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FROM THE PUBLISHER

A 'Spring' in our step

Well, we appeared to have made it through another winter in Grey and Bruce counties! I hope you took advantage of some of the beautiful snow we had!

Our family spent a lot of time at the arena, cheering on our daughter's hockey team, as well as many of our friends' children. I love how the community comes together at the arena, especially during those exciting playoff games! However, I am looking forward to fewer Zamboni fumes in my life!

We have curated another awesome issue of Grey-Bruce Kids for you this spring. A major change in Canadian law is happening this summer when marijuana is legalized. The Grey Bruce Health Unit has laid out some great facts and tips to inform yourself and to open that conversation with your kids in 'What's up with Weed?' on Page 6.


Also in this issue is an informative and easy-to-understand article about food allergies, by local holistic nutritionist Roselinde Hack (Page 10), while Sara Porter, of the Pink Umbrella Retreat Centre, has contributed a great article about meditation for children (Page 14). Learning to meditate has been at the top of my to-do list lately, and her article prompted me to pursue it further, not just for my benefit but to get our children involved too. Finally, Christy Kelly, from Investors Group in Port Elgin, provides us with some awesome financial literacy tips in a fun and informative way. She has a ton of knowledge to share from her personal experiences and I came away with some practical ideas to apply to our family, as I also have one saver and one spender!

As always, my gratitude goes to our advertisers, readers, writers and distributors. Thank you for your continued support for Grey-Bruce Kids, the only publication for parents and caregivers in the area. We love to hear from our readers, so be sure to reach out and let me know what you enjoy, and if you have story ideas for future issues, please let me know!

Amy Irwin, Publisher

Happy a wonderful Spring!

CONTENTS

- 4 Tales from Tots
- 6 Marijuana legalization
- 10 Allergies
- 14  Meditation
Ancient art allows both youth and adults to decompress
- 20 Financial literacy
- 24 Resources
- 28 Winter Events
- 30 Recipes



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Publisher
Amy Irwin
amy@greybrucekids.com

Editor
Dwight Irwin

Advertising inquiries
amy@greybrucekids.com

Grey-Bruce Kids welcomes your feedback.

EMAIL amy@greybrucekids.com

PHONE 519-524-0101

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



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TALES from TOTS

YOU NEVER KNOW WHAT THEY'LL SAY NEXT

We interviewed Ms. Ruttan's Grade 1/2 class at Paisley Central School. Here is what they had to say about life!

If you could have one superpower what would it be and why?

Lily – Freeze things like Ana.

Addison – Walk on water.

Mackenzie – Jump really high like Wonder Woman to save the day.

Drayce – Psychic, so I can control anything I want.

Rory – Be a laser gun because my favourite colour is red and lasers are red and I love robots.

Gracie – Freezing power.

Opal – To fly because I've always wanted to fly.

Ava – To fly because it would be cool.

Kaelyn – Super-speed because then I could go faster whenever I wanted to.

Abbygail – Flying because that's faster to get to people.

Dylan – Probably to fly so then I could get to school quick.

Meera – I'd be invisible and I'd fly because I don't want my Mom noticing where I'm going.

Maddie – Run really fast.

Damen – I'd want every single superpower.

John – Flying because you can fly wherever you want.

Ethen – I'd have powers like Sandman and turn into sand because then I could turn into a sandcastle and stay on the beach longer. It's despicable. But it wouldn't work in winter.

River – Invisible because I want to go to the candy store.

Harley – Save my kitty by taking him outside to learn how to go the bathroom outside.

Olivia – I'd be a unicorn because they are pretty.

Ryden – I'd be able to run fast so I could run all around Canada.

If you were invisible for a day what would be the first thing you would do?

Lily – Watch movies.

Addison – Steal candy.

Mackenzie – I would do funny things like throw ice cream in someone's face.

Drayce – Steal a bank.

Rory – Go to a cake store and shove my face in cake. I love cake.

Gracie – Scare my Mom by going up behind her and yelling, "Boo!"

Opal – Sneak out of the house and pet stray cats because I want to help them.



Ava – I wouldn't go to school.

Kaelyn – I'd scare people.

Abbygail – Try to find my shoes.

Dylan – Scare my teacher by surprising her.

Meera – Go and sneak food.

Maddie – I would play a game.

Damen – I would buy something for free.

John – I would steal candy and money.

Ethen – I would make people think I'm a ghost and scare my brother.

River – Eat my sandwich.

Harley – Eat some breakfast.

Olivia – I'd play checkers.

Ryden – I'd play hide and go seek.

What do you think your parents do when you are not around?

Lily – Mommy's at work and my dad plays the computer.

Addison – My dad works and so does my Mom.

Mackenzie – Go shopping at Walmart.

Drayce – I can't answer that question because they are in Jamaica but usually they go to work.

Rory – I know what they are doing, they are doing work.

Gracie – Probably watch TV and lay down. That's what my Dad does. My mom might make cakes.



Opal – Do laundry most of the time.

Ava – Go grocery shopping.

Kaelyn – Play with my brother.

Abbygail – Go grocery shopping.

Dylan – I know what my Dad does but not my Mom that much. He probably sits on the couch and watches TV. Mom's usually at work.

Meera – Watch the little kids.

Maddie – They paint the walls.

Damen – I do not even know... my Dad plays his video games all the time. My Mom takes care of my sister.

John – They work and watch TV and play with my brother.

Ethen – Probably lay around on the couch.

River – My Dad plays video games and my Mom watches TV.

Harley – Probably do the dishes and watch TV.

Olivia – Sit on the couch and relax.

Ryden – Laundry.

What has been the happiest day of your life so far?

Lily – Don't know.

Addison – My birthday.

Mackenzie – Great Wolf Lodge and when I got a Fingerling for my birthday.

Drayce – When I was in Bracebridge. That was pretty fun because we went fishing and Daddy jumped off the dock with me.

Rory – Going to the Monkey Barrel with Drayce.

Gracie – When we play board games and have family days.

Opal – Going to Florida and jumping in the pool.

Ava – Don't know.

Kaelyn – When my little brother was born.

Abbygail – My birthday because it was this Sunday.

Dylan – Probably when we went to Marineland.

Meera – When me and my Dad got to do 'chuck the puck.'

Maddie – Going to Florida because it's a fun spot.

Damen – Christmas.

John – Making Lego sets and playing video games.

Ethen – That's a hard one, I have lots of happy days.

River – Friday, because I can eat pizza at school.

Harley – When my Daddy came home this morning.

Olivia – Today, because it's my Dad's birthday.

Ryden – My birthday.

If you were the boss for a day, what would you do?

Lily – Be a teacher.

Addison – I'd make everyone do all my work.

Mackenzie – I would say, "Everyone play for the whole day!"

Drayce – I would kick everyone out of the house and play video games by myself.

Rory – Tell my Mom to get me a real Pikachu (a Pokemon).

Gracie – Play tag all day.

Opal – Eat candy.

Ava – I would play hide and go seek all day.

Kaelyn – I'd do whatever I wanted to do!

Abbygail – Tell Mom and Dad to clean my clothes.

Dylan – I don't know.

Meera – I'd tell my parents to get me food!

Maddie – Tell my sisters to clean their rooms.

Damen – I'd make people do what I want them to.


John – I would say, "Get me a toy!" to my Mom and Dad.

Ethen – I would play a video game for two whole hours.

River – Get the cat out of the house because I want to play with the cat outside.

Harley – Tell my cats to go to my room and have a time out.

Olivia – Tell everyone what to do.

Ryden – Go to the movie theatre and play games. 

WHAT'S UP WITH WEED?

**Despite impending legalization, youth
must still be aware of marijuana's impacts**

By Jason Wepler

On July 1, cannabis will be legal across Canada. Both the federal and provincial governments recently announced details regarding the proposed legislation, and, not surprisingly, cannabis is garnering a lot of media coverage, which we can expect to continue in the coming months.

Bill C-45, known as the Cannabis Act, provides a framework meant to reduce the negative health outcomes associated with cannabis use and also the effects of criminalization. The 2015 Cannabis Task Force Report highlights that cannabis prohibition has proven ineffective on several fronts – it hasn't reduced individual or social harms, decreased burdens on criminal justice systems, limited negative social and public health impacts, or minimized the entrenchment of illicit markets. While there are still perhaps more questions than answers, we can certainly expect many more discussions in advance of Bill C-45 taking effect in July.

Last September, the Ontario government released a framework outlining how it plans to manage the federal legalization. Please note the following information pertains to recreational cannabis use, not cannabis that is prescribed for medical reasons.

WHAT YOU NEED TO KNOW

Cannabis, also known as marijuana or pot, is the product of the plant *Cannabis sativa*. Of the 400 chemicals found in marijuana, the main active chemical is delta-9-tetrahydrocannabinol (THC), which provides users with a high (*Cannabis Talk Kit, 2017*). According to the 2015 Canadian Tobacco, Alcohol and Drugs Survey, cannabis use is twice as high among Canadian youth aged 15-24 as it is for adults. Further research indicates that cannabis use peaks at 37.2 per cent among Grade 12 students. Early and regular use of cannabis is linked to poor academic performance and increased risk of drop out. This is due, in part, to the fact that the pre-frontal cortex – the part of the brain responsible for reasoning and impulses – continues to develop until age 25.

LEGAL AGE

The legal age for cannabis use, purchase and possession in Ontario will be 19 years. The federal government set the minimum legal age at 18 years, however provincial and territorial governments have the ability to raise the legal age as they see necessary. Ontario has chosen to align the legal age for cannabis with that of alcohol and tobacco. However, it should be noted the human brain continues to develop until the age of 25, and therefore – from a health standpoint – all substances that alter brain function, such as cannabis, should be avoided until that time.

WHERE YOU CAN USE CANNABIS

The use of cannabis will only be legal in private residences. Cannabis consumption, in any form, will not be allowed in public spaces, workplaces or motor vehicles.

CANNABIS SALES AND MARKETING

The Liquor Control Board of Ontario (LCBO) will be the only legal retailer and distributor of recreational cannabis in Ontario.



The LCBO will make cannabis available in 40 locations by July, and 150 by July 2020. These stores will only sell cannabis – alcohol and tobacco will not be sold alongside pot. The stores will offer behind-the-counter sales only, and have policies in place for staff training and age verification. Cannabis will also be available through an online order service operated by the LCBO, which is also expected to be available in July.

The federal government will be responsible for releasing regulations on the marketing of cannabis in Canada, as well as the packaging and labelling requirements, similar to that of alcohol and tobacco.

Tips for talking to your child

Ultimately, there is no script for talking to your child about marijuana.

For best outcomes, consider these general tips:

- Be objective and open.
- Put yourself in your child's shoes.
- Be clear about your goals.
- Stay calm, relaxed and positive.
- Don't lecture and avoid pulling rank.
- Find a comfortable setting.
- Be aware of your body language.
- Let them know you're listening.

EDUCATION

The province has indicated that a comprehensive prevention and harm-reduction approach is being developed based on Canada's 'Lower Risk Cannabis Use Guidelines.' A provincial public education campaign is in development and will include resources to guide employers, labour groups and others. Revenues generated from the sale of cannabis are earmarked for reinvestment in the comprehensive education campaign.

ROAD SAFETY

Cannabis use will be prohibited in all motor vehicles, and a federally approved oral fluid-screening device is currently being developed. Ontario plans to introduce new drug-impaired driving laws, including zero tolerance for commercial drivers and all drivers under age 21. Additionally, increased monetary penalties will apply to all impaired driving sanctions (alcohol and/or drugs).

For more information, tips and resources, visit Drug Free Kids Canada at www.drugfreekidscanada.org. For more information on Ontario's approach to the legalization of cannabis, visit <http://bit.ly/2weoGcm>.

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This information is accurate at the time of publication. Due to potential changes to legislation, it may change. GBK

JASON WEPPLER is a Health Promoter at the Grey Bruce Health Unit. Learn more at <https://www.publichealthgreybruce.on.ca/Your-Health/Alcohol-and-Other-Drugs/Cannabis-Marijuana>.




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Food sensitivities

By Roseline Hack

Over the past century we've watched the incidences of food sensitivities and intolerances rise to staggering numbers.

What changed? How did we get to this point where food sensitivities are so prevalent in our society today?

If you suspect your child might have food sensitivities it's important to understand how they occur, and what steps you can take to prevent and overcome them.

Common symptoms of food sensitivities include:

- A recurring cough or croup
- Ear infections
- Irregular digestion (constipation or diarrhea)
- Behaviour issues
- Rashes, hives and other skin issues
- Slower learning
- Recurring colds and flu-like symptoms

- Headaches

HOW DO FOOD SENSITIVITIES OCCUR?

Food sensitivities begin in our digestive tract – more specifically in the small intestine, a tube-like structure where most of the food we eat is absorbed. It is a semi-permeable membrane that very selectively controls what nutrients may enter into the bloodstream. Problems with sensitivities arise when there is damage to this intestinal membrane, compromising the protective barrier.

There are several things that can damage the intestinal lining including antibiotics, parasites, stress, alcohol, chemicals, certain classes of drugs like non-steroidal anti-inflammatories (NSAIDs) and specific food proteins like gluten.

This results in the semi-permeable membrane of the small intestine becoming more permeable, making the gut 'leaky,' leading to a syndrome known as 'leaky gut,' which is recognized

by the medical system as 'increased intestinal permeability.'

When the gut is leaky, toxins, pathogenic bacteria and food particles that haven't been fully digested and broken down are able to slip through these cracks in the gut and enter the bloodstream.

When undigested food enters the bloodstream, the immune system overreacts to the amino acids (the proteins found within the food), labeling them as foreign. This elicits an inflammatory reaction, which activates the immune cells and programs them to attack those specific food proteins.

If you are prone to sensitivities because of increased intestinal permeability it puts you at a much greater risk for autoimmune disease. At some point the immune system can get confused and begin attacking its own tissues rather than the proteins of the foods digested. All autoimmune diseases begin with leaky gut.

LEAKY GUT

When babies are born, their guts are naturally leaky. This is actually a really good thing, because it allows the essential components found in the mother's breast milk – lactoferrin, immunoglobulins, sugars, and antibodies – to be absorbed directly into the bloodstream, promoting optimal growth and development.

As the infant gets older the gut becomes less leaky, and the junctions in the gut bind together in a process called 'closure.'

Before closure, the child is in an extremely vulnerable state, and if they're fed anything but the mother's breast milk, those elements have a much greater ability to pass through the permeable gut membrane into the bloodstream and evoke an immune reaction.

GLUTEN AND DAIRY

The size of the proteins within the food particles is of great significance when it comes to food sensitivities.

To get a little scientific, the small intestine of an infant can let particles up to a molecular weight of 970K daltons through. This allows for those important breast milk molecules to get through. For example, the immunoglobulins IgM, IgE, IgG, and IgD, range in molecular weight of 146K daltons to 970K daltons.

Gluten and dairy are the two most common food intolerances. The molecular weight of casein – the protein found in milk products – is 121.7K daltons, and glutenin – one of the proteins that makes up gluten – weighs 150K daltons. The size of the proteins casein and gluten are both less than that of the immunoglobulins found in the mother's breast milk. That means these food proteins can easily slip through the leaky gut and into the bloodstream, making it easy for them to become a food allergy.

During the first six months to year of a baby's life they are in an extremely vulnerable state because the gut is still leaky. The early introduction of damaging foods like dairy and gluten before the gut has fully closed greatly increases the risk of food



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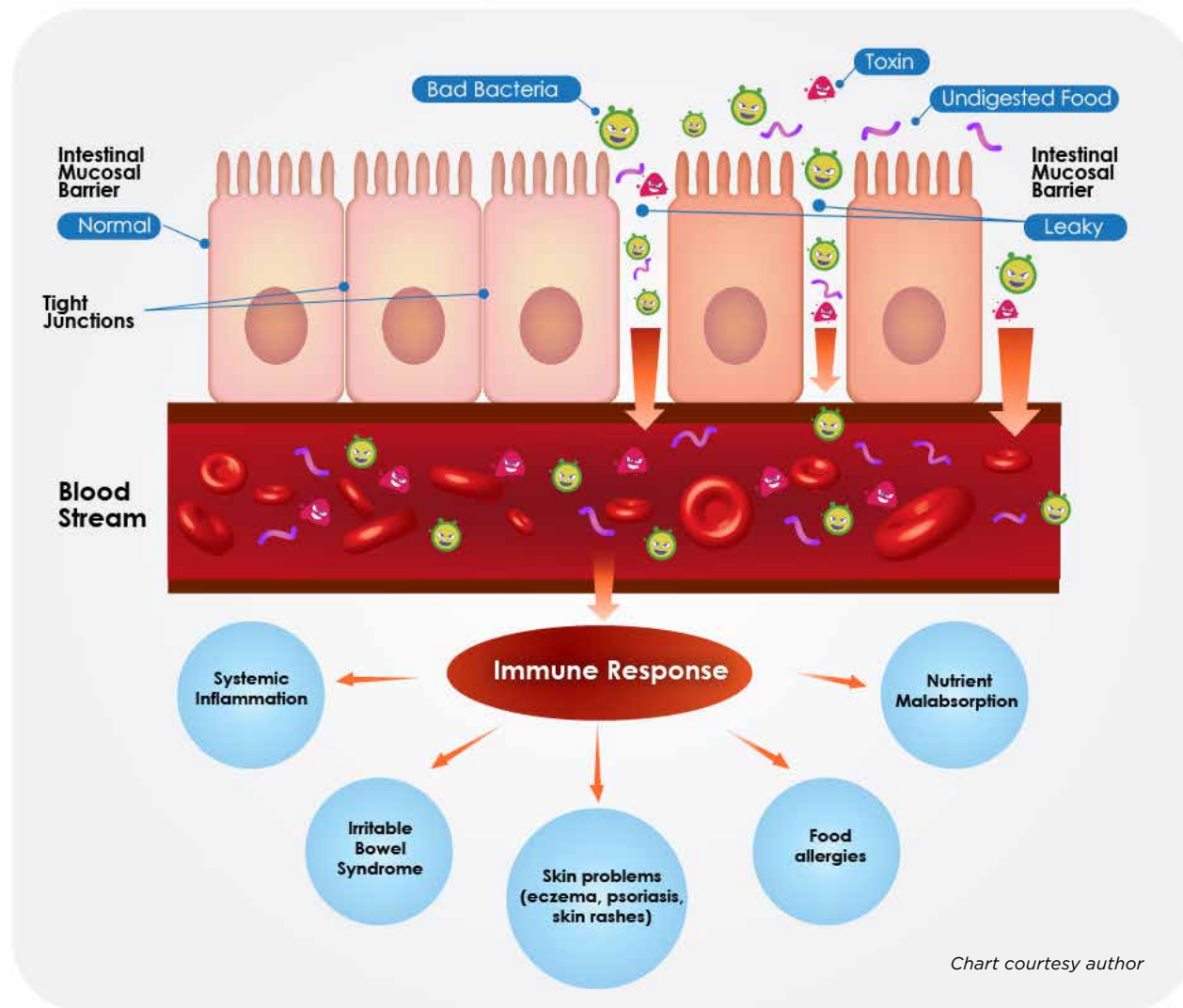
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Leaky Gut Syndrome



sensitivities and intolerances later in life. Unfortunately, most infant formulas contain dairy and often gluten proteins, putting formula-fed babies at greater risk.

PREVENT FOOD SENSITIVITY IN KIDS

Not every child who is exposed to dairy and gluten at a young age will become intolerant to these proteins. There are several variables that will affect whether or not a baby will react when exposed to food proteins prematurely. However there are many factors that will predispose your child to food intolerances, and taking precautions against this will greatly reduce the risk of food sensitivities, autoimmune diseases and digestive issues later in life.

The first line of defence against allergies is a natural birth, followed by breastfeeding, and appropriate introduction of foods. When babies are born, their guts are practically sterile. During a vaginal birth, the infant is exposed to the mother's microflora on their way out the vaginal canal. This basically imprints the child with the microbiome they will have for life. These bacteria will go on to colonize in the gut, helping to maintain a tight barrier in the gut lining. In addition the

good bacteria also helps break down foods, synthesize certain vitamins, and improve immunity.

Keep in mind you host 10 times more bacterial cells in your body than you have human cells, and each of these little bacteria have an important role in keeping you healthy as long as they are kept in balance.

Babies born through C-section do not get that initial bacteria from the mother, and are much more vulnerable to sensitivities and immune disorders later in life.

Unfortunately not everyone is able to have a natural birth or breastfeed. In this case, seek the help of a well-educated naturopath or nutritionist who can help you find a quality formula and probiotic that is the best suited for the health of your child. Choose someone who can guide you through those critical first stages of your child's life.

If you suspect a food sensitivity:

- Remove the suspected foods for at least one month to see if symptoms improve. This has to be adhered to 100 per cent – even one cheat can initiate an inflammatory reaction.

- Get tested for food intolerances. An IgG food sensitivity test will reveal both food allergies and intolerances by testing for antibodies in the bloodstream to a variety of foods. This is a different test than administered by your doctor or allergist. (consult your doctor for more information to see what is the best test for you)
- Heal the gut. Restoring those tight junctions with therapeutic foods and supplements is critical if you want to prevent additional food sensitivities from occurring, and decrease the reactivity of existing food sensitivities.
- Be consistent in your efforts to heal the gut. You don't want to set back all your hard work and progress. Even one small treat on special occasions like birthday cake or ice cream can set you back to square one when the gut is in a susceptible state.

The only way to avoid symptoms associated with food sensitivities is to completely avoid the trigger foods. Sometimes these foods can be re-introduced into the diet after a period of time. However you should work with a trained practitioner to guide you through the elimination and re-introduction of common foods such as wheat, fish, milk, shellfish, eggs, gelatin, peanuts, meat (beef, chicken, mutton, and pork), tree nuts, seeds (often sesame, sunflower, and poppy), soy, spices (such as caraway, coriander, garlic, and mustard), and corn.

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This article is for informational purposes only. This article is written from a holistic perspective and should not be considered advice or replace advice from your doctor. Please consult a qualified health professional for more information. **GBK**

ROSELINDE HACK is a Holistic Nutritionist and intolerance expert. She owns Nourishing Embrace in Kincardine, where she specializes in helping clients identify and overcome their food and environmental sensitivities. For more information visit www.nourishingembrace.com.

Introducing EarlyON Child and Family Centres

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Photos courtesy
Photography by Janet Lee

Benefits of meditation

By Sara Porter

At the tender age of 10, I was forced to deal with the traumatic loss of my eight-year-old brother.

As I look back, 21 years later, I wish I had known a simple set of coping tools – with meditation being the centrepiece – that could have helped me heal.

Meditation has been around for thousands of years in many different forms. Some are religious, many are not, yet all practices share the same result – a calmer, more focused, loving, aware, kinder and connected relationship with yourself and those around you.

I had anxiety, stress and self-esteem issues due to my family's traumatic event, but children don't need trauma to suffer from these mental health conditions. You might have experienced some form of stress or feeling of being overwhelmed in your

own childhood and youth, but of course your children will never believe it! There's no way you could possibly know how they feel – things are different for them! And they are partially right when they give you that comeback – as the world changes, children are dealing with the same issues we grew up with but in a more connected, social world, and that brings with it its own struggles.

Always having to be on, available at the ding of a cell phone, judged by how many 'Likes' they get on social media, what they look like, and if they are accepted is daily life for our kids. Social media plays a huge role in kids' lives now, and they no longer have nights and weekends away from their friends and schoolmates to decompress – they go home but remain connected through their devices.

That's why it's important we adults teach them to take time for themselves to appreciate and love themselves just as they are,



as well as how to handle stressful situations, because as we all know stress is something that only increases as we grow up.

NATURAL MEDITATION

Children naturally meditate; they just don't know it. They're often in that meditative state when they're aware of everything around them and they just accept things without judgment. Mindfulness also allows them to appreciate things without a value attached to them. How many of you loved playing in a cardboard box as a child? You loved that box because of what your mind created with it, not because of what it was worth.

Although children use their imaginations less thanks to parents keeping their schedules full of play dates, organized sports, art and music classes, and technology, it is important we provide them with the free time they need to enter this meditative state.

When children play with their food, they pull it, poke it, smell it, bite it – and usually spit it out. By doing this, they are becoming aware and absorbing that food in a totally open and mindful way, without pre-determined beliefs, barriers or biases. They are making a choice based on everything before them.

Teaching children to focus on their breathing and meditation process can have long-lasting positive effects, and teaching children to meditate is easier than you think!



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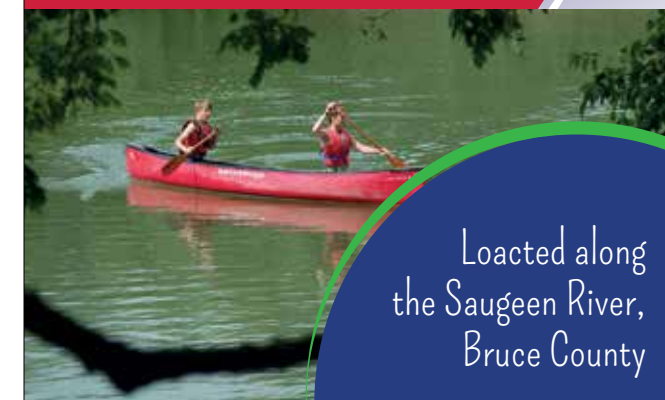
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MEDITATION PREPARATION

If you can set a routine for your child so they can anticipate their daily meditation, kids will start to look forward to this calming, relaxation time. Start with five minutes and increase from there, as your child is ready. At the beginning you may need to do this with your child, as they often learn best from observing.

Before you meditate:

- Eat a light meal, but don't do it on a full or empty stomach.
- Find a quiet, comfortably warm place with gentle lights.
- Get comfortable. Sitting is ideal, but you may lie down or stand. Be cautious lying down at the beginning, this position is conducive to sleep.
- Try some gentle yoga moves or stretching before beginning to energize your body.
- Find an open and well-ventilated space.
- Start with deep, slow and calm breathing. This is essential as deep breathing is a catharsis to the mind. Breath work is also a meditation technique itself.

BREATHING TECHNIQUES

Breathing techniques are amazing because we don't actually have to think about it. Breathing happens without thought, and by slowing down our breath, and breathing more deeply, we also slow down our heart rate, calm our nervous system and relax our muscles. This allows us to enter a calmer state of mind.

'4-7-8' breathing – This breathing technique is great in high-stress situations where you need to remove your child's focus from what is upsetting them and return their minds and bodies to a calm state... to get out of the 'fight or flight' zone. Counting at the same pace, inhale while you count to four, hold your breath until you get to seven, and exhale when you reach eight. Children should repeat this two or three times, while three to five times is good for adults.

Breath of dissolution – Sit comfortably, closing your eyes and relaxing for a few seconds. Allow your breathing to get progressively deeper (normal, deep, deepest), then start breathing progressively shallower (deepest, deep, normal), and then suspend your breath completely for a few seconds. Start the cycle again. Children should repeat this two or three times, while adults can do three to five.

If your child suffers from ADD or ADHD, try one of these breathing techniques with your child kneeling with their buttocks sitting on their heels. There are two points on the butt that connect to the penal gland, which focuses on concentration. Sit in this position for one to two minutes maximum.

TYPES OF MEDITATION

Self-love – While meditation can help your child love themselves for who they are and not be overcome by fear or frustration, it can also help your child develop emotionally. It can increase your child's compassion, and create connections



with other children through the neural pathways created by regular mindfulness meditation. For self-love meditation, sit comfortably and close your eyes and say to yourself silently, "I am a lovely person. I am a beautiful person. I love myself exactly as I am." Then, think of a moment that made you feel loved and happy. Imagine your feet are happy and dancing. Imagine your knees are happy and strong. Imagine your heart is happy and full. Allow your whole body to feel the energy of love. Be still, breathe deeply and allow that love to flow all around you.

Focus – Does your child love technology and gadgets? We move at such a fast pace today that children have had to speed up as well. Studies have shown that meditation changes the brain patterns and improves focus, which can improve cognitive performance. To improve focus, come into a comfortable



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● Tristan (foreground) and Payten join Sara Porter in yoga.

position, preferably sitting, and take three deep, slow breaths. Think of yourself as an eagle perched on the edge of a cliff. Gently and gracefully you take off. You are floating in space, relaxed. As you are floating, you are watching the endless blue sky above and the few scattered clouds below. Golden sunlight fills the space. Now, allow yourself to be carried away by the gentle warm wind. You are watching the lush green valleys below and the river flowing through them. The mountain slopes are dotted with villages and their peaks are covered with fresh sparkling snow. You can also see a trail on the mountain, like a thread, disappearing into a dense blue-green forest. In the distance you see the blue ocean and a city spread out on its shore. Stay relaxed and allow the wind to take you wherever it goes. You are just watching and observing everything.

Mindful meditation – A UCLA study¹ found that Grade 2 and 3 students who practiced mindful meditation for 30 minutes, twice a week for eight weeks, had improved behaviour and scored higher on tests requiring memory, attention and focus than non-meditators. For mindfulness, get comfortable by sitting or laying down. Start with slow, deep breaths and focus on the warmth within, allowing thoughts to pass through your mind. Silently repeat to yourself while relaxing and deep

breathing, “My mind is calm. My right arm is relaxed. My mind is calm. My left arm is relaxed. My mind is calm. My right leg is relaxed. My mind is calm. My left leg is relaxed. My mind is calm. My right toes are relaxed. My mind is calm. My left toes are relaxed. My mind is calm. My stomach is soft and warm. My mind is calm. My breathing is deep and slow. My mind is calm. My forehead is smooth and cool. My mind is calm. My eyes are relaxed and soft. My mind is calm. My jaw is relaxed and delicate. My mind is calm. My body is peaceful and relaxed.” Slowly, when you are ready, open your eyes.

There are thousands of meditations out there for children and adults so if one doesn't connect with you, try another!

Giving your child the gift of inner peace and calmness when they are stressed or conflicted is a lifetime gift that will prepare them for growing up and entering the even-more-demanding and faster-paced life that awaits them.

1 <http://bit.ly/1vLONTm> GBK

SARA PORTER is a certified Meditation Coach with the Canadian Yoga Alliance and is the owner of Pink Umbrella Retreat Centre outside of Port Elgin. Learn more at www.pinkumbrellarc.ca.

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Money confidence

Start early to inspire financial competence in your children

By Christy Kelly

Money.

It's a necessity of life, even for youngsters, and yet its proper management is one of the most difficult things to teach children from a young age.

The first step is to set a good example by being mindful about your money. Are your spending habits consistent with your personal values? For example, do you know where you are now with your money? Where do you want to go? What do you need to give up to get there?

I have a motto about money – 'Vision it. Write it. Speak it. Dance it.' This helps us create our own personal path to happiness and set our daily intentions. Repeat, 'I am a money rockstar!' daily for greater success.

YOUNG CHILDREN

When my boys were about four years old, I introduced four savings jars as their first way to save for their goals. The jars encourage separating money into categories of savings vs spending:

- Pay myself first (saving for the future).
- Saving for something special (goal then reward).
- Giving (money buys happiness when sharing it with others).
- Spending money (wants after needs).

Find teachable moments every day because your child is watching your money transactions such as grocery shopping, paying for gas or the tab at the restaurant. Show them how your bills get paid, and how much it costs to heat your home. Do they know how many hours of work it takes to cover that heating bill? And do they realize there is no ATM in your basement?

Talk about how money works at the dinner table, and emphasize how important it is to first have the money for the necessities of life – our house, food, and heating – and then invest sufficient savings first, before we splurge on that 'want.'



This is where an allowance – a consistent, weekly amount – will give kids financial responsibility. Parents don't get paid for household chores, so please don't tie it to a chore. Besides, you don't want them to ditch the chores when they become teenagers and get their first job. A stronger sense of self-worth is the reward when helping each other as a family.

Teach kids how to count their allowance and how they saved and spent on a weekly basis. Make it fun – set a family money night and play money games. Ask for their feedback on what they enjoyed most about their money and what they regret spending. Congratulate them on recognizing their money mistakes! Tell them that mistakes are good as long as they learn not to repeat them, and that's how they will grow into better money managers.

Quite frankly, congratulate them on non-money mistakes too. They will grow into better adults than if they were praised for only when they are 'good' at something. Ask any successful entrepreneur. Mistakes or failures are essential to understanding and doing better the next time.

TWEENS AND TEENS

I have two boys who are (somehow) now teenagers. One is a spender and one is a saver, with opposite personalities to match, as with many siblings.

One day, after earning money from his first neighbourhood grass-cutting business, my spender approached me about making an appointment to invest, which was a proud mom/financial planner breakthrough moment. There is definitely some credit

due to a little brotherly competition. My spender began to understand the importance of money management as a way to emulate his older brother, the saver, who began investing after his first job too.

The key concept here is to pay yourself first by saving for the future before spending what's left. Many of the clients I work with wish they had starting saving earlier. 'If I only knew then what I know now...' applies to so many life lessons, and I truly believe that making mistakes is the best way to learn. That's how we become a better version of ourselves.

Having delivered Junior Achievement money programs in elementary schools, money and youth seminars, and meeting one-on-one with parents and their tweens who are starting to book their first babysitting gigs, I have seen the curiosity in kids' eyes as they learn how money works. I'm excited to see financial literacy finally being added to the high school curriculum.

Money is a daily and lifelong skill. Lack of financial knowledge can be devastating to your future, so surround yourself with a tribe of positive money mentors and life coaches.

YOUNG ADULTS AND BEYOND

I grew up living with my suddenly single mother after my parents' marriage ended. My mom was working three jobs to make ends meet. I had one pair of pants to wear. I will never forget the kindness of a friend who gave me her extra outfit so I didn't have to wear the same clothes to school every day.

That meant I was off to work at age 11, on Saturday mornings at 6 a.m. at the local farmers' market, so I could buy clothes and eat out with friends. After that came other part-time jobs and I was beginning to understand more about money. Co-op accounting in university helped me afford to pay for my living expenses.

I was becoming more disciplined with my money because I understood the hard work that went into earning it. Today, I still realize how much more financially savvy I could have been if I learned earlier how to best manage my money during those early working years. Today, the inspiration for young adults may be clothes, though expensive technological gadgets and cell phones are certainly big wants too, so the teen years are a good time to revisit money goals, savings jars, budget envelopes and separate savings accounts, so they can be fully accountable of their needs and wants.

AUTOMATED BUDGETS

A good way to provide accountability is through regular, direct withdrawals from your child's bank account into a separate investment savings account, which will help them (and you!) put money away for Christmas gifts, travel and future goals. For us spreadsheet geeks, digital banking allows the download of banking transactions into a spreadsheet to analyze spending into categories.

Money budgeting apps auto-track your daily income and categorize your money transactions so you can see how quickly

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Every time you pull out that credit card or mobile app, ask yourself if the purchase will help you get closer to – or further from – what makes you truly happy. Is the item a need or a want? Many people live in the world of instant gratification and impulsive spending can be toxic to your financial health.

If you have been blessed with graduating school into a career with a high salary, bravo! Be aware though, that with more income comes many offers of credit by financial institutions. Credit without being mindful and having a written plan for your

long-term goals can spell financial disaster. How would you pay your bills if you suddenly weren't able to work? Physical wellness directly impacts financial wellness. Save up an emergency fund for at least three to six months' expenses in case of life's unplanned events. This emergency fund is also important to ensure you have covered your risks of disability and critical illness.

Decide at the beginning of each month where you want to be and then adjust to get there. If you know that you have an expensive outing with friends next week, cut back this week. Enjoy the rewards of your hard work, but respect your money and you will end up with more respect for yourself.

Remember, you are your child's earliest teacher about money.

REFERENCES

1 Mindful Money – Jonathan K. DeYoe

2 Free Money and Youth guide download on Kobo or ask me for a limited quantity hardcopy <http://moneyandyouth.cfee.org/en/>



3 <https://www.theglobeandmail.com/life/financial-literacy/article1150767/>

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CHRISTY KELLY, owner of Investors Group Financial Services Inc. in Port Elgin, resides in Southampton with her husband and two teenaged sons. She is an active community volunteer and a member of many empowerment organizations. You can find her on Facebook, Twitter, LinkedIn and her website at www.christykelly.ca.

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www.awhl.org

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kcyfs@bmts.com or keystonebrucegrey.org
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cgeorge@saugeenfirstnation.ca
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Grey Bruce Health Services
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Victim Services Bruce Grey Perth
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Administration: 1-888-577-3111
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www.bmts.com/-womenscentre
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Women's House Serving Bruce and Grey
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Wiarton and Bruce Peninsula - 519-534-0912
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www.hanoverhospital.on.ca

Midwives Grey Bruce
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www.midwivesgreybruce.com
Owen Sound

Owen Sound Hospital Labour and Delivery
519-376-2121
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Walkerton Hospital Family Birthing Centre
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www.kidsandus.ca

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Walkerton Day Care Centre and School Age Program
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Warton Kids Den Day Care/Kids Club School age Program
519-534-4434

Warton Nursery School
519-534-2121

Wooden Hill Child Care Centre (La Colline De Bois) at Notre Dame School
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YMCA Childcare
Arran Tara - 519-376-0484
Hanover - 519-364-4938
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www.bigbrothersbigsisters.ca/bbowensound
Kincardine - 519-396-3565
www.bigbrothersbigsisters.ca/kincardine

Bruce Grey Child and Family Services
1-855-322-4453; www.bgcfcs.ca

Bruce Grey Mentorship
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519-506-5065; www.brucegreymentorship.ca

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www.supervisedaccess.ca
Owen Sound

Kids Help Phone
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Motherisk - Hospital for Sick Children
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Victim/Witness Assistance Program
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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

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

Durham District Food Bank
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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
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Tobermory Food Bank
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Ontario Tenants Rights
ontariotenants@hotmail.com
www.ontariotenants.ca

Safe 'n Sound Homelessness Initiative
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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, chiroprapist
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.

EarlyON Child and Family 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 (East Ridge) - 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
519-986-1247
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 

SPRING EVENTS

MARCH

7

Saugeen Shores Leisure Fair
Rotary Hall at the Plex, Port Elgin; 6-8 p.m.
heather.lorenz@saugeenshores.ca

11

St. Patrick's Day Brunch
999 Brant/Greenock Townline, Cargill
9:30-11:20 a.m.
Adults \$10 Children \$5, under-four free.
Tickets at door. St. Patrick's Day Society
program begins around 11 am.

MARCH BREAK (12-16)

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.brucemuseum.ca

March Break Family Fun Days
Bruce County Museum & Cultural
Centre, Southampton
10 a.m.-5 p.m.
www.brucemuseum.ca

March Break KidsCamp
Grey Roots Museum & Archives, Owen Sound
8:30 a.m.-5 p.m.; Ages 5-10
Pre-registration required.
www.greyroots.com

March Break at Blue Mountain Village
www.bluemountainvillage.com

Peter Pan by Duffle Bag Theatre
Meaford Hall, 12 Nelson St. E.
2-3:30 p.m.
Recommended for ages 4-8
www.meafordhall.ca

17

Maple Magic at Regal Point Elk Farm
408621 Conc. 24, Georgian Bluffs
9 a.m.-1 p.m.
www.wiartonrotary.com; regalelkpoint.com
Also runs March 18, 24 and 25

24

Easter fun day
Bruce County Museum & Cultural Centre
1:30-3 p.m.; Ages 5-10
Pre-payment and preregistration required.
Members \$5, public \$8
www.brucemuseum.ca

30

Easter weekend at Blue Mountain
www.bluemountainvillage.ca/easter
Runs through April 2

31

Kincardine Rotary Club Easter Egg Hunt
Victoria Park, Kincardine
10 a.m.
Free to attend, BYOB (basket)!
jwhite@kincardine.net

APRIL

1

Maple Sugar Moon Festival
Grey Roots Museum & Archives, Owen Sound
Noon-4 p.m.
www.greyroots.com

Eco Explorers
Bruce County Museum & Cultural Centre,
Southampton
2-4 p.m.; Ages 7-12
www.brucemuseum.ca
Also runs May 6

5

Feast for the Eyes Juried Art Exhibit
Southampton Art Gallery
Opening gala at 7 p.m.
www.southamptonartscentre.com
Runs through April 29

7

**Port Elgin Rotary Home and Recreation
Show & Food and Drink Expo**
Southampton Coliseum
11 a.m.-4 p.m.
portelginhomeshow@hotmail.com
Runs through April 8

Hanover Home Show
P&H Centre, 269 7th Ave., Hanover
10 a.m.-4 p.m.
www.backporchevents.ca
Runs through April 8

Kemble Maple Syrup Farm Tour
8 a.m.-4 p.m.; Tickets necessary for entry
www.kemblemapletour.com

12

Grey County Kiwanis Festival of Music
9 a.m.-5 p.m.
www.kiwanismusicfestival.net
Also runs April 13

14

Holstein Maplefest
Love's Sugarbush, 392098 Grey Rd. 109,
www.holsteinmaplefest.com
Runs through April 15

21

Spring Cleaning Week
Throughout Saugeen Shores
Visit saugeenshores.ca or call 519-832-2008
Runs through April 29

A Medieval Day
Bruce County Museum & Cultural Centre
10 a.m.-4 p.m.
www.brucemuseum.ca

27

School's Out Movies
Bruce County Museum & Cultural Centre
10:30 a.m.
www.brucemuseum.ca

28

Owen Sound Home and Cottage Expo
Harry Lumley Bayshore Community Centre,
Owen Sound; 10 a.m.-5 p.m.
www.homeandcottageexpo.com
Runs through April 29

28

**Kincardine Home and Cottage Expo, with
Craft Beer Show**
Kincardine Davidson Centre; 10 a.m.-7 p.m.
www.kincardinechamber.com; 519-396-9333
Runs through April 29

MAY

2

Saugeen Shores Volunteer Fair
Rotary Hall at the Plex, Port Elgin
6-8 p.m.
colleen.dostle@saugeenshores.ca

17

Grey Bruce One World Festival
Market Square, Owen Sound
9: 30 a.m.-2:30 p.m.
www.greybruceoneworldfestival.org

19

Artsy Treasures Sale
Southampton Arts Society
Southampton Coliseum, 8 a.m.-2 p.m.
http://www.southamptonartscentre.com

25

Huron Fringe Birding Festival
Saugeen Shores
More kid-friendly events are being offered for
local families this year!
519-353-8618; huronfringebirdfest@gmail.com
Runs May 25-28 and May 31-June 3

27

Walk to Make Cystic Fibrosis History
Nodwell Park, 788 Highland St., Port Elgin
10 a.m-1 p.m.
Register today at cysticfibrosis.ca/walk.
www.facebook.com/saugeenshoreskin

GBK

29 WAYS TO ASK YOUR KIDS “How Was School Today?”

AND GET MORE THAN A ONE WORD ANSWER!

1. What was the best part of your day?
(Worst part?)
2. What was the funniest thing you saw
today?
3. What was the best part of lunch?
4. Did you get called on by your teacher
today? What was that like?
5. Which kid in your class was the
quietest? (Loudest? Most energetic?)
6. Which books did you read from today?
7. What was your teacher wearing today?
8. Which part of your classroom do you
think I'd like the best?
9. When's the last time you went to the
school library?
10. What do you wish you could do more of
at school?
11. Which activity at school today was your
favorite? (Least favorite?)
12. What games would you like to be able
to play at recess?
13. What did you eat for lunch today?
(What did your friends have for lunch?)
14. What's something your teacher said
today?
15. Which kid in your class needed to be
cheered up today?
16. If you were the teacher tomorrow,
what would you do differently?
17. What made you feel happy today?
(Sad, confused, bored?)
18. How did you get to be a helper
today?
19. What do you wish your teacher
would have done differently today?
20. What would you like to forget about
from today?
21. What would you like to be learning
more about?
22. Which topics do you wish you didn't
have to learn about at all?
23. Did you get or give any compliments
today?
24. Who got in trouble today?
25. What do you think I'd like best about
your teacher?
26. Which kid at school would you like
to get to know better?
27. Which color crayon or marker did
you use the most today?
28. Did you get to spend time with the
class pet today? If not, what did you
do instead?
29. What was the hardest part of your
day?

Used with permission
from www.latitudes.org



RECIPES

Sticky sweet

Recipes courtesy Foodland Ontario

You can never have too much maple! Grey/Bruce is abundant with fresh maple syrup this time of year – enjoy it in some of these great recipes.

MAPLE MUSTARD TURKEY BURGERS

INGREDIENTS:

- 1 ½ lbs ground turkey
- 1 egg, lightly beaten
- ½ cup quick oats
- 3 tbsp prepared mustard
- ½ tsp salt
- ¼ tsp fresh rosemary leaves, minced
- Pepper to taste
- 2 tbsp Ontario maple syrup
- 6 tbsp grainy mustard
- 1 ½ cups iceberg lettuce leaves, torn
- 2 tomatoes
- 1 red onion, thinly sliced
- 6 sesame seed burger buns

DIRECTIONS:

In large bowl, combine turkey, egg, oats, 1 tbsp of mustard, salt, rosemary, and pepper. Shape into six burgers. In small bowl, stir together maple syrup and remaining 2 tbsp of mustard.

Place burgers on greased grill over medium heat. Grill, covered, for five to six minutes. Turn burgers over; brush with maple mixture. Grill covered until thermometer inserted sideways into centre of each burger reads 165 F, or about six minutes.

Toast buns on grill. Spread each bun bottom with grainy mustard. Top with lettuce, burger, tomato, onion and bun top.

CHEESECAKE MAPLE APPLES

INGREDIENTS:

- 1 packaged block cream cheese, room temperature
- ⅓ cup granulated sugar
- 1 egg
- 1 ½ tsp vanilla
- ⅓ cup sour cream
- 6 large apples, Northern Spy or Golden Delicious
- 1 tbsp butter



- ⅓ cup Ontario maple syrup
- Whipped Cream (optional)


DIRECTIONS:

In a large bowl, using electric mixer, on medium speed, beat together cream cheese and sugar until smooth. Beat in egg and vanilla on low speed. Beat in sour cream just until blended. Set aside.

Slice top off apples, about quarter way down; discard tops. Using spoon, scoop out and discard each core. Scoop out apple flesh, leaving a ¼-inch shell. Reserve apple pieces.

In a 13 x 9-inch baking pan, place apple shells. Pour in cheesecake filling to ⅔ full. Bake in 350 F oven for 50 to 55 minutes, until filling is firm. Let cool (filling will sink).

Finely chop reserved apple pieces; measure out about 2 ½ cups. In large skillet, over medium heat, melt butter. Add chopped apples and ¼ cup of the maple syrup. Cook, stirring for five minutes until apples are tender. Remove to small bowl; let cool.

To serve, top each apple with about ¼ cup of the maple apples. Dollop with whipped cream, if using. Drizzle with remaining maple syrup. 



**Celebrating 35 years of fun, adventure, and friendships
on the beautiful Bruce Peninsula.
2018 Summer Camp Registration is Now Open!**

- **Ages 6 - 16.**
- **3, 7, and 10 day sessions.**
- **Activities for all interests and abilities.**



WWW.CAMPCELTIC.CA INFO@CAMPCELTIC.CA 519-793-3911

Licensed Child Care in Grey County

Support for families

Grey County provides fee subsidies for eligible families to help make licensed child care more affordable.

To qualify, parents or legal guardians must be working, attending school (including training) or have a referral for child care.
Learn more at www.grey.ca or call 1.800.567.4739

Benefits of licensed child care

- * Regulated and inspected annually
- * Helps children learn and develop
- * Almost 2,000 spaces across Grey County
- * Caregivers are supported with training and resources
- * May be eligible for fee subsidies



Find and apply for child care with OneList

- * Find licensed child care programs near home or work
- * Apply to multiple programs with a single application

Visit www.GreyCountyChildCare.ca

Call OneList at 1.888.722.1540 for assistance with your application