

# GREY • BRUCE KIDS

A FREE MAGAZINE FOR  
PARENTS AND CAREGIVERS

SUMMER 2019 • Volume 9 Issue 2 • [greybrucekids.com](http://greybrucekids.com)

## SUMMER LEARNING

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## FROM THE PUBLISHER

# Summer's here!

Another beautiful Grey-Bruce summer is upon us, and I trust you and your family are enjoying it to the fullest extent possible.

Kids often associate summer with freedom — no school, no homework, no need for jackets, snow boots, toques or snow pants. In many cases, kids seem less encumbered this time of year, and more relaxed.

To parents, summer brings a mix of stress and authentic joy. We love the extra time with our little ones, but we also shoulder the burden of ensuring they're active, occupied and making smart life choices.

In this issue of Grey-Bruce Kids, we tackle many of the concerns kids and parents face in summer, including the need to retain lessons from the school year. Lauren Beer, education and outreach coordinator at the Bruce County Museum & Cultural Centre, has this covered with a list of practical tips on how to prevent summer learning loss (Page 16).

We also have a feature about Canada's new Food Guide (Page 10) from Laura Needham, a public health dietitian at the Grey Bruce Health Unit; and a deep dive into the importance of sleep from pediatric sleep consultant Lindsay Wye-Palmer (Page 6).

Elsewhere, we tackle the challenging — but achievable — feat of moving to a new house and community with kids in tow (Page 19). Our expert, Kate Vanderwielen, has done it three times with a great deal of success.

Our latest Cool Kid feature (Page 28), shines a light on Cameron Ward, a student at Peninsula Shores District School in Wiarton. He's an award-winning public speaker with an amazing story to tell.

As always, thank you to our contributors, advertisers and readers for helping us make this issue of Grey-Bruce Kids a success.

Have fun reading, and be sure to enjoy the sun (responsibly, of course, and always with plenty of sunscreen!).

Amy Irwin, Publisher

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### SUMMER 2019

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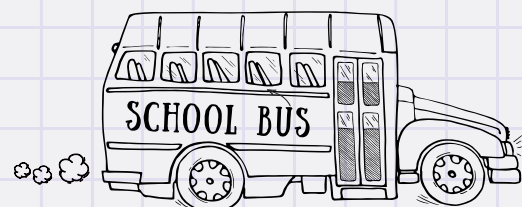
# VITAL FOCUS ON YOUTH

Samples from the Full Report



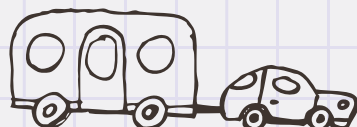
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## THE FACTS



### MOVING AWAY

Between 2011 and 2016, Bruce County had a net loss of 757 people in the 18 to 24 age range, Grey County had a net loss of 572 people in the 18 to 24 age range. Bruce and Grey counties tend to lose more residents from the 15 to 24 and 25 to 44 age cohorts than they attract from other areas.



### ECONOMIC BARRIERS

In 2015, 18% of children and youth under the age of 18 in Ontario lived in low-income households. The low-income rate among children and youth was slightly higher than Ontario in Grey Bruce at 19%.

what we heard...  
"There's nothing else to do here."  
"The only thing to do is to drink and smoke weed. There are lots of drugs in our community."

### SUBSTANCE USE

15% of Grey Bruce residents aged 12 and older report using cannabis in the past year. Cannabis use in the past year for 18-34 year olds is 44% (no different than rest of Ontario).



### what we heard...

"All we want is a seat at the table, equal representation when talking about issues that directly affect us."

"You see, we live out loud, we are connected, and we are passionate."

### 117 PLANS AFTER EDUCATION

youth aged 10 to 17 provided information about where they planned to live after they had completed all of their schooling. Of these, one quarter planned to live in Grey Bruce (25%), just over one half planned to move away (53%), and just under one quarter were unsure (22%).



### what we heard...

"There are lots of things to do in our region, like Blue Mountain... but everything costs money."



## IDENTITY/BELONGING



**95%** of children and youth aged 12 to 17 in Grey Bruce feel a strong sense of community belonging. This is higher than the percentage among Ontarian children in the same age group.

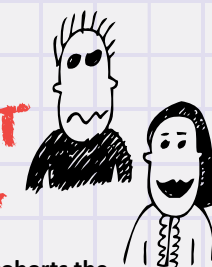
what we heard...  
"We see the same faces, the same people every day. We need more diversity like big cities."  
"Racism exists."

## HEALTH & WELL-BEING

**99%** of children and youth aged 12 to 17 in Grey Bruce feel satisfied or very satisfied with their lives. This is higher than the percentage among Ontarian children in the same age group.



## EMPLOYMENT & TRAINING



In the 15 to 24 and the 25 to 44 age cohorts the Stratford to Bruce Peninsula economic region has considerably higher participation rates at 72% than does Ontario at 60%.



## YOUTH SPACE



**60%** of children and youth aged 12 to 17 in Grey Bruce engage in over 2 hours a day of screen time. The national recommendation is for two hours or less of these activities daily.

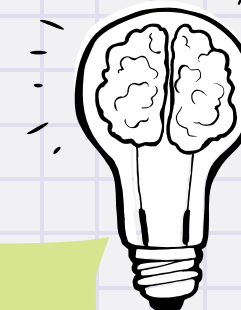


## MENTAL WELLNESS

**76%** feel they can speak to their family for emotional help or support when they need it.

**59%** feel they can speak to adults in their community for emotional help or support when they need it.

GOOD IDEA



### what we heard...

"If only there was a place for us to express ourselves and meet like-minded individuals. We need a place to talk to someone... to get information or support."

"Why do we always have to go to where the adults are?"

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# The importance of SLEEP

We tend to joke about it, but losing shuteye has serious implications for the health of both parents and kids. By Lindsay Wye-Palmer



Sleep. Did you give it much thought before you had kids? Probably not.

When you were tired, you slept, and when you didn't get enough, you made up for it later. Of course, that changed overnight when you became a parent. Suddenly, sleep (and how everyone in the house can get more of it) was a never-ending concern in the back of your mind.

As parents, we quickly come to the very unwelcome realization that an all-nighter with a baby is, in fact, very different from those all-nighters in college: There's no option to sleep until 2 p.m. when a kid is in the picture.

Images and memes that make light of sleep deprivation are scattered across social media, but in reality it's no joke. Insufficient amounts of sleep have been cited as a potential risk factor in an overwhelming number of conditions, including cancer, dementia, diabetes, heart attack, low testosterone, weight gain, weakened immune system — the list is long. Some experts believe that adequate sleep contributes more to one's health than exercise and diet combined. It's no wonder there is a movement to start prescribing sleep as a treatment for many ailments.

In children, lack of sleep is linked to behavioural issues. A 2012 study of school-aged children found that a mere 27 extra minutes of sleep per night resulted in a detectable improvement in emotional lability and restless-impulsive behaviour. There was also a decrease in daytime sleepiness, and a significant improvement in alertness and emotional regulation. On the flip side, a 54-minute drop in sleep resulted in a notable deterioration of these same factors. In addition, there is compelling research looking into the link between sleep deprivation and ADHD diagnoses. The symptoms of both are surprisingly similar.

Our mental health suffers significantly when we are sleep-deprived. Low sleep quality, sleep deprivation and lack of REM sleep have all been linked to depression. The latter has also been associated with hindered brain development, as well as social isolation in adults and adolescents who were deprived of REM sleep as children. In the wake of a (generally misinformed) movement telling parents to be at their children's beck and call, we simultaneously have an epidemic of mothers suffering from postpartum depression and anxiety. Not surprisingly, it has been found that the chances of women suffering from depression is three times higher when they are experiencing low sleep quality.

With this information at our fingertips, it's hard to imagine that we'd ever let sleep take a backseat to other activities in our lives. Yet we've all been guilty of it. Who hasn't stayed up to binge watch one more episode, or allowed their child to skip a nap for a social gathering? In moderation, these events won't drastically affect anyone's health; but add up 30 or 60 minutes per night over a period of time, and suddenly you (or your child) have racked up an enormous sleep debt.

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# How much sleep does your child need?

Every child is different, which is why the National Sleep Foundation recommends a wide range for each age group. If your child's sleep amount falls on the low end of their range, ask yourself whether they should be getting more rest. Do they tend to have meltdowns in the late afternoon? Are they waking up cranky? Do they have trouble concentrating on age-appropriate tasks? Does it take them longer than 15 minutes to fall asleep? If you answered yes to any of these, consider putting your child to bed earlier — start with 15 or 20 minutes.

**Newborns (zero to three months):** 14-17 hours

**Infants (four to 11 months):** 12-15 hours

**Toddlers (one to two years):** 11-14 hours

**Preschoolers (three to five years):** 10-13 hours

**School-aged children (six to 13 years):** nine to 11 hours

**Teenagers (14 to 17):** eight to 10 hours



equal — naps are restorative in a different way than nighttime sleep. If it seems that your child is too young to stop napping, then they probably are. It is normal for kids to skip a nap occasionally, or even to go through a “regression” and skip it several days in a row. Stick with your regular routine, even if your child doesn't sleep (though they will require an earlier bedtime on those days). In all likelihood, the nap will return.

**Avoid screens for at least one hour before bed, and keep them out of bedrooms.** Screens emit blue light, which inhibits the secretion of melatonin, a hormone that influences circadian rhythms. They are also stimulating, and a child watching TV in bed is likely to stay up an hour or more past when they would have fallen asleep in a calm room.

**Blackout blinds are a parent's best friend.** If a child has a legitimate fear of the dark (which doesn't appear until the age of two or more, if ever), use a soft amber or red nightlight. Red light has the least power to shift circadian rhythm and suppress melatonin.

**Talk to your child.** If a regular bedtime hasn't been the norm in your house, prepare them in advance for the change. Set ground rules and get them excited about the idea that when everyone in the house gets more sleep, they are going to have more energy to play. Even young babies understand much of what you say to them, so talk them through their routine.

**Seek a medical opinion.** If your child snores or breathes through their mouth, talk to your doctor about the possibility of enlarged tonsils, adenoids, or obstructive sleep apnea.

Taking control of your child's sleep can seem like an ominous task, and at first it might require some diligence and hard work on your part. But once it becomes routine, the list of benefits for your entire family is endless. Infant brain development aside, have you ever thought about what you'll do with your free time in the evening?

I know, I know. You'll probably go to bed. GBK

*LINDSAY WYE-PALMER is a certified pediatric sleep consultant and a mom of three-year-old twins, so she knows a thing or two about sleep deprivation, and has seen first-hand the heavy impact it can have on families. She's passionate about helping parents and children get the sleep they need, and transition into better versions of themselves as a result. Contact her at [lindsay@absleep.com](mailto:lindsay@absleep.com) or [www.absleep.com](http://www.absleep.com).*



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## HOW TO ENCOURAGE MORE SLEEP IN YOUR HOUSE

If you're looking to take control of your family's sleep, there are changes you can make to promote better habits. It may look like a big list, but chances are you are already doing more than one. If you feel overwhelmed, simply take it slow. Start with one or two steps at a time, and go from there.

**Make bedtime a non-negotiable matter in your house.**

Children will constantly test boundaries, but if you remain consistent, they will eventually learn that bedtime is not one of the things that's worth pushing back on. Moreover, well-rested children come to recognize sleep as something that makes them feel good, and might actually ask to go to bed when they're feeling sick or irritable.

**Have a reliable routine.** Children thrive on consistency. Bedtime should be at approximately the same time each night (even weekends), and should include the same cues (i.e., brush teeth, jammies, story, two hugs, a lullaby, etc.). It's OK to break the routine once in a while, but only on special occasions.

**Prioritize sleep.** Register for sports and activities that will have you home before bedtime.

**The room should be safe and enjoyable, but not exciting.** An excess of toys or light can make the room too stimulating.

**Don't be too quick to ditch the nap.** Not all sleep is created

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# CANADA'S NEW FOOD GUIDE *and your family*

Here's what you need to know about Health Canada's guide to healthy eating. By Laura Needham

Do you make food decisions for you and your family based on Canada's Food Guide?

If you answered no, you might be surprised to find out how the guide has shaped our food culture.

For example, have you ever known someone who starts their day with a glass of orange juice? This is because the earliest versions of the guide recognized the importance of Vitamin C and included tomatoes and orange juice — both of which have high Vitamin C content — specifically in its advice. Now these foods are commonly enjoyed in Canada and have become a part of our food culture.

Beyond our food choices at home, Canada's Food Guide influences the menus at public institutions like childcares and schools. Every day the food guide shapes what your child can be served. It's also the foundation for nutritional education and will be a key part of your child's understanding of healthy food and what healthy eating looks like as they grow.

The food guide is present even when we look at other types of messaging families come across. Industry uses the food guide in marketing their products as a healthy choice. Sometimes, companies can mislead parents into thinking that a highly processed food is a healthier and easier choice to pack in lunches because it has one ingredient that's found in the guide (I'm looking at you, cereal bars and fruit gummies). After tax forms, Canada's Food Guide is the most requested document from

the government. This level of influence is rare, and it's why the changes in Canada's Food Guide matter.

## What's in the new Food Guide?

Last updated in 2007, Canada's Food Guide was long due an overhaul. New understandings in science and nutrition had left dietitians and other health professionals questioning elements of the old guide. The new guide reflects strong evidence that food is more than a combination of nutrients, emphasizing that, "Healthy eating is more than the foods you eat." It focuses more on how to eat than how much to eat.



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**Have plenty of  
vegetables and fruits**

**Eat protein foods**

**Make water  
your drink  
of choice**

**Choose  
whole grain  
foods**

A plate has replaced the familiar image of the rainbow, but, despite this new look, many of the messages are similar to the previous version.

The new guide has strengthened its advice to choose whole grains, plenty of vegetables and fruits, and water most of the time. It cautions against highly processed food, especially foods that are high in sodium, added sugars, or saturated fat. This limit to free sugars — which are sugars, syrups, honey, or juices added to food — has meant recommending water as a replacement for sugary drinks like fruit juice and chocolate milk. The guide also emphasizes the importance of reading food labels and being aware of marketing.

The most talked-about change seems to be a new food group, Protein Foods. Protein Foods now groups together all of the foods once presented under the Meat and Alternatives and the

Milk and Alternatives banners. Many have expressed concern that milk and meats (especially red meats) are being vilified by Health Canada and that this will damage industry. As one of Ontario's top cattle producers, this concern is particularly relevant in Grey/Bruce; however, it's important to recognize that, although these foods are no longer as prominent in the guide, they are still present.

The food guide is not asking Canadians to adopt vegan or vegetarian diets, but it does indicate a more 'flexitarian' diet could benefit most of us.

In a flexitarian diet, beans, lentils, chickpeas and other plant-based proteins are encouraged, along with other proteins like fish, eggs, lower-fat dairy and lean meats. Plant-based proteins are more than sources of high-quality protein; they are nutritional powerhouses, rich in vitamins, minerals, and fibre.

Canada is a top exporter of many plant-based proteins globally, so we can support Canadian industry by choosing them more often, while also gaining health and environmental benefits.

Many people I speak to are nervous to get started with plant-based proteins. If that sounds like you, start slow! Make a spaghetti sauce with half-ground meat and half lentils, try making a minestrone soup with white beans, serve hummus with veggies, or keep it classic with a mixed bean salad. There are a million ways to use these versatile foods. Explore the recipe section at [Canada.ca/Food-Guide](https://Canada.ca/Food-Guide) to find inspiration for your family.

Introducing new foods to your family takes patience; it can take more than 10 tries for a new food to be accepted. Offer new foods with family favourites, and don't worry if it doesn't get eaten at first. Remember, as a parent, our mealtime responsibility is to choose when and what to offer; children choose whether and how much to eat of the healthy foods you're offering.

The new guide also recommends cooking more often and eating with others. Both of these behaviours will help kids be more adventurous eaters and will share your food knowledge. Inviting other friends and family for a flexitarian potluck can expand this skill sharing even further, and you'll be amazed at the variety of dishes that can be made!



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Buying food for our families

Another common concern has been the affordability of following the new food guide. The visual of half a plate of vegetables is familiar advice in the nutrition world, but has led some to question the cost. In fact, a recent survey found that more than 25 per cent believe the new food guide recommendations are not affordable. However, the same report also noted a family of four would save about 6.8 per cent on groceries in a year by preparing foods at home based on the new guidelines. Meal planning prevents waste and is the best strategy for families to keep a food budget, especially as you set new goals and try new foods.

It is important to recognize that food insecurity is about more than high food prices. When finances are limited, food is one of the first areas that families can cut costs by sacrificing quality or quantity. This means that food insecurity is a strong reflection of poverty in our community. Stagnant incomes, and rising costs for housing, transportation, and utilities all contribute to people not having enough or the right types of foods to meet their needs. It is important that governments at all levels recognize that the recommendations of the new food guide are simply out of reach for many Canadians. Governments and industry must work together to support sustainable changes instead of relying on food charity, which is unable to address the root causes of the issue.

Where our families eat

Beyond healthy food choices and healthy behaviours, the new guide tells us that supportive nutrition environments are needed to change the way we eat. While some of our environments are required by law to offer healthy food, others are not.

Families often spend hours on the weekend and in the evenings at recreation centres or playing organized sports. Being physically active supports our health in so many ways, and when our bodies are fueled with good nutrition, then those benefits only grow. Eighty-eight per cent of Grey/Bruce residents have shown an interest in seeing more healthy food and drink choices in their recreational facilities.

Many of the parents we heard from felt frustrated that much of the food available at these centres does not reflect the goal of being active for health. Coaches, caregivers, and centres need to work together to avoid unhealthy food being used as a reward for being active. Not only does this create an unhealthy relationship with food, but also sets kids up to feel that being active is a chore.

You can work with your coaches to adopt the ‘Sideline Snacks’ pledge, available through public health. This can help make sure water and healthier snacks are the first choice for active kids.

Health Canada has made the new Canada’s Food Guide available through a mobile-friendly website at [Canada.ca/Food-Guide](http://Canada.ca/Food-Guide). Moving away from the paper version has allowed it to make more information available to Canadians, including recipes and videos. Later in 2019 you can expect to see more on Canada’s Healthy Eating Pattern, which will provide details for a variety of ages and stages.

Until then, use Canada’s Food Guide to help your family choose, or advocate for, a variety of healthy foods that will fuel them wherever they live, learn, work, or play. [GBK](#)

.....  
*LAURA NEEDHAM, MPH, RD, is a public health dietitian with the Grey Bruce Health Unit. Learn more at [www.publichealthgreybruce.on.ca](http://www.publichealthgreybruce.on.ca).*



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# PREVENT SUMMER LEARNING LOSS

Even though it's summer, it's important to keep the momentum going in your child's education.

By Lauren Beer

Summer is finally here, but that doesn't mean your child's learning should be put on the classroom shelf for the next two months!

Ask any teacher and they will tell you the first month or two of school is spent re-teaching material from the previous year due to "summer learning loss."

Students who are exposed to rich, engaging learning activities through the summer are more likely to retain academic knowledge when they return in the fall, and learning does not have to be boring! Here are 10 fun (and sneaky) ways to keep your child learning this summer.

**Get your child their own library card.** Encouraging children to borrow and read materials they are interested in is one of the best ways to keep up their reading skills. By giving them their own library card, you'll help develop their sense of independence and accountability. Many libraries now run summer reading programs with incentives for children to keep up their reading all summer long. Also, libraries aren't just about books anymore — from borrowing equipment for outdoor activities to Science, Technology, Engineering and Math (STEM) events for kids, you might be surprised what your local branch has to offer!

**Go geocaching, letterboxing, or try the Explore the Bruce Adventure Passport.** Want a scavenger hunt with none of the preparation time? With millions of geocaches worldwide, and about 90,000 letterboxes in North America, these any-time treasure hunts are an exciting, physical way for your child to practice solving clues, navigation and feeling a sense of pride when they sign the logbook. Bruce County's Explore the Bruce Adventure Passport is similar — it features many hidden-

gem destinations across the county, and you can enter your completed passport for a chance to win a prize!

**Taking a trip? Involve your child in the planning process.** Let them help plan some of the stops along the way, or perhaps even the destination. If they are old enough, you can even give them a budget. They'll get to research prices, hours of operation, travel time and distances. This is an enriching cross-curricular activity that can involve math, geography, mapping/navigation skills, critical thinking and problem solving. Plus, these are real-life activities they will almost certainly be doing again in the future, so why not begin now?

**Visit museums and galleries.** Museums have a long-standing role as educational institutions, but if you haven't visited one in a while you'll notice that gone are the days of static, dusty displays. Destinations like the Bruce County Museum & Cultural Centre, Grey Roots Museum & Archives and the Bruce Power Visitors' Centre are full of interactive, hands-on exhibits and programs that you will have a hard time pulling your child away from. Or, visit one of Grey/Bruce's many art galleries; bring a sketchbook, get inspired and continue making art when you return home. Your child might even be able to meet a local artist while they're at it.

**Get outdoors.** Whether it's just in your backyard, or one of the many conservation areas, provincial or national parks in the region, Mother Nature always has new learning opportunities to offer. Whether you're hiking the Bruce Trail (Canada's oldest and

longest marked footpath), camping, or at a visitors' centre in a park, be on the lookout for teachable moments (science-related or otherwise)! Bring a notebook to capture all those "why" questions about nature, catch-and-release insects for observation, or explore the wonders of local wetland and forest ecosystems.

**Prepare food together.** Whether it's a new recipe or a tried-and-true favourite, cooking is full of rich learning opportunities from start to finish. Compare prices at the grocery store to get the best deal (use a price-matching app to make it a game), read and follow a recipe (a great example of a procedural text) and practice measuring ingredients (a math exercise with counting, addition and maybe even fractions). If you want to add an element of science, try making the ever-impressive ice cream in a bag.

**Take a virtual trip.** Rainy day or just can't get away? Try some meaningful screen time and visit almost anywhere in the world! Google Earth's powerful tools let you experience lands far away from the comfort of home, or make it a game with the website [geoguessr.com](http://geoguessr.com), a challenging activity for the entire family. For a more guided experience, go on a virtual tour of any number of the world's best museums, galleries and landmarks!

**Start a rock collection.** The Earth's history has been recorded in the geology of the bedrock that lies beneath Grey/Bruce. Encourage your child to collect and compare a variety of rocks from your summer travels. Can they find fossil evidence of a time when this part of the continent was submerged in a tropical

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**Hold a family games night.** There are so many fun and hilarious board games out there with hidden educational elements. For drawing, communication and creativity, try Telestrations. Games like Scattergories are great for vocabulary; for math skills, try games like Pit, Monopoly or Battleship. For older kids, check out cooperative strategy games like Pandemic and Forbidden Desert. Don't forget the classics such as chess, checkers, dominoes and card games. To extend the fun, try your hand at designing your own board game together!

**Create a journal/scrapbook.** This doesn't have to be a huge undertaking (but it can be taken to any level). Start the summer off by giving your child a book with blank pages and make a point of developing one photo per week. Let them tape in the photo and decorate the pages, as well as write in them. This can make the idea of journaling more enticing for the reluctant writer. At the end of the summer your child will have a great keepsake and some fuel for the inevitable back-to-school question, "What did you do this summer?" **GBK**

ocean beneath the equator? The limestone and dolostone bedrock here (most easily visible in the Niagara Escarpment) is actually formed by the shells of crustaceans that have been condensed and formed into sedimentary rock over millions of years!

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Economic Barriers, Identity & Belonging.

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25



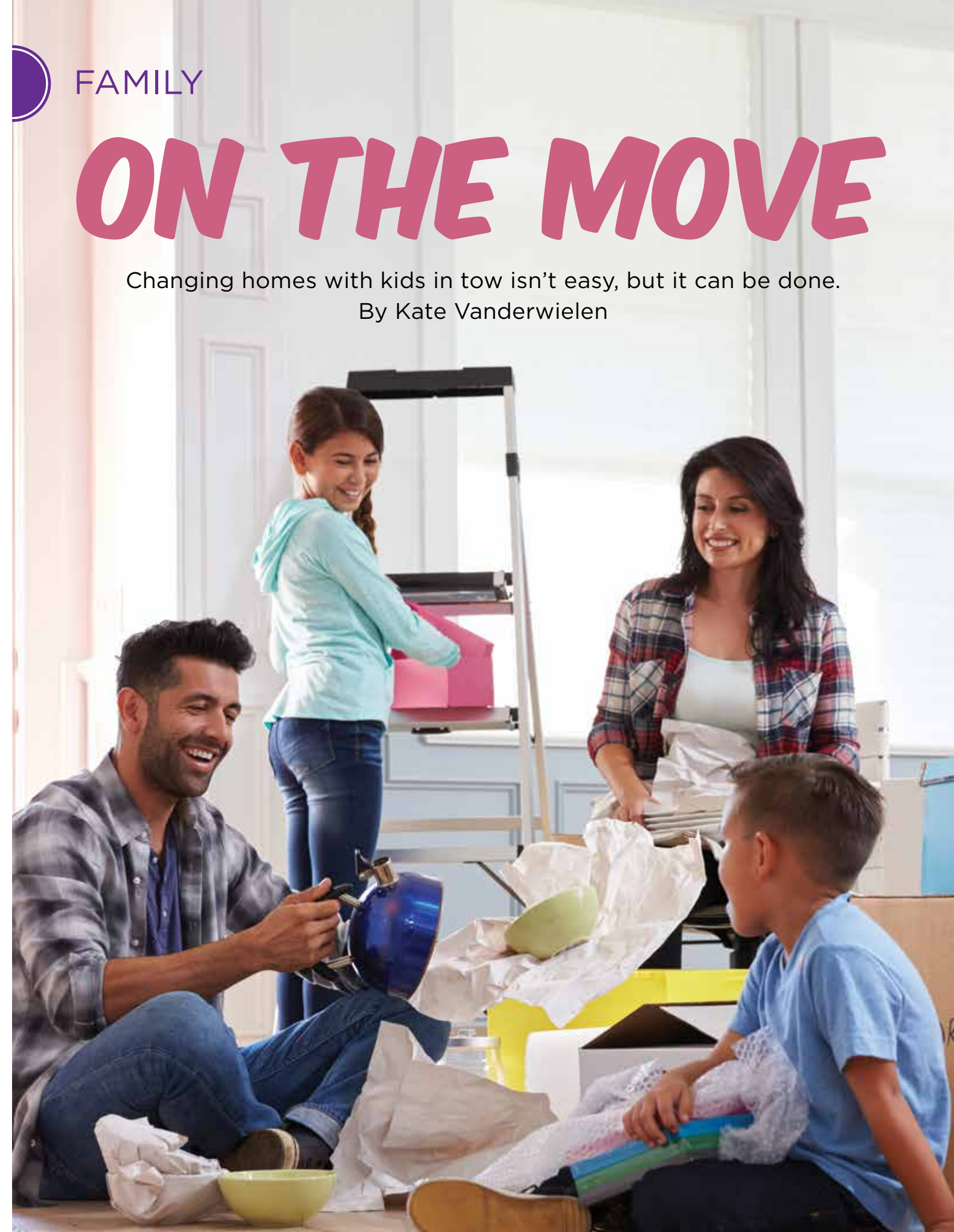

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FAMILY

# ON THE MOVE

Changing homes with kids in tow isn't easy, but it can be done.

By Kate Vanderwielen



Let's face it, moving can be stressful.

Put kids into the mix, and it's even harder. Whether you are moving within the same community or to a new one, it is a big change for all involved.

I have had the experience of moving within the same city, as well as moving to a completely different town, several times with my husband and children. My goal as a parent was to make it an adventure for the kids, and we always tried to have a positive attitude and include the children in the planning.

We were settled in our first house for a few years and then started our family. It was not our forever home, but we enjoyed the space. We decided to find our forever home before our oldest started Kindergarten. It was a challenge looking at new houses and selling our own house with kids in tow. At the time we had a three-year-old and an 18-month-old, and our youngest was a handful.

I remember being so apologetic to our real estate agent when she showed us houses, as my youngest was an explorer and would get into everything. Thankfully our agent had kids of her own and was very accommodating; she understood the stress.

My husband would take his time looking over the house thoroughly and I would be running out the door with the kids before they broke something. We often took turns waiting in the

car with kids so the other one could look at the house. At the same time though, we wanted our three-year-old to understand we were looking for a new house, and to include him in the process. We would talk to the kids about what they liked in the house and what was their favourite part of it. What bedroom would they want? How would they set it up?

Our children were too young to truly understand, but I think it did help with the transition — bringing the children along to look at their potential new house so one day they did not wake up and not know where they lived. We felt it was important for the children to come along for the process.

Selling our house with children was another story. We had to ensure the house looked staged and clean while actually living there with small kids. We decided to put away the majority of their toys in large boxes until we actually moved houses. We had to move the toys anyway; and then it would be like Christmas when we unpacked the boxes in the new house!

We also decided to dedicate one area of the house to their stuff, which ended up being the basement. Before we moved, we had toys on every level of the house, and now they were confined to only one area. We also ensured we had a quick clean-up system if we got a last-minute call to see the house — we could just throw all of the toys in bins in a bookcase, and off we went.

It was also a challenge to keep the house clean with little kids!

Our kids have adjusted very well to each move, and I attribute it to communicating with them about the entire process.



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request at: [www.bwdsb.ebasefm.com/rentals](http://www.bwdsb.ebasefm.com/rentals)  
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upcoming school year, please contact Community Education  
at 1.800.661.7509 ext. 2007 or visit our  
website at: [www.bwdsb.on.ca/coned](http://www.bwdsb.on.ca/coned)




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old and a two-year-old! My husband had the opportunity to relocate, and we decided to go for it. We thought a change would be good, and we wanted a new adventure.

We had always wanted to move out of the city and into a small town, or even to the country, but we did not think we would ever get that opportunity. The neighbourhood school was slated to close that June and merge with another school, so we figured the kids would be going to a new school anyway. The timing worked perfectly!

The children seemed excited to move towns and even get a new house. Once again, we followed the same thinking as the previous time we had moved. We used the same strategy of confining kids' toys to one area. We also staged our house and ensured it was appealing to any buyer so it would sell quickly. After another two weekend open houses, our property sold.

My husband's new job was two hours away, and there were many different outlying communities where we could live. Not only were we moving houses with children, but we had to go on long drives to get there. We used the same strategy as before, including the children in discussions and planning, and they joined us in touring the communities and houses we were considering.

This time around, since we were in a new community, I was able to do some research into fun kids' entertainment while we were there. We always made sure we stopped at a toy store or a park or a restaurant to get the kids excited about the new place. There may have been candy and treats involved in the long car rides as well!

We told our children their school was closing anyway, so it was a good time to move. The kids seemed to adjust well, but it was not until we actually moved that realty sank in; we were no longer in our old town. All the things they were accustomed to were gone, like their neighbourhood and their friends.

I encouraged them with the knowledge this was a great opportunity to make new friends and to have new adventures. I tried to communicate with my children as much as possible. I toured their new school with them so they could see where they would be going that upcoming school year. I always tried to put a positive spin on the new house and the new school, even if I was not thrilled with it all the time either!

In a small-town school, all the kids already knew each other, but our kids did eventually settle in and didn't mind being called the 'new kids.' I told the kids we were not moving again, and once again I was wrong!

Our small town had a lot of charm, but in the end it was too small for all of us. It was a long commute to get anywhere, and we were not happy with the house and the school. So when my husband had another opportunity to move, we jumped at the chance. This time it was much harder with older children, but we had become experts about moving with kids. My husband and I were finally moving to the country — it was something we always had wanted to do.

We were moving to Grey/Bruce!

We decided this time to move to the country, and surround ourselves with fields and forests, not houses and neighbours. We were moving another two hours away with kids aged five, seven and nine. The youngest were fine to move but our oldest had the hardest time. We knew how to stage our house to ensure it sold quickly. We were getting to be pros at this!

We decided to stay the weekend in Owen Sound to visit properties while we had an open house at our old place. Once again, by staging and making our house attractive to potential buyers, we sold it after the first weekend.

This time around, buying a new home was challenging — there was nothing available. We didn't have a new house to move into after we sold our place. That was stressful, but I knew it would

all work out in the end. After a long search, and down to the wire, we finally found our perfect country home. Still, the house needed a lot of work. This was the first time major renovations were involved. And renovations with kids? That's another story for another time!

Thankfully, our kids have adjusted very well to each move, and I attribute it to communicating with them throughout the entire process. Don't get me wrong — it was hard work, and many days I found myself thinking, 'What on earth are we doing?'

After living here for a few years, we are finally settled. I have promised my children we are not moving again while they are young and in school. I feel at home in Grey County, and I cannot imagine living anywhere else.

My family loves where we live and they will all say it's their favourite place to call home. In the end, it was all worth it. GBK

***KATE VANDERWIELEN** was born and raised in Toronto. She graduated with distinction from the University of Western Ontario, where she met her husband Scott. They have three children; 12-year-old Lucas, 10-year-old Owen and eight-year-old Lily. Kate has worked in real estate for almost a decade. Her family has moved many times and is now happily settled in Grey/Bruce. Visit her online at [katesells.ca](http://katesells.ca).*

We decided to spend most of our time living in the 'toy area'; keeping the majority of the house clean. This way we didn't have to scramble to clean the rest of the house if we got a last-minute call.

We also decided to have two open houses the first weekend we listed to get as many people through as possible. Luckily, the buyer came through the open house and we received an offer after that weekend.

To prepare the children to move, we took many drives by the new house and pointed out the fact it would be our new home in a few weeks. We talked to the kids a lot about it, and what they would take to their new house. They helped pack as much as they could. We thought it was important to have them involved, to help with the transition.

Finally the big day came, and we hired movers. That was the best decision we could have made with small children. The movers came in and did their job, so I could just focus on the kids.

After we moved, we said we would never move again. Boy, were we wrong! Fast forward three years, add another child to the family, and this time we were not just moving within the city but to a brand new town, with a six-year-old, a four-year-



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[www.bwdsb.on.ca/instructional\\_programs/kgtn](http://www.bwdsb.on.ca/instructional_programs/kgtn)



# Early ON

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Find program calendars for EarlyON locations across Grey County  
[Grey.ca/Childrens-Services](http://Grey.ca/Childrens-Services)






# RESOURCES

## ABUSE (PHYSICAL/SEXUAL)

### Assaulted Women's Helpline

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

### Bruce Grey Child and Family Services

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

### Keystone Child, Youth & Family Services

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

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

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

### Sexual Assault and Partner Abuse Care Centre

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

### Victim Services 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 Children's 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

### Wiarton Kids Den Day Care/Kids Club School Age Program

519-534-4434

### Wiarton 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, Wiarton  
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.edgehillsschool.org

### Georgian Tutors

www.georgiantutors.com

## EMPLOYMENT SERVICES

### Leads Employment Services

1051 2nd Ave. E Owen Sound, ON N4K 2H8  
1-866-955-3237  
www.leadsservices.com

### 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.bgcsf.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

### EarlyON Child and Family Centres

Chesley - 1-800-616-8116  
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 - 1-800-616-8116  
Thornbury - 519-599-2577  
Wiarton - 1-800-616-8116

### Family Sleep Consultant - A-B-Sleep

absleep.com or 519-386-7378

### 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  
Wiarton - 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



# RESOURCES

**YMCA of Owen Sound and Grey/Bruce**  
519-376-0484 or [ymcaowensound.on.ca](http://ymcaowensound.on.ca)

## FOOD BANKS/HOUSING

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

**Durham District Food Bank**  
Monday and 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](mailto:circlek@bmts.com)

**Lion's Head and District Food Bank**  
519-793-3860 or [helen.rick@amtelecom.net](mailto:helen.rick@amtelecom.net)  
**Markdale and District Food Bank**  
519-986-3094

**Meaford Food Bank**  
519-538-4550

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

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

**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 [habitatots@bmts.com](mailto:habitatots@bmts.com)  
[www.habitatgreybruce.com](http://www.habitatgreybruce.com)

**Ontario Tenants Rights**  
[ontariotenants@hotmail.com](mailto:ontariotenants@hotmail.com)  
[www.ontariotenants.ca](http://www.ontariotenants.ca)

**Safe 'n Sound Homelessness Initiative**  
519-470-7233; [www.safesoundgreybruce.com](http://www.safesoundgreybruce.com)

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

## HEALTH CARE

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

**Brockton and Area Family Health Team**  
1-866-507-2021 or [www.bafht.com](http://www.bafht.com)  
Walkerton

**Canadian Mental Health Association Grey-Bruce Branch - Owen Sound**  
Administration: 519-371-3642;  
Crisis: 1-877-470-5200  
[jralph@cmhagb.org](mailto:jralph@cmhagb.org); [www.cmhagb.org](http://www.cmhagb.org)

**Collingwood General and Marine Hospital**  
705-445-2550 or [www.cgmh.on.ca](http://www.cgmh.on.ca)

**Connect Rehabilitation**  
1100 16th Ave., Owen Sound  
519-372-2121 or [connectrehab.com](http://connectrehab.com)

**ConnexOntario Help Lines**  
Free, confidential, 24-7 helplines via phone, webchat or email  
Drug and alcohol - 1-800-565-8603  
Gambling - 1-888-230-3505  
Mental health - 1-866-531-2600  
[www.connexontario.ca](http://www.connexontario.ca)

**Grey Bruce Health Services (hospitals)**  
Lion's Head - 519-793-3424  
Markdale - 519-986-3040  
Meaford - 519-538-1311  
Owen Sound - 519-376-2121  
Southampton - 797-3230  
Warton - 534-1260  
[www.gbhs.on.ca](http://www.gbhs.on.ca)

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

**Hanover and District Hospital**  
519-364-2340/[info@hdhospital.ca](mailto:info@hdhospital.ca)  
[www.hdhospital.ca](http://www.hdhospital.ca)

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

**Hanover Family Health Team**  
519-506-4348 or [dford@hanoverfht.ca](mailto:dford@hanoverfht.ca)  
[www.hanoverfht.ca](http://www.hanoverfht.ca)

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

**Honouring Life Network**  
Aboriginal youth suicide prevention  
[www.honouringlife.ca](http://www.honouringlife.ca)

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

**Keystone Child, Youth & Family Services**  
1-800-567-2384 or 519-371-4773  
[kcyfs@bmts.com](mailto:kcyfs@bmts.com) or [keystonebrucegrey.org](http://keystonebrucegrey.org)

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

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

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

**M'Wikwedong Native Cultural Resource Centre - Owen Sound**  
1-866-202-2068 or [admin@mwikwedong.com](mailto:admin@mwikwedong.com)  
[www.mwikwedong.com](http://www.mwikwedong.com)

**Owen Sound Crisis Pregnancy Centre**  
1-888-371-2004 or [ospcp@wrightman.ca](mailto:ospcp@wrightman.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](http://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](http://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](mailto:info@segchc.ca) or [www.segchc.ca](http://www.segchc.ca)

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

**TeleHealth Ontario**  
1-866-797-0007

**Thames Valley Children's Centre**  
519-396-3360 or 1-866-590-8822  
[www.tvcc.on.ca](http://www.tvcc.on.ca)

## LIBRARIES

**Blue Mountains Public Library/ L.E. Shore Memorial Library**  
Thornbury; 519-599-3681; [thebluemountainslibrary.ca](http://thebluemountainslibrary.ca)

**Bruce County Public Library**  
Online catalogue - [opac.brucecounty.on.ca](http://opac.brucecounty.on.ca)  
Administrative office - 519-832-6935 or [libraryinfo@brucecounty.on.ca](mailto:libraryinfo@brucecounty.on.ca)  
Cargill - 519-366-9990  
Chesley - 519-363-2239  
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](http://www.collingwoodpubliclibrary.ca)

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

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

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

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

**Owen Sound and North Grey Union Public Library**  
519-376-6623; [www.owensound.library.on.ca](http://www.owensound.library.on.ca)

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

## MUSEUMS

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

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

**Bruce County Museum, Cultural Centre & Archives - Southampton**  
519-797-2080 or [www.brucemuseum.ca](http://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](http://www.brucepower.com)

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

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

**Grey Roots Museum & Archives**  
Includes county's archives  
1-877-GREY ROOTS; [www.greyroots.com](http://www.greyroots.com)  
RR4 Owen Sound

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

**Owen Sound Marine and Rail Museum**  
519-371-3333  
[www.marinerail.com](http://www.marinerail.com)

**Paddy Walker Heritage Society - Kincardine**  
519-396-1850  
[www.walkerhousekincardine.com](http://www.walkerhousekincardine.com)  
**South Grey Museum - Flesherton**  
519-924-2843 or [museum@greyhighlands.ca](mailto:museum@greyhighlands.ca)  
[www.southgreyymuseum.ca](http://www.southgreyymuseum.ca)

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

**Tobermory Maritime Association**  
519-596-2700; [www.tobermorymaritime.ca](http://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** (shelter directory)  
**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](mailto:jill.ricica@gmail.com).  
Thursdays during school year, info on FB

**EarlyON Child and Family Centres**  
Chesley - 1-800-616-8116  
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 - 1-800-616-8116  
Thornbury - 519-599-2577  
Warton - 1-800-616-8116

## SPECIAL NEEDS

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

**Autism Parent Support Group**  
Community Living Kincardine & District  
519-396-9434 or [www.clkd.ca](http://www.clkd.ca)

**Bruce County Children's Services**  
1-800-265-3005 or [www.brucecounty.on.ca](http://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](http://www.clkd.ca)

**Community Living Meaford**  
519-538-4165

**Community Living Owen Sound and District**  
519-371-9251 or [communitylivingowensound.ca](http://communitylivingowensound.ca)

**Community Living Walkerton & District**  
519-881-3713 or [www.clwalkerton.org](http://www.clwalkerton.org)

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

**Hope Haven Therapeutic Riding Centre**  
519-986-1247  
[www.hopehavencentre.org](http://www.hopehavencentre.org)

**Keystone Child, Youth & Family Services**  
Owen Sound; 1-800-567-2384  
[kcyfs@bmts.com](mailto:kcyfs@bmts.com) or [keystonebrucegrey.org](http://keystonebrucegrey.org)

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

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

**South Grey Bruce Youth Literacy Council**  
519-364-0008 or [info@sgbyouthliteracy.org](mailto:info@sgbyouthliteracy.org)  
[www.sgbyouthliteracy.org](http://www.sgbyouthliteracy.org)  
Hanover

**Special Therapy and Education Program of Saugeen (STEPS)**  
519-797-1935  
[info@stepsahead.ca](mailto:info@stepsahead.ca); [www.stepsahead.ca](http://www.stepsahead.ca)  
Southampton

**Thames Valley Children's Centre**  
519-396-3360, 1-866-590-8822  
[Paula.Holla@tvcc.on.ca](mailto:Paula.Holla@tvcc.on.ca) or  
[Clare.Matthews@tvcc.on.ca](mailto:Clare.Matthews@tvcc.on.ca)  
[www.tvcc.on.ca](http://www.tvcc.on.ca)

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

## SPEECH/LANGUAGE

**Bruce County Childcare Services**  
1-800-265-3005; [www.brucecounty.on.ca](http://www.brucecounty.on.ca)  
Walkerton

**Closing the Gap Healthcare Group Rehab Express Grey Bruce**  
1-866-990-9901 or [www.closingthegap.ca](http://www.closingthegap.ca)  
Owen Sound

**Grey Bruce Health Unit - Owen Sound**  
1-800-263-3456  
[publichealth@publichealthgreybruce.on.ca](mailto:publichealth@publichealthgreybruce.on.ca)  
[www.publichealthgreybruce.on.ca](http://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](http://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](http://www.voicefordeafkids.com)

## WISH PROGRAMS

**Children's Wish Foundation of Canada**  
1-800-267-9474  
[on@childrenswish.ca](mailto:on@childrenswish.ca) or [www.childrenswish.ca](http://www.childrenswish.ca)  
Ajax, Ont.

**Make-A-Wish - Southwestern Ontario Chapter**  
519-471-4900 or [www.makeawishsw.org](http://www.makeawishsw.org)  
London, Ont. 



# Wiar-ton student's road to public speaking success

By Jamie Pettit

A Grade 5 student at Peninsula Shores District School (PSDS), and those who supported him, have much to be proud of after the Wiar-ton Legion Branch 208 Public Speaking Competition.

Cameron Ward won the junior division and advanced to the Zone competition in Hepworth on March 30.

Cameron was diagnosed with autism spectrum disorder at age four, and there was a time when it was a challenge for him to be in a room with lots of people, let-alone speak in front of them. Upon entering Junior Kindergarten, coping was difficult for Cameron, especially when it came to sensory issues.

However, his patient and understanding teacher Becky Madill and early childhood educator Wendy Barker were instrumental in employing strategies to help him feel more confident.

This included enabling 'sensory breaks' to minimize any distress caused by various aspects of the busy and sometimes noisy school environment. The ongoing support of these educators, along with his peers at school, allowed Cameron to adapt and



• Cameron Ward has marked many achievements since he entered Peninsula Shores District School.

feel comfortable in a caring and accepting learning environment.

When Cameron was in Grade 1, teacher Paul Perreault put him up to the daunting challenge of trying new foods with 'Try it Friday,' a weekly activity where a new or unusual food would be brought in for the class to taste test.

As a result, Cameron's parents were thrilled to be able to add a few new foods to his very limited palate. It's likely Cameron's first exposure to public speaking also occurred during Grade 1. At the time, he was keenly interested in space and seemed to know just about everything in regard to the solar system.

Mr. Perreault arranged for his students to visit the Grade 9 academic science class, where Cameron and one of his classmates were keen to answer questions from the older students about the solar system. The Grade 9s were extremely impressed by their extensive knowledge.

Over the years, Cameron continued to receive guidance from accepting staff, who gradually exposed him to things that had

previously overwhelmed his senses. Now in Grade 5, he no longer requires sensory breaks and is able to cope much more effectively within his busy surroundings.

Cameron is a fully functioning and independent student thanks to the support and encouragement he has received at PSDS!

In regard to his ventures into public speaking, Cameron was not initially excited about the idea of writing and delivering a speech in front of the class, which is a requirement for all students in Grades 5-8.

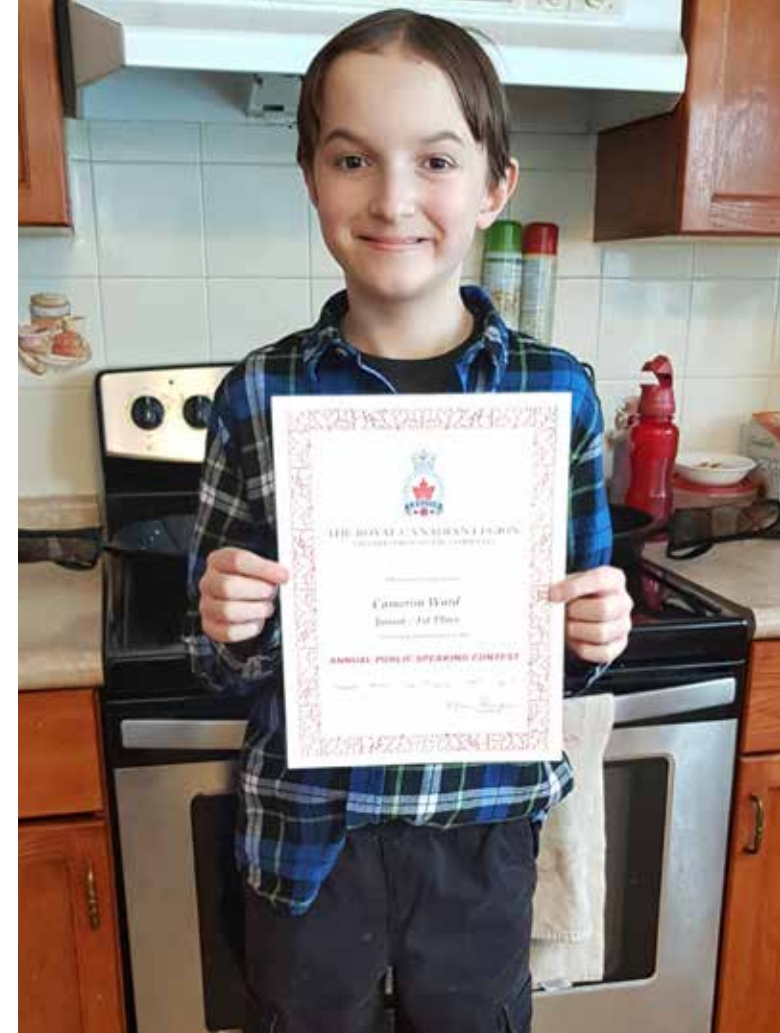
However, participating in this exercise allowed him the opportunity to research and study an area of interest, and then share his expertise with others. One of his interests and areas of knowledge is the events of Sept. 11, 2001, and it was not difficult for Cameron to prepare a three- to five-minute speech on the topic.

While his preference would have been to stand at the front of the class and randomly share his knowledge, he was encouraged to follow a sequence to make it flow. Thanks to the gentle prodding of his current teacher, Sheena Whitelock, and some strategies to ease him into speaking in front of the entire class (i.e., delivering his speech to small groups at first), Cameron was able to present in front of all his classmates.

He was then quite surprised and flattered to be selected by his peers and teacher to deliver his speech in front of the school! Although his first inclination was to refuse to do something that would be so far beyond his comfort zone, the encouragement and support from his family finally convinced him to give it a try.

Sure enough, Cameron was able to share his message with the entire school and excel in the process. The tremendous amount of positive feedback he received helped his confidence grow. It was his former Kindergarten teacher, Mrs. Madill, who then encouraged him to enter the Legion's public speaking contest. In light of his recent successes and the smaller audience size at the Legion event, Cameron was more easily convinced to enter the competition.

With a boost in confidence, Cameron attended the Wiar-ton Legion and delivered his speech almost flawlessly. Without any expectation of winning, it came as a huge surprise when his



name was announced for having the top speech!

Cameron's excitement grew as he competed at the next level with the Zone competition in Hepworth.

Congratulations on all your hard work Cameron! **GBK**

**JAMIE PETTIT** is a communications officer with the Bluewater District School Board.

**Some days require more coffee.  
We get it.**



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# SUMMER EVENTS

## JUNE

1

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

**Bruce County Public Library Events**  
www.library.brucecountyon.ca

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

2

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

8

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

**Air & Auto Extravaganza**  
Warton Keppel International Airport  
501262 Grey Rd. 1, Warton  
www.airautoevent.com

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

13

**Hanover Library Book Sale**  
www.hanoverlibrary.ca or 519-364-1420  
Runs through June 16

15

**Kincardine Teddy Bear Parade**  
Victoria Park  
10 a.m.  
tourism@kincardine.ca

**Summer Starts Here**  
Sauble Beach  
10 a.m.-9 p.m.  
www.saublebeach.com

16

**Moreston Heritage Village Sunday Spring Preview Day**  
Grey Roots Museum & Archives, Owen Sound  
1-4 p.m.  
www.greyroots.com

21

**3rd annual 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 23

**Lucknow Strawberry Summerfest**  
www.strawberrysummerfest.com  
Runs through June 22

**Longest Day of Play – PLAY in Bruce Grey**  
Check with your local municipalities for activities.  
www.playbrucegrey.com

23

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

28

**School's Out Movies**  
Bruce County Museum & Cultural Centre,  
Southampton  
www.brucemuseum.ca

**PA Day Adventures**  
Grey Roots Museum & Archives, Owen Sound  
www.greyroots.com

## JULY

1

**Bruce Power Bus Tour Program**  
Three tours a day, seven days a week (except statutory holidays)  
Learn more and register at www.brucepower.com/bustours  
Runs through July and August

2

**Summer KidsCamp**  
Grey Roots Museum & Archives, Owen Sound  
www.greyroots.com

**KidZone Summer Day Camp**  
Bruce County Museum & Cultural Centre,  
Southampton  
Pre-register at www.brucemuseum.ca

5

**Kincardine Scottish Festival**  
Victoria Park, Kincardine  
www.kincardinescottishfest.com  
Runs through July 7

13

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

19

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

25

**Hanover Sights and Sounds Festival**  
Downtown Hanover  
hanover.ca/sights-and-sounds-festival  
Runs through July 28

26

**9th annual Marine Heritage Festival**  
Southampton  
http://marineheritagefestival.com  
Runs through July 28

27

**Kids Chantry Chinook Classic Fishing Derby**  
Kincardine, Saugeen Shores, Wiarton, Pike Bay  
www.brucegreysimcoe.com  
Runs through Aug. 11

## AUGUST

1

**Owen Sound Outdoor Movie Nights**  
Bayshore Community Centre  
7:30 p.m.  
cmcarthur@owensound.ca  
519-376-4440 x1251  
Also runs Aug. 8 at Kelso Beach and Aug. 15 at Harrison Park

2

**Emancipation Festival**  
Harrison Park, Owen Sound  
www.emancipation.ca  
Runs through Aug. 4

10

**Sauble Beach Sandfest**  
www.saublebeach.com  
Runs through Aug. 11

17

**Ripley Food Art Craft Festival**  
Ripley Huron Community Centre  
9:30 a.m.-2:30 p.m.  
ripleyfestival@gmail.com

16

**Bruce County Heritage Farm Show**  
South of Paisley  
www.bruceheritage.com  
Runs through Aug. 18

**35th annual Nawash Traditional PowWow**  
Cape Croker Park  
www.nawash.ca  
Runs through Aug. 19

20

**Bruce Power Block Party**  
Celebrate summer with a free carnival, including rides, games, food and entertainment at the Davidson Centre in Kincardine  
11 a.m.-6 p.m.  
Fireworks at the Kincardine Harbour at dusk.  
www.brucepower.com/visit-us

23

**Teeswater Fair**  
www.teeswaterfair.org  
Runs through Aug. 25

GBK

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Step *Under the Canopy* and discover the fascinating world of the rainforest! Meet a red-footed tortoise, visit with a marmoset, and marvel at a panther chameleon. Adventure begins *Under the Canopy*!

## UNDER THE CANOPY ANIMALS OF THE RAINFOREST

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*Under the Canopy: Animals of the Rainforest is a travelling exhibit from Little Ray's Nature Centre, the largest exotic animal rescue in Canada.*





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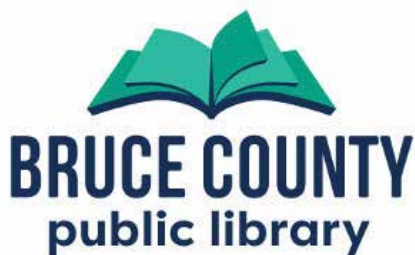
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