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FROM THE PUBLISHER

From parents, for parents

Welcome to the inaugural issue of Grey-Bruce Kids, the area's only publication dedicated solely to parents and caregivers.

My husband Dwight and I were both born and raised in the Ripley area, in southern Bruce County, but have been away since 2002. When we moved home in 2010, I immediately realized, despite the fact there are thousands of families in Grey and Bruce which face the same challenges mine does, there was no publication dedicated solely to parents and caregivers. There was no print or online community that ties together parents, events, resources and advertisers.

So, as we welcomed our second daughter just before last Christmas, I began planning to fill this gap in our communities. A year later, we are pleased to bring you this free quarterly magazine, which we know will be fun, informative and something you'll hang onto for the months to come. Grey-Bruce Kids focuses on what's important to local families, including education, health, arts, recreation, and life as a parent in Grey and Bruce. It also features community events, resources, and advertisements that are important to parents, and make it integral to getting the most out of life in Grey and Bruce. We also have a great website at greybrucekids. com that features blogs, an interactive events calendar that allows community members to post their own event for free, a listing of community resources, links to our advertisers, and downloadable versions of the magazine.

Be sure to 'Like' us on Facebook, follow us on Twitter @GreyBruceKids, visit greybrucekids.com daily and participate in our blogs, find out what's going on or submit an event to our interactive events calendar, and email us your feedback on the magazine at info@greybrucekids.com.

Thank you for your interest in Grey-Bruce Kids. We look forward to being a part of your family for years to come.

Publisher, Grey-Bruce Kids

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TiD**BiTS**

Don't let the flu beat you

Keeping the flu at bay is a never-ending battle, but there are many actions you can take to keep yourself and your family healthy this winter. Most importantly, anyone who is eligible for the flu shot should get one. Not only does this keep you safe, it prevents the spread of the flu to the most vulnerable. Washing your hands frequently, using alcohol-based hand sanitizer when soap and water is unavailable, sneezing into your arm instead of your hands, and keeping your hands away from your mouth are all effective in eliminating the spread of germs during flu season.

Early Years Centres offer parents, kids chance to interact

Winters in Grey and Bruce can be nasty, and often make it difficult to travel. One great way for kids to find new friends and develop their social skills, while offering parents a chance to interact with others, is by attending one of the Ontario Early Years Centre's locations across the region. Dropins are held and feature reading, singing, games, and playtime in a laid back environment. To find your nearest playgroup visit www.ontarioearlyyears.ca or see the 'Resources' section of this publication, on Pages 24-27.

Short day, lots of play

Dec. 21 may be the shortest day of 2011, but that's no excuse to be curled up on the couch watching the boob-tube.

The 'Play in Bruce Grey' initiative, which brings the 17 municipalities within Grey and Bruce together with the Public Health Unit and the school boards, is taking advantage of the first day of winter to hold the 'Shortest Day of Play' event across the region.

The Shortest Day follows up the wildly successful Longest Day of Play, held June 21, which saw thousands of children across Grey and Bruce take part in municipally-supported fun, outdoor activities. On the Shortest Day, youngsters will be encouraged to get outside and take part in some fun and games that will surely get their hearts pumping.

"The Shortest Day of Play encourages increased physical activity, community spirit and lots of fun," said Catherine Smart, of Play in Bruce Grey.

There will be a friendly competition held between municipalities to see which has the most participation in their town, much like there was during the Longest Day of Play, she added.

For more information on Play in Bruce Grey, visit www.playbrucegrey. com and contact your municipality for details about Shortest Day of Play activities.

20%

The percentage of youth who will struggle with mental health issues before reaching age 20.

> - Canadian Mental Health Association

Local website by kids, for kids

The Grey Bruce Public Health Unit has teamed up with local youth to develop TargetYouth.ca, an online resource for all things interesting for teens in the region. It features events, clubs, resources, job tips, and much more... and it's all specifically for our local youth!

Post your event at greybrucekids.com

There is always plenty to do in Grey and Bruce counties, no matter the month. Sometimes the hard part for families is knowing about all the interesting and fun things going on right in our own backyard.

That's why Grey-Bruce Kids has created an interactive and free events calendar on its website, greybrucekids.com.

Community members are encouraged to post their events, whether they be ongoing (weekly/monthly), annual, or a special occasion, to the calendar. The best part is, it's absolutely free!

Check out the calendar at www. greybrucekids.com/events.php and post your events today.

POINT COUNTER POINT

We asked our Facebook followers whether their children should have to earn their **allowance**, or whether being given money is their birthright.

While we agree our three young daughters should receive allowances, my wife and I are at a bit of a philosophical stalemate over the optics involved.

My wife believes an allowance should not be tied to chores for our eldest, because helping out around the house is a basic responsibility for kids, not a profit centre. So the money just appears for no apparent reason, reinforcing the belief that membership really does have its privileges. I, on the other hand, argue that exchanging cold, hard cash for the simple act of respiration teaches them at an early age that someone will always be there to take care of them with free handouts, regardless of their level of effort.

Our uneasy truce has left us sending mixed messages about the (pitifully small, I'm told) amounts that cross their palms each week. We're not really telling them why they're getting the money, which I see as a completely wasted opportunity to influence entrepreneurial behavior through good, old-fashioned motivational self-interest.

"You want that iPad?" I say. "Get out there and shovel the walk or vacuum out my car." If they're content, however, with raking in the bare minimum by no virtue other than their very existence, that's fine. I'll gladly pull out the old typewriter and they can impress their friends with that.

We'll continue to ride the fence on the issue of incentive-based allowances because we see eye-to-eye on virtually every other major parenting topic. And despite our philosophical leanings, it does give us the chance to talk regularly about financial values that are near-and-dear to both our hearts – the critical importance of saving, and living well within one's means.

As it happens, the divide does carry one added benefit. It gives me free reign to drone on and on about how hard my childhood was, what with all the breadwinning, household toil and exhausting uphill marches to and from school.

CHRIS MERCANTI, FATHER OF THREE, KINCARDINE





In my mind, the purpose of giving an allowance to a child is to teach them about handling money, and how to budget and save.

Saving to buy a special toy or a new bike means you may not be able to get a treat every time you go to the arena, and giving some money to charity or the less fortunate is an important lesson too!

As a child gets older, they should receive more allowance, until they are earning their own money with a job, which also means the expectation to save more grows as well.

Doing chores is just part of the responsibility of being a part of the family unit. Everyone helps out to make the home run smoothly. The difficulty of the chore and the time required to do it increase with age. So, a four-year-old can take out the garbage or empty the litter box, while an older child can cut the lawn or make supper.

The bottom line is Mom and Dad don't get paid every time they make the bed or do a load of laundry – it's just something that needs to be done.

I think it could be detrimental to a child to instill the belief that every little thing they do to 'help out' will be rewarded with cash. A healthier attitude is the 'Let's all work together to get this done' way of thinking.

A reward is not always necessary, but perhaps larger family rewards like a trip to the movies or a dish of ice cream are the way to go.

GAIL FARRELL, MOTHER OF THREE AND GRANDMOTHER OF TWO, RIPLEY

LIKE/LOVE/LOATHE US? Grey-Bruce Kids wants to know what you think about our publication. Write a letter to the editor and submit it to dwight@greybrucekids.com.



DEFEAT CABIN FEVER BY ACTUALLY ENJOYING MOTHER NATURE'S WRATH

By Dwight Irwin

They're the two words every student in Grey and Bruce counties longs to hear – snow day!

The free pass from Mother Nature ranks just below Christmas on the excitement meter for kids because it's always a surprise, it's a free day off school, and there's a possibility – especially in our part of the province – of it stretching into two, three or even four days.

Unfortunately, for the parents of school-aged children, snow days aren't nearly as much fun. Often, we still have to make our way to work, creating day care nightmares, or if we're stuck at home with our offspring, sheltered in our homes for days on end, there's a good chance the words, "I'm bored," will be muttered more than once as cabin fever begins setting in. Even all the computers, gaming consoles and cell phones in the world can't make three days stuck inside pass quickly.

Luckily, our generation remembers what life was like when we actually had to create our own fun, and we can open a new world to our children when the lustre of prolonged snowstorms begins to wear off.

Go outside. They're two words kids don't hear enough in any weather, but rarely, even for the most rural of us, is the weather too treacherous for kids to go outside and play. There are so many things to do when the snow is piling up and creating tempting drifts outside your door, and, dressed properly, there's no reason they shouldn't take full advantage of the wintry weather.

BUILD A FORT

Snow forts are the classic make-work project on snow days. They're essential to playing outside because they're construction not only results in shelter from the whipping wind, but they are also a necessity during snowball fights with other kids in the neighbourhood who venture outside for some fun as well.

Most of us can recite the keys to constructing a solid fort from memory, and perhaps it's time to pass that knowledge onto the computer generation. Or maybe they'll just Google it.

PLAY ROAD HOCKEY

The epitome of Canadiana seems to be disappearing from the streets of our towns. While the risk of this turning into a "When

I was a boy..." piece grows, it's a simple fact that having to stop your car and wait while a collection of boys and girls drag themselves and their hockey nets off the street has become a rare occurrence in most places. For many of us, snow days meant road hockey from breakfast until suppertime, while slipping in a quick lunch to have a hot chocolate and dry out or change snowpants and mitts, while hoping the snowplow comes by to create a fresh sheet of road for the combatants.

Games don't only eat up the better part of a snow day for kids of all ages, they're great exercise and the closest most of us will ever come to winning the Stanley Cup.

CRAZY CARPET, CRAZY FUN

Everyone becomes a kid again when they find themselves at the top of a hill with a toboggan, although Moms and Dads most likely envision aching bones and sore backs while the kids whiz down any and all hills with reckless abandon. Round up the



neighbourhood kids and their sleds and see who is not only the fastest, but also the bravest, depending on the type and location of the hill. Most towns have unofficial tobogganing hills where everyone flocks for some fun, but challenge your youngster to transform some less obvious snowpiles into quick runs. Your local arena most likely has huge snowbanks, but make sure there's no traffic moving across your sliding route!



MAKE A NEW FRIEND

You know they've been busy when there's an army of snowmen surrounding your house as night falls. If the snow packs just right, the potential is there to build the biggest snowman in the neighbourhood, finishing it off with button eyes and carrot nose. You may have to don your snowpants to help place Frosty's midsection and head, which is also a good opportunity to get rolling around in the snow yourself. Deep down there's plenty of kid left in all of us, especially on a snow day.

GRAB A SHOVEL

Because wouldn't it just be nice to have someone else shovel the driveway?

STUCK INSIDE? GET 'BOARD'

Sometimes the weather is just too nasty to enjoy. If that's the case, turn off the TV, computer, cell phone and all the other gadgets, and pull out a board game. Yes, they'll groan and call you a dinosaur, but if you can get them at the kitchen table and in front of your game of choice, it's impossible for them to not enjoy themselves. Epic, three-day games of Monopoly may be rare these days, but they're still worth every minute of quality family time, something we all need more of too.

If the kids are really tired of the options hiding in the back of your closet, then try a board game swap with a neighbour.

OPEN A 'RESTAURANT'

Being stuck in the house is also a great way to introduce kids to the kitchen... and we don't mean doing the dishes! Being stormed in is the perfect way to teach youth of all ages about meal planning. Why not turn it into a game of 'restaurant'? Get the kid to plan a full menu – from appetizers and entrees to fresh-baked desserts. While the older kids are preparing the meal (feel free to help, since you have to eat this later!), the younger siblings can get dressed up and become a sophisticated server, hand out the special menus they made, pour the finest milk, and present each course to the hungry patrons.

RETRACE YOUR ROOTS

Pull out those long-forgotten family photo albums and show the kids all the embarrassing images of your youth, and also what their grandpas looked like with hair! This is also a great time to start mining websites to create your family tree, which not only fills time on a stormy day but also becomes a wonderful ongoing history project for the family.

If all else fails, start planning all the wonderful activities you're going to do in Grey and Bruce counties next summer!

FAMILY



Licensed to drive

By Todd Farrell

One of those moments in life everyone remembers is getting their driver's license.

It used to be a fairly simple thing. On your 16th birthday you wrote your beginner's test and then booked the earliest appointment you could to take your driver's test to get your full license. That changed in 1994 when Ontario introduced graduated licensing.

How it works is there are three different license classifications - G1, G2 and G. G1 has basically the same rules as the beginner classification that I knew. G2 is an intermediate step where you can drive on your own with certain restrictions and the G license is your 'full' driver's license.

There is also a time frame you have to wait to move from one category to another. From the G1 license date you have to wait one year to take your G2, or if you take an approved driver training course you only have to wait eight months. Once you have your G2, you then have to wait one year before taking your full G license.

Some of the G2 license restrictions to take note of are:

• you must maintain a zero blood alcohol level while driving (in fact all drivers under 21, regardless of licence category, must have a zero blood alcohol level).

- the number of passengers in the vehicle is limited to the number of working seatbelts.
- between the hours of midnight and 5 a.m., G2 drivers 19 and under and having had their G2 license less than six months can carry only one passenger aged 19 or under. After the first six months and until the G2 driver earns a full G license or turns 20 they can carry only three passengers aged 19 or under. These restrictions do not apply if the G2 driver is accompanied by a full G licensed driver (with at least four years driving experience) in the front seat, or if the passengers are immediate family members.

While the licensing requirements seem a lot more stringent than I remember, traffic crashes are still the number one cause of death among children and young adults. As my 15-year-old son continues to bug me about what kind of car he's going to get, anything that gives him more driving experience can only be a good thing.

For more information visit the MTO website at http://bit.ly/aqazcK.

TODD FARRELL is the president of Miller Insurance. He is raising his two sons with his wife Stephanie and can't believe one of them will be 16 next year!

HEALTH

Going



IF NOT DIAGNOSED, **CELIAC DISEASE**CAN WREAK HAVOC ON KIDS' HEALTH

By Dr. David Miller

Celiac disease is a permanent autoimmune disorder affecting the small intestinal wall, which can create significant health issues later in life.

Upon exposure to gluten-containing foods, there is a cascade of events that leads to damage to the 'integrity' (the ability to keep most contents of the bowels separated from the bloodstream) of the intestinal wall. This in turn leads to many symptoms, some of which are clearly related to bowel health, as well as those that may not be so obviously related. Symptoms of celiac disease can be avoided by strict adherence to a gluten-free diet.

The prevalence of celiac disease or 'gluten-sensitive enteropathy' is about one per cent of people in the U.S. and Europe. While it is usually diagnosed around the ages of six months to seven years of age, only 10 to 20 per cent of cases are identified, according to some studies. Since so many diagnoses are likely missed, celiac disease may be more common than reported.

For children, going undiagnosed can lead to serious health issues, including delayed puberty, iron-deficiency anemia, impaired bone health and growth failure.

Many other conditions have been related to celiac disease, including inflammation of the thyroid and especially Type 1 diabetes mellitus. If a child has Type 1 diabetes it is worthwhile to test for celiac disease as well. Signs and symptoms that may lead one to look into more rigorous testing for celiac disease are shown in the sidebar (right).

Signs of gluten intolerance

Abdominal pain, gas, bloating

Weight loss

Poor growth

Diarrhea

Extreme weakness

Nausea, vomiting

Anemia

Mood swings/depression

Constipation

Eczema

Bone/joint pain

Mouth ulcers

Muscle cramps

Easy bruising

Problems with the teeth (pits, horizontal grooves,

loss of enamel)

Autism and related

disorders

"Since most diagnoses are likely missed, celiac disease may be more common than reported."

..... Dr. David Miller, ND

The connection of celiac disease to the overall health of children is not surprising to any Naturopathic Doctor (ND) because much of Naturopathic medicine treatment has gut health as a cornerstone. If the function and structure of the gut is compromised, you are building castles on quicksand.

Antibodies, which are required for a routine blood test for celiac, only form by three years of age. Other antibody tests can be normal in children under six even if they have celiac disease, so unfortunately the gold standard for diagnosis is a biopsy of different parts of the small intestine. Genes have also clearly shown a susceptibility to the disease. These genes – HLA DQ2 and DQ8 – are useful to rule out the possibility of celiac disease, so talk to your doctor about getting these tests done if your child suffers from the symptoms and you are not comfortable about an unconfirmed diagnosis in your child.

In young children with a supposed case of celiac disease, one should immediately initiate a gluten-free diet. You can find plenty of resources on celiac disease on the Canadian Celiac Society's website (www.celiac.ca/diet.php), including what to eat and what not to eat.

Interestingly there is some possible connection between autism and celiac disease. Again, this relates to the intestinal permeability issue so familiar to NDs. Peptides that cross into the blood can get into the brain and affect its function. This theory can be connected to the fact autism symptoms are often improved on a gluten-free casein-free diet.

The most common deficiencies that are associated with CD are B12, Folic acid, Vitamin D, and Iron, but don't run out and buy all those supplements and expect the deficiencies to be replenished; you need to heal the gut! If the gut is like a sieve (as in celiac disease) there is no point in trying to absorb these vitamins, they will just end up becoming very expensive urine and feces.

Although celiac disease is an extreme case of sensitivity to wheat (i.e gluten), most NDs would agree that all of us would do well to avoid wheat to a greater extent than is commonly practiced in our culture. It is not uncommon to see people have improvements in their overall health – energy, clearness of thought, bloating and discomfort, and restless legs syndrome, among others – upon stopping or significantly reducing their wheat consumption. For the best in chronic care, see a licensed ND. We have eight years of post-secondary education, and are the experts in chronic disease management and prevention, uniting the best of Eastern and Western medicine.

LEARN MORE ABOUT CELIAC DISEASE

www.celiac.ca http://bit.ly/asWeTv Below are a couple of gluten-free (and dairy-free, actually) recipes to get you started, and a search of the Internet will give you more than enough resources with which to avoid gluten and wheat.

NUTTY GREEN RICE - SERVES 4

1 cup brown basmati rice

2 cups water

1/4 to 1/2 tsp salt

½ cup almonds

1 bunch parsley

1 clove garlic

1½ tbsp lemon juice

1½ tbsp olive oil

½ cucumber, diced

Pepper to taste

Bring water to a boil, add rice and salt, stir and simmer, covered, for 45 minutes.

Remove from heat and let sit for another 10 minutes; then remove cover and allow to cool. While rice is cooking, blend almonds, parsley, garlic, and oil in a food processor. When rice is cool, stir with nut mixture and add pepper to taste. Garnish with cucumber if desired.

BREAKFAST RICE PUDDING - SERVES 4

1 cup uncooked short grain brown rice

11/4 cups coconut milk

11/4 cups water

½ tsp salt

1 tbsp brown rice syrup

1 tsp cinnamon

Chopped almonds or sunflower seeds or other nuts of choice (optional)

Combine water and coconut milk in heavy pot and bring to a boil, adding rice and salt. Simmer, covered (do not stir) for about 45 minutes or more, until liquid is mostly absorbed and rice is soft.

Remove from heat and allow to cool for 15 minutes.

Stir in brown rice syrup and cinnamon and top with nuts or seeds as desired. GBK

DR. DAVID MILLER is a Naturopathic Doctor who practices in Southampton. For more information, follow his Facebook page at http://on.fb.me/sW5op4, or his website at davidmillernd.com.



Twenty per cent of youth struggle with some form of mental illness

By Dwight Irwin

Kendra Fisher was on the cusp of achieving her dream and all she could do was sit in a stairwell and cry.

In 1999, as a 19-year-old, Kendra was a solid training camp away from being named one of Team Canada's two goaltenders, and earning the right to wear the Maple Leaf on her chest in international competition. Since strapping on the pads as a six-year-old, she had been working toward this very moment.

Then, as she was about to reach the pinnacle of her burgeoning hockey career, she was beaten by an opponent unlike any she had ever stared down from her crease – herself.

"I had been feeling off for a year – having heart palpitations, stomach issues, pressure in my head – and I wasn't coping well," said the Kincardine native, who now lives in Toronto. "I was becoming less and less functional, isolating myself so I couldn't feel things, and the time came when I couldn't deal with the symptoms any more, and it happened to coincide with the Team Canada training camp in Calgary."

After spending a minor hockey career backstopping boys teams in her hometown to All-Ontario championships and beginning her professional hockey career at 18 with the Toronto Aeros, in the now-defunct National Women's Hockey League, Kendra was on a plane with about 40 other hopefuls looking to crack

Team Canada's roster. Instead of building off her natural competitiveness and a healthy dose of nervousness, the up-and-coming goaltender was a wreck.

"I spent most of the flight in the washroom breaking down. I couldn't show my teammates I was vulnerable, but I didn't know if I could handle camp, let-alone make the team."

At a camp this intense, roster spots are won and lost with every practice, workout and coaches' meeting, yet the netminder would seek solace – and a place to cry – in isolated stairwells in the arena. At the end of the first day, Kendra knew she was not well.

"My parents, in their infinite support, agreed to fly to Calgary and stay at a hotel down the street from mine, because I couldn't let my potential teammates know I needed parental supervision at camp," she said. "I told the coaches I had an emergency and had to leave for the day. I met my Dad at his hotel and didn't sleep that night. We just talked.

"The next day I told the coaches I couldn't stay in camp. Their response was they wanted me to be on the team and they hoped that would change my mind."

It didn't.

It couldn't.

The arena in which she was now battling was in darkness.

With Team Canada's assistance, Kendra was diagnosed with a mental illness. Kendra's affliction – what she matter-of-factly and without embarrassment calls her "sentence" – was an anxiety disorder with severe panic attacks, a deepening depression, and a fear of being alone.

She can't pinpoint an event in her life, or a watershed moment that contributed to her illness. By many standards she had led a charmed life – loving, supportive parents, a brother she adored, the drive and ability to play her favourite sport at the highest level, consistently strong grades, plenty of friends and a great job.

Mental illness shouldn't happen to people like Kendra Fisher.

But while family history and traumatic events certainly play a role in the development of mental illness, which affects up to one in five youth in different severities, the disease truly knows no bounds, said Jackie Ralph, Youth Awareness Coordinator with the Grey-Bruce Branch of the Canadian Mental Health Association (CMHA).

"While the average age of onset is 15 to 24 years, 50 per cent of mental disorders begin by the age of 14, and some anxieties start as early as 11," Jackie said. "Some youth have even reported self-injury as early as six."

In hindsight, Kendra said her family and friends admitted to missing signs of the illness that eventually took hold of her life, but Jackie said these signals are often missed.

"Many symptoms can come across as just typical teen behaviours, but it's all about the changes you see in your child, things that are different. You'll see changes in behavior, school, eating and sleeping, or a large decrease in their enjoyment in their favourite things," Jackie said.

"Family history can play a big part, but stress, traumatic events, bullying and negative changes in life like divorce, loss or moving can lead to mental health issues."

Unfortunately, only one in five youth will seek help.

"That's mostly due to the negative effect of stigma," she added.

Kendra often wishes she had received a diagnosis such as cancer or diabetes, something people better understand. She has lost many people to cancer and knows the struggles and trials of such serious illnesses, as many people do.

"Mental illness doesn't choose and it is no less devastating or real," Kendra said. "When you're experiencing treatments such as chemotherapy, people's first reaction is empathy and support, but there's this jaded perspective of craziness with mental illness. People are embarrassed."

By January, 2000, she couldn't sleep, and she was so afraid of being on her own that when one of the few friends in whom she had confided would go to the washroom, the tall, healthy, elite athlete would anxiously lie in wait on the floor outside the door. She couldn't eat, and had shrunk from 160 lbs. to 123.

"It got to the point where I wasn't living. I had to quit work and school, and I distanced myself from most of my friends. For three or four years I was living with this sentence, and eventually got to a state of numb."

The only consistency in her life was hockey. Her psychologist demanded she keep one thing in her life, and she chose the game over all else.

"Without hockey, I never would have left my bed, despite the fact goalie's a lonely position," Kendra said. "When the puck was in my zone I was fine, but when it was in the other end and I was alone, I wanted to skate off the ice and find a place to hide, but I wasn't willing to explain why."



Eventually she discovered the benefits physical fitness has on a person's mentality, and she began to channel her energy into getting fit. She soon discovered a renewed focus, and her light was reignited.

She then found naturopathy and yoga, and began to pay attention to nutrition. By 2010 she returned to a more comfortable state of what society considers normality, while continuing her hockey career in the Canadian Women's Hockey League, with the Toronto Furies.

"I found I was happy when I woke up in the morning. I was active, and things were making sense again."

Then, in November, 2010, 14-year-old Daron Richardson, the daughter of former NHL defenceman Luke, committed suicide. As this final act often does, it blindsided the grieving parents, but instead of allowing the stigma of suicide to shame them or force them into hiding, the Richardsons spoke publicly about Daron, her life and her death.

It was a message that struck a chord with Kendra, and this past February, with the support of her psychologist, she began sharing her story about mental illness, sports, and life.

"I wanted to help get the conversation started, share my story and show people this isn't a life sentence, and you can come through it," she said, adding she also had to tell a lot of friends and teammates about her 13-year struggle at the same time.

"I wanted to help get the conversation started... and show people this isn't a life sentence."

..... Kendra Fisher

She now speaks at high schools all over the Greater Toronto Area, has appeared on the CBC and Global, and is currently working on a documentary with the public broadcaster. She has a devoted following on Facebook, where online conversations shatter the stigma that surrounds mental illness, while helping people cope with their issues by showing they don't have to go at it alone like Daron did.

"I spoke to a Grade 6/7 class and, going in, I thought they were too young for this message. Yet they kept me for an extra hourand-a-half asking me some of the best questions I've ever heard.

"Kids that age are thinking about their mental health,

depression, and suicide, and parents need to shed the 'suck it up' mentality and not be embarrassed to have the conversation."

Jackie agrees. She said prevention is the best tool in the arsenal of parents and the CMHA.

"Prevention is the basis of all our programs," Jackie said. "We are always saying a good offense is your best defense. There are

four basic rules to good mental health - good self-esteem, having a good support system, not keeping things inside, and having good coping strategies that you can turn to when you're having

She suggests parents talk about suicide and mental illness with their kids at the same time they broach the topic of sex and drugs. By proactively discussing mental health, you can show your children there is no stigma attached to the topic

in your house and you open the lines of communication should they ever have those feelings, Jackie said.

For Kendra, that discussion came too late, but with every class she speaks to she shows youth it is OK to talk about their deepest feelings, and doing so could not only save their life, but also those of their friends and family.

"There are too many tragedies occurring because people are too afraid to look past the stigma of mental illness."

For more information, call the CMHA Grey Bruce Branch at 519-371-3642 or visit www.cmhagb.org. GBK

Pilot project teaches signs of mental illness

Students, teachers, and parents in seven Grey/Bruce high "Our focus is to help those suffering during their schools are taking part in 'The Jack Project,' a school outreach pilot project designed to help people recognize mental health warning signs in youth.

The project, which was created by the family of Jack Windeler, who committed suicide as a first-year student at Queen's University, will train local participants on youth mental health and how to ease the transition for teens from late high school into their years of college, university or independent living, helping them to achieve and sustain their optimal mental health.

When Jack died, all he asked of his family was to help others in need, and to do so the Windelers spearheaded the program and partnered with Kids Help Phone, whose representatives will deliver the training along with the Grey Bruce Branch of the Canadian Mental Health Association (CMHA).

The objective of the school outreach program is to build the most comprehensive, effective and inclusive mental health model of care and best-practices toolbox in Canada, states an invitation from Jack's father Eric to perspective participants.

transition years, but also to help their peers, community members, families and caregivers," Eric's letter says.

"In designing this program we have consulted with... international experts in youth mental health, highly capable/experienced program content developers, as well as educators from a cross-section of schools. They have helped us select, define and shape a highly effective approach with continuously improving content."

After the training, participants will track how they use their knowledge, said Jackie Ralph, Youth Awareness Coordinator with the local CMHA branch.

"After the training, the teachers and students will participate in an evaluation process which, along with many other things I'm sure, will monitor how much they used their training and the differences it made,"

For more on The Jack Project, visit www.thejackproject. org, or for information contact Jackie at 519-371-3642



Philip Henslowe: 'Mr. Fennyman, allow me to explain about

the theatre business.'

Hugh Fennyman: 'So what do we do?'

Philip Henslowe: 'Nothing. Strangely enough, it all turns

out well.'

Hugh Fennyman: 'How?'

Philip Henslowe: 'I don't know. It's a mystery.'

From the movie **Shakespeare in Love**

By Stephanie Fowler

Children's theatre has always seemed to me to embody that quote from Shakespeare in Love. It is a mystery how it comes together.

You start with nothing but a script – sometimes not even that – and in the end a story unfolds that allows the audience to enter into another world or experience the world around them in a new way.

With adults you can see the process unravel in a fairly systematic way. They learn the blocking, learn their lines, and practice their delivery.

It's a completely different type of magic when it comes to children. Throughout the rehearsal process, there is often little evidence that what is being created will be anything like a final show, but as soon as the children put on their costumes the magic seems to weave its spell and they become transformed.

For adult actors, becoming another character is like putting on a cloak. For children, it's a metamorphosis.

Theatre is the ultimate team sport. Whether it's a role-play exercise in class or stepping out on stage, the actors depend on one another. There is no one actor who is more important than the others, as everyone is needed to weave the story. Theatre helps young people build trust — not only in others, but also in themselves.

Through drama, young people are able to explore their world in ways they may not be able to in their day-to-day lives. They are

able to become the type of person they long to be or are afraid to be. Theatre gives young people the opportunity to experiment with personalities and attitudes and to experience new ways of interacting with others. This ultimately helps them to become more empathetic and caring individuals.

The wonderful thing about theatre is that it is an art anyone can participate in, regardless of age or experience. It would be difficult for someone with no training to join a band or paint a portrait. Theatre, however, asks only that you be willing to make believe — to explore and experiment and take a chance. For children, that art of make-believe is so much more natural, and even those who are new to theatre are able to dive right in and try out new roles.

Yet even for the experienced actor, there is always more to learn. There are always ways to improve one's skills and performance.

This year Owen Sound
Little Theatre (OSLT),
in partnership with
Sandcastle Theatre, has reestablished the Roxy Young
Company – a nine-month
program that provides an
opportunity for young people in
Grades 4-8 to participate in the
magic of theatre.

Some of the participants have acted in the past but many have no theatrical experience. The Young Company gives everyone a chance to develop and perfect their skills – regardless of experience level – in a safe and supportive environment.

The current session of the Roxy Young Company will culminate with the performance of 'Oh, Grow Up!' at the Roxy Theatre, Owen Sound, on Saturday, Dec. 10, at 2 p.m. Oh Grow Up! is an original production created by the members of the Young Company.



The winter session of the Roxy Young Company will begin on Sunday, Jan. 15. During the 18-week session, the Young Company will prepare a full-length production to be performed from May 10-12. The Roxy Young Company is just one part of OSLT's commitment to bring theatre alive for young people in Grey/Bruce. Future projects include theatre camps during March Break and summer holidays, shows for children to tour Grey/Bruce schools and a theatre festival for intermediate grades, as well as the ongoing Children's Performance Series at The Roxy. For more information on the Roxy Young Company, contact theatre manager Aly Boltman at 519-371-3425.

Stephanie Fowler has been involved in community theatre since the age of 10. A former secondary school drama teacher, she has acted and directed for groups throughout Grey County, including Dundalk, Meaford and Owen Sound. Stephanie created Sandcastle Theatre in 2002 in order to provide an opportunity for young people to be involved in high quality theatre productions. The Roxy Young Company is a combined project of Sandcastle Theatre and Owen Sound Little Theatre.







HOW TO CHOOSE THE **RIGHT** MUSIC TEACHER

By Andrea Popiez

There is nothing like learning while having fun.

Music lessons aren't just enjoyable, they're proven to improve memory, literacy, concentration, math and problem-solving skills, self-esteem, small motor skills and creativity.

But what does a parent look for in a good music teacher? Greg Schnurr, a guitar teacher with over 28 years experience, emphasizes the fact learning how to play a musical instrument is a long-term process.

"While cost and location are important, choosing a music teacher who is right for both you and your child is key," Greg said.

Music teachers can be found in the phone book, on public bulletin boards, through newspaper ads or your local music store. Rick Gowing is a Bruce County drum teacher who has instructed more than 400 students, both children and adults. He feels the best way to find a good teacher is through word-of-mouth.

"Referral is usually best," Rick said. "Ask your friends, neighbours or someone who takes lessons who they would recommend."

Then consider the following:

Does the teacher's personality and goals mesh with those of the parent and child? Are they passionate about music? Are they friendly and genuinely enjoy teaching? Are they patient? Do they take time to learn a child's learning style and are they able to work with a child who may be very shy or have trouble reading?

Communication

Does the teacher listen to your child and speak to them at their level? Does the teacher encourage parental involvement and regularly review the child's progress?

songs and techniques and be proud of their accomplishments.

teacher will help beginning students stick with it. Like anything

else, once the basics are in place, they will be able to learn new

"Choosing a music teacher who is right for both you and your child is key."

Greg Schnurr

Musical style

There are many different methods and styles of teaching. What method does the teacher prefer? If your child is interested in rock or show tunes, can they include these pieces to keep their interest?

Location

Check out where they teach. Is it in their home or out of a music store or studio? Is the area clean, well-lit and free of distractions?

How long have they been teaching? Some teachers belong to associations such as the Royal Conservatory of Music or the Ontario Music Teachers Association. However, Rick cautions, "Credentials don't necessarily mean that they can teach. A passion for sharing the joy of music and an understanding of their instrument can be even more important."

The basics

Learning the basics provides a good musical foundation. While scales and exercises may seem repetitive and boring, a good

Cost

Most lessons are about 30 minutes and can cost from \$10 to over \$50. Are the payment options by lesson or monthly? Are there costs outside of lessons such as music books or festival registration?

Learning an instrument is a long-term endeavour, which requires a good teacher, parental support and a commitment to both lessons and practice time. Investing the time to find a teacher who can inspire, have patience, teach and motivate your child to get the most out of lessons is well worth it. Who knows – you might consider signing up for lessons with your child and enjoy a lifetime of musical inspiration together. GBK

ANDREA POPIEZ and her husband Rick own A+R Music in Walkerton. Visit them at the store at 401 Durham St., on Facebook, or at www.armusic.ca



RECREATION

Outside the rink

Sometimes, stereotypes are true.

For many of us, the one about the bleary-eyed Canadian parent peering through the glass of their local hockey arena at 6 a.m., with cold hands wrapped around a warm coffee cup, is a fact of life. There are many families who have numerous children involved in hockey, figure skating or ringette, and spend a better part of their winter in arenas across our region.

As is too often the case, our passion for gliding on ice distracts us from all the other great outdoor activities offered in Grey and Bruce counties during the snowy season. Although spare time isn't always abundant, here are some great activities that perhaps your family hasn't had the opportunity to discover yet.

HIT THE TRAILS

Cross-country ski trails are abundant throughout the two counties, and are often cared for by local clubs. Cross-country skiing is an affordable way for your family to not only get exercise but also spend quality time in the great outdoors.

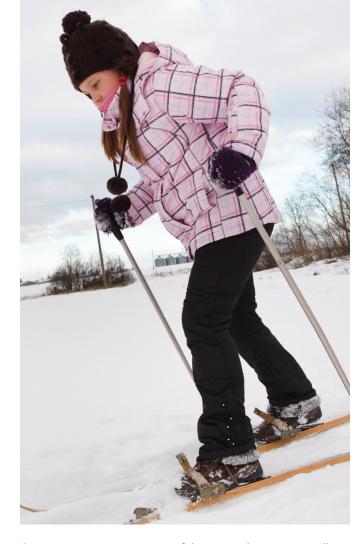
Local provincial and national parks also have groomed trails and plenty of unplowed roads for cross-country skiers of all skill levels, while some local sports/outdoors stores rent equipment so you can try it before you buy it.

Snowshoeing is also an outdoor activity that is gaining in popularity, thanks to the fact it is relatively affordable to get started, and provincial parks also welcome enthusiasts to manoeuvre their unplowed sections. Nearly all stores that have a sports or outdoor section now sell light-weight aluminum snowshoes for people of all ages and sizes.

The best part of skiing and snowshoeing, though, is that any open space is your playground so you don't even need to get in the car to enjoy it.

GO GEOCACHING

Geocaching, where participants hunt for and find hidden objects by means of provided GPS coordinates, is another great winter activity. Geocaching units are available in many local libraries.



This is a great way to see parts of the region that you normally wouldn't, especially in the winter.

As the website www.brucegreytrails.com/geocaching.php states, geocaching helps to add awareness and generate positive public perception of the importance of protecting our green spaces. It also re-enforces many positive ideals in our society... those being the enjoyment of the outdoors, keeping our natural habitats secure and the recreation of the general population whether they are families or individuals, the site states.

GO FOR A SKATE

Who says skating is only an indoor activity? Many municipalities construct and maintain outdoor skating rinks to counteract the lack of public skating times at many local arenas.

MacGregor Point Provincial Park, just south of Port Elgin, also features a 400-metre skating oval that is perfect for families and friends who choose to spend the day outside.

CAVING ADVENTURES

Just because there's snow on the ground doesn't mean you have to stop exploring the caves of the Bruce Peninsula and Niagara Escarpment in Grey County. Some local companies offer guided tours in the winter months, while others are accessible by crosscountry skis and snowshoes.



Downtown Owen Sound | 519-371-9921

www.therockinghorse.ca

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34 years!

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Hanover 1078 10th Street 519-364-4603 Port Elgin 203 Goderich Street 519-389-5637 Kincardine 113 Sutton Street 519-396-9050 Kids Eat Free Every Sunday Open Daily 11am 'Til Closing' GOOD FOOD... GOOD FUN... BAD TEMPER! Bring this Coupon in and Kids Eat Free Any Day * Kids 12 and under eat free with the purchase of an adult entrée. Limit 10.99. Dine in only. Limit 1 coupon per table. Not valid with any other special or promotion.

Have you checked out greybrucekids.com yet?

- General interest, arts and crafts, and financial blogs
- An interactive events calendar where people can post their community events for free
- Community resource information
- Links to our advertisers
- Downloadable versions of our magazine
- Advertising opportunities
- Links to our Facebook and Twitter pages



A FREE MAGAZINE FOR PARENTS AND CAREGIVERS









BOOK REVIEW

WHAT'S NEW AT LOCAL LIBRARIES

Book descriptions from Syndetic Solutions, Inc. and Yahoo.ca

BOARD BOOKS

Alligator, bear, crab: A baby's ABC

Lesley Wynne Pechter

A fun ABC Board Book with great illustrations.

Mr. Fancypants!

Geof Smith

Nickelodeon's yellow superstar – SpongeBob Squarepants – stars in a sturdy, oversized board book. With big pages and colourful illustrations, it's perfect for reading aloud to his youngest fans.

The Very Best Daddy of All

Marion Dane Bauer

Some animal daddies comfort their babies, hold them tight, or face every danger for them. The little boy in this tender tale knows that his daddy – the very best daddy of all – does all of this and more. In the tradition of her New York Times bestselling 'My Mother is Mine,' Marion Dane Bauer celebrates the bond between parents and their children, and Leslie Wu's lush, glowing illustrations perfectly bring this sweet tale to life.

PICTURE BOOKS

A Christmas Tree for Pvn

Olivier Dunrea

Christmas is coming. In the craggy rocks on the snowy mountainside, tiny Pyn has her heart set on decorating her very first Christmas tree. But, "No Christmas tree," Papa says. Still, Pyn won't take no for an answer. She knows a Christmas tree is just the thing their cottage needs to make the season festive and cheery. Pyn is determined to find the perfect Christmas tree, no matter what. With this story of the love between a father and daughter, Olivier Dunrea captures the true spirit of Christmas.

The Magic Hoop!

Chloë Inkpen

Zoe has found a fun new game to play! When 'Beans' jumps through her hoop he magically transforms into 'Beans the rabbit with floppy ears,' or 'Beans the crocodile with snappy jaws!' But could 'Beans the elephant' be a jump too far? The hoop may be magic but it's only small, and a great big elephant could easily get stuck. The second title in this brilliant series.

Otis and the Tornado

Loren Long

Otis and all his farm friends are enjoying a summer's day, but the bull has no interest in playing and stays in his pen. Suddenly the day turns frightening and stormy – it's a tornado! Otis takes all of the animals to safety, but the bull is still locked

in his pen! Quick as his tires will take him, Otis putt puff puttedy chuffs back to the farm to save the day.

One Moon, Two Cats

Laura Godwin

One moon. Two cats are not asleep. Across a great

distance, but under the light of the same moon, a city cat and a country cat pounce and play, crouch and leap in a rollicking nighttime adventure. When morning comes, they are both back in their respective homes and finally, turn in to sleep. Featuring stunning art from Yoko Tanaka and pitch-perfect text from Laura Godwin, this story of what happens when the moon comes out is brought to vivid life and makes for an ideal bedtime read.

The Littlest Evergreen

Henry Cole

The littlest evergreen lived a quiet life on a peaceful hillside, then one December evening, everything changed. Henry Cole's The Littlest Evergreen sends a beautiful and timely message about nurturing life.

EASY READ

Never Kick a Ghost and Other Silly Chillers

Judy Sierra

A pirate bride who sinks with her ship, a ghost that gets ever larger, and a big slobbery monster with long green fingers and floppy purple lips are just a few of the characters who populate this collection of silly, spooky tales collected and retold by folklorist Judy Sierra. A collection of bite-size stories and rhymes, Never Kick a Ghost and Other Silly Chillers is sure to prompt repeat reading and recitation among beginning readers.

Marley. Messy dog

Susan Hill

Marley, everyone's favorite dog, gets messy in this new I Can Read!

Trucktown - Kat's maps

Jon Scieszka

Kat loves maps! She loves to make maps for everything: her room, her block, her town — even her heart. When she gives Jack a map, it leads to a surprise! After taking twists and turns through Trucktown and going over bridges and under tunnels, Jack finds out what the map has taken him to — an art show of all of Kat's maps!





BOOK REVIEW

JUVENILE FICTION (AGES 7-9)

When Apples Grew Noses and White Horses Flew: Tales of Ti-Jean

Jan Andrews

In these three imaginative stories, Jan Andrews introduces us to Quebec's traditional folktale hero, Ti-Jean. He's an endearing character who is both wise and foolish, and though he does find himself in hard situations (often of his own making), in the end, he somehow manages to do what needs to be done. Jan Andrews' simple, no-nonsense text and Du an Petricic's sly and witty illustrations bring contemporary energy to the traditional folktale genre. There's nothing old fashioned about these New World tales, which are funny, witty and wise at the same time.

Around the World: The Great Treasure Hunt

David Anson Russo

Children are invited to join Sir Gordon Goodfellow as he travels around the world in search of 12 golden goblets, finding other items as well in pictures of each location along the way.

JUVENILE FICTION (AGES 10-12)

True Blue

Jane Smiley

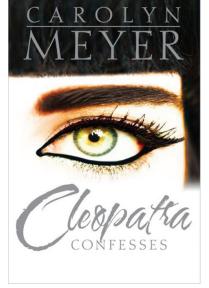
True Blue is a beauty, a dappled gray, and when Abby gets to take him to her family's ranch, she can hardly believe her luck. The horse needs a home because his owner – a woman brand new to the riding stable – was tragically killed in a car crash and no one has claimed him. Daddy is wary, as always, but Abby is smitten. True Blue is a sweetheart, and whenever Abby calls out "Blue, Blue, how are you?" he whinnies back. But sometimes True Blue seems... spooked. He paces, and always seems to be looking for something. Or someone. Abby starts to wonder about True Blue's owner. What was she like? What did she look like? One moonlit night, Abby could swear she hears a whisper in her ear: "He's still my horse." Filled with riding scenes and horse details, this newest middle-grade novel from a Pulitzer Prize-winner offers a mysterious and suspenseful almost-ghost story.

The Family Hitchcock

Mark Levin

Finances are tight for the Hitchcock family this year, which means no summer vacation! But siblings Maddy and Benji are secretly delighted to escape the annual torturous ritual of family bonding. Then Dad announces big news: a cost-effective weeklong house swap in Paris, trading places with a French family named the Vadims. But instead of a relaxing European vacation, it quickly becomes clear that something is very off

about this house swap. The facts about the Vadims don't quite add up. Then threatening characters start showing up, demanding a mysterious object. Soon the Hitchcocks are caught in a whirl of intrigue and running for their lives



through the streets and over the rooftops of Paris, without even knowing why. Mark Levin and Jennifer Flackett, a Hollywood writer-director-producer team, make their children's book debut with this hilarious, action-packed caper. Seriously, Norman!

YOUNG ADULT

The Limping Man

Maurice Gee

In this compelling final volume of The Salt Trilogy, Hana narrowly escapes Blood Burrow after her mother chooses to swallow poison rather than die in the great witch-burning in People's Square. Deep in the forest she meets Ben, son of Lo, and Hawk, who becomes her silent protector and guide. But even in the forest there is no peace. When they learn of the advancing armies that will wipe out all those who have sought refuge in the wilderness, they realize they have no choice but to return to the city and confront the terrible power of the Limping Man head-on. The problem is they know, unless they discover the secret to his power, none of them – alone or together – is strong enough to fight the evil the Limping Man embodies.

Cleopatra Confesses

Carolyn Meyer

The last of the pharaohs before the beginning of the Common Era, Cleopatra ascended the throne at age 18 following the death of her father. Charming as well as smart and ambitious, she made two Roman leaders fall madly in love with her. Her greatest challenge was not her kingdom but her own sisters, blinded by their ambition. The tale of her teenage years is a story of power and romance that stands the test of time – centuries later, Cleopatra remains a figure of mystery and intrigue. Now, award-winning author Carolyn Meyer mesmerizes readers with revelations in this novel about one of the greatest women who ever lived.

RESOURCES

ABUSE (PHYSICAL/SEXUAL)

Assaulted Women's Helpline

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

Children's Aid Society - County of Bruce

1-800-461-1993 brucas@brucecas.ca www.brucecas.ca Walkerton

Children's Aid Society of Owen Sound and the County of Grey

1-800-263-0806 (24 hour) www.greycas.org Owen Sound

Chippewas of Nawash Unceded First Nation D'binooshnowin Crisis Shelter

Crisis line: 519-534-4338 (24 hours) Administration: 519-534-3764 admin.dbinooshnowin@gbtel.ca www.nawash.ca Cape Croker

Keystone Child, Youth & Family Services

1-800-567-2384 bgcs@bmts.com www.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 www.gbhs.on.ca Owen Sound

shelternet.ca

Online directory of women's shelters across Canada, information about safety planning and resources for children and teens

Victim Services of Bruce Grey and Owen Sound

Crisis: 1-866-376-9852 Administration: 1-888-577-3111 info@victim-services.com www.victim-services.com

Victim/Witness Assistance Program

Owen Sound - 1-866-259-4823 Walkerton - 1-866-994-9904 attorneygeneral@ontario.ca http://bit.ly/ujKyeE

Women's Centre (Grev 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 www.bafht.com Walkerton

Grey Bruce Health Unit

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

La Leche League Canada

Referral Service: 1-800-665-4324 Hanover/Walkerton - 519-364-3316 Kincardine - 519-395-3282 Owen Sound - 519-376-5916 www.lllc.ca

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

CHILDBIRTH

Hanover and District Hospital Obstetrics/ **Family Centred Care Birthing Centre**

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

Owen Sound - 519-372-1330

Midwives Grey Bruce

519-371-2886 www.midwivesgrevbruce.com Owen Sound

Owen Sound Hospital Labour and Delivery

519-376-2121 www.gbhs.on.ca/owensound.php

Walkerton Hospital Family Birthing Centre

www.sbahc.on.ca

CHILD CARE

Amabel-Sauble Child Care Centre

519-422-3611 Sauble Beach

Bruce County Childcare Services

519-881-0431 www.brucecounty.on.ca Walkerton

Bruce Peninsula Family Centre

519-793-4100 Lion's Head

Chippewas of Nawash Unceded First Nation **Nshiime Dav Care Centre**

519-534-3909 nshiime@log.on.ca www nawash ca Cape Croker

Family Y Child Care

Hanover - 519-364-4938 Kincardine - 519-396-9622 Owen Sound - 519-376-0484 Port Elgin - 519-832-6225 Ripley - 519-395-5570 www.vmcaowensound.on.ca

Grey County Childcare Services

519-376-7324 www.greycounty.ca/childcare

Kids & Us Community Childcare and Family Education Centres

Avton - 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

Military Family Resource Centre

519-538-1371 x6753 mfrc.meaford@sympatico.ca www.mfrcmeaford.com Meaford

Salvation Army Day Care Services 519-371-9540

sadaycare@bmts.com www.salvationarmyowensound.com Owen Sound

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

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

Walkerton Day Care Centre

519-881-3123 wdcc@wightman.ca http://bit.ly/rz345R

DIET/NUTRITION

Brockton and Area Family Health Team

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

Closing the Gap Healthcare Group - Rehab **Express Grey Bruce**

519-370-2165 www.closingthegap.ca Owen Sound

EatRight Ontario

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

Grey Bruce Health Unit

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

Keystone Child, Youth & Family Services

1-800-567-2384 bgcs@bmts.com www.keystonebrucegrey.org

FAMILY SUPPORT

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

Big Brothers Big Sisters

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

Children's Aid Society of Owen Sound and the County of Grey

1-800-263-0806 (24 hour) www.greycas.org Owen Sound

Children's Aid Society of the County of

1-800-461-1993 brucas@brucecas.ca www.brucecas.ca Walkerton

Chippewas of Nawash Unceded First Nation - Native Child Welfare

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

Grey Bruce Supervised Access Program

pc-superacc@bmts.com www.supervisedaccess.ca Owen Sound

Kids Help Phone

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

Motherisk - Hospital for Sick Children 1-877-327-4636

www.motherisk.org

Parent Help Line 1-888-603-9100

Salvation Army Hanover - 519-364-3450

Owen Sound - 519-371-0957 Port Elgin - 519-389-3942 Wiarton - 519-534-0353

Thames Valley Childrens Centre - Kincardine

Autism services, therapy, outreach 519-396-3360 claire@tvcc.on.ca www.tvcc.on.ca

Victim Services of Bruce Grey and Owen Sound

Crisis: 1-866-376-9852 Administration: 1-888-577-3111 info@victim-services.com www.victim-services.com

Victim/Witness Assistance Program

1-866-259-4823 - Owen Sound 1-866-994-9904 - Walkerton attorneygeneral@ontario.ca http://bit.ly/ujKyeE

FINANCIAL SUPPORT

Beaver Valley Outreach

519-599-2577 info@bvo.ca: www.bvo.ca Thornbury

Owen Sound and Area Family YMCA

519-376-0484 www.vmcaowensound.on.ca

Social Services

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

United Way of Bruce Grev

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

FOOD BANKS/HOUSING

Beaver Valley Outreach

519-599-2577 info@bvo.ca www.bvo.ca Thornbury

Kincardine Ministerial Food Bank

519-396-2185 circlek@bmts.com

Lion's Head and District Food Bank

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

Markdale and District Food Bank 519-986-3094

Salvation Army

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

Tobermory Food Bank

519-596-1501

Walkerton and District Food Bank 519-881-0168

Habitat for Humanity Grey Bruce

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

Ontario Tenants Rights

ontariotenants@hotmail.com www.ontariotenants.ca

Subsidized housing

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

Safe 'n Sound Homelessness Initiative

519-470-7233 safensoundresidence@gmail.com www.safensoundgreybruce.com

HEALTH CARE

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 www.cgmh.on.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 Wiarton - 534-1260 gbhs.on.ca

Grey Bruce Health Unit

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

Hanover and District Hospital

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

Honouring Life Network

Aboriginal youth suicide prevention www.honouringlife.ca

HopeGreyBruce

Mental Health and Addiction Services 519-371-4120 gbchc@gbchc.healthserv.org www.mhagb.ca/gbchc/ Owen Sound

Keystone Child, Youth & Family Services

1-800-567-2384 bgcs@bmts.com www.keystonebrucegrey.org

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

Pediatric clinics

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

M'Wikwedong Native Cultural Resource

Centre 1-866-202-2068 admin@mwikwedong.com www.mwikwedong.com Owen Sound

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

St. John Ambulance First Aid training

519-364-7004 grey.bruce@on.sja.ca http://bit.lv/t3Ye8a Hanover and Owen Sound

RESOURCES

TeleHealth Ontario

1-866-797-0007

LIBRARIES

Bruce County Public Library

Online catalogue - www.bruce.canlib.ca Administrative office - 519-832-6935 bruce2@brucecountv.on.ca Cargill - 519-366-9990 Chesley - 519-363-2239 Hepworth - 519-935-2030 Kincardine - 519-396-3289 Lion's Head - 519-793-3844 Lucknow - 519-528-3011 Mildmay - 519-367-2814 Paisley - 519-353-7225 Port Elgin - 519-832-2201 Ripley - 519-395-5919 Sauble Beach - 519-422-1283 Southampton - 519-97-3586

Teeswater - 519-392-6801 Tiverton - 519-368-5655 Tobermory - 519-596-2446 Walkerton - 519-881-3240 Wiarton - 519-534-2602

Tara - 519-934-2626

Collingwood Public Library

519-445-1571

www.collingwoodpubliclibrary.ca

Dundalk/Southgate Public Library

519-923-3248 http://southgate-library.com/

Grey Highlands Public Library

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

Hanover Public Library

519-364-1420 http://bit.ly/tgPEII

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.westgrey.com/libraries.cfm Durham (main) branch - 519-369-2107 Elmwood and area - 519-363-3321 Neustadt - 519-799-5830 Normanby - 519-665-7784

MOVIE THEATRES

Aztec Theatre

519-396-3250 Kincardine

Galaxy Cinemas

519-371-5222 http://bit.ly/gB3Enq Owen Sound

Hanover Drive-In Theatre

519-364-2066

Paramount Theatre

519-364-2066 www.movielinks.ca/paramount.htm

Port Elgin Cinemas

519-832-5822 www.portelgincinemas.com

Owen Sound Drive-In

519-376-2190

MUSEUMS

Billy Bishop Heritage Museum

519-371-0031 www.billybishop.org Owen Sound

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 and Cultural Centre

Includes county's archives 519-797-2080 www.brucemuseum.ca Southampton

Bruce Peninsula Visitors Centre

519-596-2233 http://bit.ly/rQQFf6

Bruce Power Visitor Centre

519-361-7777

www.brucepower.com

Chesley Heritage & Woodworking Museum

519-363-9837

Craigleith Heritage Depot

519-599-3131

www.thebluemountains.ca/Craigleith-Heritage-Depot.cfm Thornbury

Grey Roots Museum and Cultural Centre

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

Meaford Museum

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

Owen Sound Marine and Rail Museum

519-371-3333 www.marinerail.com

Paddy Walker Heritage Society www.walkerhousekincardine.com

South Grey Museum

Kincardine

519-371-0031 www.greyhighlandsmuseum.com

St. Edmunds Township Museum

519-596-2479 http://bit.ly/vEdicK

Tobermory Maritime Association

519-596-2700 www.tobermorymaritime.ca

Treasure Chest Museum

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

PLAYGROUPS

Grev Bruce Health Unit

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

Keystone Child, Youth & Family Services

1-800-567-2384 bacs@bmts.com www.kevstonebrucearev.ora

Ontario Early Years Centres

Hanover - 519-376-8808 Kincardine - 519-396-3322 Markdale - 519-986-3692 Meaford - 519-538-0545 M'Wikwedong (Owen Sound) - 519-371-1147 Owen Sound (Bayview) - 519-371-7034 Port Elgin - 519-389-5762 Thornbury - 519-599-2577 Walkerton - 519-881-2739 Wiarton - 519-534-5481

Outreach sites available in some areas **Owen Sound Crisis Pregnancy Centre**

1-888-371-2004

oscpc@wightman.ca

SCHOOL BOARDS

Bluewater District School Board

1-800-661-7509 www.bwdsb.on.ca

Bruce-Grev District Catholic School Board

519-364-5820 www.bgcdsb.org

SPECIAL NEEDS

Autism Ontario Grey Bruce Chapter 519-370-2345

autismgreybruce@gmail.com http://bit.ly/tO6kam Owen Sound

Bruce County Childcare Services

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

Bruce Peninsula Association for Community Living

519-534-0553 bpacl@bmts.com Wiarton

Community Living Kincardine & District

519-396-9434 clkd@tnt21.com www.clkd.ca

Community Living Meaford

519-538-4165

info@communitylivingmeaford.ca

Community Living Owen Sound and District

519-371-9251

www.communitylivingowensound.ca

Community Living Walkerton & District

519-881-3713 www.clwalkerton.org

Georgian Riding Association for Challenged Equestrians

grace@log.on.ca Wicklen Stables, RR5 Owen Sound

Keystone Child, Youth & Family Services

1-800-567-2384 bgcs@bmts.com www.keystonebrucegrey.org Owen Sound

PRANCE Therapeutic Riding Centre

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

Reading Rescue Ontario

519-794-4745

soehner@bmts.com www.readingrescueontario.ca Holland Centre

Special Therapy and Education

Program of Saugeen (STEPS) 519-797-1935 info@stepsahead.ca www.stepsahead.ca Southampton

Thames Valley Childrens Centre - Kincardine

Autism services, therapy, outreach 519-396-3360 claire@tycc 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 www.closingthegap.ca Owen Sound

Grey Bruce Health Services (hospitals)

Markdale - 519-986-3040 Meaford - 519-538-1311 Owen Sound - 519-376-2121 Southampton - 797-3230 Wiarton - 534-1260 gbhs.on.ca

Hanover and District Hospital

519-364-2340 www.hanoverhospital.on.ca

Keystone Child, Youth & Family Services

1-800-567-2384

www.keystonebrucegrey.org

South West Community Care Access Centre In-Home Services

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

WISH PROGRAMS

Children's Wish Foundation of Canada

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

Make-A-Wish - Southwestern Ontario Chapter

519-471-4900 swontariochapter@makeawish.ca www.makeawishswo.org London

BRUCE COUNTY

Home Child Care Program

...is welcoming enquiries from committed and nurturing individuals, interested in establishing their own home based child care business by becoming a Home Child Care Provider.

Home Child Care Providers are self employed and provide high quality care in their own homes for up to 5 children from infants to 12 years of age. The days and hours of care vary based on parents' needs and the availability of the HCC Provider. Bruce County enters into contracts with approved HCC Providers and supports HCC Providers through training, seasonal

There is an immediate need for Home Child Care Providers in the Kincardine and Port Elgin areas.

You must be able to provide:

newsletters and monthly visits.

nutritious meals, and daily indoor and outdoor learning activities, in a "child-friendly" home that meets the Ministry HCC requirements.

Discover if this is the career for you. For more info, call 1-800-265-3005 or 519-881-0431 ext 468

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offered in your community. BASIC SKILLS AND OTHER TRAINING PROVIDERS

at 519-396-5212

Contact North	Contact Nord
elearn network.ca	reseau elearning .ca

Contact Joelene in Kincardine

www.contactnorth.ca/search

	Contact North	Contact Nord
	elearnnetwork.ca	reseau eleaming .ca
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WINTER EVENTS

DECEMBER

1

Festival of Northern Lights

Harrison Park, Owen Sound Runs through to Jan. 2, 2012 5-11 p.m. http://www.festivallights.ca/

2

Southampton Santa Claus Parade

Theme: Christmas at Home 7-8 p.m. http://www.saugeenshores.ca/event_full.php?EventID=2162

Mount Forest Santa Claus Parade

Theme: Christmas Stories 7–8 p.m.

Paisley Shop and Social

Stores staying open late for festive shopping 5-10 p.m. paisleyvillage.ca

3

Lion's Head Santa Claus Parade

1-2 p.m.

Lion's Head Christmas Festival of Art

Local artists featured in Christmas tour 10 a.m.-4 p.m. http://bit.ly/n2dg3P

Bazaar and Bake Sale

Timothy Christian School 1735 4th Ave. W., Owen Sound 10 a.m.-2 p.m.

Memories of Christmas

Bruce County Museum, Southampton 6-9 p.m.

Family fun evening of carolling, a campfire, hot chocolate and treats www.brucemuseum.ca

Kincardine Santa Claus Parade

6:30-7:30 p.m.
Parade starts on Sutton Street, goes to
Queen and ends in Victoria Park
http://bit.ly/p981WE

Hanover Santa Claus Parade

7-8 p.m.

Wiarton Santa Claus Parade

7-8 p.m.

Meaford Santa Claus Parade

6:30-7:30 p.m.

Presented by Kinsmen Club for over 25 years www.meaford.com/town/santa.htm

Dundalk Santa Claus Parade

6-7 p.m.

Durham Santa Claus Parade

12:30-1:30 p.m.

4

Santa Stop 'n Shop

Crafters, businesses, photos and fun 11 a.m.-4 p.m.

Best Western Inn on the Bay, 1800 2nd Ave. E., Owen Sound http://on.fb.me/vQk8LI

Feversham Santa Claus Parade

11 a m -noon

Neustadt Santa Claus Parade 4-5 p.m.

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Kids in the Meaford Hall

Group presenting Alice in Wonderland 1 p.m. and 7 p.m. shows www.meafordhall.ca 519-538-0463

10

Holstein Non-Motorized Santa Claus Parade

I p.m.
Floats all pulled by animals. Meet Santa at Optimist Hall after.
519-923-2110
info@town.southgate.on.ca

Tobermory Santa Claus Parade

Downtown Tobermory 519-596-2685

11

A Neverland Christmas Tale

Hanover Civic Theatre, 443 10th Ave.
Tickets for show at Hanover library or at door
Show at 2 p.m.
www.hanovercommunityplayers.ca/

17

Chatsworth Santa Claus Parade

11 a.m.

Breakfast with Santa

8-11 a.m.
Walkerton Community Centre
Admission by donation

Holiday Family Fun Day

Grey Roots Museum & Archives www.greyroots.com 519-376-3690

21

Shortest Day of Play

Play in Bruce Grey and local municipalities want kids to get active! Contact your municipal office for details or visit www.playbrucegrey.com.

JANUARY

1

Saugeen Shores New Year's Levee

Celebrate 2012 at Port Elgin Legion Town dignitaries, music, light lunch 1-6 p.m. http://bit.ly/sXfPHB

3

Secrets of Magic Day Program

Walkerton Community Centre

A day of magic and fun www.brockton.ca

20

Sauble Beach Winterfest

Runs through Jan. 21
Fun winter activities for the whole family
www.saublebeach.com/winterfest.html

FEBRUARY

1

Wiarton Willie Festival

Runs through Feb. 5 wiartonwillie.com

3

Girls Self Awareness Workshop

Walkerton Community Centre Learn to be confident in difficult or dangerous situations www.brockton.ca

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Snowfest at MacGregor Point

Ski and snowshoe around park trails Park admission fee required www.friendsofmacgregor.org

10

Ripley Winter Carnival

Runs through Feb. 11 Costume skate, pancake breakfast, sleigh rides, hockey games, family fun Ripley Arena www.huronkinloss.com

17

Meaford Winter Carnival

Runs through Feb. 20 Hosted by Meaford Chamber of Commerce, family fun events Local organizations are being asked to host events to correspond with the carnival 519-538-1640 or tourism@mdcc.ca www.mdcc.ca

18

Rotary Winterama 2012

Main Street, Hepworth
Participate in fun outdoor activities and raise
money for kids
www.facebook.com/rotarywinterama

Lupercalia Winter Arts & Culture Festival

Runs through Feb. 19 Downtown Owen Sound, various locations www.mudtownrecords.com

20

Family Day events

Dundalk Community Centre 519-923-3431

Family Day celebrations

Walkerton Community Centre www.brockton.ca



TASTY TREATS

PIZZA OMELETTE - 4 SERVINGS

INGREDIENTS LIST:

- 1 tbsp vegetable oil
- onion, chopped
- sweet green or red pepper, diced
- cup mushrooms, sliced
- cup sliced pepperoni
- tsp dried oregano (or 2 tbsp fresh oregano)
- tsp black pepper
- cup pasta sauce
- cup mozzarella, shredded

*Most vegetables can be substituted for those listed if you prefer, except chopped tomato, which release extra liquid.

In a 9- or 10-inch ovenproof skillet, heat oil over medium heat; fry onion, green pepper, mushrooms, pepperoni and oregano, stirring occasionally until onions are soft (about five minutes).

In a bowl whisk eggs with pepper and pour over skillet mixture, stir to combine. Kids love breaking eggs, so let them give it a 'crack'. If shells get into the rest of the eggs, they can learn how to fish them out with a larger chunk of shell. Bake in 400 F oven until top is firm (about eight minutes).

Spread pasta sauce over top, sprinkle with cheese, bake until cheese is bubbly (about four minutes).

CHEWY CHOCOLATE CHIP COOKIES

INGREDIENTS LIST:

- $1\frac{1}{4}$ cups all-purpose flour
- tsp salt
- tsp baking soda
- tbsp unsalted butter, room temperature
- cup granulated sugar
- cup light brown sugar
- egg, room temperature
- tsp vanilla extract
- 3 tbsp sour cream
- cup semi-sweet chocolate chips
- cup milk-chocolate chips



Whisk together flour, salt and baking soda in a small bowl, set aside. Beat butter and sugars together in a large bowl with a mixer on medium high until pale and fluffy.

Beat in egg and vanilla, reduce speed to low. Add flour mixture in two batches alternating with sour cream, beat just until combined. Stir in chocolate chips by hand.

Cover and place in freezer for 10 minutes. This is a good time to preheat oven to 350 F, prepare the baking sheets and tidy up

Using a 1 1/2 inch ice cream scoop (or rounded tablespoon) drop dough on to parchment lined baking sheets, placing two inches apart. With the palm of your hand flatten slightly and shape. Bake until centres are set and cookies are golden, about 12 to 14 minutes.



Let them get hands-on (and in!)

Kids love slimy things, especially when they get to eat it after! After making sure they've washed up properly, let them get their hands into the mixture and beat things up manually. It's an oney gooey mess, but one of childhood's small pleasures.



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