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FROM THE PUBLISHER

Lots to read in this issue

Thanks for picking up the first issue of 2016! We're now in our fifth year of publishing Grey-Bruce Kids and yet we still feel the same excitement in distributing 10,000 copies across the counties as we did way back in December 2011.

We have another great issue for our readers, with interesting looks at capturing our family's important moments on a day-to-day basis, instead of once a year with formal pictures. Photographer Sarah Tacoma provides tips for basic and more advanced shooting around the home and how to best capture those unforgettable yet fleeting moments.

If you have a Grade 8, 9 or 10 student in the house, make sure they read our story on volunteering opportunities on Page 10. It provides an excellent overview on how youth can choose a volunteer job that will fulfil their 40 hours of community service as per the high school curriculum, while also being fun and rewarding! Giving back to their community is something all youth can do, they just need to find what opportunity best fits their interests.

Every day, hundreds of kids across Grey and Bruce struggle with their speech. In our regular 'A day in the life of...' feature, we talk with Sarah Kelly, a speech and language pathologist with the Integrated Preschool Speech and Language Services at the Grey Bruce Health Unit. She does interesting work that creates a brighter future for our youngest citizens.

We also wrap up our three-part series on social media safety with a look at how youth can use online networks in a positive way, to boost their profile and earning potential. We all likely know a few adults who could use this advice too! We hope the series opened your eyes to what tools our kids are using online and how be safe.

Oh, and I also let my husband write about baseball...

Thanks, as always, to our advertisers, distributors, writers and readers – without all of your support, we could never have dreamt of a fifth year of Grey-Bruce Kids.



Amy Irwin, Publisher

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Volunteering opportunities
Giving back to the community can be so much more than a curriculum requirement for local youth.



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Show your love for Bruce County

The Bruce County Museum & Cultural Centre is inviting youth to show their love for Bruce County through art. The museum is holding a juried art show for all Grade 6, 7 and 8 students in Bruce County schools.

Rules

- All two-dimensional artwork is welcome.
 - Submissions must be ready to hang.
 - Students may submit two pieces of artwork, with a maximum size of 24" x 24".
 - Each piece of art submitted must have the provided label attached to the back of the artwork.
 - Please include the brief description of your work and the inspiration behind it. Labels can be downloaded at brucemuseum.ca or picked up at the museum.
- The artwork will be juried by Darlene McConnachie, Art School Director, Cathy McGirr, BCM&CC Director, and two local artists. Organizers remind participants this is a juried show and they can't guarantee the acceptance of all artwork due to space limitations.

Important dates

- Entries to be dropped off at the Bruce County Museum & Cultural Centre no later than May 3.
- Jurying of artwork May 4.
- Successful applications contacted May 6.

Film festival features local youth

Attention young filmmakers...

The libraries of Bruce and Grey counties want your films for the 2016 Grey Bruce Youth Film Festival, which will be held at the Owen Sound Galaxy Cinemas on April 27.

Enter for a chance to see your film on the big screen and a chance to win cash prizes.

In addition to the Galaxy screening, some of the films submitted to the 2016 Grey Bruce Youth Film Festival will be selected to screen at the Meaford International Film Festival, at the Meaford Hall, on the Labour Day weekend.

Short animated or live-action films that are a maximum of 10 minutes in length from students in Grades 7 through 12 are eligible. Interested youth can pick up an application form from their public library. The deadline for submissions is Friday, April 1.

Winners will be selected by a panel of judges and announced after the screening.

For more information about the Grey Bruce Youth Film Festival, contact Nadia Danyluk, Youth Services Librarian, at 519-376-6623 ext. 303 or ndanyluk@owensound.library.on.ca.

40

Number of hours high school students in Ontario must spend volunteering before they're allowed to graduate. Read more on Page 10.

Grey County waterfall tour

Exploring the waterfalls of Grey County is a great way to spend the day with family and experience the outdoors. Learn more about the waterfall tour in our story on Page 22.

Comic to discuss depression in Durham

The Grey Bruce WeCARE (Connect Ask Reach Engage) project is holding its second annual 'Share Event' on May 13, at the Durham Community Centre. The keynote address will be given by Kevin Breel, a 22-year-old writer, comedian and activist for mental health from Victoria, BC. His TED talk, 'Confessions of a Depressed Comic'

became one of the speaker series' most viral videos of all time with more than a million views in a matter of weeks. Now, with over three million views, it stands as one of the most watched TED talks ever. His work has been featured on NBC, MTV, CBC, The Wall Street Journal, Mashable and CBS. Register at www.wecaregreybruce.ca.



TALES from TOTS

YOU NEVER KNOW WHAT THEY'LL SAY NEXT

We interviewed Ms. McDonald's JK/SK class at Ripley Huron Community School about newborn babies. Ms. McDonald and her husband welcomed a baby girl just days before we went to press!

What do newborn babies do?

Tyanna – Say Mama and Dada.
Ricky – Chew on things.
Kyla – They cry.
Beau – They come out of their Mom's 'gina.
Braelyn – They make a big mess.
Briar – Drink bubbas and crawl around.
Colton – Drink milk.
Jace – Drink bottles.
Magnus – Drink milk.
Rhys – Cry.
Evey – They play with toys.
Alina – Play.
Cayden – Cry.
Evan – They walk.
Graeme – Play with their big brothers.

What are Mommy and Daddy's job?

Tyanna – Feed them food.
Ricky – Mommy gives them milk, Daddy doesn't do anything.
Kyla – Takes care of them.
Beau – Mommy watches the baby, Daddy watches their brother.
Braelyn – Mommy takes care of them, Daddy drives them to fun places.
Briar – Mommy keeps them safe and healthy; when they go on a trip Daddy has to pack all the baby stuff and the Mama.
Colton – Mommy keeps them safe, Daddy looks after them.
Jace – Mommy feeds them, Daddy puts them to sleep.
Magnus – Mommy changes diapers, Daddy feeds it.
Rhys – Mommy looks after them, Daddy changes diapers.
Evey – Mommy holds them, Daddy looks after them.
Alina – Mommy keeps them happy, Daddy cuddles the baby.
Cayden – Mommy changes diapers, Daddy does the same as Mommy.
Evan – Mommy takes care of them, Daddy gives them food.
Graeme – Mommy keeps them warm and not make them cry, Daddy doesn't get the baby upset.

How much do newborn babies weigh?

Tyanna – One pound.
Ricky – One pound.
Kyla – 13 pounds.

Beau – A million days.
Braelyn – 10 pounds.
Briar – Nine pounds.
Colton – Six pounds.
Jace – Zero pounds.
Magnus – Zero.
Rhys – Five pounds.
Evey – 19 pounds.
Alina – Five pounds.
Cayden – 17 pounds.
Evan – 40 pounds.
Graeme – 13 pounds.



What is the best thing about babies?

Tyanna – So much ... they say goo goo gaa gaa.
Ricky – I don't know.
Kyla – Snuggling with them.
Beau – We give them hugs and kisses.
Braelyn – I don't know.
Briar – They are quiet when you put them to sleep.
Colton – Looking after them and feeding them.
Jace – They are cute.
Magnus – When they be quiet.
Rhys – Cute.
Evey – Playing with their toys.
Alina – They like to play.
Cayden – I don't know.
Evan – They walk.
Graeme – They like to play with you.

What's the hardest thing about babies?

Tyanna – Giving them a bubba.
Ricky – Giving them food.
Kyla – They scratch and bite people, and pinch.
Beau – Changing their diapers – it's gross.
Braelyn – You gotta clean them up a lot.
Briar – Gotta change their diaper.
Colton – Changing their diaper.
Jace – Changing diapers.
Magnus – You have to feed them every day.
Rhys – They get into your stuff.
Evey – Holding them.
Alina – Crying.
Cayden – I don't know.
Evan – They walk around us and get into our stuff.
Graeme – If you don't want to play with them it's hard because they really want to play with you.

Telling your family's story

PHOTOGRAPHS CAN CONNECT THE PAST AND FUTURE

By Sarah Tacoma

As my son was eating his lunch one day, sitting on a floor pillow in the living room, I watched him stare out the window deep in thought.

Knowing these moments pass quickly, I grabbed my camera and snapped a few frames while my twin toddlers scurried around me. Looking at this photo now, I see my four-year-old boy but I also see a young man deep in thought with a strikingly familiar look of contemplation on his face that makes me think of my father. I didn't even see this at the time, but the photograph, now printed, has found a home on our wall with many others in a collage that tells the story of our family; who these little creatures are and how they have changed our lives.

Don't get me wrong, I'm not against the standard family portrait, but as a professional family photographer and a mother, I've seen how capturing authentic moments move us in a much deeper way. We all have the 'Everyone-look-here-and-smile' photograph, but it's the candid images that make us sigh and bring a loving tear to our eye as we hold a photograph of a loved one engaged in a moment so beautiful and honest it's breathtaking. A head thrown back in full belly laughter, children running through the grass, faces buried in books, cuddles with loved ones, or the intense look of concentration. These are the moments I love to capture for myself and other families. These are the moments that are so preciously fleeting. So, let's dust off your camera and get you capturing your family memories before the kids have grown and left the coop!

LIGHT

Light is so important in a photograph, it sets the mood and tone for your image. Luckily you don't need any flashes or fancy cameras to capture it. Look for bright locations in your home – big windows in living rooms, kitchens and bedrooms are great. Side lighting is quite beautiful and dramatic, so position yourself where you can get it. The closer the subject is to the light source, the more dramatic the lights and darks are. When the light is diffused (through a curtain or under an open shade for example) or your subject is farther away from the light source, the softer and subtler the lights and darks are. So long as the space is bright enough that you don't need your flash, you're good. Natural light is always my preference, because it's the most beautiful and does wonderful things in a photograph. Lamps and ceiling lights cause terrible downward shadows under the eyebrows and nose, although if it's dark outside, use what you have and see if you can make it work!

Creative tip. Try taking backlit portraits, where the light source is behind the subject. Depending on your exposure, you can create airy, haloed images or dramatic silhouettes (be sure to get the profile).



Photos courtesy Sarah Tacoma.

If you have little knowledge about exposure, stick with fully automatic for now, but if you want to take one step toward more exposure control, set your camera to 'portrait' for images with one or two people and 'action' or 'sport' for when they are running around. These settings are designed to help you take photos in specific situations so use them! If you're feeling daring, switch your camera to 'A' or Aperture Priority. When photographing one to three people who are close together, keep the aperture as its lowest available number (f2.8-4). The more people you include or the farther away they are from each other, the higher the number should be (f5.6-9). These settings allow us to focus just on the face, with the background out of focus, or make sure we have everything in focus. This is called 'depth of field.' This step alone can have dramatic results for your portraits.

COMPOSITION

This is where you can get really creative so work the space and find the best angle. Usually what I do is get a 'safe' shot first, capturing the moment quickly before it passes. Then, if the moment lingers, I get a bit closer, looking through the camera to find something interesting. I like to give the photo context, so keep in the stacks of books or laundry, or, if you're outside, frame the image as if it's a landscape with a child at the bottom. This helps to tell a story, giving information about the moment



or space that you wouldn't get with a close up portrait. As you get closer, you can cut out those extras and get a more intimate photograph.

Creative tip. One of my favorite things to do is to create a frame within a frame by photographing through things. I often push my camera through a plant (yes, even a house plant) to frame a moment with leaves around, or shoot through a doorway or window. This also works with accidents. I've often been photographing one child when another walks past my lens. If I see them coming I get ready and continue shooting as legs and arms swing past. Sometimes it makes for fantastic images. These ones tell a bigger story, a story not just about the individual you are photographing but of the family as a whole.

Click, get closer, click, move around to the other side and recompose. Make sure to snap a lot of images, kids move quickly and expressions can change in the blink of an eye. You can always go through them later and keep just your favourites, but please do this on your computer where you can get a better sense of the photograph and double-check for focus!

IN THE MOMENT

Catching the moment is what every photographer strives to do when they pick up their camera. You can have great light and composition and make a wonderful photograph, but if you capture a moment, it's entirely different. It pulls on the heart strings. Capturing the moment takes only one thing – patience. When you have your shot set up and you've taken a few frames, sit and wait. Sometimes nothing interesting happens, and that's fine, but something wonderful can also happen, like a tender touch between siblings or complete hilarity as they throw pillows across the room. Sometimes it's the moment itself that captures your attention and you get your camera out just in time.

There are certain situations in which great photographic moments happen easily, so have your camera easily accessible.

Don't stow it away in the back of the closet or tucked away in the office, keep it close to the action. Mine is often sitting on top of my fridge or tucked into my camera bag beside the couch. I can grab it within seconds of seeing a moment develop, and be ready to click when the moment happens. That doesn't mean I get it every time of course... and frankly, some days I don't feel like taking pictures at all. But when we're baking cookies in the morning and the light is streaming into the kitchen, the children are covered in flour, I'm there with my camera in hand (between managing each cookie-related crisis). And once in a while (don't tell anyone), I grab my phone a snap few quick ones if my camera is too far away.

Creative tip. If you're looking to create some fun moments, give the kids bubbles or encourage them to smooch their faces on the window with you on the other side. Bring out a special toy or snack or take them to the beach. Create situations where moments happen frequently and easily. It's also a great way for you to practice!

PRINTING

Now that you have some photos taken, what do you do? Personally, I love black and white. It's not only beautiful and dramatic, but it also helps create workable images from poorly lit ones and helps focus attention in a busy image. I don't print all my photographs, but I pick a handful per year and hang them in our house. For all the others, I print them for photo albums or make a printed book online so I can order extra copies for family members. It's an easy and affordable way to print a year's worth of images!

I hope I've motivated you to pick up your camera and give it a shot. The more you do, the better you'll get and progress happens quickly. Just remember, light determines the mood of the photograph, composition can tell a story, and capturing the moment introduces emotion. Using these three concepts together can create stunning images that celebrate your family; documenting the everyday in a way that reminds you of how beautiful your life is and how many special, crazy and fun people



and moments fill your days. Celebrate your family and hang these images in your house or print them out in a book so you and your family can look at them regularly. **GBK**

SARAH TACOMA Sarah has been a professional photographer for over 10 years, specializing in storytelling family photography. She lives with her artist husband and three children in the Beaver Valley where you can find her working in her backyard art studio. Visit her website at sarahtacoma.ca.

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Making a difference

Many opportunities for youth to volunteer in rural communities

By Stephanie McMullen

Some youth consider volunteering to be giving back to their community, and gaining skills and contacts, while others think of it as forced labour.

Volunteering can be any of these things, depending on your

point of view. Ontario secondary school students are required by the Ministry of Education to complete 40 hours of voluntary service in order to graduate from high school. There are an overwhelming number of choices out there, so how do you choose one that will turn this obligation into a pleasure?

WHY VOLUNTEER?

Aside from the obvious need to complete curriculum requirements, there are many excellent reasons to volunteer your time. By offering time, energy and skills, youth can discover

more about what really interests them and what they're really good at. Volunteering can help you focus on future areas of work and study, or even pick up a new hobby!

You will learn new skills and refine your existing ones. You will meet new friends of different ages and from different backgrounds, then you would meet at school or in youth programs, and some of these people will be delighted to serve as references for future job or scholarship applications.

As a volunteer coordinator, one of the nicest parts of my job is to help young people onto the next stage in their lives, chasing their dreams. If you choose wisely when volunteering, you will have fun and gain a great sense of satisfaction from the difference you make in your community, whether you are offering your assistance to an organization with a project or program, or helping your neighbour keep their steps clear of snow in the winter.

CHOOSE WISELY

The best way to pick a great volunteer opportunity is to think about you. If you pick something that you love – or at least have an interest in – you are much more likely to stick to it and benefit from the experience than if you agree to an opportunity your parents, teacher or friends choose for you. If you enjoy working animals, contact your local shelter or animal rescue. If there is a cause that has personal meaning for you, from Community Living to the Cancer Society, they might have an opportunity for you. Do you enjoy theatre, history or reading? Cultural organizations – from theatre groups to museums and libraries – have a variety of roles for volunteers. For those interested in the trades, Habitat for Humanity might need you for a special project.

Don't be afraid to think about combining interests as well. If you enjoy working with your hands as well as local history, perhaps you would like to serve as a blacksmith apprentice at Grey Roots Museum and Archives. If you like theatre and mental health issues are important to you, talk to the Grey-Bruce-Owen Sound Canadian Mental Health Association about their puppeteering program. Kids and horses? Locally, we have GRACE and PRANCE that are always looking for helpers! Grey/Bruce has dozens of wonderful, worthy organizations and groups working to make a difference in our communities, so the key is to choose



• Alyssa van Schepen (left page) volunteers with KidsCamp at the Grey Roots Museum and Archives, while Gillian Wagenaar (right) gave her time to a Halloween event at the museum recently. Volunteering will be more than a curriculum necessity if the youth chooses wisely.

the one(s) that best match you!

Think about what your schedule will allow. High school is a busy time, with demanding classes, jobs, sports and an active social life. Commit to the kind of volunteering that you can reasonably do. Perhaps you work best with a regular, scheduled volunteer shift, so you can incorporate the opportunity as a regular part of your weekly routine, or maybe working for an organization for special events that happen a few times a year is best. Could you help with one, intense project that has a start and end date, such as a fundraising event? Is it best for you that your volunteer work is flexible, so that you can pop in whenever you have

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Albert Clarke volunteered his time to the Grey Roots Museum and Archives and learned how to be a blacksmith.

some free moments? It will only stress you out if you take on a commitment that you cannot manage, and that will make for a poor experience.

Once you have an idea of the kind of work you are interested in, and what kind of a commitment you can make, call agencies whose missions match. Simple Internet searches will give you more insight into the organizations and their missions, and they should have volunteer opportunities listed, or at least invite you to contact them for more information. You want to approach organizations that seem welcoming, friendly, organized and appreciative, with good communication. Your time is valuable, and you want to ensure that your host agency has systems and structures in place to support you. If they do, you will feel valued and like you are making a difference.

Agencies that depend on volunteers spend a great deal of resources to develop and support volunteers. When taking on young volunteers, we hope you are offering your time because of interest, not simply to fulfill your 40-hour requirement, the equivalent of one week of full-time work. In most cases, it is difficult to get a deep sense of satisfaction, learn a lot or make much of a positive impact if you are only there for such a short period of time.

Remember, agencies that have volunteers need them to do a job or deliver a service, and your effort does make a difference. They rely on volunteers, and if you are not interested in their mission or cannot make the needed commitment, choose something

else. Don't be a drain on their time and resources!

TIPS FOR WHILE 'ON THE JOB'

For many young volunteers, volunteering is the precursor to paid work. Treat it as such. Most good organizations will have screening tools, to ensure a good match between your needs and interests, and theirs. Be prepared to fill out an application (in person or online), attend an interview and provide references. Please note, while these references can be teachers, neighbours you have helped or someone you babysit for, do not list family members or friends as references. We assume these people already think highly of you, but they might not have the kind of insight into your reliability, work ethic and initiative that we are looking for in a reference.

Communication is the cornerstone of any relationship, and it is the key to a good volunteer relationship. Your host agency should communicate with you frequently, usually by phone or email. In turn, we ask you respond when appropriate, such as replying to emails or calls. It definitely makes a big difference if you contact the organization, whether to make the initial contact, call in sick or respond to a question. It speaks volumes about your interest and commitment, as well as your maturity. It is almost never a satisfactory experience for you or the agency if your mom is always making the calls for you.

Since one of your primary motivators to volunteer is likely your need to fulfil your volunteer service hours requirement, you will need to make sure your supervisor knows which school

you attend. I always recommend you start your volunteer work during the summer between Grades 8 and 9, and try to make sure you have your 40 hours completed by the end of Grade 10 at the latest. Your senior years of high school are filled with more challenging academic work, and your time is increasingly stretched between many commitments. There are few things more stressful than closing in on your final weeks of Grade 12 and realizing you still need to fit 40 hours of volunteering into your schedule somehow! Many volunteer organizations try to make it easier for you by communicating directly with your high school guidance departments, supplying them with your service hours at the end of your assignment or at the end of the year, so your teacher can add them directly into your dossier. We often include a short report on your service as well, to provide feedback to help them guide you in your future choices.

Volunteering can be a positive, enjoyable experience that opens doors personally and professionally. If you take a bit of time to pick an opportunity that matches your time and interests, you are much more likely to have fun and learn new skills. **GBK**

STEPHANIE MCMULLEN is the volunteer coordinator at Grey Roots Museum and Archives, where she has worked for more than 16 years. Learn more at www.greyroots.com.

Critical illness insurance

EXPLAINED

While being diagnosed with a critical illness like cancer, stroke, or heart attack could change your lifestyle, it doesn't need to change your financial plans. Critical illness insurance can help reduce your financial worries so you can focus on recovery. The money can help you:

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Raising digital SUPERHEROES

FINAL PART OF OUR SERIES ON SOCIAL MEDIA SAFETY

By Jon Farmer

Young people today have more power at their fingertips than any generation in history.

It's a cliché but it's true. The prevalence of wifi-ready technology and proliferation of social media platforms gives kids access to incredible amounts of knowledge and limitless opportunities to connect. The same technology makes kids vulnerable to new dangers from both the world and each other. Today a nine-year-old's YouTube channel can have millions of followers, and a teenager can make hundreds of thousands of dollars from Instagram sponsorships.

Bullies can now also hurl invisible insults beyond schoolyard

fences to find victims at any time. To digital natives none of that seems strange. To the adults raising them it can be terrifying. It's like children have superpowers we don't understand, but, as the adults in their lives, we have to teach them how to use those powers for good.

Although technology complicates everything, the essentials of mentoring and parenthood haven't changed. It's up to us to help children understand the principles of good citizenship are the same in real life and online.

In the golden days before social media, children learned how to socialize in protected settings. We were raised with physical social networks made up of family, neighbours, teachers and friends. Our guardians could better control who and what we were exposed to and more easily monitor our reactions. In 2016, social network has an entirely different meaning. Now, children are only a few clicks away from being influenced by, and influencing, almost anyone in the world. On top of that,



we can't watch those interactions in the same way our parents watched ours.

This can make the Internet seem nebulous and frightening, but it doesn't need to be. The Internet and social media are really only tools that – like any tool – can be used to either hurt or help. It's important for young people to realize that, when they choose to help or hurt others, they choose the same effect for themselves in the long term.

FOREVER ONLINE

Digital content is easy to create and almost impossible to destroy. The development of the 'screen shot' – a picture of a phone or computer screen saved on the device – made it possible to secretly save content even when it has been erased or deleted from the original source. This means the content kids create

can potentially follow them forever. Even accounts with robust privacy settings can have their content shared by other contacts.

Fortunately, most kids understand that online information can be seen by everyone and exists forever. What many don't understand is that future employers, coaches or teachers – not simply their friends and family – will be looking at the artifacts of their lives online. Our digital lives are like highly visible public resumes – testaments to our actions, character and interests. But, unlike a resume or LinkedIn profile, we don't get to make final edits after the fact. The stakes are high but teaching children to be proactive can make all the difference.

CREATE A POSITIVE PRESENCE

Technology is here to stay and uniformly keeping young people off social media is not the answer. After all, there's no reason for

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kids to hide themselves from the digital world if what they're creating is positive. In the same way that negative posts can haunt a prospective scholarship or job application, positive content can generate attention and jump-start careers. At its extreme, this looks like the musical careers of Justin Bieber and Alessia Clara, who rose to fame after being discovered on YouTube. More commonly, this looks like small demonstrations of character and ability through shared content and comments.

It's up to young people, not the adults in their lives, to decide how they will act in the world. As adults, the most we can do is to provide them with the tools they need and opportunities to practice using them.

Here is a simple exercise to practice filtering behaviour online. I encourage everyone to ask these three questions before they

post content or send messages. If you answer 'no' to any of them, then simply do not click post or send.

Is it true? Is the content you are sharing, the comment on which you are posting, or text you are sending true? This applies to what you create, read and share. Journalistic standards keep the professional media in check but social media has few standards. If it isn't true then don't post it. Asking about truth can help adults extend conversations about honesty and lying by applying it to online content and a child's digital life. This question also encourages young people's critical thinking skills and media literacy because even trusted sources can start or spread rumours. If kids are asking where information is coming from and why, then they will be more likely to question their own content and vice versa.

Is it kind? Will this content make someone have a better or a worse day? Technology removes the immediate emotional feedback of face-to-face communication. In many cases, kids can't see the emotional impact of their comments or actions online. Encouraging them to think about the impact of their words helps them to empathize and develop emotional intelligence. So, if it isn't kind, don't post it. As citizens, we know our actions affect the people around us. Responsible digital citizens know this too and think about how they can positively affect the world. At any age, this starts with kindness.

Is it you? The visibility of digital content makes our lives online like personal billboards and it's up to every individual to decide what they want to advertise. If it isn't you, don't post it. This one is challenging because young people are building public resumes at the same time they're exploring and creating their personalities. Individual tastes are going to change with hairstyles and developmental phases, but the pillars of healthy character will stay the same. If young people understand what they post online shapes how they are seen by the world, they'll be more likely to present their best selves.

If you can answer 'yes' to all three of these questions then post, send and share without fear.

Teaching kids about possibilities and consequences is a challenge. Teaching them how to interact with the world in positive and healthy ways is essential. Technology complicates all of this, but keeping it away from children is not the answer.



Young people are growing toward a world that will require digital connection in school, work and play. When we give them the skills and perspective to use social media and technology positively, we empower and prepare them for their adult world. It's a steep learning curve for everyone and the tools and technology will continue to change. However, if we can teach children what they say and create matters to their lives, their communities and the world, then we'll have done our part to raise good, caring people who are also responsible digital citizens. **GBK**

***JOHN FARMER** is a storyteller and writer from Owen Sound who is trying to reduce violence by shifting cultural narratives. Among other projects, he works with a team of facilitators to deliver workshops on digital literacy and citizenship called 'My Life Online: Teaching kids to be kind online.' Learn more at mylifeonlineworkshop.com.*

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St. Vincent-Euphrasia Elementary, Meaford
Macphail Memorial Elementary, Flesherton

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A day in the life of...

a Speech and Language Pathologist

Who?

Sarah Kelly

Role?

Speech and Language Pathologist with the Integrated Preschool Speech and Language Services (IPSLS) at the Grey Bruce Health Unit.

Experience?

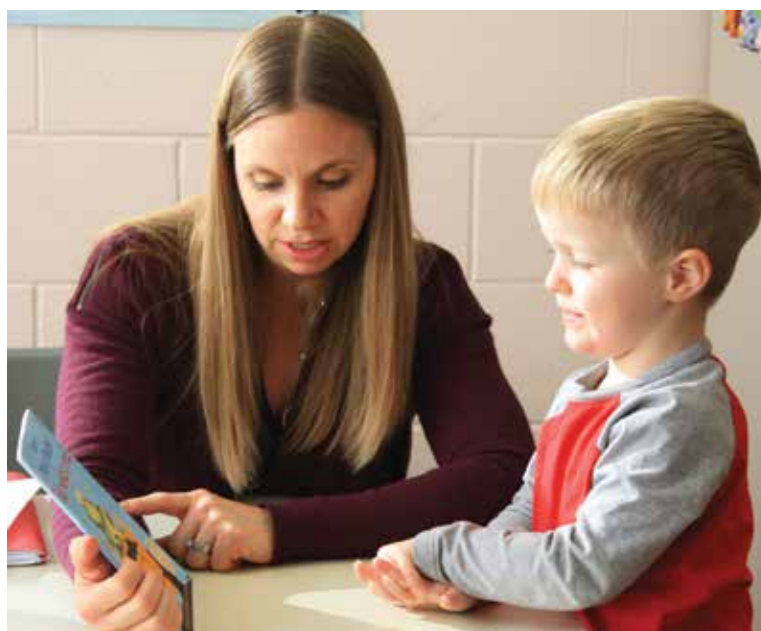
- Five years in Grey-Bruce with IPSLS and its predecessor
- Preschool speech and language programs in Brantford and the Waterloo Region
- Four-year Bachelor's Degree from the University of Windsor, followed by a one-year prerequisite program at Wayne State University in Detroit in preparation for the Masters of Arts in Speech-Language Pathology at Wayne State University. Achieved her Masters in 2004.

The IPSLS is one of 31 provincial programs funded through the Ministry of Children and Youth Services that provide free speech and language services for preschool children. Research shows one-in-10 children will need help developing normal speech and language skills. Without this help, a child will have difficulties with listening, talking, reading and interacting with other children. The goal of the program is to ensure every child in Grey/Bruce achieves their optimal communication development.

Sarah's role includes providing assessment and treatment to children from birth until they are eligible for Senior Kindergarten. She provides service for children who are experiencing difficulties with the development of language (receptive language-understanding spoken words and expressive language-saying words and sentences), speech (articulation/sounds), feeding/swallowing, fluency (stuttering) and pragmatics (social uses of language). As an SLP in the preschool program, she sees children with a variety of difficulties.

Biggest reward?

Sarah said she's fortunate to work with parents and their children to make improvements, even if the steps are often small. "Sometimes the little things that we take for granted like being able to ask for milk or being understood by Grandma or Grandpa, are important milestones for some of the children and



families I work with," she said. "I enjoy helping families to reach these little goals."

Greatest challenge?

"There are always more children requiring my service than there are resources – and not just in Grey and Bruce," Sarah said. "As a program, we have struggled with long waitlists for services and it's difficult to have families looking for and wanting help, but having to wait for it." She said the good thing is that, lately, the government has put a lot of emphasis on early intervention – targeting the under-30 month population – and has attempted to decrease wait times across Ontario. "We know early intervention provides the best outcome for a child to catch up to same-aged peers."

What should parents/caregivers know?

"If you have questions or concerns about how your child's speech or language is developing, don't wait for a referral. Often, parents take a wait-and-see approach, and that can create further delays. Research shows that early intervention is key, and the best successes occur when intervention happens as soon as concerns are identified." Sarah said there is a misperception that referrals have to come from doctors, but parents can self-refer by calling 519-376-9420 x1233. There is no cost to the program.



A TYPICAL DAY...

8:15-8:30 a.m.: Check emails and voice messages and travel to her first home.

8:30-9:20: Home visit for a reassessment of a child's speech and language skills. This includes interacting with the child and completing formal testing to see where her skills are in relation to others her age. After the assessment, she provides the family with feedback on how their child is doing, and makes plans for next steps (intervention, etc.).

9:20-9:40: Travel to next home visit, with a stop to check emails and messages.

9:40-10:25: Treatment session working with a child on his sound development.

10:25-10:50: Travel to next home visit, again stopping somewhere along the way to check emails and voice messages.

10:50-11:50: Reassessment of a child's speech and language skills (similar to her first visit).

11:50-noon: Travel to next home visit.

Noon-12:50 p.m.: Treatment session working with a child on

sounds and grammar.

12:50-1:15: Travel to the Ontario Early Years Centre in Hanover (rented office space).

1:15-1:45: Lunch.

1:45-3: Paperwork and catch up from the day. Complete visit notes and start reports, return phone calls, wash toys and prepare for next visit.

3-3:45: Reassessment of a child's speech and language skills.

3:45-4:15: Clean up and pack bag for the next day, check emails, write note from 3 p.m. visit, wash toys and travel home.

Other activities she may do throughout a day include data entry (ministry requirement), time tracking (health unit requirement), toy washing, report writing, faxing referrals to other agencies, phone calls with families or community partners/doctors, daycare visits, internal and external meetings, preparing for a child's session by making pictures or other visuals, drop-in times at the OEYC's for general speech and language inquiries, or attending baby groups to do presentations.

Learn more about IPSLS by calling 519-376-9420 x1233 or visit www.publichealthgreybruce.on.ca. GBK



With one swing, a new generation of fans was born

By Dwight Irwin

I'm a massive Toronto Blue Jays fan – I have been my entire life. Even through the lamentable late-90s and terrible 2000s, where mediocrity was a foregone conclusion before the first pitch of the season was thrown, I watched four or five games a week, read numerous blogs, lamented the wasted talents of Carlos Delgado and Roy Halladay, and, like a sucker, came back year after year.

There are times I wish I had leapt off the bandwagon like so many people did once the glow of the glorious World Series wins of 1992 and '93 were a decade distant. I do the same with the Toronto Raptors and – to an extent – the Maple Leafs, although it appears their rise from the ashes is truly happening this time, if this is the team leadership that we can finally trust. Leaf fans have trusted many times before and have the scars to prove it.

So I was optimistic early on about the 2015 Blue Jays, knowing

we just needed a couple of tweaks and we'd be on our way to the playoffs. When those deadline trades happened, and their incredible August and September march to the pennant began, I quickly noticed how many regular people – as in non-traditional or dormant baseball fans – rocketed out of the woodwork. At first, I was overprotective of my right to bask in the wondrousness of the final two months of the Blue Jays season. "You didn't earn the right to cheer for this team now that it's actually good. I PAID MY DUES! THIS IS FOR ME!" I caught myself thinking more than once.

But then I realized the Jays magical romp to the playoffs was bringing people back to the game, making it cool again. Neighbours clamoured for a spot to sit in each other's living rooms to watch the games. Baseball was a conversation everywhere, not just the ball diamond, and those who hadn't paid attention for a decade or two rediscovered baseball's ebbs and flows, the elation and devastation, the importance of Every. Single. Pitch. Like the unforgettable one to Jose Bautista in Game 5 of the Division Series against Texas. It blew wide open one of the most intense games in history, and created a 'where were you' moment for a whole new generation of Jays fans in the process.

I expect my daughters, aged 8 and 5, will always remember the sight of me leaping and leaping and leaping, knees touching my elbows (while screaming, just to complete the picture) across our living room when Bautista angrily deposited that ball into the seats and bat-flipped his way into Canada's sporting history, just as I vividly recall jumping into my Dad's and sister's arms in 1993 when Joe Carter walked-off the Philadelphia Phillies to win our second World Series. Simply unforgettable.

Before this season – the first of any true importance for anyone born after 1993 – my daughters had been peripheral fans, using a game as an excuse to cuddle with me on the couch for an inning or two, but quickly losing interest (as most kids – and plenty of adults – do when a ball game is on). But this past year, *they started to care*. They asked questions about teams, game situations and why this guy did that. They recognized players as they strut to the bat. They started playing Rookie and T-Ball. They sat and watched longer and seemed to understand why I bought a radio for our camping trip during the (first) pivotal series with the Yankees in mid-August, when the Jays' run still didn't feel real. They and their friends started wearing Jays hats and jerseys and playing catch in the backyard. Their cousin (awesomely) cut his hair like Josh Donaldson and I must have handed Halloween candy out to two dozen mini-Blue Jays.

For the first time, my kids became interested in my passion, and the fall of 2015 was a wonderful way for us to spend time and celebrate together, while being part of something bigger than us – a fever that swept the entire nation – from our own living room.

I've spent an entire winter hoping for the same in 2016. GBK

DWIGHT IRWIN is the Editor of Grey-Bruce Kids, dad of two and a die-hard Toronto Blue Jays fan. He has watched Jose Bautista's home run and bat flip an (almost) embarrassing amount of times this off-season.



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Waterfalls and great days

EXPLORE GREY COUNTY'S TRAILS AND WATERFALLS WITH LITTLE ONES

By Allison Kennedy Davies

Getting your children active in the great outdoors can be a truly rewarding experience, and hiking is one of the easiest activities to tackle.

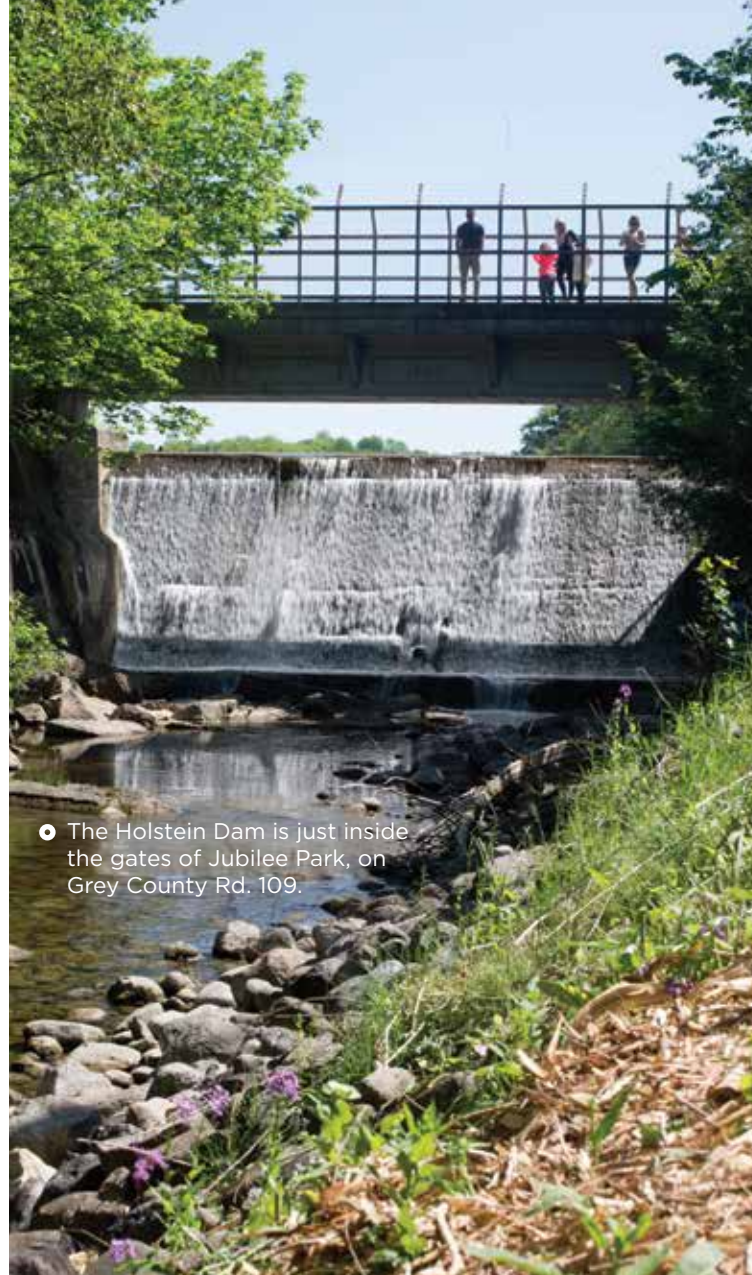
With no expensive gear required and a wide variety of trails and beautiful waterfalls in Grey County, you can start exploring with your family today.

Thanks to the elevation changes of the Niagara Escarpment, Grey County is home to 10 unique waterfalls. Many a short hike from a parking lot, they're ideal beginner trip for children with a tangible reward for their efforts on the trails.

The trail systems at many of the waterfalls allow you to choose between a short in-and-out hike or a longer, return-trip loop for older children. The Grey County Waterfall Tour brochure provides detailed information on each waterfall, complete with distances from the parking lot and facilities on site. You can download the brochure at www.visitgrey.ca/waterfalls or pick up a printed copy at your local information centre before you start planning your visit.

The Grey County Waterfall Tour has added two recently discovered waterfalls – the Holstein Dam Waterfall and Webwood Falls on the Bruce Trail, near the village of Heathcote. If you've already tackled local favourites like Inglis and Indian Falls, plan a day trip to these new attractions this spring and summer.

The Holstein Dam is located in the village of Holstein, just inside the gates of Jubilee Park, on Grey County Rd. 109. This five-metre waterfall is the result of the flow from the Norman Reeves Creek over the Mill Dam. While you can park right at the foot of the waterfall, the rest of Jubilee Park offers some extremely easy hiking/walking. Trails surround the Mill Pond, leading through forested areas to the water's edge. Bring a picnic, explore the Holstein Egremont Park and visit the large community playground on site. When you're finished at the park, stop by the historic Holstein General Store for some home-baked treats.



• The Holstein Dam is just inside the gates of Jubilee Park, on Grey County Rd. 109.

In contrast to Holstein, the newly added Webwood Falls is a waterfall in the wild. Located on the Webwood Falls Nature Reserve just north of the town of Kimberley and the village of Heathcote, the waterfall is formed by the convergence of two small streams that plunge into a deeply forested river valley. A short hike from the parking lot on Sideroad 25 leads you to two sections of the Bruce Trail, one on either side of the river valley. On the north side of the falls, you can hike through the original site of the Horwood farmstead and the remains of its beautiful perennial gardens. On the south side, the trail heads into the forest, where a viewing platform will eventually be constructed for the falls. While this loop may be too long for small children, an in-and-out hike on either side of the river valley will offer many interesting sights and sounds. **GBK**

Story by **ALLISON KENNEDY DAVIES** and photos courtesy Grey County Tourism. Learn more at www.visitgrey.ca/waterfalls.



• Youngsters enjoying Indian Falls in Grey County.

Tips for making the most of your family hike

- Even though many area trails are easy, appropriate footwear will make the experience better. Wear sturdy, close-toed shoes and expect to get dirty.
- Dress in layers with a backpack to carry raincoats, shells, mitts and hats.
- When hiking on roots and rocks, keep the pace slow. Little ones may struggle with the uneven ground at first but will soon master the trails.
- Keep children within arms reach. Cliff edges, cracks and crevices are part of hiking on the Niagara Escarpment.
- Take time to stop and listen. Try to hear birdcalls and listen for the rushing water of the falls as you draw closer.
- Add a scavenger hunt to your hike. Look for wildflowers and animal tracks.
- Snacks, snacks and more snacks. Nothing spurs on a tired hiker than the promise of a trailside snack. Don't forget to pack lots of water too!
- Bring directions. Pack your waterfall map, a printed map of the area you're visiting, The Bruce Trail guidebook or download the Bruce Trail App. Getting lost on your own is one thing, but getting lost with little ones in tow is another.
- Take only pictures and leave only footprints. Whether it's your phone or your digital camera, don't forget to capture some memories along the way. Waterfalls are fun to photograph, especially on cloudy days with slow shutter speeds.

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 - Kabaeshiwim Respite Women's Shelter

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

Sexual Assault and Partner Abuse Care Centre

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

Victim Services 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.sbgheh.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

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
Neyaashiinigmiing (Cape Croker)

Queen of Hearts Nursery School

109 Balmy Beach Rd., Owen Sound
www.queenofheartsnurseryschool.com

Sandbox Daycare - Hanover

519-506-7263

Saugeen First Nation G'Shaw-da-Gawin Day Care Centre

519-797-2419
gshawdagawin@bmts.com
www.saugeenfirstnation.ca

Tobermory Primary Place

519-596-2606

Unity House - Owen Sound

519-371-8686

Viola Jean's Garden Daycare - Owen Sound

519-416-5633 or 519-371-2362

Walkerton Day Care Centre and School Age Program

519-881-3123
wdcc@wightman.ca

Wiarton Kids Den Day Care/Kids Club School age 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

YMCA Childcare

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

DIET/NUTRITION

EatRight Ontario

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

Foodlink Grey Bruce

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

Good Food Box

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

Grey Bruce Eat and Learn

School nutrition program
bev_gateman@bwdsb.on.ca or www.osnp.ca

Grey Bruce Health Unit

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

Keystone Child, Youth & Family Services

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

EDUCATION

Academy of Learning - Owen Sound

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

Adult Learning Centres

Collingwood, Port Elgin, Markdale, Owen Sound, Walkerton, Wiarton
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.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 - 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
Wiarton - 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

Social Services

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

United Way of Bruce Grey

519-376-1560 or manager@unitedwaybg.com
www.unitedwayofbrucegrey.com

YMCA of Owen Sound and Grey/Bruce

519-376-0484 or ymcaowensound.on.ca

FOOD BANKS/HOUSING

Beaver Valley Outreach - Thornbury

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

Durham District Food Bank

Monday, 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 habitatos@bmts.com
www.habitatgreybruce.com

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

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

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

HEALTH CARE

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

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

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

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

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

Grey Bruce Health Services (hospitals)
Lion’s Head - 519-793-3424
Markdale - 519-986-3040
Meaford - 519-538-1311
Owen Sound - 519-376-2121
Southampton - 797-3230
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

Heart to Heart
Psychotherapy and Play Therapy
www.maryjo.ca or 289-237-7056

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, chiroprodist
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 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.sbghc.on.ca

South East Grey Community Health Centre
55 Victoria St., Markdale
519-986-2222 or 1-855-519-2220
info@segchc.ca or www.segchc.ca

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

TeleHealth Ontario
1-866-797-0007

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

LIBRARIES

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

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

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

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

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

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

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

Chesley Heritage & Woodworking Museum
519-363-9837

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

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

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

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

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

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

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

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

Treasure Chest Museum - Paisley
519-353-7176 or http://bit.ly/1PjTSID

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 or www.clwalkerton.org

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

Hope Haven Therapeutic Riding Centre
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.sw.ccac-ont.ca

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

WISH PROGRAMS

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

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

Great friends

Emma and Logan MacKay – siblings from Priceville, in Grey County – are great friends to many people, including a boy who came to live with their family in 2014.

Emma, 12, and Logan, 9, befriended Archie, a 17-year-old boy with Down's Syndrome, after the MacKays began taking Archie in as part of a respite opportunity. Their new housemate is a loveable, non-verbal teenager who needs extra encouragement to do some of the simple tasks that we take for granted, said their Dad Ray, who nominated Emma and Logan as Cool Kids.

"While some kids might see situations like this as daunting and uncomfortable, Emma and Logan have embraced the situation of having Archie in their home, and also embraced him as a person," their father said. "They do not see he has Down's Syndrome, only that he has drive, desire and potential."

Emma has taken on a 'big sister' role, despite being five years younger. She aims to guide and protect, to encourage him to do things that others may think impossible. Logan encourages him to try new things, especially the sports that Logan loves so much, while teaming up to tease Emma like brothers are meant to.

On top of being a great friend, Emma achieves A's and B's at school. She sings, loves drama, and is involved in her church through the nursery, taking part in readings and special musical opportunities, while displaying compassion and kindness in her



Emma and Logan MacKay, of Priceville, are great friends to a teen with special needs.

everyday life.

Logan loves gym and recess, excels in math and loves to read. Baseball, soccer, football, tennis, and just about any other sport takes up his spare time.

"Finding a pair of Logan's pants without stains on the knees is a challenge," Ray said.

Congratulations Emma and Logan for being this issue's Cool Kids! **GBK**

For being this issue's Cool Kids, Emma and Logan receive 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.



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1 (800) 265-3000
www.millerinsurance.ca

SPRING EVENTS

MARCH

5

Museum and a Movie

Grey Roots Museum & Archives
2 p.m.
519-376-3690

6

Bowl for Kids Sake

Bruce Bowling Lanes, Kincardine
In support of Big Brothers Big Sisters
Kincardine and District
519-396-3565
www.bigbrothersbigsisters.ca/kincardine

MARCH BREAK

14

March Break Camp

Kincardine Davidson Centre
Ages 4-12
Pre-register at 519-396-3491
www.kincardine.net/rec-programs.cfm
Runs through March 19

March Break KidZone Daycamp

Bruce County Museum & Cultural
Centre, Southampton
8:30 a.m.-5 p.m.; Ages 5-12
Pre-registration/prepayment required.
www.brucemuseum.ca
Runs through March 19

March Break Family Fun Days

Bruce County Museum & Cultural
Centre, Southampton; 10 a.m.-5 p.m.
www.brucemuseum.ca
Runs through March 19

March Break Day Camp

Grey Roots Museum & Archives,
Owen Sound
Ages 5-10; 9 a.m.-4:30 p.m.
Pre-registration required.
www.greyroots.com
Runs through March 19

March Break Family Activities

Grey Roots Museum & Archives
Owen Sound; www.greyroots.com
Runs through March 19

March Break at Blue Mountain Village
www.bluemountainvillage.com
Runs through March 19

15

March Break at the TOM

Tom Thomson Art Gallery
1-3 p.m. daily
No pre-registration required
www.tomthomson.org
Runs through March 19

MARCH

19

Maple Magic

Regal Point Elk Farm, 408621 Conc. 24,
Georgian Bluffs
9 a.m.-1 p.m.
www.wiartonrotary.com or regalelkpoint.com
Runs through 20 and March 26-27

20

Make Art
Tom Thomson Art Gallery, Owen Sound
1-3 p.m.
www.tomthomson.org
Also runs April 17 and May 22

Penetangear Spring Wake-Up Nature Walk

Geddes Park, Kincardine
1-2:30 p.m.
Hike through Kincardine's trails and watch as
it comes back to life after the cold winter!
www.sunsets.com

APRIL

1

Feast for the Eyes
Southampton Art Gallery, 7 p.m.
14th annual Juried Art Exhibit for regional
emerging artists.
www.southamptonart.com
Runs through May 8

2

Old Tyme Maple Syrup Festival

Saugeen Bluffs Conservations area, Paisley
10 a.m.-4 p.m.
519-367-3040 or www.svca.on.ca
Runs through April 3

Maple Sugar Moon Festival

Grey Roots Museum & Archives,
Owen Sound; 11 a.m.-4 p.m.
519-369-3690 or www.greyroots.com

3

Eco Explorers

Bruce County Museum & Cultural
Centre, Southampton
2-4 p.m.
www.brucemuseum.ca
Also runs May 1

8

Port Elgin Rotary Home and Recreation Show

Southampton Coliseum
Friday 5-8 p.m., Saturday/Sunday 10 a.m.-4
p.m.
519-353-8863
portelginhomeshow@hotmail.com
Runs through April 10

9

Hanover Home & Garden Show

P&H Centre
Information, experts and exhibits for
homeowners and buyers.
www.backporchevents.ca
Runs through April 10

21st annual Holstein Maplefest

Love's Sugarbush, 392098 Grey Rd. 109,
www.holsteinmaplefest.com
Runs through April 10

16

A Medieval Day

Bruce County Museum & Cultural Centre,
Southampton
10 a.m.-4 p.m.
Medieval activities, dress, artistry, demos of
heavy arms fighting.
General admission. www.brucemuseum.ca

21

Grey Roots Regional Heritage Fair

Grey Roots Museum & Archives, Owen Sound
Student history projects on Canadian heroes,
legends, milestones and achievements
Public viewing April 22-23
www.greyroots.com

23

Owen Sound Home and Cottage Expo

Harry Lumley Bayshore Community Centre,
Owen Sound
10 a.m.-5 p.m.
519-376-1440
www.homeandcottageexpo.com
Runs through April 24

Kincardine Expo

Kincardine Davidson Centre
10 a.m.-5 p.m.
519-396-9333
www.kincardinechamber.com
Runs through April 24

MAY

1

16th annual MS Walk

Kincardine Davidson Centre
2 and 5 km routes
Check in at 9 a.m., walks commence at 10.
Sabrina Poirier at 1-888-510-7777 x3306 or
sabrina.poirier@mssociety.ca

19

Grey Bruce One World Festival

Market Square, Owen Sound
www.greybruceoneworldfestival.org

20

31st annual Fish Kincardine Derby

519-396-9333
www.fishkincardinederby.com
Runs through May 29

21

Inside Paisley

Nature's Millworks, 4575 Bruce Rd. 1, Paisley
10 a.m.-6 p.m., free admission
519-353-4017 or www.naturesmillworks.com
Runs through June 4

5th annual 'Artsy Treasures' Sale

Southampton Art Gallery
7 a.m.-2 p.m.
www.southamptonart.com

22

Rotary Brunch and Music Jam

416 Water St., Riverside Park, Paisley
8:30-11:30 a.m.
John at 519-353-5502 or bjrobinson@live.ca

GBK



RECIPES

Kickstart spring with fresh salads

After a winter of hearty comfort foods, spring has us thinking about salads! Try these family friendly salads that hopefully even the kids will like, courtesy Foodland Ontario.

MAPLE CHICKEN AND NAPA SALAD

INGREDIENTS:

Marinade

- ¼ cup Ontario maple syrup
- 2 tbsp sodium-reduced soy sauce
- 1 tsp (5 mL) sesame oil
- 2 cloves garlic, pressed through garlic press
- 4 boneless skinless chicken breasts

Napa Salad

- 2 tbsp each of rice vinegar and vegetable oil
- 1 tsp Ontario maple syrup
- ½ tsp sesame oil
- Salt and pepper
- 4 cups shredded napa cabbage
- 15 snow peas, diagonally sliced into thirds
- 1 carrot, grated

DIRECTIONS:

Marinade – In resealable freezer bag, combine maple syrup, soy sauce, sesame oil and garlic. Set aside 1 tbsp of the marinade. Add uncooked chicken breasts to bag; refrigerate for at least 30 minutes or up to eight hours. Remove chicken from marinade, discarding marinade. Place on greased grill at 375 F (medium-heat); grill, covered, turning once, for 12 to 15 minutes or until no longer pink inside and a meat thermometer registers 165 F. Brush with reserved marinade.

Napa Salad – In large bowl, whisk together vinegar, oil, maple syrup, sesame oil, and salt and pepper to taste. Add cabbage, snow peas and carrot; toss to combine. Serve with grilled chicken.

THAI BEEF NOODLE SALAD

INGREDIENTS:

- 3 tbsp each of fish sauce and fresh lime juice
- 2 tbsp soy sauce
- 1 tbsp sesame oil



- 2 cloves garlic, mince
- 2 tbsp grated fresh gingerroot
- 1 lb boneless beef grilling steak
- 2 tsp packed brown sugar
- ½ tsp crushed red pepper flakes
- 4 oz rice vermicelli noodles
- 1 cucumber
- 1 sweet red pepper, slivered
- 1 fresh coriander leaves, loosely packed
- 1 cup cherry tomatoes, halved
- Lettuce leaves

DIRECTIONS:

In glass dish, combine 1 tbsp each of the fish sauce, lime juice and soy sauce and 1 tsp of the sesame oil. Add half each of garlic and ginger. Add steak, turning to coat. Cover and let stand at room temperature for 20 minutes or refrigerate for up to four hours.

Meanwhile, in small bowl, stir together remaining fish sauce, lime juice, soy sauce, sesame oil, garlic and ginger. Stir in sugar and red pepper flakes; set dressing aside.

In large bowl, soak noodles in warm water for 20 minutes. Drain and rinse under cold running water. Place in large bowl; toss with dressing.

Cut cucumber in half lengthwise; thinly slice diagonally. Stir into noodles with red pepper and three-quarters of the coriander. Set aside.

Discard marinade, place steak on greased grill over medium-high heat; close lid and grill, turning once, until medium, 10 to 14 minutes, or until desired (rare, medium, etc.). Let rest for 10 minutes; slice thinly against the grain. Gently stir into noodle mixture along with the tomatoes.

Line platter with lettuce leaves; mound salad on top. Sprinkle with remaining coriander. GBK

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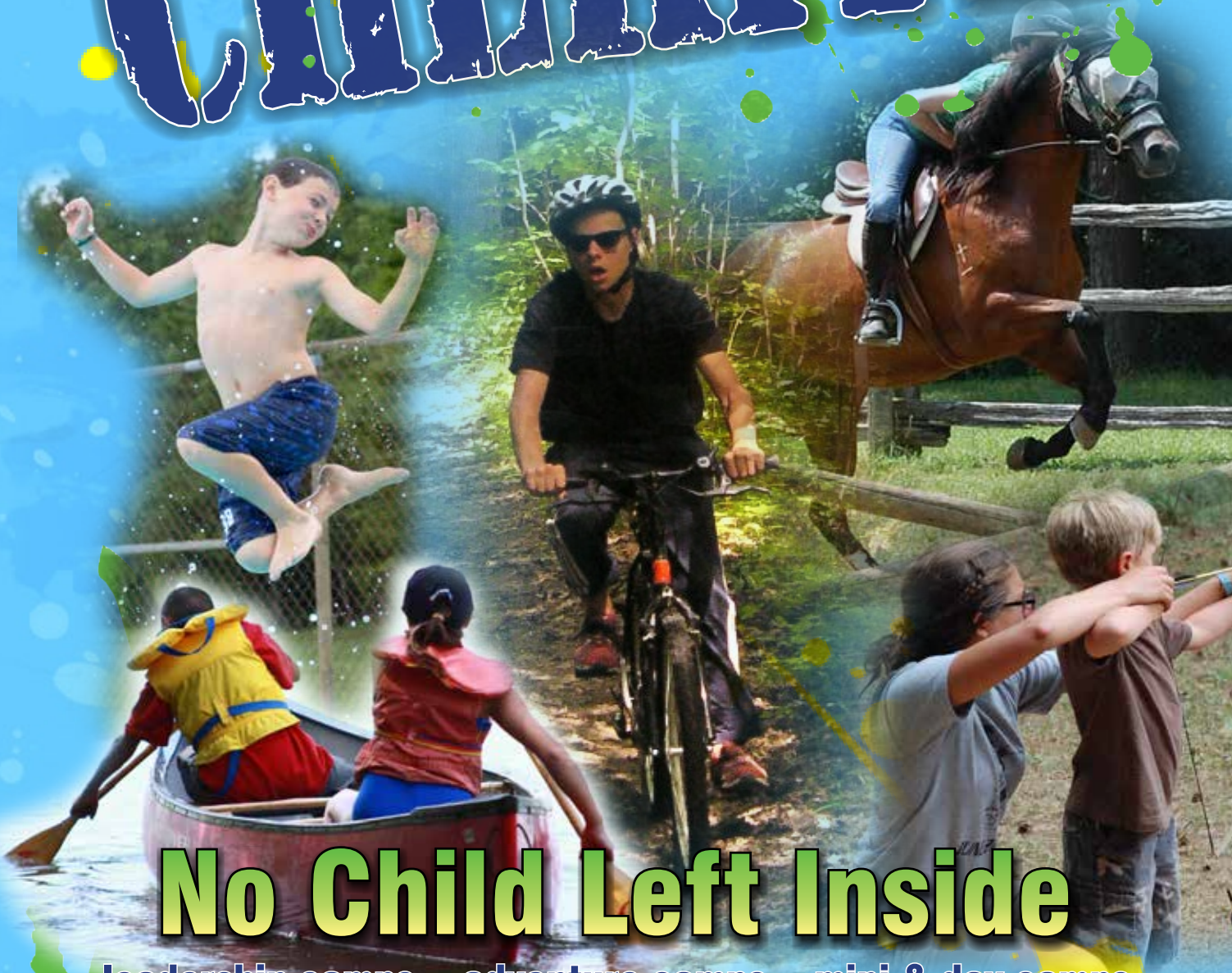
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or email amy@greybruceboomers.com. For
advertising information email Linda Thorn
at linda@greybruceboomers.com.



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email: cherith.ont@sympatico.ca

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