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A FREE MAGAZINE FOR
PARENTS AND CAREGIVERS

SUMMER 2018 • Volume 8 Issue 2 • greybrucekids.com

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love AND kindness
IN NICARAGUA

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Sauble Beach is a staple for your Bruce County vacation, be sure to get your passport punched while you're here, start at Giggles Arcade and move towards the highest point in Sauble Beach!

2 Ripley Mini-Tour

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3 Southampton

Start your Southampton adventure at the Fairy Lake Lookout behind the Bruce County Museum & Cultural Centre and follow the detour signs to the passport box – make sure to bring the swimsuits for the kids to fully experience this passport stop!

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The GPS coordinates on the enclosed Adventure Passport are incorrect. Please visit <https://passport.explorethebruce.com> for the correct coordinates!



101 Places To Explore

Big name places like the Grotto and Sauble Beach are fantastic ways to start planning your vacation – but they don't show you everything! To truly explore, head off the main road and lose yourself in the beauty of Bruce County.

Check out 101 Places to Explore at explorethebruce.com/101 for ideas on where to start.



For The Photo Enthusiast

We've created a whole new way to win! Take advantage of Adventure Passports new digital bonus stops to find Bruce County's top selfie spots and amazing backdrops. Be sure to check in with us on social media @[explorethebruce](https://twitter.com/explorethebruce) to enter monthly contests.

FROM THE PUBLISHER

Spreading love and kindness

Summer – we thought you'd never show your true self! Winter seemed especially long this year in Grey/Bruce, and I know the kids are happy to finally be able to ride their bikes, scooter around town, and be outside without multiple layers on – I certainly am too!

Summer is always a gem in our beautiful corner of Ontario. The fact that we only get a few months of it a year makes it that much more special. I think we all try to wring every drop out of it, knowing that local highways will be closed again before we know it.

This issue marks our seventh summer of informing parents and caregivers in Grey/Bruce, and this issue is even more special to me because, in seven years of publishing, I have never written an article... a streak that ends in this issue! On Page 6, I detail my trip to Nicaragua with a group of like-minded residents from Port Elgin and across Ontario.

I had the privilege of travelling to Nicaragua for 10 days in February on a volunteer trip where we did our best to help the people of that very poor, and incredibly beautiful, country. It was an amazing adventure, and I'm proud – and also a little nervous – to be putting myself out there in print for the first time.

It was truly a life-changing experience, and I hope I was able to properly express that in my article.

We have other great stories in this issue as well. We learn more about Fetal Alcohol Spectrum Disorder and how to help children afflicted with this in the article on Page 18. We hear from two local Moms, who tell us about the challenges their family faces and some of the misconceptions in the public regarding their children's life-threatening allergies (Page 22), and we learn how playing various sports can actually help your child avoid injuries that come from overuse and under-recovery from their main sport (Page 28). Also make sure to find your Explore the Bruce Passport and then start planning your summer adventure!

I hope you and your family have a chance to soak up all summer has to offer, and I wish you blue skies, warm sand and lots of memories!

Have a wonderful summer!



Amy Irwin, Publisher

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SUMMER 2018

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TALES from TOTS

YOU NEVER KNOW WHAT THEY'LL SAY NEXT

We interviewed Ms. Bennett's Grade 1 class at G.C. Huston Public School in Southampton, and asked them some fun questions.

What is the worst smell in the world?

Micah – Skunks.
Ellie – Skunk.
Emmett – Puke and poop.
Aubree – Sour milk.
Hailey – Stinky socks.
Jonah – Huge pile of dog poo.
Silas – Farts.
Cali – Stinky socks.
Emelia – My dog – he's a stinky dog.
Ella – Trash, especially mushed, rotten pumpkins.
Kayden – Gas.
Keira – I think the worst smell is a rotten fish.
Zack – Farts.
Keelan – Maybe it is poop.
Eadin – A skunk smell.
Sage – Egg farts.
Jaxon – Cow poop – I live by a farm so I smell it every day.
Max – Poop.
Ben – Armpits and also dumpsters.

What's the best thing about being a kid?

Micah – Getting to play with mini sticks.
Ellie – Because we can run around faster.
Emmett – Climbing rock walls even though grownups can do it too.
Aubree – Playing dollies.
Hailey – Having fun like playing games.
Jonah – That you get to go wherever you want – like Monstermania.
Silas – That we can run really fast.
Cali – Coming to school.
Emelia – Riding a horse. I'm going to do that in the summer.
Ella – We don't have to work and I don't want to read stories to the whole class because that frightens me.
Kayden – Play with friends.
Keira – Your Mom and Dad can piggyback ride you and lift you up.
Zack – Learning about math.
Keelan – Playing with my brother.
Eadin – Riding a horse.
Sage – Going to school.
Jaxon – Going to a pool.
Max – Playing on the tablet.



Ben – Well it's that I like Marvel and DC comics.

What are three things you want to do this summer?

Micah – Do soccer, baseball and go to my auntie Kristen's house
Ellie – Go to the beach, bike on my bike and have a playdate with Aubree.
Emmett – I want to go to a campsite that has a really deep pool and I also want to get a new trailer and I also wish I could get a fat-tired bike.
Aubree – Go to the beach, swim in the pool and go for a walk.
Hailey – Going to the beach, playing with the water, and

smelling flowers.

Jonah – Go to the beach, go to Monstermania again with my Dad and I'm really looking forward to ball hockey.
Silas – Go to Ethiopia, go to Jamaica.
Cali – Go see my Dad, go to my Grandma and Grandpa's.
Emelia – Ride a horse, go to a different grade in gymnastics and get a new dog.
Ella – Go horseback riding, go to my Grandma and Grandpa's camp and go to a farm.
Kayden – I like to play kites, play hockey, swimming.
Keira – Go to the beach, go to a waterpark.
Zack – I want to go to the library, play video games and play with my stuffed animals.
Keelan – Swimming.
Eadin – Go on my Dad's boat to go see sunken boats, and going to pick apples.
Sage – Go to the playground.
Jaxon – Go to the beach, go to art school and play in my tree fort.
Max – Go to the beach, go to my Grandad's pool and play ball.
Ben – I wish that Papa was here so we could see all the Spiderman movies.

What inventions do you have in your head?

Micah – Don't know.
Ellie – Make a booth to take pictures in.
Emmett – Sometimes I wish I could build a monster truck like the GraveDigger, because it's my favourite.
Aubree – Don't know.
Hailey – Don't know.
Jonah – I'd make a racecar out of box and take out wheels out of a rusty car and add a fan to make a mini car to ride in.
Silas – I would make a creeper from Minecraft out of cardboard.
Cali – Don't know.
Emelia – I'd make a rollercoaster out of wood and metal in an amusement park.
Ella – A robot horse and a robot cat. I would make them out of metal and they would clean up my room, and I would ride the horse and pet the kitty, and they would feel like real animals.
Kayden – Don't know.
Keira – Don't know.
Zack – I'm thinking about making a robot yellow duck and he likes cupcakes and pizza.

Keelan – I'd make a play fort.

Eadin – I would invent something to find dinosaur bones.
Sage – I would invent a house from Minecraft.
Jaxon – I would make a robot out of metal that would do my chores around the house.
Max – Time machine – go back in time to go with the dinosaurs.
Ben – I want to make a kid show about all the Marvel characters as kids and they get to face all their villains in the show.

What is something you don't understand about grown-ups?

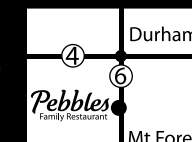
Micah – They usually laugh when there's nothing really funny.
Ellie – When they talk about weird things.
Emmett – That they still climb rock walls.
Aubree – Don't know.
Hailey – Don't know.
Jonah – They are always talking about money a lot.
Silas – Working – why they work so much.
Cali – When my Mom talks to herself.
Emelia – When your parents yell at you and get mad at you for talking back to them. I think they don't like it when we talk back.
Ella – That they are important but I know that they keep their family healthy and protect their family.
Kayden – My Mom and Dad work at home, and there's nothing they do that I don't understand.
Keira – I don't understand how they can whistle.
Zack – I don't understand how grown-ups make stuff like teddies or robots or buildings.
Keelan – Don't know.
Eadin – Sometimes they say weird things.
Sage – Don't know.
Jaxon – Why they have money.
Max – That they get to stay up late and kids don't get to stay up late.
Ben – How smart scientist adults are. **GBK**



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love AND kindness TOUR

LOCAL VOLUNTEERS, INCLUDING GREY-BRUCE KIDS PUBLISHER,
HELP POOR PEOPLE OF NICARAGUA

By Amy Irwin

“It will change your life.”

That was the phrase I heard many times while preparing to go on a volunteer trip to Nicaragua this past February. Not wanting to set expectations too high, I didn't attach much weight to that statement.

Guess what happened. It. Changed. My. Life.

I'm fortunate enough to be in a place in my life where I can, with some proper planning, take almost any trip I want to... but this time I didn't want to go on 'a trip' – I needed something more profound than a week at a resort (not that there's anything wrong with that). I needed to fill my soul. I needed to be reminded of the basics in life. I needed to travel with purpose.

Luckily, the 'Love and Kindness Tour' came into my life at just the right time.

Many people have asked me how I heard about the Love and Kindness Tour, which was organized by Sande Irwin, of Port Elgin. I knew no one who was going and just stumbled upon it on Facebook, so my only answer is that sometimes things are meant to be, and you know when you are called to do something. Everything in my life was pointing me toward that trip, so I took a leap.

Sande's vision for the trip to Nicaragua was to collaborate with a group of random people, with the intention of travelling with purpose and to spread love and kindness in a third-world country. Her dream came true, and on Feb. 19, I was fortunate enough to join a group of like-minded people (mostly from the Port Elgin area) on a journey to Jiquilillo (hick-a-LEE-o), Nicaragua, a small fishing village on the north-Pacific coast.

Nicaragua, known for its beautiful landscape of volcanoes, lakes and beaches, is also one of the poorest countries in Central America. According to the U.N., 48 per cent of Nicaraguans live below the poverty line, and 80 per cent of the population lives on less than \$2 per day.

We left on an early flight from Toronto, many of us meeting each other for the first time at the airport, including my roommate for the next 10 days. Hola Kristen! The excitement – and nervousness – of the group was palpable, as we had no idea what the next 10 days would entail. All we knew was that we're in this together, as strangers, for better or for worse.

Our group consisted of nine Baby Boomers; two couples – who were travelling with their Boomer parents – brought along their children aged two, five and six; a brother-sister duo in their 20s; a single guy in his 20s; and two solo women in their 30s who left their families at home in pursuit of adventure (this includes me).

It was an eclectic group to say the least.

Almost six hours later, we landed in steamy Managua – the

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- Youth who live at El Limonal scour the burning garbage for anything useful, whether for resale or for their families.

Photo courtesy Emilia Kun



capital city of Nicaragua. After a quick trip through customs, we boarded three vans to take us to Jiquilillo, four hours away. After a long day of travel, we were less than thrilled to discover the last 30 minutes were on the bumpiest, trench-ridden gravel road I have ever been on (and I've been on many a Bruce County gravel road!).

It was on our travels to Jiquilillo that the true poverty of the country became apparent. Grass huts were the norm, while the more fortunate live in a tin-corrugated shack, partly held together with newspaper and garbage bags. All have latrines in their back yard – even the two-room, government-built cinderblock houses, which went to the extremely fortunate.

We arrived at dusk at Brisas Del Mar, our oceanfront accommodation for the week. We were fortunate to have one of the co-owners of Brisas with us, Port Elgin's Andy Evans. As we settled into our room after a long day, my first impression was that the lodge was pretty basic, seeing as I'm used to holidaying at resorts.

It didn't take long for me realize a solid roof and indoor plumbing constitutes a five-star resort in this part of Nicaragua.

A WORKING 'HOLIDAY'

The next morning began bright and early – yoga at 6:30 a.m., breakfast at 7:30, featuring typical Nicaraguan fare of rice, beans and eggs. Then we had chance to explore the amazing Brisas property and gaze upon the endless stretch of sandy beach, where you more likely to see a cow or wild horse than a person.

The call to begin our quest of being 'sustainable tourists' soon broke our reverie, and my vision of that beach, a cocktail, my hand, and a cabana quickly vanished. Sustainable tourism is the act of visiting a place as a tourist and leaving only positive impacts on the environment, society, and economy. The co-owners of Brisas Del Mar – Andy and Megan Evans, of Port Elgin, and Gerry and Caridad Cerreces, of Nicaragua – have made it a priority to encourage their guests to participate in local life and leave the area better than they found it.

Thus, our work began.

First up was an afternoon of helping to build a house for a member of the local Women's Co-operative. Juanita and her family of six were to be the recipients of the house located down the road from Brisas. Currently living in a shack held together with cardboard and garbage bags, they were grateful for the opportunity to have a safe place to live, and did their part through sweat equity.

We travelled in the midday sun in the back of a flatbed truck about 15 minutes down the gravel road, hats and sunscreen on, work gloves in hand, with no idea what we were getting into. Upon arriving at the site, our job was to move tons of rubble they had dug in order to build the foundation – we filled pails with black rock, carried it across the road and dumped it. Repeatedly. For hours.

Juanita's family lived on the property, and the children were excited to see us and loved the treats we brought. The workers told our translator the labour we provided that afternoon saved

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• Above: Grey-Bruce Kids Publisher Amy Irwin with a new friend at the El Limonal community. Left: A youngster was very proud of the discarded purse she had just found in the dump the community calls home and where they make their living.

them at least two days of work.

The young parents in our group, along with their children, spent this time at the local school teaching English and distributing donations. We went back for a second day the following week and helped dig the hole for the latrine, and worked on the foundation.

‘CIRCLE OF DEATH’

The next day we visited the community of El Limonal, which is known in Nica as the ‘Garbage Dump Community.’ The experience of serving a hot lunch to people who literally live in a dump is what drew me to the country.

Miranda Miller, an Owen Sound resident and previous visitor to El Limonal, described the area perfectly in a blog post. Her thoughts are used here with permission.

“The residents of El Limonal live and work in an area known locally as the ‘circle of death,’” Miller said. “It’s a strip of land that was intended for use as a temporary refugee camp for those left homeless by Hurricane Mitch in 1998. The second deadliest Atlantic hurricane in recorded history, Mitch destroyed an entire neighbourhood in the north Pacific Nicaraguan city of Chinandega. El Limonal was, at the time, the only city property large enough for the government to use for temporary housing.

“Tucked between the city’s landfill, a large cemetery and a sewage facility, El Limonal is now a permanent community of about 3,000 residents. The political and socioeconomic factors that resulted in its being made a permanent settlement vary depending on who you ask, but the fact is that each day, many residents – adults and children alike – sift through the city’s trash in search of recyclables.

“A good eight-hour day will net one of the residents a single US dollar, the reward for filling a massive garbage bag with pop cans and other metals scrounged out of a toxic sludge of spoiled food, biological waste, discarded chemicals and God only knows what else,” Miller said.

We arrived mid-morning at El Limonal. As soon as our school bus pulled up, children from the community flocked to the communal area consisting of two shipping containers (one of which is the medial clinic) and outdoor covered space. Half our group headed for the outdoor ‘kitchen,’ which is simply three cast-iron cauldrons over an open fire, a sink and a folding table, where we chopped vegetables and chicken for the chicken stew we would serve.

The other half hung back with the children – none of whom spoke English, to go with my utter lack of Spanish. I worried about what we would do with the children, and how we would interact without the ability of speech. Would the language and cultural chasm be a barrier that prevented us from connecting? Well, I was there all of two minutes before I felt a small hand tentatively placed in mine. I looked down into Mara’s giant, beautiful brown eyes, and she shyly smiled at me and snuggled in. It was in that moment that I, as a mother of two young girls, realized these sweet, dirty children – the poorest of the poor –

only wanted to be included, to play, and to be loved.

More children came running when they saw us. Enthusiastic games of tag ensued, with the universal symbol of ‘time out’ being used by the adults when they needed a break (which was frequent). While I called ‘time’ to use the washroom, one little girl offered to hold the door closed for me, as there was no latch. We communicated with gestures and I expressed how great that would be. She waited patiently for me to finish, and when I opened the door, she was true to her word, standing guard for me.

As I stepped out and thanked her, she looked at me, smirked, and then tagged me. I was it! I had been conned!

Tickle fights, hand-clapping games, piggyback rides and selfies with our phones allowed us to create a connection with these children. They were so happy to have a break from the routine of their life of poverty, if even for an hour, playing with us ‘gringos.’ While we were playing, and the other half of our group was cooking stew over an open fire, children lined up their sandpails and juice jugs in an orderly row for a chance at a scoop of a nutritious, protein-filled meal – a rarity until a group such as ours arrives. Mothers directed all their children to save a place in line with their colourful pail, so there would be enough stew for the whole family.

When serving time arrived, the kids lined up in an orderly fashion and passed their pail to our assembly line, which we

filled with hot stew. In a matter of 20 minutes, about 300 children were fed, all for \$250 US.

After lunch, we walked down the street to the Chinandega dump, where this community makes its living, scavenging for recyclables for about \$1 a day. Heaps of burning garbage smouldered against the beautiful backdrop of distant volcanoes. Us gringos stood on the other side of a vile-smelling, green-coloured river of polluted sludge, while our new friends jumped the river and ran around in the dump, showing off their home.

After an hour running through a wasteland in flipflops, and taking pictures of my lovely new friends, we walked back together, falling behind the group. They suddenly let go of my hand, which they’d all fought to hold, and ducked under a barbed wire fence because they saw something that caught their eye. One of the girls had discovered a filthy pink purse and a broken toy cell phone. All the girls crowded around her, thrilled with the discovery. She held it up, beaming with pride, as she proudly showed me an item I would surely forbid my kids from touching.

It was at that moment my heart broke.

I thought of my two girls at home, essentially the same age as these poor children, who complain of having nothing to do, and won’t give a second glance to the dozens of toys they have, yet always wanting more, as all kids do.

One of southwestern Ontario's premier energy attractions, the Visitors' Centre operates Monday–Friday, from 9 a.m. – 4 p.m. It is closed on statutory holidays. Drop-ins and community organizations welcome! Pre-registered bus tours run seven days a week in July and August.

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● The villagers of El Limonal look forward to a protein-rich meal brought to them by visitors, replacing their normal diet of rice and beans. As you'll see at the far right, they line up their sandpails in order to receive their share.
Photos by Emilia Kun and Amy Irwin





• A common home in the Jiquilillo region of northern Nicaragua.

It was then I vowed to live more sustainably and with more intention, while trying to teach my girls to do the same.

Waving goodbye to the children, knowing we'd be back the next week for Round 2 at the dump, we headed to the market in the city of Chinandega. It was here we purchased goodies for the children for the next time we went El Limonal, infant formula for the mothers, and experienced local culture.

Not all of our humanitarian efforts in Nicaragua were human interactions. We also sponsored turtle nests and released baby turtles into the wild. It was an amazing experience to see 90 freshly hatched turtles waddling their way to the ocean for a chance at life. Turtle egg poachers are abundant on the beaches of Nicaragua – free food in a poor country, and all – and there are a few dedicated individuals intent on saving these eggs by hatching them in burlap sacks and releasing them. These endangered sea turtles are essential to the marine ecosystem because they eat jellyfish and transport the essential nutrients that maintain a healthy ocean.

FUN TIMES TOO

It wasn't all work though, as we also found time to play as well. We had a 4 a.m. wake-up call, as we launched kayaks and watched the sunrise over Nicaragua's most famous volcano, San Cristobal. We kayaked through the Padre Ramos Estuary,

which warrants an article unto itself. It is an essential part of the ecosystem in the area that is rapidly becoming endangered. Some of the more adventurous in the group rode a wooden toboggan down Cerro Negro, an active volcano that has erupted 23 times in recorded history, the most recent in 1999. We reached speeds of 70 km an hour, while rocketing along volcanic rock and ash.

Afternoons were often spent getting to better know our eclectic bunch, while swinging in hammocks at Brisas. We explored the beach and village, and, during our open-air, communal meal of more rice and beans, we'd recount the amazing work we did during the day, or the fun events we enjoyed such as the local disco, rum distillery and panga boat tour through the Estuary.

In addition to supporting the house build, serving lunch at El Limonal twice, and sponsoring sea turtle nests, our group helped spread donations from our families and friends to provide the local fire department with funds for new sleeping quarters, purchased infant formula, school uniforms for 80 children, a month's worth of meals to eight local families, supported the local women's co-operative, and provided donations to a children's orphanage. In reaching so many people, we brought the vision of the Love and Kindness Tour to life – we created authentic human connections with locals and gained a better understanding of how they live, the challenges they face, and how we can improve their quality of life.

What if You could Talk to the Animals?

Visit "Animal Gibberish, Subtitled for Humans" exhibit this summer and learn what animals are really saying!

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- Nicaragua is a country of contrast. It features beautiful scenery and abject poverty, which provides excellent opportunities for making a positive impact on peoples' lives while still enjoying travel. Bottom left: The Love and Kindness Tour helped turtles get a head start on life, saving them from poachers on the beach by releasing them into the ocean.



Our group arrived in Nicaragua as mostly strangers, even those who knew each other before, but through this shared experience, the collective purpose of sharing love and kindness with others, we left as family.

HOW BLESSED WE ARE

Canadians, as a prosperous first-world country, are blessed in so many ways, most especially by the fact we have ample access to our species' life source – fresh water.

We can also choose whether or not to travel, a concept foreign to most Nicaraguans. Reflecting on this adventure, I will choose to change the way I travel. I will do so with more purpose and intention; I will make connections with people who are alike or different from me. I will aim to leave the place I choose a little bit better than I arrived, hopefully becoming a better person in the process.

Despite our geographic locations and prosperity, we are more alike than we are different. We want love, we want security, and we want happiness, no matter whether we live in a 2,000 square foot house or a grass hut held together by garbage bags and mud.




- Amy takes a break after hiking halfway up Cerro Negro, an active volcano.

We can help each other achieve this by considering how to minimize our travel footprint and maximizing the impact we make while visiting other countries. That doesn't mean every trip has to be a life-altering volunteer opportunity. It can be as simple as getting to know the locals and asking what's important to them and their family. It can be picking up garbage on the beach or seeking opportunities to help in the community, even if only for a few hours.

Considering your travel footprint will truly change your experience, and hopefully leave their world better than you found it.

To learn more about the people of Jiquilillo, watch the documentary 'Gringos in the Garbage' on YouTube, and consider donating to Speroway, a non-governmental organization where you can direct funds directly to feeding programs at El Limonal. Learn more at speroway.com.




To learn more about the next volunteering trip with the Love and Kindness Tour, search it on Facebook.

Contact Brisas Del Mar to organize your own volunteer experience at www.brisasdelmarnica.com. 

Ross 1963 Julia 1936
Franky 1942 Kathy 1957
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Fetal Alcohol Spectrum Disorder

THINKING DIFFERENTLY ABOUT HOW FASD IMPACTS KIDS’ BEHAVIOUR

By Kim Scott

For children with Fetal Alcohol Spectrum Disorder (FASD), the difficult behaviours that parents and teachers may be dealing with often look like willful misconduct or attention seeking.

When we look through the lens of FASD, we begin to see these behaviours for what they really are – neurological differences that create difficulty in navigating everyday situations and environments.

Fetal Alcohol Spectrum Disorder is a term that refers to a range of deficits and challenges caused by prenatal exposure to alcohol. Prenatal exposure to alcohol affects each individual differently, but can cause permanent birth defects and permanent brain damage to the fetus. It can affect the physical structure and function of the brain and result in intellectual deficits and

learning disabilities, including hyperactivity, attention and/or memory deficits; an inability to manage anger; difficulties with problem solving; and/or prenatal and postnatal growth deficiencies. Since FASD is a spectrum disorder, there is great variability in the characteristics of those affected and not everyone with FASD will have difficulty in all areas.

The Grey Bruce FASD Leadership Team has provided a local resource called ‘Thinking Differently... A Resource in Support of FASD and Neurodevelopmental Differences in Grey Bruce.’ It is available online through the Grey Bruce Health Unit and provides information about diagnostics, common characteristics and, most importantly, a directory of where and how to access services in Grey and Bruce counties.

Thankfully, the Ministry of Children and Youth Services has provided our region with funding for a FASD worker, who works through Keystone Child, Youth & Family Services. The program provides child-, youth- and family-centered support to children and youth with FASD or suspected FASD, while also providing education and awareness within the community.

Further details about this program will be forthcoming later in 2018.

STRATEGIES AND TECHNIQUES

Some success strategies and tips found to be effective for those living with FASD, and those who care for them, include:

- Routine and consistency.
- Establishing a routine and sticking to it. A consistent routine can help your child learn independence and important life skills, while it can help you cope with the unique challenges of raising a son or daughter with FASD.

How to do it:

- Break down everyday tasks into simple, easy-to-follow steps.
- Make a checklist. Post lists around the house to help your child remember his routine.
- Keep your instructions short and to the point. Try the ‘six words or less’ rule.
- Repetition helps you reinforce your instructions. If you need to remind your child what comes next, do so in a quiet, low-key manner and have them repeat it back to you.
- Show and tell. Try using picture cards that show your child how to get dressed, how to shower, etc. Use simple language and large letters to label the pictures.

- Apply lessons in other environments. Children with FASD often have a hard time generalizing routines, or applying what they learn in one situation to another. It’s important to teach your child his routine in different environments and situations.

MANAGING BEHAVIOUR

Change the environment, not the child. Some of the most successful parenting techniques focus on addressing things that parents actually can change. By learning to accommodate your child’s behaviour, instead of trying to change it, you can reduce some of the greatest challenges in parenting a child with FASD, and, in turn, successfully manage some of the most difficult behaviour.

How to do it:

- Make sure your child gets enough sleep.
- Change the environment, not the child. For example, if your child often has a tantrum in a crowded movie theatre, take her to a matinee, when the theatre is less crowded. If it tends to happen at a noisy skating rink, bring along earplugs for your child and sit at the end of a row or in another, quieter spot.
- Reward good behaviour. When your child behaves well, praise him for his achievement.
- Look for strengths. Every child has special strengths and abilities that deserve to be celebrated. Emphasize these strengths as often as you can.

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- Give your child responsibilities. Simple tasks – such as setting the table or handing out snacks – can give your child a sense of ownership and help her see herself as a role model to others.
- Give your child a place to calm down. If your child is angry, frustrated, or needs to throw a tantrum, give him a safe place to express his feelings.
- Be aware of your child's sensitivities. Children with FASD are sometimes very sensitive to smells, sounds, lighting or touch.
- Keep your expectations realistic. Remember that children with FASD are often emotionally and developmentally immature. It might be helpful to expect your child to feel and behave like a child much younger.

LEARNING STRATEGIES

Children with FASD think and learn differently from other children. As a parent or caregiver, it's important to keep in mind that your child is living with unique challenges that can make learning especially hard. The following tips address teaching and advocating for your child.

How to do it:

- Rehearse, rehearse, rehearse. Children with FASD often have poor short-term memories. Be prepared to rehearse new concepts as often as necessary.
- Ask your child to repeat what you've just taught her – in her own words. This is also a useful tool for teaching teens and adults with FASD.
- Get creative and incorporate visual learning with your child. Experiment with fun, creative learning strategies such as music, pictures, dances, puppet shows or field trips.
- Avoid clichés. Children with FASD tend to take things very literally. Use simple language and as few words as possible.
- Take baby steps. Break new skills and concepts down into very simple steps.
- Make lessons relevant to the child. Children with FASD often need to understand why something is important before they can learn it.
- Help your child use his strengths. Look for your child's special

strengths. If your child is an excellent artist, help her use her creativity to her advantage at home and in school.

- Remember to focus on developing one skill at a time. Build bridges to success. Emphasize your child's accomplishments over his failures. Praise and encouragement will help your child see himself as a successful, competent person.
- Try alternative schools or programming. Many parents find home schooling to be very effective because the routine, structure and learning can be modified to suit their child's needs.
- Communicate with teachers. Talk to your child's teachers about her strengths and weaknesses. Invite teachers to celebrate your child's accomplishments.
- Avoid excessive homework and long assignments. Remind teachers that your child learns at a slower pace. Ask them to reduce your child's homework, to give you and your child more time to focus on learning the concepts.
- Help your child accomplish her goals. Post your goals on a list and encourage your child to recognize her accomplishments by checking them off the list.

SOURCES

Let's Talk FASD 2007. VON Canada: Public Health Agency of Canada https://www.von.ca/sites/default/files/files/_fasdtool_fullproof_final_1.pdf

Thinking Differently 2016. Grey Bruce FASD Leadership Team www.bit.ly/FASDresource

Keystone Child Youth and Family Services
www.keystonebrucegrey.org
1793 3rd Avenue West
Owen Sound, ON N4K 6Y2 Phone: 519-371-4773 or 1-800-567-2384

Please use these sources for a more thorough exploration of strategies, local resources and more! **GBK**

KIM SCOTT is a member of the Grey Bruce FASD Leadership Team. For more information contact Lori Hill at loriehill@me.com or Jan Schwartz at jshwarz@segss.com.

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• Madison Trumble and Hunter Ward stand outside a recreation centre that is now 'nut aware' because of their mothers' advocating and the City of Owen Sound's willingness to make their recreation spaces more inclusive and safe for all.



Danger at every turn

Families advocate for safe spaces for kids with life-threatening allergies

By Jennifer Trenbeth and Elly Ward

My name is Jennifer Trenbeth and, in 2007, I had my first child, Madison.

I did everything right. I didn't drink or smoke, I ate well and I even included peanuts and tree nuts in my diet while I was pregnant. My labour and delivery plan was a natural one until the doctors decided two weeks past due was enough and they induced labour, which eventually ended with an emergency cesarean section.

I gave birth to a healthy 7 lb, 12 oz baby girl. Throughout her first few months, she battled eczema that seemed to only worsen with balms and creams. Nothing we tried seemed to work. At six months, as directed by our doctor, we introduced single-ingredient cereals, followed by vegetables and fruits.

Around eight months, Madison's father was eating pistachios and I asked him to go wash his hands and face, and clean up once he finished, as we had not yet introduced nuts into her diet. Following this, he picked her up to hug her and we knew right away we were in for a challenge. Her whole face turned red

and was covered in blotches and hives. At the time I knew very little about anaphylaxis, but, being a registered early childhood educator, I had taken first aid and courses about it, so knew right away I was looking at an allergy. It took about a year for us to get in to a pediatric allergist – an entire year that I lived in fear of feeding my child something I shouldn't, and trying to navigate the world of food allergies with very limited knowledge or support.

Skin testing confirmed that Madison had severe allergies to all tree nuts. She was also tested for environmental allergens, and was found to be allergic to cats. The allergist said we needed to continue avoiding nuts and prescribed Epipen Junior for her. He taught us how to inject it and to recognize the signs of Madison going into anaphylactic shock, such as hives, swelling of the face, joints or limbs, panic, shortness of breath, vomiting, or lethargy and fainting. The allergist also mentioned that nuts can be hiding in many products so we needed to be diligent about reading ingredients every time, and watching for lotions and soaps as they could contain nuts and cause a reaction (this answered why all creams and balms irritated her eczema or made it worse).

Madison has had some bumps in the road, including navigating the school system and policies of different classrooms and teachers every year. Trying to tell your child not to share foods with their friends at lunch isn't easy at five years old. Worrying about sunscreens and lip balms on other people around her (never mind finding safe ones that don't cause her to have a reaction) is stressful.

Madison is contact, ingestion and inhalant reactive, which means she needs to only breathe the dust from nutshells and she will have a respiratory reaction. Birthday parties with her friends are always scary and worrisome. Either she doesn't get invited or she does and we worry the whole time she is gone. I have become quite the cake decorator as a result, because finding a safe cake is nearly impossible in our small community.

No matter what we do, we have to be hyper-vigilant to ensure that the venue, area, event, or space will be safe for us to attend. We call ahead and verify situations every time. Places like arenas, recreation centres, other schools, theatres, and restaurants are all stress-inducing for us and require much advanced research and preparation.

It has become somewhat easier to visit some places because of new laws and public awareness. For example, in 2016, the Ontario Human Rights Commission named anaphylaxis a disability and now states that public places must accommodate an individual with this condition to the point of undue hardship. Because of this, the recreation centres in Owen Sound and Georgian Bluffs have become nut aware, products with nuts cannot be sold, and it's recommended they be left outside. While these rules help create safer, more inclusive spaces, they definitely do not guarantee Madison's safety and we always need to keep our eyes open, though it certainly helps knowing the risk of exposure at our local centres is significantly lower now.



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ELLY AND HUNTER’S JOURNEY

Growing up, my brother had allergies, mainly environmental, but also food. He didn’t have an EpiPen. The only people I knew who carried EpiPens were allergic to bee stings. I thought I had a grasp on what allergies were, but boy was I wrong.

Fast forward to when my son, Hunter, was eight months old and I gave him some peanut butter on a cracker. Within 30 seconds, he had hives all over his mouth and hands, which resulted in a frightening trip to the ER. Watching his symptoms get increasingly worse while the doctors worked on him was heartbreaking because I couldn’t do anything to help. We are blessed that he was OK because, knowing what I now do, that night could have had a very different outcome. All peanut products were removed from our home. It’s shocking how many items actually contain, or may contain, peanuts – it’s not just food items. Luckily there are plenty of resources that can assist families with a new food allergy diagnosis. My favourite resource is ‘The Peanut Allergy Answer’ book; it is full of valuable information and is relatable to other life-threatening allergies.

Although Hunter’s allergy affects our life in an immense way, it has also been a blessing in disguise for many reasons.

We found out which friends and family members truly wanted to be involved in our lives. With the changes we had to make, many people were unable or unwilling to accommodate Hunter’s needs. This was difficult to overcome. Some of our old friends are no longer in our lives. It took a long time to accept this as I struggled with the fact that these people simply didn’t want to make small accommodations to protect our son. Even some family relationships are non-existent or strained, and we have missed family functions due to hurtful comments and behaviour towards Hunter’s allergy.

Label reading and cross-contamination. In Canada, the Top 10 allergens must be labelled only if they are ingredients in a product. There is no requirement for precautionary labelling, such as “may contain.” Cross-contamination can vary widely between companies, which could cause a fatal reaction. Some foods are processed on shared production lines or shared facilities, which aren’t required to be labelled. “Peanut-free” only

means that peanuts are not an ingredient directly, it also doesn’t indicate the presence of tree nuts. We don’t trust labels alone and call manufacturers almost daily. We also don’t use products that are made in shared facilities. Cross-contamination is a misunderstood term.

Many think that if an item doesn’t contain peanuts, it’s safe. When we go out to eat as a family, we have a limited number of choices. Before we eat anywhere, I research menus and allergy guides and I reach out to the restaurant. Sports team snacks, camps, parties, family barbecues, and potlucks are all hazard zones for us. Unless it’s prepackaged with a label, Hunter cannot eat it.

We bring food for our children everywhere. If your food item is refused, it’s not because it’s not appreciated or necessarily unsafe, it’s just not worth the risk. I’ve also become quite the cake decorator so that my children can enjoy the “fancy” cakes that are not safe for them to purchase at stores or bakeries in our area.

Even though my children are no longer babies, I continue to buy baby wipes by the case – I don’t leave home without them. I use them for hands and surfaces to ensure Hunter doesn’t have a cross-contamination reaction from touching something that had peanut protein on it.

Anxiety and fear. I am afraid every day that Hunter may have a reaction. It’s a fear that no parent should have. When he is not with me, I worry. Every time the phone rings, I worry. I

worry until he is home again. It keeps me up at night. It causes severe anxiety and depression, and it affects how every decision is made for our family. I know that it causes him anxiety and I work hard every day to not pass my fears onto him. Hunter has had six anaphylactic reactions, each were different yet equally as frightening. It brings tears to my eyes to even recall any of them. The first time I had to give my three-year-old an EpiPen was in the back of our vehicle on the way to the ER, and it was awful. The look he gave me when that needle went in was utterly heartwrenching – we both cried. He hadn’t eaten anything – he reacted simply by touch and had a biphasic (secondary) reaction several hours later. Two ER visits in one day isn’t an experience any child should have.

Medical trials and future hope. Hunter is enrolled in a peanut patch trial. It’s a new treatment called Epicutaneous Immunotherapy (EPIT) where a patch (similar to a nicotine patch) is placed on his back and replaced daily. The patch is not a cure – it’s a way to possibly increase tolerance levels to a point where cross contamination wouldn’t be as concerning. The patch contains 250 micrograms of peanut protein (1/1000th of a peanut). It’s not comfortable for him, and involves blood and skin tests as well as food challenges, but he knows what the possible outcome could be, plus he wants to help other kids like him. After one year on the active patch, his tolerance increased, which is fantastic, but I am also thinking of the implications of this for the future when he may need to eat a certain number of peanuts per day because he has developed a tolerance level. It frightens me.

Common myths about food allergies

That food gave me hives everywhere but it’s OK, I took Benadryl.
The only treatment for anaphylaxis is epinephrine. Anaphylaxis is a severe, potentially life-threatening condition. Each reaction is different and/or worse. Delayed administration of epinephrine has caused fatalities. Our allergist told us to throw away our Benadryl. When in doubt, give epi and call 911.

I went to a nutritionist/naturopath and had iGg testing done. I’m allergic to...
Only iGe testing can confirm a food allergy – iGg testing can cause patients to avoid foods that they are not allergic to and can be positive simply because the item is in their system. If you suspect a food allergy, see an allergist. Many allergists will not do skin/blood testing without previous reaction/ingestion as false positives occur in 50 per cent to 60 per cent of cases without prior reaction/ingestion history (Food Allergy Research & Education).

Severe food allergies aren’t that common.
One in 13 Canadians have a severe food allergy, and one in 23 Canadians have a severe allergy to peanuts and/or tree nuts.

If you eat a little bit of your allergen every day, it will cure you.
There is a new experimental treatment for severe food allergies called Oral Immunotherapy (OIT); however, it is not recommended in every case, nor does it work in every case. Hunter, for example, was deemed too high risk for OIT. It’s only done under the direct supervision of an allergist. Eating your allergen can cause anaphylaxis.

If I eat peanuts while I’m pregnant, my child won’t have an allergy.
There is no confirmed reason why severe food allergies occur. There have been many studies and loose correlations, such as vaccines, antibiotics and even baby wipes; however, not one confirmed causation has been discovered for food allergies.

That food upsets my stomach so I’m allergic.
Food allergies affect four different body systems whereas food intolerances only affect the digestive system. You could have a food allergy; however, if the digestive system is the only system ever affected, it’s likely intolerance.

I don’t like nuts so I tell the restaurant I’m allergic, or I can’t eat dairy, but I love ice cream.
Never lie about food allergies. It makes people skeptical of those who have true allergies. It makes people roll their eyes and wonder, “How bad can it be?” when we need to place a special order simply because the only comparison they have is their ‘wheat-allergic’ friend who eats bread sometimes.

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School and daycare. School and daycare can be a major stressor for food allergy families. Hunter has never been to daycare. During my maternity leave, I searched for daycare but was turned down by many due to his allergy. I don't think I would have been able to send him regardless of finding a centre. Luckily, due to work schedules, my very accommodating employer, and a second maternity leave, we were able to keep our children at home. When Hunter reached JK age, we struggled with the decision on whether or not to send him to school. We opted out of JK, but he did attend SK part-time for a couple months. The school Hunter attended was fantastic, Ecole Saint Dominique Savio. Food wasn't the focus, the children were the focus. Birthday cupcakes weren't allowed; non-food treats were encouraged. For a variety of reasons, the allergy not being the main one, I now homeschool our children. This is an experience that I know many food allergy families have taken. Owning my own business also allows me the ability and the freedom to be able to homeschool.

Advocacy is difficult, time consuming and exhausting but it's a part of my daily life. It's important to advocate for accommodations so that Hunter can participate safely.

Safe public spaces. In 2016, the Ontario Human Rights Commission added severe allergies, specifically nuts, as a disability under their code. Severe allergies must be accommodated to the point of undue hardship in public spaces, such as recreation centres, stores, workplaces, schools, daycares, etc. Unfortunately, food has become the focus at every event. It's

not just an allergy issue, it's an overall health issue.

Jennifer and I approached the City of Owen Sound about making their recreation facilities nut aware. This meant education, removing all nut items from the facilities, and posting signage asking others to refrain from bringing peanut and nut products into the building. The city was incredibly helpful during the creation of their anaphylaxis policy, ensuring we were a part of the process. Georgian Bluffs then followed suit.

Advocating for inclusion. The hurtful comments that food allergy families get when we advocate include, "You are putting your kid in a bubble" and, "That is not how the real world works." If anything, food allergic children are more prepared for the 'real world' because of what they have had to overcome. They are treated differently; they are left out and they know it. I've been asked why I fight for nut aware spaces, which, "Will just give me a false sense of security," but I never let down my guard. I know that nut aware spaces can never be completely nut free and I still take precautions to keep Hunter safe. However, when peanuts and peanut products are not sold at a facility, there is a reduction of those products being eaten in the building. The signage encourages empathy and helps keep children with food allergies safe. Most people would not want to purposely hurt someone, especially a child, so they may put that protein bar away. Yet some people think they have a right to eat whatever they want, wherever they want. To those people I say, your right to eat peanut butter does not trump my child's life – it's really that simple.

This isn't about taking away someone's right to eat nuts, it's about inclusion for everyone. What if the accommodation I was requesting was a wheelchair ramp? Severe food allergies are an invisible disability, but shouldn't be ignored.

I fight for accommodations every day to empower Hunter, to let him know that he has the right to ask for accommodations and he cannot be discriminated against for his allergy. When he is old enough to advocate for himself, he can, because he has the right to do so and that is what I am teaching him to do.

To those who do not agree with the fact that I advocate for my child and think I'm bubble wrapping him – he's not in a bubble, he's in a tank. **GBK**

JENNIFER TRENBETH, 38, is a mom of four. She runs a cleaning, organizing and staging business, while also coaching gymnastics and making cakes and food for various friends, families and small organizations and businesses in the community.
ELLY WARD, of Southampton, is a mom of two boys. She holds a Bachelor of Arts in Psychology as well as an Honours Post-graduate Certificate in Public Relations. She is also the president and founder of 'No Nuts About Us,' Canada's first complete nut-free online shop, where she also blogs about her experiences relating to her son's severe peanut allergy.

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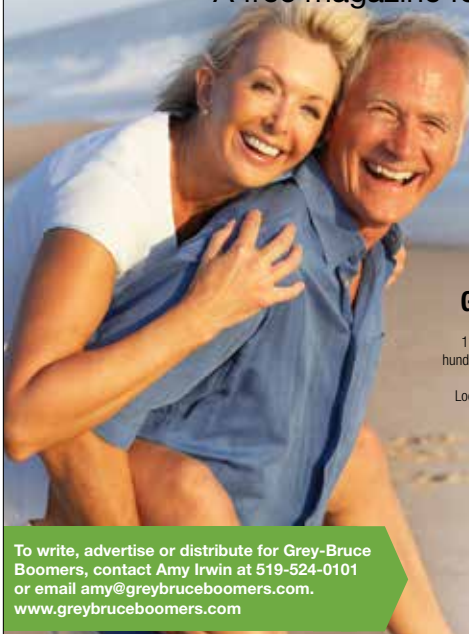
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PLAYING DIFFERENT SPORTS CAN PREVENT YOUTH INJURIES



By Clare Donaldson and Stephanie Sollazzo

Being the parent of a minor sports athlete is hard.

Watching your child get hit during a game, limping to the bench, and, when the injury is bad enough, missing out on competition and time with friends is a tough pill for any parent to swallow.

One of the most common questions we hear from parents is how they can help their kids' bodies respond to the demands of sports participation and help prevent injuries.

When kids (and parents) are passionate about a sport, they live and breathe it, often training for or playing it more than four times a week during the season. Hockey, for example, finishes the winter season and quickly moves into more frequent tournaments, tryouts for the following winter (which is months away), and summer leagues, skills camps, and power skating to better develop their skills. Parents are put in an extremely tough position – they have to decide between giving their child the best opportunity to make the team next season, and risking their child falling behind if they're not participating in concentrated skill development. Is it also wrong to deny them the opportunity to be with their friends, who are all still playing?

There is no clear 'yes' or 'no' answer to these questions. There are a lot of factors to take into account, and our experience as physiotherapists suggests children benefit from diverse sport participation when it comes to preventing injuries. We tend to see an influx of young athletes at the beginning and end of their sports seasons. At the beginning of season, these injuries are usually a result of a sudden increase in training volume and intensity. These injuries tend to be the classic '-itis' (inflammatory) conditions – patellar tendonitis, from too much jumping/landing; plantar fasciitis, from too much running or a change in running surface; and rotator cuff tendonitis, from overloading one or both shoulders.

At the end of the season we see injuries that have resulted from the cumulative load of high volume and high intensity over time, coupled with a lack of recovery. These injuries tend to be your '-opathy' conditions (non-inflammatory, overuse) such as achilles tendonopathy or shin splints. These injuries can be a result of overusing the same muscle groups, either as a direct result of the demands of the sport or by compensating for weaknesses elsewhere, and under-recovery from competing in the same sport year-round without a break, or inadequate rest or nutrition, which can cause a cumulative breakdown over time.

Single sport specialization accounts for 50 per cent of overuse/under-recovery injuries in youth.

At any point in the season, we see acute injuries such as ankle sprains, fractures, and concussions, which are typically the result of a single incident or trauma. These are the injuries we often think of when it comes to sports, but it's important to note that there can be underlying factors that can predispose children to acute injuries.

SIGNS OF BURNOUT

Kids are not the same as adults for a number of reasons, beyond the fact that most adults don't have tantrums about having to finish their vegetables. Physically, kids go through rapid periods of growth, which means their bones often outgrow their muscles and tendons. The soft tissues take time to adapt to this growth, and children are more prone to muscle and tendon injuries during these periods. With the considerable change in limb length, children tend to have balance deficits during the period where their muscles adapt, which can lead to more injuries related to falling or tripping.

Psychologically, kids can lack the coping strategies that we develop as we get older. They may not tolerate a hectic training schedule, late nights and early mornings, as well as an adult. They also tend to lack the language to tell their parents when they are feeling overwhelmed.

Burnout is defined as physical/emotional exhaustion, sport devaluation and reduced athletic accomplishment. Physically, this can manifest as repeated nagging injuries (under-recovery/overuse) that never seem to heal, or continual complaints of injury by the athlete. You may notice decreased participation or engagement in games and practices or increased lethargy and fatigue in day-to-day life. Younger athletes may become more prone to emotional outbursts and tantrums, especially when it comes time to go to games or practices, or when they have a bad game.

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playbrucegrey.com

Burnout, when suffered over a long period, tends to lead to kids dropping out of sports or being withdrawn by their parents, resulting in decreased physical activity and its consequences.

IMPROVING SPORT OUTCOMES

So what can we do to help our kids stay healthy, active and successful in sports? Research has shown that a multi-sport approach until the teenage years helps children develop fundamental movement skills, physical literacy, strength, balance and coordination. In a perfect world, every child would participate in different sports throughout the year. This allows for skills to develop across multiple domains and multiple skill sets.

Even if a child is choosing to participate in one sport at a competitive or rep level, additional participation in a second or third sport during their off-season will allow their dominant muscle groups to rest and new skills to develop.

Allowing the athlete to have a planned break from sports between seasons is also helpful to reduce rates of burnout and increase physical performance.

Listen to and observe your child throughout the year. If you start to notice increased emotional outbursts, lethargy, and decreased

engagement in their sport, they may need a break or they may be overtraining.

A well-rounded recovery approach during season can help reduce overuse/under-recovery injuries, as well as support healthy habits that will carry over outside of sport. We are big advocates of the ‘100 Point Recovery System’ (see chart at bottom left). It’s very simple, you complete 100 points worth of tasks for games, and 50 points worth of tasks for practices. This is easily implemented by an entire team, or can be done at home by parents.

Finally, if you’re a parent feeling like you’re out of your depth, and your young athlete is struggling with injury or decreased performance, remember to see a specialist. Physiotherapists are trained to look at all aspects of athletic performance to help build treatment plans with athletes and their parents. Treating injuries while keeping athletes participating in their sport is our specialty and our passion.

HELPFUL TIPS

- Participation in a different sport in the off-season may help correct muscle imbalances and reduce injury – even if it is only at a recreational level.
- A post-game or post-practice recovery system implemented by parents and teams may help offset overtraining/under-recovering injuries.
- Children are not just small adults. Monitor training volume around large periods of growth and be aware of the physical and psychological signs of burnout.
- Most importantly, if the fun is gone, it’s time for a break. Sports are for developing character, building friendships and the love of the game. Never lose sight of this.

RESOURCES/REFERENCES

activeforlife.com

Is It Wise to Specialize?: What Every Parent Needs to Know About Early Sports Specialization and its Effect Upon Your Child’s Athletic Performance Kindle Edition by John O’Sullivan

Wee Warriors Pediatric Sport Medicine Webinar, College of Physiotherapists


https://orthoinfo.aaos.org/en/diseases--conditions/overuse-injuries-in-children/ GBK

CLARE DONALDSON, Registered Physiotherapist, MPT, HBaKin, CF-L1, is a physiotherapist at Physiotherapy III in Owen Sound and is in her second year as the physiotherapist for the Owen Sound Jr. B Northstars. STEPHANIE SOLLAZZO, Registered Physiotherapist, MScPT, BScKIN, has worked at the Hospital for Sick Children in Toronto and has a particular interest in working with children of all ages. She also works at Physiotherapy III Healing Waters Clinic. Learn more at physio3.com.

Points	Task
50	20-minute recovery bike, walk or jog
50	20-minute stretch session (10 upper, 10 lower)
30	Full, healthy meal within 1 hour of end of game (vegetables, protein and starch)
30	Protein shake (20+ grams) within 1 hour of game + 1 litre water, 50% electrolyte drink
20	15 minute foam roller/ lacrosse ball
20	15 minute meditation/ quiet time after game
20	Contrast shower (3 minutes cold, 1 minute hot, repeat 4 times)
10	Healthy meal 2-3 hours before game
10	10 hours sleep night after event
10	1-1.5 L of 50% water, 50% electrolyte drink

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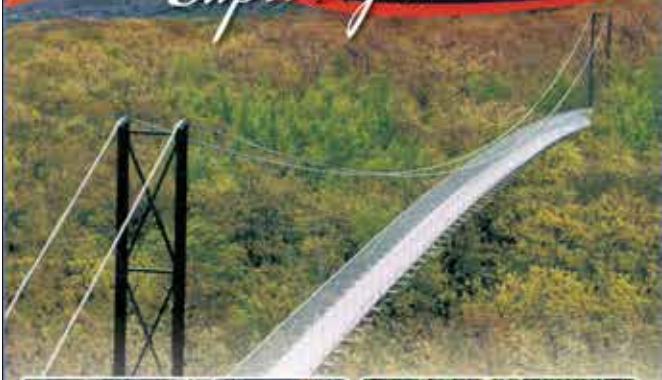
Where to find us... Port Elgin • 519.389.3393 • pephysio3@bmts.com Owen Sound • 519.372.1920 • physio3@bmts.com Owen Sound ‘Healing Waters’ Clinic • 519.370.2333


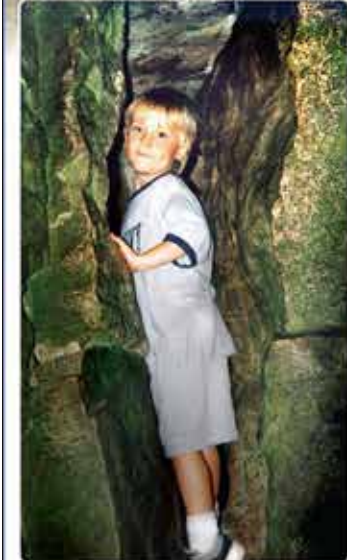
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sceniccaves.com

260 Scenic Caves Rd., The Blue Mountains 705 446-0256



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 - Kabaeshiwim 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

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

Hanover Family Health Team

RN/Certified Lactation Consultant
519-506-4348
www.hanoverfht.ca

La Leche League Canada

Referral Service: 1-800-665-4324
Hanover/Walkerton - 519-364-3316
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
Wiarton 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.sbgchc.on.ca

CHILD CARE

Acorn Montessori

705-606-1642
Thornbury

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

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)

OneList - Find and apply for child care

brucecountychildcare.ca
greycountychildcare.ca

Queen of Hearts Nursery School

109 Balmy Beach Rd., Owen Sound
www.queenofheartsnurseryschool.com

Sandbox Daycare - Hanover

519-506-7263

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

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

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

YMCA Childcare

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
ymcaowensound.on.ca

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

Hanover Family Health Team

Registered Dietitian
519-506-4348; www.hanoverfht.ca

Keystone Child, Youth & Family Services

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

Conseil Scolaire Catholique Providence

(French Catholic School Board)
1-888-768-2219; www.cscprovidence.ca

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

Owen Sound - 519-376-4449
www.bigbrothersbigsisters.ca/bbowensound
Kincardine - 519-396-3565
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

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

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
www.nemesisgroupservices.com

Parent Help Line

1-888-603-9100

Penetangore Wellness

Art and family therapy
www.penetangorewellness.com

Salvation Army

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

Victim Services Bruce Grey Perth

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

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

YMCA of Owen Sound and Grey/Bruce

519-376-0484 or ymcaowensound.on.ca

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

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)

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 habitos@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/vVG1kO>

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/info@hdhospital.ca
www.hdhospital.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

Physiotherapy III - Pediatric Physiotherapy Healing Waters Clinic
318383 Grey Rd 1,
Owen Sound;
519-370-2333; healingwaters@physio3.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.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 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.marinerrail.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.

Pine River Moms
519-389-7136; jill.ricica@gmail.com.
Thursdays during school year, info on FB

EarlyON Child and Family 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 (East Ridge) - 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
519-986-1247
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@sbgbyouthliteracy.org
www.sbgbyouthliteracy.org
Hanover

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

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

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

SPEECH/LANGUAGE

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

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

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

South West Community Care Access Centre In-Home Services
Owen Sound - 519-371-2112
Walkerton - 519-881-1181
www.sw.ccac-ont.ca

VOICE for Hearing Impaired Children
Support, speech and language therapy
Grey/Bruce chapter is free to families
www.voicefordeafkids.com

WISH PROGRAMS

Children’s Wish Foundation of Canada
1-800-267-9474
on@childrenswish.ca or www.childrenswish.ca
Ajax, ON

Make-A-Wish - Southwestern Ontario Chapter
519-471-4900 or www.makeawishsw.org
London, ON **GBK**

COOL KID

Gifts that keep giving

Being kind was all Easton Lowry wanted to do for his sixth birthday.

The Kincardine resident, who is the son of Brock and Chrissy and a big brother to Brett, decided to celebrate his birthday by giving back to his community.

“He had been learning about helping others, and he asked that all his birthday presents be non-perishable food items for the Kincardine Food Bank,” Chrissy said.

Upon delivering the food, Easton was intrigued to see how the Food Bank operates. The volunteers put him right to work, learning how to sort and store the items.

“Easton said his, ‘Heart felt warm,’ knowing he was doing a good deed,” Chrissy said.

Easton, who enjoys playing hockey, baseball and learning (and teaching) about space and the solar system, has decided that he is going to continue this tradition on his next birthday, and also Christmas.

The youngster hopes to one day play for the Tampa Bay Lightning and be an astronaut. **GBK**

For being this issue's Cool Kid, Easton 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.



● Easton Lowry, 6, asked that all his birthday presents be non-perishable food items for the Kincardine Food Bank. He is pictured with food bank volunteers.

SUMMER EVENTS

JUNE

1

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

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

Huron-Kinloss Ice Cream Trail
www.icecreamtrail.ca
Runs through September 30

2

Chantry Island Boat Tours
Southampton
1-3 p.m.
www.chantryisland.com
Saturdays and Sundays in June, daily in July and August

9

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

Touch a Truck and Firefighters' Breakfast
Walkerton Fire Hall, 510 Napier St. E.
8 a.m.-1 p.m.
www.walkertonbia.ca

14

Hanover Library Book Sale
www.hanoverlibrary.ca or 519-364-1420
Runs through June 17

16

Kincardine Teddy Bear Parade
Victoria Park, Kincardine
10 a.m.

22

Lip Sync Battle
Fundraiser for Bruce Grey Mentorship
Knights of Columbus Centre
963 Hwy. 4, Walkerton; 6-9 p.m.
519-506-5065

Salsa at Blue Mountain
Blue Mountain Village; www.visitgrey.ca
Runs through June 24

Lucknow Strawberry Summerfest
www.strawberrysummerfest.com
Runs through June 23

23

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

24

Ride Don't Hide
5th annual ride for mental health
www.ridedonthide.com

27

Sauble Beach Movie Nights
www.saublebeach.com
Every Wednesday throughout the summer

29

School's Out Movies
Bruce County Museum & Cultural Centre
33 Victoria St. N., Southampton
www.brucemuseum.ca

JULY

1

Bruce Power Summer Bus Tour Program
Seven days a week in July and August
www.brucepower.com/visit-us to register

Moreston Heritage Village Opening Day
Grey Roots Museum & Archives, Owen Sound
11 a.m.-4:30 p.m.
www.greyroots.com

4

Special Guest Wednesdays
Bruce County Museum & Cultural Centre
33 Victoria St. N., Southampton
11 a.m.-3 p.m.
www.brucemuseum.ca
Runs every Wednesday through the summer

6

Lego Fridays
Bruce County Museum & Cultural Centre
33 Victoria St. N., Southampton
10 a.m.-noon
www.brucemuseum.ca
Runs every Friday through the summer

Kincardine Scottish Festival
Victoria Park, Kincardine
www.kincardinescottishfest.com
Runs through July 8

7

Saturday Afternoon at the Movies
Bruce County Museum & Cultural Centre
33 Victoria St. N., Southampton
2 p.m.
www.brucemuseum.ca
Runs every Saturday through the summer

9

Teens Engaged @ Museum workshop
Bruce County Museum & Cultural Centre
33 Victoria St. N., Southampton
10 a.m.-3:30 p.m.
Learn leadership skills and what it's like to volunteer at a Museum
Pre-registration and prepayment required.
www.brucemuseum.ca
Runs through July 10

14

Owen Sound Harbourfest
Owen Sound Harbour
11 a.m.-10 p.m.; 519-376-4440 x1251

20

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

21

Bruce Power Block Party
Downtown Port Elgin
Family activities in new location! Fireworks at dusk at Port Elgin Main Beach.
www.brucepower.com/visit-us

26

Hanover Sights and Sounds Festival
Downtown Hanover
hanover.ca/sights-and-sounds-festival
Runs through July 29

27

8th annual Marine Heritage Festival
Southampton
<http://marineheritagefestival.com>
Runs through July 29

AUGUST

4

Kids Chantry Chinook Classic Fishing Derby
Sauble Beach
Noon-3 p.m.
www.saublebeach.com

11

Sauble Beach Sandfest
www.saublebeach.com
Runs through August 12

Point Clark Lighthouse Festival
www.huronkinloss.com

16

Owen Sound Outdoor Movie Nights
Bayshore Community Centre
Starts at dusk
www.owensound.ca
Runs Aug. 23 at Harrison Park, main field, and Aug. 30 at Kelso Beach Park amphitheatre

17

34th annual Nawash Traditional PowWow
Cape Croker Park
www.nawash.ca
Runs through August 19

18

Touch a Truck, Port Elgin
Port Elgin Main Beach
11 a.m.-3 p.m.
www.saugeenshoreschamber.ca

24

Teeswater Fair
www.teeswaterfair.org
Runs through August 26 **GBK**

Some days require more coffee.
We get it.



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RECIPES

Berry time!

Recipes courtesy Foodland Ontario

Summer brings about many wonderful treats, but none are sweeter than fresh strawberries and blueberries, whether handpicked or purchased at a local Farmers' Market. Try these delicious berry recipes this summer.

HAWAIIAN STRAWBERRY TART

INGREDIENTS:

- 1 ½ cups vanilla wafer crumbs
- ¼ cup flake, sweetened coconut
- ¼ cup toasted macadamia nuts, finely chopped
- ⅓ cup unsalted butter, melted

Filling:

- 3 packages light cream cheese spread, softened
- 1 cup icing sugar
- ¼ cup fresh lime juice (about two limes)
- 1 tsp grated lime rind
- 1 tsp vanilla

Crushed berry sauce:

- 2 ½ cups quartered strawberries
- 2 tsp granulated sugar (optional)

Garnish:

- 12 strawberries, halved
- 2 tbsp toasted macadamia nuts, chopped (optional)

DIRECTIONS:

In bowl, combine wafer crumbs, coconut and macadamia nuts; stir in butter until evenly moistened. Press onto bottom and up side of 9-inch tart pan with removable bottom. Bake in 350 F oven for eight to 10 minutes or until golden brown around edge. Let cool completely.

Filling: In bowl with electric mixer, beat cream cheese until light and fluffy. Gradually beat in sugar until well combined. Add lime juice, lime rind and vanilla; mix until smooth and spoon over crust. Refrigerate for two hours or until set and thoroughly chilled.

Crushed berry sauce: In bowl, combine strawberries with sugar; let stand for 15 minutes or until strawberries start to get juicy. Lightly crush with potato masher or fork.

Garnish: Arrange strawberries on tart; sprinkle with macadamia nuts.



To serve, cut into wedges and spoon sauce over top. If you don't have a tart pan, use a 9-inch round cake pan lined with foil and press crumb mixture into bottom and 1-inch up side of pan.

BARBECUED BLUEBERRY DESSERT

INGREDIENTS:

- 4 cups fresh blueberries
- ⅓ cup orange juice
- ¼ cup liquid honey
- ½ cup cinnamon

Topping:

- 1 cup all-purpose flour
- ¼ cup granulated sugar
- 2 tbsp cornmeal
- 2 tsp baking powder
- 1 tsp grated orange rind
- ½ cup milk
- 1 egg
- 2 tbsp butter, melted and cooled

DIRECTIONS:

Place blueberries in ungreased 8-inch square metal cake pan (or use double thickness disposable foil pans). Pour orange juice over blueberries. Drizzle with honey and sprinkle with cinnamon.

Topping: In large bowl, combine flour, sugar, cornmeal, baking powder and orange rind. In small bowl, whisk together milk, egg and butter; stir into flour mixture until combined. Spoon evenly over blueberries. Place on indirect heat of 350 F grill. Close lid and bake for 40 to 50 minutes or until golden brown. Let cool slightly before serving.

Serve with ice cream. **GBK**

ICE AGE MAMMALS

New exhibit open April 28 to September 16!



Hands-on exhibits • Special events
Archives • Theatre • Café
Museum Store • Summer KidsCamp
and

Moreston Heritage Village,
a ten acre living history site



Plan your visit at
greyroots.com!



102599 Grey Rd 18, just south of Owen Sound | 519-376-3690



TD Summer Reading Club

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

Get your Summer Read ON! The kick off party for our Summer Reading Club is on June 23.
Sign up at your local branch to get your tracking booklet, bookmark and more!



Keep track of your reading all summer long with our online resource Beanstack.

Earn virtual badges & complete the challenges to earn a customized button.



Beanstack

<https://brucecounty.beanstack.org/reader365>

Program runs until August 18, 2018.