hope Haven Therapeutic Riding Centre
226-909-0558
www.hopehavencentre.org

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

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

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

South Grey Bruce Youth Literacy Council
519-364-0008 or info@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 or www.closingthegap.ca
Owen Sound

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

**South West Community Care Access Centre
In-Home Services**
Owen Sound - 519-371-2112
Walkerton - 519-881-1181
www.swccac-ont.ca

VOICE for Hearing Impaired Children
Support, speech and language therapy
Grey/Bruce chapter is free to families
www.voicefordeafkids.com

WISH PROGRAMS

Children's Wish Foundation of Canada
1-800-267-9474
on@childrenswish.ca or www.childrenswish.ca
Ajax, ON

Make-A-Wish - Southwestern Ontario Chapter
519-471-4900 or www.makeawishsw.org
London, ON



COOL KID

'Famous isn't the end goal'

Remember the name Serena Rutledge – you may be hearing her on the radio or watching her on TV in the near future.

Serena, a Grade 8 student at Ripley-Huron Community School, is a singer, songwriter and aspiring actress, who competes in talent competitions and showcases, and sings locally at restaurants and charity events.

"I'm not much of a story writer, so music is an easy way for me to express my feelings," Serena said, adding she writes lyrics and melodies about fitting in and being your own person, because that is what's most important to her.

Serena, whose parents are Gary and Anita, plays the piano and guitar, and is also active in her school community, playing volleyball, basketball and soccer. She also enjoys art classes and volunteers by teaching a pre-hip hop class at a local dance academy.

Serena is also quick to help others. She recently challenged her Grade 8 class to raise \$250 for a Christmas toy drive, and then cut off eight inches of her hair in front of the whole school to donate to Canadian Cancer Society because the students surpassed her goal and raised over \$700.

She also appeared in a TV commercial on the Family Channel and continues to go to Toronto for auditions, though her primary focus remains on her music.

"I want to see where music takes me. I want to travel and hope music will take me there. I love meeting new people and music helps me do that."

Serena is currently working to get her songs on iTunes, but



● Serena Rutledge, of Ripley, loves performing songs she has composed.

she has her own YouTube channel and a website at www.serenarutledge.com.

When asked if she is seeking fame, she said, "If it happens, it happens. I don't sit here saying I want to be famous. I do it because I love it. Famous isn't the end goal." **GBK**

For being this issue's Cool Kid, Serena receives a prize pack from Miller Insurance and Grey-Bruce Kids. To nominate a Cool Kid, visit www.greybrucekids.com or contact amy@greybrucekids.com for details.



MILLER
INSURANCE BROKERS

Essex | Port Hope | Southampton | Owen Sound
Shawville | Simcoe | Collingwood | Huronia

1 (800) 265-3000

www.millerinsurance.ca

SPRING EVENTS

MARCH

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Curl for Kids Sake

Kincardine Curling Club
For Big Brothers Big Sisters of
Kincardine & District
Register at 519-396-3565

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Make Art

Tom Thomson Art Gallery, Owen Sound
1-3 p.m.
www.tomthomson.org

MARCH BREAK

16-20

March Break Camp

Kincardine Davidson Centre
Ages 4-12
Pre-register at 519-396-3491
www.kincardine.net/rec-programs.cfm

March Break KidZone Daycamp

Bruce County Museum & Cultural
Archives, Southampton
8:30 a.m.-5 p.m.; Ages 5-12
Pre-registration/prepayment required.
www.bruce-museum.ca

March Break Family Fun Days

Bruce County Museum & Cultural
Archives, Southampton; 10 a.m.-5 p.m.
Runs through March 21
www.bruce-museum.ca

March Break 'Be Curious' Day Camp

Grey Roots Museum & Archives
Owen Sound
Ages 5-10; 9 a.m.-4:30 p.m.
Pre-registration required.
www.greyroots.com

March Break Family Fun

Grey Roots Museum & Archives
Owen Sound; www.greyroots.com

March Break at Blue Mountain Village

www.bluemountainvillage.com

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Maple Magic

Regal Point Elk Farm, 408621 Conc. 24,
Georgian Bluffs; 9 a.m.-1 p.m.
www.wiartonrotary.com
www.regalelkipoint.com
Runs through March 22

28

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; 11 a.m.-4 p.m.
519-369-3690 or www.greyroots.com

Old Tyme Maple Syrup Festival

Saugeen Bluffs Conservation area,
Paisley; 10 a.m.-4 p.m.
519-367-3040 or www.svca.on.ca
Runs through March 29

APRIL

2

Feast for the Eyes

Southampton Art Gallery
13th annual Juried Art Exhibit.
7 p.m.; www.southamptonart.com
Runs through May 10

4

Kemble Maple Syrup Farm Tour

Passports necessary for entry.
www.kembleunitedchurches.ca

10

Port Elgin Rotary Home and Recreation Show

Southampton Coliseum
Friday 5-8 p.m., Saturday 10 a.m.-4 p.m.,
Sunday 10 a.m.-4 p.m.
portelginhomeshow@hotmail.com
Runs through April 12

11

21st annual Holstein Maplefest

Love's Sugarbush, 392098 Grey Rd. 109,
www.holsteinmaplefest.com
Runs through April 12

Eco Explorers

Bruce County Museum & Cultural
Archives, Southampton; 2-4 p.m.
www.bruce-museum.ca; Also runs May 3

15

School's Out Movie

Bruce County Museum & Cultural
Centre, Southampton; 2:30 p.m.
www.bruce-museum.com

18

Hanover Home Show

P&H Centre
www.backporchevents.ca
Runs through April 19

A Medieval Day

Bruce County Museum & Cultural
Archives, Southampton; 10 a.m.-4 p.m.
www.bruce-museum.ca

Purple Valley Maple Syrup Festival

Free bus from Wiarton 9 a.m.-2 p.m.
519-534-0268; explorethebruce.com

23

Grey Roots Regional Heritage Fair

Grey Roots Museum & Archives
Owen Sound
Public viewing April 24-25.
www.greyroots.com

25

Saugeen Home and Outdoors Expo

Walkerton Agricultural Building
519-881-3413
www.saugeenexpo.ca
Runs through April 26

Owen Sound Home and Cottage Expo

Harry Lumley Bayshore Community
Centre, Owen Sound; 10 a.m.-5 p.m.
www.homeandcottageexpo.com
Runs through April 26

Kincardine Expo

Kincardine Davidson Centre
10 a.m.-5 p.m.; 519-396-9333
www.kincardinechamber.com
Runs through April 26

MAY

15

30th annual Fish Kincardine Derby

www.fishkincardinederby.com
519-396-9333

Inside Paisley

Nature's Millworks, 4575 Bruce Rd. 1,
Paisley; 10 a.m.-6 p.m. daily
519-353-4017
www.naturesmillworks.com.
Runs through June 7

16

4th annual Artsy Treasures Sale

Southampton Arts Society
At Southampton Art Gallery
7 a.m.-2 p.m.; southamptonart.com

22

Grey Bruce One World Festival

Market Square, Owen Sound
Celebrate diversity in Grey/Bruce
www.greybruceoneworldfestival.org

24

Rotary Brunch and Music Jam

Riverside Park, Paisley
8:30-11:30 a.m.
519-353-5502 or bjobinson@live.ca

GBK



RECIPES

A FRESH TAKE ON PIZZA DAY

Everyone loves pizza, especially kids! It can be a quick but also healthy family meal and the variations are endless. If you're stuck in a pepperoni and cheese rut, try some of these combinations.

PIZZA BASE

INGREDIENTS:

- 1 25 oz package of dry yeast
- 1 tsp white sugar
- 1 cup warm water (110 F/45 C)
- 2 ½ cups bread flour
- 2 tbsp olive oil
- 1 tsp salt

DIRECTIONS:

- Preheat oven to 400 F. In a bowl, dissolve yeast and sugar in warm water. Let stand until creamy, about 10 minutes.
- Stir in flour, salt and oil and mix until smooth. Let rest for five minutes.
- Turn dough onto a lightly floured surface and roll out. Transfer crust to lightly greased cookie sheet or pizza pan. Bake for about five minutes, take out and spread with desired toppings. Bake for an additional 15 minutes or until golden brown.

VEGGIE PIZZA

INGREDIENTS:

- 1 pizza dough base
- 1 cup fat free sour cream
- 1 8 oz package fat free cream cheese, softened
- ¼ tsp garlic salt
- 1 1 oz package ranch dressing mix
- 2 cups fresh chopped broccoli
- 2 cups shredded carrots (or any fresh veggies)

DIRECTIONS:

Cook pizza dough according to directions above. Let cool completely. In a mixing bowl, combine cream cheese, garlic salt and ranch dressing mix. Spread evenly over cooled pizza crust. Top with veggies. Refrigerate until served.



BREAKFAST PIZZA

INGREDIENTS:

- 1 pizza dough base
- 3 eggs
- ¼ cup milk
- 1 cup cooked ham, diced
- 1 cup cooked sausage crumbles
- 1 cup mozzarella cheese, shredded
- ½ cup cheddar cheese, shredded
- ½ cup green pepper, diced
- ½ cup red pepper, diced
- ½ cup onion, diced
- Salt, pepper and garlic salt to taste

DIRECTIONS:

- Preheat oven to 400 F.
- Using a cookie sheet, roll out your pizza dough. With your fingertips, make small indentations in the dough (this helps the eggs settle and cook more evenly).
- In a small bowl, beat together the eggs and milk, then brush the egg over the crust using a pastry brush.
- Top with ham, sausage, cheese and vegetables. Salt, pepper and garlic salt to taste (but you can use whatever toppings and seasonings you like!).
- Place in the oven for 12-15 minutes. Ensure egg is completely cooked and that your dough is done before removing from the oven. **GBK**

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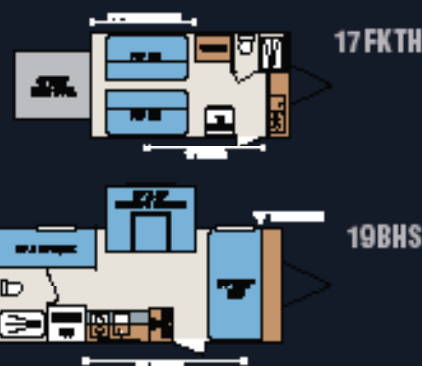
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