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FROM THE PUBLISHER

## Enjoy all Mother Nature offers

With fluffly white flakes in the air as I write this, on May 12, I am reminded that this has been a *long* spring here in Grey and Bruce.

That means, when the warm weather does eventually arrive for good, we all need to take every opportunity to enjoy the great outdoors in our beautiful region. Whether it's setting your kids loose in the backyard with simple materials to stimulate their imaginations (Page 10), setting out for a wonderful day touring Grey County's waterfalls (Page 16) or completing the Explore the Bruce Adventure Passport (Page 2, and get your Passport in this issue), there are fewer better ways to make the most of the short summer season.

In this issue, we take a look at simple ways to encourage your child to play within Mother Nature's surroundings (Page 24). In these days of gadgets and technology in the palm of your hand, it gets increasingly more difficult to connect to the beauty and simplicity of nature, but Bruce County Tourism has a way to combine the two – all you need is a GPS (available at local libraries) and a sense of adventure as you geocache your way across the county (Page 14).

We also explore different, yet very easy ways for youth and adults alike to get or stay fit this summer, whether by more common modes of exercise or by taking a child's toy and hula hooping your way to health.

Another highlight of this issue is an exciting project in Ripley that will bring the community – and counties – together to grow an edible and educational garden, right in the heart of the village. The Bruce Botanical Food Gardens (Page 28) has been a labour of love for its board of directors, but the seeds that symbolized the beginning of the one-of-a-kind project are now sprouting.

As you can likely tell, the overriding message of our Summer issue is simple – get outside and enjoy every second of this season with your family. We all know the warm weather is fleeting, and the winter is cold and harsh, so be sure to get reacquainted with the outdoors this summer.



*Amy Irwin, Publisher, Grey-Bruce Kids*



### Summer 2013

**Publisher**

Amy Irwin  
amy@greybrucekids.com

**Editor**

Dwight Irwin  
dwight@greybrucekids.com

**Advertising inquires**

info@greybrucekids.com

### Grey-Bruce Kids welcomes your feedback.

**EMAIL** info@greybrucekids.com

**PHONE** 519-524-0101

**FAX** 519-395-5434

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



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## Get fresh from the farm at local markets

Bruce and Grey counties are known for their bountiful harvests.

With the rising interest in locally grown food at a peak unseen for decades, local Farmers' Markets are becoming increasingly more popular across the region.

These markets feature fresh vegetables, meat, eggs, fruit, jams, baking, arts, crafts, and so much more, all grown or made right in your backyard.

By supporting your local Farmers' Market, you will not only be eating healthier food, you will also be supporting hardworking farm families.

Most Farmers' Markets run Saturday mornings, but many also have additional hours. For more information, call the numbers below or visit [www.foodlinkgreybruce.com](http://www.foodlinkgreybruce.com).

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## Health unit holding annual 'Guys Caring for Kids' contest

Statistics show men are becoming more involved with the raising of children - whether they're a dad, grandpa, uncle, friend, neighbour or coach.

The Grey Bruce Health Unit is once again holding its annual 'Guys Caring for Kids' photo contest, which looks to capture the visual stories of men in caring relationships with children, said Jason Weppler, a health promoter with the health unit.

"Although men are getting much more involved in the lives of children, the majority of images with children still feature females," Jason said. "This contest helps increase the profile of the male role model in society."

Photo submissions can include, but are not limited to, men and kids doing chores or daily activities together; playing; reading; doing homework; playing sports or cuddling.

Prizes will be awarded for winning submissions, and a selection of photos may be displayed across Grey and Bruce counties.

For more information on the contest, contact Jason at 519-376-9420, 1-800-263-3456 ext. 1408, or [j.weppler@publichealthgreybruce.on.ca](mailto:j.weppler@publichealthgreybruce.on.ca).

You can learn more about the contest at [www.publichealthgreybruce.on.ca](http://www.publichealthgreybruce.on.ca).

# 50,000

The number of people who have taken part in the Explore the Bruce Adventure Passport. Find yours in this issue and get exploring!

## Beach party!

Every summer, Bruce Power holds one of the largest annual one-day events in Grey and Bruce counties - the Bruce Power Beach Party. The event rotates between Kincardine and Port Elgin, and this year, the food, fun and entertainment will be held July 27 at Kincardine's Station Beach. You absolutely cannot miss the massive fireworks display at dusk which top off this great day.

## Get active on the Longest Day of Play

It is no secret that kids today don't get enough activity in their daily lives. Preventable illnesses like obesity and Type 2 diabetes are becoming more common, as our children spend more time in front of computer and TV screens and less time running around outside and enjoying unstructured physical activity. The 'Play in Bruce Grey' initiative is once again

challenging everyone to be more active on June 21, the first day of summer, during the annual Longest Day of Play. Municipalities will hold activities for kids in a friendly attempt to have the most participation that day. Check with your municipality for information and see the ad on Page 21. Play is a daily quest, so get outside and have some fun!



# TALES from TOTS

## YOU NEVER KNOW WHAT THEY'LL SAY NEXT

---

We were having ribs for supper and my son Jacob, who was five at the time, said as he was going to take his first bite, “Are these people ribs or animal ribs?”

Another time, my daughter Joslynn, who was 2½ at the time, wanted me to roll up her sleeves, so I did. Then she turned towards our fish tank and said, “I am going to hold a fish.”

### **Rhonda, mom of Jacob and Joslynn**

My two-year-old asks where everything comes from. One day I decided to ask her where she came from. She surprised me by saying the grocery store (she loves grocery shopping). When I asked her what section she replied, “Bananas!” Her four-month-old brother comes from the carrot section.

### **Denise, mom of Nelia and Nevin**

When my youngest son was born, my oldest son Alex was three and just learning about numbers. One day I asked Alex, “How much do you love your little brother?” Alex looked up with eyes as if in deep in thought and responded, “15.”

More recently, we found a spider on the wall in the kids’ bedroom. My youngest son Zach, who is now five, was frightened that it would get in his bed while he was sleeping. Both my husband and I assured him the spider would not get into his bed and that the spider was more scared of him than he was of the spider, to which Zach replied, “I want a spider expert!”

### **Sonja Hudson, mom of Alex and Zach**

As Nolan was eating an Arrowroot baby cookie, he stopped for a moment and looked at it with a concerned face. “Mom,” he said, “Are there babies in these?”

### **Amanda, mom of Nolan**

My five-year-old daughter was asking me about how humans got on the earth. I explained there are two theories – some people believe we evolved from apes and some people think God put two people named Adam and Eve on the earth and all humans came from them. I told her we’d research it when we got home and she could decide what she believed. She thought about it for a minute and said, “I think we all came from two people. They had a baby and that baby had a baby and that baby had Nana Barb and Papa George (her great-grandparents)!”

### **Amy, mom of Layne and Jace**



My daughter Jade and I were in the car one day. Here’s how our conversation went:

Jade: Mumma, what did it feel like when you had to have stitches in your tummy?

Me: Well, it didn’t hurt because the doctor gave me a drug called anaesthetic so I couldn’t feel the stitches.

Jade: Ansa-nethic?

Me: Ana-esthetic.

Jade: (Pause) When I have a baby I am going to name her ‘Anaesthetic.’

Me: What? You can’t name your kid anaesthetic!

Jade: I can too, so there. And you are not allowed to hold her!

### **Kimberlee, mom of Jade and Dylan** GBK

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*Do you have a Tales from Tots? Email [amy@greybrucekids.com](mailto:amy@greybrucekids.com) and it may be published in an upcoming issue.*



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# Get fit this summer

By Nadine VandeHeuvel

Far too often, adult fitness is presented as complicated and confusing, but that is simply not the truth. Parents can become fit comes by incorporating simple, everyday practices into your life. I challenge you to take a step in the right direction today!

## NUTRITION TIPS

- It is time to throw out your big dinner plates. Using smaller plates reduces calorie intake and promotes weight loss.
- Drink water all day and maintain your metabolism by eating a low-fat, high-fibre healthy snack or meal every three hours.
- Avoid processed foods – they are high in empty calories and contain a plethora of chemicals that are harmful to your health.
- Fat contains twice the caloric density of carbohydrates and protein, so limit the amount you consume.
- Fill your diet with lean protein and carbohydrates from leafy plants and whole grains, as well as vegetables and fruits.
- It's OK to be a skeptic. Watch out for products that are labeled as 'health food.' Read nutrition labels and decide for yourself.
- Don't drink calories. Watch for high fructose corn syrup, which spikes blood sugar levels and encourages your body to store fat.
- Breakfast should be a balance of carbohydrates, protein and fat to get your metabolism going strong. Even if they are whole grain, eat carbs sparingly, because they're quickly stored as fat.

## FITNESS TIPS

- Make exercise a regular part of your life. Create a network of accountability with workout partners and don't be a wimp.
- Keep the intensity high during workouts. Don't kill time; you want to burn calories and strengthen through intense exercise.
- Ask for professional help, so you know the way you are exercising will actually help you achieve your fitness goals.
- Incorporate high intensity interval training into your routine by doing bursts of high intensity rather than exercising at a single steady pace.
- Exercise with people who are in better shape than you. This will encourage you to push your limits.

- Keep consistent. Exercise at least three or four times a week.
- Do your cardiovascular exercise after weight training to encourage more fat burn. Your stored sugars will be depleted during the weight training and your body will rely on fat stores.
- Challenge yourself. Try something new and exciting.
- Set specific, measurable goals and track your progress.

## MOTIVATION TIPS

- Know what you want to accomplish. Visualize the end result of your hard work.
- Believe in yourself! I know you can accomplish your goals.
- Talk is cheap. Act now and get the job done.
- Never indulge in negative self-talk.
- Expect more from yourself. If you know that you deserve better... go after it!

*Publisher's Note: Consult a physician before beginning new routines.*

GBK

**NADINE VANDEHEUVEL** is a Certified Personal Trainer who runs Fit Body Boot Camps in Kincardine and Goderich. Learn more at [www.kincardinefbcc.com](http://www.kincardinefbcc.com).

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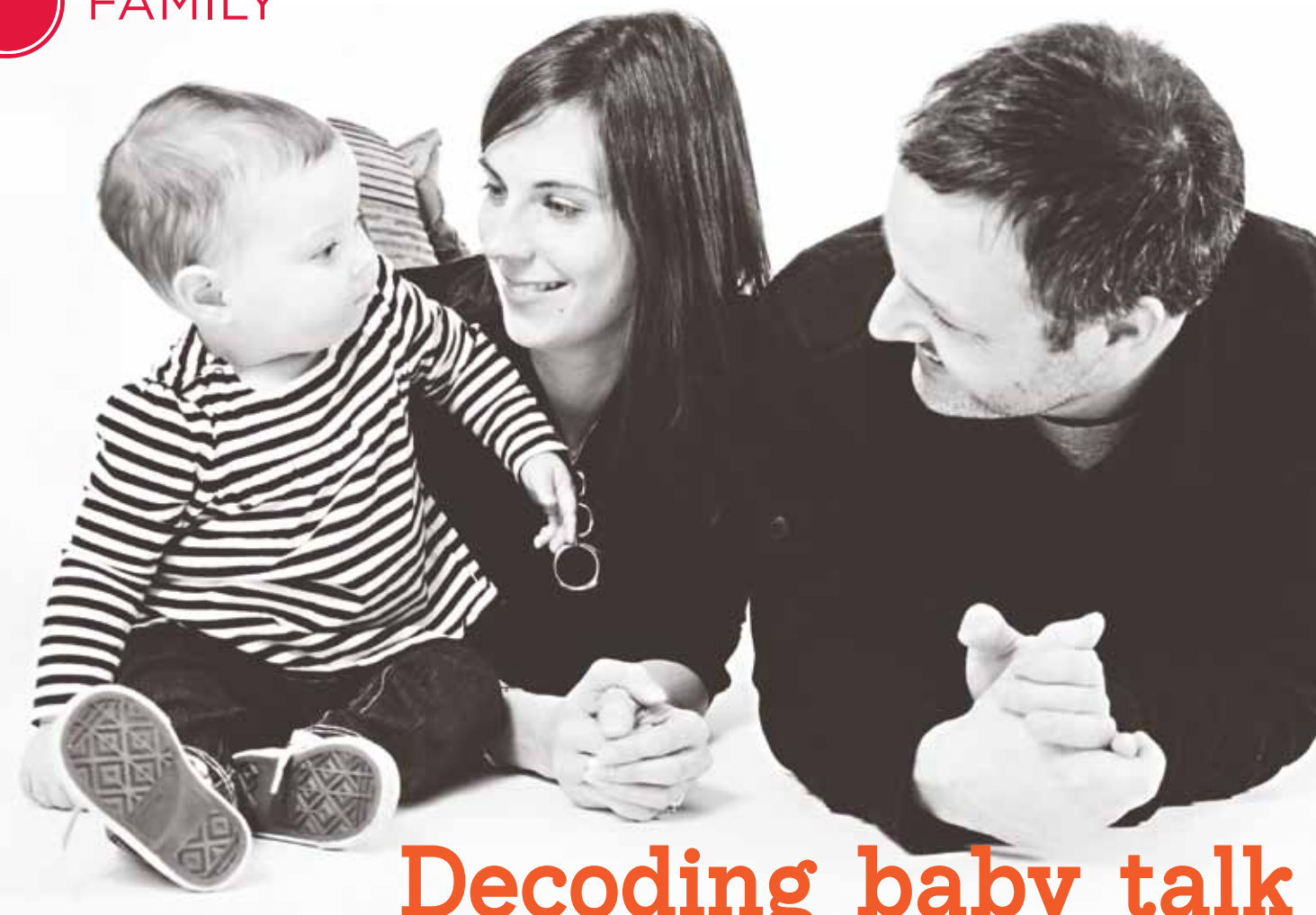
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## Decoding baby talk

By Andrea Smith

If you could specifically and accurately translate your newborn baby's cries, wouldn't you take the opportunity to learn how?

Like many new parents, the early days with my first baby were spent guessing how to calm his crying, sometimes with no success. Attempting various ways to settle an inconsolable baby can make a parent feel quite helpless and powerless.

There are many methods out there to assist a parent with infant crying, and as a first time mom I found what worked best for me was using the 'baby language' technique. This technique is based on the work of Australian mom, Priscilla Dunstan, a classically trained musician with a photographic memory for sound, who has decoded infant cry patterns. These patterns are sort of a baby language based on phonetic sounds, which are created as part of the automatic reflexes that all newborn babies make. They're easiest to hear in the pre-cry stage, those first sounds a baby makes when they begin to fuss before crying escalates.

What I found so fascinating as I was learning to use baby language, is that every baby is born with the ability to express their needs through sound, and there is a direct co-relation to

five universal pre-cry sounds and the five universal biological needs. These phonetic pre-cry sounds each have their own distinctive qualities as well as associated physical cues.

*'Neh'* means "I am hungry." This baby cry sound is created as part of the sucking reflex. Neh has the distinctive 'n' sound at the beginning, while the baby's tongue touches the roof of their mouth when making this sound. Other cues associated with Neh are the baby's head turning side to side, licking of lips and sucking on fists. Essentially responding to a baby when they say Neh is using the feeding-on-demand method, which supports successful breastfeeding.

*'Owh'* means "I am tired." This is essentially the yawn reflex with sound added. This pre-cry sound has a round oval-shaped mouth associated to it. The Owh sound often comes just before other signs of the infant being tired such as jerky movements, pulling ears, arching their back and rubbing their eyes. Putting the baby to sleep when they say Owh helps avoid over-tiredness and over-stimulation.

*'Eh'* means "I need to burp." This pre-cry sound is produced when the chest tightens in an attempt to release trapped air



bubbles. This is often a distinctive short and repetitive “Eh, Eh, Eh, Eh...” cry. Physically, the baby may squirm when laid down. Burping your baby when Eh is heard helps reduce air bubbles that might travel into the lower abdomen and cause gas pain. Also, burping the baby upon hearing Eh helps reduce spitting-up, as the baby is not accidentally fed on top of an air bubble.

‘*Eairh*’ means “I have gas pain.” This pre-cry is the sound associated with lower abdomen gas discomfort and pain. What distinguishes *Eairh* is that it sounds much more urgent and distressed. The baby’s face will be grimacing or scrunched up, and they will often become rigid and/or pull their legs toward their stomach. Changing baby’s position, massaging the tummy and ‘colic holds’ help relieve baby’s gas pain.

‘*Heh*’ means “I am uncomfortable.” This sound is linked with a reflex to sensations on the skin, such as physical discomfort (being too warm/cold or having a dirty diaper). There is a distinctive breathy-sounding ‘H’ sound at the beginning of *Heh* and sometimes it sounds a bit like panting. Along with the *Heh* pre-cry, if the baby is hot they will often be sweaty or clammy; if they are cold they may also be shivery or have cold hands and feet. If they have a dirty diaper they will squirm more than usual and may not want to feed.

Since this baby language method focuses on what the baby is trying to communicate in the pre-cry stage, it is a great tool to help parents understand and respond to their baby’s needs appropriately before crying escalates. Since crying is calmed easier, a parent’s stress level is lowered and babies enjoy increased bonding and security.

Baby listening empowers parents when caring for their newborn. It supports the mother’s built-in intuition about knowing and responding to their baby’s needs, and, since anyone can easily learn baby language, fathers and grandparents can also participate as primary caregivers and create a stronger support system for mom.

The most amazing thing about this method is that babies, who are responded to using baby language, tend to continue to willingly use these pre-cry sounds beyond 12 weeks, many until 12 months, as a form of intentional communication with their parents or caregivers. In fact, at the time of writing this article,



• Photos by Amanda Lief Photography

my 13-month-old still occasionally says *Neh* if she is hungry or *Owh* if she is tired.

‘Baby Listening’ is about the subtle yet important difference between hearing a baby cry and listening to the meaning within the cry. When I started using this method with my first son I remember how wonderful it was to have this extra bit of language that could back-up the physical cues I was already picking up.

Most importantly, it was an incredible feeling to go from powerless and helpless to empowered and confident as a parent, with a happier and more settled baby. **GBK**

**ANDREA SMITH** is a Certified Dunstan Baby Language instructor/consultant, soundwork therapist and holistic practitioner. She is also a mother of three. For more information on the Dunstan Method or to reach Andrea, visit [www.facebook.com/DunstanBabyLanguageGreyBruce](https://www.facebook.com/DunstanBabyLanguageGreyBruce) or [www.dunstanbaby.com](http://www.dunstanbaby.com).



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# Let's get creative

## 'PLAYSILKS' ALLOW CHILDREN TO USE THEIR IMAGINATION DURING PLAY

By Amanda Liefel

The quickening pace of technology is never more clear than the moment your child is able to master the latest function on your smartphone.

Some parents choose to slow the impact of our hyper-driven world for their children by offering alternative learning environments at home. Parents are growing conscious of the toys they choose for their children in favour of 'eco-centric' options, which include items made of elemental materials like wood over modern plastics, and natural fiber cloth instead of polyester

and nylon. However trendy, this is a philosophical hallmark of Waldorf education, which excludes modern technology (no computers, TV or public media at the primary level) and material culture of every type, and focuses on independent thought and imaginative play in the curriculum. Playthings made of wood, wool, silk and cotton offer opportunities for open-ended experiences that assume new uses as the child's play changes.

One of the most versatile toy in a Waldorf classroom are 'playsilks.' These are traditionally made of silk in a variety of sizes and bright colours. Larger cotton play cloths are called 'blossom



cloths.’ You can make these with second-hand linens and scarves, which you can dye any colour of your choosing. The playsilk, to anyone but a child, might just be a scrap of coloured cloth. You can continue to use the receiving blanket and old towels as capes and magic carpets. Dare to imagine if the linens in your closet are the stuff of childhood make-believe.

In the eyes of an adult, playsilks and blossom cloths are napkins, tablecloths, scarves and sheets. Yet, an infant is drawn to the bright colours of fabric as their sight develops and they can feel the textures with their new grasp. In time, baby can learn to play peek-a-boo and other hiding games with assistance, while toddlers enjoy dancing to music and watching the material float as they throw it into the breeze. These cloths become doll carriers, slings or bandages for stuffed animals. They are fortress walls, a table for tea or a picnic blanket for teddy bears and Barbies.

The same cloth on the floor doubles as a landscape for animal figures in the warm green grass, boats will sail the deep blue-green ocean and rockets will land on the pale yellow moon. Red and orange piled on the floor becomes a roaring campfire and hues of blue and violet pour out of a bucket to put out the flame. Large white dropcloths draped over couches and chairs make your living room look like the first snow of winter. Blossom cloths become backdrops for the theatre and screens for shadow puppetry. Older children fashion larger playsilks into capes, skirts, wings, tails and manes. Scarves are used to tie belts and headbands for dress-up or the impromptu magic show could mean they are pulled from the hat.

Your imagination is your only obstacle and creativity is your greatest asset.

When you assume the child has exhausted all use for the fabric of their childhood dreamland, they find new ways of crafting them into memory quilts, bags, scarves or other trendy items. Some families use silks to decorate seasonal tables or gift them to family members with younger children to enjoy.

If you are hooked on this creative summer project for your littles, the fun begins here. Basic playsilks and blossom cloths come in a range of sizes and rainbow of colours. They are available commercially on many websites, but expect to pay \$10-\$15 per silk, while the large canopies, robes and banners are priced nearer to \$100.

Un-dyed playsilks are available online (try [www.dharmatrading.com](http://www.dharmatrading.com)) for under \$8 each, or less for bulk orders.

## DO IT YOURSELF

It is possible to dye your own blossom cloths at home. The following instructions have been adapted to accommodate the assistance of your littlest learners. Kool-Aid is very easy to use but not usually recommended for dyeing cotton fabrics, so expect the colours to be pale compared to those you can buy. The coloured cotton will fade, but hang them to dry after they’re washed and this should preserve the colour for some time.

Try this family, budget and earth-friendly ‘kid-tivity.’



● Photos by Amanda Lief Photography

## DIY blossom cloths

You’ll need white lightweight cotton cloth or silk, a glass bowl, white vinegar, food dye or Kool-Aid, rubber gloves and spoons.

### Kid-friendly method

- Cut the cloth into desired sizes or use intact for extra large pieces. Extra large pieces may require additional dye packets to achieve the darker coloured results.
- Presoak cloth in hot water with two tablespoons of white vinegar for 30 minutes (use the kitchen sink and wring them by hand or use the presoak setting on a washing machine then spin).
- Dilute vinegar in hot water using a glass bowl – 2 cups of vinegar to 3 cups of hot water for large cloths (½ cup vinegar to 2 cups hot water for small cloths).
- Add the desired Kool-Aid colour combination and the stir powder until it is dissolved.
- Place the cloth into the dye solution and make sure the cloth is fully submerged. Homemade playcloths typically have beautiful inconsistencies in the colour.
- Use spoons to stir the cloth and this should result in more even colour. Let the dye set for three to five minutes.



- Once the dye has set the solution will have less colour. Drain the liquid and you can begin rinsing the cloth with cool water until it runs clear.
- Ring the rinse water from the cloth and hang them to dry. Repeat for the next colour.

### Cooking method

- Complete Steps 1-4 from the kid-friendly method.
- Cover the bowl with plastic wrap and microwave for three minutes.
- Let it stand for an additional three minutes and repeat if desired.
- Allow it to cool down and wring out the excess liquid (use gloves!).
- Once the cloth has dried completely, wash it out with dishsoap and rinse until the water runs clear.
- Hang them to dry and enjoy.

*Alternatives to the Kool-Aid method include liquid food colour (20 drops = one pack of Kool-Aid), Easter egg dye tabs (let the silks sit in solution for 24 hours), or for plant-based dyes (beets, blueberries, carrots, tumeric, coffee) use the cooking method.*

### TIPS

Red and purple tones take a longer time to rinse thoroughly, while plastic containers will stain, so avoid using them if you still




want to use them for cooking.

Consider wearing rubber gloves and old clothes unless you intend to sport the technicolour look this summer! The dye solution does a number on exposed skin and any clothing. If you do get dye on something don't let it dry. Throw the article in with the playsilks.

Blue, red and purple will not wash out so just give in and freshen it up! You were waiting for the opportunity to try a bold new colour, right? **GBK**


**AMANDA LIEFL**, OCT, is a photographer, mom to Jack and Halen, and an arts teacher with over 10 years of classroom experience. She is currently enjoying raising her two young children and adapting to life in Grey Bruce after a recent move to the area.

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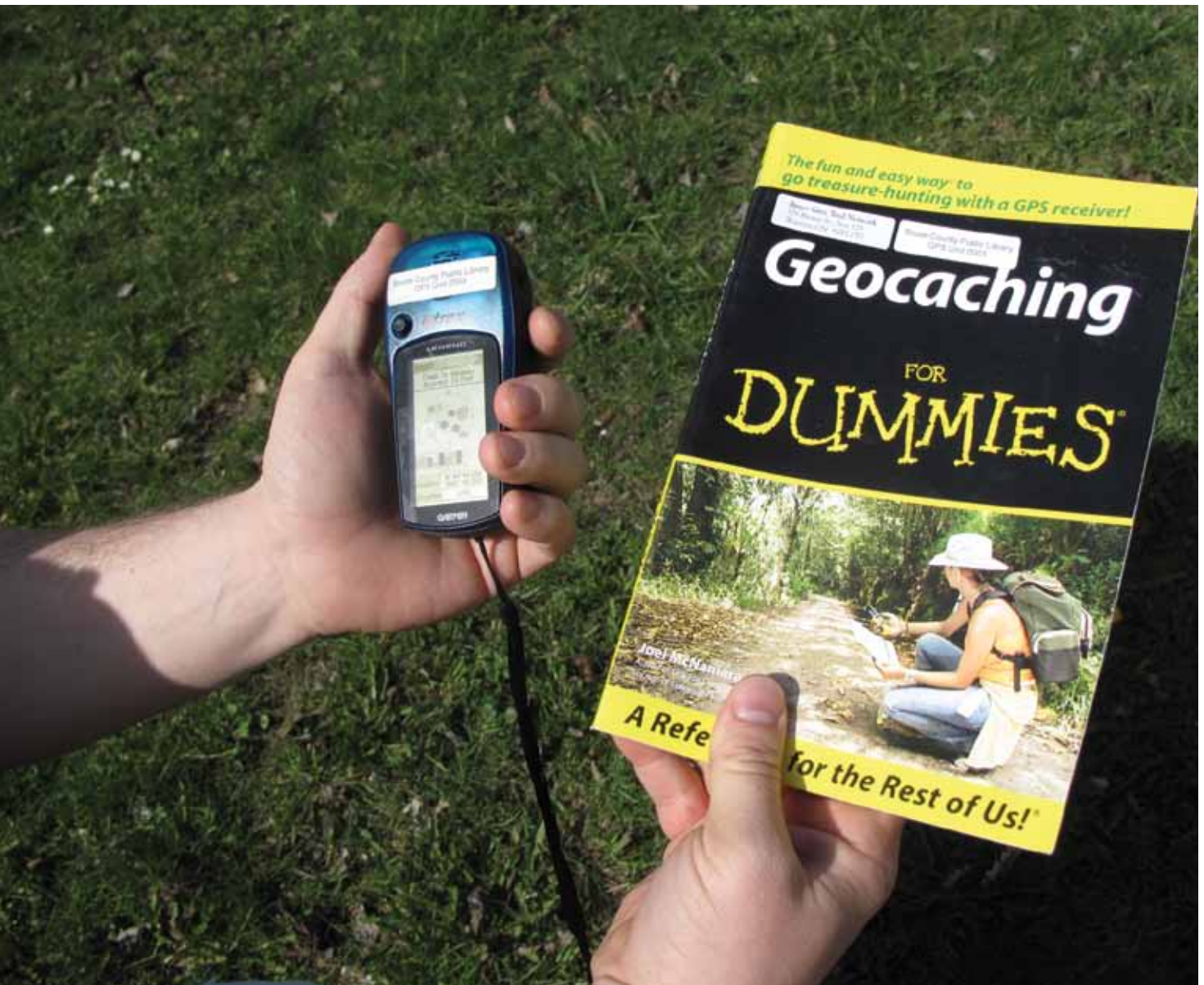
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## Geocaching for treasure

By Explore the Bruce

There are over 450 cleverly hidden treasures across Bruce County, just waiting to be found by people with a sense of adventure and a GPS.

If you and your family enjoys the thrill of the hunt, are good at solving puzzles and like seeing new places that are often off the beaten path, then geocaching is definitely for you!

Geocaching (*pronounced geo-cashing*) is a worldwide game of hiding and seeking treasure. A geocacher can place a geocache anywhere in the world, pinpoint its location using GPS technology and then share its location online. Anyone with a GPS device can then try to locate the geocache.

### HOW MUCH DOES IT COST?

It doesn't cost anything to play and your reward is discovering



that hidden cache. Geocaching is not only spending time looking for hidden treasure, but it is quality time out with family, friends or even out caching while walking the dog.

## OUTDOOR FUN

Geocaching is a great way to get outdoors and truly explore where you live, and Bruce County has some of the best hidden caches and unique sites that can only be seen this way.

Are you ready to geocache in Bruce County yet? Once you try geocaching locally, you'll most likely want to do more exploring. Luckily, this is an international passion, with over 1.3 million active geocaches around the world, so you can be busy searching for a long time!

It's a game that never ends and new caches are always being hidden around Bruce County. Perhaps you might even hide one in a location for other geocachers to find.

## WHERE ARE THESE CACHES?

In Bruce County, there are many unique and interesting areas where geocaches can be found. Some can be found along the Bruce Trail, Rail Trail bridges, local parks and near the water's edge, where breathtaking views of sunsets along Lake Huron and Georgian Bay just add to the beauty of this hobby.

Or, if you'd prefer to search near provincial parks, abandoned pioneer homes, or even old cemeteries not commonly seen, caches are hidden everywhere in the county and in places you might not always expect.

Also, be sure to remember your camera because finding the hidden cache is great, but the sites you will see along the way are also worth capturing and sharing with others.

Before you head out always remember to bring the essentials:

- A GPS and extra batteries, water, food, and always dress appropriately for the areas you are hiking to. Don't forget to load your GPS coordinates into your device, so you can begin searching right away.
- A map of the area and a compass.
- Bring along family or friends to take up this great game together. Sometimes extra eyes are needed to spot some of these tricky hides. We have some of the best geocachers in the area and they have made their caches extra hard to find, so be prepared for a great hunt!

## WHAT DOES A GEOCACHE LOOK LIKE?

Geocaches have logbooks for you to sign and often contain hidden treasures that are perfect for children. Most caches are hidden in ammo cans or Tupperware containers, but they may also be as small as film containers or even extremely tiny containers called micros or nanos.

Some caches even have 'travel bugs,' which are trackable items designed to be found by geocachers and placed into new caches for others to find. Their locations and where they have travelled around the world are a great way to see where they have been.

## DON'T OWN A GPS?

That is simple if you're in Bruce County. You can borrow at various library branches in Bruce County, including Tobermory, Lion's Head, Wiarton, Sauble Beach, Southampton, Walkerton, Kincardine and Ripley.

To play this game there are only a few rules:

- If you take something from the cache, be sure to leave something of equal or greater value.
- Sign the log and hide the cache exactly as you found it, so future geocachers have as much fun as you did finding it.
- Log your visit and find on [geocaching.com](http://geocaching.com) so others know how much fun you've had!

## GET STARTED

All you need to do now, is visit [geocaching.com](http://geocaching.com) to sign up for your free account. When your account is activated and your GPS is ready, you can begin the game. Remember, if you don't have a GPS, you can borrow one from any library in Bruce County.

Now get out in the fresh air and enjoy the game of geocaching!

GBK

**EXPLORE THE BRUCE** is a Bruce County tourism initiative that highlights all the amazing parts of the county. Be sure to find your Adventure Passport in this issue and at [passport.explorethebruce.com](http://passport.explorethebruce.com).

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# Waterfalls of Grey County

By Grey County Tourism

This summer, your family can feel the rush of the river as it flows over the escarpment's edge, at one of Grey County's many waterfalls.

So appealing that they merit their own tour, these special places are often just a short drive or leisurely hike from busy roads, and all can be viewed safely.

## Eugenia Falls

These iconic falls will take your family's collective breath away. Plunging into the Cuckoo Valley, the Beaver River drops 30 metres over the Niagara Escarpment. One of the highest in eastern Canada, this waterfall was the site of an early hydroelectric power station. Today, no matter what the season or water flow, viewing the falls is a guaranteed 'Wow' moment – and safe to view thanks to a sturdy barrier wall. The Eugenia Falls Conservation Area, just off Grey County Rd. 13, offers a spacious picnic shelter and numerous walking trails.

Driving directions: Follow County Rd. 40 east to County Rd. 7 south, through Fairmount and Epping, into the Beaver Valley. Catch County Rd. 13 south to Eugenia. The entrance to Eugenia Falls is diagonally across from Eugenia Falls Emporium.

## Hoggs Falls

Considered one of Grey County's best-kept secrets, this waterfall is tucked away in a woodland setting a mere two minute walk from the Lower Valley Road near Flesherton. Although only seven metres high, the volume of water from the Boyne River pouring over these falls against a backdrop of greenery creates a postcard-perfect moment. The falls are not walled off and descending into the gorge is not recommended. A kid-friendly and well-marked section of the Bruce Trail winds close enough to the falls for optimal viewing.

Driving directions: Take Grey County Rd. 4 west to the East Back Line north. Turn east on Lower Valley Road. Watch carefully – look for the sign displaying the parking lot area on the left side of the road.



● McGowan Falls, in Durham.

## Indian Falls

Indian Falls is a mini-Niagara, minus the crowds and casinos. Horseshoe-shaped with a 'bridal veil,' it drops 15 metres into its impressive amphitheatre-shaped gorge. The whole family can view a geology lesson in action, as the gorge was formed when the soft red Queenston Formation shale layers eroded, exposing the Manitoulin Formation dolomite rockcap. A moderate one kilometre walk through Indian Falls Conservation Area leads through a shady forest of ferns and wildflowers. The edge of the falls is unfenced and there is a staircase on the trail that can get slippery, so we recommend caution here.

Driving directions: Follow the scenic Georgian Bay Route from 2nd Ave. W., Owen Sound, to Grey Rd. 1. Look for Conservation Area signs directing you west to the parking area.

## Inglis Falls

The Sydenham River cascades over multi-faceted limestone shelves of an 18-metre cliff that is part of the extensive escarpment features of southeastern Owen Sound. Viewed from any angle – all viewpoints are protected by railings, making it





● Hoggs Falls, near Flesherton.

kid-friendly – Inglis Falls offers a wild panorama of rock and water spectacular in any season. Remnants of a 19th Century gristmill are reminders of the power once harnessed from this falling water. Picnic facilities and a walking trail can be found within the Inglis Falls Conservation Area.

Driving directions: From Springmount, follow County Rd. 18 east past Grey Roots Museum & Archives. From Grey Rd. 18, turn left onto Inglis Falls Road and the signage will direct you to the entrance of the Conservation Area.

### **Jones Falls**

A favourite of photographers, Jones Falls is featured in early postcards of the area and retains every bit of its wild but accessible beauty today. Seen from the Bruce Trail, or glimpsed from Hwy. 21 heading west from Owen Sound, the falls cascade 12 metres over the Escarpment. A one kilometre walking trail through the mature forest of the Pottawatomi Conservation Area leads to the falls. Cross the arched bridge to the south side of the falls to get the best view from amongst the giant boulders. You can also view the falls by following the Bruce Trail along the other side of the river.

Driving directions: Located on the west side of the City of Owen Sound. Follow 10th St. W. to Springmount and turn north on Hwy. 6. Entrance is on the immediate right. Lots of parking and washrooms are available inside the visitor centre.

### **McGowan Falls**

Within the Durham Conservation Area, this waterfall on the Saugeen River is more gradual than some, yet impressive in its broad cascade and cedar-forested setting. It is portrayed in one of several murals that adorn buildings in downtown Durham. There is a dam bridge across the crest of the falls and this is the ideal place to view the Saugeen River winding its way through the wooded countryside. The Conservation Area boasts 60 hectares, including three kilometres of river frontage, making it a popular spot for anglers of all ages. There is also a swimming beach that is the perfect place for a cool dip.

Driving directions: Durham is located at the junction of County Rd. 4 and Hwy. 6. The Conservation Area is located at the north end of Durham on top of the hill.




### Walter's Falls

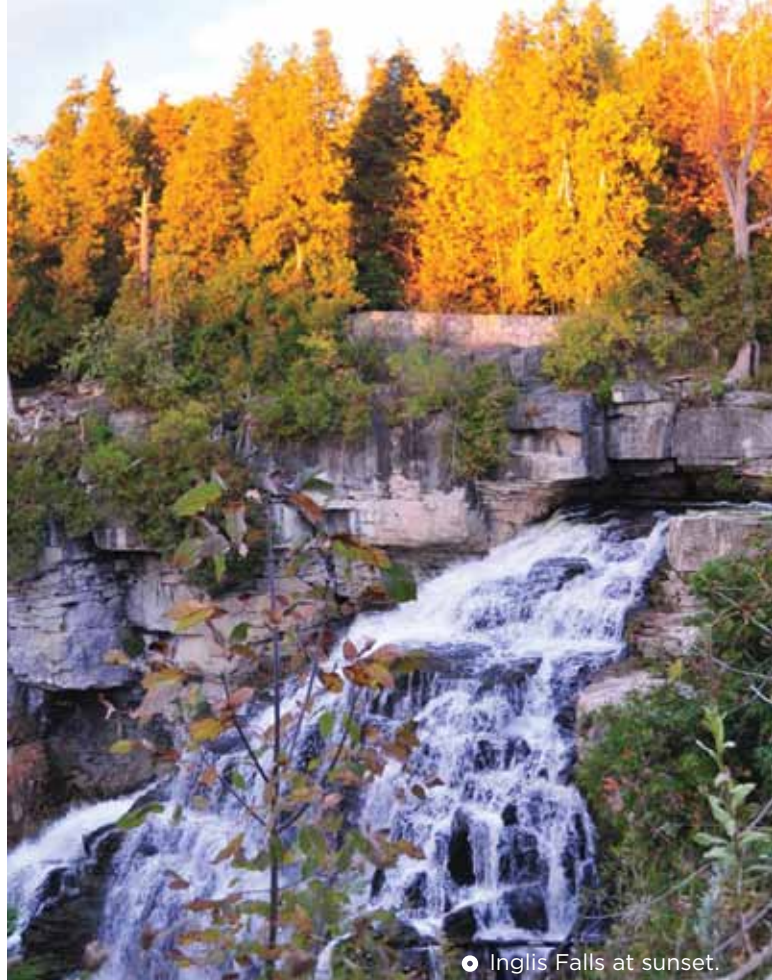
Although this waterfall is on private property, there is a well-protected viewing platform on top where you can safely peer down into the 14-metre gorge. The location is home to the spectacular Falls Inn. The picturesque village of Walter's Falls grew around its waterpower, which continues to provide energy for a gristmill. The Bruce Trail winds past the falls and into the adjacent cedar forest.

Driving directions: Follow County Rd. 18 east to County Rd. 29, south through the hamlet of Bognor, where it heads east to Walter's Falls. The falls are found at the end of Front Street.

### Weavers Creek Falls

Within Owen Sound's famed 40-hectare Harrison Park, the whole family can enjoy the small but pristine Weavers Creek Falls up close with no hazard, since it is more gently sloped and without a steep gorge.

Follow the creek upstream as it winds through the campground and you will find the boardwalk that leads into a canopy of hardwoods to the falls. For over a century, Weavers Creek has been the site of a fish hatchery where the Sydenham Sportsmen Association raises Chinook salmon and rainbow trout. 



● Inglis Falls at sunset.

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- ☒ Cycle the Georgian Trail from Meaford to Collingwood
- ☐ Shop for local food at Keady Market
- ☒ Explore Bruce's Caves near Wiarton
- ☐ Stand up paddle along the shoreline of Georgian Bay

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# Hula hoop for health

**BOTH KIDS AND ADULTS CAN HAVE  
A BLAST WITH AN OLD FAVOURITE**

By Samantha McInnis

The hula hoop. It's a toy we all remember from our childhood, and we most likely have one hanging in our garage today.

It's the simplest of toys – a plastic hoop you rotate around your waist in an attempt to keep it from falling to the ground. Try it today and no doubt you'll find it more difficult than you remember.

It's a fad that never really left, and yet few think of the fun, versatility and opportunity for creativity this toy provides. It's not just a hula hoop – it's one of the oldest toys known to man. The plastic version of the toy we know today burst onto the scene in the late-1950s, but it actually takes root in the 5<sup>th</sup> Century in ancient Greece, when the hoops were made from rattan, willow, stiff grasses and grapevine. Even then, the hula hoop was a great toy because kids and adults alike find them irresistible to play and goof around with. Just try walking by one without throwing it across the lawn to see if it will roll back to you, or skipping through it, or spinning it around your waist. Hula hoops stimulate smiles and are long on laughter.

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“Hula hoops are more than a simple toy ... they create an avenue for creative self-expression and self-confidence.”

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Yet, hula hoops are more than a simple toy. Although you may shrug them off as basic, they actually create an avenue for fostering creative self-expression and self-confidence, as well as reducing stress and clearing your mind. Children and adults can challenge themselves to learn new tricks or moves, or see how



● Photo by Samantha McInnis.

long they can keep it in motion, and then practice until they meet their goals.

Hula hoops are also a great way to bust some calories. Waist hooping alone can burn 400 to 600 calories an hour, and, once you start to incorporate other cool moves into a regular routine or play, you will start to feel your entire body tone as part of a full body workout! Passing, hand-offs and halos are great for toning your arms. Hip and thigh hooping are great for toning your lower body, and chest and shoulder hooping are great for toning your upper body. Basic waist hooping is also great for improving your posture.


To maximize the benefits of hooping, it is important to remember that whatever moves and tricks you tackle, you must learn in both directions. Naturally, people will throw their hoops in the same direction each time; this is their natural direction or ‘in flow.’ Making sure you throw your hoop in the opposite direction – your reverse or ‘out flow’ – is very important to ensure you are toning your body in balance.

Hooping also increases the mind and body connect – it is amazing how people often lack certain coordination skills but can successfully develop them through general play with hoops. By challenging your rarely-used muscles, you can become more agile and more coordinated each time you use your hoop.



One of the best things about the hula hoop is its versatility. It can be played with in a lot of neat and interesting places – changing your location can ultimately change the experience. School playgrounds, beaches, parks and backyards are some of the fun places to hoop. You can also clear a space in your living room or basement to make hula hooping a year-round activity or workout while you're watching your favourite TV shows.

Hula hoops are not all made the same. When choosing a hoop that is right for you or the lucky one in your life, keep in mind there is a common misconception with hula hoop sizes – people will naturally gravitate to a smaller hoop because they think it's easier to use. The truth is, smaller and lighter hoops actually move faster, while larger, heavier hoops, which should be no more than 1.5 lbs., move more slowly around your body, making it easier for a beginner to learn basic waist hooping and allowing more advanced hoopers to learn new moves and tricks. Standard kids hoops range from 30 to 36 inches and adult hoops generally range from 38 to 48. Body shape, height and size can also determine which size of hoop to use.

So, when looking to get outside and have fun this summer, consider the benefits of the hula hoop. It has been creating laughter, smiles and healthy lifestyles for centuries. 



**SAMANTHA MCINNIS** lives in rural Meaford with her family and four legged friends. She owns Evolve Toy Store downtown Meaford and teaches hula hooping classes and workshops for adults and offers special events for children. She is a Hoopnotica certified instructor.

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## COOL KIDS – WINNER



• Lance Davey, 13, of Williamsford, is the Grey-Bruce Kids/Owen Sound Attack Cool Kid for Summer 2013.  
Photo by Amanda Lief Photography

You often hear about people who would give you the shirt off their back.

Well, the Grey-Bruce Kids/Owen Sound Attack Cool Kid for Summer 2013 did exactly that this past winter when a fellow student fell ill on the bus and couldn't stop shivering. Cool Kid Lance Davey, 13, who is the bus monitor, wrapped his coat around his colleague at Sullivan School, in Desboro, and refused to take it back when the sick child arrived at their bus stop.

"Had the bus driver not called me to tell me why Lance didn't have his coat, I probably would have gotten upset at him for losing it," said his Mom, Heidi. "But that's Lance. He never would have told me what he did to help that student."

As you can tell, Lance has a kind heart and he has a wide range of friends to prove it. He is a leader in his school and takes his bus monitor duties very seriously, even getting off the bus at each stop to walk the students across the busy highway. For all his hard work, positive attitude and desire to help others, Lance

received an Honesty Award at school this year, to go with the Caring Award he accepted last year.

"Lance has a big heart, and he's quite a charmer," said his Grandma, Dale Emmerson, who nominated Lance for the Cool Kids award.

Lance, who lives in Williamsford, enjoys working with his Dad Trevor, playing sports with his younger brother, reading, fishing, swimming at the McCullough Lake and playing baseball for his Desboro team, all while recently achieving his babysitting and snowmobile safety courses.

"Lance is just a regular kid, who sometimes does nice things," said his very proud, yet humble, Mom. **GBK**

For being this issue's Cool Kid, Lance receives a prize pack from the Owen Sound Attack, which includes tickets to upcoming games, and \$50 cash from Grey-Bruce Kids. To nominate a Cool Kid, visit [www.greybrucekids.com](http://www.greybrucekids.com) for details.

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# The world's a playground

*"Natural playgrounds should be the standard for all our playgrounds. They truly connect children with nature through play and are a sort of classroom for the next generation of environmental stewards."*

**- Dr. David Suzuki**

By Alison Graham

Children thrive on opportunities to develop their relationship with nature through play.

Enchanted forests, winding paths and hands-on exploration – a child's outdoor play space should engage the senses, encourage movement and nourish the imagination. Creating a

natural outdoor play space for your child can be a simple and economical project for the entire family.

We have all observed how young children 'see' with their hands. In a natural play space there are real, tactile experiences and spaces for your child where things can't be broken. Grass, sand, earth and stone are all experienced with great delight by a barefooted child. Imagine the feeling of dragging your feet through warm dirt or tiptoeing on heated rocks on a hot summer day and then leaping into some tall cool grass or moist earth.

Exploring natural objects has the power to change a child's inner state. It nurtures the inner sense of 'where I end and the world begins.' Consider the plant life around the play area and the



variety of touch experiences they offer; rough and smooth bark, soft flowers, fuzzy leaves, prickly stems. You don't need to plant a thorny shrub to teach your child about hidden dangers in nature. A prickly conifer will quite nicely warn a child to always be aware of their surroundings.

Throwing and catching may not immediately come to mind when one thinks about touch – we usually associate it with hand-eye coordination – but the activity is an excellent tactile experience. Think of the feeling of catching a ball when all the energy of the throw is absorbed into the catcher's hand and through the body as you stop it. The energy is then summoned up again through the body, down the arms and fingertips and as it is sent out into a throw. Be sure to always have balls or hacky sacks available for this important developmental activity.

Remember that outdoor play is not just a fair weather activity. Families in Grey/Bruce face weather extremes, so make sure when you're designing your outdoor play space that you consider the rhythm of the seasons. Some nesting boxes or bird feeders on the periphery of the area will allow feathered friends to say hello. Hide some early blooming bulbs or pussy willow – young children love to announce sightings of the first signs of spring! A mud hole is an endless source of entertainment and a shallow pond in summer becomes an icy mirror in winter.

Also be sure to choose a space that offers at least some shade for sun-safe summer play. The sensory experience of summer heat, winter cold, wet spring and windy autumn all serve to heighten the child's inner state of well-being. After all, warm cocoa by the fire can only be truly enjoyed after vigorous play in the winter snow or cold autumn rains.

'Proprioception' is the technical term for the inner sense of one's own movement. It begins in the womb and continues to develop through infancy and early childhood. It is important to introduce opportunities to crawl, climb, jump, roll, slide, swing, spin, run, tiptoe and skip. Toddlers especially love to discover what their bodies can do. Simple structures that can be anything are best. Get down to a child's eye level and see what you can add or what natural features you can take advantage of. Slopes are great for rolling games and large boulders for climbing. Create low crawl spaces and high climbing places. If you don't have a suitable tree for climbing, a thick, knotted cotton rope hung from a strong branch will do. Tree stumps do double duty as seats and stepping stones, and before you know it you've created a veritable obstacle course. Young heroes and heroines will live out quests of epic proportions without ever having to leave home.

Did you know that children have been playing jump rope since the Middle Ages? It is a wonderful activity for both boys and girls. It develops a sense of rhythm and coordination and there are endless songs and rhymes which foster language and math skills. Perhaps you remember one from your childhood you can share with your child. While skipping rope, hopscotch and ball bouncing can all be done on grass, if you don't have access to any paved surfaces – an issue at many rural homes – you may want to consider adding a small pad for these activities.



● Photos by Edge Hill Country School parents.

Structures that require the child to balance are great fun and give them a skill they will need through their adult life. A fallen log or constructed balance beam not too high off the ground will do. Placing a wide plank over a short round log can make a simple balance board or teeter-totter for one. A short plank lets the child find balance just standing in the centre. A long plank becomes a journey of anticipation as they slowly walk up it to the tipping point.

Teeter-totters or seesaws are also excellent for social development. When playing on a seesaw, each child is dependent on the other to make it work. They must cooperate to rise and descend in turn. Mischievous kids soon discover that by adjusting their weight (leaning back or inching forward) they can affect the rise or fall of their buddy. Without adult intervention children are free to work out for themselves the subtle nuances of "give and take" relationships. Social learning is inherent in natural play.

As well, seesaw play in the early years opens up the potential for a child to grasp and develop an inner sense of physics without being passively 'taught.' At an appropriate age, older children can return to the seesaw and by arranging themselves in different positions they can demonstrate laws of physics and how levers work.





Still looking for some inspiration? Consider the elements of ancient Greek philosophy: earth, air, fire and water. These four elements were the centre of the ancients' universe, so make them the centre of your child's play. Earth can include a small garden plot, sandpit or climbing boulders. The air element is met through swings and slides. A fire pit is a wonderful place for the family to gather to celebrate special occasions, camp out or star-gaze, while the water element can come from a shallow pool, fountain or just some watering cans or hose.

You will also need to have a collection of 'loose ends' available for play. These are unformed toys like sticks, assorted blocks, odds and ends of scrap wood, large stones, etc. Objects from nature are inexpensive and can be used in many ways. Less can be more, and can better engage the child's imagination. As educational philosopher Rudolf Steiner said, "As the muscles of

the hand grow strong through use, so is the brain exercised by toys that require the child to complete them in the imagination." A simple stick becomes a horse, then a sword and later a wand, depending on what the child needs in an adventure.

There are no rules to creating an outdoor place space. Just keep it simple, natural, and approach it with a child's wonder of the living world. And remember – there will be dirt and plenty of it! Children will get blackened feet, grubby fingernails, dirt in their hair and behind their ears, and scuffed elbows and knees – and it's OK! That means they are learning through natural play, just like we used to. **GBK**

**ALISON GRAHAM** is a parent who is involved with Edge Hill Country School in Durham. Learn more at [www.edgehill-school.com](http://www.edgehill-school.com).

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# Connecting with your food source

## EDIBLE GARDEN IN RIPLEY SETS THE TABLE FOR CHANGE

By Kinga Jakab

In its current early phase of development, the Bruce Botanical Food Gardens (BBFG) in Ripley only hints at the edible wonderland it will become.

Rows and rows of mulch and soil run through four quadrants of the land, leaving room for a walkway for trucks, wheelbarrows, visitors and volunteers. Two blue trees stand tall in the centre of the garden, which began to take shape last year.

When I arrived, I met President and CEO Lynne Taylor and Vice-President Heather Pletsch, along with a volunteer wearing a sunhat and a towel fashioned around his head as a sweatband. He was about to begin tilling the soil using the new tiller purchased by funding from Bruce Power.

"It's going to get pretty loud, ladies," the man said. "You may want to move the interview somewhere else."

As we shuffled over to the Bunkie at the entrance of the gardens, Lynne said, "Do you know who that is?" Not being from Ripley, I didn't recognize him and shook my head.

"That's Wilf Gamble, the Deputy Mayor of Huron-Kinloss," she said. "He has done so much for the garden – gone above and beyond."

Wilf waved and began tilling one of the rows of soil. Lynne pointed to the water taps on the fencing around the garden and revealed the Deputy Mayor, a plumber by trade, had also installed the outlets, bringing precious running water to the plot of land.

I noticed the unique fencing, which surrounds the garden, located on Park Street, Ripley, across from the village's soccer fields.

"Those are bed springs," Heather said. "We recycled 11,000 cubic feet of mattresses from a landfill. We also used the felt

● Lynne Taylor, president of the Bruce Botanical Food Gardens, works the ground this past spring.



from the mattresses. See the filter fabric under those plants there? That's part of a mattress."

The box frames will also be utilized as multi-level tables for workshops for children, adults and people in wheelchairs.

"What we're doing shows how things can be recycled in a productive and funky way," Lynne said. "I'm very happy that we have a township (Huron-Kinloss) that has been very supportive."

Not surprisingly, the Bruce Botanical Food Gardens is the first of its kind in Canada, and will house an entirely edible garden, along with art pieces made by innovative recycling. The goal, Lynne said, is, "To use the agri-tourism of the project to fuel the social enterprise of the project; to address food insecurities; address sustainable agriculture and the plight of the small family farm, which is dwindling as we speak."

Lynne hopes the edible garden will encourage people to eat better and buy locally, supporting our area's farmers.

Once open, the 'Edible Museum' will have a small entrance fee and visitors can buy edible plants, take cooking workshops to prepare the resident plants, and collect information on the benefits of every plant. The garden will also feature a 'Living Wall Classroom' featuring chives, peppers, tomatoes and herbs growing on cloth and wire mesh, which will serve as a teaching space, host birthday parties, provide photo opportunities and more. A large teaching chair, made from horseshoes and old garden tools by members of the local Mennonite community,



will sit in the centre. Schools from across Grey and Bruce counties will be invited to use the space as an outdoor classroom.

“This doesn’t happen without community,” Lynne said.

Planting teams of volunteers have worked tirelessly during the first phase of development. So far, lavender, daylilies, lilacs, loganberries, honeyberries and radishes have been planted, while Lynne and Heather are now working on an archway entrance made of cherries. The artistic and aesthetic quality of the edible garden is as much a part of the attraction as the culinary aspect.

They showed me the blue trees, two large branches that had fallen during April’s ice storm, becoming painted art pieces. Lynne pointed to an old, broken windmill in the distance and revealed their plans to use that as a centrepiece in the garden. They are incorporating this artifact, which was once integral to life on the farm, into the curriculum of Georgian College’s welding program to turn it into art – a woman with a hoop skirt, holding the windmill. They plan to install this centrepiece on Earth Day, 2014.

Lynne said they have tried to do as much business as possible within the community, buying seeds and tools from the Kincardine area, and receiving funding from local vendors. Much of the in-kind funding for walkways, fencing posts, good quality tools and equipment, plant material and guidebooks has come from the Ontario Trillium Fund, TD Friends of the Environment, Bruce Power, and the Society of Energy Professionals. Suncor Energy donated a solar hot water system so future visitors can heat up water for tea, wash their edible goodies, or wash their hands once they have completed a workshop on food preparation.

One of the goals of the edible garden is to teach people the basic skills to work with the plant material.

“You could tell someone, ‘Here’s a Hubbard squash that will feed 16 people for 16 cents each,’ but if they don’t know what to do with it, what’s the sense?” Lynne said. “Prepared foods are expensive, and are full of salt and sugar and things people now find they can’t be eating. We’re going back to basics so you can get the best nutritional value from your food.”

I spotted a patch of dandelions and proudly told Lynne I’d recently learned that dandelions aren’t totally useless. She

## Supporting local farmers

Bruce and Grey counties are a haven for people who want to eat locally, while knowing more about where their food is grown.

Community Supported Agriculture (CSA) projects are gaining popularity in the region, because people are becoming more interested in organic produce and naturally raised meats. To enjoy a CSA, a client purchases shares (products) from the farm and has the bounty delivered to them regularly during growing season.

Many CSA owners also open their farms and fields to clients, so they can see how their food has been grown and raised, forming a connection with agriculture that is impossible at a grocery store.

Foodlink GreyBruce ([www.foodlinkgreybruce.com](http://www.foodlinkgreybruce.com)) is an excellent way to find a CSA in your area, while a listing of CSAs in Grey/Bruce can also be found on the Ontario CSA Directory at [www.csafarms.ca](http://www.csafarms.ca).

jokingly covered her ears and cried out in pain. She told me that dandelions have an excellent cleansing quality and can be used in a number of healthy ways.

All the plant materials in the garden have been heavily researched for their benefits and visitors will have the opportunity to learn about them through the individual signs or by purchasing a guidebook.

The planned programming for Bruce Botanical Food Gardens includes supporting outreach programs in the region, gardening and crafting workshops, seminars and speaker events, school programs in agriculture, seniors’ activities, food processing workshops, garden shows and festivals, the outdoor Living Wall classroom and more.

They hope to have a soft opening of the garden in late-June. If you would like to volunteer, book a visit, or want more information, visit [www.bbfg.org](http://www.bbfg.org). **GBK**

*KINGA JAKAB is a freelance journalist who lives in Port Elgin.*



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By Kimberlee Feick Lowry

We've all heard the old adage, "It takes a village to raise a child." But what if you and your child happen to live 20 kilometres away from the darned village?

That's the situation I found myself in after giving birth to my daughter Jade. My husband and I had moved to the Bruce after living in Waterloo for many years. The idea was that we'd be nearer to his family and their dairy farm and enjoy the freedom of country living. Along with the fresh air, our spacious property, a beautiful lake and the exquisite stillness of living on a rural property came one thing I hadn't planned on – isolation.

It's something most new mothers deal with as they make the instant transition from an independent, energetic superwoman to a ragged, wild-eyed mother of a newborn. You suddenly feel so different from everyone around you. And this feeling seems to increase exponentially when you're out of "the village," where you simply have to step outside your front door and watch a neighbour shovel snow or listen to the bus trundle by to reassure yourself you're not truly alone.

In the country, when your baby won't stop crying and you're on your last can of formula and you haven't slept a full night in three weeks, there's no one to hear you scream except the birds and coyotes. Your closest neighbour lives across the river, and the snowplow driver rarely waves.

Thankfully, I have the world's best mother-in-law living up the road from us. Her cosy farmhouse often became my village in the weeks and months after Jade's birth. She'd hold my daughter as I dozed in a chair and tell me stories about raising her own three babies, some 40-odd years ago. I will be forever grateful for her kindness and help; yet sometimes a new mom craves the company of other new moms, women to whom the rocket ship ride of motherhood is as recent as today's spit up. That's when I found the Mom's Group.

I suffered a mild case of postpartum depression for a month or two after I had Jade, which increased my feelings of isolation. Getting out of the house was what my husband and doctor both recommended, so I lugged Jade to the Early Years infant playgroup once a week. Early Years is a wonderful place where kind, capable staff organize information sessions, playtime and activities for new moms and their babies, including a weigh-in with the public health nurse to stop you from feeling like you're starving your child.

Most of the other moms seemed to know one another already and I felt uncharacteristically shy around them. They appeared to be about 10 years younger than me, and stylish and confident to boot. They lived in Kincardine, not out in the boonies like me. I listened to them compare infant swimming lesson stories and discuss possible daycare options and I felt like Laura Ingalls amongst the town girls – unsophisticated and out of the loop.



Then, one afternoon, a woman approached me near the end of the session. I'd noticed her before; she had sparkling brown eyes and big smile. "Hey," she said, leaning in conspiratorially, "Did you know there's another mom's group that meets outside of this one?" I shook my head, feeling like I was about to be asked to the prom. "Well, we try to keep it small, because we meet at each other's houses. You and Jade should come and join us sometime!"

I stammered that I'd love to join them, and thanked her for asking me. She squeezed my arm and winked. "You'll love it. We're lots of fun. You look like you'll fit right in."

I was so flabbergasted I think I just stood there holding Jade, trying not to cry hormonal tears of gratitude at the chance of friendship that was being offered so kindly. The woman told me her name, gave me her email address and the date and time of the next get-together. I summoned my courage, reminded myself of the friendly, relaxed person I used to be pre-baby and went to that meeting. That's the day I became part of a new village.

At first, when all of us were on maternity leave, we'd meet once or twice a month at different women's homes. Our meetings weren't the posh little chat-fests I'd thought they might be. Nope, these women were hilarious raconteurs, open and honest about their journey through the sometimes frightening landscape of motherhood. No topic seemed taboo. They even comforted me when I bawled like a baby the day I found out I was pregnant with my second child, an event I hadn't planned for and was sure I was too old to handle. "Don't worry, you don't

look as old as you say you are," one mother reassured me and we all burst into laughter. I felt comfortable in my village; these mamas had my back.

We didn't always eat and giggle either; one meeting we learned to make our own baby food and dared each other to taste it; at another we learned the ins and outs (literally) of 'Elimination Communication,' a new take on potty training. We've had an infant massage class, play dates at the beach, hikes through town and even parties with themes as traditional as Halloween and as wacky as a Royal Wedding Day Tea Party.

Occasionally we leave our offspring in capable hands and take ourselves out for supper, or to the movies, or have wine and cheese nights. We laugh till we spit out our wine, we swap clothes and strollers, offer tips and suggestions, and remind each other that we are doing the best we can. Our village makes us feel less like crazy people and more like normal, capable, awesome women who just happen to be raising children.

It's comforting to know that sometimes the village you need isn't as far away as you might think. **GBK**

**KIMBERLEE FEICK LOWRY** moved to Bruce County from Waterloo with her husband in 2007. They live on a rural property called Someday Farm with two high-spirited children and a lot of wildlife. After leaving a corporate position of 17 years, she now devotes her time to writing, keeping the house from falling apart and learning how to be the best mom she can be. Visit her blog [www.thesomedaydiaries.blogspot.ca](http://www.thesomedaydiaries.blogspot.ca).

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# RESOURCES

## ABUSE (PHYSICAL/SEXUAL)

### Assaulted Women's Helpline

Crisis line: 1-866-863-0511  
www.awhl.org

### Bruce Grey Child and Family Services

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

### Keystone Child, Youth & Family Services

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

### Saugeen First Nation - Kabaeshiwin Respite Women's Shelter

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

### Sexual Assault and Partner Abuse Care Centre

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

### Victim Services of Bruce Grey and Owen Sound

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

### Victim/Witness Assistance Program

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

### Women's Centre (Grey and Bruce)

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

### Women's House Serving Bruce and Grey

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

## BREASTFEEDING

### Brockton and Area Family Health Team

1-866-507-2021 or 519-881-1920  
RN/certified Lactation Consultant available  
www.bafht.com  
Walkerton

### Grey Bruce Health Unit

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

### La Leche League Canada

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

### Moms Walkerton

New Mom support  
320 Durham St., Walkerton; 519-379-6769

### Support groups

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

## CHILDBIRTH

### Empowering Doula Care

Emotional, physical and information support for women and families  
519-955-0515  
empoweringdoulacare@gmail.com

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

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

### Midwives Grey Bruce

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

### Owen Sound Hospital Labour and Delivery

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

### Walkerton Hospital Family Birthing Centre

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

## CHILD CARE

### Acorn Montessori Preschool

519-599-7577  
Meaford

### Amabel-Sauble Child Care Centre

519-422-3611  
Sauble Beach

### Beaver Valley Outreach

519-599-2577

### Bob's Playschool

519-538-5483  
Meaford

### Brooke Montessori Toddler Program

519-376-3447  
Owen Sound

### Bruce County Childcare Services

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

### Bruce Peninsula Family Centre

519-793-4100  
Lion's Head

### Chesley Nursery School

519-363-9544

### Durham Nursery School

519-369-6973

### Family Y Child Care/First Base

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

### Grey County Childcare Services

519-376-7324  
www.greycounty.ca/childcare

### Hanover Montessori Children's House

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

### Happy Hearts Day Care Centre

519-376-1284  
Owen Sound

### Inglennook Creche Day Care

519-371-9471  
Owen Sound

### Kids & Us Community Childcare and Family Education Centres

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

### Kids Street Nursery School

519-389-9050  
Port Elgin

### Kinhuron Integrated Day Nursery School Co-op

519-396-4532  
Kincardine

### Le Jardin des decouvertes

519-371-4411  
Owen Sound

### Military Family Resource Centre - Meaford

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

### Meaford Co-operative Nursery School

519-538-3854

### Nawash N'Shiime Day Care Centre

519-534-3909  
Neyaashiingmiing (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 - Owen Sound**  
519-371-0141

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

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

**Warton Nursery School**  
519-534-2121

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

## DIET/NUTRITION

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

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

**Good Food Box**  
Grey Bruce Health Unit  
519-376-9420 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 or 519-371-4773  
kcyfs@bmts.com  
www.keystonebrucegrey.org

## EDUCATION

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

**Adult Learning Centres**  
Collingwood, Port Elgin, Markdale, Owen  
Sound, Walkerton, Warton  
Free assistance with math, writing and  
reading; 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

**Homefront First Aid and Emergency Training**  
Janine Donaldson, Red Cross Training Partner  
519-444-8164  
homefrontfirstaid@gmail.com

## EMPLOYMENT SERVICES

**LiveGreyBruce**  
www.livegreybruce.ca

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

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

## FAMILY SUPPORT

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

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

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

**Chippewas of Nawash Unceded First Nation  
- Native Child Welfare**  
519-534-3818  
supervisor.ncw@gbtel.ca; www.nawash.ca  
Cape Croker

**Family Support Initiative**  
Fosters networking and peer support  
519-371-4802 or fsi@hopegb.org  
www.mhagb.ca

**Grandparent Network**  
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  
Warton - 519-534-0353

**Stepping Stones Family Therapy**  
Family and Marriage Therapy  
Megan Cohoon, M.Sc.  
519-396-0055 or sstones@hushmail.com

**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 (Thornbury)**  
519-599-2577 or info@bvo.ca  
www.bvo.ca

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

**Owen Sound and Area Family YMCA**  
519-376-0484  
www.ymcaowensound.on.ca

**Social Services**  
Grey County - 1-800-265-3119  
www.grey.ca/health-social-services/  
Bruce County - 1-800-265-3005  
www.brucecounty.on.ca/ontworks.php

**United Way of Bruce Grey**  
519-376-1560 or manager@unitedwaybg.com  
www.unitedwayofbrucegrey.com

## FOOD BANKS/HOUSING

**Beaver Valley Outreach - Thornbury**  
519-599-2577  
info@bvo.ca or www.bvo.ca

**Durham District Food Bank**  
Monday, Tuesday, Friday, 9 a.m.-noon  
Call 519-369-6860 and leave message

**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  
Warton - 519-534-0353

**Tobermory Food Bank**  
519-596-1501

# RESOURCES

## Walkerton and District Food Bank

519-881-0168

## Habitat for Humanity Grey Bruce

1-866-771-6776 or [habitat@bmts.com](mailto:habitat@bmts.com)  
[www.habitatgreybruce.com](http://www.habitatgreybruce.com)

## Ontario Tenants Rights

[ontariotenants@hotmail.com](mailto:ontariotenants@hotmail.com)  
[www.ontariotenants.ca](http://www.ontariotenants.ca)

## Safe 'n Sound Homelessness Initiative

519-470-7233  
[www.safensoundgreybruce.com](http://www.safensoundgreybruce.com)

## Subsidized housing

Bruce County - 1-800-265-3022  
[www.brucecounty.on.ca/socialhousing.php](http://www.brucecounty.on.ca/socialhousing.php)  
 Grey County - 376-5744  
 Online: <http://bit.ly/vVG1k0>

## HEALTH CARE

### Auditory Health Care

202 Cayley St., Walkerton  
 519-881-4994 or [info@auditoryhealthcare.com](mailto:info@auditoryhealthcare.com)

### Brockton and Area Family Health Team

1-866-507-2021 or [www.bafht.com](http://www.bafht.com)  
 Walkerton

### Canadian Mental Health Association Grey-Bruce Branch

Administration - 519-371-3642  
 Crisis: 1-877-470-5200  
[jralph@cmhagb.org](mailto:jralph@cmhagb.org); [www.cmhagb.org](http://www.cmhagb.org)  
 Owen Sound

### Collingwood General and Marine Hospital

705-445-2550 or [www.cgmh.on.ca](http://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](http://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](http://www.gbhs.on.ca)

### Grey Bruce Health Unit

1-800-263-3456  
[publichealth@publichealthgreybruce.on.ca](mailto:publichealth@publichealthgreybruce.on.ca)  
[www.publichealthgreybruce.on.ca](http://www.publichealthgreybruce.on.ca)  
 Owen Sound

### Hanover and District Hospital

519-364-2340/[admin@hanoverhospital.on.ca](mailto:admin@hanoverhospital.on.ca)  
[www.hanoverhospital.on.ca](http://www.hanoverhospital.on.ca)

### Healthy Babies, Healthy Children

Grey Bruce Health Unit  
 519-376-9420 or 1-800-263-3456  
[www.publichealthgreybruce.on.ca](http://www.publichealthgreybruce.on.ca)

### Hanover Family Health Team

519-506-4348 or [dford@hanoverfht.ca](mailto:dford@hanoverfht.ca)  
[www.hanover.ca/hfht](http://www.hanover.ca/hfht)

## 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](http://www.honouringlife.ca)

## HopeGreyBruce - Owen Sound

Mental Health and Addiction Services  
 519-371-4120 or [www.mhagb.ca/gbchc/](http://www.mhagb.ca/gbchc/)

## Huron Shores Foot Clinic - Kincardine

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

## Keystone Child, Youth & Family Services

1-800-567-2384 or 519-371-4773  
[kcyfs@bmts.com](mailto:kcyfs@bmts.com) or [keystonebrucegrey.org](http://keystonebrucegrey.org)

## Kids Help Phone (24 hours)

1-800-668-6868 or [www.kidshelpphone.ca](http://www.kidshelpphone.ca)

## Kincardine Family Health Team

Kincardine - 519-396-2700  
 Ripley - 519-395-2601  
[www.kincardinefht.ca](http://www.kincardinefht.ca)

## Mino Bimadsawin Health Centre

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

## M'WIKwedong Native Cultural Resource Centre

1-866-202-2068 or [admin@mwikwedong.com](mailto:admin@mwikwedong.com)  
[www.mwikwedong.com](http://www.mwikwedong.com)  
 Owen Sound

## Optimize Healing Centre, Port Elgin

Neurodevelopment specialists  
 519-832-1515 or [info@optimizehealing.com](mailto:info@optimizehealing.com)  
[www.optimizehealing.com](http://www.optimizehealing.com)

## Owen Sound Crisis Pregnancy Centre

1-888-371-2004 or [ospcp@wightman.ca](mailto:ospcp@wightman.ca)

## Pediatric clinics

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

## Poison Control Centre

1-800-268-9017

## Postpartum depression

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

## South Bruce Grey Health Centre (hospitals)

Chesley - 519-363-2340  
 Kincardine - 519-396-3331  
 Durham - 519-369-2340  
 Walkerton - 519-881-1220  
[www.sbgchc.on.ca](http://www.sbgchc.on.ca)

## South East Grey Community Health Centre

55 Victoria St., Markdale  
 519-986-2222 or 1-855-519-2220  
[info@segchc.ca](mailto:info@segchc.ca) or [www.segchc.ca](http://www.segchc.ca)

## Trigger Points Registered Massage Therapy

859 Queen St., Kincardine  
 519-396-7585

## St. John Ambulance First Aid training

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

## TeleHealth Ontario

1-866-797-0007

## Thames Valley Children's Centre

519-396-3360 or 1-866-590-8822  
[www.tvcc.on.ca](http://www.tvcc.on.ca)

## LIBRARIES

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

Thornbury  
 519-599-3681 or [thebluemoountainslibrary.ca](http://thebluemoountainslibrary.ca)

### Bruce County Public Library

Online catalogue - [www.bruce.canlib.ca](http://www.bruce.canlib.ca)  
 Administrative office - 519-832-6935  
[bruce2@brucecounty.on.ca](mailto: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](http://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](http://www.greyhighlandspubliclibrary.com)

### Hanover Public Library

519-364-1420 or [www.hanoverlibrary.ca](http://www.hanoverlibrary.ca)

### Meaford Public Library

519-538-1060  
[www.meaford.ca/meaford-library-home.html](http://www.meaford.ca/meaford-library-home.html)

### Owen Sound and North Grey Union Public Library

519-376-6623  
[www.owensound.library.on.ca](http://www.owensound.library.on.ca)

### West Grey Public Library system

[www.westgreylibrary.com](http://www.westgreylibrary.com)  
 Durham (main) branch - 519-369-2107  
 Elmwood and area - 519-363-3321  
 Neustadt - 519-799-5830  
 Ayton/Normanby - 519-799-3242



## MUSEUMS

**Billy Bishop Heritage Museum - Owen Sound**  
519-371-0031 or [www.billybishop.org](http://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  
[www.brucemuseum.ca](http://www.brucemuseum.ca)

### **Bruce Peninsula Visitors Centre**

519-596-2233  
<http://bit.ly/rQQFf6>  
Tobermory

### **Bruce Power Visitors' Centre**

519-361-7777  
[www.brucepower.com](http://www.brucepower.com)

### **Chesley Heritage & Woodworking Museum**

519-363-9837

### **Craigleith Heritage Depot - Thornbury**

519-599-3131  
[www.thebluemountains.ca/Craigleith-Heritage-Depot.cfm](http://www.thebluemountains.ca/Craigleith-Heritage-Depot.cfm)

### **Grey Roots Museum & Archives**

Includes county's archives  
1-877-GREY ROOTS  
[www.greyroots.com](http://www.greyroots.com)  
RR4 Owen Sound

### **Meaford Museum**

519-538-5974  
[www.visitmeaford.com/meaford-museum.html](http://www.visitmeaford.com/meaford-museum.html)

### **Owen Sound Marine and Rail Museum**

519-371-3333  
[www.marinerail.com](http://www.marinerail.com)

### **Paddy Walker Heritage Society**

519-396-1850  
[www.walkerhousekincardine.com](http://www.walkerhousekincardine.com)  
Kincardine

### **South Grey Museum - Flesherton**

519-924-2843 or [museum@greyhighlands.ca](mailto:museum@greyhighlands.ca)  
[www.southgreymuseum.ca](http://www.southgreymuseum.ca)

### **St. Edmunds Township Museum**

519-596-2479 or online <http://bit.ly/vEdick>  
Tobermory

### **Tobermory Maritime Association**

519-596-2700 or [www.tobermorymaritime.ca](http://www.tobermorymaritime.ca)

### **Treasure Chest Museum**

519-353-7176  
<http://tiffanyweb.bmts.com/~tcmuseum>  
Paisley

## ONLINE SUPPORT

[www.211.ca](http://www.211.ca)

[www.pathwaysawareness.org](http://www.pathwaysawareness.org)

[www.shelternet.ca](http://www.shelternet.ca)

Directory of women's shelters across Canada

[www.targetyouth.ca](http://www.targetyouth.ca)

[www.thehealthline.ca](http://www.thehealthline.ca)

[www.wesforyouthonline.ca](http://www.wesforyouthonline.ca)

Crisis counselling for local youth

## OTHER

### **Cathi Wentworth Family Mediator**

647-459-4995 or [cathiwentworthmediator.com](http://cathiwentworthmediator.com)

### **A Kid Safe World**

Babysitter course for youth 10 to 13  
[www.akidsafeworld.ca](http://www.akidsafeworld.ca)

## 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

## SPECIAL NEEDS

### **Autism Ontario Grey Bruce Chapter**

226-787-0333 or [marti@autismontario.com](mailto:marti@autismontario.com)  
<http://bit.ly/tO6kam>  
Owen Sound

### **Autism Parent Support Group**

Community Living Kincardine & District  
519-396-9434  
[www.clkd.ca](http://www.clkd.ca)

### **Bruce County Childcare Services**

1-800-265-3005 or [www.brucecounty.on.ca](http://www.brucecounty.on.ca)  
Walkerton

### **Bruce Peninsula (Wiarton) Association for Community Living**

519-534-0553

### **Community Living Kincardine & District**

519-396-9434  
[www.clkd.ca](http://www.clkd.ca)

### **Community Living Meaford**

519-538-4165

### **Community Living Owen Sound and District**

519-371-9251 or [communitylivingowensound.ca](http://communitylivingowensound.ca)

### **Community Living Walkerton & District**

519-881-3713  
[www.clwalkerton.org](http://www.clwalkerton.org)

### **Georgian Riding Association for Challenged Equestrians**

519-372-2721; [grace@log.on.ca](mailto:grace@log.on.ca)  
Wicklen Stables, RR5 Owen Sound

### **Keystone Child, Youth & Family Services**

1-800-567-2384  
[kcyfs@bmts.com](mailto:kcyfs@bmts.com) or [keystonebrucegrey.org](http://keystonebrucegrey.org)  
Owen Sound

### **PRANCE Therapeutic Riding Centre**

519-832-2522 or [prance@bmts.com](mailto:prance@bmts.com)  
Miramichi Farms, Hwy. 21 Port Elgin

### **Reading Rescue Ontario**

519-794-4745 or [soehner@bmts.com](mailto:soehner@bmts.com)  
[www.readingrescueontario.ca](http://www.readingrescueontario.ca)  
Holland Centre

### **South Grey Bruce Youth Literacy Council**

519-364-0008 or [info@sgbyouthliteracy.org](mailto:info@sgbyouthliteracy.org)  
[www.sgbyouthliteracy.org](http://www.sgbyouthliteracy.org)  
Hanover

### **Special Therapy and Education Program of Saugeen (STEPS)**

519-797-1935  
[info@stepsahead.ca](mailto:info@stepsahead.ca); [www.stepsahead.ca](http://www.stepsahead.ca)  
Southampton

### **Thames Valley Children's Centre**

519-396-3360  
1-866-590-8822  
[Paula.Holla@tvcc.on.ca](mailto:Paula.Holla@tvcc.on.ca) or  
[Clare.Matthews@tvcc.on.ca](mailto:Clare.Matthews@tvcc.on.ca)  
[www.tvcc.on.ca](http://www.tvcc.on.ca)

### **United Way of Bruce Grey**

519-376-1560  
[unitedwaybg@bmts.com](mailto:unitedwaybg@bmts.com)  
[www.unitedwayofbrucegrey.com/](http://www.unitedwayofbrucegrey.com/)  
Owen Sound

## SPEECH/LANGUAGE

### **Bruce County Childcare Services**

1-800-265-3005  
[www.brucecounty.on.ca](http://www.brucecounty.on.ca)  
Walkerton

### **Closing the Gap Healthcare Group**

#### **Rehab Express Grey Bruce**

1-866-990-9901  
[www.closingthegap.ca](http://www.closingthegap.ca)  
Owen Sound

### **Grey Bruce Health Unit**

1-800-263-3456  
[publichealth@publichealthgreybruce.on.ca](mailto:publichealth@publichealthgreybruce.on.ca)  
[www.publichealthgreybruce.on.ca](http://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](http://www.sw.ccac-ont.ca)

## WISH PROGRAMS

### **Children's Wish Foundation of Canada**

1-800-267-9474  
[on@childrenswish.ca](mailto:on@childrenswish.ca) or [www.childrenswish.ca](http://www.childrenswish.ca)  
Ajax, ON

### **Make-A-Wish - Southwestern Ontario Chapter**

519-471-4900 or [www.makeawishsw.org](http://www.makeawishsw.org)  
London, ON

# SUMMER EVENTS

## JUNE

1

### Saugeen Shores Health Fair

26 Albert St. S., Southampton  
Contact Kim Schmitt at 519-832-2008 or  
schmittk@saugeenshores.ca

### Gods, Myths and Mortals

Grey Roots Museum & Archives  
102599 Grey Rd. 18, Owen Sound  
519-376-3690 or [www.greyroots.com](http://www.greyroots.com)  
Runs through Sept. 4.

### Bruce County Public Library activities

Story Stretchers, Story Time, Chalk-it Up!,  
Kids Book Club, movies, crafts and more.  
[www.library.brucecounty.on.ca](http://www.library.brucecounty.on.ca)  
Programs run throughout the summer.

### Huron-Kinloss Ice Cream Trail

Photo scavenger hunt with 11 stops for ice  
cream along the way at [www.icecreamtrail.ca](http://www.icecreamtrail.ca)  
Runs through Sept. 29.

2

### Earth Rangers: Bring Back the Wild

Bruce County Museum & Cultural Centre  
Animal presentations at 1:30, 2:30 and 3:30  
p.m. and general admission applies.  
[www.brucemuseum.ca](http://www.brucemuseum.ca)

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### PA Day Adventures

Grey Roots Museum & Archives, Owen Sound  
Pre-register 519-376-3690 or [greyroots.com](http://greyroots.com)  
Also June 28.

8

### Family Fun Festival, Owen Sound

Keystone Child, Youth & Family Services  
Kelso Beach, 11 a.m.-3 p.m.  
519-371-4773 or [lspeer@brucetelecom.com](mailto:lspeer@brucetelecom.com)  
[www.keystonebrucegrey.org](http://www.keystonebrucegrey.org)

### Explore the Bruce Adventure Passport

Launch party at Tennyson's Technical Servic-  
es, Hwy. 21 at Underwood (north of Tiverton)  
[www.explorethebruce.com](http://www.explorethebruce.com)  
Runs through Oct. 31.

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### Kincardine Teddy Bear Parade

Victoria Park, 10 a.m. (register at 9:30)  
dkbddavey@bmts.com  
Rain date is June 16, 1 p.m.  
[www.facebook.com/KincardineTeddyParade](http://www.facebook.com/KincardineTeddyParade)

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### Salsa at Blue Mountain

[info@bluemountainvillage.ca](mailto:info@bluemountainvillage.ca)  
[www.bluemountainvillage.ca](http://www.bluemountainvillage.ca)  
Runs through June 23.

### Lucknow Strawberryfest

Entertainment, sports and much more.  
[www.strawberrysummerfest.com](http://www.strawberrysummerfest.com)  
Runs through June 23.

22

### Kidzone Sciencemania

Bruce County Museum & Cultural Centre

Ages 8-12, maximum 15 participants.  
Members \$15; Public \$20. 10 a.m.-noon  
[www.brucemuseum.ca](http://www.brucemuseum.ca)

### Ignite! Youth Arts Fair at Sandcastle Theatre

1127 4th Ave. W., Owen Sound  
Performances and exhibits by local youth.  
[www.sandcastletheatre.com/youth\\_arts\\_festival](http://www.sandcastletheatre.com/youth_arts_festival)

### Kincardine Scottish Pipe Band Parades

Starts from Victoria Park at 8 p.m.  
[www.kspb.ca](http://www.kspb.ca)  
Every Saturday night through Aug. 31.

24

### The Imaginarium Place

Bruce County Museum & Cultural Centre  
Invent, create and build!  
[www.brucemuseum.ca](http://www.brucemuseum.ca)  
Runs through Sept. 2

26

### Family Movie Nights

34 Lakeshore Blvd. N., Sauble Beach  
Free family friendly movie.  
[www.saublebeach.com](http://www.saublebeach.com)  
Every Wednesday in the summer at 8:30 p.m.

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### Summer Fun Flicks

Grey Roots Museum & Archives, Owen Sound  
A different film shown daily at 2 p.m.  
519-376-3690 x6100 or [www.greyroots.com](http://www.greyroots.com)  
Runs through Sept. 2.

## CANADA DAY WEEKEND

JUNE 28

### Canada Day at Blue Mountain Village

[info@bluemountainvillage.ca](mailto:info@bluemountainvillage.ca)  
[www.bluemountainvillage.ca](http://www.bluemountainvillage.ca)  
Runs through July 1.

JUNE 29

### Canada Day Tractor Pull

Heritage Farm, 1.5 km south of Paisley on  
County Rd. 3  
Don McCullough at 519-353-5668

### Lion's Head Canada Day Parade

7 p.m., with Old Tyme Concert at Rotary Hall  
at 8 p.m.

### Canada Day Weekend at MacGregor Park

[fompp@bmts.com](mailto:fompp@bmts.com)  
[www.friendsofmacgregor.org](http://www.friendsofmacgregor.org)  
Runs through July 1

JUNE 30

### Canada Day at Point Clark Lighthouse

Fish fry and musical entertainment in the  
afternoon, with fireworks at dusk.  
[www.huronkinloss.com](http://www.huronkinloss.com)

### Canada Day in Sauble Beach

Outdoor movie and live Canadian bands, all  
on the beach. Family event for all ages.  
Activities continue on July 1, including face  
painting, colouring, arts, crafts and games.  
[www.saublebeach.com](http://www.saublebeach.com)

JULY 1

### Canada Day celebrations in Southampton

Fireworks at Dominion Lookout (big flag)  
[www.saugeenshores.com](http://www.saugeenshores.com)

### Canada Day Sidewalk Art Extravaganza

Southampton Art Gallery, 201 High St.  
Kids can draw masterpieces on the sidewalk!  
519-797-5068 or [www.southamptonart.com](http://www.southamptonart.com)

### Canada Day celebrations in Tobermory

Fireworks at dusk. [www.tobermory.org](http://www.tobermory.org)

### Walkerton Canada Day celebrations

519-881-0625

### Kincardine Canada Day Celebrations

Family activities, fireworks at dusk.

## JULY

2

### LEGO Fridays

Bruce County Museum & Cultural Centre  
519-797-2080 or [www.brucemuseum.ca](http://www.brucemuseum.ca)  
Every Friday until Aug. 30.

3

### Wacky Wednesday Program

Owen Sound and North Grey Union Public  
Library, from 2-3 p.m.  
[www.owensound.library.on.ca](http://www.owensound.library.on.ca)  
Runs every Wednesday in July and August.

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### Movies Under the Stars

Blue Mountain Village Events Plaza  
[info@bluemountainvillage.ca](mailto:info@bluemountainvillage.ca)  
Website: <http://tinyurl.com/cdykzfw>  
Runs every Monday and Thursday to Aug. 29.

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### Pickin' by the Pond in Cargill

Entertainment, camping, special meals.  
[www.cargillcdcf.com](http://www.cargillcdcf.com)  
Runs through July 7.

### Pop idols in concert

Gayety Theatre, 161 Hurontario St.,  
Collingwood  
Tributes to biggest names in pop music.  
[www.gayetytheatre.com](http://www.gayetytheatre.com)

### Kincardine Scottish Festival and Highland Games

519-396-9300 or [kincardinescottishfestival.ca](http://kincardinescottishfestival.ca)  
Runs through July 7.

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### Holstein Rodeo

492253 Southgate Rd. 49, Holstein  
519-334-3794 or [www.holsteinrodeo.com](http://www.holsteinrodeo.com)  
Runs through July 14.

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### Rotary Street Frolic

Main Street, Markdale, 7 p.m.  
519-986-4516 or [dpt.mar@bmts.com](mailto:dpt.mar@bmts.com)



17

**Progressive Agriculture Children's Safety Day**  
Lion/Lioness Pavilion Park, Formosa  
[www.southbrucetourism.org](http://www.southbrucetourism.org)

20

**Famarama at Blue Mountain Village**  
info@bluemountainvillage.ca  
[www.bluemountainvillage.ca](http://www.bluemountainvillage.ca)

21

**National and Provincial Parks Day**  
MacGregor Point Provincial Park, Port Elgin  
[www.friendsofmacgregor.org](http://www.friendsofmacgregor.org)

22

**Hanover Sights and Sounds Festival**  
Live music, games, theatre and more!  
[www.sights-sounds.ca](http://www.sights-sounds.ca)  
Runs through July 28.

27

**Bruce Power Beach Party**  
Kincardine Station Beach  
Free family fun day with food, activities and entertainment, ending with fireworks.  
519-361-7777 or [www.brucepower.com](http://www.brucepower.com).

## AUGUST

2

**Paisley Beef Fest**  
Activities for the whole family.  
[www.paisleybeeffest.com](http://www.paisleybeeffest.com)  
Runs through Aug. 5.

4

**Kincardine Summer Music Festival**  
1-866-453-9716 or [www.ksmf.ca](http://www.ksmf.ca)  
Runs through Aug. 16.

8

**Sauble Sandfest 2013**  
Weekend of family fun, including live music, sandcastle building, classic car show, vintage motorcycles, volleyball and so much more!  
519-422-2457 or [www.saublebeach.com](http://www.saublebeach.com)  
Runs through Aug. 11.

9

**Streets Alive! Buskerfest**  
Free activities in downtown Owen Sound  
<http://downtownowensound.ca/streets-alive-buskerfest/>  
Runs through Aug. 10.

10

**Saugeen First Nation Pow Wow**  
James Mason Cultural Centre on French Bay Road, Saugeen First Nation  
519-797-2781  
[www.saugeenecdev.ca/NEWS.html](http://www.saugeenecdev.ca/NEWS.html)  
Runs through Aug. 11.

16

**Tall Ships Owen Sound**  
Tall Ships 1812 tour commemorating the War of 1812 Bicentennial  
519-376-1440 or [tallshipsowensound.com](http://tallshipsowensound.com)  
Runs through Aug. 18.

17

**Brockton's Busker Festival in Walkerton**  
Lots of fun for the whole family  
10 a.m.-4 p.m.  
519-881-3413 or [www.buskersfestival.ca](http://www.buskersfestival.ca)

**Chippewas of Nawash First Nation Pow Wow**  
112 Park Rd., Cape Croker  
519-534-0571

**Ripley Artisan's Festival**  
Ripley-Huron Community Centre  
Saturday 10 a.m. - 4 p.m.; Sunday noon-4 p.m.  
Joye Hunt at 519-395-3761  
Runs through Aug. 18.

**Corn Roast and Car Show**  
Point Clark Lighthouse, 4-8 p.m.  
[www.huronkinloss.com](http://www.huronkinloss.com)

23

**Lucknow's Music in the Fields**  
901 Havelock St. N.  
Canada's finest two-day line up of country music, camping available  
[www.musicinthefields.ca](http://www.musicinthefields.ca)  
Runs through Aug. 24.

**Teeswater Fall Fair**  
[www.teeswaterfair.org](http://www.teeswaterfair.org)  
Runs through Aug. 25.

24

**Scottish Massed Band Gathering**  
Victoria Park, Kincardine  
Mass Band Parade at 8 p.m.  
519-396-2731 or [www.kspb.ca](http://www.kspb.ca)



July 2 - August 29  
**Kidzone Summer Discovery Days**  
Join us as we investigate the world around us!  
Exciting days of adventure, crafts, trips, games, exploration and fun! Register early!  
*Tuesdays, Wednesdays and Thursdays*  
8:30 a.m. - 5 p.m. (Ages 5-12)  
Members \$22/day, Public \$28/day  
Early drop off 8 a.m.-8:30 a.m. - \$2/child/day  
Late pick up 5 p.m.-5:30 p.m. - \$2/child/day  
Prepayment/Pre-registration required.



ARCHIVES • HISTORY • EVENTS

[brucemuseum.ca](http://brucemuseum.ca)

July 1 - August 30  
**More than a Museum**  
Join us this summer for daily programs and activities! Enjoy demonstrations, exhibit programs, LEGO® Fridays, Reptiles Alive, First Nations displays and demonstrations, and so much more! Check the website for up to date information.  
General admission applies.  
Parental supervision required.

June 24 - September 2  
**The Imaginarium Place**  
This summer, we invite you to enter "The Imaginarium Place", a place for kids and families to invent, create and build!  
General admission applies.  
Parental supervision required.

Now Open  
**All New Virtual Reality Experience**  
Experience what it would have been like to navigate the HMS General Hunter and participate in the historic bombardment of Fort Detroit. Many new additions have been made to the deck of the HMS General Hunter as well.





# RECIPES

## COOL TREATS FOR HOT SUMMER DAYS

### HOMEMADE LEMONADE

#### INGREDIENTS:

- 1 ½ cups of white sugar
- 8-9 cups of cold water (more water = sweeter result)
- 1 ½ cups of lemon juice from freshly squeezed lemons

#### Directions

In a saucepan, combine sugar and one cup of water. Bring it to a boil and stir to dissolve the sugar. Allow to cool to room temperature, then cover and refrigerate until chilled.

Remove the seeds from the lemon juice, but leave the pulp. In a pitcher, stir together the chilled syrup, lemon juice and remaining seven/eight cups of water.

*\*Tip: to get the most out of your lemons you can either soak the lemons in hot water for 10 minutes or put them in the microwave for 30 seconds, which helps to release the lemon juice. Then before cutting them in half, roll them on the counter with the palm of your hand.*

Stir and serve it with some ice cubes or freeze it in your ice cream maker to make frozen lemonade!

You can also freeze the lemonade in ice cube trays to prevent water cubes from diluting your lemonade.

### RASPBERRY YOGURT POPSICLES

#### INGREDIENTS:

- 1 cup of plain yogurt
- 1 banana
- 3 cups of raspberries
- ¼ cup of lemon juice
- ⅛ cup of water

#### What you'll need

- Popsicle sticks
- Blender
- Popsicle mold
- Pouring spoon
- Glass bowl

#### Directions

Mix yogurt and banana in a blender for 30 seconds until smooth. Pour into the glass bowl and set aside.



Mix raspberries, lemon juice and water in the blender until smooth. Pour yogurt mixture evenly into popsicle molds.

Top with raspberry mixture and swirl.

Cover with a popsicle mold lid and insert craft sticks. Leave two inches sticking out of each pop.

Freeze for six hours (or until sticks are solid and the pops are completely frozen).

### ORANGE CREAMSICLES

#### INGREDIENTS:

- 1 cup of orange juice (fresh or frozen)
- 1 cup of heavy cream (or soft vanilla ice cream)
- 3 ½ tablespoons of honey or agave nectar
- ¼ teaspoon of orange extract
- ½ teaspoon of vanilla extract

#### Directions

In a medium bowl, whisk all ingredients together.

Pour mixture into popsicle molds. Let set for 30 to 60 minutes, then add popsicle sticks.

Freeze for another four to six hours or until frozen.

When you're ready to serve, run some warm water along your popsicle mold to loosen the popsicles and serve immediately.



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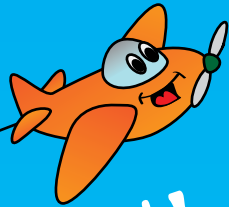
July 2-5, 2013 | Things that Go Bump in the Night  
July 8-12, 2013 | Mighty Gods  
July 15-19, 2013 | Awesome Animals  
July 22-26, 2013 | Carry the Torch  
July 29-August 2, 2013 | Into the Wilderness  
August 6-9, 2013 | The Earth Trembles  
August 12-16, 2013 | Shiver Me Timbers

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**2013**



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