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PARENTS AND CAREGIVERS

SPRING 2017 • Volume 7 Issue 1 • greybrucekids.com

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FROM THE PUBLISHER

Bring on spring!

Well, we made it through another Grey/Bruce winter!

Though March often brings its share of unpredictable weather, I think we got off pretty lucky with our winter, considering the dire predictions this past fall about a long, cold one. I'm always ready to welcome spring and its longer, brighter days, the first signs of green poking through, and nice rains to wash away winter's salt, dirt and grime. Bring it on!

I also think we have really 'brought it on' in our Spring 2017 issue of Grey-Bruce Kids.

Get ready for spring in this issue by reading about local birding habitats and tips for a new hobby throughout Grey/Bruce, where you will spot more than just robins. Jason Finner outlines the key documents parents (and adults without children!) should have in place should something tragic ever occur. This information could save your loved ones a lot of headaches at a terribly difficult time. We take a look at how overscheduling our family's activities is not in our best interest, and Erin Little discusses her battle with 'Mom Guilt,' to which many of us can relate.


We also go off the beaten path and find a long list of exciting things to do with your family during a Bruce County spring, while Vida Proctor looks at the untapped potential of kids befriending their elderly neighbours. These relationships can be mutually beneficial, so have a look around your neighbourhood to see if there is someone in their 60s, 70s or older for your child to get to know.

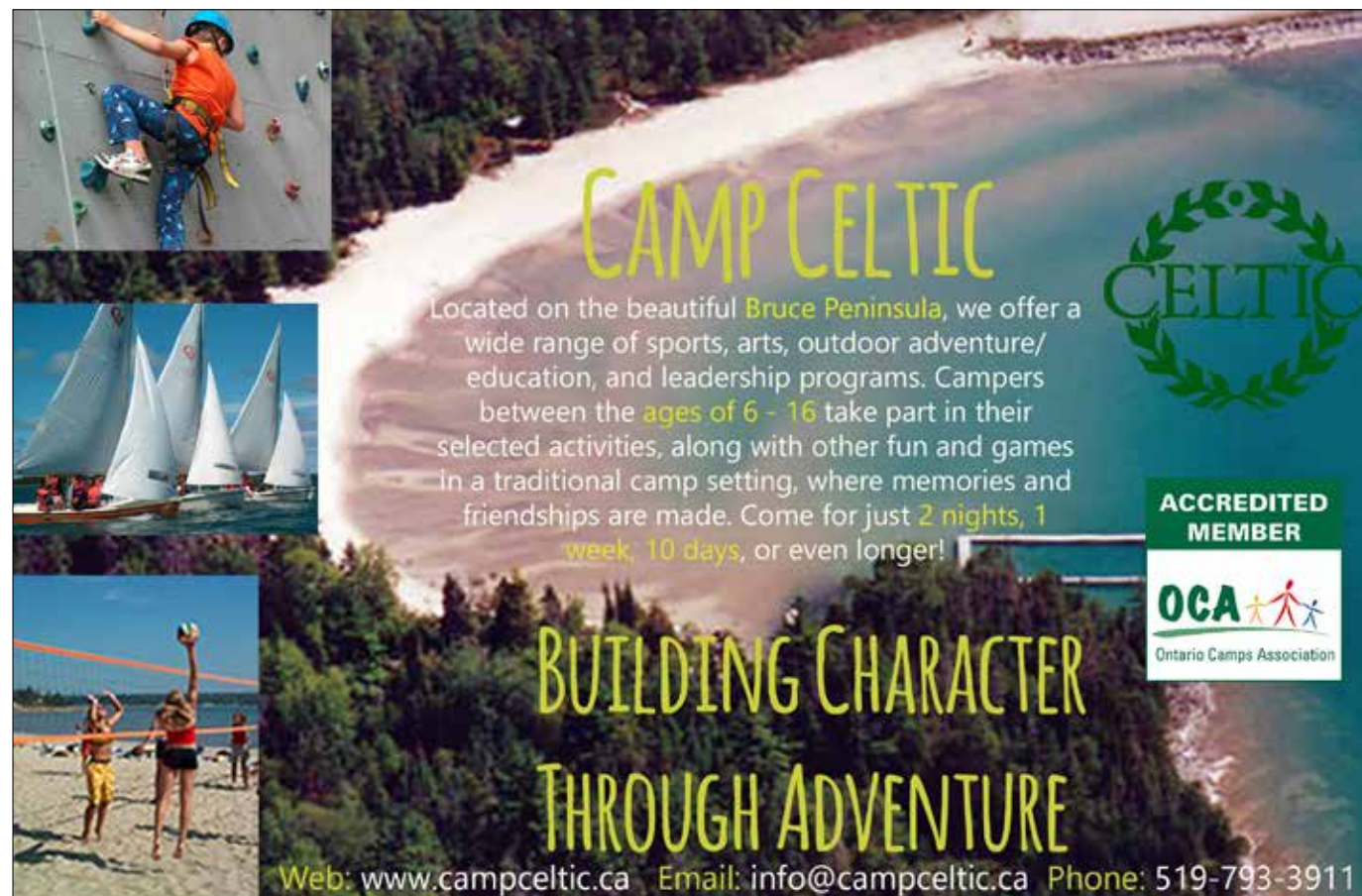
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Happy spring!

Amy Irwin, Publisher

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TALES from TOTS

YOU NEVER KNOW WHAT THEY'LL SAY NEXT

In honour of Mother's Day in May, we asked Ms. Splettstoesser's Grade 1/2 class at Ripley-Huron Community School some questions about their moms. Here's what they had to say.

What is your Mom's favourite thing to do?

- Cade** – Watch TV.
Ava – Bake chocolate chip muffins.
Magnus – Go on the phone.
Briar – Nap.
Lochlan – Play with me, mostly hide and seek.
Heidi – Bake.
Gethin – She has tons of things she likes, like baking, reading and texting and a lot more stuff.
Tyler – Go for bike rides with my Daddy.
Kensie – Cook cookies.
William – Cook cupcakes.
Merrin – Be on Facebook.
Gage – Cook meat.
Brett – Cook casseroles.
Sloan – Do our work together and make supper.
Reed – Cook stuff for Christmas cookie day.
Jace – Hug and kiss.

What makes her proud?

- Cade** – When I clean up for her.
Ava – Me and Ashley, when we do stuff by ourselves, or if we score a goal.
Magnus – When I give her hugs and kisses.
Briar – When I do hard things.
Lochlan – When I do something really good, like a chore for her.
Heidi – When we are listening.
Gethin – When I get good marks on my homework.
Tyler – When I be nice.
Kensie – When I make her a picture.
William – When I clean.
Merrin – When I do crafts.
Gage – When I help her do stuff.
Brett – Cleaning the house.
Sloan – When I write my word wall words on my own.
Reed – Us being good.
Jace – When I score a goal.

What does she do to annoy you/wish she would stop doing?

- Cade** – When she has the TV turned up really loud.
Ava – She always says, "I love you, I love you," and kisses and hugs me.



- Magnus** – Going on trips without me.
Briar – Clean, because it hurts my ear when she vacuums.
Lochlan – Sit on the couch texting.
Heidi – She does nothing to annoy me.
Gethin – She always says, "Do you want something? Oh, we don't have it."
Tyler – When she doesn't play with me.
Kensie – Clean, because I have to help her and I get really tired and I have to do more.
William – She doesn't let me stay home on snow days.
Merrin – She keeps telling me to clean up my room.
Gage – She doesn't annoy me.
Brett – My Mom and my brother fight sometimes.
Sloan – Pick out my clothes that I have to wear.
Reed – When she asks me to help her cook.
Jace – When she sings and dances in front of the TV.

Why do you love her?

- Cade** – Because she always does stuff with me.
Ava – Because she's my Mom.
Magnus – That is a hard one ... we sometimes go places with her.
Briar – Because she takes care of me.
Lochlan – Because she's always nice to me.
Heidi – Because she's my Mom.
Gethin – Because she's a nice Mom.
Tyler – Because she's my Mama.
Kensie – Because she bakes really good cookies.
William – Because she's nice.
Merrin – Because she's my Mom.
Gage – Because she does stuff for me.
Brett – Because she makes me have a good life.
Sloan – Because she helps us.
Reed – Because she's nice.
Jace – Because she's nice. GBK

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Key documents to have

By Jason Finner

I read that January was ‘Get Organized Month,’ which dovetails well with the New Year’s resolutions we set to improve ourselves, our families and our businesses.

If you didn’t realize there is a month dedicated to getting organized, or if you are a procrastinator, there is still plenty of time to sort out your financial life early this year.

Part of the financial planning process is taking stock of where you are today, which includes finding and organizing key documents that both you and your family will eventually need. Discussing these documents during client review meetings starts conversations that reveal both their progress and where they want to be by the time they retire, and eventually pass away.

Most planners provide financial organizers to clients, which includes documenting key information that I will outline below. When I hand a client an organizer, and they have previously dealt with a family member’s estate or had to manage their finances under the authority of a Power of Attorney, they all have said the same thing:

“Where was this booklet when I needed it? I really wish they

had one of these booklets filled out. It would have saved a lot of time.”

Fortunately, you still have time to get organized!

The following documents should form the foundation of a financial plan and will save you, your spouse or a family member plenty of time and many headaches if they are legally required to handle your financial affairs.

A will – Your will should be crafted by a lawyer who can help you outline your final wishes upon your passing. It can confirm who is going to inherit your possessions and interests, confirm guardianship of your minor children or disabled adult children, and how real estate such as a family cottage is to be handled. These are but a few topics included in a will – an experienced lawyer can craft one specific to your particular situation and wishes.

Power of Attorney (POA) for Property – Your POA for Property is another document that should be crafted under the guidance of a lawyer. It outlines who will handle your financial affairs should you be unable to. You can be incapacitated at any time due to an accident or illness; this isn’t a situation reserved for the elderly, so I suggest it’s a document everyone have.

POA for Health – This POA is a separate document that outlines who will be the key person to manage your health decisions if you are not able to. Quick decisions are needed in emergencies, which are difficult for all families, so having a POA will make both your doctor and your family’s lives much easier. Your will and POA documents can all be completed at the same visit to your lawyer.

Life insurance – All of your financial documents are important to have in order, but this topic is so important that it needs its own reminder. At the time of an unexpected death, your life insurance claim is one of the most timely and important claims to make. Money can’t bring back the deceased, but it can help solve many problems such as funeral costs, loans, terminal tax returns, taxes, legal fees, income replacement, etc. Many life insurance policies go unclaimed in Canada due to the family not knowing if any was purchased. It’s advisable to sit down with the key people you have nominated to ensure they know what coverage is in place, where the actual policy is located, and how they can access it. Having a life insurance policy locked in a safe no one can open is going to slow down the claims process.

Savings documents – The Bank of Canada estimates there is \$465 million in 13 million accounts that haven’t been claimed. Organizing your most recent quarterly statements for your RRSP, RESP, TFSA, savings bonds and bank accounts will ensure this money gets to its rightful destination. Your registered accounts include beneficiaries, which confirm who will inherit the money.

Ownership documents – Copies of the ownership documents for your house, cottage, stocks, bonds and vehicles will be needed to transfer ownership upon your passing. Your legal team will especially need to understand the ownership structure of your properties, which is determined upon its purchase.

Pension documents – These will ensure your pensions and any survivor income options are handled in a timely fashion. Government pensions need to be notified quickly to eliminate your estate having to pay back any income received after the date of death. If you have purchased an annuity, the same advice applies for notifying the insurance company.

Other documents – Marriage/divorce paperwork will make your executor’s life easier to determine your marital status. Five years’ worth of tax returns will also help your accountant complete your terminal return.

If you take one month and get these documents in order, you’ll be further along the path toward your financial plan. Your family will thank you.

This article is a general source of information only. It is not intended to provide personalized tax, legal or investment advice. Please consult a professional to determine your specific planning needs. **GBK**

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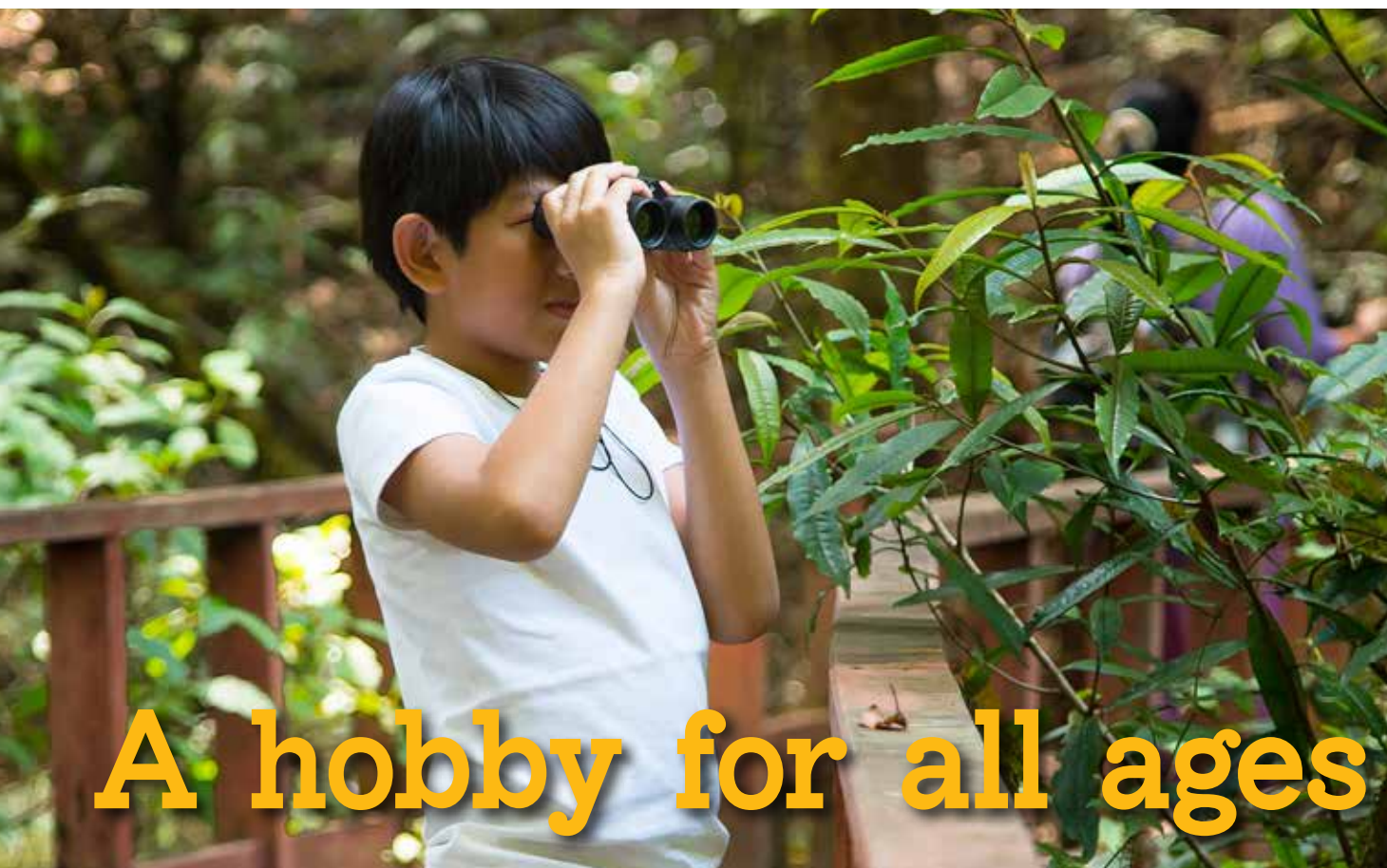
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A hobby for all ages

Forests, trails and backroads of Grey/Bruce a haven for bird watchers

By Lynne Richardson

We all know about the abundance of parks, conservation areas, nature trails and natural areas that exist in the collective back yards of Grey and Bruce counties.

Do you know about the abundance of birds that are here as well? Discovering the birds of Grey/Bruce can add another fascinating dimension to your favourite outdoor places and leisure activities.

When I was a kid, my parents gave me a bird field guide. It illustrated about 50 common species. I quickly identified the birds in the book that were easily observed in our back yard. I remember looking at the illustrations and being struck with a sense of wonder at the possibilities of perhaps one day seeing a Scarlet Tanager or an Indigo Bunting. Until then I didn't know such glorious birds even existed! The birds I knew consisted of robins and crows flying about and chickadees and blue jays at the feeders.

Not everyone is struck by the birding bug early. Perhaps your interest has been tweaked by a sighting while hiking or a different bird at your feeder, and you'd like to know more. So

how do you get started? Well, it's easy. Once you start looking, the birds of Grey/Bruce attract your attention. They sing, they fly, they're abundant and many species are likely hanging about your property. So grab a pair of binoculars, get a good field guide (I recommend Peterson, National Geographic or Sibley) and bring your camera. Other than that, no special skills or equipment are required. The birds are waiting to be discovered, whether you start indoors identifying birds at your feeder or in the great outdoors of Grey and Bruce.

To start seeing birds locally, simply drive along the backroads or hike some trails. Bird habitat is still plentiful in the counties. The Lake Huron shoreline in Bruce County provides a natural migration corridor for birds in both spring and fall. The extensive wooded shoreline fringe provides excellent habitat, food and shelter for migrating birds and acts as a guiding north-south funnel. Similarly, in Grey County, migrating birds hit the east-west shoreline of Georgian Bay and then, not wanting to fly over wide, deep water, follow the shoreline north.

Once the rush of migration wraps up toward the end of May, you'll notice the critical role habitat plays in bird abundance.

Species, such as robins, crows, blackbirds, and some gulls and geese, are 'generalists' and can adapt to a wide variety of nesting sites and food sources. Being adaptable, they are our most common birds. However, most birds are 'specialists' and have very specific habitat requirements, which means you'll have to seek out their niches. Grasslands are home to sparrows you'll not see in your back yard, while brilliant bluebirds nest along pasture fence lines. Tree and barn swallows provide natural insect control as they swoop over croplands.

Some species only nest in the interior of deep forests, including a few of our handsomest birds and most beautiful singers – thrushes, grosbeaks and tanagers. Other species require wetlands and waterfronts – ducks, terns, shorebirds, herons and egrets... and on it goes.

We're fortunate in Grey/Bruce to have a range of birding activities. Check out one of the naturalist clubs near you – the Owen Sound, Saugeen and Huron Fringe field naturalists offer outings, lectures and presentations on birds and birding throughout the year. Or, if you want a crash-course in birding, or just a great time outdoors, attend the Huron Fringe Birding Festival which is held over two, four-day weekends (May 26-29, June 1-4) at MacGregor Point Provincial Park. This festival offers an amazing 80 outings, hikes and events related to seeing, hearing, finding, identifying and, above all, enjoying birds and nature. Top bird tour leaders from Grey/Bruce and across Ontario take you to birding hotspots in the Park, throughout Bruce County and parts of Grey. The success of the Festival,



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● Male Scarlet Tanager courtesy Jim Punnett

now in its 20th year, and the quality of its leaders speaks to the richness of bird life and diversity locally.

Now that you're interested in birding, you can start keeping a list. Or, maybe you've started to wonder just how many species of birds you seen in Grey and Bruce; believe it or not there are over 300! So how many species nest here? How many are only here in the winter or during migration? Did you know that 37 species of warblers, the jewels of the songbirds, have been recorded in the two counties? Which ones stay and nest here? You don't have to search the Internet or refer to numerous field guides for the answers to these questions. It can be found in the 'Checklist of the Birds of Grey & Bruce,' which is available from the three naturalist clubs, and at the Huron Fringe Birding Festival. An area checklist is an essential reference item to carry whenever you're out birding.

FURTHER RESOURCES

Mike Pickup, a local birder, has produced a series of four guide books on birding in Bruce County – 'Birding the Bruce Peninsula,' 'Birding Southern Bruce County,' 'Birding MacGregor Park' and 'Birding Saugeen Shores.' In Grey County, the late Dorothy Crysler produced a guide to birding from Meaford to Collingwood and Thornbury to Kimberley. 'Birding Beaver Valley' is hard to find, but check libraries and bookstores in east Grey and you may get lucky.

As your interest in birding grows, you may become very aware of how vital conservation efforts are to maintaining our healthy bird populations and their environments. You can contribute to these efforts in several ways in Grey/Bruce. You can sign on to a number of Citizen Scientist projects that use your observations to add important data on

bird populations and dynamics to large research databases. The annual Christmas bird counts in the counties, for instance, are an important census. Or you can record your sightings on eBird or participate in Project Feeder Watch. You can get information on all these projects with a simple Google search.

One very special project happens every summer at Sauble Beach, where an endangered shorebird – the Piping Plover – nests. A group of volunteers monitor and watch over the birds throughout their precarious breeding season. These charismatic little birds will only nest on open sandy beaches, and nowhere else, so their nests and the wee hatchling chicks scurrying across the beach, require volunteers to protect them from the hordes of sun-seeking beachgoers. It is a rewarding and fun experience! As one volunteer put it, "Whoever thought I could retire and spend my time watching chicks on the beach!" The project combines an intense study of the bird's nesting cycle with engagement and education with the public.

That little bird book from my childhood opened a whole new world to me. Although I have been birding for years I still remember those magic days when I finally did see a Scarlet Tanager and Indigo Bunting. They were as glorious as I had imagined! Perhaps you'll have your birding moment soon too.

GBK

LYNNE RICHARDSON has had a life-long interest in birds. She has been involved in numerous monitoring programs including the provincial Piping Plover Recovery Project, which benefits the endangered species locally. Lynne serves with the Owen Sound Field Naturalists, Huron Fringe Birding Festival and Grey-Bruce Bird Records Committees. She is a recently retired environmental planner.



Free time? What's that?

CHILDREN HAVE LOST 12 HOURS PER WEEK OF UNSCHEDULED TIME SINCE THE '70S

By Sarah Martyn and Kayli Hall Elwood

The choice to become parents, most often, is made out of an internal motivation to have a family – a personal and private decision.

Usually, the decision to have a family is not based on the desire to be so busy that you can no longer think, feel, or be yourself. More often though we hear from families and parents about how busy their schedules are and there is "just no time." We tend to forget that how we use our time is something we have full control over, and we make choices on how and what we spend our time doing.

Statistics Canada 2009 reflects on the family workweek and shares that family time has become seen as disposable. Families are trying to balance multiple parent work schedules and a number of activities inside and outside the community, for

all family members, while still having time for their regular household tasks. This doesn't leave much time for just being together.

Dave Quist, in his 2007 article "Who's Playing Around Now?", states research is showing that children, since the 1970s, have lost 12 hours per week in free time. This reduction of free time causes concern as it directly relates to a child's ability to enjoy imaginative, unstructured play. It also takes away from quantity/quality time spent with family. Although it is good to have quality time through activities and trips, it is just as important to have quantity time to just be together, while doing the regular household activities or nothing at all.

So, the question is, how can we do things differently? Firstly, it is important, as parents, to look at our own schedules and ask the following questions:



impacting our whole family and if it is meeting our children's needs. We need to prioritize what is most important.

Below are two fun activities you can do to help give your whole family perspective and insight.

How full is your plate? You can do this activity for yourself or as a family. Each member of your family has a plate and several strips of paper. Each member, without looking at anyone else's, writes down all of their daily tasks and responsibilities. When finished, look at each plate and choose one or two activities you could realistically remove.

We all need down time and quiet time. We can... stop and smell the roses.

This exercise helps you be aware of how much you are actually doing and prioritize what is worth your time, and it also helps you see how your children feel about everyone's tasks/activities (kids, you still have to do your chores!).

Another simple activity is to go through your family calendar together and be open to hearing feedback on the amount and types of activities you're doing and any suggestions. Work together to explore changes, and be sure to include the addition of "do nothing family time."

Cell phone and website applications like Cozi are another great way to share and keep on track of the family's schedules and appointments.

We all need down time and quiet time. We can choose to run through life or we can stop and smell the roses. By taking time, we are able to see the opportunities that present themselves and make choices on how we make time for what is most important – for our families and ourselves. **GBK**

SARAH MARTYN and **KAYLI HALL ELWOOD** co-own Penetangore Wellness in Kincardine. Email penetangorewellness@gmail.com, visit www.penetangorewellness.com or call at 1-888-443-7831.

- Is our current schedule meeting our children's needs?
- Is my current schedule meeting my needs?
- What is on my plate and what can I take off of it? (see activity below)
- Are there activities scheduled to just fill up time or to keep up with other families?
- Are we so busy that we are eating in the car or at the arena many evenings?

We do have the option to continue complaining about the lack of time or we can choose to look at time differently. We can be more aware about how we are spending our time, how it is



HEALTH



By Dr. Doug Fryday

There is no question that recent advancements in technology are beneficial to the advancement of society in an economic and business sense, but is it at the expense of our health?

Millennials are the first generation in history to be exposed to screens and mobile devices throughout all stages of their physiological development. The long-term health effects of these changes are largely still unknown, the science in its infancy.

The latest research from Korea suggests smartphones, tablets, gaming devices, computers and other digital devices could be erasing our short-term memory, especially in teens and young

adults who are attached to their devices upwards of seven hours a day. It is estimated 1.8 billion people own smartphones and use it daily, with the average person checking their phone 150 times a day.

Our society's addiction to technology is literally causing the short-term memory pathways in our brains to deteriorate because of lack of use, robbing children of the necessary components of development.

There are four critical factors necessary to achieving healthy childhood development – movement, touch, human connection and exposure to nature. These types of sensory inputs ensure normal development of posture and the brain, and are necessary

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AUTONOMIC NERVOUS SYSTEM

The autonomic nervous system is the part of the brain that runs the show in the background and has a gas pedal, which is called the sympathetic nervous system, and a brake, which is called the parasympathetic nervous system. The gas pedal is our survival nervous system and is referred to as our ‘fight or flight’ nervous system. The brake is the ‘rest and digest’ relaxation response part

The age of technology

- To what extent are children predisposed to Digital Dementia? How many children are actually using technology and at what ages? Statistics show:
- Elementary aged children get, on average, 7.5 hours a day of entertainment technology, while 75 per cent of these children have TVs in their bedrooms, and 50 per cent of North American homes have the TV on all day (Kaiser Foundation, 2010).
 - 68 per cent of two-year-olds use tablets, 59 per cent use smartphones, and 44 per cent use video game consoles.
 - 24 per cent of two-year olds use technology at the dinner table, an important time for human interaction and family development. By age eight, the percentage of children using technology at the dinner table nearly doubles to 45 per cent.
 - By age six, 44 per cent of kids would rather play a game on a technology device than read a book or be read to. By age eight, a majority would prefer that technology is present when spending time with a family member or friend (The American Speech, Language, and Hearing Association, 2015).
 - Overall, 1.8 billion people own smartphones and use their devices on a daily basis.
 - The average person checks their screen 150 times a day.
 - 70 per cent of 12-year-olds use a mobile phone and this increases to close to 90 per cent by age 14 (Williams, 2016).

of the nervous system, where all healing takes place.

When your body (the car) is running smoothly and optimally, the gas pedal comes on when it needs to speed up and the brake is applied when it needs to slow down. When the gas and brake are working in harmony we have optimal function, which is health. Anything less has the potential for disease. The problem occurs when the gas pedal (sympathetic nervous system) gets ‘stuck’ because of chronic recurrent stress, requiring the brain to respond as if every external stimulus in life was a threat. This becomes a habit and I call this ‘Pedal to the Metal Syndrome™’.

FIGHT OR FLIGHT

When young children are exposed to violence through TV and video games, they are in a high state of stress. These physiologic signs are associated with ‘fight-or-flight’ or a ramped-up autonomic nervous system. With fight-or-flight, the body signals the person to move. Being in this state of stress without being physically active – sitting in front of the TV or computer instead of being outside moving – can have a negative effect on a child’s health.

Children who overuse technology report persistent body sensations of overall shaking, increased breathing and heart rate, and a general state of unease – this is anxiety. Chronic stress associated with sitting with poor posture while interacting with technology results in a weakened immune system, developmental delays and a higher predisposition to obesity, the studies show.

When the brain is stressed, your body innately or automatically responds by increasing your heart rate, blood pressure, blood sugar, respiration rate, sweat glands and dilation of the pupils. Secretion of stress hormones cortisol, adrenaline and epinephrine are turned on and up. This response can be lifesaving for short periods of time, but if prolonged, without the appropriate relaxation, it will cause a weakening of the heart, shrinkage of the brain and chronic inflammation, which prevents the formation of new neurons in your brain.

As you can appreciate, driving at full speed for an indefinite period of time will have destructive effects on the internal structure of a car’s engine. In the body we call this anxiety, a natural internal response to the external stimuli of stress that serves a purpose. This is good for short periods of time because it puts us in a heightened sense of awareness so we’re prepared

for potential threats, but is bad if prolonged. Our goal is not to dismiss it entirely, just make it a healthy, manageable part of our lives.

DIGITAL DEMENTIA

‘Digital Dementia,’ a term coined by top German neuroscientist Manfred Spitzer in his book of the same name, and it refers to the decline in brain function associated with slouched sedentary posture in front of a screen. Digital Dementia is directly linked to cognitive decline, specifically memory loss, lack of concentration, lack of coordination, Attention Deficit Hyperactivity Disorder (ADHD), depression anxiety and anger.

Our brains crave movement and complex activation. Sitting in front of a screen for hours at a time with poor posture is not providing your brain with the complex stimuli it needs to create neuroplastic changes. Performing thought-provoking activities like reading, writing and puzzles are important for brain development. Increased screen time neglects the circuits in the brain that control more traditional methods for learning in the frontal lobe that are typically used for reading, writing and concentration.

It’s not enough to sit with poor posture and read all day. Better brain output is derived from stimulatory brain inputs. Exercise activates the frontal and parietal lobes of your brain, associated with better cognitive development. Research demonstrates that people who engage in regular exercise and who have proper posture have decreased cortisol, the hormone associated with stress, anxiety and weight gain.

The opposite is true when sitting or lying on the couch watching an action thriller or a scary movie on your TV or digital device. While seated, the patient’s body releases hormones associated with fight-or-flight and they have higher levels of cortisol. Their hormones are telling them to move fast, and yet the person continues to remain seated, while overcome with stress and cortisol. This is another sensory disassociation that is diminishing functional output and human development.

HOW TO PREVENT DIGITAL DEMENTIA

If your daily routine requires you to be sedentary, or your preferred form of entertainment is from technology, you should consider making changes to prevent the onset of Digital

Dementia. Posture is declining at the speed of technology, greatly impacting human function and neurocognitive development.

The choices you make impact the physical structure of your body and the development of your brain. Take action to implement these simple changes into your daily routine and you will have better posture, you will feel better, and you will be creating positive neuroplastic changes in your brain.

- Children should engage in at least two to three hours per day of active ‘play’ for adequate sensory stimulation needed for proper development. Limit the amount of time children spend on their devices and encourage them to go outside.
- Have your child sit on an exercise ball or posture cushion while engaging with technology. They are moving and engaging their core muscles while sitting on the ball or cushion. This is much more beneficial for their structural development than being completely sedentary.
- Take ‘posture breaks’ – for 30 seconds every hour you can lean back in your chair with a straight spine and open your chest with your arms out wide, draw the head back and down. Hold this position for 20-30 seconds. While seated, the spine and shoulders tend to round forward, opening the chest cavity against gravity, which will save your posture throughout the day.

LESS SCREENS, MORE PLAY

These recommendations are for kids and adults alike. The act of playing, especially outdoors, activates your sensory and motor cortex from movement and tactile sensation. As you are running around, jumping up and down, and swinging back and forth, you are developing fine motor pathways and are stimulating your vestibular system for better balance and posture. ‘Play’ is important for the development of children, and also for the health of adults and the elderly. GBK

DR. DOUG FRYDAY is the owner of the Optimize Healing Centre in Port Elgin. He is a licensed Chiropractor with a special interest in stress and posture and its effects on neurology. He can be reached at 519-832-1515, by email at drfryday@icloud.com, or visit www.optimizehealing.com to receive your free Digital Dementia Prevention Guide.



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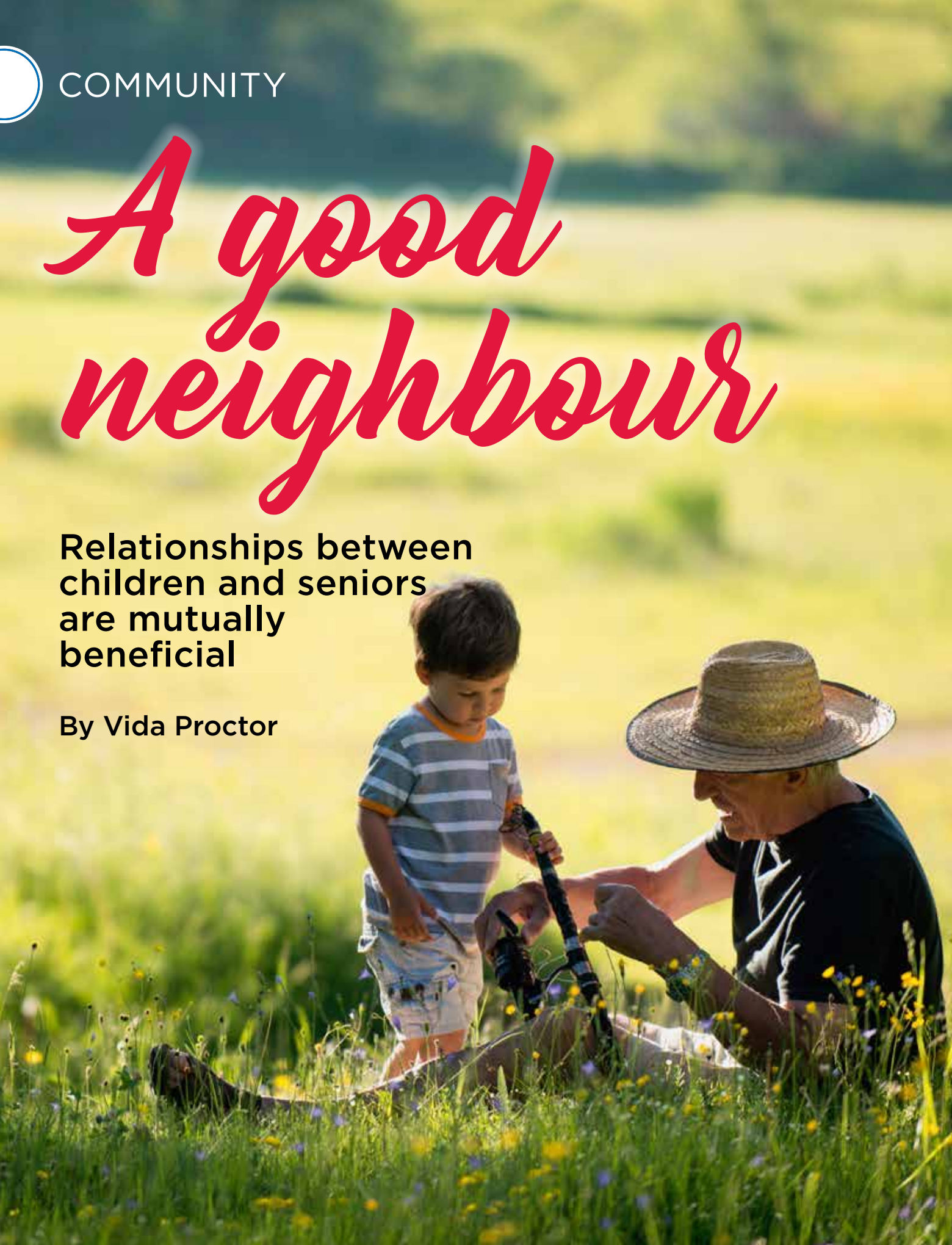
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A good neighbour

Relationships between children and seniors are mutually beneficial

By Vida Proctor



We live in a world where video games, televisions, computers and cell phones are always on, meaning we talk to others less and less.

Is this really the world we want or feel we can thrive in?

Although most of us know our neighbours' names, do we know truly know much about them?

Why is it important to know our neighbours? We aren't talking about the nosey neighbour, but the ones that respect each other and want to create a sense of belonging. Building and strengthening relationships with our neighbours benefits both us and our community – if we look out for others, we reap the benefits of feeling good, feeling valued and being able to pay it forward when opportunity allows us. Being helpful to others, offering support and giving a helping hand are things that have rewards of their own.

It begs the question, how can we be good neighbours? Showing support – whether the situation is a positive or negative one – is a great way to start. Supporting a student selling pizzas for a fundraiser, or hiring a teen to cut grass or shovel snow, may build and strengthen the relationships with neighbours, and it can also be the start of something better. Being a good neighbour is a perfect way to introduce your children or grandchildren to the senior next door, providing them with the many opportunities to understand how a small gesture can mean so much.

Engaging seniors with children can help them feel more comfortable in the presence of their elders. It can provide a sense of purpose for the senior and show the child, through real-life example, just how empathy and kindness play a vital role in leading a more fulfilling life.

Take notice of interactions between children and seniors – the elders usually love kids and are quick to smile and often have a story to tell. Whether there is a story about their youth or something of historical significance, a connection is built.

Seniors learn from children and children learn from them. While seniors can learn how to use electronic devices, children can learn how to knit, fish, bake or garden. Seniors can fill the void for children with grandparents who live at a distance. Spending an hour reading to a senior, playing card games or visiting can be rewarding, and a wonderful relationship can develop.

Retirement homes offer opportunities for seniors and youth to connect through intergenerational programs. Opportunities include school and co-op programs, volunteering opportunities, church programs and a way for teenagers to earn their community hours while in high school. GBK

VIDA PROCTOR is the General Manager at Harbour Hill Retirement Suites in Goderich, which offers a Good Neighbour Program. Learn more at www.harbourhillsuites.com or call 1-888-991-6548.



MOMGUILT

A SELF-PERPETUATING CYCLE

By Erin Little

The phrase ‘Mom Guilt’ signifies our self-perceived flaws as a parent.

We see all these ‘perfect’ Moms posting photos on social media of their happy families, the smiling faces during special moments, followed by their fancy Pinterest projects, and we look around our house of chaos and wonder how we can be doing it so wrongly.

So, we create our own Mom Guilt, and then we use it as a crutch, excusing our behaviour in a moment of frustration, which creates the guilt in the first place. Being the introspective person I am, I decided to get to the bottom of my Mom Guilt and what I could learn from it.

I often use the phrase ‘losing my sh*t’ when talking parenting with my friends, like this funny phrase somehow can justify my behaviour during a moment of frustration with my kids. It turns out, yelling at your children is as developmentally damaging as physical abuse, if not worse. I was raised in a family where I was yelled at and spanked, and my parents still announce proudly they raised us out of fear. I swore when I became a parent I wouldn’t be a yeller or a hitter and, thankfully, I do not spank my children, though, in all honesty, it was something I had to work through when I became frustrated in a parenting situation.

It turns out yelling is also a habit and a parenting practice that is hard to overcome.

I am a mother of two beautiful daughters, Olivia, 7, and Harper, 3. On top of being a mother, I homeschool the kids, am an


empowerment coach, a non-profit foundation president, a wife, daughter, daughter-in-law, sister, and the CEO of our home. Trying to manage my life on top of simply being there daily for our kids can be a lot, especially when there is so much going on around me.

Although my situation is no harder than another Mom, because we all have our big and small daily struggles, each of our own problems presents another battle we must overcome.

On one particular day I was overwhelmed and anxious about an upcoming visit to the doctor for our daughter Olivia, who has a rare genetic disease called Cystinosis. I had to pack for the four of us to head to London for an overnight stay. Packing for the whole family is difficult enough, and adding a laundry list of medications, health cards, blue cards, and appointment questions and concerns, while having enough things for small children to do in a 12 x 12 room for four hours, adds a significant amount of stress. We happened to be staying in a hotel on this particular visit, so I made sure we had bathing suits and floaties for the girls.

When you pack with curious children around, things seem to get taken out of suitcases as fast as they go in. I had also instructed Olivia to get her bed pads, water bottles and diapers and pack them into a suitcase, which still hadn’t been done because she was busy playing. At this moment I’d had it, and I ‘lost my sh*t’ on my six-year-old daughter.

It’s a moment I will never forget.



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I yelled at her and took out my overwhelming emotions and anxiety on her. The look of pure innocence she had in her eyes as I yelled at her brought back a flood of emotions on how I was raised, and I was disappointed in the parent I was in that moment.

Dr. Brene Brown describes guilt as, “Something we have done that goes against our values” and “feeling psychological discomfort.” I share these definitions because they bring an understanding to why we feel guilty in situations, be it parenting or our relationships. We can literally throw any word in front of guilt – wife, daughter, husband, daughter-in-law, sister or friend – and learn and grow from it.

In our home, we thrive on values. They’re the foundation on which our family operates. Each family will have their own set of values and how they live. In our house, a few of our values are being together, eating healthy food, treating others the way we want to be treated, and, of course, love. We define ‘love’ in our house as compassion, appreciation, care and gratitude. When I yelled at Olivia I had a flood of guilt because I went against the household value of treating others the way I want to be treated, and this was definitely not an act of love. The guilt is real, and when I make these mistakes, I realize I am human and this whole parenting thing is a learning process.

I am gentle with myself and do not go down a shame spiral like I used to. Before, I’d tell myself, “I am sorry. I am a bad Mom.” Now when I make mistakes and fail, I use self-love and compassion, and show up as the best version of myself.

When I am about to lose control – usually because I am tired, overwhelmed, and hungry/angry (‘hangry’) – I walk away and take a deep breath, or even call in someone else to help with the job.

Parenting is tough, and when we put in some work for ourselves life can be a whole lot easier. When I am rested, fed, relaxed, balanced and organized, my stress is at bay. Feeding myself first and the kids second need not be a guilt trigger, because when my stomach is full, I’m more pleasant and thus practicing my values. If I take a time out with a cup of tea to read a book, I need not feel guilty because I am taking care of myself and teaching my girls the value of self-love. When our actions match our values we release guilt. The key is to have the conversation about values and what they mean to you and your family.

We are all just trying to get through this mystifying job called ‘parenting.’ We need to be gentle with each other and ourselves. There is no manual. We are all born to love and we need to bring back that love and compassion for one another, along with the courage to be vulnerable and say, “Hey, I don’t know what to say right now but I’m here for you.” It’s why the videos on social media of Moms telling other Moms they’re normal and doing a good job, are so vital. Connection and empathy will change the world. The key is having the courage. **GBK**

ERIN LITTLE is an Empowerment Coach who lives in Port Elgin with her husband two daughters. Learn more at authenticallyerin.com.



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OFF THE BEATEN PATH

• Spring is a perfect time to hike the Bruce Trail.

Explore Bruce County this spring

Bruce County in the spring is truly a playground filled with adventure!

See for yourself the awakening of nature after a long winter's rest – revive your natural drive for exploration when you cross the county line, and journey across the rustic farmland interior to the sandy beaches of Lake Huron and rocky shores of the Peninsula. Let your kids run free and explore while you enjoy their smiles.

Find yourself in Bruce County this spring and take part in all the adventures it has to offer.



HAVE A SWEET TOOTH?

Start your spring off right with fresh maple syrup! Check out the Maple Magic event at the Regal Point Elk Farm, just outside of Wiarton, which runs March 18-19 and 25-26. There is also the Saugeen Bluffs Maple Syrup Festival at the Saugeen Valley Conservation Area in Paisley, March 25 and 26

HIKING

While it may be too early to head to the beach to swim, it's the perfect time to start exploring the Bruce Trail. Catch the simplistic beauty of the Peninsula as it awakens after a long winter. With lots of short and long loops to choose from, it makes the perfect day or weekend trip before summer begins.

ADVENTURE PASSPORT

Beginning May 1, the 'Explore the Bruce' Adventure Passport – the county-wide scavenger hunt – begins. Punch your Passport at seven to 12 of the stops before time runs out on Oct. 31, and enter to win some amazing prize packages sponsored by local businesses and organizations throughout Bruce County. This fun-filled event has something for everyone! New stops are revealed May 1, and the first 2,000 participants to submit their passport will get a free Explore the Bruce T-shirt.

CAMPING AT NATIONAL AND PROVINCIAL PARKS

When the weather starts warming up in May, spend time at one of two National Parks or three Provincial Parks within Bruce County! In celebration of Canada's 150 birthday, all admission to the National Parks is free if you order a 2017 Discovery Pass.

BRUCE COUNTY MUSEUM & CULTURAL CENTRE

With both Canada and Bruce County celebrating their 150th birthdays in 2017, the Bruce County Museum & Cultural Centre is hosting an array of events designed to be both interactive and fun for all ages! Learn more at www.brucemuseum.ca.

TOP 10 FAMILY SPRING ACTIVITIES

1. Adventure Passport
2. Camping at the National and Provincial Parks
3. Little Cove Adventures high and low rope course (opens in May)
4. Hiking the Bruce Trail
5. Bruce County Museum & Cultural Centre
6. Paddling the Saugeen River
7. Strawberry picking at Keyzers Fruit Farm
8. Spring festivals
9. Chi-Cheemaun (opens in May)
10. Mountain biking and cycling **GBK**



• Spring means maple syrup!

Photos courtesy **EXPLORE THE BRUCE**. Learn more at www.explorethebruce.com.



• Camp at one of Bruce County's two National and three Provincial Parks this spring.

ABUSE (PHYSICAL/SEXUAL)

- Assaulted Women's Helpline**
Crisis line: 1-866-863-0511
www.awhl.org
- Bruce Grey Child and Family Services**
(Bruce and Grey Children's Aid Societies amalgamated April 1, 2012)
1-855-322-4453
- Keystone Child, Youth & Family Services**
1-800-567-2384; 519-371-4773
kcyfs@bmts.com or keystonebrucegrey.org
Owen Sound
- Saugeen First Nation - Kabaeshiwin Respite Women's Shelter**
519-797-2521
cgeorge@saugeenfirstnation.ca
www.saugeenfirstnation.ca
- Sexual Assault and Partner Abuse Care Centre**
Grey Bruce Health Services
1-888-525-0552 or www.gbhs.on.ca
Owen Sound
- Victim Services Bruce Grey Perth**
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
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- Women's House Serving Bruce and Grey**
Sexual assault crisis: 1-866-578-5566
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publichealth@publichealthgreybruce.on.ca
www.publichealthgreybruce.on.ca
Owen Sound
- Hanover Family Health Team**
RN/Certified Lactation Consultant
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www.hanoverfht.ca

- La Leche League Canada**
Referral Service: 1-800-665-4324
Hanover/Walkerton - 519-364-3316
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Wiarton and Bruce Peninsula - 519-534-0912
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www.midwivesgreybruce.com
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Kincardine - 519-396-3565
www.bigbrothersbigsisters.ca/kincardine
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- Bruce Grey Mentorship**
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519-506-5065; www.brucegreymentorship.ca
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519-534-3818; supervisor.ncw@gbtel.ca
www.nawash.ca
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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
- Lesley Holm - Youth and Family Counselling**
519-270-8790; holmlesley@gmail.com
- 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
- Penetangore Wellness**
Art and family therapy
www.penetangorewellness.com
- Salvation Army**
Hanover - 519-364-3450
Owen Sound - 519-371-0957
Port Elgin - 519-389-3942
Wiarton - 519-534-0353
- Victim Services Bruce Grey Perth**
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

RESOURCES

Markdale and District Food Bank
519-986-3094

Meaford Food Bank
519-538-4550

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

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

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.hanoverfht.ca

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, chiroprodist
519-396-3500

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

Lesley Holm - Youth and Family Counselling
519-270-8790; holmlesley@gmail.com

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

Penetangore Wellness
Art and family therapy
www.penetangorewellness.com

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 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
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; 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.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
www.tobermorymaritime.ca

Treasure Chest Museum - Paisley
519-353-7176 or <http://bit.ly/1PjTS1D>

ONLINE SUPPORT

www.211.ca

www.pathwaysawareness.org

www.mentallyfit.ca

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

www.targetyouth.ca

www.thehealthline.ca

www.wesforyouthonline.ca

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.makeawishswo.org
London, ON 



COOL KID

A true leader

James Stocovaz is a leader amongst his peers; someone other students at Hanover's John Diefenbaker Secondary School (JDSS) look up to.

"James is a positive example for all students in the halls of JDSS," said Randall DeKraker, the principal at JDSS, who nominated James as the Spring 2017 Cool Kid. "His involvement in various events and groups in the school have helped to make JDSS the great school it is."

James is involved in an eclectic mix of activities at JDSS, including a sketch comedy club called 'Wombat Stew,' where he shows his comedic acting chops, his natural leadership skills, and an active imagination, Randall said. He is also a member of the JDSS Concert and Jazz Bands.

"His natural musical ability and membership in the band councils make him a positive influence in our school. James' music teacher describes him as an awesome member of both bands," Randall added.

James expresses his athletic abilities through participation on the track and field team and by organizing other sporting events. In addition to his involvement in ongoing clubs and teams, James has helped plan school events such as the successful JDSS Haunted House and Christmas semi-formal dance.

James was selected by Hanover Town Council to be its first youth councillor. He attends council meetings and his input is sought to give the council a young person's perspective on town decisions. In his capacity as a councillor he attends Planning Advisory Committee meetings and Library Board meetings.

As an involved member of the community outside school, James also volunteers at the Launch Pad Youth Activity and Technology Centre. He strives to promote the Launch Pad with his peers and works to help develop Launch Pad projects. James will



James Stocovaz is the first youth councillor in the Town of Hanover. He is a leader in the community and his school, John Diefenbaker SS.

be representing the Launch Pad on the Canada 150 planning committee for Canada Day celebrations in Hanover.

"I am confident that James will continue to be a positive member of any community in which he finds himself. His enthusiasm and willingness to give of his time and his talents makes him a very Cool Kid indeed," his principal added.

GBK



Kincardine | Port Elgin | Southampton | Owen Sound
Hanover | Teeswater | Clifford | Harriston

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

SPRING EVENTS

MARCH

11

Cinderella
Roxy Theatre, Owen Sound
1 p.m.; Tickets required
519-371-2833 or boxoffice@roxytheatre.ca

12

Summerfolk Youth Discoveries
The Bleeding Carrot, Owen Sound
1 p.m.
Musicians aged 14-22 compete to play at Summerfolk in Owen Sound this summer.
519-371-2995 or gbfs@bmts.com

16

LEGO Club
Owen Sound & North Grey Union Public Library
4-5 p.m.
Grades 1 and up; free drop-in
519-376-6623
ndanyluk@owensound.library.on.ca
Runs the third Wednesday of every month

18

Maple Magic
Regal Point Elk Farm, 408621 Conc. 24,
Georgian Bluffs; 9 a.m.-1 p.m.
www.wiartonrotary.com or regalelkipoint.com
Also runs March 19, 25 and 26

19

sTOMP!
Tom Thomson Art Gallery, Owen Sound
1-3 p.m.
www.tomthomson.org
Also April 23

25

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 March 26

Free live entertainment
Harrison Park Inn Restaurant, Owen Sound
5:30-8:30 p.m.
519-376-5151
Last Saturday of the month

MARCH BREAK

13-17

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 Centre,
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 Centre,
Southampton; 10 a.m.-5 p.m.
www.bruce-museum.ca

March Break "From the Ground Up" 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

March Break at MacGregor Point
MacGregor Point Provincial Park, Port Elgin
519-389-6231 or matthew.cunliffe@ontario.ca

APRIL

1

Mom-to-Mom Sale
Hanover Heights Community School
524 13th St.; 9 a.m.-noon
Proceeds from admission and table rentals
will be donated to Bruce Grey Mentorship.
melissamauer7@gmail.com

Eco Explorers
Bruce County Museum & Cultural Centre,
Southampton
2-4 p.m.; Ages 7-12
Pre-registration and prepayment required.
Both dates: Members \$25, Public \$35
One day: Members \$15, Public \$20
www.bruce-museum.ca
Also runs May 6

6

Feast for the Eyes
Southampton Art Gallery
14th annual Juried Art Exhibit.
Opening gala at 7 p.m.
www.southamptonart.com
Runs through April 30

8

Port Elgin Rotary Home and Recreation Show
Southampton Coliseum
Saturday: 11 a.m.-5 p.m., Sunday: 11 a.m.-4 p.m.
portelginhomeshow@hotmail.com
Runs through April 9

23rd annual Holstein Maplefest
Love's Sugarbush, 392098 Grey Rd. 109
www.holsteinmaplefest.com
Runs through April 9

Easter Eggs
Bruce County Museum & Cultural Centre
1:30-3 p.m.; Ages 5-10
Pre-payment and preregistration required.
Members \$5, Public \$8
www.bruce-museum.ca

9

Kemble Maple Syrup Farm Tour
Tickets necessary for entry.
www.kembleunitedchurches.ca

22

Owen Sound Home and Cottage Expo
Harry Lumley Bayshore Community Centre
10 a.m.-5 p.m.
www.homeandcottageexpo.com
Runs through April 23

Spring Cleaning Week
Throughout Saugeen Shores.
Organize and register an outdoor cleanup
with your friends, family, group or club. The
Town will provide gloves and bags, and take
away the garbage when you're done!
saugeshores.ca or call 519-832-2008.
Runs through April 29

29

Kincardine Home and Cottage Expo
Kincardine Davidson Centre
10 a.m.-7 p.m.; 519-396-9333
www.kincardinechamber.com
Runs through April 30

Hanover Home Show
P&H Centre
www.backporchevents.ca
Runs through April 30

MAY

20

6th annual Artsy Treasures Sale
Southampton Arts Society
Southampton Art Gallery
8 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

26

20th annual Huron Fringe Birding Festival
Saugeen Shores
Guided hikes, tours, workshops and evening
presentations, designed for both novice and
experienced birders.
More kid-friendly events offered for this year!
May 26 to 29 & June 1 to 4.
519-353-8618; huronfringebirdfest@gmail.com
Runs through May 29, as well as June 1-4

28

Kids for Kitties Rescue Run
Victoria Park, Kincardine
1 km run for kids 12 and under
Registration 9:30, race at 10
Minimum \$10 donation per person
All proceeds to Allies for Alley Catz
'kidsforkittiesfunrun' on Facebook

GBK



RECIPES

Sweet as syrup

Maple syrup-based recipes courtesy
Foodland Ontario

Spring is prime maple syrup season in Grey/Bruce, so visit your local sugarbush and try these finger-sticking recipes.

MAPLE GARLIC SPARERIBS AND CABBAGE

INGREDIENTS:

- 4 lbs pork-back ribs or country-style spareback ribs
- ½ cup water
- 2 tbsp vegetable oil
- 2 tbsp (six cloves) garlic
- 1 can tomato or pizza sauce
- ¼ cup maple syrup
- 1 tbsp Worcestershire sauce
- ½ tsp Tabasco sauce
- 1 small cabbage, coarsely shredded
- 2 onions, thinly sliced
- ½ tsp salt

DIRECTIONS:

Cut back ribs in half (or to fit pan) and arrange in single layer. Add water and cover tightly with foil. Bake at 350 F for one hour.

Meanwhile, in small skillet, heat oil over low heat and cook garlic, without browning and stirring often, for seven to 10 minutes. Stir in tomato sauce, maple syrup, Worcestershire and Tabasco. Remove from heat and set aside.

Remove ribs from pan and drain off all fat. Add cabbage, onions and salt, tossing to combine and firmly pressing down into pan. Brush both sides of ribs with sauce and nestle into cabbage mixture.

Spoon half of the remaining sauce over ribs, letting it run down sides. Bake at 350 F, uncovered, for 15 minutes. Add remaining sauce to ribs, bake 15 to 25 more minutes or until cabbage is hot and cooked as desired, stirring cabbage occasionally.

Remove ribs to centre of serving platter. Stir cabbage mixture and arrange around ribs.



MAPLE MUSTARD SWEET POTATOES AND APPLES

INGREDIENTS:

- 3 large sweet potatoes (about 2 lbs)
- 3 large Ida Red, Northern Spy or McIntosh apples
- 2 tbsp butter
- ½ cup maple syrup
- ¼ cup Dijon mustard
- ½ tsp each of salt and pepper
- 2 cloves garlic, minced (optional)

DIRECTIONS:

In saucepan of boiling water, cook unpeeled sweet potatoes until just tender, or pierce several times with a fork and microwave at high for eight to 10 minutes. Let cool and peel. Cut into ¾-inch thick slices, and arrange in overlapping circles in shallow, lightly greased, 10-cup casserole dish.

Core and slice apples into ½-inch wedges. In a large skillet, melt butter over medium heat and cook apples for two to three minutes while stirring, or until slightly softened and lightly browned. Tuck among potatoes.

Combine maple syrup, mustard, salt, pepper and garlic (if using) and pour over potatoes and apples. The casserole can be prepared to this point, covered and refrigerated for up to one day.

Bake at 350 F for 30 to 40 minutes or until bubbling and hot. Spoon sauce over potatoes to serve. **GBK**

GREY-BRUCE boomers

A free magazine for adults 50+



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only local
magazine for
Boomers in
Grey and Bruce!**

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hundreds of locations in Grey and Bruce

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Published every March, June,
September and December

To write, advertise or distribute for Grey-Bruce
Boomers, contact Amy Irwin at 519-524-0101
or email amy@greybruceboomers.com.
www.greybruceboomers.com



Find & Apply for Child Care

OneList is an online tool that helps simplify the process of finding and applying for child care.

- **Find** licensed child care programs.
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- **Apply** to multiple child care programs in Bruce or Grey.
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Complete Your Online Child Care Application Today!



Bruce County Residents



Grey County Residents



Call 1-888-722-1540 if you require assistance with your OneList application.