



FROM THE PUBLISHER

It's time to let them play

All parents and grandparents have fond memories of the warm summer days of our youth.

Those days were filled with BMX bikes, day-long sandlot baseball games, lemonade stand sales, and exploring all corners of your town and/or township with friends. Our childhoods, seemingly, were in simpler times.

For a variety of reasons, it is much more difficult for children today to just play. Often, when they are provided with the opportunity for a few minutes between daycare, dinner and rushing to their organized activities, we parents watch their every move, preparing to bubble-wrap them at the first scraped knee, or shutting down any semi-dangerous activity before it even starts.

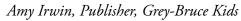
When you only want the best for your child, you forget they aren't made of glass. For the most part, a kiss and a popsicle will cure any harm they come by during their unstructured play-time.

It's difficult to watch your child learn lessons on their own, because sometimes those lessons can be painful. But, if we deny them the experiences we all enjoyed as children, how can we expect them to have that first-hand knowledge and sense of independence when they reach adulthood?

In this issue we're proud to welcome a variety of contributors who lend their thoughts about various aspects of play, and we hope you're able to capture some ideas that will suit your family. Also be sure to check out the inserts in this issue – the Explore the Bruce Adventure Passport and the Optimize Brain Achievement Program brochure.

We also encourage you to take full advantage of all the wonderful summertime opportunities our region has to offer, many of which are featured in advertisements in this issue, and in our Events section. Too often we rush to other areas of Ontario to experience the same opportunities we have here in our own slice of paradise.

Have a wonderful summer, and I hope your family finds plenty of time to just play.





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TiDBiTS

Road trip tips

There are so many great things to do throughout Grey and Bruce this summer that you'll want to visit all corners. Here are a few tips to keep the kids occupied in the car on the way there:

- Rent books on CD at your local library to listen to on the way
- Collect pamphlets/brochures about your destination and quiz the kids on the way about points of interest
- Make a scavenger hunt of the trip and list a few things they should watch for
- Bring rolls of painter's and Scotch tape so the kids can unravel it, tape things together, and generally make a mess that's easy to clean up but lots of fun
- Individually wrap small trinkets or toys for the kids to unwrap and play with along the way
- Map your journey and have the kids follow along. Highlight the towns and landmarks along the way, with a prize for the first one to find featured landmarks
- Pack a digital camera and let the kids document your journey
- Bring some catalogues and magazines and have the kids rip out pages to create a shopping wish list everyone loves to fantasize!
- Play Rock, Paper, Scissors
- Bring coloured pipe cleaners and aluminum foil — kids can have hours of fun creating masterpieces and sculptures with no mess
- Don't forget to pack lots of snacks and a portable potty for the little ones

'Touch a Truck' for literacy

The South Grey Bruce Youth Literacy Council is proud to have anchored the inaugural 'Touch a Truck for Youth Literacy' family event in this area.

Touch a Truck will be held Saturday, June 16, from 10 a.m. to 2 p.m., in Hanover's P&H Centre outdoor lot. It is open to people from all across Grey and Bruce counties, as youth literacy affects all communities.

Children of all ages will be invited to climb on board and experience a variety of trucks, emergency vehicles and extreme machines. Area teens will be participating in a 'Touch a Truck-a-thon' for 18 hours of fun and fundraising. Continuing in the spirit of something for everyone, adults, including parents and seniors, will enjoy the vehicles and the onsite industry exhibits promoting skilled trades, environmental advances in industry, women in non-traditional careers, and work safety information.

The South Grey Bruce Youth Literacy Council is a charitable non-profit organization, which has provided an effective Youth Literacy Program for over 23 years, supporting young learners and volunteer tutors living in our community. Contact the council at 519-364-0008 or visit www.sgbyouthliteracy.org.

It provides free, confidential, one-to-one tutoring for children and youth aged six to 18, who are struggling at school with reading, writing and math.

29th

The day in June that submissions must be entered for the Dads Caring for Kids photo contest

See the story on Page 10

Eat local

There is no excuse not to enjoy fresh, delicious, locally-grown food this summer. Grey and Bruce counties have an abundance of Farmers Markets to explore. Visit www.foodlinkgreybruce. com to find locally-grown food sources near you (also see Kinloss Produce's ad on Page 28).

Join our summer vacation memory contest

Enter to win a weekend of camping at beautiful Summer House Park at the heart of the Bruce Peninsula! All you have to do is tell us your favourite family summer vacation memory, in 100 words or less. Enter to win by 'Liking' and posting to our Facebook page or Tweet @GreyBruceKids. The winner will be chosen at random to create a new vacation memory at Summer House Park (see ad on Page 23 or

visit www.summerhousepark.ca). The contest is open to all residents of Grey and Bruce counties and submissions must be received by June 30. The winner will be announced on our Facebook page on July 1. The winner will receive two nights of camping for up to six people (some date exclusions apply), a free canoe rental and a round of ice cream cones for the family.



TALES from TOTS

YOU NEVER KNOW WHAT THEY'LL SAY NEXT

I said to my children one day, "I'm so lucky because of all the little boys and all the little girls in the world, me and Daddy got you and your brother." My seven-year-old's response was, "Well with me you got pretty lucky, but you must-a done something kinda bad to get (her little brother) Owen."

Stef, mom of Hailey and Owen

Driving home from errands one day, my four-year-old son Jack said to me, "I should be a movie, I have lots of funny inside."

Lisa, mom of Jack

I said to my six-year-old daughter that someday I would like to put a coffee table in our upstairs living room and she said, "Um ... Mommy, can we put out an 'any-drink' table in our living room since none of us drink coffee?"

Jenny, mom of Brayden and Alexa

While my five-year-old son was making a cheese sandwich, he said, "Mom, can I use a grown-up word?" I said sure, but was admittedly nervous. He proudly stated, "I made a darn good sandwich mom!"

Joanna, mom to Jett and Marrin

My daughter Sydney told

I was out late one night and the next morning I said to my

three-year-old son, "Oh Nash, Mommy's head really hurts." He responded so innocently, "Well, what did you bump it on Mommy?"

Sonva. mom of Carson and Nash

I asked our four-year-old daughter Layne to help dust the bookshelves one day. She was busy dusting and I praised what a good job she was doing. I said, "Layne, what would I do without you?" She replied, "Well, you'd never get any cleaning done."



me one day that she knew what I wanted for my birthday. I asked her what that would be. "A new husband!" she exclaimed. "Well ves, that would be great," I joked, "but why?" She replied, "Because instead of having two kids you have three, and the biggest one is Dad!" I laughed, as she continued, "So you would have help taking care of all of us!"

Brandy, mom to Sydney and Jayden (and husband Mark)

Amy, mom of Layne and Jace

It was just days before Christmas a few years ago, and my wife and I, and our three children, were in a department store. It was wall-to-wall shoppers. I stopped to look at colognes and men's bodysprays, which were fairly new at the time. My wife knew I was stopping and waded into the crowd with the cart and the kids. We didn't realize that Jake had broken away and stopped near me until he sprayed me with some bodyspray and loudly announced, "Now all the girls will want to tackle Daddy!" We got quite a few looks and giggles!

> Paul and Darlene, parents of Sarah, Jake, Connor, Spencer and Reilly

We were at a community pancake breakfast and, from across the crowded hall, my three-year-old daughter spotted our church's minister. "Dad!" she yelled, while pointing in his direction, "There's Jesus!"

Larry, dad to Shantel and Dwight GBK



Have a story for Tales from Tots? Email it to info@greybrucekids.com and it may be published in an upcoming issue.





By Dwight Irwin

Sometimes, our parents must just shake their heads.

Not because our kids are unruly, play outside all day, run off without telling anyone, dig worms, build snowforts, climb trees until they're left swaying from tiny branches, swim in the river without supervision, make mudpies, play day-long road hockey games, or build ramps out of nothing but scrap wood and hope and launch their bikes off of it (and with no helmet!).

No, that's not why our parents must wonder what we are doing to their grandchildren.

Because, mostly, children today are doing none of these things.

It's certainly not the kids' fault, especially with technology like computers, cell phones, gaming consoles and television so prevalent in most homes. When given the option of using their imagination to mindlessly – yet, incredibly joyously – fill their free time with some of the above activities, or spend the day inside chatting with friends on the computer, texting or playing video games, today's generation does what it knows best... it stays inside and learns nothing.

And that's our fault, as parents.

Why? Well, how many of us let our children walk out the front door with nothing but a wave at our calls of, "Be home for supper!" the way we did as kids? Very few parents today let their kids simply roam their neighbourhoods and towns, exploring and learning all those wonderful things school and supervised and organized play simply can't teach them.

It's an odd phenomenon, seeing as the majority of our parents wanted nothing more than to kick us outside for the day so they could actually have some time to themselves on their hardearned weekends. We get 30 minutes of quiet now and we're in heaven – can you imagine consistently getting a whole day!

So why have we – and, despite my best attempts to do so, I still won't let my nearly five-year-old daughter walk or bike alone to the park, two blocks from our house – become a generation of overly-protective parents?

I don't think we love our kids any more than our parents loved us. Yet, our parents encouraged and/or forced us to be those kids who left the house first thing in the morning and only returned for lunch and supper, usually filthy and with a whole host of new stories to tell.



Today, that sort of unsupervised and unstructured play happens a fraction of the time it did in our childhood. Between an overabundance of organized activities, perhaps there just isn't the same free time available to today's generation. Mix that in with how much fear the media, and the glaring looks of other judgmental parents, have drilled into us every time a child scrapes their knee, and it's understandable why we bubble-wrap our kids.

Can you imagine being *that* parent, the one who kicked their kid outside for the day, thinking nothing of the fact they hadn't checked in for hours (because you essentially ordered them not to), only to have them become one of the .1 per cent of Canadian children who are abducted by a stranger (Statistics Canada).

For this very reason, it's unfathomable for us parents to not know exactly where our kid is at every moment - why else do so many eight- and 10-year-olds have smartphones (hint, parents don't buy them for their affordability)?

The result is a generation of children who are short on life experiences. Many are so used to having Mom and Dad within three feet of them that they don't know what to do once they're set loose on the world, whether when attending post-secondary education or in a work environment.

How do you learn to assess risk if you've never been given the opportunity to face it? How can you be expected to use common

"If you want to witness your children do amazing things, at some point you're going to have to let them."

sense when you've always had a parent rush in and say, "Stop! Stop! You could fall/skin your knee/get dirty!"?

We love our kids so much (and secretly cherish the perception on Facebook that we're perfect parents) we simply cannot allow them to fail at the simplest task, despite the lesson they'd learn in the process. In fact, we'd rather they didn't try at all.

And, because of that, we're setting them up for failure.

This summer, let's let 'play' make a comeback, even if we have to do so in baby steps.

Our kids deserve it. GBK

DWIGHT IRWIN is the editor of Grey-Bruce Kids, and a parent to two girls, aged four and 17 months. Try as he might, he still has a hard time giving them the rope they need to just be kids.





DAILY TUMMY TIME HAS FAR-REACHING BENEFITS FOR INFANTS

By Jennifer Rollinson

Most parents have heard of 'tummy time' for their babies, but most people may not know why.

The Canadian Pediatric Society (CPS) recommends babies be put on their tummies at least three times a day for 10-15 minutes each time.

CPS states tummy time only needs to be avoided during sleep and aides in the progress of developmental milestones, while infants who experience tummy time develop earlier control of their head and strengthen their neck muscles.

Tummy time also allows strengthening of baby's upper body muscles (arms and shoulders); helps baby learn how to roll, sit, crawl, and pull to a standing position sooner; encourages baby to reach for objects, which will help to develop hand-eye coordination; provides visual stimulation, because babies who

lay on their backs tend to look at the ceiling, whereas babies on their tummies look at the world; and decreases the incidence of positional plagiocephaly (flattened areas on baby's head).

WHEN SHOULD TUMMY TIME START?

Any time babies are awake and supervised – even from just a few days old. Tummy time should be an important part of a baby's daily routine. Starting tummy time from birth will allow your infant to become more familiar and comfortable being in this position.

HOW MUCH SHOULD THEY GET?

A minimum of 45 to 60 minutes throughout the day. This amount of time doesn't have to be done in one long session but can be broken up into many short intervals throughout the day. This gives your baby more opportunities in the day to be off their backs.

TURN TUMMY TIME TO PLAY TIME

Sing songs, respond to the sounds your baby makes, and offer new sounds and different expressions to help baby latch on to your face. When you take time to play with your baby on her tummy, you not only help strengthen her body, but you build a bond with her and support socialization skills.

BABY DOESN'T LIKE TUMMY TIME?

- Lie down on your back and place your baby on your chest. This will allow him/her to look at you.
- Place your baby on his/her tummy for a few minutes after each diaper change. Increase this time by a few minutes every day.
- Lie down in front of your baby, so he/she can look at you.
- Babies enjoy having things to look at. Place brightly coloured toys or interactive blankets in front of your baby while he/she is on his/her tummy.
- Place a towel roll under your baby's arms and chest to provide additional support.

PROMOTE HEALTHY MOVEMENT

Babies need time in various positions, including tummy time. Try to avoid long periods of time in baby equipment such as sitters, bouncers, jumpers or carseats when not in a car. We suggest a maximum of 10-15 minutes at a time in baby equipment.

LEARN MORE ABOUT **TUMMY TIME** @



www.pathways.org

If you need a safe place to put your baby, a playpen or crib may be a better option than a baby container. Babies need help to change positions through out the day until they are able to move on their own. Movement helps promote development and prevent baby flat head.

QUESTIONS OR CONCERNS?

Contact Jennifer Rollinson, Public Health Nurse, Grey Bruce Health Unit, 519-376-9420; Paula Holla, Pediatric Physiotherapist, Thames Valley Children's Centre, 519-396-3360; or Joanne Chapman, Infant Development Worker, Community Living Owen Sound & District, 519-370-0866 ext. 105. GBK

JENNIFER ROLLINSON is a Public Health Nurse with the Grey Bruce Health Unit in the Healthy Babies, Healthy Children program. She is a member of the Tummy to Play Committee of Grey and Bruce, which increases awareness of the importance of early and consistent tummy time. Get more information at www.pathways.org.

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FAMILY

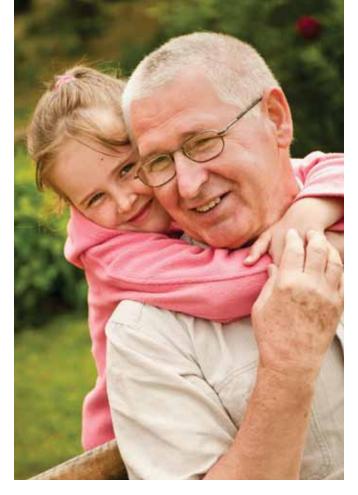
Not just a handsome face

DADS TODAY SPEND TWICE THE AMOUNT OF TIME PLAYING WITH THEIR KIDS THAN DADS DID IN THE '50s

By Joachim Ostertag

It is no secret that families are changing and, with it, fathers often are assuming much greater roles and responsibilities as parents and partners than in previous generations.

It is not uncommon to see fathers preparing dinner, doing the dishes, taking paternal leaves or acting as primary caregivers. Dads nowadays are estimated to spend twice the amount of time with their children than they did in the 1950s. The importance of fathers to their children cannot be overstated. Regardless of the level of interaction, a father's responsible and active involvement in their children's lives is extremely important for his kids' development. Children with involved fathers are less likely to suffer from poverty, become involved in drug and alcohol abuse, drop out of school, and suffer from health and emotional problems (National Center for Fathering, Fathering in America, January 1999.)



Fathering has evolved dramatically, yet one constant has remained - fathers have always been active participants in their kids' playtime. While mothers continue to take on more of the household responsibilities, fathers tend to devote a higher percentage of their time to playing with children. Fathers also tend to be more energetic and physically active in their play. It is in this context that fathers often feel most comfortable interacting with their children, and children equally enjoy and benefit from this playtime.

When parents regularly play with their young children, kids illustrate improved thinking and problem-solving skills, selfconfidence, enhanced sibling interactions, and even achieve a greater sense of accomplishment.





Despite fathers increasingly taking on significant roles at home, and as caregivers, mothers are still identified as the 'face' of the family. This is evident in the vast majority of visual representations of parents with their children in the media. For example, parenting magazines continue to mostly portray women in active caregiving roles – cooking with kids, doing school work, chores, etc. – while a small portion of images are reserved for fathers, usually in situations where they play with children.

To address this gap, a group of organizations in Grey/Bruce are working to publicly profile positive male interactions through the third annual 'Guys Caring for Kids' Photo Contest. The contest challenges individuals of all ages to capture the visual stories of men in caring relationships with children.

The 2012 contest deadline is June 29 and submission forms can be found at www.publichealthgreybruce.on.ca/Family/Fathering. Entries will be juried based on the caring features of the story depicted, the spontaneity of the photo and the picture quality.

JOACHIM OSTERTAG, of the Men's Program Grey Bruce, submitted this article on behalf of the 'Guys Caring for Kids' workgroup, which works to support initiatives that reflect and encourage the positive and caring relationships of men with their children. To carry out this mission, several organizations in Grey and Bruce have come together to respond to the need to celebrate and encourage men's roles in children's lives. For more information call him at 519-372-2720.







BOTH STRUCTURED AND UNSTRUCTURED PLAY BENEFITS CHILDREN

By Ontario Early Years Centre staff

Did you know the United Nations recognizes play as being so important to a child's well-being that it included play as one of the child's fundamental rights in the Declaration of the Rights of the Child?

The experts agree – play is a valuable activity that prepares children for life. Providing children with many chances to play enhances healthy growth and development.

There are many types of play opportunities available for children and their parents/caregivers in Grey and Bruce counties. One example for children newborn to age six is a playgroup experience. Formal playgroups are facilitated by a staff person from a community agency (for example Ontario Early Years Centres) and offer a balance of structured and unstructured playtime experiences. Occasionally guest speakers are invited to present topics of interest to families such as health and nutrition, child development or literacy. Formal groups are also a place where you can find out about community resources available to you and your child.

Another option is the informal playgroup organized by a group

of interested parents. Parents attending the informal groups will often take turns providing a snack and a craft on the day the playgroup is held in their home.

Benefits of playgroups for parents include:

- An opportunity to play with children without the distractions of home life, such as laundry, answering the phone, etc. Consider limiting cell phone use during playgroups as this can take your attention away from your child and what's happening in the room.
- The opportunity to observe how your child gets along with others.
- Meeting new people with similar interests who are sharing the same types of experiences.
- A time to share ideas about activities to do with your child, exchange recipes, and learn new parenting skills in a safe and supportive environment.
- By joining in on the fun, parents will get to experience their children's activities for themselves and find out what their interests are.

Benefits of playgroups for children include opportunities to:

- Explore new places, toys, and activities including creative art, songs, rhymes, games, and stories.
- Meet new friends and learn skills such as sharing, listening to others, describing feelings, problem-solving, and turn-taking skills.
- Build gross motor (ability to control large muscles) and fine motor (ability to control muscles in hands and feet) skills.
- Practice the knowledge and test out the skills they have already learned.
- Make friends and foster relationships with adults other than parents.

ORGANIZE A PLAYDATE

Playdates are another option for families. Organizing this type of play experience is great for building skills and can be a fun way to get to know people. Parents can invite a family or individual child to their home for a few hours of supervised playtime where the children can make the choices of how or what to play while improving their developing skills. Some parents may provide a craft, outdoor time and a snack. Make sure to provide appropriate clothing for the weather, tell the parent about any allergies your child has, and send your child in comfortable play clothes.

When you leave or pick up your child from a playdate, consider offering to host the next one at your house. Organizing this type of play experience is great for building skills and can be a fun way for parents to get to know each other.

Parents often want their child to be part of a playgroup or playdate experience because of the play and learning opportunities offered by being around other children. It is also important to make sure there is a nice balance of activities that are age-appropriate and not too structured. Structured play or

Things to do on a playdate

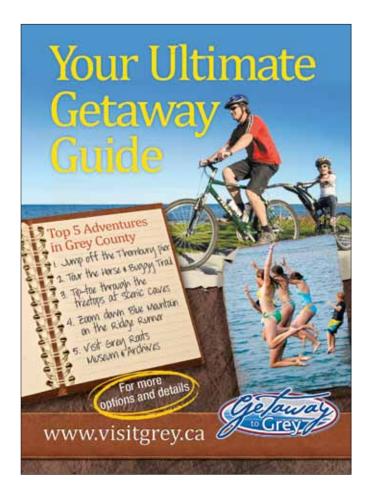
- A box or laundry basket filled with dress-up clothes and a table and chairs with play dishes and food provides lots of options for pretend play and develops social skills. Add a box and a blanket and see what happens.
- Blocks are a favourite and can provide open-ended opportunities for problem solving. Children can use their imagination to build anything they want. To extend the play, add empty cereal boxes, cars, animals and cardboard tubes.
- Play dough is a great activity for enhancing small and large muscles. Children can squish, flatten, and roll the dough into a variety of shapes. To extend the play, add cookie cutters, plastic scissors and a rolling pin.

adult-led play opportunities are generally planned by adults and include activities that have rules or instructions to follow. Making a craft that requires all children to follow the same steps to create a paper plate flower, assembling a Lego car by following instructions, or playing a board game are all considered structured activities. These activities are beneficial and are great for learning to follow instructions, enhance listening skills, and provide opportunities to learn how to share, take turns and solve problems. However, most experts agree unstructured play, or child-led play, which allows children to make their own choices and be creative in their play, is best for overall development.

Instead of telling children they need to follow steps to make a craft, offer a variety of creative materials such as paper, scissors, glue, tape, markers, cardboard tubes and pipe cleaners. Children will create something that is their own idea and will enjoy a greater sense of accomplishment.

Even more important than making sure you are offering a balance of adult- or child-led activities is asking yourself whether your child is having fun. Think about how you feel when you are involved in something you really enjoy - you probably laugh and feel great as a result! Play is all about having fun and the added bonus for parents is that children learn while they're doing something they truly enjoy. GBK

ONTARIO EARLY YEARS CENTRES are located throughout Grey and Bruce counties. To find a centre close to you visit brucecounty.on.ca or grey.ca.







TURN OFF THE ELECTRONICS AND GET THOSE KIDS ACTIVE

By Catherine Smart

This summer, families in Grey and Bruce counties should revisit an old friend named 'play.'

Studies show children today do not get enough physical activity each day and, coupled with poor eating habits, this is a major contributor to weight gain and obesity, which can result in the development of many life-threatening conditions like

Type 2 diabetes and cardiovascular disease.

Twenty-five per cent of Canadian children are obese and don't get enough physical activity. In fact, many youth today have very few opportunities to experience play in its spontaneous, accessible-to-all form. Play, which is mostly free or low cost, occurs when you want, how you want, respects personal choice, and brings families, neighbourhoods and communities together, despite requiring little skill or special equipment.

The 'PLAY in Bruce Grey' initiative, which was started in 2007 to promote increased physical activity, is another way to learn about providing play. It provides promotional tools, program ideas and funding options to assist municipalities in getting their residents more active.

The main event for PLAY in Bruce Grey is held on the first day of summer, June 21, and is called the Longest Day of PLAY. Municipalities across Grey and Bruce will take part in a friendly competition to see which can attract the most participants and log the most hours of play on the longest day of the year.

Twenty-five per cent of Canadian children are **obese**.

Longest Day of PLAY T-shirts, generously sponsored by Bruce Power, will be distributed to the first 100 participants in each municipality, and the three municipalities with the most logged PLAY hours will win a Longest Day of PLAY trophy.



Communities are encouraged to develop their own program for the day, and can enter the total hours of activity on the PLAY website, via email or phone by noon on June 22. Results will be posted by 5 p.m. that same day.

The disturbing trend of lack of physical activity does not end in childhood in Grey/Bruce, unfortunately. The 2007/08 Canadian Community Health Survey states that 62 per cent of Grey/Bruce residents are overweight or obese (52 per cent average for Ontario), 22 per cent of our residents have high blood pressure (17 per cent provincially), and 48 per cent of Grey/Bruce residents are inactive, while Bruce County has the third highest rate of death from heart disease in Ontario. In fact, 52 per cent of our region's residents are considered 'inactive,' which has significantly increased since 2005.

Through play, community members will gain a greater appreciation of regular, daily activity for themselves, their families and their community.

PLAY in Bruce Grey encourages you to get active! For more information log onto the PLAY website at www.playbrucegrey.com. GBK

CATHERINE SMART is the PLAY in Bruce Grey Coordinator. Contact her at catherine@smartmove.ca or 705-606-0985.

Great ways to PLAY!

- Take a lesson swimming, dancing, and gymnastics
- · Hike, bike, do what you like!
- Turn on the radio and dance
- Play Frisbee or jump rope
- Plant a vegetable or flower garden
- Play ball! Kick, catch, roll and throw
- Play 'Follow the Leader,' 'Simon Says,'
 'Red Light/Green Light,' or 'Capture the Flag'
- Climb a tree
- Find some old clothes to do dress-up
- · Go to the driving range or play mini-golf
- Visit a local farm
- · Learn to use a compass

Adapted from Central West Public Health Physical Activity Promotion Network

RECREATION

Covering your cottage

By Todd Farrell

It wasn't so long ago where the phrase 'heading to the cottage' meant something very different than it means today.

Families enjoyed summer living at their rustic cabins and cottages, which were generally wood-frame dwellings with screen doors that usually didn't keep the mosquitoes out. Activities consisted of reading books or playing games by lantern or flashlight because there wasn't electricity. Meals were cooked over campfires or a very quirky Coleman stove, followed by a quick run to the outhouse because there was no indoor plumbing... ah yes, good times indeed.

Today when people plan a weekend or vacation at the 'cottage' it's often a much different experience. Simple get-away locations that were used for five or six weeks a year have turned into second homes – fully winterized properties with modern kitchens, state-of-the-art appliances, big screen TVs, hot tubs, and more.

If this sounds familiar, you need to ask yourself if your insurance coverage kept pace with the increased replacement value of your property.

For many cottage owners, improvements, renovations and additions have taken place over several years. With each upgrade has come new furniture, electronics, and other personal property. Now, with material and rebuilding costs rising, it is easy to see how your insurance coverage could fall behind. Don't wait for a loss to find out you are under-protected.

CONSIDER THESE QUESTIONS

 Can your seasonal dwelling be rebuilt for the amount you have it insured for now? Just like a homeowner's policy, a seasonal dwelling policy covers the cost to re-build. What the property is worth has no bearing on insuring your property. Remember the goal of insurance is to put you back in the same position you were in before the loss, so that you neither lose nor profit from the loss.



- In the event of a total loss, do you have enough contents coverage to replace all of your personal belongings at the cottage? Many times cottage contents were second-hand items or garage sale items and really weren't worth a great deal. As such they were not insured for replacement cost but rather actual cash value.
- Do I need sewer back-up coverage? On the basic cottage insurance forms this coverage wasn't offered or even a concern for most cottage owners.
- How often do I rent out my cottage or seasonal home? Many companies impose restrictions on the type of coverage they will provide based on how often the cottage is rented out, or they may require that you purchase an 'endorsement,' which will allow you to rent your cottage up to a certain number of weeks per year.

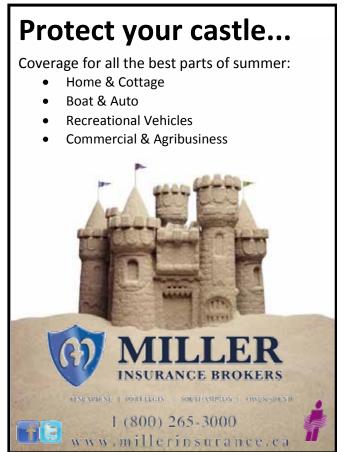
Today you can get insurance for your cottage or seasonal properties that's as simple as basic fire coverage or as comprehensive as the coverage you have on your principal residence. Keep in mind that a dwelling must qualify (i.e., acceptable heat source, updated roof, plumbing and electrical systems) for certain coverage options or packages.

Short-term cottage renters will find their homeowner policy travels with them when they go on vacation. If a liability claim is made against them anywhere in the world, or they suffer loss of property through theft, their policy has it covered.

Make sure you talk to your independent insurance broker to review your seasonal dwelling coverage needs. GBK

TODD FARRELL is the president of Miller Insurance, which has offices in Kincardine, Port Elgin, Southampton and Owen Sound. Visit **www.millerinsurance.ca** for more.









To find out how to participate and to log your PLAY hours visit:

www.playbrucegrey.com

Jason Weppler, Health Promoter **Grey Bruce Health Unit**

(519) 376-9420 or 1-800-263-3456 ext. 1408













OUR TOWN



With gas prices expected to skyrocket this summer, 'stay-cations' may be exactly what residents of Grey and Bruce counties are looking for.

In a new quarterly feature, Grey-Bruce Kids will explore a town in our area that you have likely heard of but may not know much about. We hope you'll want to stay close and visit 'Our Town' as you discover all our corner of paradise has to offer. This summer, it's Paisley you'll want your family to experience.

Paisley, known as 'The Heritage Village', truly has something for everybody. Nestled in the heart of the Saugeen River, Paisley offers beautiful heritage buildings, a balanced mix of retail, dining and family-owned shops, a thriving arts scene, wonderful walking trails for all skill levels, museums, a historical walk, outdoor adventure on the Saugeen River, as well as on dirtbikes and ATVs, camping, fishing, pick-your-own fruit farms and a burgeoning Farmer's Market.

Paisley also features some of the pre-eminent summer festivals in the area, including the famous Paisley Beef Fest, held annually on the Civic Holiday Weekend, and the Bruce County Heritage Association's Heritage Farm Show, which includes a steam and antique tractor show. For more on these extremely popular events, visit www.paisleybeeffest.com and www.bruceheritage.org, respectively.

To learn more about Paisley and to plan your day, weekend, or extended stay, visit www.paisleyvillage.ca.



Get to know Paisley

Founded...

In 1851 by Simon Orchard, who moved to Walkerton from Durham, ON, before dreaming of rich lands at the meeting place of two rivers. He loaded his family and household goods on a raft and floated down the Saugeen, eventually settling where the Teeswater River greets the Saugeen.

Population...

Is currently about 1,000 residents.

Located...

In the Municipality of Arran-Elderslie, in the heart of Bruce County, 47 km northeast of Kincardine, 25 km northwest of Walkerton, 21 km southeast of Port Elgin and 55 km south of Owen Sound.

The locals...

Enjoy a variety of activities. Thousands canoe or kayak down the Saugeen River annually, and browse the many niche businesses in the core of Paisley's heritage downtown. Paisley also has an interesting mix of arts, culture, adventure and agriculture.





RCMP Musical Ride

The RCMP Musical Ride will be held Wednesday, June 20, at 6:45 p.m. at the Paisley Agricultural Society's fairgrounds. This unique Canadian tradition dates back to 1887, and is a must-see event. The ride tours Ontario every four years and has this one stop in Grey and Bruce, and features two hours of equestrian and patriotic events. Tickets are \$8 in advance, \$10 on show day, while admission for children under three is free. Tickets are available at Paisley Pharmacy, as well as 12 other locations around the two counties. Visit www. paisleyfair.ca or call 519-353-5559 for more information.

Paisley Fall Fair

The Paisley Fall Fair is 'Celebrating Agricultural Traditions' and is the most amazing small town agricultural fair around! We boast a unique agricultural education tent, and our 2012 theme of 'Back to the Roots from the Ground Up' has hands-on activities, displays and demos. There are tremendous heavy draft horse shows, dairy shows, and lots of beef cattle. For more information, visit www.paisleyfair.ca and plan to spend Sunday, Sept. 9 at the 156th Paisley Fall Fair.

Nature's Millworks

Nature's Millworks is located in an 1885 grist mill, and it's great for kids! Much of the main floor of this unique business, at 4575 Bruce Rd. 1, is dedicated to educational toys, art supplies, games, puzzles, scientific kits, kites and books. Many items on the shelves of this one-ofa-kind store have been carefully selected based on the criteria of quality, and meet sound environmental practices and standards. They also have an educational component that evolves from nurturing the creative spirit. A visit is truly an educational experience. Visit www.naturesmillworks.com or call 519-353-4017 for more information.

Back Eddie's

Back Eddie's Micro Coffee Roastery & Café is located in a century-old building right on the river, at 660 Queen St. It features fair trade, organic arabica coffees from around the world, by the cup or pound, as well as fair trade and organic teas, chocolate, spices and bulk baking goods. Other features are treats and eats

made with locally grown and produced items, and environmentally sane and organic products for house, body and soul. Enjoy breakfast and lunch from scratch and organic ice cream, as well as arts, crafts, and Friday night jams. Visit backeddies.com, call 519-353-4787 or email backeddies@bmts.com for info.

Pastime Gold Mine

At the Pastime Gold Mine, at 502 Queen St., you'll dig up everything from "Daddy, can I have one?" and "Great for family game night," to "I've always wanted one of these!" and "Perfect for our next get-together." You can discover comic books, toys, games, movies, puzzles, magic tricks and novelties. More importantly, you can re-discover the kid in you. Stop in at the Pastime Gold Mine (next to Paisley Pharmacy) and dig up a treasure for your kids, and something for you too! Visit www.pastimegoldmine. com or call 519-353-GAME.

Elora Soap Company

All natural soap and skincare at the Elora Soap Company, located at 312 Queen St. N., is handmade on the premises. Our store features the work of local artists and craftspeople, and we have an amazing selection of science and nature toys, and some cool retro tin toys too. Soapmaking workshops are available for groups and birthday parties. Celebrate 25 years of soapmaking with us this year! Visit www.elorasoap.com or call 519-353-5191.

Gar-Ham Hall

Stay overnight in Paisley at Gar-Ham Hall, located at 538 Queen St. John and Muriel Garton are the friendly and welcoming hosts who own and operate Paisley's only overnight accommodation, a beautiful, historic, 1880s Victorian house. Reservations are recommended for this three-bedroom, centrally located gem. Enjoy a full home-cooked breakfast in the morning before heading out to explore. It's a perfect accommodation for canoers, kayakers, fishermen and those looking to spend a little more time in the area. Call 519-353-7243 for reservations or more information.

Daydream Believers

Daydream Believers, 'Whimsical Gifts for Everyday Occasions,' at 258 Queen St., is a quaint gift shop featuring local artists and crafters. Owner Jennifer Maxwell prides herself on providing an assortment of gifts for every budget. Check out the gorgeous historic building on Paisley's main street and browse a large selection of Canadian-made candles, bath and body products, handmade children's items, beautiful locally made jewelry, garden decorations, antiques and more. Visit www.daydreambelievers.ca or call 519-353-4438 for more info.

Big Dipper Bakery Café

The Big Dipper Bakery Café is housed in what used to be the Flood Block, built in 1893. The proprietors, Sharon and Glenn Charban, lovingly restored the café portion of the building, exposing the original tin ceiling, hardwood floors and the stained-glass windows. They offer unique salads, soups, sandwiches (using local meat smoked to perfection with a hint of hickory), pizzettes, and their fabulous artisan breads. Everything is made from scratch using the highestquality, local ingredients. Find us at 328 Queen St. (across from the arena), call 519-353-5542, visit www.bigdipper.net or email dipstix@bmts.com.

Saugeen Bluffs Conservation Area

Want a great place to take the kids for the summer? With gas prices continuing to rise, many people are looking to spend their holidays closer to home, so why not spend the summer at Saugeen Bluffs Conservation Area? A seasonal site at the conservation area, located just outside Paisley, is the perfect answer for holidays short and long. Park the trailer, get out the lawn chairs, unload the bikes and relax! The kids will love it! You will love it! Visit www.svca.on.ca for more information.



RECREATION

Hot toys this summer

NEED FUN, NEW TOYS? CHECK OUT SOME OF THE UNIQUE OPTIONS AVAILABLE AT INDEPENDENT RETAILERS IN GREY AND BRUCE COUNTIES

Maverick and Master pogo sticks

There is fun and skill involved in learning to pogo, which is a great way to learn to balance and bounce. The Maverick Pogo is a fantastic starter stick for smaller children who weigh between 40 and 80 lbs. The Master Pogo is for kids and adults who love to bounce around and who weigh between 80 and 160 lbs (no experience required!).





Spooner boards

The Spooner board is a new and wild balance board that can be used inside or outside all year on dirt, grass, sand, and snow hills, plus roads and floors. There are two sizes depending on your height and stance, and they are virtually indestructible. Spooners help with learning balance at a young age and then you can build into learning all kinds of tricks.

These products are available at THE ROCKING HORSE, Owen Sound

519-371-9921 or www.therockinghorse.ca/owen-sound



Reversible Bat-Spider Cape

by Dreampower

Your little one will love this Canadian-made, reversible, batspider cape. It switches from bat hero on one side to spider hero on the other. Form wings and "fly" with the attached elastic wrist straps on the edges of the cape. It's pure magic for all superhero wannabes!

Ballet Paper Dolls

by Laughing Elephant

Inspire imagination with gorgeous, vintage-inspired paper dolls. Package includes four dolls - two lovely ballerinas and their two handsome consorts, along with their extensive wardrobes and backdrop.



These toys are available at J'ADORN, in downtown Kincardine 519-396-GIFT (4438) or www.jadorn.ca



Salad Set by Green Toys

This Salad Set comes complete with veggies and all the components to create a healthy pretend snack! All Green Toys products are made in the U.S. from recycled plastic milk jugs ensuring they are PVC, BPA and phthalate free and are safe to play with (and eat off too!). They are also dishwasher safe.



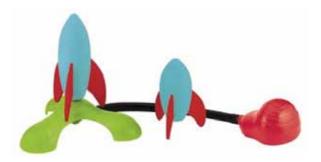
Great kits to take anywhere! Kids can design their very own car or creature then build them for play. Lots of imaginative play value.



These toys are available at

EVOLVE ECO-FRIENDLY TOY STORE

downtown Meaford 519-538-5600 or www.evolvetoystore.com



Stomp Rocket

by Kidoozie

This active, outdoor toy will have little ones stomping on a rocket launcher to see how high they can shoot their rocket - fun for kids and adults alike!

Mini Kickboard **Scooter**

by Kickboard Canada

A cool scooter with three wheels, for greater stability. Its Swiss design has a simple steering mechanism and breaking system. Geared to children three and up and is available in several colours.



These toys available at PJ KNICKERBOCKERS,

downtown Markdale, 519-986-3119 or www.piknickerbockers.com



Assortment of kites

by Premier Kites

Get back to the basics and go fly a kite. Children of all ages (and plenty of adults) are still enthralled by the power of Mother Nature as it mixes with beautifully designed kites, driving them high into the air. This is a classic that never gets old.



Settlers of Catan

by Mayfair Games

A great board game for ages 10 to adult. Players are recent immigrants to the newly populated island of Catan. Expand your colony through the building of settlements, roads and villages by harvesting commodities from the land around you (www.mayfairgames.com). Add to your game with an assortment of accessories.

These toys are available at NATURE'S MILLWORKS,

4575 Bruce Rd. 1, Paisley

519-353-4017 or www.naturesmillworks.com

RECREATION



By Bev Hughes

Some of my fondest memories as a child are of camping with my family, all snuggled in our tent, with my Barbies tucked in around me, and the rain pattering the canvas above my head.

As our camping experience increased, so did our camping savvy. Soon our tent became a tricked-out '70s Econoline van, complete with fridge, sink and shag carpet. A tent-trailer was our next home-away-from-home, and ultimately a motorhome saw us travel across the country together.

As I moved into adulthood, I couldn't wait to share my camping experience with those close to me. My husband soon learned to share my passion for the outdoors and sleeping on the ground. The first "home" we owned together was a three-person tent we lovingly named our 'condo.' It meant freedom from the city and weekends spent exploring the Bruce Peninsula.

Before long, our family expanded to include children. We were tentative at first. Could we pull off camping with kids? Would our children learn to enjoy it as much as we did? Did we have the patience and the perseverance needed to plan, pack for and pull off weekends in the woods with toddlers?

Camping with children can be a daunting task for even seasoned camping veterans. Over the years we've learned a few tricks of the trade that have made our weekends in the woods successful. Here are our top tips for family tenting for beginners:

Invest in a good tent – It is money well spent and will save you hours of drying out after a heavy downpour. We invested in a top-of-the-line tent five years ago and have never had a leak or worry. Buy a good tent with a full fly from a reputable outfitter.

Pack the potty – If your children are under age 10 and you still have their old potty, bring it along. Stash it in your vestibule (outside covered tent storage area) for midnight or early morning trips to the bathroom made easy. Be sure to empty it in the campground bathroom in the morning.

Simplify the menu – Unless you're a strict gourmet only, leave the five-course meal at home. Nothing tastes better than simple food prepared over a campfire or Coleman stove. Our favourite camp menus include oatmeal for breakfast, hotdogs cooked over the fire in our Grill-a-Dog for lunch, and spaghetti and sauce, with store-bought brownies for supper. Our most memorable camp meal is leeks dug fresh from the forest, wrapped in bacon and grilled to perfection.

Padding and insulation are your ticket to comfortable sleeping - A thick and insulated sleeping mat (such as a Thermarest mattress) and low-temperature rated sleeping bag will keep you comfortable at night, even if the thermometer dips into the single digits. Your local outfitter will point you to what's right for your needs.

Leave the technology at home – Our children enjoy technology just as much as the next kid, but we try to avoid it at all costs on our family camping outings. Camping gives kids the outlet to ride their bikes, splash in the lake and frolic in the bush. Don't stifle their exploring by bringing gadgets that sidetrack them.

Take a trip to the library – Early mornings can be hard to negotiate with children, especially if the sun and your son are up early. Campground quiet hours are often later than the average child sleeps. We find a trip to the library before our trip to the woods often saves us the grief of our children waking our neighbouring campers too early. Supplied with a stash of new books strategically placed beside their sleeping bags (and the potty in the vestibule), we can usually buy an extra hour of morning quiet time (and sleep time for mom and dad).

Where available, choose radio-free campgrounds or those with strict quiet hours – Nothing ruins a trip faster than a toddler woken in the middle of the night by a group of rowdy, nearby campers shouting obscenities. Radio-free campgrounds or family campgrounds with strict noise policies attract less

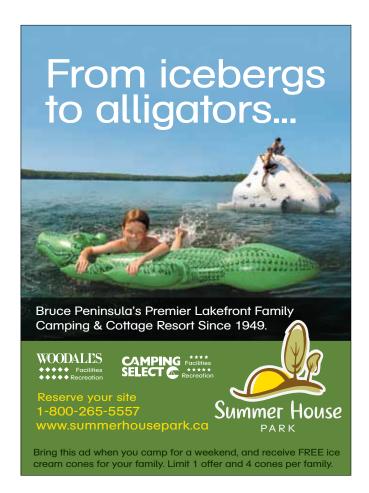
partiers, leaving you free to enjoy the sounds of nature and your children snoring after a day spent playing outside.

Save the back country for later years – This one has been a hard adjustment for us. We love to backcountry camp at hikeor paddle-in camping locations, but our first experience with toddlers was a challenge. Surprised that no one drowned, we swore we wouldn't do it again until our children were ready and until we were no longer scarred by the experience. We filled the intervening years 'car camping' at family friendly campgrounds on the Bruce Peninsula. Here we honed our kids' love of camping. At age seven and nine they were ready to try the backcountry again, and so were we. The result? They loved it!

If it rains, play games – Pack your family's favourite games and a tarp that you can string over the picnic table and you can turn a wet weekend into a bonding experience over Snakes and Ladders, Monopoly and Crazy Eights.

One of the huge advantages to living in Grey/Bruce is there are many quality family campgrounds to choose from close to home. Find yours, use this list of tips and start creating your family camping memories. GBK

BEV HUGHES wrote this article on behalf of Summer House Park Family Campground, Miller Lake, Bruce Peninsula. Check out Summer House's website at www.summerhousepark.ca.





RECREATION

Awesome area playgrounds

There is plenty to do in Grey and Bruce counties, but sometimes your kids just need to run wild. Luckily, there are numerous fantastic playgrounds in the area, which are all worth the drive. Explore these wonderful towns while the kids burn off that excess energy!

Here are eight awesome playgrounds in Grey/Bruce:

Lewis Park, corner of Huron and Queen streets, Ripley

Play structure for younger children, sand play, large climber for older children, covered gazebo, lots of mature trees, washroom facilities and a great splash pad! Close to shops downtown.

MacPherson Park, bottom of Lambton Street, Kincardine

Lots of playground equipment overlooking Lake Huron, with beach access, a short walk to the Kincardine Pier and Station Beach, snack shack, boardwalk, covered pavilion, and washroom facilities.

Chesley Community Park, 29 4th Ave., Chesley

Outdoor seasonal swimming and splash pools, a skateboard park, boat launch, picnic pavilion, and plenty of places to use that fishing pole. Go for a stroll on the paved boardwalk next to the river.

Rotary Accessible Playground and Bruce Power Sensory Gardens at Jubilee Park, Victoria Street South, Southampton

Located at the base of the water tower in Southampton. Includes swings, merry-go-round, climber, picnic area, pavilion, and washrooms.

Rotary Park, 310 Williams St., Wiarton

This playground, nestled along the escarpment of Colpoy's Bay overlooking Georgian Bay, is a wonderful place to stop and take a break.

Harrison Park, 75 2nd Ave. E., Owen Sound

More than 40 hectares of streams, trails, gardens, playgrounds, forest and green space, right in the heart of the city. It has three playgrounds, including the new, fully accessible Kiwanis playground, which opens this summer.

Christie Beach, located 6 km east of Meaford

This sandy shore is a local favourite. The beautiful crystal clear



waters of Georgian Bay offer a refreshing change on a summer day. Picnic tables, washroom facilities and a children's play area are easily accessible from the beach.

Hanover Town Park

Hanover Town Park and campground is located on the banks of the Saugeen River and offers 40 fully serviced campsites. Very popular with town residents, the Hanover Park offers large picnic areas, fishing, a wide variety of playground equipment for children of all ages, and a covered picnic pavilion with kitchen facilities.

Did we miss your favourite?

Does your community have a playground that deserves to be on this list?

If so, send a description and photos of your favourite playground to amy@greybrucekids.com and we'll promote it on our blog at www.greybrucekids.com/blog.





Bluewater Summer Playhouse presents two great summer programs

Drama in the Park

Ages 6-12, July 9-13 and July 16-20

Bluewater Glee

Ages 13-19, August 13-24

Call 519-396-5722 for more information



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Children under three learn through hands-on activities, using their senses to better understand the world around them.

Sensory play helps them develop and it's mainly through taste and touch they are discovering and making sense of their surroundings. Yet parents often resist these activities because of the mess they involve, so now that summer is upon us, it's time to take the sensory play – and the mess – outside!

WHY SENSORY PLAY?

 Sensory play encourages children to manipulate and mold materials, building up their fine motor skills and coordination.

- Sensory play uses all five senses, but the sense of touch is often the most frequent. Toddlers and children process information by exploring through their five senses.
- Sensory play is process-driven not product-oriented. It is the purest sense of exploratory learning.
- Sensory play offers kids the opportunity for self-expression because there is no right answer, children feel safe to change or experiment with what they are doing, building self-esteem.
- Language development and learning new words.
- It is fun!

Here are some great sensory play ideas this summer.

WATER BALLOONS

Fill about 30 small balloons with a small amount of water and tie a knot.

The balloons naturally have a small amount of air in them, which allows them to float in the bath or, if it's warm outside, a kiddie pool. Kids love to squeeze and twist them into other shapes and slip them through their hands.

Sensory play with water balloons is a great opportunity for kids to explore and use descriptive words, describing their senses and what they are feeling - slippery, slimy, soft, squishy and heavy.

ICE BOATS WATER PLAY

Water and ice are great for sensory play with kids as it engages them into a world of exploration and wonder.

To make the water and ice sensory play experience a little more fun, turn the ice blocks into boats with a few simple materials.

Fill some empty containers with water to freeze and add different food colouring for some interest. Add a sail made of a drinking straw and a triangle piece of construction paper. Add the straw sails to the boats when they are partly frozen.

Once frozen, remove your boats from the container and set sail in a large bucket of water, kiddie pool or bathtub. This activity is great for encouraging countless science-related discussions about ice and water, floating and sinking, liquid and solids. Exploring questions such as why do you think water expands when it is frozen or why do you think ice floats on water?

Make a sensory play table

These tables are meant for exploring different textures and where kids can get messy, have fun, and play freely while learning about the world around them. Any container will do - try an under-the-bed storage tub and just place it on an existing table or on the ground outside.

Things to include:

- shaving foam
- sand/rice table or box
- · drinking straws of different sizes
- Christmas decorations (tinsel, beads, etc.)
- · fall leaves
- pompoms
- · packing peanuts
- · coffee grinds and cornmeal mixed together
- shredded paper
- · cooked spaghetti
- bubbles
- · curling ribbon
- stones
- birdseed
- small toys or a magnifying glass



This is also a great experiment to see how different colours mix together, as the ice melts. Always supervise children when playing with water.

JELLY SENSORY PLAY

Fill an assortment of different sized and shaped containers with various colours of jelly.

Once set, gently remove the jelly, to maintain the shape. Layout your jelly on a large tray outside and have the kids explore using their sense of touch. Talk about how the jelly feels in their hands or on their feet. Have the kids practice their descriptive words squishy, sticky, slippery, slimy, sloppy and smooth. Explore with your other senses too - smell, taste, sight and sound.

You can also play "What's hiding in your jelly?" When preparing the jelly put plastic numbers, toys animals and coloured beads into the jelly as it's starting to set. Put yellow items in the yellow jelly and blue items in the blue jelly, etc., to disguise them a bit. Have the kids find the items in the jelly once it's set.

Clean-up is easy – just hose the kids down and have some more fun! GBK

Information and photos used with permission from www.learning4kids.net. Visit the site for more great ideas for family fun this summer.





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BOOK REVIEW

BY NADIA DANYLUK

CHILDREN'S LIBRARIAN, OWEN SOUND PUBLIC LIBRARY

BOARD BOOKS

Bunny Rabbit in the Sunlight

Kate Endle and Caspar Babypants

This very sweet board book illustrates a variety of animals in different kinds of light and is a great choice for bedtime sharing. Take time to discuss the animals that appear on each page. A preview of the book can be found on YouTube (www.youtube.com/watch?v=gfTKMaFlYbc) and a free downloadable MP3 is available with the words of the book set to music. 'Caspar Babypants' is the pseudonym of Chris Ballew from the '90s band The Presidents of the United States of America.

PICTURE BOOKS

Press Here

Hervé Tullet

Playful and participatory, Tullet's Press Here is a unique concept picture book. Each page offers a lesson in cause and effect by inviting the reader to tap, shake, tilt and blow on a series of primary coloured dots. One of the things that I really love about Press Here is how it takes the level of reader interaction that you might expect in an electronic picture book and makes it work in the traditional print format. Read it with a child or by yourself, you'll be surprised how much fun you have.

EASY READ

I Broke My Trunk

Mo Willems

The author's use of speech bubbles and simple language makes this a good easy reader, but what makes it great is the author's ability to tell a truly hilarious story that both kids and parents can enjoy within the restrictions of this style. In I Broke My Trunk, Piggie is curious how her friend Gerald injured his trunk. Gerald spins a tale that involves two hippos, a rhinoceros and a piano, with a punchline delivered with perfect comic timing. If you like this one you'll want to check out all of the books in this series.

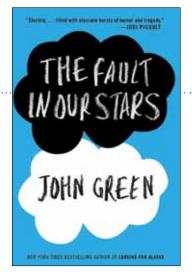
JUVENILE FICTION (AGES 7-9)

How to Raise Monarch Butterflies: A Step by Step Guide for Kids

Carol Pasternak

If you're looking for a project to share with your children this summer, I definitely recommend taking a look at How to Raise Monarch Butterflies. Observing the stages of the monarch from egg to caterpillar, to chrysalis, to the striking black and orange

butterfly we all know, is an experience you and your child can treasure sharing. This excellent book takes you through all of the steps of raising monarch butterflies, from locating the eggs on milkweed



leaves to providing a safe home for the caterpillars, to proper care of the chrysalis. Sharp colour photographs on every page clearly illustrate the process.

JUVENILE FICTION (AGES 10-12)

The Popularity Papers: Research for the Social Improvement and General Betterment of Lydia Goldblatt and Julie Graham-Chang

Amy Ignatow

This is an excellent Diary of a Wimpy Kid read, a great choice for girls who enjoy the journal format of that popular series. The Popularity Papers follows fifth grade best friends Lydia Goldblatt and Julie Graham-Chang as they navigate the murky waters of middle school social status. With a few misfires along the way, these girls learn it is always best to stay true to oneself and that real friendship is more important than popularity. I particularly love the way this book looks like an actual journal with handwritten text and wonderful cartoon-style, full-colour illustrations throughout. These two girls are easy to like and with four books currently in the series, this is a great choice for summer reading.

YOUNG ADULT

The Fault in our Stars

John Green

The latest young adult book from cult favourite John Green, The Fault in our Stars is very likely the best teen book I've read so far this year. Augustus Waters and Hazel Lancaster, two teenagers who meet at a cancer support group, are the quirkiest, funniest, smartest characters I've read in a long time. The Fault in our Stars will have you laughing along with Augustus and Hazel's perception of the world around them and leave you weeping at the absolute injustice of it all. Young adult literature is increasingly popular among adult readers and, with a book like John Green's latest, it's easy to see why.







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Bruce Grey Child and Family Services

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

Chippewas of Nawash Unceded First Nation D'binooshnowin Crisis Shelter

Crisis line: 519-534-4338 (24 hours) Administration: 519-534-3764 admin.dbinooshnowin@gbtel.ca www.nawash.ca Cape Croker

Keystone Child, Youth & Family Services

1-800-567-2384 519-371-4773 bgcs@bmts.com www.keystonebrucegrey.org Owen Sound

Saugeen First Nation - Kabaeshiwim **Respite Women's Shelter**

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

Sexual Assault and Partner **Abuse Care Centre**

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

Victim Services of Bruce Grey and Owen Sound

Crisis: 1-866-376-9852 Administration: 1-888-577-3111 info@victim-services.com www.victim-services.com

Victim/Witness Assistance Program

Owen Sound - 1-866-259-4823 Walkerton - 1-866-994-9904 attorneygeneral@ontario.ca http://bit.ly/ujKyeE

Women's Centre (Grey and Bruce)

Administration: 519-376-0755 Crisis: 1-800-265-3722 womenscentre@bmts.com www.bmts.com/~womenscentre Owen Sound

Women's House Serving Bruce and Grey

Sexual assault crisis: 1-866-578-5566 Crisis line: 1-800-265-3026 Administration: (519) 396-9814 crisis@whsbq.on.ca www.whsbg.on.ca Kincardine

BREASTFEEDING

Brockton and Area Family Health Team

1-866-507-2021 or 519-881-1920 RN/certified Lactation Consultant teaches the fundamentals of lactation and provides support on how to feed your baby www.bafht.com Walkerton

Grey Bruce Health Unit

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

La Leche League Canada

Referral Service: 1-800-665-4324 Hanover/Walkerton - 519-364-3316 Kincardine - 519-395-3282 Owen Sound - 519-376-5916 www.lllc.ca

Support groups

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

Southampton, Port Elgin, Paisley, and Tara -

CHILDBIRTH

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

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

Midwives Grey Bruce

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

Owen Sound Hospital Labour and Delivery

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

Walkerton Hospital Family Birthing Centre

519-881-1220 www.sbahc.on.ca

CHILD CARE

Acorn Montessori Preschool

519-599-7577 Meaford

Amabel-Sauble Child Care Centre

519-422-3611 Sauble Beach

Beaver Valley Outreach

519-599-2577

Bobi's Playschool

519-538-5483 Meaford

Brooke Montessori Toddler Program

519-376-3447 Owen Sound

Bruce County Childcare Services

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

Bruce Peninsula Family Centre

519-793-4100 Lion's Head

Chesley Nursery School

519-363-9544

Durham Nursery School

519-369-6973

Family Y Child Care/First Base

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

Grey County Childcare Services

519-376-7324

www.greycounty.ca/childcare

Hanover Montessori Children's House

1-800-906-7036 or 519-364-6455

Happy Hearts Day Care Centre

519-376-1284 Owen Sound

Inglenook Creche Day Care

519-371-9471 Owen Sound

Kids & Us Community Childcare and Family Education Centres

Ayton - 519-665-2022 Dundalk - 519-923-2182 Durham - 519-369-9911 Holstein - 519-334-3132 Markdale - 519-986-3692 Osprey - 519-922-2333 Paisley - 519-353-7220 www.kidsandus.ca

Kids Street Nursery School

519-389-9050 Port Elgin

Kinhuron Integrated Day Nursery School Со-ор

519-396-4532 Kincardine

Le Jardin des decouvertes

519-371-4411 Owen Sound

Military Family Resource Centre

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

Meaford Co-operative Nursery School

519-538-3854

Nawash N'Shiime Day Care Centre

519-534-3909 Neyaashiinigmiing (Cape Croker)

Sandbox Daycare - Hanover

519-506-7263

Salvation Army Day Care Services

519-371-9540 sadaycare@bmts.com www.salvationarmyowensound.com Owen Sound

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

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

Tammy's Learning Centre

519-538-9980 Meaford

Tobermory Primary Place

519-596-2606

Unity House

519-371-0141 Owen Sound

Walkerton Day Care Centre and School Age Program

519-881-3123 wdcc@wightman.ca http://bit.ly/rz345R

Wiarton Kids Den Day Care/Kids Club **Schoolage Program**

519-534-4434

Wiarton Nursery School

519-534-2121

Wooden Hill Child Care Centre (La Colline De Bois) at Notre Dame School

519-376-6952 Owen Sound

DIET/NUTRITION

Brockton and Area Family Health Team

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

Closing the Gap Healthcare Group - Rehab **Express Grev Bruce**

519-370-2165 www.closingthegap.ca Owen Sound

EatRight Ontario

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

Good Food Box

Grey Bruce Health Unit 519-376-9420 ext 1529 1-800-263-3456 ext 1529 publichealth@publichealthgreybruce.on.ca

Grey Bruce Eat and Learn

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

Grey Bruce Health Unit

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

Keystone Child, Youth & Family Services

1-800-567-2384 519-371-4773 bgcs@bmts.com www.keystonebrucegrey.org

EDUCATION

Adult Learning Centres

Collingwood, Port Elgin, Markdale, Owen Sound, Walkerton, Wiarton Assistance with math, writing and reading Free and confidential www.adultlearningcentres.com

Bluewater District School Board

1-800-661-7509 or www.bwdsb.on.ca

Bruce-Grey Catholic District School Board

519-364-5820 or www.bgcdsb.org

FAMILY SUPPORT

211 Ontario

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

Big Brothers Big Sisters

Hanover and District - 519-364-1444 www.bbbshanover.ca Owen Sound - 519-376-4449 www.bigbrothersbigsisters.ca/bbowensound Kincardine - 519-396-3565 www.bigbrothersbigsisters.ca/kincardine

Bruce Grey Child and Family Services

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

Chippewas of Nawash Unceded First Nation

- Native Child Welfare

519-534-3818 supervisor.ncw@gbtel.ca www.nawash.ca Cape Croker

Family Support Initiative

Fosters networking and peer support among family members of those with serious mental health issues Owen Sound 519-371-4802 or fsi@hopegb.org www.mhagb.ca

Grandparent Network

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

Grey Bruce Supervised Access Program

519-371-5991 pc-superacc@bmts.com www.supervisedaccess.ca Owen Sound

Kids Help Phone

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

Motherisk - Hospital for Sick Children

1-877-327-4636 www.motherisk.org

Parent Help Line

1-888-603-9100

Salvation Army

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

Victim Services of Bruce Grey and Owen Sound

Crisis: 1-866-376-9852 Administration: 1-888-577-3111 info@victim-services.com www.victim-services.com

Victim/Witness Assistance Program

1-866-259-4823 - Owen Sound 1-866-994-9904 - Walkerton attorneygeneral@ontario.ca http://bit.ly/ujKyeE

FINANCIAL SUPPORT

Beaver Valley Outreach

519-599-2577 info@bvo.ca; www.bvo.ca Thornbury

Bruce Children are Special Foundation

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

Owen Sound and Area Family YMCA

519-376-0484 www.ymcaowensound.on.ca

Social Services

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

United Way of Bruce Grey

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

FOOD BANKS/HOUSING

Beaver Valley Outreach - Thornbury

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

Durham District Food Bank

Monday, Tuesday, Friday, 9 a.m.-noon Douglas and Garafraxa Streets Call 519-369-6860 and leave message

Kincardine Ministerial Food Bank

519-396-2185 circlek@bmts.com

Lion's Head and District Food Bank

519-793-3860 helen.rick@amtelecom.net

Markdale and District Food Bank

519-986-3094

Meaford Food Bank

519-538-4550

Paisley Food Bank

Immanuel Evangelical Mission Church 307 Balaclava St. 519-353-5270 (Carol)

Salvation Army

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

Tobermory Food Bank

519-596-1501

Walkerton and District Food Bank

519-881-0168

Habitat for Humanity Grey Bruce

1-866-771-6776 habitatos@bmts.com www.habitatgreybruce.com

Ontario Tenants Rights

ontariotenants@hotmail.com www.ontariotenants.ca

Subsidized housing

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

Safe 'n Sound Homelessness Initiative

519-470-7233 safen sound residence @gmail.comwww.safensoundgreybruce.com

HEALTH CARE

Auditory Health Care

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

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 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 Wiarton - 534-1260 www.gbhs.on.ca

Grey Bruce Health Unit

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

Grundy Family Dental Care

Hanover and Lucknow 1-877-947-8639 www. Grundy Family Dental Care. com

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

Healthy Smiles Ontario

Dental services for families making under \$20,000 annually Register through the health unit Online: http://bit.ly/JAqJbY

Honouring Life Network

Aboriginal youth suicide prevention www.honouringlife.ca

HopeGreyBruce - Owen Sound

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

Huron Shores Foot Clinic - Kincardine

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

Keystone Child, Youth & Family Services

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

Kids Help Phone

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

Mino Bimadsawin Health Centre

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

M'Wikwedong Native Cultural Resource Centre

1-866-202-2068 admin@mwikwedong.com www.mwikwedong.com Owen Sound

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 oscpc@wightman.ca

Pediatric clinics

Hanover - 519-364-2340 Kincardine - 519-396-3331 Markdale - 519-986-3040 Owen Sound - 519-376-2121 Walkerton - 519-881-1220

Poison Control Centre

1-800-268-9017

Postpartum depression

Grey Bruce Health Unit - 1-800-263-3456 Keystone Child, Youth and Family Services -1-800-567-2384

South Bruce Grey Health Centre (hospitals)

Chesley - 519-363-2340 Kincardine - 519-396-3331 Durham - 519-369-2340 Walkerton - 519-881-1220 www.sbghc.on.ca

South East Grey Community Health Centre

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

St. John Ambulance First Aid training

519-364-7004 or grey.bruce@on.sja.ca http://bit.ly/t3Ye8g

Hanover and Owen Sound

TeleHealth Ontario

1-866-797-0007

Thames Valley Childrens Centre

519-396-3360 1-866-590-8822 Paula.Holla@tvcc.on.ca or Clare.Matthews@tvcc.on.ca www.tvcc.on.ca

LIBRARIES

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

Thornbury 519-599-3681 www.thebluemountainslibrary.ca

Bruce County Public Library

Online catalogue - www.bruce.canlib.ca Administrative office - 519-832-6935 bruce2@brucecounty.on.ca Cargill - 519-366-9990 Chesley - 519-363-2239 Hepworth - 519-935-2030 Kincardine - 519-396-3289 Lion's Head - 519-793-3844 Lucknow - 519-528-3011 Mildmay - 519-367-2814 Paisley - 519-353-7225 Port Elgin - 519-832-2201 Ripley - 519-395-5919 Sauble Beach - 519-422-1283 Southampton - 519-97-3586 Tara - 519-934-2626 Teeswater - 519-392-6801 Tiverton - 519-368-5655 Tobermory - 519-596-2446 Walkerton - 519-881-3240 Wiarton - 519-534-2602

Collingwood Public Library

519-445-1571 www.collingwoodpubliclibrary.ca

Dundalk/Southgate Public Library

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

Grey Highlands Public Library

Flesherton - 519-924-2241 Kimberley - 519-599-6990 Walter Harris Memorial Library (Markdale) -519-986-3436 www.greyhighlandspubliclibrary.com

Hanover Public Library

519-364-1420 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 or www.owensound.library.on.ca

West Grey Public Library system

www.westgrey.com/libraries.cfm Durham (main) branch - 519-369-2107 Elmwood and area - 519-363-3321 Neustadt - 519-799-5830 Normanby - 519-665-7784

MUSEUMS

Billy Bishop Heritage Museum - Owen Sound 519-371-0031

www.billybishop.org

Bruce County Lighthouse Museums

Seasonal

Cabot (Lion's) Head - 519-795-7780 Chantry Island (Southampton) - 866-318-8889

Kincardine - 519-396-3468 Point Clark - 519-395-2494

Bruce County Museum, Cultural Centre and **Archives - Southampton**

519-797-2080 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 and Cultural Centre

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

519-396-1850

www.walkerhousekincardine.com

Kincardine

South Grey Museum - Flesherton

519-371-0031

www.greyhighlandsmuseum.com

St. Edmunds Township Museum

519-596-2479 or online http://bit.ly/vEdicK Tobermory

Tobermory Maritime Association

519-596-2700 or www.tobermorymaritime.ca

Treasure Chest Museum

519-353-7176

http://tiffanyweb.bmts.com/~tcmuseum

ONLINE SUPPORT

www.211.ca

www.pathwaysawareness.org

www.shelternet.ca

Online directory of women's shelters across Canada, information about safety planning and resources for children and teens

www.targetyouth.ca

www.thehealthline.ca

OTHER

Welcome Wagon

www.welcomewagon.ca 1-877-675-8463 - call for local representatives

PLAYGROUPS

Kincardine Toy Library and Playgroup

Pentecostal Church, 249 Bruce Ave. Wednesday, 9:30-11:30 a.m.

Ontario Early Years Centres

Hanover - 519-376-8808

Kincardine - 519-396-3322

Markdale - 519-986-3692

Meaford - 519-538-0545

M'Wikwedong (Owen Sound) - 519-371-1147

Owen Sound (Bayview) - 519-371-7034

Port Elgin - 519-389-5762

Thornbury - 519-599-2577

Walkerton - 519-881-2739

Wiarton - 519-534-5550

Outreach sites available in some areas

SPECIAL NEEDS

Autism Ontario Grey Bruce Chapter

519-370-2345

autismgreybruce@gmail.com

http://bit.ly/t06kam Owen Sound

Bruce County Childcare Services

1-800-265-3005

www.brucecounty.on.ca

Bruce Peninsula Association for Community Living

519-534-0553

bpacl@bmts.com

Wiarton

Community Living Kincardine & District

519-396-9434

www.clkd.ca

Community Living Meaford

519-538-4165

info@communitylivingmeaford.ca

Community Living Owen Sound and District

519-371-9251

www.communitylivingowensound.ca

Community Living Walkerton & District

519-881-3713

www.clwalkerton.org

Georgian Riding Association

for Challenged Equestrians 519-372-2721

grace@log.on.ca

Wicklen Stables, RR5 Owen Sound

Keystone Child, Youth & Family Services

1-800-567-2384

bgcs@bmts.com www.keystonebrucegrey.org

Owen Sound

PRANCE Therapeutic Riding Centre

519-832-2522

prance@bmts.com

Miramichi Farms, Hwy. 21 Port Elgin

Reading Rescue Ontario

519-794-4745

soehner@bmts.com

www.readingrescueontario.ca

Holland Centre

South Grey Bruce Youth Literacy Council

519-364-0008

info@sgbyouthliteracy.org

www.sgbyouthliteracy.org

Special Therapy and Education Program of Saugeen (STEPS)

519-797-1935

info@stepsahead.ca

www.stepsahead.ca

Southampton

Thames Valley Childrens 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

www.closingthegap.ca

Owen Sound

Grey Bruce Health Unit 1-800-263-3456

publichealth@publichealthgreybruce.on.ca

www.publichealthgreybruce.on.ca Owen Sound

South West Community Care Access Centre

In-Home Services Owen Sound - 519-371-2112

Walkerton - 519-881-1181

www.sw.ccac-ont.ca

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

JUNE

2

Owen Sound Art Crawl

Open air art market, downtown Owen Sound 8 a m -noon Saturdays until Sept. 1

Big Bug Adventure

Bruce County Museum and Cultural Centre, Southampton 10 a.m.-2 p.m. for ages five to 10 Pre-registration and prepayment required www.brucemuseum.ca

3

Family Y Spring Cycle

Kelso Beach, Owen Sound Family-friendly routes for all skill levels www.ymcaowensound.ca or 519-376-0484

9

Keystone Family Fun Festival

Kelso Beach Park, Owen Sound, 11 a.m.-3 p.m. Free event with lots of activities Contact Lindsay at 519-371-4773

16

Touch a Truck for Literacy Fundraiser

P&H Centre outdoor lot, Hanover Contact Maggie Cullen 519-364-0008 www.sgbyouthliteracy.org

Kincardine Teddy Bear Parade

Victoria Park, 9:30 a.m. Rain date is June 17 at 1 p.m. www.facebook.com/KincardineTeddyBearParade

17

Make Art

Tom Thomson Art Gallery, Owen Sound Free arts and crafts activities

19

Shrine Circus

Bayshore Community Centre, Owen Sound 4 p.m. Admission is \$20

20

RCMP Musical Ride

Riverside Park, Paisley SEE AD ON PG 19 Gates open at 5 p.m., show at 6:45 p.m. Contact Gail Fullerton at 519-353-5559

21

Lucknow Strawberry Summerfest

Food, entertainment, Kids Zone, movie night, car show, soccer and baseball tournaments Runs until June 24

www.strawberrysummerfest.com

22

Salsa at Blue Mountain

Free family street party celebrating Latin

culture at Blue Mountain Village and Blue Mountain Beach

www.bluemountainvillage.ca

23

Kincardine Scottish Pipe Band Parade

Downtown Kincardine, 8 p.m. Every Saturday night until Sept. 1

29

Movies Under the Stars

Blue Mountain Village, Village Events Plaza Free outdoor box office movies Runs every Wednesday and Friday until Aug. 31

www.bluemountainvillage.ca/events

Summer Fun Flicks

Grey Roots Museum, Owen Sound, 2 p.m. A family friendly film shown daily to Sept. 3. 519-376-3690 x 6100 or www.greyroots.com

CANADA DAY WEEKEND

JUNE 29

Celebrate in Blue Mountain Village

Street performers, live music, guided family hikes, gondola rides and more Runs through July 1 www.bluemountainvillage.ca

JUNE 30

Canada Day at MacGregor Point Provincial Park

A collection of Canadian-based interpretive programs and events for the whole family Matthew Cunliffe at 519-389-6231 Runs through July 1

JULY 1

Canada Day Beaver Crawl

Clarksburg/Thornbury Pancake breakfast, parade, music, entertainment, fireworks at dusk www.visitbluejuly1.org

Canada Day celebrations

Centennial Park, Walkerton Decorated bicycle parade, live entertainment and food

Call Walkerton rec dept. at 519-881-0625

Canada Day Sidewalk Art Extravaganza

Southampton Art School and Gallery 11 a.m.-1 p.m. Kids can create Canada Day sidewalk masterpieces. Admission by donation. www.southamptonart.com

Canada Day in Kincardine

Parade at 10 a.m. (from Legion), cake, free games and swimming, with fireworks at the harbour at dusk

Call Kincardine rec dept. at 519-396-3491

Canada Day in Sauble Beach

1-11 p.m., with live entertainment in beer gardens, kids' arts and crafts tent, then watch fireworks from the beach at dusk www.saublebeach.com

Canada Day Fish Fry

Lucknow Legion, 5-7 p.m. 519-528-2745

Canada Day celebration and fireworks

Southampton, at dusk

Entertainment, face painting, glow product sales, and more.

Presented by Saugeen Shores Chamber of Commerce

Canada Day at the Point Clark Lighthouse

Fireworks at dusk

JULY

6

Kincardine Scottish Festival

Various locations Runs until July 8 www.kincardinescottishfestival.ca

12

Holstein Rodeo

A-Bar-K Ranch, Holstein Runs until July 15 519-334-3794 or www.holsteinrodeo.com

13

Rotary Street Frolic

Main street, Markdale, 7 p.m. Games, food, music, and dancing 519-986-4516 or www.clubrunner.ca/markdale

Funky Fridays

Owen Sound Museums, 2-3 p.m. Free for ages eight to 12 Register day before the event at the host Contact Diane Sprung at 519-371-0031

Runs every Friday until Aug. 24

Night Sky Tour

Grey Roots Museum, Owen Sound, 9 p.m. Tour the cosmos with members of the Bluewater Astronomical Society www.greyroots.com

14

Bruce Power Beach Party

Port Elgin Beach, 4 p.m. Free food, entertainment and fireworks 519-361-2673 x12250 www.brucepower.com

17

Earth Ranger's Wild Experience Show

Bruce County Museum, Southampton Free shows at 11:30 a.m., 1:30 p.m. and 3:30 p.m. Presented by Ontario Power Generation

www.brucemuseum.ca SEE AD ON PG 37

20

Famarama

Blue Mountain Village SEE AD ON PG 17 Runs until July 22

www.bluemountainvillage.ca/events

Parks Day

MacGregor Point Provincial Park, Port Elgin Interpretive programming and events Matthew Cunliffe at 519-389-6231

23

Southampton Summer Music

Day-camp operated in downtown core Runs until July 27 519-483-5380

www.summermusic.com

Hanover Sights and Sounds Festival

Downtown Hanover SEE AD ON PAGE 11 Stephanie Crilly at 519-364-3780 ext. 253 Runs until July 29 www.sights-sounds.ca

AUGUST

3

Paislev Beeffest

Beef cook-off, Mr. Beautiful and steak-eating contests, entertainment, mud volleyball, etc. Kevin and Christie Thomson at 519-353-4366 Runs until Aug. 5 www.paisleybeeffest.com

Blue Mountain Village Beach Party

Runs until Aug. 6 www.bluemountainvillage.ca/events

Kincardine Summer Music Festival

World-class musicians, day-time classes for all skill levels, free concerts in the park, evening concert series Runs until Aug. 18 519-396-9716 or www.ksmf.ca

Streets Alive! Buskerfest

Downtown Owen Sound Free activities for the whole family Deb Blackshaw 519-376-9225 Runs until Aug. 11

11

Saugeen Pow Wow

James Mason Cultural Centre, French Bay Road, Southampton, at noon Iroote@saugeenfirstnation.ca Runs until Aug. 12

Earth Rangers Wild Wonders at Blue

Blue Mountain Village Runs until Aug. 12 www.bluemountainvillage.ca/events

18

Artisan and Crafters Market

Ripley-Huron Community Centre 10 a.m.-4 p.m. Vendors contact Joye Hunt at 519-395-3761

Brockton's Buskers Festival

Walkerton, noon-4 p.m. Chamber of Commerce 519-881-3413 chamber@wightman.ca

A Cirque-Tacular Event

Blue Mountain Village Unique, interactive outdoor shows with aerialists, dancers, acrobatics and physical artists Runs until Aug. 19 www.bluemountainvillage.ca/events

Corn Roast and Car Show

Point Clark Lighthouse, 3 p.m. Corn, hotdogs, hamburgers, entertainment, Cruise-In vintage car show www.huronkinloss.com

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Music in the Fields

Lucknow SEE AD ON PG 30 Canada's finest two-day line up of country music Runs until Aug. 25 www.musicinthefields.ca

Cedar Run Rodeo Weekend

The Blue Mountains Runs through Aug. 26 www.cedarrun.ca/rodeo SEE AD ON PG 30



July 3 - August 30

Kidzone Summer Discovery Days

Join us as we investigate the world around us in our Exploration & Discovery Day Camp Program! Exciting days of adventure, crafts, trips, games, exploration and fun! Register early to avoid disappointment!

Tuesdays, Wednesdays and Thursdays - 8:30am - 5pm Ages 5-12. Pre-registration/prepayment required. Members \$22/day, Public \$28/day Early drop off 8am-8:30am - \$2/cbild/day Late pick up 5pm-5:30pm - \$2/child/day



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Join us on Fridays for fun and play with LEGO" and DUPLO"! Contests (10-12pm), games and more! Parental supervision required. General Admission applies. Proudly presented by the Society of Energy Professionals.

Join us for daily activities Monday through Friday! We'll have experiments and water discoveries, special General Hunter activities and demonstrations and brand new project outside our new Shanty. General Admission applies. Proudly presented by 92.3 the Dock, Colonial Motel and Antiques and Carey Optical.

Get up close and personal with incredible creatures like snakes and lizards! July and August, see website for more

information. General Admission applies. Proudly presented by TD Friends of the Environment.

OPG Presents: Earth Ranger's Wild Experience Show. This dynamic 40 minute show inspires audiences to help protect animals and their habitats! General Admission applies. Proudly presented by Ontario Power

Generation



RECIPES

GET PLAYING WITH THESE IDEAS

MICROWAVE PUFFY PAINT

INGREDIENTS:

- ½ cup of flour
- 2 teaspoon of baking powder
- 2 teaspoon of salt

Food colouring of choice

Add water to make a smooth paste.

Paint on cut-out cardboard squares. After you have created your design, microwave on high for 10 to 30 seconds, until the paint puffs and it's nice and dry.

Enjoy!

KOOL AID® PLAY DOUGH

INGREDIENTS:

- 1 cup of flour
- 1 teaspoon of vegetable oil
- 1 package of unsweetened Kool-Aid®

1/4 cup of salt

- 2 tablespoons of cream of tartar
- 1 cup of water

Mix flour, salt, cream of tartar and Kool-Aid® in a medium pot. Add water and oil.

Stir over medium heat three to five minutes. When mixture forms a ball in the pot, remove it and knead until it's smooth.

Put in a plastic bag and refrigerate.

FINGERPAINT

INGREDIENTS:

- 2 cups of corn starch
- 1 cup of cold water

41/2 cups of boiling water

Add liquid food colouring

Mix the corn starch with the cold water and stir together. Pour in the boiling water and stir between each cup. It goes really strange, but keep stirring and it literally seems to "melt" into a wonderful, custard-like consistency.

Separate it into individual jam jars before adding colouring. Add more corn starch to thicken, if needed.



BATH CRAYONS

Grate a bar of soap until you have about one cup. Mix with one cup of hot water until the gratings are melted and you have a stiff dough.

Mix in a few drops of food colouring to brighten things up, and press the dough into molds (you can use candy or soap molds from a craft store) and allow to harden.

GACK

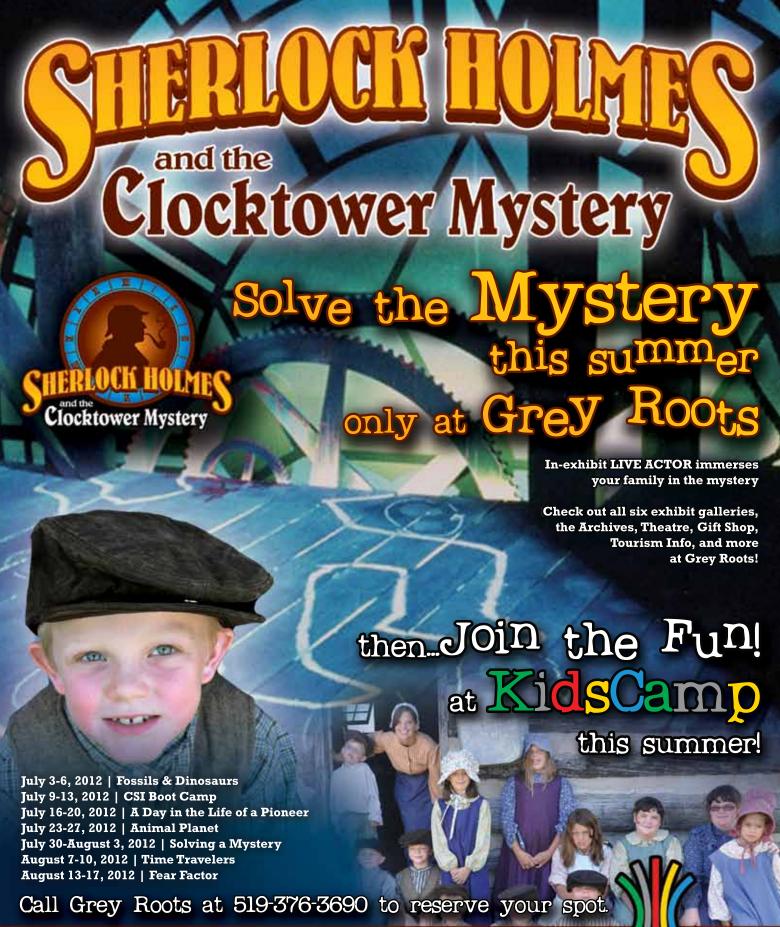
In one larger bowl mix two cups of Elmer's white glue with one cup of water and stir to "loosen". Add food colouring or liquid water colours to tint.

In a small bowl mix 1/4 cup of hot water with one teaspoon of powdered borax laundry booster (available in the detergent aisle) until completely dissolved. Add the borax mixture to your glue mixture and stir rapidly until combined. The mixture will start to get weird and lumpy, but keep mixing until all the glue is absorbed into the ball that is forming. Knead the ball for a few minutes. If your ball is too sticky or not forming, add another round of the borax and water mixture. You may have to play with the chemistry a bit. Just do it slowly and gradually. You should end up with a cold, wet but very solid ball.

Let sit for 10 minutes then have fun! Gack can be stored for months in an airtight container.



'Gack' is a fun material for preschoolers to explore. It is both liquid and solid. It can be cut, rolled, stamped, etc., just like regular play dough, but it can also be slowly stretched into long ropes like taffy. Over time it will slowly ooze and melt to take on the shape of its container. Try hiding plastic animals in it. Small pieces will harden over time like glue so be careful around carpet, etc.



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