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PARENTS AND CAREGIVERS

SUMMER 2015 • Volume 5 Issue 2 • greybrucekids.com

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FROM THE PUBLISHER

Get dirty this summer

I recently came across a picture of me and my two siblings.

I would have been about six years old, my sister four and my brother two. Though we were all in the bath, it looked like we were wearing white tanktops because of the deep brown tans we sported on our arms. We smiled broadly at the camera as we percolated in dirt-brown bath water.

While it's not advised to go without sunscreen these days, this picture reminded me how our generation spent almost every waking moment outside, exploring, getting dirty (and getting tanned!) in the summertime. In fact, our TV would go months without being turned on and I don't recall missing it one bit. Some of my fondest childhood memories are of walking back to the bush and exploring, four-wheeling with friends, making numerous forts, playing all day at the beach, camping or just sitting in the driveway searching for cool rocks. We didn't need TV and had yet to hear of the Internet – but we had our imaginations.

We have many stories in this issue that remind us to get back to the basics with our kids this summer, to experience life through dirt, free play and rediscovering nature. My hope for your family is that you make the time to get filthy, explore and make great memories this summer. Start with the Explore the Bruce Adventure Passport, which can be found in this issue.

Thanks again to all of our amazing contributors, distributors and advertisers. I hope you too get to enjoy this summer for all it's worth.

Have a great summer!



Amy Irwin, Publisher

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People, especially kids, aren't spending enough time exploring nature, and they're missing out on the health benefits.

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Youth centre helps teens prepare for job market

The much-anticipated Youth Activity and Technology Centre (YATC) opened its doors to teens in the region in May. YATC is located at 612 10th St., Hanover, and it focuses on regional youth between ages 12 and 18. Our area has a serious skills gap – there is 21 per cent youth unemployment, and yet businesses are desperately seeking employees. Part of the problem is that people don't know what opportunities exist locally until they make a connection. YATC is where youth can develop their interpersonal and technological skills, while creating community partnerships and mentorship opportunities in the region. The organization is thinking ahead. Over the next five to 10 years, as boomers get set for retirement, there will be a massive skills gap, so the YATC is helping youth develop the skills they'll need to fill these holes. Even though YATC is in Hanover, the project will serve the economic, social and cultural well-being of the entire Grey/Bruce region. As YATC progresses, it will be looking to its regional partners for expertise and support. Call the Town of Hanover at 519-364-2780 for more information.

Amazing Race for Our Kids

Get ready for the ultimate Bruce Grey adventure in support of the Our Kids Bruce Grey Foundation.

The Our Kids Amazing Race is a full weekend fundraising event being held Sept. 18-20. The Our Kids Amazing Race will be active and engaging, and will involve many different area communities. Both physical and mental challenges, sponsored by area businesses, await 20 teams of two as they run, bike, climb, crawl, dive and swim the many amazing landscapes and communities of Bruce and Grey.

Teams of two are invited to apply at www.ourkidsbrucegrey.ca. Only 20 teams will be chosen to participate based on their enthusiasm and their fundraising strategy. Teams are also encouraged to shoot a short, fun video to introduce themselves to the selection committee.

Applications are due on or before June 12. Once the committee has chosen, the 20 successful teams will be contacted.

Spectators will also be able to watch and cheer along their favorite racers through an online video stream. The first team to cross the finish line will receive \$1,000. Prizes will also be awarded to the second and third place teams, as well as the top fundraising team.

All interested applicants can visit www.ourkidsbrucegrey.ca for more information. Follow Our Kids Bruce Grey on Facebook for the latest news, to view application videos, support your favourite team and watch this great event unfold.

The funds raised through this event will be used to support children and families in need in Bruce and Grey counties.



6,000

The number of people expected to visit Ripley during the town-of-600's Reunion from July 30-Aug. 3. Learn more at www.ripleyreunion.ca.

Visit the Park!

Ontario Parks, including Inverhuron and MacGregor Point, are taking part in Healthy Parks Healthy People day on July 17. Admission is free, so visit your nearest Provincial Park to rediscover nature, a vital aspect of our health and happiness of which we often don't get enough.

New service features fresh, local food

Many of us have come to realize the importance of a diet rich in fresh, wholesome foods.

A new local food delivery service is on the horizon, and it will deliver fresh veggies, fruit, meat, eggs, organic grains and pantry items, from a wide range of local producers, right to your door. This

project was developed by the Grey Bruce Centre for Agroecology, a group of small-scale farmers and researchers. The group is asking locals to fill out a survey to outline how the program can better serve you.

It is available at <http://gbcae.com/yourlocalfoodgrocer.html>.



TALES from TOTS

YOU NEVER KNOW WHAT THEY'LL SAY NEXT

We interviewed Ms. Dove's Grade 1 class at Northport Elementary School in Port Elgin about being a Superhero!

If you could be a Superhero what would your Superhero name and power be?

Kyra – Whackfire: Fire – to burn people.
Logan – Captain Iceman: Ice powers.
Maeve – Maeve: Water, I could breathe under water.
Myles – Superman: Ice power, to freeze stuff.
Parker – Cane: Power punch.
Payten – Emmett, my horse's name: To save animals.
Reed – Invisibility Man: To turn invisible.
Sarah – Johnstar: Make things disappear.
Tahia – Fire power, to burn things.
Emily – Super Sparkle: Make plants.
Abdullah – Water boy: To make water.
Ben H. – Super Underpants: Water. I would have a water cannon to shoot it at bad guys.
Camryn – Kitten Kit: Kitten power. I would save all different kinds of pets.
Ella – Summer: Weather power. Like Elsa I could change the weather.
Evan – Camo: Camouflage.
Hayden – Robotman: Robot power, I can transform into anything.
Jocelyn – Spring Flowers: I would have spring power and change the weather into spring because I really like spring.
Kayla – Invisible Girl: Invisibility power.
Asyia – Superwoman: I would fly.
Ben M. – Super Ben: Flying.
Ms. Dove – Super Digital: I could speed up or turn back time.

What would your costume look like?

Kyra – I would have a fire dress with fire burning down the bottom and armour with fire burning down my shoulders.
Logan – Ice coloured – clear and bluish with a blue cape.
Maeve – Blue, and I would have a skateboard made of water.
Myles – Blue with a red cape.
Parker – White eyes that flip back and go cross-eyed, red mask, black gloves, grey pants and red boots.
Payten – A skirt with lots of animals on it and a purple cape.
Reed – That's a hard one ... doesn't matter because I'm invisible.
Sarah – Ripped up jeans and a short sleeve top.
Tahia – Orange and yellow dress with a red cape.
Emily – Little pink cape and a purple skirt.



Local superhero
Louis John, of
Saugeen First Nation,
saves the day.
Photo courtesy Christine John

Abdullah – Blue, with a cape and blue mask.
Ben H. – Blue and yellow with an 'S' on it.
Camryn – It would be all black and looks like a cat and it would change into all kinds of pets that were in danger.
Ella – Blue and yellow with a 'W' on the chest, and a cape.
Evan – Red on the top and black on the bottom.
Hayden – All black so I could blend into the night and, when I transform, I would just turn into a random thing.
Jocelyn – It would look like what I'm wearing today (yellow dress with blue flowers and pink tights with sequins).
Kayla – Colourful pants, red and white striped shirt.
Asyia – I would have a cape and a belt that says 'W' on it and pink pants and shirt.
Ben M. – Like a worksuit. Blue.
Ms. Dove – My costume would be purple and gold. I would have a big clock on the front with a hand that would move quickly forward or backwards when speeding up or turning back time. **GBK**



Sugar-coating the truth

By Adrianna Smallwood

Ready-to-go snack foods are a staple in our very busy society.

School lunches, sports practice, busy work days and other on-the-run activities make it easy for the snack industry to promote their products. But have you stopped to read food labels and consider what additives or nutrients are in these foods?

Sugar, structurally, is a carbohydrate, which adds a deliciously sweet flavour to our foods, but it also provides energy to the body in the form of calories without providing other nutritional benefits. Dietitians like to call these foods 'energy-dense but nutrient-poor.' Let's stop for a moment though, before we frantically start reading every label for the sugar or carbohydrate content, because sugar is found naturally in products which are healthy and full of nutrients like proteins, vitamins and fibre. Dietitians like to call these foods 'nutrient dense.'

Added sugars are the sugars we need to be aware of and try to limit in our everyday diet as much as possible.

SOURCES OF ADDED SUGARS

These hide in ingredient labels under names such as glucose, fructose, dextrose, maltose, sucrose, brown sugar, honey, corn syrup, maple syrup, molasses, fruit puree, fruit juice and so forth.

Added sugars are basically sugars found where they would not normally be. Sugar is added to these products for flavour, particularly in foods labelled 'low fat' and for preservation purposes in boxes or canned foods.

DECREASING SUGAR INTAKE

Going forward, it is important to know how we can reduce these food sources in our diet. Decreasing sugar intake in both children and adults has been linked with lower rates of dental issues (cavities/tooth decay), overweight and obesity, insulin resistance and hyperactivity to name a few.

Enjoying a variety of foods in their natural form – fresh or frozen fruit and vegetables, nuts, seeds, yogurt and milk – is a good way to start. Become familiar with labels and be aware of the following nutrition claims:

No added sugar – What this means is the product contains no added sugar such as glucose, fructose, honey or molasses. However, it may contain naturally occurring sugars such as those from fruit or dairy products.

Reduced or lower in sugar – This means the foods contains at least 25 per cent and five grams less sugar than the food to which it is compared, but how much sugar is in the original product? This does not mean that it is low in sugar, it's just lower compared to the original product, so keep that in mind.

Unsweetened – This means the food contains no added sugars or sweeteners such as aspartame or sucralose.

Sugar-free or sugarless – This means each standard serving contains less than 0.5 g of sugar and less than five calories.

RECOMMENDED SUGAR INTAKE

The World Health Organization posted new guidelines in 2015 for sugar intake. These guidelines suggest, "... Intake of free sugars (should be reduced) to less than 10 per cent of total energy intake." In practice, this number for the average 2,000 calorie diet looks like 50 grams or 12 teaspoons of sugar daily.

KEY TIPS FOR HEALTHY SNACKING

So now we know what sugar is, where it can be found and how to avoid it. What are the key tips for healthy snacking?

- Limit sweets and sugars such as candy, jam, honey and syrup.
- Choose fruit packaged in water or its own juices rather than syrup.
- Limit chips, chocolate, cakes, donuts and other sugary treats.
- Remember that some drinks contain sugar. Juice and pop have 25 to 28 grams of sugar per cup. This is equal to about six teaspoons of sugar.
- Choose water, milk or sugar-free drinks when you are thirsty instead of juice or pop.
- Choose higher fibre foods most often. Examples are vegetables, fruit and whole grains like oatmeal, whole wheat bread and rye crackers.
- Choose nutrient-dense snacks such as homemade trail mix.
- Do not eat too much. Do not snack directly out of a bulk-sized box or bag. Instead, take one portion and eat it from a plate or bowl.
- Be prepared. Pack some healthy snacks in your lunchbox at your desk, in your bag or in the car. You will be less likely to choose unhealthy snacks when you need one. **GBK**

ADRIANNA SMALLWOOD is a Registered Dietician with the Kincardine Family Health Team. She has a BSc in Biochemistry and a BSc in Nutrition. She can be contacted at HealthEducator@KincardineFHT.ca.

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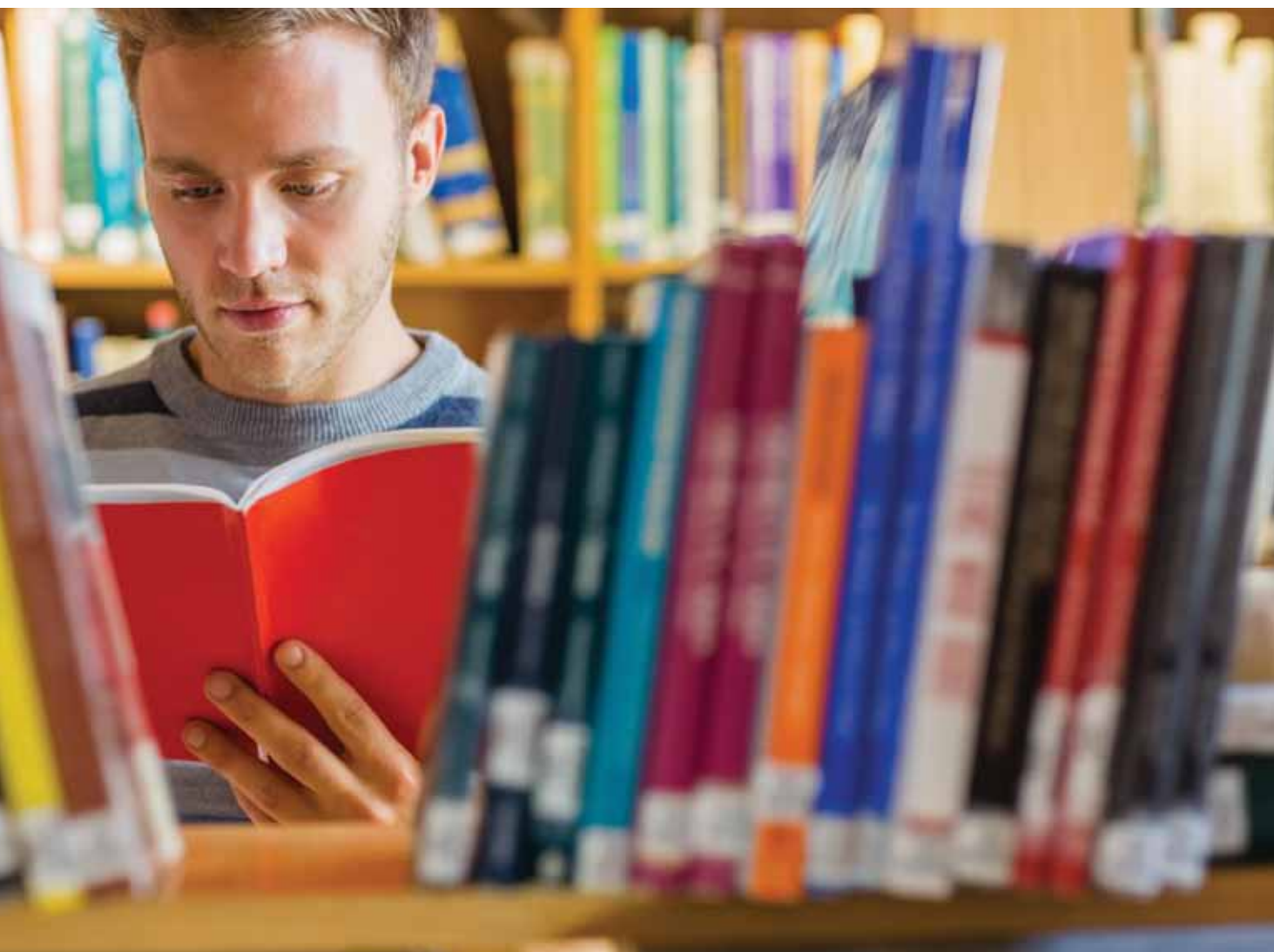
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Choose the right RESP

By Jason Finner

With the rising cost of tuition and living expenses, it's not always easy to save for post-secondary education.

Getting started early is truly a gift, one that can put your kids on the path for success and a lifetime of financial security.

In Canada, post-secondary education is expensive. Tuition and other compulsory fees have tripled since 1990, with Ontario students paying the most. For the 2012/13 school year, the average undergraduate student in Canada paid \$5,581 in university tuition fees. Factor in other compulsory fees, books, living expenses and transportation, and the cost of a four-year university education is estimated at over \$80,000, with residence

estimated at about \$31,000 of that.

START WITH THE BASICS

An RESP is a tax-sheltered investment account that provides the account holder (subscriber) with tax-deferred growth. Subscribers can work with their advisor and select the appropriate mix of investments (mutual funds, GICs, etc.) based on their risk tolerance. In order to open an RESP, a child (the beneficiary) will need a Social Insurance Number and be a resident of Canada.

WHAT TYPES OF PLANS ARE THERE?

There are four different types of Registered Education Savings

Plan accounts – Family, Individual, Group and Specified.

Family – This account combines all of the contributions for each beneficiary in one account. In order to start a family account, the beneficiaries must be connected by blood relationship or adoption to the subscriber. The subscriber can be a parent or grandparent, but a family plan does not include nieces and nephews.

Individual – This is an individual RESP account for one beneficiary where the subscriber does not have to be related to the beneficiary.

Group – This is also for one beneficiary, but the contributions are pooled with other subscribers.

Specified – This plan involves one beneficiary who qualifies for the disability tax credit.

The focus of this article will be on both Family and Individual accounts, because discussing the merits of a Group plan or Specified plan is beyond the scope of this article.

GOVERNMENT GRANTS?

The federal government has two grant programs that will make direct contributions to your RESP, depending on your level of annual net family income. For all subscribers, the first program is the Canadian Education Savings Grant (CESG), which includes a 20 per cent grant on your contributions. The maximum annual contribution for this grant is \$2,500 per year, which will yield \$500 annually in grant money. Subscribers can contribute more than \$2,500 in one year (\$50,000 lifetime maximum), but the excess contributions will not receive the CESG.

This is a great incentive to start an RESP as early as possible since the government is providing \$20 for every \$100 that you contribute. The CESG is available up until the beneficiary's 17th year. Previous contribution room remains in place, but still has an annual maximum based on when the RESP was started.

The government also provides additional assistance if your annual net family income lies between \$43,953 and \$87,907. The CESG includes an additional 10 per cent grant on the first \$500 of contributions, yielding a maximum annual grant of \$550 per year. Finally, if your annual net family income is less than \$43,953, the CESG will deposit an additional 20 per cent grant on your first \$500 of contributions, yielding a maximum grant of \$600 per year.

The total lifetime maximum per beneficiary for the CESG is \$7,200. In light of the grant maximums, there isn't a maximum per year that can be contributed, but the total personal contributions for the life of the account is \$50,000 if the account was started after 2007.

The second program is the Canada Learning Bond (CLB), which provides lump sum deposits into the RESP account for modest earning families. If a family is in receipt of the National Child Benefit Supplement, the CLB will provide up to \$2,000 per beneficiary deposited directly into the RESP account for

beneficiaries born after Dec. 31, 2003. The program commences with a \$500 deposit in the first year and will continue to deposit \$100 each year thereafter for up to the next 15 years or up to age 15, assuming a family continues to be eligible for the CLB. Regular contributions to an RESP are not required to receive the CLB.

WHAT SCHOOLS/PROGRAMS QUALIFY?

In order to make a withdrawal, the paperwork is submitted to the fund company, which includes evidence the beneficiary is attending a 'Qualifying Educational Program' (full time) or a 'Specified Educational Program' (part time). Both programs require three consecutive weeks, with the latter requiring at least 12 hours per month on courses/work and the former requiring at least 10 hours of courses per week.

A post-secondary educational institution includes a university, college or designated educational institution. It's a good idea to visit www.canlearn.ca and click on the link noted as 'Designated Educational Institutions' to confirm it's a valid school.

HOW TO MAKE A WITHDRAWAL

When a subscriber makes a withdrawal request, your advisor will submit the paperwork to the fund company complete with evidence of the program, which usually includes the invoice for tuition and an acceptance letter from the school.

The assets in the RESP are split into two categories – the Educational Assistance Payment (EAP) and the Post Secondary

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DO YOU PAY TAX ON WITHDRAWALS?

When RESP earnings are withdrawn to help pay for the beneficiary's education, those earnings are taxed, but in the beneficiary's name, not the subscriber's. Taxation is usually reduced because the child is often in a lower tax bracket than the contributor, and they can usually claim tax credits associated with their education expenses.

CHILD DOESN'T GO TO SCHOOL?

The money in the RESP can remain in place for 35 years after the account was opened and given that it's a tax shelter, it can still potentially grow while the beneficiary decides on a career path.

Family accounts allow all of the contributions to be pooled so if one child decides against further schooling, the remaining children can use the contributions. Individual plans can usually be transferred to another beneficiary.

If an RESP is closed without using the money for schooling, the contributions are refunded to the subscriber and any grant money is repaid to the government. The interest earned from the account will be paid to the subscriber as taxable income as well as a 20 per cent withholding tax. Group RESP plans may not refund any earnings as outlined in their agreements. There may be options to roll this money to a Registered Retirement Savings Plan or Registered Disability Savings Plan.

Full details of the taxation and options are beyond the scope of this article so visit www.canlearn.ca or contact your advisor for further discussion.

This article is meant to be a summary of the RESP program addressing some of the most common situations I deal with. This article is not intended to be advice for either investments or taxation, and there may be rules that apply that I haven't noted for certain situations. The federal government has an excellent website, www.canlearn.ca, which provides the full details of all of the topics I have summarized. **GBK**

JASON FINNER is a financial advisor with Sun Life Financial based in Kincardine. He lives south of Kincardine with his wife Linda and their two girls.

Education (PSE) withdrawal. The EAP is the combination of all of the government grant money and the interest the account has earned, while the PSE is the total of the contributions deposited by the subscriber.

The EAP is limited to a \$5,000 withdrawal for the first 13 consecutive weeks of a Qualifying Educational Program (full time), and \$2,500 for a Specified Educational Program (part time). After the 13 consecutive weeks, there isn't a limit placed on EAP withdrawals. If a beneficiary requires more than the EAP maximum, they can withdraw from the PSE amount.

Beneficiaries must be a resident of Canada at the time they apply for an EAP withdrawal.

I advise clients to get this paperwork in as quickly as possible since it will take time for the fund company to process the request, liquidate the investments and send the cheque to the beneficiary.

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The loss of nature

TODAY'S YOUTH ARE DISCONNECTED FROM THEIR NATURAL SURROUNDINGS

By Dwight Irwin

Close your eyes.

Think back to your youth and how you interacted with nature. You're laying on your back, a piece of grass balanced between your top teeth and bottom lip. You stare at fluffy clouds that are the purest of white, and you try to discern what earth-based item they resemble – and make something up if you can't put a finger on it – before they float into oblivion.

You close your eyes and ignore the fact the long grass tickles your arms, legs and neck, a necessary part of being there, one with nature. The sun's rays warm your face and, since you've only ever worn sunscreen at the beach, you pull your hat lower on your brow and shade your eyes.

The summer breeze shakes the treetops and rustles the tall grasses that hide you from the world, and your pal goes quiet as he too contemplates the clouds, tracks a bird or just reflects on life.

Although your concerns will get more complicated as you age

and the issues of your youth will be of little consequence in hindsight, you still have school struggles, parents you don't always get along with, or a friend who has moved on from you and you're not sure why. Being a kid can be stressful, but here, lying on a riverbank, the soothing sound of a quiet stretch of the Pine (or Saugeen or Teeswater or Boyne or Sydenham) River rolling gently over the rocks, your chest lightens.

You can breathe.

As a town-boy in one of Bruce County's smallest villages (Ripley), I was fortunate to have many friends and family who lived on farms, and I spent my summers biking to their houses and roaming the fields, rivers and acres of bush on their properties. We'd load up a BB gun and head to the 'back 40' to, in theory, shoot birds, but luckily we were terrible shots and never snuffed the life out of any innocents. Our expeditions were just an excuse for us to explore our natural surroundings – climbing trees, searching for frogs near the creek before jumping in to cool down and letting our minds and souls run wild. The



closest adult was, literally, a mile away at the house. They may have known the general direction in which we had headed, but they didn't worry themselves about it or never dreamed of tagging along with us, as parents of today surely would, lest a scrape occur. They gave us the freedom to put our imaginations to work and learn about nature by squeezing cold mud through warm toes, our sopping socks and shoes sunning on the riverbank.

Our bikes were our chariots to this freedom. We'd pedal miles into the countryside on paved roads and just as far down dirt trails, farm paths and the former railway line that once ran through the heart of town, allowing Kincardine's harbour access to the world in the decades before I was born. The expectation was I leave a note for my parents if I was leaving town, but sometimes these things just happened, and we'd head 'back the tracks' to test our resolve on the creaky old trestle bridge that spanned a stretch of river. We'd talk of jumping to the water far below, but never consider actually doing it, and clamber down the hill to the river to explore it further.

One time we looked to prove some schoolyard talk of the town's original cemetery, which today is the end-point of a manicured walking trail in a small bush just outside of town, but back then was difficult to find, located in a stand of trees in the middle of a field. The prospect of a hidden cemetery was much too intriguing for young boys to ignore, so we took a guess and started wandering. As we quietly walked through the 100-year-old tombstones we had triumphantly 'discovered,' our minds struggled to understand how stones so old could still be legible and why so many babies died in the 1800s (many headstones have cause of death on them). Upon returning to town, and just in time for supper – we judged the time by the sun or Mom's yells if we were close – our parents would ask what we'd gotten up to that day (*because they truly didn't know!*), and were happy to explain how fortunate we were to know nothing of whooping cough, measles or polio, unlike our forebears.

Being in nature taught us about life and where we came from – and it was our playground, to explore at will. My generation (I'm 35) may be the last to experience nature this way; wading through a river to reach the other side, shoes held above our head, walking through shoulder-height grass in the middle of nowhere, and dragging our fingertips along rough bark before scraping our legs as we try in vain to swing a leg up into the tree.

Not our kids. They drink from a garden hose and we shout warnings at them.

True, we are fortunate to live in Grey/Bruce, where opportunities to be outdoors abound. We can spend our days on the beach, camp in any corner of the region, play in the snow, or canoe down the Saugeen with our family. But kids today just don't experience nature the way many of us did. In fact, few kids in my town – my own girls included – even walk to school without a parent, despite mine having one fairly quiet street to cross in order to get there. The walk home from school was prime time for exploring when I was a kid, so why are we denying ours the same cherished opportunity?

Author Richard Louv calls this lack of connection 'Nature-Deficit Disorder.' His book, *Last Child in the Woods*, is the pre-eminent study of this currently non-medical affliction, which outlines direct exposure to nature as essential to a child's healthy physical and emotional development. There is growing evidence linking the lack of nature in children's lives to the rise in obesity, attention disorders and depression.

"Within the space of a few decades, the way children understand and experience nature has changed radically," Louv states in the book. "The polarity of the relationship has reversed. Today, kids are aware of the global threats to the environment – but their physical contact, their intimacy with nature, is fading. That's exactly the opposite of how it was when I was a child.

"As a boy, I was unaware that my woods were ecologically connected with any other forests. Nobody in the 1950s talked about acid rain or holes in the ozone layer or global warming. But I knew my woods and my fields; I knew every bend in the creek and dip in the beaten dirt paths. I wandered those woods even in my dreams."

A kid today, he continues, can likely tell you about the issues facing the Amazon rainforest but not about the last time they explored the woods by themselves, or, "... lay in a field listening to the wind and watching the clouds move."

Today's families live in a fast-paced society, running their children to organized sports, swimming lessons and community groups numerous nights a week, said Krista McKee, Community Relations Coordinator for Grey Sauble Conservation.

"It's wonderful that families are active, but I feel we don't take the time to stop and smell the fresh air," Krista said. "We're the culprits. We need to make it a routine for our family to take an hour to go on a leisurely hike in a forest to listen to the sounds, explore and talk about the things you discover along the way."

Matthew Cunliffe, Senior Park Naturalist at MacGregor Point

Provincial Park near Port Elgin, said kids today aren't forced outdoors and into nature to fill their days, their imaginations providing the stimulation.

"With the accessibility of computers, smartphones and tablets with Internet access, sedentary entertainment has never been this reachable by youth," Matthew said. "When I was a kid, I would wait a whole year for a new video game, when today there's entertainment – movies, games, music – at our fingertips."

Even when people do load up their bikes, fill a cooler with hotdogs and the makings for S'mores, and pitch their tents in the heart of MacGregor Park, Matthew has witnessed a major change in how people are experiencing their natural surroundings during his 10-year career.

"When I started at Ontario Parks, campfire programs were our most popular. We would get over 100 people in an evening. Now, we find campers are staying on their sites, many with computers or tablets for watching movies."

Though today's parents weren't raised with smartphones and Internet access everywhere (I was in Grade 9 when Ripley first got the Internet!), we have since become connected to our devices. Youth and teens, who don't know a life without these technologies, see us on our phones even if we are outdoors, and they think that is normal.

"It's simple – just get outside," Matthew said. "Kids emulate adults, so if your kids see you on your smartphone during dinner, vegging in front of the TV or checking Facebook during

your downtime, they will think this is the norm. By spending family time going on hikes, bike rides or just playing outside together, children will associate outdoor recreation as the norm."

But parents have to present their children with the opportunity and authority to roam the wilderness, Louv states in *Last Child in the Woods*. Kids need to discover nature on their own, to adapt to new situations in the wild as they arise, to shed themselves of the leash parents too quickly pull back on the instant our children do something remotely dangerous or unproductive (despite doing the same, or likely worse, when we were kids).

"Whatever shape nature takes, it offers each child an older, larger world separate from parents. Unlike television, nature does not steal time; it amplifies it. Nature offers healing for a child living in a destructive family or neighborhood... Nature inspires creativity in a child by demanding visualization and the full use of the senses. Given a chance, a child will bring the confusion of the world to the woods, wash it in the creek, turn it over to see what lives on the unseen side of that confusion. Nature can frighten a child, too, and this fright serves a purpose.

"In nature, a child finds freedom, fantasy and privacy; a place distant from the adult world, a separate peace."

Nature calms the mind and soothes the soul. Our children need to experience it for themselves. And we need to let them. **GBK**

DWIGHT IRWIN is the Editor of Grey-Bruce Kids. He lives in Ripley with his wife Amy (the Publisher of GBK) and his daughters, aged 4 and 7.

THANK-YOU!



From Left: Lindsay Speer (Keystone Events Committee Co-Chair), Mike Gade (The Society of Energy Professionals), Phil Dodd (Keystone Executive Director)

Mike Gade of The Society of Energy Professionals from Bruce Power presents a \$7000 donation towards Keystone Child, Youth & Family Services 2nd Annual Charity Golf Tournament. The golf tournament will be held at Saugeen Golf Club on July 3rd, 2015. All proceeds go towards Keystone's Residential Program for high risk suicidal and depressed youth. The residential program is underfunded to operate year round and Keystone depends on fundraising and donations to operate at the current capacity.

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Be **water** safe this summer

By the Saugeen Shores Lifesaving Club

When the weather turns warm, everyone wants to be in or around the water.

Hanging out at the pool or the beach on a hot day is a great way to beat the heat. Swimming can also provide an opportunity for families to stay fit together, while providing a wonderful opportunity for kids to just play and use their imagination. There are many studies that show kids who are active are less likely to get into trouble with the law. Recreation reduces isolation, loneliness and alienation, while sports and leisure activities reduce self-destructive behaviour and boost self-esteem in teens.

Activities that are fun also tend to involve some risk, and swimming is no exception. In 2014, the Drowning Prevention Research Centre prepared an Ontario drowning report for the Lifesaving Society. It stated that between 2007 and 2011, 836 drownings occurred in Ontario waters. Nearly 70 per cent of drownings in Ontario occurred in natural bodies of water with the highest proportion occurring in lakes (48 per cent), followed by flowing water such as rivers and streams (22 per cent).

The most common man-made setting for drownings in Ontario is bath tubs (11 per cent), which are especially hazardous for individuals at the extremes of age – children under five (22 per cent) and adults over 80 (42 per cent).

Private pools, which account for 10 per cent of all drownings in Ontario, pose a concern especially in the under-five age group, for whom they are the most common setting for drownings (44 per cent).

Yet very few drownings occur in lifeguard-supervised waters. From 2007-11 only one per cent of all drownings in Ontario occurred with lifeguards present. Even though the percentage of drownings for children in pools and open water are low when lifeguards are present, you should not just drop your kids off at the public pool or leave them at the beach – designate a responsible adult to supervise and enjoy the day together.

Most water-related accidents can be avoided by knowing how to stay safe and following a few simple guidelines. Learning how to swim is essential if you plan on being on or near water. Many organizations provide swim instruction to people of all ages, so check to see what classes are available in your area.



Other ways to stay safe when in or around water include:

Swim with a buddy. Whether you're swimming in a backyard pool or in a lake, even experienced swimmers can become tired or get muscle cramps, which can make it difficult to get out of the water. When people swim together, they can help each other or go for help in case of an emergency.

Stay within arm's reach. Children are a high risk around water because they are mobile, curious and require close and constant supervision by an adult. Children under five years are the least capable of self-rescue. If you are not near your child in the water it could be too late by the time you get there.

Know the water. Be aware of water temperature, waves, drop-offs, sandbars, water visibility, undertows and motorcrafts when swimming in open water. Also, if you are in unknown water, make sure you check for any underwater obstacles such as rocks and tree stumps before jumping or diving into the water, and never underestimate the power of currents. A boater, swimmer or wader in open water who underestimates the power of currents can be swept away instantly.

Wear your lifejacket. It's always a good idea for everyone on the boat to wear a life jacket, whether the boat is a large speedboat or a canoe, and whether you're a good swimmer or not. You should also wear a life jacket for water skiing and other on-water activities. Wearing a personal flotation device is like wearing a

helmet while biking. It may take a few minutes to put on, but it definitely can be a lifesaver. They only work if you are wearing them so don't leave land without it.

Avoid distractions when supervising children around water.

Put down your cell phones and your newest novel and get in the water to play with your child. Most often, children who drown do so when a caregiver is not paying attention, if only for a few seconds.

Watch the sun. Sun reflecting off the water or sand can intensify the burning rays. You might not feel sunburned when the water feels cool and refreshing, but the pain will catch up with you later, so remember to reapply sunscreen frequently and cover up with a hat, sunglasses and protective clothing.

Drink plenty of fluids. It's easy to get dehydrated in the sun, particularly if you're active and sweating. Dizziness, lightheadedness and nausea can be signs of dehydration and overheating.

Don't get too cool. Staying in very cool water for long periods can lower your body temperature, which drops more quickly in water than it does on land. If you're swimming, you're using energy and losing body heat even faster than if you were keeping still. Monitor yourself when swimming in cold water and stay close to shore. If you feel your body start to shiver or your muscles cramp up, get out of the water quickly; it doesn't take long for hypothermia to set in.

Know the rules. Each pool will have its own set of rules, but the basic ones to follow are no diving in the shallow end, no running on the deck and no eating or drinking while swimming. Before going into any pool facility you should ask the front desk staff or a lifeguard what their rules are so as to make your swimming experience a good one.

Know the ratio. One adult can't watch a group of children by themselves. The recommended ratio is two children to one adult for kids under six, and four children to one adult (or eight kids in lifejackets) for kids aged six to nine who are non-swimmers.

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GBK

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Lots to do in Bruce County

In a new feature, Grey-Bruce Kids will be looking at fun, family things to do in Bruce and Grey counties. Watch for Grey County gems you may not know about in our Fall 2015 issue.

There's something going on every day this summer in Bruce County.

From eating fresh, locally grown foods or watching movies on the beach, there's always some kid-friendly activities in each corner of The Bruce, no matter the day of the week.

Sunday

AM: Tobermory Farmers' Market

PM: The Fairy Lake Band Shell or Port Elgin's band shell concerts

Monday

AM: Market in the Park at Kincardine's Victoria Park

Tuesday

PM: Cruise Nights in downtown Sauble Beach

Wednesday

AM: Port Elgin's Flea Market at the beach

Port Elgin's downtown Farmers' Market

PM: Family Movie Night on Sauble Beach

Thursday

AM: Sauble Beach Farmers' Market

PM: Southampton Cruise Nights, downtown Southampton

Friday

AM: Wiarton Farmers' Market

Lego Day at the Bruce County Museum & Cultural Centre

Walkerton Downtown Market Day

PM: Walkerton's Eat Well Market

Lion's Head's Harbourside Music Festival

Bayside Astronomy Night Sky Guide

Saturday

AM: Lion's Head and Paisley Farmers' Markets

PM: Kincardine Scottish Pipe Band Parade at sunset from late-June to September





Photos courtesy
Explore the Bruce



TOP 10 SUMMER ACTIVITIES FOR YOUR FAMILY

1. Climbing on the high ropes courses in Tobermory
2. Exploring through the 10 limestone caves at Greig's Caves just south of Lion's Head
3. Stand up paddle boarding in Lake Huron
4. A boat tour to Flowerpot Island
5. Canoeing or kayaking down the Saugeen River
6. Marching with the Kincardine Scottish Pipe Band on Saturday nights
7. Climbing to the top of the Point Clark Lighthouse for the majestic views of the turquoise waters of Lake Huron
8. Biking along the North Shore Road between Port Elgin and Southampton
9. Running through the splash pad in Wiarton or Ripley's Lewis Park
10. Biking at one of the Bruce County mountain bike trails



The benefits of organized sport

By Sue Weis

Remember the long, hot, sunny summer days of our childhood? Riding our bikes for 10 hours a day, swimming in our clothes in any convenient body of water, running full speed down the goat path to a friend's house, playing hide and seek until dark and ultimately getting in trouble because Mom was calling us to come inside and we'd never listen.

These days things are different. According to Grey Bruce Public Health, 14 per cent of secondary students report getting no physical activity, in or outside of school. The reality is, we are living in a self-created era of convenience where we have systematically removed passive opportunities for physical activity (by driving kids to school for example). Coupled with the decaying physical education programs in schools, families tend to compensate with organized activities. It's up to us to get our kids active physically, and we as parents and caregivers have to accept that responsibility and get involved. We can't simply try to buy our children's health.

Most of us are well aware of the benefits of sports for kids' development. Not only for skeleto-muscular strength,

respiratory and circulatory health, weight management, coordination and balance, but participation in organized sports creates both academic and social benefits for children. Early childhood movement education is directly attributed to developing neurological pathways in students and promoting reading readiness (Raising-a-Reader, 1999). Children who have participated in movement education activities have longer attention spans, increased communication skills and general problem-solving skills (Taylor, 2002), and the American CDC states, "...physical activity can have an impact on cognitive skills and attitudes and academic behaviour, all of which are important components of improved academic performance. These include enhanced concentration and attention as well as improved classroom behaviour."

The physiology behind better academic performance is attributed to the benefits of increased oxygen to the brain as a result of physical activity, stimulation of neurotransmitter production and neurotrophins that support the neurons responsible for learning, memory and higher thinking (Basch, 2010).

As parents and caregivers, we consistently put emphasis on the



better adult life, studies also show that children in families in higher socio-economic brackets are more likely to receive better nutrition, educational opportunities and social activity. Such a cycle is a strong foundation for communities over generations, so consider it an investment in the future.

You would think most families in Grey and Bruce counties live close enough to urban centres to access any number of sports and recreational opportunities, however, the majority doesn't. Fifty-three per cent of the Grey/Bruce population lives in a rural area, while 47 per cent lives in small population centres. By comparison, only 19 per cent of Ontarians live in a rural area, with 12 per cent living in small population centres, nine per cent living in medium population centres and the remaining 60 per cent living in large urban population centres (Statistics Canada, 2013).

If this area is lacking something we know is beneficial to children and to the community as a whole, why would we not invest in it? That doesn't necessarily mean financially, especially with adults and teenagers who may want to volunteer to help other kids in the community. Often the best investment people can make is their time, which helps strengthen small-town organizations and allows them to act as a role model to kids.

You don't even have to know anything about a particular sport or activity, because non-profits have all the major responsibilities of any other small business – registration, scheduling, facility maintenance, equipment, finance, customer service, human resources, advertising, etc., – often

importance of academics and education; therefore why do we neglect to encourage and facilitate the growth and maintenance of the basic corporeal brain machine?

Socially, children and youth are better set up for success if given the opportunity to participate in organized sports. Statistics show that children actively engaged in organized 'positive choice' extra-curricular activities, such as youth sports, are less likely to be involved in self-destructive and anti-social behaviour and juvenile crime (Soenstrom, 1986). The more time children aged 10-16 spend being active, the higher their self-efficacy and self-esteem (Strauss, Rodzilsky, Burack, Colin, 2001).

Better school attendance, lower anxiety and depression, and decreased use of tobacco and alcohol are also attributed to exposure to organized physical activity (Collingwood, Sunderlin, Reynolds & Kohl, 2000).

There are also longer-term economic advantages. For every \$1 spent on children's recreational activities, society saves \$4.78 in costs of remedial education, welfare and crime prevention (Federal Committee for Economic Development USA, 1998). Kids who do better academically and who are more socially adjusted have a higher future earning potential than those who don't. **Although higher income doesn't necessarily guarantee a**

with little or no full-time staff, so all skill-sets are welcome. In fact, any young volunteer's day-to-day skills are helpful for these organizations, whether it be building shelves, answering phones, flipping burgers at a fundraiser or assisting in any other way possible. Plus, learning new skills will serve teens well into their post-secondary years and then adulthood.

There are also physiological benefits between philanthropy and well-being. Altruistic behaviour actually improves a person's physical and psychological health. Compassion and care elevates the levels of dopamine in people's brains, and also impacts the release of endorphins to the point there is actually a phrase for the good feeling you get when you help others for nothing but personal gain – 'Helper's High.' In addition, studies have shown that people who provide hands-on support and compassion may elevate oxytocin levels in the body, counteracting the levels of certain stress hormones. Some studies even conclude that people who help others live longer than those who don't (Ulene, 2009). You'll also be setting a better example – teens who are engaged in giving behaviour reported being happier than their egocentric peers.

If you are already involved with an organization that provides opportunities for kids to get active, think of expanding either to another location or to service another demographic. Or if

you live in one of the underserved areas, consider starting something on your own. It doesn't have to be fancy – maybe you can teach kids to play cricket at the schoolyard or bellydancing at the church, or a weekly organized community game of hide and seek (just like our childhood!). One of the best things about a small, rural community is that people know each other and are more likely to band together to support the idea.

Children and youth are considered 'priority populations' in Grey and Bruce. They are considered at risk or vulnerable to poor health due to any number of reasons including low income, malnutrition and lack of available programs – all of which are above the Ontario average in Grey and Bruce. Kids in Grey/Bruce have the chips stacked against them from the beginning due to our rural life, making it all the more crucial for parents and caregivers to not only provide opportunities for physical activity in their own families, but also support organizations that provide sports and recreational programs and services to children and youth.

Let's find the gaps and fill them so our communities' kids are no longer considered 'at risk.' **GBK**

SUE WEIS has served as President of the Board of Directors at the Owen Sound Satellites Gymnastics Club for eight years. A former gymnast, she and her husband have a 12-year-old daughter and live in Sauble Beach. Learn more at www.satellitesgymnastics.com.

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From left: Lindsay Speer (Keystone Events Committee Co-Chair), Linda Crombeen (Power Workers' Union), Phil Dodd (Keystone Executive Director)

Linda Crombeen of 'The Power Workers' Union from Bruce Power presents a \$1500 donation towards Keystone Child, Youth & Family Services 2nd Annual Charity Golf Tournament. The golf tournament will be held at Saugeen Golf Club on July 3rd, 2015. All proceeds go towards Keystone's Residential Program for high risk suicidal and depressed youth. The residential program is underfunded to operate year round and Keystone depends on fundraising and donations to operate at the current capacity.

For further information regarding the golf tournament or donations contact Lindsay at 519-371-4773 ext 176.



The art of storytelling

SPOKEN STORIES GIVE DIRECT ACCESS TO A CHILD'S IMAGINATION

By Amos Shelley

Let me tell you a story.

One day, there was a little boy minding his own business when all of a sudden, his cruel – wicked – older brothers grabbed him by the arms and dragged him to a tree trunk. His brothers tied his hands so the little boy couldn't get free. Then, they picked up their BB guns and stuck a wooden match into the barrel. There were about to shoot, when... 'Supper time!' their mother called.

The little boy was spared. He wiggled out from the ropes and ran inside for chicken and potatoes. His favourite.

The end.

I can't exactly remember when my father told me that story for the first time. He was the little boy, and the brothers, well they were my uncles. My father was likely trying to instill some moral value on being kind to my younger siblings. I got the message and the story stuck with me all these years, though I don't think he intended for me to be scared of matches and BB guns.

But what I do appreciate is that, as I grew up, whether I was in trouble or not, my father told me stories from his childhood. Good stories, bad stories, sad stories and funny ones. There was the time that he and his brothers smashed the brand-new family

radio set. Or the time they got lost in the cornfield and the fun of wandering back home. And with every story he told, I felt more connected to him. His stories shaped me. His stories were foundational.

You see, my father understood two things – stories are powerful and children need them.

Stories give direct access to a child's imagination and the imagination is what builds and shapes meaning. Through stories, kids meet quirky characters, go on courageous adventures and explore new worlds, and each story is counted as a brand new experience to be visited again and again. These experiences shape the hearts and minds of children in ways that textbooks and video games can't. A good story can percolate in a child's mind for years, only surfacing later in life, as I repeatedly discover in my own life.

To be sure, our children are not in want of stories. With movies and YouTube, our kids are absolutely bombarded with millions of stories. But how many of those stories are yours? How many of them are mine? I will be the first to admit, I don't tell nearly enough stories to my kids. I rely too often on others – nana and papa, teachers and friends – or the dreaded looping cycle of Netflix. But for children, there is nothing more meaningful than the stories of their parents.

You may be thinking, 'I am not a storyteller!' Some of us are naturals and others, well... we stink. But, like it or not, we are all storytellers. Don't believe me? Take a moment and describe your morning (if you are brave and ambitious, write it down).

If your house is anything like mine, your day probably started something like this. 'Well, I woke up to the alarm... or the hot breath of my child, I can't remember which. Then, after several minutes of playing push-shove (that's the game where my wife and I prod the other to get up first), I stumbled down the stairs, tripped my way into the kitchen and made some coffee without spilling the grinds, which is a tremendous feat by the way! After that, it's all kind of a blur now... but I think there was a shower, a bum change for the baby and somehow I found myself wearing fresh clothes.'

There, a story! You did it! You are a storyteller. And at the end of the day, your kids don't care if you are the next Morgan Freeman – they just want to hear your stories. Where were you born? What was it like? What were your parents like before they got old and grey? Did you have any exciting family vacations? Did you ever break a bone? Did you ever get in trouble? What was your favourite subject in school? It doesn't matter what you say, just as long as you say it! As parents and caregivers it is our job to tell our stories to our children!

And once you share your stories, they are forever a part of your children. They are intertwined in their memory bank. They are foundational to their identity. Telling stories is a sure way to be a part of your kids' lives – as they grow into yours.



THE CHALLENGE

Summer is upon us and, with that, come some of the most natural settings for storytelling. For one, we are all far more relaxed in the warm breezy air. And two, that hideous ice mountain outside of the house has melted and you can be outside for longer than three minutes. In the summer we can take walks, go to the beach, have bonfires and camp. The habitat is poised for some real whopper-whale tales!

So here is your challenge (and mine). Once a week, tell your children at least one story. It doesn't matter if it is sad or happy, from yesteryear or just last week. The only guiding principle is that the story has to mean something to you. This is your insurance the story will come out at least half-baked. If you care, you will be more natural and animated. If you don't have any emotional connection to your story it will most certainly come out flatter than a week-old bottle of pop.

If you don't have kids or they are all grown up, find a family friend, a niece, nephew or grandkid and do the same. And while you are telling your story (here is the fun bit) watch how your child responds. I bet you a peanut butter 'Smore their face will light up and their mouth will be full of questions, asking for more!

Don't believe me? Try it. Tell a story... **GBK**

AMOS SHELLEY is a Children and Families Pastor at a church in Hanover. He and wife Faith have two kids and a big dog named Bhear. He tells stories for a living.



Live for the moment

By Erin Little

On a recent trip to sunny California – a place we go every year to attend a conference regarding our daughter Olivia's rare disease, cystinosis – I began questioning if I am actually living in the moment.

Am I present with my children, my husband, my family or myself? I asked this because on our trip I became addicted to my phone and it all began with a simple photo and wanting to capture a special moment. How could this possibly be a problem? The moment looked something like this...

We were enjoying a sunny, 75 F day at the La Jolla beach. Both Olivia and Harper wore their matching swimsuits, with the cutest tutu around their waist. They ran in and out of the ocean laughing and giggling as the waves crashed into their little legs, and my heart skipped a beat with the joy and love I felt while watching them. Then suddenly, I got up and started digging in the diaper bag. No matter how organized I am with my labels and compartments, it never fails that my cell phone ends up at

the bottom of the bag, the last place I always seem to look.

Once I finally retrieved the phone, unlocked it and switched to camera mode I had to relocate to Dad and the girls. Once I found them – now happily digging in the sand – the photo shoot started and my heart was once again filled with the unconditional love I have for the three of them. After I took a dozen photos of them doing the exact same thing over and over, I slipped into the bad habit that the majority of parents seem to be doing these days. Here's how it played out...

While I have my phone handy, I'll just check my messages. Oh, someone from home is checking in, so I'd better let them know we are having a blast, the girls are doing well, except for Harper, who has been sleeping terribly. Oh and the weather has been amazing. Next I check my emails – nothing but junk mail. I quickly glance up and the girls are running in the ocean again trying to catch the waves. Then my alter ego tells me to quickly pop onto Facebook to check my status and, while I'm at it, share my amazing photos with friends and family, who will be thrilled



to see the girls running all over the beach in those adorable swimsuits.

While my Facebook status updates are happening, Liv and Harper are now at my feet, pulling at me and prodding each other – basically doing everything possible to get my attention, which is their way of begging me to put my phone down because this is how children communicate. My heart, which was filled with joy seconds earlier, was now getting annoyed with these dolls, because I just wanted to finish posting the most adorable pictures of them. How ironic is that?

That was the moment I realized I was missing out on my family's vacation, and it all started with wanting to take a picture that would supposedly be worth a thousand words someday.

I'm writing this because I know better, and if I know better, I should strive to do better. Phones and technology are wonderful things and we can do so many things with them, yet they can damage our relationship with our children at the same time. When we are on our phones we aren't present with our kids, or anyone else around us, because our brains shut them out so we can focus on our screen. If we are writing a text, checking an email, posting to Facebook or simply reading the latest celebrity gossip, we are removed from our children, even if they are in the swing we are pushing or the chair beside us.

What are we teaching our kids about human interaction when we stare at our devices? How will our constant need to be plugged in affect their development, and their ability to read vocal, eye and facial cues of others? We can talk about our goals and wishes to raise compassionate and empathetic children, but they need to see it happen so they can mimic our actions. If we raise them while being attached or plugged in, they will only do

what they know. One day we will want them to sit with us, play a game, chat or simply be present with us, and it will be too late – they will be too busy for us.

Here are a couple of challenges I'm undertaking as summer quickly approaches.

- Dig out the camera and capture memories the old-fashioned way. Leave the phone in the car or put it away for the day. Live in the moment, because we don't know how many moments we have left.
- Wear a watch (no, not the new Apple Watch). Wearing a watch will keep you from using the excuse that you're just checking the time, because that often leads to the checking of email/Facebook.
- Always put your phone away at meal times. Make this a sacred rule for your family, because this is the best time to connect with one another after a day apart. Children who have regular sitdown meals with family are less likely to abuse drugs and alcohol or get pregnant as teenagers, studies show. They also earn better grades. This is happening because they are communicating face-to-face.
- Be conscious of how and when you use your phone and make it a goal to be more present with your children. The days are long but the years are short.

Remember – a photo definitely is worth a thousand words, if you're in the moment to enjoy it. **GBK**

ERIN LITTLE lives in Port Elgin with her husband and two daughters, Olivia and Harper.



COOL KID

Life's a dance for Ronin

Ronin Remers lives and breathes to dance.

The Grade 10 student at Sacred Heart High School has been dancing for 12 years with the Grey Bruce School of Dance (GBSD) in Hanover – a non-profit school for the area's children. Her joy for dance beams through whether she's practicing for class, the competitive team, teaching other students or performing.

"She just lights up when dancing," said her Mom Jackie. "The other students see it and some have even said they want to be just like her."

Ronin, 15, who lives in Hanover, dances in ballet, pointe, hip-hop, contemporary, musical theatre, jazz, tap, technique and acro and loves them all. She also teaches two classes a week of beginner hip-hop and an all-boy's class, while assisting in another class, all in the hopes of passing on her love of dance.

In her spare time, she is part of the GBSD competitive team, which means a lot of extra practices and competitions, and last year she performed a solo.

She also helps run summer dance programs, the Christmas parade, Dad's Dance and flashmobs for the Grey Bruce School of Dance.

Ronin is also heavily involved in her high school.

She was part of Sacred Heart's Liturgical Dance Group, which performed for the Bishop. She is an active leader in the Trinity Peer Leadership Program and, under the direction of teachers Ms. Logue and Ms. Schuett, helped run a dance workshop that was provided for elementary students at Muskoka Woods.



- Ronin Remers loves to dance and her passion spills over to her friends and fellow dancers.

Ronin also took part in the school's fundraising activities for the people of the Philippines after a typhoon devastated the country.

"Even with all of this she is just like most other teenagers," Jackie said. "She works hard to maintain good grades at school, and spends time with her friends and family." **GBK**

For being this issue's Cool Kid, Ronin receives a prize pack from Miller Insurance and Grey-Bruce Kids. To nominate a Cool Kid, visit www.greybrucekids.com or contact amy@greybrucekids.com for details.



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or info@auditoryhealthcare.ca

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Wednesday and Friday
9:00 am to 3:00 pm

Closed daily for lunch from 12:30 to 1:30 pm

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gbacademy@bell.net
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www.saugeengolf.com
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All Proceeds will go to Keystone Child, Youth & Family Services Residential Program for High Risk Suicidal and Depressed Youth

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 - Port Elgin

519-389-9050

Kinhuron Integrated Day Nursery School Co-op

519-396-4532
Kincardine

Le Jardin des decouvertes - Owen Sound

519-371-4411

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
Neyaashiinigmiing (Cape Croker)

Sandbox Daycare - Hanover

519-506-7263

Salvation Army Day Care Services

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

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

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

Tammy's Learning Centre - Meaford

519-538-9980

Tobermory Primary Place

519-596-2606

Unity House - Owen Sound
519-371-8686

Viola Jean's Garden Daycare - Owen Sound
519-416-5633 or 519-371-2362

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

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

Warton Nursery School
519-534-2121

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

DIET/NUTRITION

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

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

Good Food Box
Grey Bruce Health Unit
519-376-9420 or 1-800-263-3456
publichealth@publichealthgreybruce.on.ca

Grey Bruce Eat and Learn
School nutrition program
bev_gateman@bwdsb.on.ca or www.osnp.ca

Grey Bruce Health Unit
1-800-263-3456
publichealth@publichealthgreybruce.on.ca
www.publichealthgreybruce.on.ca
Owen Sound

Keystone Child, Youth & Family Services
1-800-567-2384
519-371-4773
kcyfs@bmts.com
www.keystonebrucegrey.org

EDUCATION

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

Adult Learning Centres
Collingwood, Port Elgin, Markdale, Owen
Sound, Walkerton, Warton
www.adultlearningcentres.com

Bluewater District School Board
1-800-661-7509 or www.bwdsb.on.ca

Bruce-Grey Catholic District School Board
519-364-5820 or www.bgcdsb.org

Edgehill Country School, Durham
www.edgehill-school.com

Georgian Tutors
www.georgiantutors.com

EMPLOYMENT SERVICES

LiveGreyBruce
www.livegreybruce.ca

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

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

FAMILY SUPPORT

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

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

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

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

Family Support Initiative
Fosters networking and peer support among
family of those with mental health issues
519-371-4802 or fsi@hopegb.org
www.mhagb.ca

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

Grey Bruce Supervised Access Program
519-371-5991
pc-superacc@bmts.com
www.supervisedaccess.ca
Owen Sound

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

Motherisk - Hospital for Sick Children
1-877-327-4636; www.motherisk.org

Multiples in Bruce
For families with or expecting multiples
<http://multiplesinbrucecounty.webs.com>

Nemesis Group Services
Owen Sound; 519-372-2425
www.nemesisgroupservices.com

Parent Help Line
1-888-603-9100

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; Admin: 1-888-577-3111
info@victim-services.com;
www.victim-services.com

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

FINANCIAL SUPPORT

Beaver Valley Outreach (Thornbury)
519-599-2577
info@bvo.ca; www.bvo.ca

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

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

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

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

FOOD BANKS/HOUSING

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

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

Flesherton and Area Food Bank
Marian Doyle, 519-599-3576

Kincardine Ministerial Food Bank
519-396-2185 or circlek@bmts.com

Lion's Head and District Food Bank
519-793-3860 or helen.rick@amtelecom.net

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)

RESOURCES

Salvation Army

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

Tobermory Food Bank

519-596-1501

Walkerton and District Food Bank

519-881-0168

Warton Food Bank

519-534-0353

Habitat for Humanity Grey Bruce

1-866-771-6776 or habitat@bmts.com
www.habitatgreybruce.com

Ontario Tenants Rights

ontariotenants@hotmail.com
www.ontariotenants.ca

Safe 'n Sound Homelessness Initiative

519-470-7233
www.safesoundgreybruce.com

Subsidized housing

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

HEALTH CARE

Auditory Health Care

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

Brockton and Area Family Health Team

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

Canadian Mental Health Association Grey-Bruce Branch

Administration - 519-371-3642
Crisis: 1-877-470-5200
jralph@cmhagb.org; www.cmhagb.org
Owen Sound

Collingwood General and Marine Hospital

705-445-2550 or www.cgmh.on.ca

ConnexOntario Help Lines

Free, confidential, 24-7 helplines via phone, webchat or email
Drug and alcohol - 1-800-565-8603
Gambling - 1-888-230-3505
Mental health - 1-866-531-2600
www.connexontario.ca

Grey Bruce Health Services (hospitals)

Lion's Head - 519-793-3424
Markdale - 519-986-3040
Meaford - 519-538-1311
Owen Sound - 519-376-2121
Southampton - 797-3230
Warton - 534-1260
www.gbhs.on.ca

Grey Bruce Health Unit - Owen Sound

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

Hanover and District Hospital

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

Healthy Babies, Healthy Children

Grey Bruce Health Unit
519-376-9420 or 1-800-263-3456
www.publichealthgreybruce.on.ca

Hanover Family Health Team

519-506-4348 or dford@hanoverfht.ca
www.hanover.ca/hfht

Healthy Smiles Ontario

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

Heart to Heart

Psychotherapy and Play Therapy
www.maryjo.ca or 289-237-7056

Homefront First Aid and Emergency Training

Janine Donaldson - Red Cross Training Partner
519-444-8164 or homefrontfirstaid@gmail.com

Honouring Life Network

Aboriginal youth suicide prevention
www.honouringlife.ca

HopeGreyBruce - Owen Sound

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

Huron Shores Foot Clinic - Kincardine

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

Kayli Hall Elwood Art Therapy

Port Elgin-519-832-1515/Kincardine-396-5886
kayliarttherapy@bmts.com
www.kayliarttherapy.com

Keystone Child, Youth & Family Services

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

Kids Help Phone (24 hours)

1-800-668-6868 or www.kidshelpphone.ca

Kincardine Family Health Team

Kincardine - 519-396-2700
Ripley - 519-395-2601
www.kincardinefht.ca

Mino Bimadsawin Health Centre

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

M'Wikwedong Native Cultural Resource Centre - Owen Sound

1-866-202-2068 or admin@mwikwedong.com
www.mwikwedong.com

Optimize Healing Centre, Port Elgin

Neurodevelopment specialists
519-832-1515 or info@optimizehealing.com
www.optimizehealing.com

Owen Sound Crisis Pregnancy Centre

1-888-371-2004 or oscpc@wightman.ca

Pediatric clinics

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

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

South East Grey Community Health Centre

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

St. John Ambulance First Aid training

519-364-7004 or greybruce@on.sja.ca
Online: <http://bit.ly/t3Ye8g>
Hanover and Owen Sound

TeleHealth Ontario

1-866-797-0007

Thames Valley Children's Centre

519-396-3360 or 1-866-590-8822
www.tvcc.on.ca

LIBRARIES

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

Thornbury
519-599-3681 or thebluemountainslibrary.ca

Bruce County Public Library

Online catalogue - opac.brucecounty.on.ca
Administrative office - 519-832-6935 or libraryinfo@brucecounty.on.ca
Cargill - 519-366-9990
Chesley - 519-363-2239
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

Dundalk/Southgate Public Library

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

Grey Highlands Public Library

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

Hanover Public Library

519-364-1420 or www.hanoverlibrary.ca

Meaford Public Library
519-538-1060
www.meaford.ca/meaford-library-home.html

**Owen Sound and North Grey
Union Public Library**
519-376-6623
www.owensound.library.on.ca

West Grey Public Library system
www.westgreylibrary.com
Durham (main) branch - 519-369-2107
Elmwood and area - 519-363-3321
Neustadt - 519-799-5830
Ayton/Normanby - 519-799-3242

MUSEUMS

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

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

**Bruce County Museum, Cultural Centre &
Archives - Southampton**
519-797-2080 or www.brucecounty.ca

Bruce Peninsula Visitors Centre
519-596-2233 or <http://bit.ly/rQQFf6>
Tobermory

Bruce Power Visitors' Centre
519-361-7777
www.brucepower.com

Chesley Heritage & Woodworking Museum
519-363-9837

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

Grey Roots Museum & Archives
Includes county's archives
1-877-GREY ROOTS
www.greyroots.com
RR4 Owen Sound

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

Owen Sound Marine and Rail Museum
519-371-3333
www.marinerail.com

Paddy Walker Heritage Society - Kincardine
519-396-1850
www.walkerhousekincardine.com

South Grey Museum - Flesherton
519-924-2843 or museum@greyhighlands.ca
www.southgreymuseum.ca

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

Tobermory Maritime Association
519-596-2700
www.tobermorymaritime.ca

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

ONLINE SUPPORT

www.211.ca

www.pathwaysawareness.org

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

www.targetyouth.ca

www.thehealthline.ca

www.wesforyouthonline.ca
Counselling for local youth

PLAYGROUPS

Kincardine Toy Library and Playgroup
249 Bruce Ave.; Wednesday, 9:30-11:30 a.m.

Ontario Early Years Centres
Hanover - 519-376-8808
Kincardine - 519-396-3322
Markdale - 519-986-3692
Meaford - 519-538-0545
M'Wikedong (Owen Sound) - 519-371-1147
Owen Sound (Bayview) - 519-371-7034
Port Elgin - 519-389-5762
Thornbury - 519-599-2577
Walkerton - 519-881-2739
Wiarton - 519-534-5550

SPECIAL NEEDS

Autism Ontario Grey Bruce Chapter
226-787-0333 or marti@autismontario.com
<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 or www.clwalkerton.org

**Georgian Riding Association
for Challenged Equestrians**
519-372-2721; grace@log.on.ca
Wicklen Stables, RR5 Owen Sound

Hope Haven Therapeutic Riding Centre
226-909-0558
www.hopehavencentre.org

Keystone Child, Youth & Family Services
Owen Sound; 1-800-567-2384
kcyfs@bmts.com or keystonebrucegrey.org

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

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

South Grey Bruce Youth Literacy Council
519-364-0008 or info@sgbyouthliteracy.org
www.sgbyouthliteracy.org
Hanover

**Special Therapy and Education
Program of Saugeen (STEPS)**
519-797-1935
info@stepsahead.ca; www.stepsahead.ca
Southampton

Thames Valley Children's Centre
519-396-3360
1-866-590-8822
Paula.Holla@tvcc.on.ca or
Clare.Matthews@tvcc.on.ca
www.tvcc.on.ca

United Way of Bruce Grey
519-376-1560
unitedwaybg@bmts.com
www.unitedwayofbrucegrey.com/
Owen Sound

SPEECH/LANGUAGE

Bruce County Childcare Services
1-800-265-3005
www.brucecounty.on.ca
Walkerton

**Closing the Gap Healthcare Group
Rehab Express Grey Bruce**
1-866-990-9901 or www.closingthegap.ca
Owen Sound

Grey Bruce Health Unit - Owen Sound
1-800-263-3456
publichealth@publichealthgreybruce.on.ca
www.publichealthgreybruce.on.ca

**South West Community Care Access Centre
In-Home Services**
Owen Sound - 519-371-2112
Walkerton - 519-881-1181
www.swccac-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

Explore the Bruce Adventure Passport

www.explorethebruce.com

Runs through Oct. 31

Bruce County Public Library activities

Story stretchers, Story Time, Chalk it Up!, Kids Book Club, movies, crafts and more.

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.

www.icecreamtrail.ca

Runs through Sept. 27

Owen Sound & North Grey Union Public Library

Preschool story time, Minecraft club and other youth summer events

519-376-6623

Owen Sound Farmer's Market

8 a.m.-12:30 p.m.

519-371-3433

Runs every Saturday in the summer

5

Eco Explorers

Bruce County Museum & Cultural Centre
7:45 a.m.-5:30 p.m.

Bus trip to Rockwood Conservation Area to go caving and explore the river for water creatures.

Pre-registration and pre-payment required.

www.brucemuseum.ca

School's Out Movies

Bruce County Museum & Cultural Centre
www.brucemuseum.ca

Also runs June 26

PA Day Adventures

Grey Roots Museum & Archives

'Capturing the Wild Outside'

www.greyroots.com

6

Health and Wellness Fair

Southampton Coliseum

8:30 a.m.-1:30 p.m.

Heather at 519-832-2008 or

lorenz@saageenshores.ca

12

Relay for Life Saugeen Shores

Northport Elementary School, Port Elgin

519-389-4954 or www.relay.cancer.ca

13

Kincardine Teddy Bear Parade

9:30 a.m.; Victoria Park

www.facebook.com/KincardineTeddyParade

Keystone Family Fun Festival

Kelso Beach, Owen Sound

11 a.m.-3 p.m.

www.keystonebrucegrey.org

Air & Auto Extravaganza

Warton-Keppel airport

11 a.m.-4 p.m.

www.flywarton.com

Touch a Truck and Firefighter's Breakfast

Walkerton Fire Hall, 510 Napier St. E.

8 a.m.-1 p.m.

519-507-0213

mikeman81@hotmail.com

17

Multicultural Day

Kincardine Davidson Centre

5:30-8:30 p.m.

Sponsored by Bruce Power

19

Salsa at Blue

Free family street party

www.bluemountainvillage.ca

Runs through June 21

20

Spring into Summer

Nature's Millworks, Paisley

10 a.m.-6 p.m.

www.naturesmillworks.com

Runs through July 12

21

Longest Day of Play - PLAY in Bruce Grey

9 a.m.-5 p.m.

Check with your municipality for activities.

www.playbrucegrey.com

National Aboriginal Day

Grey Roots Museum & Archives

11 a.m.-5 p.m.

519-376-3690

Ride Don't Hide

2nd annual bike ride for mental health.

www.ridedonthide.com

26

PA Day adventures

'Backyard Nature'

Explore Moreston Village to see what is growing and what lives nearby.

www.greyroots.com

Lucknow Summerfest

Entertainment, kids zone, pancake breakfast, sports and more.

www.strawberrysummerfest.com

Runs through June 28

27

Huron Shores Lions Club Fireworks

Point Clark Lighthouse Park

www.icecreamtrail.ca/events

CANADA DAY

Celebration at the Southampton flag

6-11 p.m.

519-832-2332

Canada Day Sidewalk Art Extravaganza

Southampton Town Hall

519-797-5068 or southamptonart.com

Kelso Beach, Owen Sound

Fireworks, music, games, etc.

Admission by donation.

519 -376-1440 x1256

Harbour Street, Kincardine

Parade, family entertainment, fireworks.

519-396-3491 or rec@bmts.com

Canada Day at MacGregor Park

519-389-6232 or fompp@bmts.com

Blue Mountain Village

www.bluemountainvillage.ca

Tourism Award Winning

Huron-Kinloss ICE CREAM Trail

Find Sammy Sprinkles on a family fun photo scavenger hunt.

Did you know?

The Point Clark Lighthouse reopens this season after almost five years of restoration.

This year's trail features historic destinations around Huron-Kinloss.

Visit www.icecreamtrail.ca or call 519-395-3735

JULY

2

Southampton Craft Show

10 a.m.-7 p.m.
Admission \$4. Children under 10 free. All proceeds to PRANCE. 519-832-6185 or www.southamptoncraftshow.com

3

LEGO Fridays

Bruce County Museum & Cultural Centre
10 a.m.-noon
www.brucemuseum.ca
Runs Fridays until Sept. 4

Pickin' by the Pond - Cargill

Friday, 7-11 p.m., Saturday, noon -11 p.m.
Sunday morning gospel, 11 a.m.
519-364-2549 or www.visitcargill.ca
pickinbythepond@gmail.com
Runs through July 5

Kincardine Scottish Festival & Highland Games

Victoria Park
30 Pipe Bands, 200 Highland Dancers and heavy events competitions, parades, concerts.
519-396-9300 or www.kincardine.net
Runs through July 5

4

Ontario Family Fishing Week

Nine days of license-free fishing
www.ontariofamilyfishing.com
Runs through July 12

Eugenia Gold Rush Days

Family activities, fishing, entertainment
www.eugeniagoldrush.com

Disneynature Films

Bruce County Museum & Cultural Centre
2 p.m.
www.brucemuseum.ca
Runs every Saturday until Sept. 5

6

Reptiles Alive

Bruce County Museum & Cultural Centre
1:30, 2:30 and 3:30 p.m.
www.brucemuseum.ca
Runs Mondays through Aug. 31

8

Special Guest Wednesdays

Bruce County Museum & Cultural Centre
11 a.m.-3 p.m.
www.brucemuseum.ca
Wednesdays through Aug. 26

9

Holstein Rodeo

www.holsteinrodeo.com
Runs through July 12

17

Healthy Parks Healthy People Day

Inverhuron and MacGregor Point Provincial Parks. Free admission for the day.
www.ontarioparks.com/park/inverhuron
www.ontarioparks.com/park/macgregorpoint

18

Bruce Power Beach Party and Fireworks

Station Beach/Reunion Park, Kincardine
519-361-7777 or www.brucepower.com

26

Rise 2 Fame Youth Talent Search

3 p.m.; Tiverton arena
www.westernfairdistrict.com

30

Ripley Reunion 2015

Parade, dances, family events, sports, etc.
www.ripleyreunion.ca
Runs through Aug. 3

31

Emancipation Festival

Harrison Park, Owen Sound
<http://www.emancipation.ca/the-festival/>
Runs through Aug. 3

AUGUST

1

Blue Mountain Village Beach Party

www.bluemountain.ca
Runs through Aug. 3

2

Kincardine BIA Downtown Street Market

11 a.m.-4 p.m.
www.sunsets.com

7

Movie Under the Stars

Bruce County Public Library HQ, Port Elgin
519-832-6935 or nkuhl@brucecounty.on.ca

Point Clark Lighthouse Corn Roast/Car Show

5-9 p.m.
www.huronkinloss.com

Sauble Sandfest

www.saublebeach.com
Runs through Aug. 8

8

Famarama at Blue Mountain Village

www.bluemountainvillage.ca
Runs through Aug. 9

Griggssport/Summerhouse Park Kids Race

Bluewater Park, Wiarton
Ages five to 10
www.griggssport.com

14

Bruce County Heritage Farm Show

South of Paisley
Runs through Aug. 16

15

Brockton's Buskers Festival

Downtown Walkerton
10 a.m.-4 p.m.
www.walkertonchamber.ca

21

Teeswater Fair

www.teeswaterfair.org
Runs through Aug. 23

28

Salmon Spectacular Fishing Derby

Kelso Beach, Owen Sound
510-317-9833 or sydenhamsportsmen.com
Runs through Sept. 6 **GBK**

PEAK® Point Real Estate Amber Jenings, Broker/ Owner
519.477.9639 amberjenings@peakpointrealestate.ca www.peakpointrealestate.ca



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RECIPES

Vegetables? In a smoothie?

Sneak some veggie goodness in the kids' smoothies this summer! Try these healthy, vitamin rich drinks, with a touch of sweetness, the kids will slurp it up! Recipes adapted from www.superhealthykids.com.

SUNSHINE SMOOTHIE

INGREDIENTS:

- 1 cup of cooked carrots
- $\frac{3}{4}$ cup pineapple juice
- $\frac{1}{2}$ cup 100% pure orange juice
- 1 tbsp honey
- $\frac{3}{4}$ cup plain or vanilla Greek yogurt
- ice cubes

DIRECTIONS:

- Steam carrots and blend with pineapple juice until smooth. Add the remainder of ingredients and blend until frothy.

CHOCOLATEY-GREEN SMOOTHIE

INGREDIENTS:

- 1 cup of green grapes
- 3 cups frozen, unsweetened pineapple chunks
- 1 cup firmly-packed baby spinach (washed)
- 2 cups natural, unsweetened pineapple juice
- $\frac{3}{4}$ cup plain or vanilla Greek yogurt
- 2 tbsp chocolate hazelnut spread (like Nutella)


DIRECTIONS:

- Place the grapes on a waxed paper-lined baking sheet. Freeze for about 15 minutes. Transfer to your blender. Add remainder of ingredients and puree until smooth.

FIBRE PLUS SMOOTHIE

INGREDIENTS:

- 1 cup of ripe cherries (de-pitted)
- 1 cup chopped broccoli
- 1 avocado
- 1 medium banana
- 1 tbsp ground flaxseed
- 1 cup pomegranate juice

Blend all ingredients in a high powered blender and enjoy! 



We're growing!

Grey-Bruce Kids and Grey-Bruce Boomers magazines are looking for an advertising sales representative to cover the Owen Sound area.

Must be self motivated and able to work independently. Commission based.

GREY-BRUCE
boomers

A free magazine for adults 50+



For a detailed job description contact Amy at
amy@greybruceboomers.com or 519-524-0101

DINOSAURS UNEARTHED Summer 2015

LIFE-SIZED Animatronic Dinosaurs

Full-sized Skeletons & **FOSSILS**

INTERACTIVE Activities

Excavation Site and **MORE!**

GREY ROOTS FEATURES:

- Special Summer Events
- Five Display Galleries & Pod Exhibits
- Grey County Archives
- Group and Bus Tours
- Theatre & Gift Shop
- Air-Conditioned



Grey Roots Summer hours: 10 a.m. - 5 p.m. every day
Moreston Heritage Village open daily June 27 - September 7, 2015



102599 Grey Road 18, Owen Sound | 519-376-3690 | greyroots.com



Registration begins June 26!

Games! Contests! Crafts! Prizes! Books!



TD Summer Reading Club is an inclusive program that strives to engage all children in the joy of reading during the summer months while championing Canadian writers and illustrators.