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SUMMER 2017 • Volume 7 Issue 2 • greybrucekids.com

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FROM THE PUBLISHER

A 'summery' issue

Oh, summer... I'm so happy you've arrived!

Although it seemed like a long, cold and wet winter and spring in Grey/Bruce, I really should be used to it by now. Regardless, I'm so ready for sandals and sun, barbecues and beach days, as well as trying out my Mother's Day gift – a new paddleboard!

I think we have a very 'summery' issue for you. You'll learn how to build the perfect sandcastle with tips from an expert sculptor, who provides simple ideas that I had never thought of! While working on the perfect sand creation, remember to document it! Local photographer Sarah Tacoma shares her tips for capturing those precious family moments with your camera.

After a busy day building and documenting sandcastles, you can stay up and take in the night skies. The local Astronomical Society explains some of the mysteries of the galaxy above.

We also feature a educational story about the impact viewing smoking in the movies can have on youth. This unhealthy habit is portrayed on the big screen in alarming rates, and can have long-term effects you may not realize.

Finally, we've included an article near and dear to my heart by Community Living Kincardine & District (CLKD) about creating inclusive communities. I worked for CLKD over 10 years ago and I'm thrilled at how far we have come as a society since, through continued acceptance, inclusion and celebration of individuals with disabilities. This is an important read, with practical tips for becoming more inclusive if you have children, coach a team or organize a group or workplace.

Enjoy your summer because it will be back to school before we know it.

Amy Irwin, Publisher

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SUMMER 2017

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Grey-Bruce Kids is distributed for free in Grey and Bruce counties, and is published each March, June, September and December. Distribution of this publication does not constitute endorsement of information, products or services by Grey-Bruce Kids, its writers or advertisers. Viewpoints of contributors and advertisers are not necessarily those of the Publisher. Grey-Bruce Kids reserves the right to edit, reject or comment on all material and advertising contributed. No portion of Grey-Bruce Kids may be reproduced without the written permission of the Publisher.

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TALES from TOTS

YOU NEVER KNOW WHAT THEY'LL SAY NEXT

We interviewed Ms. Forbes' class at Lucknow Central Public School and asked them some questions – just for fun!

What would you buy with a lot of money?

Ryan - I would buy a house.

Ethan - A Minion bag.

Brody - A brown Jeep that the top comes off.

Parker - A car and a big house, and a dark green Jeep.

Sawyer - A Mustang Jeep – orange.

Hunter - A van.

Ayden - Toys like diggers, cranes, dump trucks, snowplows.

Ainslie - A patio to barbecue ribs.

Dannee - I'd buy more money.

Declan - iPad or a computer or a car or truck or a motorcycle or a slide or a pool.

Cayleene - A brand new car like a white Subaru.

Paris - A castle on a hill.

Olivia - Anything – like a lollipop store.

If you could invent something to make life easier for people, what would it be?

Ryan - A hockey repair shop in the arena where I would repair sticks for free.

Ethan - I could make a Mr. Potato Head – you build him to make him better.

Brody - I don't know.

Parker - Superheroes to save the world.

Sawyer - If people were homeless you would make them a home.

Hunter - A toy sandbox.

Ayden - A cooking machine that cooks food really fast, because they'd have more time to play.

Ainslie - If you wanted something you would just press one button and it would deliver it to you.

Dannee - Don't know.

Declan - I would invent a store where everything you can buy is \$3.

Cayleene - A transporter – because we can go back and forth in it, wherever we want to go, like to the bakery or Macs or the swimming pool.

Paris - A robot to do all our stuff, like go to school, make something to eat, pick out our clothes.

Olivia - A wheelchair – I would make it better, I'd add legs onto it.



If you could have one superpower what would it be?

Ryan - Be invisible, so no one could see me and fly.

Ethan - Save people from bad guys.

Brody - Fly, because it looks like fun.

Parker - Be the super-strongest. You could fly and shoot missiles out of your fingers.

Sawyer - Teleporting, so I could hide from my babysitter and teleport on the roof.

Hunter - Lava to come out of my eyes to blast people.

Ayden - Being strong because I could help my Dad work on the basement.

Ainslie - Punching because it's strong.

Dannee - Laser eyes to practice shooting targets.

Declan - Flying, because then I could get away from bad guys.

Cayleene - Flying, because then I can see anything over top of the buildings and see if there is a fire to be put out.

Paris - To fly. It's a quicker way to get into people's houses.

Olivia - Ice power. I would make a skating rink.

What age do people become an adult?

Ryan - 40.

Ethan - I don't know.

Brody - 35.

Parker - 59.

Sawyer - 100.

Hunter - 19.

Ayden - 16.

Ainslie - 30.

Dannee - 65.

Declan - 14 or 1,000 or 100.

Cayleene - 18.

Paris - 60.

Olivia - 31 or 45.

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French Catholic school: my first great success!

MyFrenchSchool.ca



By Brooke Tomsett

As a parent or guardian, we hope to do the right things to help our children to live healthy and happy lives.

We face new and difficult challenges daily, while helping to guide our children in the digital and fast-paced world in which we live. In our parenting roles, we will need all the tools we can get to help our children avoid the influence of powerful industries focusing their marketing efforts towards tweens and even younger children.

In the powerful marketing world, one health issue that continues to affect the health of children and youth is commercial tobacco. Since so much has changed in the laws for tobacco marketing, it is possible to underestimate its reach but smoking continues to hook youth into becoming lifelong smokers, affecting their physical and mental health, costing people their lives and creating a huge burden on our health care system.

There is good and bad news on this front. The good news is, over the last few decades, we have begun to shift how we view smoking and the use of other tobacco products like chewing tobacco and cigars. We know how dangerous it is and realize just how difficult it is to quit once addicted.

Many smokers have quit, and smoking rates have drastically declined from past decades. In Ontario, the laws have changed to protect children and to make smoking less acceptable in public places. Here in Grey/Bruce, children enjoy smoke-free schools, playgrounds, restaurants and more. These regulations reduce youth exposure to smoking, and also support those trying to quit or remain smoke-free.

The most recent data tells us that 85.2 per cent of youth aged 12-18 in Grey/Bruce have never smoked a whole cigarette. This is promising and shows, as parents and a community, we are doing many things right to prevent the next generation from trying a cigarette and getting hooked for life.

The bad news is, despite all this positivity, an estimated one-in-five Grey/Bruce residents aged 12 and over currently smoke, which includes daily and occasional smokers. Smoking rates that were dropping over time have become stuck, and the ongoing efforts of the tobacco industry to market their deadly product in new ways are hampering quit rates.

Images of smoking, which includes the emerging e-cigarette industry, continue to sneak into our children's lives, our homes and onto their screens and devices without our permission, influencing their young minds. Content in movies, video games and even phone apps are depicting tobacco use – commercial cigarettes, cigars, chewing tobacco, marijuana and now e-cigarettes – and doing so in a way that makes it seem cool and fun for youth.

Are you heading to the local theatre for a family movie night? Be prepared for your child or teenager to be exposed to tobacco use that leaves a lasting impression on their perception of smoking. We know the more children see smoking in movies –

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especially in a positive way – the more likely they are to start.

SMOKING ON SCREEN

For children and youth, smoking in movies is one piece of a much larger puzzle that affects their perception. Smoking in movies is grossly over-exaggerated compared to what happens in real life, giving youth the perception it is more common than it is. Teens also have trouble perceiving the level of smoking among their peers. According to the 2012-13 Youth Smoking Survey, eight per cent of Ontario youth smoke tobacco products, but most overestimate the rate of smoking among their peers.

In addition to seeing the people they know smoke (parents, friends and co-workers), children and youth are exposed to a variety of advertising and media images that show a range of celebrities using tobacco products. These images combine to give the impression that smoking is indeed the thing to do and that, in spite of education campaigns identifying the health effects of smoking, ‘everyone’ still does it.

SMOKING IMPRESSIONS

Although pressure on the film industry has led to less smoking overall being shown in G-rated movies, tobacco is still showing up in many movies rated for children and youth in the PG-13 and 14A categories. Advocates for smoke-free movies speak of ‘tobacco impressions’ – the number of tickets sold for a movie multiplied by the number of times smoking or a tobacco product is shown. A blockbuster movie can create millions of tobacco impressions even though we only see smoking on screen once or twice.

Imagine a movie where a cool female leading character smokes several times throughout the movie and millions of teens head to the theatre. That’s the case in the recently released movie ‘Personal Shopper’ featuring popular actress Kristen Stewart. The movie was rated R in the U.S., but when it crossed the border it became 14A under the Ontario rating system. It comes with a warning about disturbing content, sexual violence and coarse language all worthy of mention, but nothing about tobacco content. Even in the trailer on the Cineplex website, we see a plume of smoke rise up beside the actress in one scene.

Smoking in kids’ movies

According to the Ontario Tobacco Research Unit, of 1,564 top-grossing movies released in Ontario theatres in 2004-14, 90 per cent were youth rated (majority of these were PG and 14A). More than half of these top movies (56 per cent) featured tobacco. Of the movies with tobacco content, 86 per cent were youth-rated in Ontario – a much higher share than in the U.S. (54 per cent). As a result, Ontario youth had unrestricted access to 60 per cent more movies with smoking than their U.S. counterparts and therefore substantially greater potential for exposure to smoking on screen.

Stewart’s character is seen smoking several times throughout the movie. Given her popularity, there is no doubt her on-screen smoking will send a message to many youth that this is a trendy and hip thing to do.

Then there are all those favourite movies we love to watch over and over. The ‘oldie-but-a-goodie’ we pull out on a rainy day could be further normalizing tobacco in the minds of our children right in our own homes.

The cartoon movie ‘Rango’ caused a stir in 2011 when it was released as some of the supporting animal characters were shown smoking either cigarettes or cigars. It was given a ‘G’ rating. The characters shown smoking tended to be the bad guys or supporting characters, so it’s natural to think this would be less cause for concern. The problem with tobacco impressions is that it only matters how many times smoking is shown, not who’s doing the smoking. Research shows these numbers add up to trouble, as it leads young people to believe smoking is common and acceptable.

“Whether smoking appeared in the background or foreground, whether it was a ‘good guy’ or a ‘bad guy,’ whether it appeared a lot, all at once, or a little over time, the influence was the same,” states the Ontario Coalition for Smoke-Free Movies. “It is the buildup of smoking images in our children’s minds that counts. The more times a child or teen sees smoking in movies the more likely they are to start.”

Just how many children do we think are affected by all these tobacco impressions? Researchers in Ontario and across the world have been studying the effect of these tobacco movie theatre impressions. They all come to the same conclusion – when all factors (other personal influences and marketing) are accounted for, smoking in movies is a major influence on youth trying a cigarette and eventually getting hooked.

Researchers in Ontario project that 185,000 of today’s children under 18 years of age will start smoking because of their exposure to on-screen smoking. As for the number of youth smokers in Ontario, 37 per cent are recruited to smoke by the movies, and, of the youth recruited to smoke this way, 59,000 will eventually die prematurely from smoking-related diseases.


Smoking and tobacco content is now increasingly found in video games and apps. Like in the movies, it is usually the cool, edgy characters who smoke. With the popularity of video games soaring and some youth spending hours a day playing, they are facing a new wave of tobacco impressions.

PREVENT IMPRESSIONS

Don’t worry – parents, grandparents and guardians can proactively navigate these entertainment experiences. Here are some practical tips to help deal with smoking or other issues on the big and small screens:

- Whether it is smoking, alcohol use or violence, use any opportunity to talk about healthy versus unhealthy choices, and how media often portrays risky choices as fun and exciting.
- Teach youth to question and discuss what they view, and

compare real life to what we see in movies, video games and on TV.

- Pre-screen movies and video games to avoid inappropriate content.
- Visit websites that provide ratings and reviews for movies and video games such as www.smokefreemovies.ca (on Facebook as well), www.kidsinmind.com or www.commonssensemedia.org for movie, video game and app reviews.
- Read game and app reviews before purchasing or downloading games.
- Watch movies and play video games together to see what your child is exposed to.
- Learn more about online media and entertainment at www.mediasmarts.ca.
- Learn more about smoking in movies and what is happening to change the movie rating system in Ontario at www.smokefreemovies.ca. 

BROOKE TOMSETT is the Tobacco Youth Advisor for the Grey Bruce Health Unit. She works to prevent commercial tobacco use through youth engagement. She can be reached at 519-376-9420 x1264 or b.tomsett@publichealthgreybruce.on.ca. Visit www.publichealthgreybruce.on.ca for more information.

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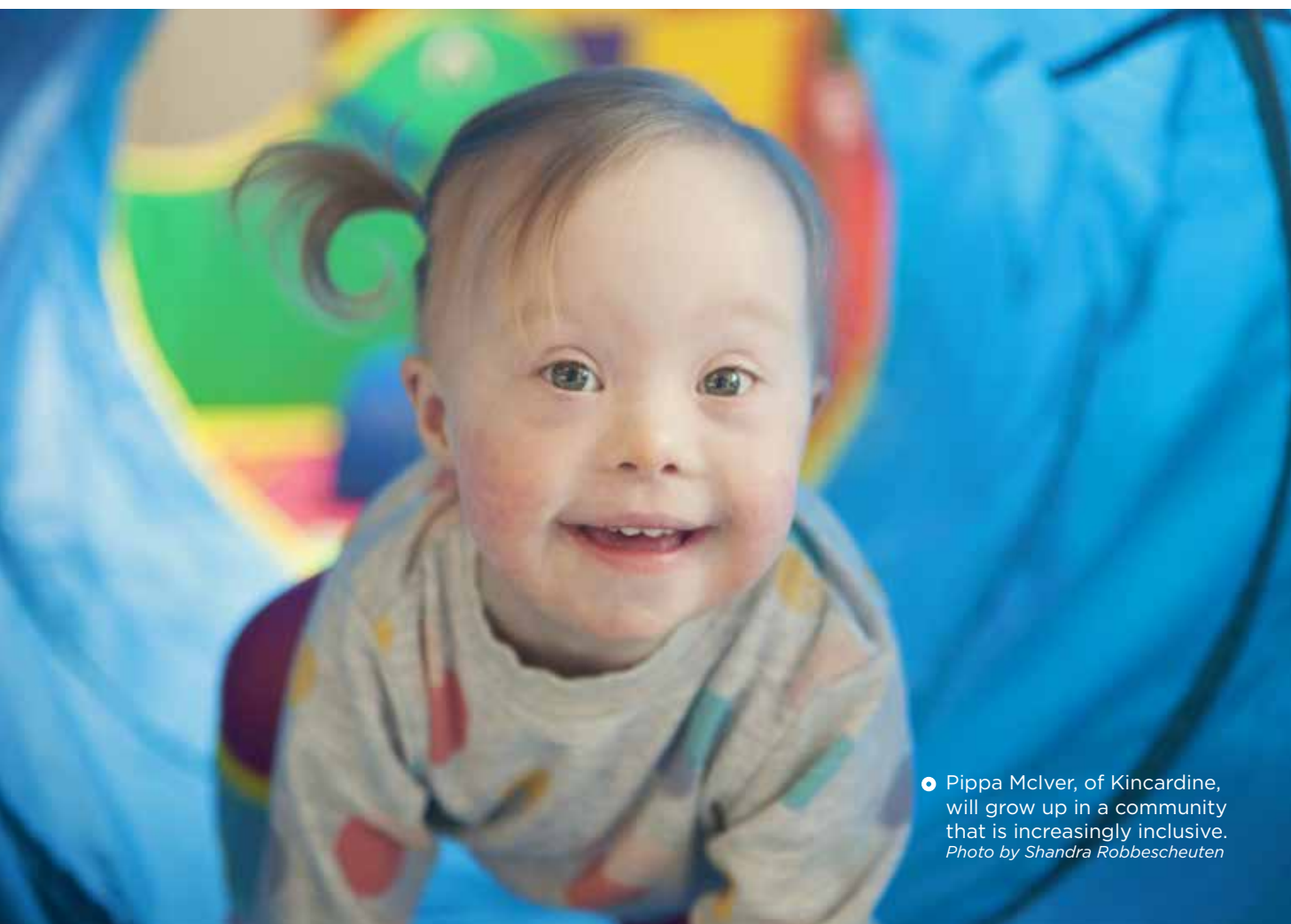


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● Pippa McIver, of Kincardine, will grow up in a community that is increasingly inclusive. Photo by Shandra Robbescheuten

Creating inclusive communities

By Beth French

When visiting Kincardine in May, Torrie Dunlap, CEO of Kids Included Together (KIT), asked teachers, coaches and parents what our community stands to gain by keeping children with disabilities separated from their peers.

More importantly, she asked everyone to think about what we lose out on when we do.

It is an unfortunate reality that many children with disabilities in our communities remain isolated and segregated from their peers – in schools, sports, recreational programs and after-school activities. Children with disabilities pick up on the message they are too different, have too high of needs and are not capable enough to participate alongside their peers – a belief that can have a life-long impact on their development, abilities

and sense of belonging.¹ The practice of inclusion has many obvious benefits for children with disabilities. Being included shows children with disabilities they are valued and respected, promotes feelings of self-worth, and provides numerous opportunities for positive social interactions. When children are included in all the community has to offer, they can be recognized for their interests and talents instead of only being seen as their diagnosis.

What is not typically discussed is the impact inclusion has on children without disabilities. There is almost 30 years of research and experience that shows all children benefit from high expectations and practices that support inclusion. Children without disabilities, who participate in inclusive activities, are more likely to respect and accept differences, be patient and empathic, demonstrate higher levels of tolerance and have a

better understanding of diversity. They are better able to learn about the strengths of other children, discover ways they can help each other succeed and develop stronger cooperation and collaboration skills.²

PRACTICING INCLUSIVENESS

While the evidence supporting inclusion is clear, the actual practice of creating inclusive environments and activities can seem a little tricky. According to Dunlap, the first steps are to examine our mindset, change how we view disability and embrace the philosophy of inclusion.

Dunlap says our culture tends to view disability through the lens of the ‘medical’ model, which positions disability as a problem or experience that only experts can understand. This approach reinforces the assumption that children with disabilities need different things than other kids because they are ‘special.’

KIT has a different, more holistic view of disability. They encourage people to see disability as one part of a person’s identity and to consider how environmental barriers may influence a child’s ability to function or participate in the world around them. To Dunlap, disability is a natural part of life and the core needs of children with disabilities are no different than those of other children. After all, what is so ‘special’ about wanting to make friends, feel accepted for who you are or to have the opportunity to learn something new?

INCLUSION ISN’T HARD

When Dunlap and her peers at KIT reach out to support an organization to become more inclusive, the most common response is the organization, “Isn’t quite ready yet.” They hear that no one has experience working with people with disabilities, the staff lacks training, there are concerns about costs, safety and liability, or the experience of children without disabilities may be diminished.

But Dunlap makes it clear – inclusion is not really as hard as you think.

While it is true some children have significant disabilities or require a range of accommodations, the majority of children do just fine when given the right support. Being able to offer that support is less about knowing all there is to know about disabilities and much more about embracing the philosophy

of inclusion. It is about being welcoming, flexible and open to thinking creatively, while being able to ask questions when necessary.

Inclusion is an ongoing process of learning and adapting – like being a parent, there’s no better way to start than jumping right in and doing your best.

EIGHT THINGS TO REMEMBER

Focus on the child, not on the disability³ – Children are much more alike than they are different. When you can see the child for who they are, and not just focus on their diagnosis or label, it becomes easier to understand how they fit within your program. Most children participate in an activity for the exact same reasons – to have fun, make friends and learn. When it’s necessary to discuss the child’s disability, use person-first language and don’t make assumptions about their abilities. Not everyone with the same disabilities has the same challenges or support needs.

Communicate with experts – As the program leader, teacher, coach or instructor, you are already an expert in your subject area and you have experience working with a group of kids. When creating an inclusive environment, parents or caregivers can become a valuable resource as an expert on a child with a disability. They can help you learn the child’s likes and dislikes, strengths, sensitivities, what triggers challenging behaviours and how to calm them when necessary. Sometimes there are other experts that can help you as well – siblings, peers and support workers may have important insights that can support a positive, inclusive experience.

Small things can make a big impact – The majority of accommodations that make a big difference for children with disabilities are inexpensive and easy to implement. For example, creating a visual schedule that incorporates pictures can support all children to prepare for the day’s activities. Before beginning the next activity, show the schedule and point to the relevant picture. This can also help with one of the most stressful times for children – transitions. Going from one location to another, or changing from one activity to the next, can be especially challenging for children with disabilities such as autism. One of the greatest benefits of inclusion is that what works for kids with disabilities also often helps kids without disabilities, and makes the program better for everyone. Many other accommodations

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that character can make an appearance in the play you are working on or a new activity could be started to showcase their knowledge and interests. Promoting and supporting a child's strengths will encourage their peers to see their abilities and not just their disability.

Foster relationships – Social isolation is one of the biggest challenges faced by children with disabilities. Many want to play and become friends with other children, but they may not know how. Model and support the child to learn important skills such as starting a conversation, inviting another child to play and taking turns. Foster natural friendships when you see them developing and give plenty of positive reinforcement to children of all abilities who demonstrate inclusive and welcoming attitudes.

Practice inclusion at all levels – The philosophy of inclusion goes beyond making accommodations for children with disabilities. Think more deeply about how your organization can commit to inclusion. Do you discuss disability as a natural part of life, even when children with disabilities are not part of the program? Does your organization welcome staff, volunteers or mentors with disabilities? When children see people with disabilities in service roles, they learn that everyone belongs and has something to contribute.

Celebrate successes – Meeting the needs of many different children is rarely easy, but Dunlap says it's both worth it and necessary. She believes our world needs to be a place where everyone belongs and where kids understand that everyone has value. You make a difference when you treat everyone in your program equally and with respect. There will be times when it feels difficult, but never forget to celebrate each success. Share them with your team and the child's family, and use them as building blocks for further success. It's important to remember, by practicing inclusion, you have the power to change lives!

1. World Health Organization 'World Report on Disability,' 2011
2. <https://www.thinkinclusive.us/bullying-is-a-culture-problem/>

are simple – placing popular toys at a height someone in a wheelchair can reach, creating a calm visual environment (solid colours instead of busy patterns) or giving singular instructions with plenty of time for children to process and understand each step before moving on to the next.

Practice flexibility – Anyone who works with children knows they all have unique energy levels, interests and skills, and that it's important to plan activities with that in mind. Part of this planning involves practicing flexibility and being able to adapt when necessary. In truly inclusive environments, an element of this flexibility is recognizing that each child doesn't have to participate in exactly the same way. Dunlap gives an example of supporting a young girl who used a wheelchair to join a dance class. The child loved music and watching the movements, but the teachers were struggling to include her. They discovered she was interested in being the class DJ, playing the music, counting off the beats and using her arms to do some of the moves when she wanted. She was able to engage with her love of dance and gain something valuable from the experience, even though she wasn't doing exactly what the other children were.

Identify and incorporate strengths – Kids often have a special interest or talent that you can use to keep them engaged. Discovering a child's passion can be the most important piece of information to support meaningful inclusion. Does a particular character, topic or sports team fascinate the child? Find ways to incorporate that passion into your program – perhaps

3. Adapted from <http://www.lovethatmax.com/2014/07/8-ways-to-include-kids-with-special.html>

ADDITIONAL RESOURCES

<https://www.kit.org/what-we-do/inclusion-resources/>
<https://www.thinkinclusive.us>
<https://ollibean.com> 

BETH FRENCH is the Community Engagement Coordinator with Community Living Kincardine & District, which has been inspiring possibilities for individuals with developmental disabilities since 1963. Contact her at 519-396-9434 x234 or via email at bfrench@clkd.ca. Learn more at www.clkd.ca or find it on Facebook.


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Photographing your family

DON'T MISS THE MOMENTS, BIG OR SMALL

By Sarah Tacoma

You can start your training at any time to become an amateur photographer, no matter your experience, age or quality of camera.

Some of the best photographers I know have no formal training, and some of them first started taking pictures only a few years ago. Education is a great tool for learning how to use your camera and some of the basic rules of photography, but it is by no means necessary to create stunning images. If you want to dive in though, there is no shortage of new techniques, genres, equipment, inspiration and workshops to take in this field.

Developing a photographer's eye helps you view the world differently and stay in the moment. When you're looking through a camera lens, you see things in composition. You notice light and shadows, and all the beautiful things that surround you. You encourage your kids to get messy and wild so they stay in the moment longer than normal.

I find that when I'm taking photos of my own family, I let myself fall into the fun of childhood more easily and let go of other responsibilities. And after taking photos for so many years, I see light, shadow and composition all the time, with or without my camera! It has become the way I see the world.

PHOTOGRAPHY AS MOTIVATION

When photography is a hobby, it motivates you to get out and do something fun or adventurous. Even if it's just going for a hike or setting up a sprinkler in the yard, you know the things your family does together will create photo opportunities.

This summer I've booked a yurt in Tobermory for our family of five, and I'm already visualizing the photos I'll take of our hikes, campfires and cave explorations.

There are no restrictions – photography is so personal. You can play around with your angle, composition, exposure, depth of field, and so much more! In just a few minutes you can create a handful of images that have completely different moods and tell very different stories. So get creative and have fun!

Sure there are photography 'rules' but they've been successfully broken time and time again, so feel bound by them. Take weird photos, light photos, dark photos and funny photos, and



● All photos courtesy Sarah Tacoma.

discover what you like best.

LIFELONG MEMORIES

Every time you shoot, you're creating a gift for your family. What better memory is there for your kids than a book of photographs telling the story of their childhood? We all have them, with a smattering of images over the course of 10 to 15 years? Sure, some years are missing, but a lot of my childhood memories consist of these photos. I'm sure I would have fewer



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true memories of childhood if the photographs my parents lovingly snapped didn't trigger them.

So, in our technological age where we all carry a high-quality camera in our pocket and don't have to pay for film and developing, we can do the same – or better – for our children. Collect your favourites from the past year and actually get them printed or made into a book, so they aren't forgotten digital images, never to be seen again. There are so many online options for creating memory books. There are even posters you can have made directly from your Instagram account! Make it a priority and your children will thank you one day for this incredible gift.

SUMMER PHOTO IDEAS

Need ideas for fun summer photos? Have the kids play with

bubbles outside, or in a giant mud puddle on a rainy day! Bubble baths are amazing for pictures, as are activities like cooking, baking, painting, sculpting, marshmallow roasting, reading, and even doing dishes. Don't pose them, or ask them to look at the camera, just document the event as it happens and get creative with your camera. Real moments are the most stunning. **GBK**

SARAH TACOMA has been a professional photographer for over 10 years, specializing in storytelling family photography. She lives with her artist husband and three children in the Beaver Valley, where you can find her working in her backyard art studio. Contact her at www.sarhtacoma.ca.

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Summer stargazing

By John Hlynialuk

The night skies have held humans captive for millennia – it's one thing today's advanced civilization truly has in common with the Earth's first men and women.

Though science has explained many of the mysteries our ancestors couldn't fathom, the galaxies – plastered on an endless canvas above our heads on a clear night – remain a sight to behold. Simply by tilting your head back, or lying on the grass on a warm summer's night, you can experience the wonders of the universe.

Meteor showers – the scientific term for the streaks of light known as 'shooting stars' – are one of the highlights of stargazing. These are tiny bits of space debris that enter our atmosphere more than 100 km above the Earth's surface. When they crash into the air, they get so hot they produce a streak of light as they disintegrate.

TINY DEBRIS

To visualize the size of a meteor shower, spill some pepper on the table – the flakes are about the right size. Most of the meteoroids (what they are called before they reach Earth) are small, but they pack a lot of energy when moving so quickly. Once in a while a bigger particle, perhaps the size of a grape, will enter the atmosphere and make so much light that when you see one, I guarantee you will yell, "Wow! Did you see that one?" These brighter meteors often look green, blue

or red, and some of the really large ones can be seen to break up into pieces or produce a bright flash at the end of the trail.

The trail of dust the comet leaves behind creates the meteors when the Earth passes through the debris. This occurs in early August and, though we cannot feel the Earth moving, it plows through the dust at about 30 kilometres per second. That's over 100,000 km/h, so even a tiny particle hits the atmosphere with such force that it is instantly incinerated and creates a burst of light that we see as a shooting star.

Astronomers call the particles outside the atmosphere 'meteoroids' and the term meteor is used to describe the trail of light we see. Since most of the particles are tiny, there is not much that gets to the ground to cause us any concern. No shooting star ever seen during a meteor shower has been observed to actually make it to the ground. However, large meteoroids (mostly random ones, not from showers) can survive the trip through Earth's atmosphere, and, when found, we call them meteorites. There are meteorite hunters who look for these 'space rocks,' and you can actually buy them rather inexpensively. Many of these are not from known meteor showers and are not pieces of comets, but likely originate from the asteroid belt. Some are even fragments splashed off the moon or Mars when a large asteroid hits one of those planets. As you can imagine, these special ones are very expensive.

MICROMETEORITES

There is another category of meteorite called 'micrometeorites,' which, as the name suggests, are extremely tiny – you need a microscope to see them. Micrometeorites are the leftovers of the glowing meteor we see in the sky. After the trail is produced, the hot material starts to cool, and extremely fine fragments form, often as tiny drops that are roughly spherical. Imagine shooting water into the air from a hose. You see the water change into drops at the end of the stream. If you could instantly freeze the water, you would have round ice cubes. This is roughly what happens to produce micrometeorites.

They may also be tiny, but they are actually quite easy to collect. After the shooting star goes out, the micrometeorites drift down over weeks and months and, when they get into the cloud layer, water vapour condenses on them. These vapour drops, with micrometeorites inside them, eventually fall to the ground as rain or snow. All you need to do is collect enough rainwater (or melt lots of snow in the winter), evaporate the water and the fine dust in the bottom of the container will have the micrometeorites mixed in with terrestrial dust. Then wrap some plastic wrap around a magnet and swish it through the dust. Some micrometeorites are magnetic and will stick to the magnet. Peel off the wrap carefully to not lose any of the fine material sticking to it, and now you have a bit of metallic asteroid dust!

Borrow a microscope and have a look at the material – you will see the roundish blobs – these are micrometeorites that came from either comets or asteroids in the solar system. Just remember, the next time it rains, it is actually raining micrometeorites!

● A fireball meteor observed on Nov. 14, 2015, in the sky over the ES Fox Observatory at the Bluewater Outdoor Education Centre. Photo courtesy John Hlynialuk

PERSEID METEORS

The best time to see a meteor shower this summer is from Aug. 11-13, when the Perseid meteors appear in our sky. They are called Perseids because they appear to be radiating from that constellation, but this is just a trick of your eye, an illusion comparable to seeing snowflakes coming from ahead when driving into a snowstorm. Although the peak nights are Aug 11-13, the Perseid meteor shower actually lasts from July 17 to Aug. 24, but with fewer numbers at the start and end. Chances are, if you see a bright shooting star in late-July or early-August it is a Perseid.

Most meteors are dust particles left from comets that have previously passed through the solar system. The Perseids are dust from Comet 109P/Swift-Tuttle, named after the two astronomers (Lewis Swift and Horace P. Tuttle) who discovered it in 1862. Tuttle and Swift were keen observers and discovered more than just Comet 109P, but because they saw the same comet at about the same time, both of their names are attached to it.

Comet 109P/Swift-Tuttle actually has an orbit that brings it back around the sun every 130 years, though the last time was 1992. It was visible through binoculars but it was not bright enough to be seen with the naked eye. For that you have to wait another 109 years, until 2126, when Comet 109P should be bright enough to be seen without a telescope (I can hardly wait!).

This past spring, another comet discovered by Tuttle was in

our sky near the Big Dipper and it has three names attached to it – Comet 41P/Tuttle-Giacobini-Kresak, three being the maximum number allowed.

METEOR SHOWERS

Not quite so much work is involved in just watching a meteor shower. All you need is a dark place without too many trees, a comfortable reclining lawn chair, some warm clothing and a blanket to help keep the dew off. The more time you spend looking, the better the chance of seeing those really bright ones.

When viewing the Perseid meteors from Aug. 11-13, face north or northeast if by yourself. If you're with a group, face different directions so you can cover as much of the sky as possible. Keep an accurate count and don't be surprised if you see more than 60 meteors per hour, which is about 10 times more than you would normally see on a night with no meteor shower happening.

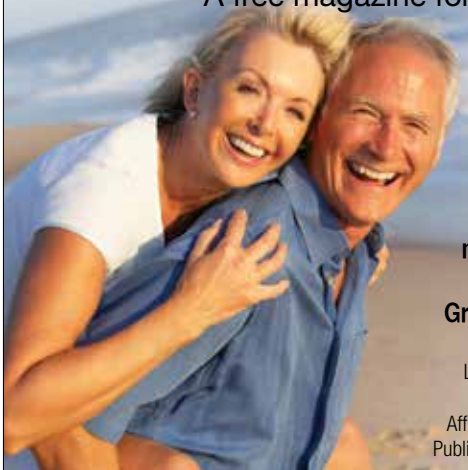
After midnight, the moon is in the sky and makes the fainter meteors more difficult to see, but if you stick it out into the wee morning hours, the bright fireballs – the ones that make you jump up and down – can still be seen.

There is no better reason to stay up all night long. **GBK**

JOHN HLYNIALUK is a retired high school teacher who taught science in both Bruce and Grey county high schools. He is a member of the Bluewater Astronomical Society (originally the Bruce County Astronomical Society). Learn more at www.bluewaterastronomy.com.

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Fit for a king & queen

Tools of the trade you'll need to build a better sandcastle

By Sandi 'Castle' Stirling

Who wants to build a sandcastle? I do, I do!

A day spent at the beach can be lots of fun if you build a sand creation, but not all beaches are the same. Some are full of tiny pebbles and shells while others have soft sand, which is perfect for building a sandcastle. The best way to find out if the sand will work for you is to do the 'squeeze' test. Go to the waterline, where the waves meet the dry sand, and grab a handful of wet sand and squeeze it tightly. When you open your hand and the sand has the imprint of your fingers and you can pick up the oblong ball of squeezed sand with your other hand, and it holds

together, then you know the sand at that beach will be perfect for your creation.

If the sand you are squeezing falls apart it may not be wet enough, or there may be too many particles in the sand, like small pebbles or shells. The results will not be very good if you use sand with stones in it.

TOOLS OF THE TRADE

No sandcastle is possible without the right tools. It is important to have a small shovel so you can dig into the wet sand to make your foundation. Include in your sand toolbox a paintbrush to smooth out the sand on your castle walls, a melon baller to

make decorative scallops, a spoon, fork and butter knife (plastic is fine), and, most importantly, a straw to blow away any excess sand from your windows, etc. Another necessary item is a bottomless bucket (cut the bottom out of a five-litre pail) and a good pail to fetch water.

GETTING STARTED

You have all your tools now and you are ready to build your castle. The first step is to build a solid base or foundation. Go down to the waterline to build your castle – you want to be far enough away from the waves so it doesn't take your castle down, but you want to be close enough to the water so you don't have to walk too far to fetch water. After a few attempts, you will find the perfect spot.

Dig into the sand with your shovel and pile into a heap. You can stomp on the sand to make a strong base and pour water on it. This will compress the sand and make it strong. Keep piling more sand on your base with water.

Next, take your bottomless bucket and flip it upside down so the 'bottom' is now at the top. Fill a third of the bottomless bucket with sand and then add water to it. Use the palm of your hand to swirl the water and sand. You always want to have about two inches of water on top of the sand in your bottomless bucket as you swirl. Add more sand and then water. Continue to do this until you are at the top of the bucket.

Now tap the sides to release the vacuum seal and pull the bucket

off, leaving you with a great circular pack of sand.

Now it's time use your imagination. You can fill a beach pail with damp sand that you compacted with your hands, and turn it upside down on your tower. Tap the sides and pull it off. Now your castle is getting taller, and it is time for you to carve some window and doors. If you have a plastic fork, remove the two middle prongs to make a great window and door maker. You can also use a knife or spoon for this job, while the melon baller can create sculptures in your castle wall. If you have a ballpoint pen, draw rocks or bricks on your castle wall. Remember to use your straw to blow away any loose sand from the castle wall.

You can learn more techniques before you leave for the beach. Go to YouTube and look up 'Building a sand castle.' You will learn more advanced techniques like how to make stairs, so take those ideas with you to the beach too!

Most importantly, remember to have fun. If your sandcastle collapses, don't give up! The more you practice, the better you will get. **GBK**

SANDI 'CASTLE' STIRLING is a Professional Master Sand Sculptor. She began 22 years ago at Sauble Beach as a novice and, after years of practice, moved up the ranks to where she's now competing across Canada and the U.S. View her creations at www.facebook.com/sandicastlestirling.

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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 Bruce Grey Perth

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

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RN/certified Lactation Consultant available
www.bafht.com
Walkerton

Grey Bruce Health Unit

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publichealth@publichealthgreybruce.on.ca
www.publichealthgreybruce.on.ca
Owen Sound

Hanover Family Health Team

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519-506-4348
www.hanoverfht.ca

La Leche League Canada

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Owen Sound - 519-376-5916
www.lllc.ca

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New Mom support
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Support groups

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519-368-4847
South-Bruce Breastfeeding Buddies -
519-881-1920
Wiarton and Bruce Peninsula - 519-534-0912
Markdale - 519-369-3381
Owen Sound - 519-372-1330

CHILDBIRTH

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519-955-0515
empoweringdoulacare@gmail.com

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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.sbgchc.on.ca

CHILD CARE

Acorn Montessori

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Thornbury

Amabel-Sauble Child Care Centre

519-422-3611
Sauble Beach

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519-599-2577

Bob's Playschool

519-538-5483
Meaford

Brooke Montessori Toddler Program

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Owen Sound

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519-881-0431 or www.brucecounty.on.ca
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www.greycounty.ca/childcare

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Holstein - 519-334-3132
Markdale - 519-986-3692
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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

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Unity House - Owen Sound

519-371-8686

Viola Jean's Garden Daycare - Owen Sound

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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

YMCA Childcare

Arran Tara - 519-376-0484
Hanover - 519-364-4938
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Owen Sound - 519-376-0484
Port Elgin - 519-832-6225
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Bruce-Grey Catholic District School Board

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Conseil Scolaire Catholique Providence

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1-888-768-2219; www.cscprovidence.ca

Edgehill Country School, Durham

www.edgehill-school.com

Georgian Tutors

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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

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Big Brothers Big Sisters

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www.bigbrothersbigsisters.ca/bbowensound
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www.bigbrothersbigsisters.ca/kincardine

Bruce Grey Child and Family Services

1-855-322-4453; www.bgcfcs.ca

Bruce Grey Mentorship

504 10th St. Suite 2, Hanover
519-506-5065; www.brucegreymentorship.ca

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

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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

Lesley Holm - Youth and Family Counselling

519-270-8790; holmlesley@gmail.com

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
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Parent Help Line

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1-866-994-9904 - Walkerton
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519-599-2577; info@bvo.ca; www.bvo.ca

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Services (formerly Children's Aid)
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www.grey.ca/health-social-services/
Owen Sound
Bruce County - 1-800-265-3005
www.brucecounty.on.ca/ontworks.php
Walkerton

United Way of Bruce Grey

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

YMCA of Owen Sound and Grey/Bruce

519-376-0484 or ymcaowensound.on.ca

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info@bvo.ca or www.bvo.ca

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Flesherton and Area Food Bank

Marian Doyle, 519-599-3576

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519-396-2185 or circlek@bmts.com

Lion's Head and District Food Bank

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

RESOURCES

Markdale and District Food Bank
519-986-3094

Meaford Food Bank
519-538-4550

Paisley Food Bank
Immanuel Evangelical Mission Church
307 Balaclava St.; 519-353-5270 (Carol)

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Owen Sound - 519-371-0957
Port Elgin - 519-389-3942

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

Ontario Tenants Rights
ontariotenants@hotmail.com
www.ontariotenants.ca

Safe 'n Sound Homelessness Initiative
519-470-7233
www.safensoundgreybruce.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.hanoverfht.ca

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

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

Honouring Life Network
Aboriginal youth suicide prevention
www.honouringlife.ca

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

Huron Shores Foot Clinic - Kincardine
Orthotics, footcare, podiatrist, chiroprapist
519-396-3500

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

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

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

Lesley Holm - Youth and Family Counselling
519-270-8790; holmlesley@gmail.com

Mino Bimadsawin Health Centre
57 Mason Dr., Saugeen First Nation
519-797-3336

M'Wikwedong Native Cultural Resource Centre - Owen Sound
1-866-202-2068 or admin@mwikwedong.com
www.mwikwedong.com

Optimize Healing Centre, Port Elgin
Neurodevelopment specialists
519-832-1515 or info@optimizehealing.com
www.optimizehealing.com

Owen Sound Crisis Pregnancy Centre
1-888-371-2004 or oscpc@wightman.ca

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

Penetangore Wellness
Art and family therapy
www.penetangorewellness.com

Poison Control Centre
1-800-268-9017

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

South Bruce Grey Health Centre (hospitals)
Chesley - 519-363-2340
Kincardine - 519-396-3331
Durham - 519-369-2340
Walkerton - 519-881-1220
www.sbghc.on.ca

South East Grey Community Health Centre
55 Victoria St., Markdale
519-986-2222 or 1-855-519-2220
info@segchc.ca or www.segchc.ca

St. John Ambulance First Aid training
519-364-7004 or grey.bruce@on.sja.ca
Online: <http://bit.ly/t3Ye8g>
Hanover and Owen Sound

TeleHealth Ontario
1-866-797-0007

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

LIBRARIES

Blue Mountains Public Library/ L.E. Shore Memorial Library
Thornbury
519-599-3681 or thebluemountainslibrary.ca

Bruce County Public Library
Online catalogue - opac.brucecounty.on.ca
Administrative office - 519-832-6935 or libraryinfo@brucecounty.on.ca
Cargill - 519-366-9990
Chesley - 519-363-2239
Kincardine - 519-396-3289
Lion's Head - 519-793-3844
Lucknow - 519-528-3011
Mildmay - 519-367-2814
Paisley - 519-353-7225
Port Elgin - 519-832-2201
Ripley - 519-395-5919
Sauble Beach - 519-422-1283
Southampton - 519-797-3586
Tara - 519-934-2626
Teeswater - 519-392-6801
Tiverton - 519-368-5655
Tobermory - 519-596-2446
Walkerton - 519-881-3240
Warton - 519-534-2602

Collingwood Public Library
519-445-1571; www.collingwoodpubliclibrary.ca

Dundalk/Southgate Public Library
519-923-3248 or <http://southgate-library.com/>

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

Hanover Public Library
519-364-1420 or www.hanoverlibrary.ca

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

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

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

MUSEUMS

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

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

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

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

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

Chesley Heritage & Woodworking Museum
519-363-9837

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

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

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

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

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

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

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

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

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

ONLINE SUPPORT

www.211.ca

www.pathwaysawareness.org

www.mentallyfit.ca

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

www.targetyouth.ca

www.thehealthline.ca

www.wesforyouthonline.ca

PLAYGROUPS

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

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
Warton - 519-534-5550

SPECIAL NEEDS

Autism Ontario Grey Bruce Chapter
226-787-0333 or marti@autismontario.com
<http://bit.ly/tO6kam>; Owen Sound

Autism Parent Support Group
Community Living Kincardine & District
519-396-9434 or www.clkd.ca

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

Bruce Peninsula (Warton) Association for Community Living
519-534-0553

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

Community Living Meaford
519-538-4165

Community Living Owen Sound and District
519-371-9251 or communitylivingowensound.ca

Community Living Walkerton & District
519-881-3713 or www.clwalkerton.org

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

Hope Haven Therapeutic Riding Centre
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.makeawishswo.org
London, ON 



A tireless volunteer

Autumn Lake loves to get involved in her community by volunteering in a number of areas.

The 13-year-old student at St. Anthony's in Kincardine represents the youth of her community on the municipality's Youth Council where she provides a youngster's perspective when elected officials and staff look to make decisions.

Autumn is also very involved with both community and school organizations. She takes part in many activities with Big Brothers Big Sisters Kincardine and District (BBBSKD), while also taking seriously her duties to cleaning our environment through the annual landfill garbage clean-up, picking up litter from the town's trails and beaches, and helping her teacher Mrs. Saxton with collecting terracycle, sorting recycled items, and flattening milk bags as part of her school's Green Team (terracycle).

She is also planning to volunteer at a local day camp this summer, as well as with the local Lego League.

"Another impressive aspect of Autumn's work in the community is for families who may be less fortunate," said Gillian Andrews, of BBBSKD. "She helps people in the community by helping to watch their kids for free, which they can't always afford. She also helps collect winter coats and toys for kids and donate them to those in need." GBK



Autumn Lake, 13, of Kincardine, is involved with the local Youth Council, environmental clubs, and clothing and toy drives.



We have you covered,
so you can focus on
what really matters.



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Kincardine | Port Elgin | Southampton | Owen Sound
Hanover | Teeswater | Clifford | Harriston

1 (800) 265-3000

www.millerinsurance.ca

SUMMER EVENTS

JUNE

1

Explore the Bruce Adventure Passport
www.explorethebruce.com
Runs through Oct. 31

Bruce County Public Library events
www.library.brucecounty.on.ca

Huron-Kinloss Ice Cream Trail
Photo scavenger hunt with nine stops for ice cream along the way.
www.icecreamtrail.ca
Runs through Sept. 30

2

School's Out Movies
Bruce County Museum & Cultural Centre
www.brucemuseum.ca
Also runs June 29 and 30

PA Day adventures
Grey Roots Museum & Archives
www.greyroots.com
Also runs June 29 and 30

10

Keystone Family Fun Festival
Kelso Beach, Owen Sound
11 a.m.-3 p.m.
www.keystonebrucegrey.org

Touch-A-Truck and Firefighter's Breakfast
Walkerton Fire Hall, 510 Napier St., E.
8 a.m.-1 p.m.
www.facebook.com/walkertonffa

17

Kincardine Teddy Bear Parade
Victoria Park, Kincardine
10 a.m.
www.facebook.com/KincardineTeddyBear-Parade

18

sTOMP!
Tom Thomson Art Gallery, Owen Sound
1-3 p.m.
Join us for one Sunday afternoon each month for free, fun and family-friendly art activities.
www.tomthomson.org

20

Longest Day of Play - PLAY in Bruce Grey
Check with your municipality for activities
www.playbrucegrey.com

21

Canadian Forces Snowbirds
Hanover/Saugeen Municipal Airport
Noon-7 p.m. Show starts at 4 p.m.

23

Lucknow Strawberry Summerfest
www.strawberrysummerfest.com
Runs through June 24

25

Ride Don't Hide
4th annual bike ride for mental health
www.ridedonthide.com

29

Summer Fun Flicks
Grey Roots Museum & Archives
Daily movie at 1:30 p.m. all summer
www.greyroots.com

30

Maawanji'iding: Festival Canadiana Owen Sound
Kelso Beach Park
Aerial fire circus, workshops, activities, food and craft vendors, fireworks, music and more.
Runs through July 9

JULY

1

Ontario Family Fishing Week
Nine days of license-free fishing
www.ontariofamilyfishing.com
Runs through July 9

Holstein Agro Expo
392174 Grey County Rd. 109, Holstein
www.holsteinagroexpo.com

3

Reptiles Alive
Bruce County Museum & Cultural Centre, Southampton
2:30 p.m.
www.brucemuseum.ca
Runs every Monday all summer

5

Family Outdoor Movie
Sauble Beach, behind Beavertails
www.saublebeach.com
Every Wednesday night all summer

7

Kincardine Scottish Festival
Victoria Park, Kincardine
www.sunsets.com
Runs through July 9

14

Healthy Parks, Healthy People Day
Local Provincial Parks - no day-use fee!
www.ontarioparks.com

19

Hanover Sights and Sounds Festival
Five days of entertainment
www.hanover.ca/sights-and-sounds-festival
Runs through July 23

28

Marine Heritage Festival
Pioneer Park, Front St., Southampton
www.marineheritage.com
Runs through July 30

AUGUST

4

Emancipation Festival
Harrison Park, Owen Sound
www.emancipation.ca
Runs through Aug. 5

11

Point Clark Lighthouse Festival
www.huronkinloss.com
Runs through Aug. 12

Griggsport/Summerhouse Park Kids Race
Bluewater Park, Wiarton
www.brucepeninsulamultisportrace.ca

12

9th annual Métis Rendezvous
Shirley Moulton, 519-483-4000
saugeenmetisrecord@bmts.com

Sauble Beach Sandfest
www.saublebeach.com
Runs through Aug. 13

Famarama at Blue Mountain Village
www.bluemountainvillage.ca
Runs through Aug. 13

18

Bruce County Heritage Farm Show
South of Paisley
www.bruceheritage.com
Runs through Aug. 20

Nawash 33rd annual Traditional Pow Wow
Neyaashiinigiiming, Cape Croker Park
<http://www.nawash.ca/nawash-pow-wow/>
Runs through Aug. 20

19

Touch-A-Truck Port Elgin
\$5 per person, up to a \$20 max/family
519-832-5083/saugeenshoreskin@gmail.com

Brockton Buskers Festival
Downtown Walkerton
www.walkertonkinsmen.ca/buskers-festival

Bruce Power Beach Party
Station Beach/Reunion Park, Kincardine
4-10 p.m.
Inflatables, rock climbing walls, fireworks
519-361-2673 x12250
www.brucepower.com

25

Teeswater Fair
www.teeswaterfair.org
Runs through Aug. 27 GBK



RECIPES

Just peachy!

Recipes courtesy Foodland Ontario



Fresh and juicy Ontario peaches are one of the best parts of summer. Whether whole or as part of a dish, you can do so much with this summer treat.

SUMMER PEACH JAMBALAYA

INGREDIENTS:

- ½ cup sodium-reduced chicken broth
- 2 cloves garlic, crushed
- 1 tsp dried thyme leaves
- ½ tsp dried oregano leaves
- ¼ each cayenne and hot pepper sauce
- 2 cups cooked rice
- ⅓ cup diced pepperoni
- 1 sweet green pepper, diced
- 1 tomato, diced
- 12 ounces skinless rainbow trout fillet
- 4 peaches
- 2 green onions, thinly sliced

DIRECTIONS:

In large deep skillet, combine broth, garlic, thyme, oregano, cayenne and hot pepper sauce; bring to a boil over high heat.

Stir rice, pepperoni, green pepper and tomato into boiling mixture. Cover tightly and reduce heat to medium. Simmer for three minutes.

Cut fish into bite-sized pieces. Stir into rice mixture, cover and cook for three minutes. Meanwhile, peel, pit and dice three peaches. Slice remaining peach (unpeeled) into wedges for garnish.

Stir diced peaches, any peach juices and onions into rice mixture. Cover and continue to cook until fish is opaque, two to four minutes.

Garnish with sliced peaches.

Preparation time – 20 minutes

Cooking time – 12 minutes

Servings – 4

CURRIED CHICKEN, PEACH AND PECAN SALAD

INGREDIENTS

Dressing

- ½ cup plain yogurt
- ⅓ cup mayonnaise
- 2 tbsp fresh lemon juice
- 1 tbsp curry powder
- 2 garlic cloves, minced
- ½ tsp salt
- Cayenne pepper to taste

Salad

- 3 cups bite-sized chicken pieces, cooked
- 4 peaches, peeled and cut into bite-sized pieces
- ½ cup green onion, chopped
- 2 carrots, grated
- ⅓ cup pecan halves, preferably toasted

DIRECTIONS:

Dressing – In medium bowl, stir together yogurt, mayonnaise, lemon juice, curry powder, garlic, salt and cayenne pepper until blended. Refrigerate until ready to use (dressing will keep well for a couple of days).

Salad – In large bowl, toss together chicken, three of the peaches, green onion and carrots until combined; toss with dressing. Add pecans and gently toss. Sprinkle with remaining peach and serve immediately.

Preparation time – 15 minutes

Servings – 6



Castle Builder

Produced by The Children's Museum of Indianapolis



Grey County Archives | Special Events
Theatre | Summer KidsCamp
Group and Bus Tours | Museum Shop

New Exhibit
Open for Discovery
May 27, 2017!



Moreston Heritage Village

A ten acre picturesque living history site

Open June 25 to Labour Day



Museum: 10 a.m. - 5 p.m. Seven days a week

Archives: Mon - Fri 10 a.m. - 5 p.m., Sat* 1-5 p.m. *Except holiday weekends

Moreston Heritage Village: 11 a.m. - 4:30 p.m. Seven days a week

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



Reading fun for kids, from
Canada's public libraries
tdsummerreadingclub.ca

Join the fun this summer at the library!



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. Visit your local Bruce County Public Library branch to register.

LIBRARY.BRUCECOUNTY.ON.CA



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