

# GREY•BRUCE KIDS

A FREE MAGAZINE FOR  
PARENTS AND CAREGIVERS

Help kids  
handle  
stress

SUMMER 2014 • Volume 4 Issue 2 • [greybrucekids.com](http://greybrucekids.com)

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and  
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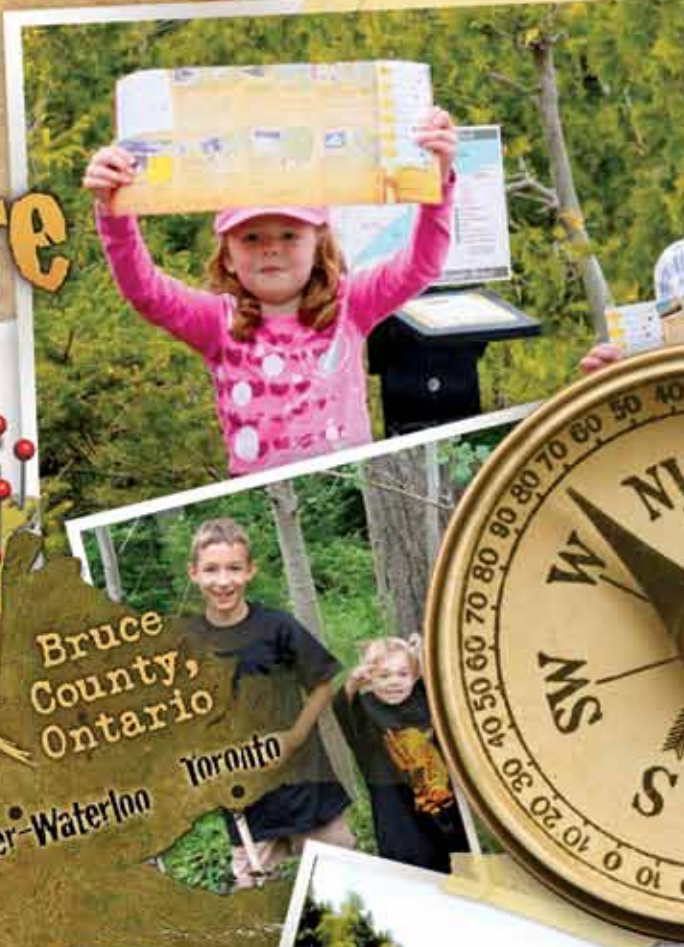
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FROM THE PUBLISHER

## Enjoy the colours of summer

Quite simply, Grey and Bruce counties are amongst the most beautiful places in Ontario to spend the summer months. In fact, it's us locals who are often the last to realize it!

In its purest form, Grey/Bruce is a deep sea of colours at this time of year – warm, inviting hues of all shades that draw you in on a warm breeze, and make you wish these days would never end.

There's the red of Canada Day flags, the temporary tattoos stamped on the cheeks of smiling faces and that stunning 1967 Camaro drawing stares at a local car show.

Yet, it may be our blues we're best known for, as we're blessed to lie on the shores of Lake Huron and Georgian Bay, which intertwine with a sparkling blue sky on those long summer days.

But we have so much green too! Take a hike down any stretch of the Bruce Trail and you'll find so many different shades, or lay on the grass in any of our parks and cloud-gaze with the kids.

And boy do we have orange. Widely believed to offer some of the world's best sunsets, the Lake Huron shoreline offers inspiration any night of the week while the kids devour a delicious Tiger Tail ice cream!

We're also lucky enough to enjoy our yellows, like the warm summer sun and mustard spilling off the edge of a campfire hotdog, or the browns of local boardwalks, tree forts and the rocks and forests of the Peninsula, and bright pink lemonade for the kids and daiquiris for the adults!

There's even the black and white photos of generations past, which are relived at annual family picnics and once-a-decade town reunions across Grey and Bruce.

Yes, our counties are full of colour, so get out and enjoy all of them this summer – before we're seeing white again!

*Amy Irwin, Publisher, Grey-Bruce Kids*

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# TiDBITS

## There's always something to do during the summer months

Though we seemingly wait forever for summer to get here, there always comes a time when both kids and parents are at a loss for ways to stay busy.

We found a great way on Pinterest (surprise!) to come up with new and interesting things to do during the summer months.

### MONDAY

#### Make Something Monday

Try a new recipe or craft, or build something.

### TUESDAY

#### Take a Trip Tuesday

Go to a movie, museum or park, go on a hike or have an outing.

### WEDNESDAY

#### Wet and Wild Wednesday

Go swimming or to a water park or splash pad.

### THURSDAY

#### Thinking Thursday

Visit the library, do research, make a wondering list, do science experiments, and visit learning websites.

### FRIDAY

#### Fresh and fun Fridays

Search the Internet to find something new and fun to do!

*Have ideas? Tell us on Facebook or Twitter @GreyBruceKids.*

## Donate a car and support literacy in Grey and Bruce

There's a new way to show your support for the South Grey Bruce Youth Literacy Council.

The organization has registered with Donate A Car Canada, an organization that makes it easy to turn your car, RV or other vehicle into a charitable donation. Donate A Car Canada will arrange the pick-up of your old beater where available, or guide you to one of their drop-off locations. It will then be recycled and sold for scrap, or if deemed road-worthy, it will be sent to auction.

The Literacy Council collects the proceeds and you receive a tax receipt for your generosity.

Find out more about the process by reading the Donate A Car Canada frequently asked questions. If you're ready to donate your vehicle to the South Grey Bruce Literacy Council, you can get started now by visiting [www.donatecar.ca](http://www.donatecar.ca) and work through the questionnaire.

If you don't have an old vehicle but still would like to help out, there are other ways to assist the Literacy Council, whether through a donation or volunteering. Learn more at [www.sgbyouthliteracy.org](http://www.sgbyouthliteracy.org).



## Everyone's a Scot

If your family has never experienced a Kincardine Scottish Pipe Band Parade, make sure you do this year. Hundreds (or thousands!) of people follow the pipe band down main street and a lone piper assists the sun as it sets on Lake Huron. Parades are at 8 p.m. from June 21-Aug. 30. Visit [www.kspb.ca](http://www.kspb.ca).

## Get active on the Longest Day of Play

It is no secret that kids today don't get enough activity in their 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 20 and 21, 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 activity information and see the ad on Page 15. Visit [www.playbrucegrey.com](http://www.playbrucegrey.com) for more information on Longest Day of Play.





# TALES from TOTS

## YOU NEVER KNOW WHAT THEY'LL SAY NEXT

*We interviewed Mrs. McTeer's Gr. 1 class at Walkerton Community School about summer! Here is what they had to say:*

### **What is your favourite thing to do in the summer?**

Jessy – Ride my scooter and bike.

Caden – Ride my bike.

Rachel – Swim.

Carissa – My second aunt Colla picks me up and we get ice cream and go to the beach.

Nicole – I like to go biking.

Maddie – Collect flowers. I like roses.

Kira – Swim.

Tara – I like to go swimming.

Lucas – Go to the pool.

Teagan – Play basketball.

Michael – Go bike riding.

Gavin – Play floor hockey outside with my friends and a tennis ball.

Landen – Ride my bike.

Kaitlyn – Bike ride.

Callum – Bike.

Brayden – Ride my bike down hills but I have a handlebar that stops me.

William – I like to go fishing with my family.

Kyliegh – To go to the beach and swim

Neil – To go to the pool at Grandma and Grandpa's.

MacKayla – go to the beach

### **What will you miss about school in the summer?**

Jessy – I like to sit by my tree but it's all ruined in the winter because of the snow.

Caden – Getting teased.

Rachel – Recess.

Carissa – Probably gym because that's my favourite thing.

Nicole – Playtime.

Maddie – Making a book for my teacher.

Kira – My teacher.

Tara – For one, I love school. I'll miss everything!

Lucas – Math, but I can do math at home.

Teagan – All my recesses.

Michael – Doing gym.

Gavin – Nothing, I don't like school. I wish it was never invented.

Landen – Playing soccer with my friends.

Kaitlyn – I'll miss Mrs. McTeer.

Callum – Learning.

Brayden – Getting to go outside.



William – Doing art and playing outside.

Kyliegh – Playing outside at recess with my friend.

Neil – I will miss art. I like doing watercolours.

MacKayla – I miss Math class. I like working with numbers.

### **If you could have one wish to do anything you wanted this summer, what would you wish for?**

Jessy – I lost my baby pet worm and I would like to find it because it is my favourite friend.

Caden – Don't know.

Rachel – Have a friend over.

Carissa – I really like going to the beach and getting ice cream and slushies. My nana gives me lots of treats – I'm lucky to have a nana like that.

Nicole – Go play on my swings.

Maddie – Play with my dog and take her for a walk outside.

Kira – Have a holiday. I like to go to the beach.

Tara – I would wish to go to Florida and live there forever.

Lucas – I would like to go to Great Wolf Lodge, but I've already been there.

Teagan – Have a hockey tournament.

Michael – Have my birthday.

Gavin – I would wish for a thousand more wishes this summer.

Landen – Go to Great Wolf Lodge.

Kaitlyn – I can't really do anything I want because I'm supposed to be at day care.

Callum – Go to Disneyland.

Brayden – That I could get these golden coins that my brother got.

William – Colour, because I love colouring.

Kyliegh – Have a playdate with my friend Maddie.

Neil – Go to Florida to swim in the ocean.

MacKayla – Go to the park every day and go down the fast bumpy slides.

GBK

# A good night's sleep

By Heather Barrett

Sleep is a vital part of a teenager's well-being – as important as air food and water.

Adolescents need around 8½ to 10 hours of sleep each night for optimal function. Biological sleep patterns (the body's circadian rhythm) shift toward later times for both sleeping and waking during adolescence, meaning it's natural for them to not be able to fall asleep before 11 p.m. This change might be due to the fact the brain hormone melatonin is produced later at night for teens than it is for kids and adults. This can make it harder for teens to fall asleep early.

These changes in the body's circadian rhythm coincide with a busy time in life. For most teens, the pressure to do well in school is more intense than when they were kids, and it becomes increasingly difficult to get by without studying hard. Of course, teens also have other time demands – sports and other extracurricular activities, homework, chores and working a part-time job to save money for college. Further, teens still need downtime to relax, unwind and spend time with friends. This often happens at the expense of sleeping. Many adolescents also crave the quiet privacy of a late night after parents have gone to bed.

One study found that only 15 per cent of teens reported sleeping 8½ hours on school nights. Many have irregular sleep patterns across the week – they often stay up late and sleep in on weekends, which can affect their biological clocks and negatively impact the quality of their sleep. A few hours of missed sleep a night may not seem like a big deal, but it can create a noticeable sleep deficit over time.

When adolescents are sleep deprived, they are as impaired as driving with a blood alcohol content of .08 per cent. Drowsy driving causes thousands of crashes each year. Many teens also suffer from treatable sleep disorders such as insomnia, narcolepsy, restless legs syndrome or sleep apnea. When they do not get enough sleep, they are far more likely to have an accident, injury or illness.

Some signs that your teen may need more sleep include difficulty waking in the morning, poor ability to concentrate, falling asleep during classes and signs of moodiness or depression.



When adolescents are sleep deprived, they are as impaired as driving with a blood alcohol level of .08 per cent.

## HOW TO ENCOURAGE MORE SLEEP?

**Have a regular bedtime routine.** Going to bed at the same time each night signals the body that it's time to sleep. Waking at the same time every day can also be helpful, so try to stick to the same sleep schedule, even on weekends. Room should ideally be cool, dark and quiet, and allow for natural or bright light in the morning.

**Exercise regularly.** Although you don't want to exercise right before bed because it can make it harder to fall asleep, regular



exercise will help teens get a solid sleep.

**Avoid stimulants.** Beverages with caffeine such as pop, energy drinks and coffee should be avoided after 2 p.m. Alcohol and nicotine is also a stimulant, which can cause restlessness and interrupt sleep.

**Relax your mind.** Violent, scary or action movies and TV shows should be avoided right before bed as these can set your mind and heart racing.

**Avoid all-nighters.** Don't wait until the night before a big test to study. Cutting back on sleep the night before a test might result in poorer performance than if you'd studied less but got more sleep.

**Limit screen time before bed.** Staying away from bright lights (including computer screens) can promote relaxation. TV, computers and other electronics (including texting) should be avoided at least one hour before bed. Cell phones should not be kept in bedrooms throughout the night to avoid temptation!

**Don't nap too much.** Naps of more than 30 minutes during the day and/or too close to bedtime may keep you from falling asleep later.

**Get up early.** On weekends, no matter how late you go to bed, try to get up within two to four hours of your usual wake time. This is particularly important if you have trouble falling asleep on Sunday nights.

**Don't try to do too much.** Do you still have some time for fun and to get enough sleep? If you are having trouble sleeping because you have too much on your mind, try keeping a diary or to-do lists. If you write things down before sleep, you may feel less worried or stressed.

## STILL CAN'T SLEEP?

Consider seeing a doctor if your teen:

- Has trouble falling asleep at night despite trying the tips included here.
- Wakes through the night or in the early morning and cannot get back to sleep.
- Continues to have little energy despite getting enough sleep.
- Has feelings of sadness or worry that make it difficult to focus or don't seem to go away.

- Feels sick in other ways (such as headaches, loss of appetite or other symptoms you cannot explain).

The earlier parents can start helping their children with good sleep habits, the easier it will be to sustain them through the teen years. This sets the foundation for healthy sleep habits throughout adulthood.

When we're drowsy, it's hard to look and feel our best. Make sleep a priority to help you stay creative and healthy! **GBK**

**HEATHER BARRETT** is a Nurse-Practitioner, NP-PHC, at the Brockton & Area Family Health Team. Learn more at [www.bafht.com](http://www.bafht.com).



The poster for 'Ride Don't Hide 2014' features a group of young people riding bicycles. The text is arranged in a clean, modern layout with a mix of green and blue colors. Logos for 'ride don't hide' and the 'Canadian Mental Health Association' are at the top. The main event details are in the center, and registration information is at the bottom right. Sponsors 'Sun Life Financial' and 'SUGOI' are at the bottom.

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 RideDon'tHide  @ridedonthide  
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\* Riders under 19 years must be accompanied by an adult

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# Stressful times

By Dr. Doug Fryday

We all know what stress is and most of us are under a lot of it in this high-paced, frenzied, pressure-cooker world we live in.

What most of us don't know is how stress affects our bodies and those of our kids. No one is immune. Modern day stress has catapulted us into the early stages of the worst epidemic of all time, the 'Neurologic Epidemic.' Medical experts are saying chronic stimulation of the sympathetic nervous system from chemical, physical, emotional and, increasingly, electromagnetic stress is the cause of Dysautonomia – the dysfunction of our autonomic nervous system. They go on to say, unequivocally, this is the cause of all physical and emotional disease and disorders. In reality, all sickness, disease and behavioural problems begin with brain imbalance as a result of chronic stress. More than two billion people worldwide are now suffering from brain-based health challenges such as Parkinson's, Alzheimer's, autism, insomnia, Lupus, Multiple Sclerosis, acid reflux, irritable bowel syndrome, chronic fatigue syndrome, fibromyalgia, migraines, depression and anxiety.

A new study says there are five things killing Ontario residents more than seven years earlier than previous generations – smoking, drinking alcohol, poor diet, lack of physical activity and stress. Researchers found 60 per cent of all deaths in Ontario can be blamed on those five unhealthy habits. Isn't it time we took a hard look at our lifestyles, not only for our own health but for the health of our children and future generations?

All forms of stress in reality are 'brain stress.' Chronic repetitive brain stress causes an imbalance in our autonomic nervous system, creating a neurological cascade of events putting our body into hyper-overdrive. I describe the autonomic nervous system as the part of the brain that runs the show in the background and has a gas pedal, which is called the sympathetic nervous system, and a brake, which is called the parasympathetic nervous system. The gas pedal is our survival nervous system and is referred to as our 'fight or flight' nervous system. The brake is the 'rest and digest' relaxation response part of the nervous system, where all healing takes place.

When your body (the car) is running smoothly and optimally, the gas pedal comes on when it needs to speed up and the brake is applied when it needs to slow down. When the gas and brake



are working in harmony we have optimal function, which is health. Anything less has the potential for disease. The problem occurs when the gas pedal (sympathetic nervous system) gets 'stuck' because of chronic recurrent stress, requiring the brain to respond as if every external stimulus in life was a threat. This becomes a habit and I call this 'Pedal to the Metal Syndrome.'

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

As you can appreciate, driving at full speed for an indefinite period of time will have destructive effects on the internal structure of a car's engine, and in the body we call this anxiety, a natural internal response to the external stimuli of stress that serves a purpose. This is good for short periods of time because it puts us in a heightened sense of awareness so we're prepared for potential threats, but it's bad if prolonged. Our goal is not to dismiss it entirely, just make it a healthy, manageable part of our lives.

Researchers have repeatedly demonstrated that early life experiences are very important for the developing brain.



Never before have we lived in a time of so much chronic stress. Increase in stress – mental, emotional, chemical, physical and electromagnetic – causes an imbalance in the body's stress response due to the stress load and inability of a developing brain to handle it. You have most likely observed the child that is on the computer with multiple tasks going at once. It's not rare to see them doing homework, listening to music, messaging on Facebook and texting on the cell phone all at the same time! It is estimated a typical teenager will be exposed to as much information, in just one day, as their great-grandparents were exposed to in their entire life! One issue of the Sunday New York Times contains more information than all the written

- Diaphragmatic breathing makes your brain more flexible.
- Supplement period – a good quality fish oil, coconut oil and Vitamin D3 (consult your physician first).
- Use the Internet for brain games.
- Learn something new every day by reading.
- Do crossword and Sudoku puzzles and traditional puzzles.
- Listen to classical music from the Baroque period.
- Learn how to play an instrument.
- Play board games, especially chess.
- Play ping pong, tennis and badminton.
- Limit time in front the computer and especially the TV.
- Exercise at least 40 minutes per day at moderate intensity.
- Get outdoors enjoy nature and reflect.
- Smile, laugh and rent a funny movie.
- Keep hydrated – your body is roughly 70 per cent water and your brain is 85 per cent water.
- Get plenty of restful sleep – this is mostly when your body heals and repairs itself.
- Investigate yoga and Tai Chi.

With these extreme amounts of stress is it any wonder, as a defence or survival mechanism, the brain and nervous system go into Pedal to the Metal Syndrome? When our kids' survival brain is in charge, they impulsively react with defensive behaviours such as aggressiveness and fighting, refusing to cooperate, throwing a temper tantrum, withdrawing or even spacing out. Anxiety can be a real barrier to learning, as it impacts a student's working memory, making it difficult to comprehend and retain information. Anxiety fluctuates between days and within days, which results in inconsistent performance.

The good news is that more has been learned about the brain and how to identify and strengthen weaknesses in its response to stress and overall function in the last 20 years than in all of history. We absolutely know that when the brain is out of balance, the body always follows. We call this sickness and disease.

.....

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# Live long and prosper

**Critical illness insurance provides the financial protection you may need tomorrow**

By Jennifer Cook

It's no secret that medical breakthroughs have had a significant impact on improving our life expectancy.

In the past, there might have been no hope of recovery from certain serious conditions, but recovery rates are much higher than ever. Today, 95 per cent of heart attack victims survive their first attack, more than 70 per cent of people survive their initial cancer diagnosis, and 75 per cent survive their first stroke.

## A PLAN FOR RECOVERY

So the good news is that the odds of surviving a critical illness are better than they've ever been. Our health care system, combined with employer-sponsored health and disability plans, often covers many of the predictable and direct costs of a serious illness – drugs, hospital stays and, potentially, disability income. Yet, unpredictable and indirect costs – home modifications and repairs, child care, nursing care, travel and accommodation – can go beyond what health and disability insurance typically cover.

With so many people choosing self-employment or working with smaller employers, many Canadians have no group health or disability coverage at all. It all adds up to angst about the future. According to Munich Re Canada, a major Canadian reinsurance company, 45 per cent of Canadians are worried they will not be able to cover expenses in the event of a critical illness.



To alleviate this concern, many are buying special insurance now for potential costs and access to the best health care advice down the road.

This is a great strategy for ensuring a healthy, financially sound lifetime.

The relatively new kid on the life insurance block – critical illness insurance – was designed with these concerns in mind. Unlike life insurance, critical illness insurance is considered a ‘living benefit insurance,’ so if you’re diagnosed with a critical illness specified in your policy, you receive a lump-sum payment. You, the policyholder, are then free to decide how to use it. You get paid, not your heirs. You’re still alive and the cash payment can provide financial security at a time of great need.

## A GLOBAL TREND

Originating in South Africa in the early-80s, critical illness insurance has taken off in the past decade in Japan, the UK, Australia and now Canada. While critical illness insurance can provide important protection for almost any working Canadian under age 65, there is a particularly strong need in some segments of the population. Singles, single parents and self-employed individuals should seriously consider it since they may not have as much financial and other support in case of an illness. Homeowners can also benefit from critical illness insurance by purchasing coverage that can be used to pay down or pay off a mortgage should a critical illness be diagnosed.

There is a wide range of options available from about 25 different companies, and coverage can range from just three to four critical illnesses to as many as 24 different conditions. Since over 75 per cent of the claims arise from cancer, stroke or heart attack, the great majority of policies cover these illnesses.

In addition to these three key illnesses, companies may cover conditions that range from Alzheimer’s Disease to blindness, burns, coma, loss of limbs, major organ transplant and paralysis. The level of coverage can be tailored to your financial needs, with coverage amounts ranging from \$25,000 to \$2 million. The average coverage is about \$100,000, but each situation is unique.

## A NUMBER OF OPTIONS

Policyholders who become critically ill and receive payment choose to spend the money in any number of ways. Some put it towards additional health care needs – a nurse or caregiver, modifications to their home as a result of their illness, buying a wheelchair or expensive drugs and treatments from outside of Canada.

Others may decide to pay off or reduce their mortgage or replace lost income, while others spend it on child care or to send their children to post-secondary school. Many take a holiday to relax and help focus on their recovery. It all depends on your personal circumstances and goals. The common thread in all cases, though, is that recipients are free to spend it however they choose.

There are also policies available to protect your children.



## GIVE YOUR KID A HEAD START

There’s never a dull moment when you have children in your life. From their first cry to their graduation day, there are so many milestones, activities, celebrations and accomplishments to share. As parents, you want to do everything you can to give them the best in life, so it’s hard to think about the possibility of them becoming seriously ill.

With critical illness insurance you’ll receive a tax-free\* lump-sum payment, so you can help your child cope with one of 36 diagnosed conditions covered by your policy\*\*. The benefits are yours to use for whatever your family needs. You can use the funds to hire a caregiver or take a leave of absence to be with your child, cover your day-to-day expenses, or complete illness-related home renovations or buy medical assistance devices.

## COVERAGE LASTS A LIFETIME

Take advantage of your child’s excellent health now to protect them well into the future. Starting your child off with a health insurance policy now means they won’t have to worry about qualifying for one in the future.

## MEDICAL ADVICE

The Best Doctors® feature provides you with rapid access to over 50,000 international doctors recognized as the best by top

specialists. They can help you understand your options and provide you and your doctor with a valuable second opinion on your child's diagnosis and treatment alternatives.

## LOOK FOR QUALITY COVERAGE

Before you invest in this type of coverage, be sure the critical illness policy you've chosen has the protection features you need. Ideally, you'll want a product with premiums, benefits and illness definitions that are guaranteed for the full term of the policy. You should also ensure you have full control over the policy, and that only you can cancel it. Some policies also give you the option of recovering a significant portion of your premium outlay if your policy expires and you've never made a claim. Likewise, if you were to die without having made a claim, your heirs would receive a large portion of the premium.

Critical illness insurance goes a long way towards providing families with financial peace of mind. **GBK**

*\*According to current Canada Revenue Agency rules and regulations, which are subject to change at any time.*

*\*\*Some conditions and limitations apply; see your financial advisor for full details.*

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**JENNIFER COOK** is the owner/financial advisor at The Co-operators Insurance Kincardine. Contact her at 519-396-7541 or visit her website at <http://tinyurl.com/mlam9b>.

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• Bruce County residents Ingrid Hennink, Grace Salmon, Grace Dyer and Tammy Salmon share quality time together knitting.  
*Photo courtesy Kirsten B. Dyer*

## Intergenerational bridges

By Kirsten B. Dyer

Pixar Animation Studio's award-winning film 'UP!' features a relationship between a boy named Russell and an elderly man named Carl.

Amid humour and action, viewers are gently taught the value of befriending someone older, or younger, than themselves. Carl and Russell's bond is the result of time, effort and shared experiences (just like our real-world relationships). Lives are mutually enriched; Carl even becomes a much-needed fatherly influence in Russell's life.

Intergenerational, a seven-syllable mouthful, simply refers to interaction between generations, like Russell and Carl. Canadian gerontologist, Dr. Suzanne Cook, PhD, states on [www.suzannecook.ca/blog](http://www.suzannecook.ca/blog), "Intergenerational engagement means connecting the generations, not siloing them, and it encourages social inclusion. Young people keep seniors young and seniors provide young people with a broader perspective on their

experiences. Social interaction between young and old creates stronger bonds between the generations and breaks negative stereotyping."

Research abundantly demonstrates that individuals and communities benefit from intergenerational interaction. New skills are learned and friendships are developed.

Canada celebrates Intergenerational Day annually on June 1. Last year, more than 100 cities across Canada endorsed the day. Participation is as easy as saying hello to someone of a different generation. Other suggestions include initiating phone conversations, playing a board game, going for a walk together and sharing a meal. The 'i2i' Intergenerational Society launched the concept of Intergenerational Day. Founded in B.C. by Sharon Mackenzie, the group champions innovative intergenerational programs and encourages all Canadians to build bridges between generations.

Intergenerational doesn't just mean little children with elderly.



A bridge spanning many decades is great, but so is a bridge between toddlers and teens... or 20- and 40-somethings. There is much to learn from one another, no matter how many decades are between our individual ages. Dr. Cook says, "Grey hair or not, we are all life-long learners."

## GENERATIONS WITHIN FAMILIES

Meaningful interaction between generations often occurs within families (regardless of how "family" is defined). Reunions, holidays and special celebrations are relationship-building opportunities. Learning often occurs naturally, during conversations with relatives. Ask questions and then listen, listen, listen. Children miraculously absorb parental knowledge, and then leap from their parents' shoulders to achieve new heights of knowledge (periodically returning to teach parents).

Some family members live in close proximity, but relationships can also be fostered across great distances. Technologies like phone, email and Skype are helpful, but don't forget about old-fashioned letters. The ability to recognize and preserve the handwriting of a loved one is an extraordinary connection.

## GENERATIONS WITHIN COMMUNITIES

Whether rural or urban, communities bring people together. People of all ages interact at public events. It's fun to attend farmers' markets, pow wows, dog shows, beach clean-ups, seasonal festivals and parades. Appreciation for elders is exemplified in First Nations communities, where multi-generation interaction is cherished. The spontaneous, often unplanned interactions in our communities are great, but regular participation in on-going, multi-age community groups can be profound.

## GENERATIONS SHARE INTERESTS

What do you like to do? It's fun to connect with people who share our interests. Many community groups welcome young and old. Camaraderie and learning are best developed through participation over months and years.

Examples of intergenerational groups are:

- Community gardens are excellent venues for on-going, multi-age interaction. Real chores can be shared and delicious carrots can be crunched.

## My intergenerational life

A tally of earth-lived years doesn't define who I am. I've learned that age is pretty irrelevant.

Tiny-me tagged along with Mom to the mid-week gatherings at church, where the ladies worked on projects. The playscape underneath the quilt frame was entertaining, but one day I became interested in the topside of the quilt, and began wielding my own needle with the ladies. I was one of the group, they were fun and it felt good when they asked my opinion.

Dad is a historian, a treasurer of the past. He recently compiled a binder for each of his children and grandchildren containing stories, hand-written letters and photos of ancestors. Dad's efforts preserve family identity, connecting us with past generations. As a high school teacher for decades, one of Dad's trademark assignments required students to find someone who had lived before World War II and have a conversation.

I was one of the lucky kids taken under Bill Butler's wing. Bill was old. Bill taught us to play the fiddle (for free) and gave us a healthy dose of self-esteem along the way. Some adult beginners were in the group too, and we realized it was a lot harder to learn the fiddle as an adult, so we encouraged them. A spectrum of musical ability coexisted happily, and practices were held in local retirement homes and care centres for the disabled. Young fiddlers developed stage presence; the audiences appreciated every tune and every smile.

My husband's parents lived nearly 100 years. They were the favourite playmates of my two little children, demonstrating that fun didn't require fancy toys or watched-clocks. The very young and very old can teach the rest of us to 'un-hurry.' My children still recite Grandmother's ageless wisdom, "If at first you don't succeed, try, try, again."

Look closely to find your own intergenerational mosaic, multi-age moments woven together; age-irrelevant and experience-rich. That's who you are. - Kirsten B. Dyer



- Community band and orchestra musicians sometimes have a 60-year age gap. Music is cooperation at its best. Two trombone players per music stand; one might be gray-haired, the other pig-tailed. A band's 'emergency' triangle player might be a non-music-reading parent, suddenly recruited and quickly instructed by a smart 10-year-old (yes, this has really happened). Learning and mutual-respect will go both directions.

- Outdoor enthusiasts are everywhere. Birding, snowmobiling, paddling, biking, geocaching, skiing; all ages are in groups ending with 'ing.' Rick Dwinnell, of the Lake Huron Fishing Club, says, "We welcome children and teens with open arms! In fact, they are our future and we need their support."

- Churches and synagogues provide intergenerational opportunities. Members of religious communities often feel they have the support of an extended family (pseudo-grandparents, big brothers, little sisters). Service projects often bring people together and there's no shortage of delicious food.

- Age is irrelevant in a knitting circle. No one cares how old you are, just show us how to do that cool after-thought heel. Knitters meet at local yarn stores, libraries, schools, homes and coffee shops. It's a string-thing, with its own language and lives become knit together. Participants even become a resource for non-knitting advice like recommendations for a good plumber.

- Art brings people together. Your passion might be pottery, rug hooking, photography, woodcarving, scrapbooking or quilting. Valuable learning is exchanged while meaningful friendships are

developed. First Nations communities teach traditional art forms when young and old are involved in making regalia.

- Reach out. Neighbourhood clean-ups, ice rinks, lemonade stands and potlucks build community relationships, even if it rains the day of the garage sale. Over time you might earn enough trust to borrow your neighbour's power drill.

- Volunteering builds bridges. Cub Scouts might need an actual bridge; they'll cheer your canoe-portage strength (and might even laugh at your jokes). Join the school council, hospital auxiliary or local museum. You could even put on an orange vest and help coordinate parking at a worthy event like Relay for Life. Look to high school students as examples of community service as they complete their 40-hour graduation requirement.

- Fans of astronomy will enjoy participating in star-gazing events. The age of the stars might be relevant, but not the ages of participants. Shared passions eliminate age barriers. If stars aren't your thing, maybe you're into beekeeping, politics or model railroads.

We're taught the wisdom of looking both ways before crossing a street. Perhaps there is also wisdom in looking both ways in our society – looking to those older and younger than ourselves. As Dr. Cook says, "There is great joy and vitality when the generations interact." **GBK**

**KIRSTEN B. DYER** is a freelance writer and multi-talented artist who lives in Southampton with her husband, children and their pet rabbit.

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# FAMILY

• This photo is from the Jackson-Leggett 50th wedding anniversary, at Lot 24 Conc. 14, Brant Township.  
*Photo courtesy Bruce County Museum & Cultural Centre, A2013.073.001*



• Photos at left and right courtesy Grey Roots Archival Collection.



**G**enealogy is about painting a picture of lives lived before us.



● The Sawyer family of Greenock Township.  
Photo courtesy Bruce County Museum & Cultural Centre, A2012.085.S04.F09.003

By Ann-Marie Collins and Karin Noble

There is probably more than one reason genealogy is often the pursuit of an older demographic – people have more time in retirement and, with children grown, they're seeking a link between generations past and present.

Archives are a favourite haunt of genealogists, and you don't have to have been in one very long to hear, "This would have been much easier if I'd asked my older relatives about it when they were still here," or "I really have to talk to my father-in-law about this, he's 99!" Family history can become very academic with the citation of sources and triple proof of facts; adoption, divorce, rifts and other factors can also make it complicated. Sometimes we're more proud of some relatives than others.

Even in the most straightforward of circumstances, some relatives aren't apt to be storytellers. However, never fear, the simple heart of genealogy is about painting a picture about lives lived before us. Like Richard Carlson, the bestselling author of 'Don't Sweat the Small Stuff,' points out, "In 100 years, all new people."

Even young parents will have experienced their early years differently than their children and this can be a good place to start passing on your knowledge to the younger generations in your family. What did you do on holidays and special occasions? How did you spend recess? What was school like? What games did you play? What stories did you read? What candy and treats did you like and do you remember how much they cost? It's fun for all ages to think about how you could "really clean up" if you could still buy today at past prices – from penny candy, to a house for \$28,000 in 1969!

A great local question is what did you do when you were snowed in? What were these experiences like for all living generations who can share them?

It can also be interesting to think of how our surroundings have changed. It's amazing, for instance, to consider the parts

of Toronto that used to be farmland, or communities separated from Toronto by farmland, even 50 years ago. More locally, the Owen Sound harbour has dramatically changed from the hive of industry and transportation it was 100 years ago.

Think of what it would be like to communicate by telegram, postcard and letter rather than by email or text, or even when only landlines existed for telephone and what that would mean in various circumstances. As Canada nears 50 years of the maple leaf flag, which for many now is the only flag in memory, it is interesting to think of the past generation's experience in a one-room schoolhouse with either the Union Jack or ensign flag (similar to the flag for Ontario) raised outside.

## INCLUDE YOUR CHILD IN RESEARCH

Here are some ways you can include your child in researching your family history.

- Show your child their baby book (most have a basic family tree). If you didn't have time to put it together when they were a baby, have them help you put it together now.
- Download a blank family tree form from a website such as [kids.familytreemagazine.com](http://kids.familytreemagazine.com) or create your own online family tree at [ancestry.ca](http://ancestry.ca).
- Look through old photos and write names on the backs.
- Use reproductions of old photos to create a photographic family tree or create a 'Wall of Ancestors.'
- Look through your family hope chest, in the attic or wherever family treasures are stored in your home. Being able to touch treasured family relics could encourage a child's interest in their history.
- Make a favourite family recipe together. Talk about the person who taught you how to make the dish when you were a child or a young adult.
- Encourage young children to ask questions of yourself, your



parents and your grandparents. Use your smart phone to record these interviews.

- Ask the older generation to write short stories about memorable times in their lives and send them to the younger generation.
- Encourage students to write an essay for the Ontario Genealogical Society. They have essay contests for high school and post-secondary students at <http://ogs.on.ca/home/essay.php>.
- Visit your local research facility like the Grey Roots Museum & Archives and Bruce County Museum & Cultural Centre.
- Attend local events that showcase your family's national heritage like Scottish and multicultural festivals.
- Research and prepare a project on an aspect of your family history for inclusion in a local Heritage Fair ([www.ohhfa.ca](http://www.ohhfa.ca)).

## QUESTIONS FOR KIDS TO ASK

There are plenty of easy questions kids can ask to help them fill in their family trees:

- Who are my parents and siblings?
- Who are my grandparents?
- When were they all born?
- Where were they born?

- When did they get married?
- Who did they marry?
- Where did they get married?
- What did they do for a living? Why?
- Where did they work?
- If they have passed away, when did they die? Where did they die?

Sometimes you will notice that a person was born, married, lived and died all in the same place, while for others, every life event took place in a different location.

We always recommend that you ask your relatives first. After that, some places in your own home to search for these answers is photo albums, baby books, family bibles, newspaper clippings, cards, letters, quilts and samplers. The next step would be to go to a family history centre or archive in the area your family was from. It could be a fun road trip for the family. **GBK**

**ANN-MARIE COLLINS** is Archivist at Bruce County Museum & Cultural Centre, 33 Victoria St. N., Southampton. For information about ongoing programs, visit [www.brucemuseum.ca](http://www.brucemuseum.ca) or call 1-866-318-8889/519-797-2080.

**KARIN NOBLE** is Archivist at Grey Roots Museum & Archives, 102599 Grey Rd. 18, just west of Inglis Falls and a few minutes south of Owen Sound, in the Municipality of Georgian Bluffs. For information on programs and services at Grey Roots, visit [www.greyroots.com](http://www.greyroots.com) or call 519-376-3690/1-877-GREY ROOTS.



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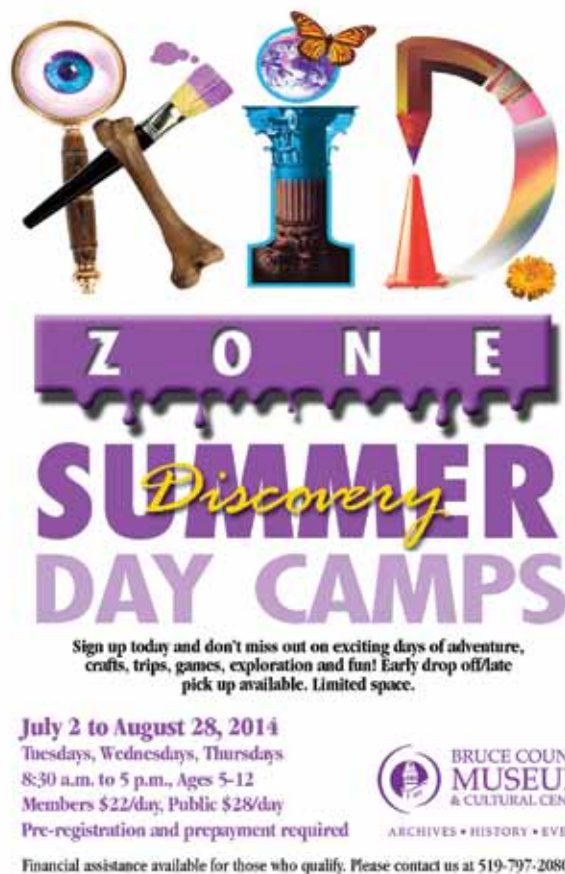
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with Mary An Blyth  
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- cereal box or other thin cardboard
- pen or pencil
- scissors
- thread or string
- glue

## INSTRUCTIONS

1. Cut the circles out of the magazine.
2. Trace the circle onto the cardboard and cut it out.
3. Choose two of the circles you cut from the magazine

and glue one on each side of the cardboard circle, trying carefully to line up the black dots on both sides.

4. Using a sharp pencil or ballpoint pen, poke a hole through the two black dots.

5. Tie a piece of string about 15-20 cm long to each hole.

6. Hold the Thaumatrope strings tight between your fingers and spin them. The disk will spin rapidly, merging the two pictures into one.

7. Use the patterns and techniques shown here to create your very own designs! Have fun and impress your friends! **GBK**



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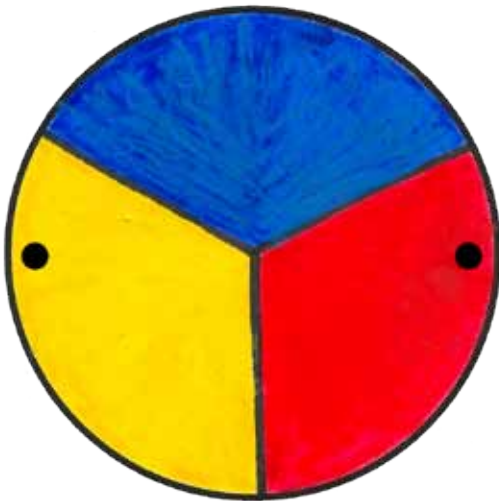
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• Explore the Bruce Trail with your family this summer.  
*All photos courtesy Grey County Tourism*

# Take a hike!

## ENJOY FAMILY TIME WHILE WALKING THE BEAUTIFUL BRUCE TRAIL

By Grey County Tourism

Canada's oldest and longest footpath, the Bruce Trail, provides public access to the magnificent Niagara Escarpment, a UNESCO World Biosphere Reserve and one of only 13 such reserves in all of Canada.

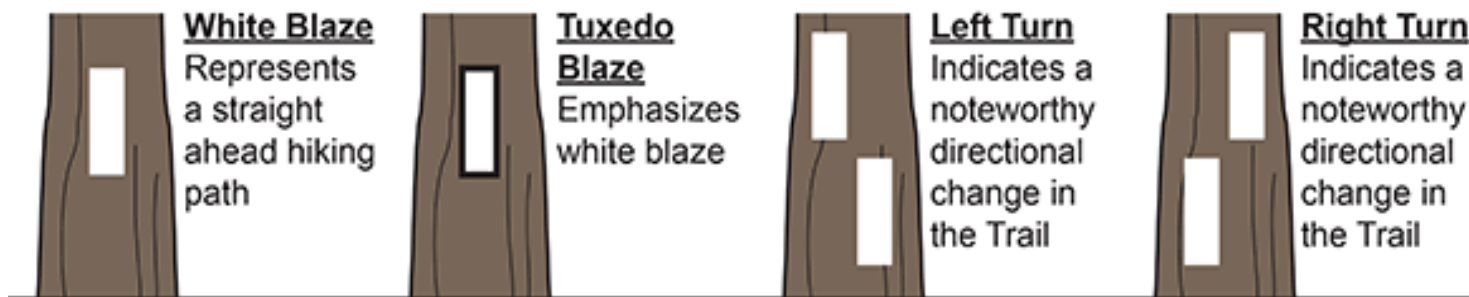
Hiking along our local portions of the Bruce Trail guarantees you'll experience natural landscapes that provide 'wow-factor'

views and scenery. Scenic lookouts, waterfalls and caves are just a few of the features you will experience, so why not share this experience with your kids, who are naturally inquisitive and will love exploring these wild, ancient places?

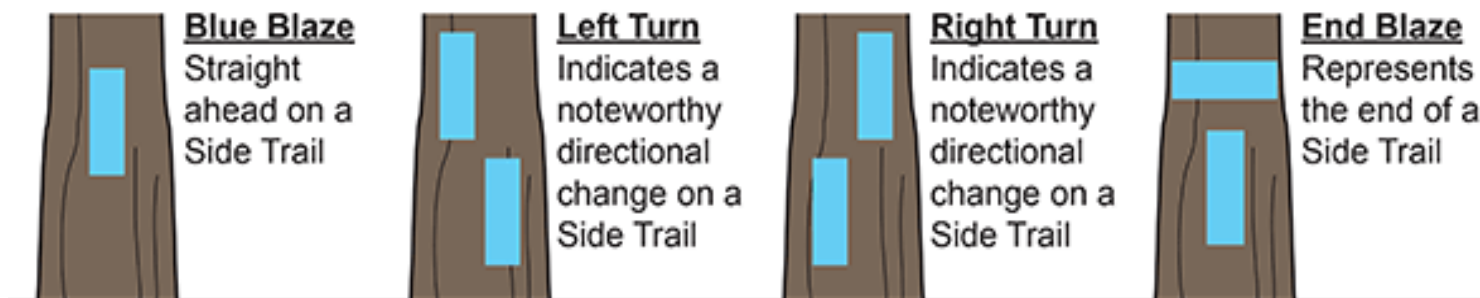
Bruce Trail hikes don't have to be long or challenging; there are loops, side trails and shorter distance hikes that are perfect for families of all ages and skill level. There are great opportunities along the trail to teach kids about nature and the history of the Bruce Trail. Create fun activities like a treasure hunt for certain plants or trees (without picking them) or try to spot wildlife that



# Main Trail Blazes



# Side Trail Blazes



*Blazes can be found on: trees, fence posts, t-bar posts, stiles, bridges, rocks, hydro poles, etc.*

## Please stay on the Blazed Trail

are commonly found in the area, like porcupines, chipmunks, snakes, woodpeckers, etc.

You could also pack a lunch for a trailside picnic and talk about the environment, cleaning up your garbage and reinforcing the Bruce Trail Users' Code, which includes:

- Hike only along marked routes. Do not take shortcuts.
- Do not climb fences – use the stiles.
- Respect the privacy of people living along the Trail.
- Leave the Trail cleaner than you found it. Carry out all litter.
- No open fires are allowed on the Trail. Use a portable stove.
- Camp only at designated sites.
- Leave flowers and plants for others to enjoy.
- Do not damage live trees or strip off bark.
- Keep dogs on a leash and under control at all times.
- Do not disturb wildlife.
- Leave only your thanks and take nothing but photographs.
- Obey all signs.

The Bruce Trail's unique signage, also known as 'blazes,' also provide a great opportunity to teach kids what they mean and how to follow them properly, and quiz them along the way. Ask them whether you should turn left or right at intersections and turns, and help them create a sense of direction of where the trail is leading them.

Some local Bruce Trail hikes we recommend for family hiking are:

**Pottawatomi Conservation Area (Jones Falls)** – The Bruce Trail weaves through the Pottawatomi Conservation Area near Springmount. Encompassing 116 hectares of Niagara Escarpment land, the property also features scenic Jones Falls. Cascading 12 metres over the Escarpment, the Pottawatomi River eventually makes its way to Owen Sound Bay. Cliff swallows, pileated woodpeckers, porcupines and woodchucks are common to the conservation area, as are garter snakes and painted turtles. There is a handy Bruce side trail that offers a 2.4 km loop through the property, so just follow the blue blazes and they will take you from the parking lot, over the neat bridge, past the falls and north towards the drive-in theatre and back around in a loop to the parking lot. This is a great family hike with lots to see.

**Bognor Marsh Management Area** – One of the biggest marsh systems in Grey County, this management area encompasses 668 hectares of Escarpment upland forests and three major marshes, which are fed by several small springs and a stream system. Water levels in the larger of the three marshes is controlled by a Ducks Unlimited dam to enhance habitat for waterfowl and other marsh-living animals, birds and plants. Located on Grey Rd. 18, just east of Rockford, there is a large parking lot with easy access to the 12.9 km of trails that meander through the wetlands, including an education shelter, boardwalks with interpretive signs, a viewing tower and washroom facilities. The main Bruce Trail offers 6.5 km and 1 km of side trail. Don't forget your binoculars and net to catch (and release) some critters along the way!

- Having a young family shouldn't mean your days of exploring Grey and Bruce come to an end.



**Skidders Bluff Management Area** – Just off Grey Rd. 1 between Owen Sound and Wiarton, you will find a few hidden gems that aren't to be missed. One is the Skidders Bluff trail and lookout. You have to take a few back roads to get there, but it's worth the drive. The easiest way is actually from Grey Rd. 17, just past Wolseley. Stay straight on Centre Road and turn right onto Colpoy's Range Road. You will see parking on the sides of the road (just enough for a few vehicles) and the Bruce Trail entrance on your left. There is a 1.9 km side trail loop that you can follow out to the lookout and back, or you can explore a little further on the main Bruce Trail that follows the Escarpment edge and double back when you've seen enough. The actual lookout is spectacular and you can see the islands on Georgian Bay on a clear day. Be sure to watch the little ones as it is the Escarpment edge, but it is a popular location for families and safety should be considered on all hikes.

**Hoggs Falls** – Just east of Flesherton off Grey Rd. 4, in southern Grey County, is a hidden gem called Hoggs Falls. You will see

signage from Grey Rd. 4 to turn left (if coming from Flesherton) onto East Back Line, and then right again onto Lower Valley Road (both are gravel roads). Follow Lower Valley Road for a few kilometres and you will see a parking lot on the left side of the road, just before a hill, with a sign on the right pointing you in. The Bruce Trail is accessible from the parking lot and you'll see and hear the Boyne River running alongside the trail, providing a nice soundtrack for your hike. Follow the Bruce Trail blazes as you hear the roar of the falls getting closer. It is 1.4 km to hike to the falls and back, or you can challenge yourself with a 4 km loop, following the blue blazes for the sidetrail. You do have to veer off the Bruce Trail for a few metres to get the best view of Hoggs Falls, but it is well worn and you won't miss it once you're there. GBK

Learn more about **GREY COUNTY TOURISM** at [www.visitgrey.ca](http://www.visitgrey.ca).



# Grey County Summer Bucket List

- ☒ Cycle the Causeway on the Eugenia Lake Loop
- ☐ Paddle the Gentle Beaver River
- ☐ Picnic After a Hike at Inglis Falls
- ☐ Step Back in Time at the Moreston Heritage Village, Grey Roots
- ☒ Pick a Pint of Strawberries at Dykstra's Farm in Clarksburg

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



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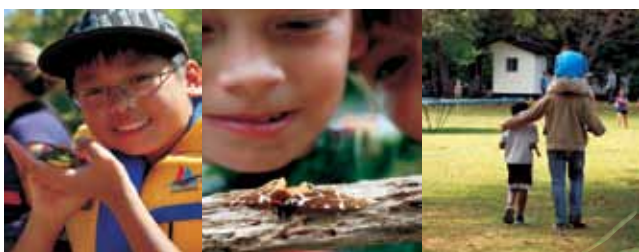
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Celebrate Canada! [hanover.ca/canada-day](http://hanover.ca/canada-day)

Sign up now for Kamp Kummoniwanago or  
Teen Adventures! [hanover.ca/summer-camp](http://hanover.ca/summer-camp)





# The BOOK SHELF

with Bonita Johnson de Matteis

Author of 'Going North, The Story of Geraldine's Great Great Grandfather'



## TELL US ABOUT YOURSELF

I am a mother of two and a Grandma of one! I have always loved to draw and ask questions and make up stories in my mind... daydreaming and pretending is great fun! Art and gym class were my favourite times in school. I have lived in Grey/Bruce since I was 14. I lived with my grandparents because my parents separated. I am the youngest of six in my family and still like acting like the baby! My grandparents were of African-Canadian decent and they could trace their heritage back to the days of slavery. My mother's family was from England. I was born in 1957. Interracial parents were not as normal as they are today, so I always felt very different.

## WHAT MADE YOU WRITE THIS BOOK?

I thought that it was important for children of mixed races to understand the uniqueness of being such a kid; that being of mixed heritage is not so strange and that they are not alone.

## DESCRIBE WHAT THE BOOK IS ABOUT

The first book is about Geraldine's great-great-grandfather and his journey from slavery to freedom in Canada. It's a true story. The second story is about Geraldine learning to accept and love herself as her grandmother explains, with quilting and quilt patterns, the trials her people went through in order to be free.

## WHAT BOOK INFLUENCED YOU?

I totally fell into 'To Kill a Mockingbird' by Harper Lee. I sorely identified with the burning questions Jem and Scout had as children regarding the hatred of one race to another. I was also able to identify with the calming sense of justice their father commanded in the courtroom. I did not understand why Scout got to call her dad by his first name though!

## WHAT ARE YOU WORKING ON NOW?

I am considering a chapter book that takes Geraldine into her teens and new racial challenges of the '60s and '70s. The political militant attitudes of songs, the Olympics, movies and how they all affected her.



• Author Bonita Johnson de Matteis, of Owen Sound, with her children Joel Morelli and Rebecca Johnson Morelli.

## WHAT ARE THE REWARDS AND CHALLENGES OF BEING AN AUTHOR?

The biggest reward is having someone 'get it!' When a person says, "I remember that, I know what that feels like," then you know you have struck a worthwhile nerve and their conscience. The biggest challenge is allowing the creative side of your brain to release the ideas in time before the critical side takes over saying, "Nah... no one wants to read that!"

## DO YOU HAVE ADVICE FOR ADULTS AND KIDS WHO WANT TO WRITE?

Write by hand. Use a pen or pencil, not a keyboard. Writing out your story opens and unlocks stored memories that a keyboard cannot touch. Teach your children to write cursive. Starting with the basics will lock in a strong pattern of the creative process. Second to that, I would encourage children to ask lots of questions, and, of course, write them down! You don't know until you ask! **GBK**

Owen Sound resident **BONITA JOHNSON de MATTEIS** is the author of 'Going North, The Story of Geraldine's Great Great Grandfather' and 'Threads: Piecing Together the Underground Railroad.' Learn more about her at [www.gingerpress.com/books/kids](http://www.gingerpress.com/books/kids).



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## COOL KID WINNER

# Helping kids who need a friend

It wasn't that long ago when Jesse Hopkins needed a pal.

Jesse, now 17, had just moved to Kincardine after his parents separated. He wasn't seeing a lot of his father, so his Mom, Deb Kesteloot, approached Big Brothers and Big Sisters (BBBS) of Kincardine and District to find him a match. Unfortunately, these things can take time, so Jesse attended Boys Bunch, a fun program where unmatched kids go to play each week. Although eventually matched with a great Big Brother, the program had a lasting impact on Jesse, Deb said.

"I believe being involved in Big Brothers has given Jesse an added sense of stability growing up," she said.

Now, 10 years later and having graduated from Big Brothers due to his age, Jesse is giving back to the program that was there for him in his youth. He is now a Junior Leader with the Boys Bunch group mentoring program, which provides activities for youth aged six to 16, said Gillian Young, Executive Director of BBBS Kincardine.

"Jesse is very reliable and always comes out to the group activities, where he provides positive mentorship to the younger members," Gillian said. "The members look forward to spending time with him because of his positive attitude and willingness to engage with them. Jesse is a great role model in our agency and continues to give back, which is invaluable to our programming."

Jesse, who attends Kincardine District Secondary School, has also volunteered with other community groups and events in Kincardine, which has helped him develop a strong sense of self, Deb added.



● Jesse Hopkins, 17, is a volunteer with Big Brothers Big Sisters of Kincardine and District.

"Jesse is a true individual; he's not interested in following trends," she said, even if that means standing out amongst his peers at school.

Jesse is also a talented artist, enjoys drawing and is interested in video game design. **GBK**

For being this issue's Cool Kid, Jesse receives a prize pack from Miller Insurance and Grey-Bruce Kids. To nominate a Cool Kid, visit [www.greybrucekids.com](http://www.greybrucekids.com) or contact [amy@greybrucekids.com](mailto:amy@greybrucekids.com) for details.

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

**Foodlink Grey Bruce**  
Find locally grown meat, fruit and produce  
[www.foodlinkgreybruce.com](http://www.foodlinkgreybruce.com)

**Good Food Box**  
Grey Bruce Health Unit  
519-376-9420 or 1-800-263-3456  
[publichealth@publichealthgreybruce.on.ca](mailto:publichealth@publichealthgreybruce.on.ca)

**Grey Bruce Eat and Learn**  
School nutrition program  
[bev\\_gateman@bwdsb.on.ca](mailto:bev_gateman@bwdsb.on.ca) or [www.osnp.ca](http://www.osnp.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)  
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**Keystone Child, Youth & Family Services**  
1-800-567-2384  
519-371-4773  
[kcyfs@bmts.com](mailto:kcyfs@bmts.com)  
[www.keystonebrucegrey.org](http://www.keystonebrucegrey.org)

## EDUCATION

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

**Adult Learning Centres**  
Collingwood, Port Elgin, Markdale, Owen  
Sound, Walkerton, Warton  
[www.adultlearningcentres.com](http://www.adultlearningcentres.com)

**Bluewater District School Board**  
1-800-661-7509 or [www.bwdsb.on.ca](http://www.bwdsb.on.ca)

**Bruce-Grey Catholic District School Board**  
519-364-5820 or [www.bgcdsb.org](http://www.bgcdsb.org)

**Riverfront Montessori**  
519-371-2313 or [riverforestmontessori.com](http://riverforestmontessori.com)

**Violet and Dandelion**  
517 11th Ave., Hanover  
519-364-7272 or [www.violetdandelion.com](http://www.violetdandelion.com)

## EMPLOYMENT SERVICES

**LiveGreyBruce**  
[www.livegreybruce.ca](http://www.livegreybruce.ca)

**VPI Employment Strategies (Walkerton)**  
519-881-4900 or 1-855-260-4900  
[jobswalkerton@vpi-inc.com](mailto:jobswalkerton@vpi-inc.com)  
[www.vpi-inc.com](http://www.vpi-inc.com)

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

## FAMILY SUPPORT

**211 Ontario**  
Online database of services in your area  
[www.211ontario.ca](http://www.211ontario.ca)

**Big Brothers Big Sisters**  
Hanover and District - 519-364-1444  
[www.bbbshanover.ca](http://www.bbbshanover.ca)  
Owen Sound - 519-376-4449  
[www.bigbrothersbigsisters.ca/bbowensound](http://www.bigbrothersbigsisters.ca/bbowensound)  
Kincardine - 519-396-3565  
[www.bigbrothersbigsisters.ca/kincardine](http://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](mailto:supervisor.ncw@gbtel.ca); [www.nawash.ca](http://www.nawash.ca)  
Cape Croker

**Family Support Initiative**  
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family of those with mental health issues  
519-371-4802 or [fsi@hopegb.org](mailto:fsi@hopegb.org)  
[www.mhagb.ca](http://www.mhagb.ca)

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

**Grey Bruce Supervised Access Program**  
519-371-5991  
[pc-superacc@bmts.com](mailto:pc-superacc@bmts.com)  
[www.supervisedaccess.ca](http://www.supervisedaccess.ca)  
Owen Sound

**Kids Help Phone**  
1-800-668-6868 (24 hours)  
[www.kidshelpphone.ca](http://www.kidshelpphone.ca)

**Motherisk - Hospital for Sick Children**  
1-877-327-4636; [www.motherisk.org](http://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

**Victim Services of Bruce Grey  
and Owen Sound**  
Crisis: 1-866-376-9852  
Administration: 1-888-577-3111  
[info@victim-services.com](mailto:info@victim-services.com)  
[www.victim-services.com](http://www.victim-services.com)

**Victim/Witness Assistance Program**  
1-866-259-4823 - Owen Sound  
1-866-994-9904 - Walkerton  
[attorneygeneral@ontario.ca](mailto:attorneygeneral@ontario.ca)  
<http://bit.ly/ujKyeE>

## FINANCIAL SUPPORT

**Beaver Valley Outreach (Thornbury)**  
519-599-2577  
[info@bvo.ca](mailto:info@bvo.ca); [www.bvo.ca](http://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](http://www.ymcaowensound.on.ca)

**Social Services**  
Grey County - 1-800-265-3119  
[www.grey.ca/health-social-services/](http://www.grey.ca/health-social-services/)  
Owen Sound  
Bruce County - 1-800-265-3005  
[www.brucecounty.on.ca/ontworks.php](http://www.brucecounty.on.ca/ontworks.php)  
Walkerton

**United Way of Bruce Grey**  
519-376-1560  
[manager@unitedwaybg.com](mailto:manager@unitedwaybg.com)  
[www.unitedwayofbrucegrey.com](http://www.unitedwayofbrucegrey.com)

## FOOD BANKS/HOUSING

**Beaver Valley Outreach - Thornbury**  
519-599-2577  
[info@bvo.ca](mailto:info@bvo.ca) or [www.bvo.ca](http://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](mailto:circlek@bmts.com)

**Lion's Head and District Food Bank**  
519-793-3860  
[helen.rick@amtelecom.net](mailto: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

# RESOURCES

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

**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/vVG1ko>

## 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  
Warton - 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 for families making under \$20,000/yr  
Register through the health unit  
Online: <http://bit.ly/JAqJbY>

**Homefront First Aid and Emergency Training**  
Janine Donaldson - Red Cross Training Partner  
519-444-8164 or [homefrontfirstaid@gmail.com](mailto:homefrontfirstaid@gmail.com)

**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, chiropodist  
519-396-3500

**Kayli Hall Elwood Art Therapy**  
Port Elgin-519-832-1515/Kincardine-396-5886  
[kayliarttherapy@bmts.com](mailto:kayliarttherapy@bmts.com)  
[www.kayliarttherapy.com](http://www.kayliarttherapy.com)

**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)

**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 [thebluemountainslibrary.ca](http://thebluemountainslibrary.ca)

**Bruce County Public Library**  
Online catalogue - [opac.brucecounty.on.ca](http://opac.brucecounty.on.ca)  
Administrative office - 519-832-6935 or [libraryinfo@brucecounty.on.ca](mailto:libraryinfo@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  
Warton - 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  
Durham (main) branch - 519-369-2107  
Elmwood and area - 519-363-3321  
Neustadt - 519-799-5830  
Ayton/Normanby - 519-799-3242

## MUSEUMS

**Billy Bishop Heritage Museum - Owen Sound**  
519-371-0031 or www.billybishop.org

### Bruce County Lighthouse Museums

Seasonal  
Cabot (Lion's) Head - 519-795-7780  
Chantry Island (Southampton) - 866-318-8889  
Kincardine - 519-396-3468  
Point Clark - 519-395-2494

**Bruce County Museum, Cultural Centre and Archives - Southampton**  
519-797-2080  
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

**Chesley Heritage & Woodworking Museum**  
519-363-9837

### Craigleith Heritage Depot - Thornbury

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

### Grey Roots Museum & Archives

Includes county's archives  
1-877-GREY ROOTS  
www.greyroots.com  
RR4 Owen Sound

### Meaford Museum

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

### Owen Sound Marine and Rail Museum

519-371-3333  
www.marinerail.com

### Paddy Walker Heritage Society

519-396-1850  
www.walkerhousekincardine.com  
Kincardine

### South Grey Museum - Flesherton

519-924-2843 or museum@greyhighlands.ca  
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

### Treasure Chest Museum

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

## ONLINE SUPPORT

www.211.ca

www.pathwaysawareness.org

www.shelternet.ca

Directory of women's shelters across Canada

www.targetyouth.ca

www.thehealthline.ca

www.wesforyouthonline.ca

Crisis counselling for local youth

## 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@autismontorio.com  
http://bit.ly/tO6kam  
Owen Sound

### Autism Parent Support Group

Community Living Kincardine & District  
519-396-9434 or www.clkd.ca

### Bruce County Childcare Services

1-800-265-3005 or www.brucecounty.on.ca  
Walkerton

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

519-534-0553

### Community Living Kincardine & District

519-396-9434  
www.clkd.ca

### Community Living Meaford

519-538-4165

### Community Living Owen Sound and District

519-371-9251 or communitylivingowensound.ca

### Community Living Walkerton & District

519-881-3713  
www.clwalkerton.org

### Georgian Riding Association for Challenged Equestrians

519-372-2721; grace@log.on.ca  
Wicklen Stables, RR5 Owen Sound

### Hope Haven Therapeutic Riding Centre

226-909-0558  
www.hopehavencentre.org

### Keystone Child, Youth & Family Services

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

### PRANCE Therapeutic Riding Centre

519-832-2522 or prance@bmts.com  
Miramichi Farms, Hwy. 21 Port Elgin

### Reading Rescue Ontario

519-794-4745 or soehner@bmts.com  
www.readingrescueontario.ca  
Holland Centre

### South Grey Bruce Youth Literacy Council

519-364-0008 or info@sgbyouthliteracy.org  
www.sgbyouthliteracy.org  
Hanover

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

519-797-1935  
info@stepsahead.ca; www.stepsahead.ca  
Southampton

### Thames Valley Children's Centre

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

### United Way of Bruce Grey

519-376-1560  
unitedwaybg@bmts.com  
www.unitedwayofbrucegrey.com/  
Owen Sound

## SPEECH/LANGUAGE

### Bruce County Childcare Services

1-800-265-3005  
www.brucecounty.on.ca  
Walkerton

### Closing the Gap Healthcare Group Rehab Express Grey Bruce

1-866-990-9901 or www.closingthegap.ca  
Owen Sound

### Grey Bruce Health Unit - Owen Sound

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

### South West Community Care Access Centre In-Home Services

Owen Sound - 519-371-2112  
Walkerton - 519-881-1181  
www.sw.ccac-ont.ca

### VOICE for Hearing Impaired Children

Support, speech and language therapy  
Grey/Bruce chapter is free to families  
www.voicefordeafkids.com

## WISH PROGRAMS

### Children's Wish Foundation of Canada

1-800-267-9474  
on@childrenswish.ca or www.childrenswish.ca  
Ajax, ON

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

519-471-4900 or www.makeawishsw.org  
London, ON

# SUMMER EVENTS

## JUNE

1

**Extreme Deep & Moreston Heritage Village**  
Grey Roots Museum & Archives  
102599 Grey Rd. 18, Owen Sound  
519-376-3690 or [www.greyroots.com](http://www.greyroots.com)  
Runs through Sept. 1.

**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.

**Earth Rangers: Bring Back the Wild**  
Bruce County Museum & Cultural Centre  
Animal presentations at 1:30 and 2:30 p.m.  
[www.brucemuseum.ca](http://www.brucemuseum.ca)

5

**Pajama-Rama**  
Owen Sound & North Grey Union Public  
Library, 1st Ave. W., Owen Sound  
6:30-7:15 p.m.  
Come with your favourite stuffed animal and  
your jammies for some sleepy-time tales.  
Up to age 6 with a caregiver.  
Runs every Thursday.

6

**PA Day Adventures**  
Grey Roots Museum & Archives, Owen Sound  
Pre-register 519-376-3690 or [greyroots.com](http://greyroots.com)  
Also June 27.

7

**Touch a Truck and Firefighter's breakfast**  
Walkerton Fire Hall, 510 Napier St. E.  
8 a.m.-1 p.m.  
519-881-8672 or [wfd1322@gmail.com](mailto:wfd1322@gmail.com)

**Health and Wellness Fair**  
Southampton Coliseum  
8:30 a.m.-1:30 p.m.  
Heather at 519-832-2008 or [lorenz@sau-geenshores.ca](mailto:lorenz@sau-geenshores.ca)

14

**Family Fun Festival, Owen Sound**  
Keystone Child, Youth & Family Services  
Kelso Beach, 11 a.m.-3 p.m.  
519-371-4773  
[www.keystonebrucegrey.org](http://www.keystonebrucegrey.org)

**Explore the Bruce Adventure Passport**  
10th anniversary Launch Party  
Bruce County Museum & Cultural Centre  
33 Victoria St. N., Southampton  
9 a.m.-3 p.m.  
Register by June 11 at 1-800-268-3838  
[lisa@explorethebruce.com](mailto:lisa@explorethebruce.com)  
[www.explorethebruce.com](http://www.explorethebruce.com)  
Runs through Oct. 31.

**Kincardine Teddy Bear Parade**  
Victoria Park, 10 a.m. (register at 9:30)  
[dkbddavey@bmts.com](mailto:dkbddavey@bmts.com)  
[www.facebook.com/KincardineTeddyParade](http://www.facebook.com/KincardineTeddyParade)

15

**Father's Day Vintage Tractor Tour**  
Near Mildmay and Teeswater  
Tour map and site listings at [southbruce-tourism.org](http://southbruce-tourism.org)  
10 a.m.-7 p.m.  
On-farm displays of tractors, automobiles  
and memorabilia  
Doug at 519-392-6668 or [dougmariekreller@hotmail.com](mailto:dougmariekreller@hotmail.com)

19

**Lucknow Strawberryfest**  
Entertainment, sports and much more.  
[www.strawberrysummerfest.com](http://www.strawberrysummerfest.com)  
Runs through June 22.

20

**Salsa at Blue Mountain**  
Free family and street party  
[info@bluemountainvillage.ca](mailto:info@bluemountainvillage.ca)  
[www.bluemountainvillage.ca](http://www.bluemountainvillage.ca)  
Runs through June 22.

21

**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. 30.

## CANADA DAY WEEKEND

JUNE 28

**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)

**Eugenia Gold Rush**  
Family activities, music, etc.  
[www.eugeniagoldrush.com](http://www.eugeniagoldrush.com)

**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. 1.

JUNE 29

**Canada Day at Blue Mountain Village**  
[info@bluemountainvillage.ca](mailto:info@bluemountainvillage.ca)  
[www.bluemountainvillage.ca](http://www.bluemountainvillage.ca)  
Runs through July 1.

**Lion's Head Canada Day Parade**  
7 p.m., with Old Tyme Concert at Rotary Hall  
at 8 p.m.

JUNE 30

**Canada Day in Sauble Beach**  
[www.saublebeach.com](http://www.saublebeach.com)  
Runs through July 1

**Reptiles Alive**  
Bruce County Museum & Cultural Centre,  
Southampton  
Presentations at 1, 2 and 3 p.m.  
[www.brucemuseum.ca](http://www.brucemuseum.ca)  
Runs every Monday until Aug. 25

**First Nations Cultural Demonstrations**  
Bruce County Museum & Cultural Centre,  
Southampton  
1-4 p.m.  
Runs Tuesdays, Thursdays and Fridays until  
Aug. 29

**Family Movie Nights**  
34 Lakeshore Blvd. N., Sauble Beach  
[www.saublebeach.com](http://www.saublebeach.com)  
Every Wednesday in the summer at 8:30 p.m.

JULY 1

**Canada Day celebrations in Southampton**  
Fireworks at Dominion Lookout (big flag)  
[www.saugeenshores.com](http://www.saugeenshores.com)

FRIDAY

AUGUST 22nd

SATURDAY

23rd

2014

### Canada's finest 2 day line-up of Country Music this Summer!











...and more

[www.musicinthe-fields.ca](http://www.musicinthe-fields.ca)

Visit website for ticket information and Friday and Saturday stage schedule and gate times



### Canada Day in Owen Sound

Spectacular fireworks display over the harbour, classic rock concert and family fun.  
[www.owensound.ca](http://www.owensound.ca)

### Canada Day Weekend at MacGregor Park

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

### Canada Day Sidewalk Art Extravaganza

Southampton Art Gallery, 201 High St.  
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

### 3

#### Southampton Craft Show

10 a.m.-7 p.m.  
519-832-6185  
[southamptoncraftshow@gmail.com](mailto:southamptoncraftshow@gmail.com)

### 4

#### LEGO Fridays

Bruce County Museum & Cultural Centre  
519-797-2080 or [www.bruce-museum.ca](http://www.bruce-museum.ca)  
Every Friday until Aug. 29.

#### Pickin' by the Pond in Cargill

Entertainment, camping, special meals.  
[www.cargillcdf.com](http://www.cargillcdf.com)  
Runs through July 6.

#### Kincardine Scottish Festival/Highland Games

519-396-9300 or [kincardinescottishfestival.ca](http://kincardinescottishfestival.ca)  
Runs through July 6.

### 7

#### Vegetable gardening for kids

Billy Bishop Home and Museum  
948 3rd Ave. W., Owen Sound  
Pre-register by June 7  
Diane 519-371-0031  
[www.billybishop.org/programs](http://www.billybishop.org/programs)  
Runs through Aug. 25.

### 10

#### Holstein Rodeo

492253 Southgate Rd. 49, Holstein  
519-334-3794 or [www.holsteinrodeo.com](http://www.holsteinrodeo.com)  
Runs through July 13.

### 11

#### Rotary Street Frolic

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

### 12

#### Bruce Power Beach Party

Main Beach, Port Elgin  
Free family fun day with food, activities and entertainment, ending with fireworks.  
519-361-7777 or [www.brucepower.com](http://www.brucepower.com).

### 19

#### Famarama at Blue Mountain Village

Family activities and live music.  
[info@bluemountainvillage.ca](mailto:info@bluemountainvillage.ca)  
[www.bluemountainvillage.ca](http://www.bluemountainvillage.ca)  
Runs through July 20.

#### National and Provincial Parks Day

MacGregor Point Provincial Park, Port Elgin  
[www.friendsofmacgregor.org](http://www.friendsofmacgregor.org)

#### Canadian Spirit Festival

Kelso Beach, Owen Sound  
Live entertainment, workshops, art and more.  
[www.tomthomson.org](http://www.tomthomson.org)  
Runs through July 20.

### 26

#### Chantry Chinook Classic Salmon Derby

Various weigh stations up shoreline  
[www.chantrychinook.com/derby](http://www.chantrychinook.com/derby)  
Runs through Aug. 10.

### 31

#### Hanover Homecoming 2014

[www.hanover.ca/homecoming2014](http://www.hanover.ca/homecoming2014)  
Runs through Aug. 4.

## AUGUST

### 1

#### Paisley Beef Fest

[www.paisleybeeffest.com](http://www.paisleybeeffest.com)  
Runs through Aug. 3.

#### Emancipation Festival

Grey Roots Museum & Archives  
6-10 p.m.  
An evening of spoken word, historical and cultural readings, art, music, and song.  
[www.greyroots.com](http://www.greyroots.com)

### 8

#### Sauble Sandfest

519-422-2457 or [www.saublebeach.com](http://www.saublebeach.com)  
Runs through Aug. 10.

### 9

#### Streets Alive! Buskerfest in Owen Sound

<http://downtownowensound.ca/streets-alive-buskerfest/>  
Runs through Aug. 10.

#### Griggsport/Summerhouse Park Kids Race

Bluewater Park, Wiarton  
Ages five to 10  
[www.griggsport.com](http://www.griggsport.com)

#### Wild Wonders

Blue Mountain Village  
Free-flying birds of prey demonstrations  
[www.bluemountainvillage.ca](http://www.bluemountainvillage.ca)

### 15

#### Hanover, Bentinck and Brant Agricultural Fair

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

### 16

#### Brockton's Busker Festival in Walkerton

10 a.m.-4 p.m.  
519-881-3413 or [www.visitwalkerton.ca](http://www.visitwalkerton.ca)

#### Chippewas of Nawash First Nation Pow Wow

112 Park Rd., Cape Croker  
519-534-0571

#### Corn Roast and Car Show

Point Clark Lighthouse, 4-8 p.m.  
[www.huronkinloss.com](http://www.huronkinloss.com)

### 22

#### 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. 23.

#### Teeswater Fall Fair

[www.teeswaterfair.org](http://www.teeswaterfair.org)  
Runs through Aug. 24.

#### Owen Sound Salmon Spectacular

[www.owensound.ca](http://www.owensound.ca)  
Runs through Aug. 31.

### 23

#### 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. 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)

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# RECIPES

Try these summer grilling ideas

## CAMPFIRE ORANGE CINNAMON ROLLS

### INGREDIENTS:

- 1 can of eight cinnamon rolls
- 8 cinnamon rolls
- 1 roll of aluminum foil

### DIRECTIONS:

- Cut oranges in half and use a spoon to scoop out the orange. Keep the orange flesh to munch on while the treats are cooking.
- Stick one cinnamon roll in each orange, put the other half back on and wrap them in foil. Wrap from the bottom up, so the excess foil can be bunched up into a little handle.
- Put into coals of your campfire for about 12 minutes to bake, but it really depends on your fire so keep an eye on them!
- While they are hot, drizzle the frosting from the can on top of the cinnamon roll.

The orange will protect the rolls from the heat and keep them treats inside moist.

## APRICOT-GLAZED PORK CHOPS

### INGREDIENTS:

- 1 boneless pork chop
- $\frac{1}{3}$  cup of apricot preserves
- 1 tbsp of soy sauce
- $\frac{1}{2}$  package of frozen, stir-fry vegetables
- Garlic powder, salt and pepper
- Mix the apricot preserves, soy sauce and any seasoning you'd like to add.
- Place the pork chop in the centre of the sheet of foil and spread half of the apricot sauce on top. Put the veggies on top/around the chop. Pour the rest of the sauce over the whole thing.
- Wrap in a tent pack and place on hot coals for 20 minutes.

## PESTO PIZZA ON THE GRILL

Delicious homemade pizza crust cooked on foil right on the grill, then spread with pesto, tomato and goat cheese (via Jen Nikolaus at [www.yummyhealthyeasy.com](http://www.yummyhealthyeasy.com)).

### INGREDIENTS (CRUST):

- $\frac{1}{4}$  oz package of dry active yeast
- $\frac{1}{4}$  tsp of sugar



- $\frac{3}{4}$  cup of water warm (110 degrees)
- 1  $\frac{3}{4}$  cups of all-purpose flour
- $\frac{1}{2}$  tsp of salt
- 1 tbsp of olive oil

### INGREDIENTS (TOPPINGS):

pesto, goat cheese and thin-sliced tomato

### DIRECTIONS:

- Dissolve the sugar and yeast in the warm water in a measuring cup and let rest for eight minutes.
- In a separate bowl, combine the flour and salt. Pour yeast mixture over flour mixture. Add the olive oil, mix well.
- Place the dough on a floured surface and knead for two minutes. You do not need to let this dough rise. If you want to make extra dough to freeze, roll the extra dough into a ball and place in a freezer bag and freeze. Thaw in the fridge completely and then begin with Step 4.
- Pre-heat grill to medium-high heat. Spray two sheets of tinfoil with cooking spray. Split the dough in half and place each half on foil. Press or roll the dough into two oval shapes (about  $\frac{3}{8}$ - $\frac{1}{2}$  inch thick). When rolled, flip dough over to grease the opposite side.
- Place foil on pre-heated grill and cook until bottom of crust is golden brown. Carefully take foil off the grill and flip dough over. Spread pesto on golden brown side of crust. Add sliced tomatoes and top with goat cheese.
- Place foil back on grill and cook until bottom crust is golden brown and toppings are heated through. Take off heat and slice up to serve.



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**Special Summer Events**  
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**Grey Roots Summer hours: 10 a.m. - 5 p.m. everyday | Winter hours: Tues - Sat 10 a.m. - 5 p.m.**  
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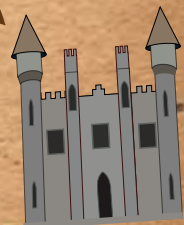
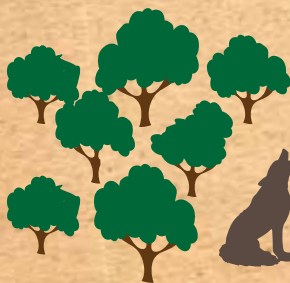
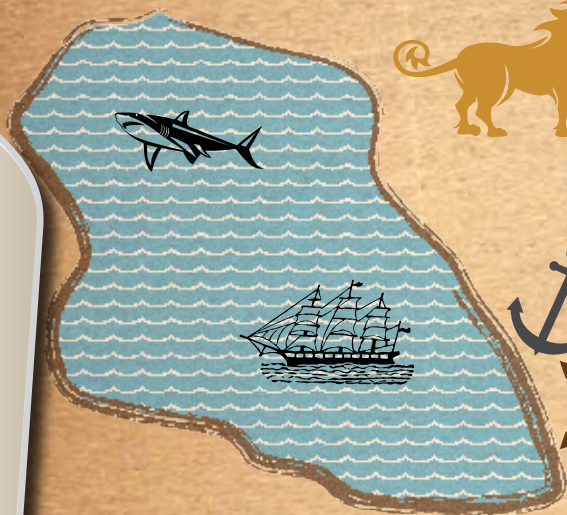
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