

GREY•BRUCE KIDS

A **FREE** MAGAZINE FOR
PARENTS AND CAREGIVERS

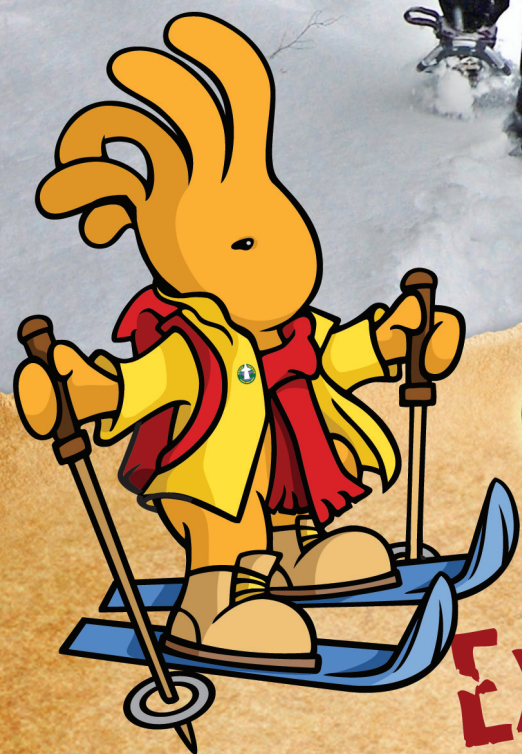
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FROM THE PUBLISHER

What an amazing first year!

It's hard to believe this is the one-year anniversary of Grey-Bruce Kids!

When I launched this magazine, I had no idea what a ride it would be. This past year has held many challenges and learning opportunities, as all businesses do, especially learning to juggle the kids, the business and trying to have a social life too. Yet, it has all been so rewarding.

The community response from parents, grandparents, caregivers, social services and government agencies, not-for-profits, businesses and advertisers has been truly overwhelming. My family is honoured to serve Grey/Bruce as the only publication specifically for local parents, by local parents. We are proud of our publication and we hope you take pride in all Grey/Bruce offers too.

We always love to hear from our readers and want to provide the best product we can – be sure to let us know what you think! I owe a great deal of gratitude to our families, friends and my Editor/husband, all of whom have been so supportive. The experiences I've had this past year as Publisher of Grey-Bruce Kids has made me a better businessperson, partner and mother, but most of all, it fulfilled a lifelong dream of entrepreneurship.

I thank you all for your continued support and look forward to many more years of informing, entertaining and educating our community.

All the best this holiday season and in 2013!

Amy Irwin, Publisher, Grey-Bruce Kids



Dwight, Amy, Layne (5) and Jace (2) Irwin.

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Winter 2012/13

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

Filmmakers wanted for Youth Film Festival

Attention young filmmakers! Public libraries across Grey and Bruce counties are seeking submissions for the Grey Bruce Youth Film Festival in April.

Films will be screened at Galaxy Cinemas in Owen Sound and winners will be selected by a panel of judges and announced during the screening.

Winning films are eligible for cash prizes of up to \$150.

Short animated or live-action films may be submitted, at a maximum length of 10 minutes. The film festival is open to students in Grades 7 through 12, and the deadline for submissions is March 1.

This event is coordinated by the Owen Sound & North Grey Union Public Library, and is enabled through the participation and sponsorship of Galaxy Cinemas, the United Way of Bruce Grey, Bruce County Public Library, Grey Highlands Public Library, Hanover Public Library and West Grey Public Library.

For more information about the Grey Bruce Youth Film Festival contact Nadia Danyluk, Children and Youth Services Librarian at the Owen Sound & North Grey Union Public Library, at 519-376-6623 ext. 4, or ndanyluk@owensound.library.on.ca.

Kincardine Family Health Team launches knowledge program

The Kincardine Family Health Team, in conjunction with the Bruce County Public Library, has introduced its new 'Healthy Reads' program to Kincardine and surrounding area, with the goal to engage the community in health promotion and disease prevention through increased knowledge.

At the core of this program is a bank of books, selected by health care professionals, then made available to the public through the existing Bruce County Public Library system. They're linked to other health promotion activities within the medical clinic and the Family Health Team.

"The Healthy Reads program combines a well-established community resource with the newly formed Family Health Team to provide quality, health-related information to all age groups in Bruce County," said Nancy Payne, Kincardine Family Health Team educator and program coordinator.

To learn more about this program contact Nancy at HealthEducator@KincardineFHT.ca, or peruse the Healthy Reads collection by clicking on the icon on the Bruce County Public Library homepage.

Learn more about the Family Health Team at www.kincardinefht.ca.

300

The number of
kids in foster care
in Grey and
Bruce counties.

Tell us what you think

As we enter the second year of Grey-Bruce Kids, we want to know what our readers think about our first year. Fill out a quick survey at www.surveymonkey.com/s/98JWKWT and enter for a chance to win a \$50 gift certificate!

BRUCE TELECOM LAUNCHES TV CHANNEL

It's easier than ever to get local information now that Bruce Telecom has launched its Community TV Channel 1, which brings local programming to subscribers. The channel is a celebration of the people, places and organizations that make the communities of Bruce and Grey great places to live and work. Programs profile the amazing

variety of local talent, attractions and events, as well as the area's rich history, of which there is no shortage in Grey and Bruce counties. The channel has four to six hours of original programming per day, with ongoing network feeds including news, weather, sports and entertainment, as well as events listings and snapshots of local people and events.



TALES from TOTS

YOU NEVER KNOW WHAT THEY'LL SAY NEXT

One night, my three kids and I were watching a movie together. There was a part in the movie where a mouse gets flushed down the toilet and you see it going through all the pipes and into the sewer. All of a sudden, very quietly to himself, I hear my four-year-old son Aaron say, "So that's where it goes!"

Holly, mom of Aaron, Ivy and Mallory

I recently went to clean up after the dog and feed him, only to discover it was already done. My son Christopher quickly turned to me with a great big smile on his face and said, "Momma you are not always the maid in the story." He made my day.

Cathy, of Kincardine

While learning about Terry Fox in her first school assembly, my daughter Charlotte had quite a few questions about cancer and what happened to Terry's leg. I tried to answer her questions about cancer as best as I could. She seemed satisfied with all of the answers, and then had one final question for me. She wanted to know how 'Terry the Human' changed into 'Terry the Fox.' Sadly, it was harder to explain the fact that Terry's last name was Fox, and not a physical descriptor of who he was.

Shannon, mom of Charlotte

Brody just finished his first week of Junior Kindergarten and, since he goes to a Catholic school, I asked him if he prays at school. He told me he does, and he began to tell me how you should pray. "Mommy, it's easy... here's what you say, 'In the name of the Father, the Kid, and the Holy Spirit...'" I doubt I'll ever be able to hear that line and keep a straight face again!

Jenny, mom of Brody, Kaitlyn and Chloe

My son was battling a cold which resulted in a nasty bout with his asthma and bronchitis. He was being remedied on the couch with blankets and warm liquids to chase the medicines and calm a wicked bronchial/asthmatic cough. His long distance grandma called and did not recognize his voice. He replied, sadly, "It's Aaron, grandma. I'm a broken seal."

Cheryl, mom of Aaron and Emma



One day, at age three, my son said, "Mom, when you grow up nice and tall, I will buy you a pink motorbike." Apparently, my son thinks my current height of 5'1" isn't tall enough for a pink motorbike, so I had better start growing again!

Brooke, mom of Dylan and Evany

I had a great conversation on the way to work/school one morning with my three-year-old son. Nolan: "Mommy, look at the sun, it looks like a basketball. We should get it down." Me: "I don't think we'll be able to reach." Nolan: "Yes we can. We just need to climb a ladder." Me: "I still don't think we'll reach." Nolan: "I have a good idea. We'll put it on my stool and then we can reach."

Michelle, mom of Nolan

Being a stay-at-home mom, my four-year-old daughter Hannah is used to me being around. One day she said to me, "Mommy, I wish I was old like you so I didn't have to go to school." I replied, "Why? Then you would have to go to work every day instead." Her response was, "Mommy! I'm a girl!"

Jenni, mom of Hannah, Gracie and Liam GBK

Do you have a story for Tales from Tots? Email it to amy@greybrucekids.com and it may be published in an upcoming issue.



Prepare for winter's wrath

Do you know the basics of winter preparedness?

Living in Grey and Bruce counties, we have experienced so much bad winter weather it's easy to become complacent.

However, there is no need to wait until a winter storm is on the horizon to take action. Careful planning throughout the year is a great way to prepare and also a wonderful opportunity to get the whole family involved. A winter crisis can quickly become serious because this is the time of year we are most vulnerable due to the elements.

It takes a lot of energy to keep warm, so making sure your family has everything it needs to get through a winter storm with no power is one of your first priorities as you work on your emergency preparations all year long. The Grey Bruce Health Unit has a handy 26-week emergency preparedness checklist, which you can download at <http://bit.ly/TyoABd>.

ARE YOU READY?

All families should put together a survival kit to keep in their

homes in case of a winter emergency such as a power outage or a snowstorm that keeps the family stuck in the house for days. Take this quiz (courtesy www.momshomeroom.msn.com) to see how ready you are for nasty weather.

1. One key item in an emergency kit is food. How many day's worth of food should you have?

- a. One
- b. Three
- c. Five
- d. Two

Answer: b. Three - Your family's emergency kit should contain at least enough food to last for three days. Food included in the kit should be non-perishable, including canned food and/or freeze-dried food, such as camping meals that can be prepared with hot water. You may also want to include some non-perishable snacks for the kids to help endure long nights without power.

2. While preparing your family for winter, making sure everyone has warm winter clothes is important to consider. How should you dress your five-year-old and his baby brother for wintry weather?

- a. Use one layer of heavy, warm clothes
- b. Use several layers of heavy, warm clothes
- c. Several layers of thinner clothes, plus a warm sweater, warm socks, gloves or mittens, and a coat
- d. Let them dress until they are warm

Answer: c. Several layers of thinner clothes, plus a warm sweater, warm socks, gloves or mittens, and a coat - When getting your little ones ready to go outside in winter, dress them in several layers of thinner clothing – long johns, a turtleneck, one or two shirts, a sweater, warm socks, boots, gloves or mittens, and a coat. Dress youngsters in at least one layer more than you would wear.

3. What else should you prepare for winter, besides your home and your family?

- a. Your office
- b. The car
- c. The garage
- d. All of the above

Answer: b. The car - After getting your home and family ready for winter weather, you should get the car ready by winterizing it with good tires and having a mechanic check out the battery, brakes and fluids. Stow an emergency kit in your car

that includes a shovel, flashlight, battery-powered radio, extra batteries, water, snacks, a first-aid kit, blanket and other items, while keeping the gas tank as close to full as possible, which keeps the fuel line from freezing.

4. A key part of your family's winter emergency plan should be a(n) ____ plan.

- a. Evacuation
- b. Fire safety
- c. Communication
- d. None of the above

Answer: c. Communication - A key part of your family's winter emergency plan should be a communication plan in case family members are separated in an emergency. Communication during an emergency can be very difficult, especially when the kids are at school and you are at work or out of the house. Your plan should include an out-of-town family member or friend to serve as the main point of contact in an emergency, making sure everyone in the family knows the phone number and has a cell phone, coins or a pre-paid phone card. Try to make your family's contact a person who lives outside your area, meaning they'll be less likely to be involved in the same emergency as you and better able to keep track of everyone's whereabouts.

5. It is important to keep your kids ____ when they are stuck at home because of a winter storm.

- a. Busy
- b. Working on school work
- c. In front of the TV
- d. None of the above

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Answer: a. Busy - If you're stuck at home with your kids during a winter storm, it's important to keep them busy. Kids will be anxious when they have to stay at home because of bad weather, but you can keep them entertained by playing games or putting on a dance party. Be sure to have a few board games or puzzles on hand in case the power goes out and video games, computers, the TV and movies aren't options.

6. When winter weather hits, it's important for you and your children to know what the weatherman's warnings mean. Which of these means a storm is near your area or is already hitting?

- a. Winter storm watch
- b. Winter weather advisory
- c. Blizzard warning
- d. Winter storm warning

Answer: d. Winter storm warning - If you hear a winter storm 'warning' on the news, it means a storm is near your area or has already hit, and your family should take action. The whole family should know what the terms are for each kind of disaster. For example, a winter storm 'watch' means your family should be alert and ready because a storm is likely, while an 'advisory' means winter weather conditions are expected to cause significant inconveniences and may be hazardous, especially to motorists.

7. Besides non-perishable food and water, flashlights, batteries and a battery-powered radio, which of these should you include in your family's winter preparedness kit?

- a. Puzzles
- b. Games
- c. Healthy snacks
- d. All of the above

Answer: d. All of the above - In addition to the usual items in a safety kit – food, water, flashlights, batteries and a radio – it's important to include puzzles, games and healthy snacks. All kits should have a flashlight and non-perishable foods, but a kit for a family with kids also needs to include games and activities the kids can play if they are stuck at home. Be sure to include items that don't require power or use batteries in case the power goes out and you need those extra batteries for the flashlight.

8. Which of these situations occur more often in winter due to lack of proper safety precautions?


- a. Car accidents
- b. House fires
- c. Hypothermia
- d. Broken bones

Answer: b. House fires - House fires occur more often in winter due to lack of proper safety precautions when using heat sources like space heaters or unattended fires. When using a portable space heater, be sure to keep it away from flammable items like curtains or the couch, and make sure you or your children don't pile clothes or coats on or around them. Also, be sure to keep Fido and Fluffy away from the heater. If you have portable or moveable space heaters, you shouldn't have pets in the same room because it can accidentally tip them over. **GBK**

What to put in your winter emergency kit


- Start with a large portable container, preferably with wheels.
- Stock your kit with at least three days of water for each member of your family.
- Water purification tablets are also a good idea, depending on where you live.
- Add at least three days worth of packaged, non-perishable foods, canned meats and dried fruits.
- If you have an infant in the house, include disposable diapers, wipes, formula, etc.
- Get a portable crank radio in case of a loss of power. Most hardware stores carry these.
- Add flashlights and extra batteries of various sizes.
- Prepare a first-aid kit that includes prescription medications, eyeglasses, hearing aid batteries, dentures, medical special needs, bandages, sterile gauze pads, tape, scissors, tweezers, antibiotic ointment, and other items such as over-the-counter pain pills.
- Have extra pet food and a collar and leash if necessary.
- Blankets and/or sleeping bags, and pillows.
- A lantern with fuel, candles and waterproof matches.
- At least one change of clothes for each member of the family.
- Cash and/or cheques in case ATM machines are unavailable.
- Personal items like toothbrushes, toothpaste, deodorant, hand sanitizer, soap, a comb and sanitary supplies.

Courtesy Grey Bruce Health Unit's 26-week Emergency Preparedness checklist



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Tradition on your tree

By Cyndi Burgess

Take a close look at your Christmas tree this December.

There's a good chance it features at least one ornament (but probably numerous) that has become a tradition in the story of your family. Whether it marks your child's first Christmas, was a gift from a friend, or was made by a loved one, Christmas ornaments often have a memorable story behind them and are passed down through the generations.

Christmas ornaments were first created by a German glassblower in the mid-1800s. One year, he decided to create some small glass balls and display them on his family Christmas tree. It wasn't long before friends and family fell in love with the tiny bulbs, and the glassblower began selling them in his shop.

The excitement of opening the ornament boxes at the beginning of December rivals the thrill of presents on Christmas morning in my house. Lifting the lid to each ornament is like opening the door to a flurry of memories that have been hibernating all year, just waiting to come out and glitter again. Every member of my family is represented on my grandmother's tree, whether it's the store-bought ornaments that feature the year of our birth or the various handmade school projects, including the one I made from an egg carton and cotton balls in Grade 1 that she refuses to throw away (no matter how tattered it gets).

My favorite ornament is a simple ceramic mouse holding a lit candle as he concentrates on his Christmas wish. It's my favorite not because the image is symbolic of the holiday, but because I can vividly remember sitting down with my mom as an eight-year-old and deciding I was going to paint it and give it to my Granddad for Christmas. My face beamed with pride and excitement on Christmas morning as Granddad opened the mouse wrapped in colourful tissue paper and hung it on the tree. Seeing him carefully place that ornament on the tree while acknowledging the gesture of his granddaughter fulfilled my wish for him to be as excited and happy as I'd hoped he would be. It feels like Christmas each time I see that little mouse.

Creating Christmas ornaments with your kids is a perfect way to build holiday memories, as well as decorations that will conjure up those happy childhood moments for decades to come. Don't feel intimidated about crafting with your kids if you're not a Van Gogh yourself, you'll be surprised at how fun and easy a simple project can be! The best kids' crafts are simple to make and require very basic materials because if they are too complicated,



children will lose interest just as quickly as you do.

Here's some ideas to help find homes for all those ornaments you're about to create.

- Use a handmade ornament as a gift tag as part of a larger present. Not only will the recipient be impressed with your craftiness, they'll have something to remember you by each time they unpack the decorations.
- Make a family ornament together each year as part of your Christmas festivities and hang it with your Christmas stockings.
- Instead of rushing around to buy the perfect present for your child's friends, let them make ornaments that represent something they do together (ie. soccer balls or hockey sticks).
- Supply the kids with some crafting table supplies such as paper, glue, washable markers, even glitter (for parents who dare) on Christmas Eve to keep them occupied while you finish that last minute wrapping. **GBK**

CYNDI BURGESS is the Director of the Southampton Art School. Visit the art school, gallery and shop at 201 High St., or online at www.southamptonart.com.

MAKE YOUR OWN SALT DOUGH ORNAMENTS

Here's what you'll need to make beautiful salt dough ornaments that will hang on your Christmas trees for generations to come.

- 4 cups of plain flour
- 1 cup of salt
- 1 ½ cups of hot water
- Christmas cookie cutters or colouring books from which to trace images
- Decorating supplies such as paint, glitter, glue, pom poms, pipe cleaners and even some googly eyes!

Mix flour, salt and enough hot water to make dry but workable dough. If it's a little too sloppy, just add a pinch or two of extra flour.

Roll out the dough to between ¼ and ½ inch thick. You want the final project to be sturdy enough but not too heavy that it pulls down the branches of the tree.

Use cookie cutters to cut out a variety of holiday themed or unique shapes. Take a pencil to poke a hole somewhere in your ornament so that you can thread it with ribbon once dry. Place ornaments on a ceramic or glass dish and place in the microwave for one to four minutes on medium or high power.

Once cooled (feel free to pop them into the fridge or outside on top of a snowbank), go crazy with the decorating. Acrylic paint or markers are great to add colour while white school glue works well with googly eyes and glitter.

Try mixing different batches of dough with different food colourings (green dough to make easy Christmas trees) once you have perfected the basics.



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Making dinner easier

COOK ONCE, EAT THREE TIMES WITH JUST A BIT OF PLANNING

By Kathy Drennan

Are you too busy or rushed to prepare meals every day? Wouldn't a head start make your life easier?

Luckily, there is a way to cook once and eat three times, without being forced to stomach leftovers. Meal preparation can be easy, quick, healthy and cost effective, and yet it's not as difficult as you might think.

What you need is a plan, and a base recipe that can be made ahead of time, yet stores well in the fridge or freezer.

THE PLAN

I set aside about 10 minutes every Sunday to create a weekly meal plan. For example, Monday - fish; Tuesday - chicken; Wednesday - beef; Thursday - pizza; Friday - chicken; Saturday - fish; and Sunday - beef.

Once you have a meal plan, you need to get the groceries. A great time-saver is finding a printable grocery list template that you can customize to the layout of your grocery store. By doing this you can save 15 to 20 minutes in the store. That's over an hour a month! Once you have all your groceries, it's time to get cooking.

WHAT'S IN A BASE RECIPE?

A base recipe can be cooked ground beef with minced onions and garlic, diced cooked chicken lightly seasoned with flavours your family loves, or any other options you can think of. This base is basically the building block of two to three meals for later in the week or to be put away in the freezer. You can save even more time when preparing the base recipes by doubling or tripling the batch.

If you're wondering what to do with the base recipe, this is the part that takes some time to get used to, but with the right recipes and planning you can achieve easy, healthy meals for your family.

Let's say you're in the mood for meals based on the diced, lightly seasoned chicken. On Tuesday, add some freshly chopped carrots, peppers and zucchini, with sauce and seasoning of your choice, and serve this stir fry over a bed of rice.

On Wednesday, you can make tacos using more of this chicken. Pizza doesn't have to be made with pepperoni, so on Thursday take the base chicken recipe and mix in some barbecue sauce to cover either your homemade or pre-cooked pizza dough. Top with veggies, cheese and enjoy.

Wow, It's Friday already! To finish the week, add the chicken to some bowtie or shell noodles (kids love fun food) with julienned carrots, broccoli and/or peppers and some alfredo or pesto sauce, or just plain cream cheese, with seasoning of your choice to make another delicious meal.

Cooking once and eating multiple times can be done with many types of food. For example, have a large pot of broccoli one night for your side veggie and then the next day turn the rest into a broccoli and cheese soup. The same can be done with cauliflower, potato or squash.

Another great cook once eat twice idea is for those bananas that are brown. Why not peel, mash and freeze for smoothies or to use later when you have time to bake. When you do have time to bake, make banana bread and muffins at the same time and freeze whatever you don't need now for later.

When you have a weekly meal plan it makes it much easier and faster because you won't be slowed down trying to make decisions at the end of a long day or running back and forth to the store, since you have purchased everything for the week. Everyone will know what is for supper on any given night and any family member can start meal preparation.

It's all about thinking ahead, planning and being prepared with a weekly grocery list. This concept is not new by any means and it may take some time to develop this routine in your household, but the initial investment pays off in the end with a happy, healthy family with more time to spend together at the dinner table. **GBK**

KATHY DRENNAN is a registered nurse who is also an Independent Director with The Pampered Chef Canada. See Cook Once, Eat Three Times recipes on Page 34. Find Kathy on Facebook at www.facebook.com/kathydrennanpc.

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Advertising feature



• Ken and Nancy Craig, of Kincardine, have provided a safe home for 150 foster children over the past 17 years.

A safe place

By Dwight Irwin

Nancy Craig has a lot of love to give.

In 17 years as a foster parent, Nancy and her husband Ken have generously opened their door to about 150 children for varying amounts of time – some for just an overnight stay, others for up to three years. The family even formally adopted a child along the way.

The Craigs, of Kincardine, became involved in foster parenting as their four biological children reached school age. At the time, they were dairy farmers and Nancy stayed home with the kids.

“I just thought, since I was home anyway, I could do more,” Nancy said. “We had the time and energy, and a big enough house, so we decided to do it. My own parents were foster parents years ago, so I knew about the benefits and challenges.”

That decision began a long relationship with the foster parenting program, which is run through Bruce Grey Child and Family Services (BGCFS) – the former Children’s Aid Societies, which merged on April 1. The Craigs, as well as nearly 250 other foster families in our region, provide respite in a safe, caring home to

about 300 Grey/Bruce children who have difficult or dangerous family situations.

From the day they are born to the day they turn 18, children at risk can be placed in the care of BGCFS and sheltered with people like the Craigs. It happens more than you’d think, Nancy said.

“People think Grey/Bruce is a safe, even-keeled place, but you’d be surprised to know what’s going on at your neighbour’s house,” she said.

When a child is placed with a foster parent, it is amazing how quickly they adapt to their new situation, she added.

“As a parent, you likely hope your child would be terribly upset if they were taken from you, but the reality is they’re so resilient. They do miss their parents, but they get into the day-to-day routine of your household and accept their situation for what it is – as long as someone is feeding them and showing them love, they seem to be able to make it work in their head.”

Some children do spend those early days in the new home crying, but others are calling her ‘Mom’ the day they arrive, she

added, although she tries to steer kids away from calling her that. She prefers ‘Nan’, because the overall goal of the program is to return children to their home once the situation stabilizes.

“The majority of the children we’ve had over the years have returned home,” Nancy said, adding 10 kids they’ve fostered have been adopted by other families.

Maria Riggan, Resources Supervisor for BGCFS, said foster parents are incredibly important to providing a stable environment for children living in chaotic situations. Many foster parents sign up because they want to help a child or siblings in need, and see children grow and blossom before their eyes.

“This can also be one of the difficulties of being a foster parent,” Maria said. “Foster parents often have to say goodbye to a child their family has grown to love.”

Nancy has been through that many times, but understands that, if at all possible, children want to, and deserve to be, with their birth parents.

“The plan is that they’ll go home some day, if their parents can provide a good enough situation,” Nancy said. “But as a foster parent, good enough isn’t good enough, and sending them to a ‘good-enough’ home is tough when you know they’d have a better life, and be better provided for, in your home. Emotionally, that can be very difficult.”

PROGRAM EVOLVING

The science behind the foster parent program has come a long way since she and Ken began, Nancy said. Foster parents are now encouraged to meet family members who have been granted visitation rights by the court, because studies show a good relationship between birth and foster parents helps children adapt to their situation.

BGCFS also has a goal of moving children around less, because it has been proven the more stability these kids have in their young lives, the better prepared they are for adulthood as they exit the program at 18. The service also works hard to find adoptive homes for all children, when years ago only young children were considered ‘adoptable.’ The studies show that kids of any age benefit from exiting the system and being adopted by loving families.

“We’ve come a long way – the program is evolving and using studies to better serve the children,” Nancy said.

Another improvement to the program has given foster parents the ability to stay in touch with kids they’ve cared for, once they’ve moved onto an adoptive family or even been returned to their birth parents. Shortly after speaking to Grey-Bruce Kids, Nancy was going to visit with a youngster who spent a 1 ½ years in her home but had since been adopted by a family outside of the Kincardine-area.

“It’s important for him to still see us because it would be another total loss from his life if we weren’t allowed to be in it once he was adopted. He needs to be able to say, ‘I need to see Nan,’ if

The PRIDE program

A mandatory nine-week, pre-service program that has the goals to:

- Meet the protective, developmental, cultural and permanency needs of children or youth placed with resource families, which are the foster and adoptive families.
- Strengthen families, whether they are families of origin, blended, extended, kinship, resource, customary care or adoptive families.
- Strengthen the quality of resource care by providing a standardized structured framework for pre-service training and mutual assessment; for resource family in-service training; and for on-going development.
- Share resources among public and private agencies, resource parent and adoptive parent associations, and national child welfare and adoption organizations.

he wants to see me.” Another little girl, who the Craigs raised from the day she was born until she was one, still comes over for weekend visits as a happy toddler of three.

“The fostering program has evolved and made great strides that way, because the studies show it’s damaging to them if we don’t let them continue seeing their foster parents.”

FOSTER PARENTS NEEDED

Despite having 250 foster families in Grey and Bruce, the need is always there for more, Maria said. While finding homes for the smallest of children is often easy because some participants do fostering with hopes of adoption down the road, it is more difficult to place siblings who need shelter (because of the space required for more than one child) or teens who are, well, teenagers.

Prospective foster parents go through a thorough screening process and a nine-week pre-service training session called Parent Resources for Information, Development and Education (PRIDE). See the above sidebar for more on the PRIDE program.

Foster families are also given in-home support by a host of people, including any of a children’s services worker, tutors, a resource worker, the family services worker who is involved with the birth parents, lawyers, behavioural supports, as well as others, Maria said. Foster parents also receive financial and health care assistance, she added.

For more information on the foster parent program, contact the BGCFS Resource Department at 1-855-322-4453. **GBK**

All I want for Christmas

Dear Santa:

I know you're really busy reading millions of letters from children from across the world right now, so I hope you don't mind that this letter comes from a 33-year-old father of two.

See, I love the holiday season, especially now that my oldest daughter understands who you are, and why you bring presents on Christmas morning. I also love the fact I can spend two months threatening to call you with reports of bad behaviour, which is by far the best parenting tool in my arsenal. My hope is my youngest daughter, who turns two on Dec. 21, is not seeing the holes in my methods and plotting ways to exploit them in the future.

Anyway, it has been a very long time since I last wrote you personally. I'm not sure if an apology is necessary, but I want you and the elves to realize I don't have any delusions about who the target audience for Christmas is – it's about the kids. Always has been and always will be.

That's great. It really is. Few things bring me greater joy than seeing a child's face light up when they meet you at a parade or in a mall. During my 10 years in the newspaper business, I never dreaded an assignment that involved Santa.

Anyway, I think adults should also send you their wishlists, because, though we may not want toys that fit on your sleigh, it's nice to know you're looking out for us too.

So here is my list for this Christmas. I very much hope you can make some of my dreams come true this year.

- I hope all who are financially able will support their local food bank, Christmas toy drive and any other initiative that helps make this season more comfortable for hundreds of kids and adults in our communities. You may be surprised to find out who needs a helping hand this year.
- Can you send some elves to put up my outdoor Christmas decorations? I don't like ladders or cold weather, so this is something unlikely to improve without an intervention.
- If you could just go ahead and put a block on all Facebook posts that say, "X number of sleeps until Christmas!" I'd be forever grateful. We all have calendars.
- Oh, a calendar.



- At press time, the NHL and its players still didn't have a collective bargaining agreement, so if you'd threaten to withhold presents from some millionaires and billionaires, that would be cool.
- If that works and they return, it would be great if you could help the Toronto Maple Leafs get to the playoffs. I'm not sure what your policy is on striking deals with the devil, but...
- It would also be nice if you'd send some wintry weather our way this year too. Listening to my friends whine about their unused snowmobiles during last year's mild weather was tiring. Plus, a nasty winter would give me the chance to tell everyone why my trip to work was much more dangerous than theirs.
- I hope people give you a break this year and do some shopping themselves, especially if they frequent locally owned businesses. The last time I checked, an outlet mall near Buffalo isn't sponsoring one of our soccer or hockey teams.
- I know it's cliché, but I really do wish good health and happiness for everybody. Except those who tell me to drink less beer, eat healthier foods, watch less TV and exercise more – they clearly don't want me to be happy.

I will leave cookies out for you and carrots for the reindeer. My wife will probably eat the cookies.

**Merry Christmas!
Love, your pal Dwight**

DWIGHT IRWIN is the Editor of Grey-Bruce Kids and husband to Amy, the Publisher. Amy is asking Santa if he can make Dwight blog more consistently at www.greybrucekids.com/blog, so check back often to see just how influential Santa really can be.

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OUR TOWN

Warton

It's the base camp to the gorgeous Bruce Peninsula – a haven for outdoor adventure in all seasons – and it also features one of Grey/Bruce's largest winter festivals featuring a world-famous albino groundhog.

That's why Warton is this winter's 'Our Town.'

The nearly week-long Warton Willie Festival draws thousands of visitors to Warton to celebrate the Groundhog Day prediction of the town's most famous resident. Although Feb. 2 is the day Willie boldly predicts how long winter will last, there is a long list of events for families to enjoy in this quaint town.

But it offers so much more than just the Warton Willie Festival. It provides a launch-point for countless winter outdoor adventure opportunities, including cross-country skiing and snowshoeing the stunning Bruce Trail and the Spirit Rock Conservation Area, or if you're more interested in riding, there is a great snowmobile trail system that offers spectacular views along the way.

Warton has many year-round options for staying the night, enjoying a nice drink with dinner, and some fantastic shopping

at locally owned stores in the downtown core, all of which will make any stay one to remember for the whole family.

Too often we use winter as an excuse to hunker down and wait for the season to change to spring. This winter, we recommend getting outside and experiencing some of the beauty our region offers during the winter months.

And there's no better place to start than Warton. GBK



GET TO KNOW WIARTON

Founded...

The base camp to the Bruce Peninsula, Warton was a wilderness until 1866 when the first log shanty was built. For a thousand years or longer, this fortunate sheltered site was the eastern access to a historic portage, a shortcut used by First Nations people, fur traders, explorers, missionaries and settlers to cross the base of the Bruce Peninsula. In the 19th and early-20th centuries, schooners and steamers made regular stops at Warton where a half-dozen sawmills spewed sawdust. There was a fish packing plant and a sugar beet factory, and in 1882, the Grand Trunk Railway celebrated its arrival in town. www.explorethebruce.com

Population...

Is currently about 2,300. Warton is located in the Town of South Bruce Peninsula, along with Sauble Beach and the rural areas in between.

Located...

On Hwy. 6, a short drive north of Hwy. 21. As the base camp to the Bruce Peninsula, the area features some of the most spectacular views in Bruce County.

The locals...

Welcome thousands of tourists a year for the Warton Willie festival the first week of February, while enjoying a variety of outdoor activities including cross-country skiing, snowshoeing and snowmobiling in the winter, and camping, hiking and so much more during the year's other three seasons. The many businesses in Warton's core offer something for everyone and are not to be missed.



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OUR TOWN



Think **your town** should be
featured in our **Spring issue?**

Tell us why at amy@greybrucekids.com

Insuring your kids

By Ryan Enright

As parents, our top priority is our children.

Because of this, we're always looking for ways to make sure our children are protected. Two questions life insurance advisors are often asked are, "Should I have insurance on my child's life?" and, "What types of policies are available?"

Insuring a child's life can be a difficult subject for a parent to discuss, but for many families, it can make financial sense. Traditionally, life insurance has been used to protect a family's financial security in case an income-earner was to pass away prematurely. Many of today's young families are dual income households, but do not have sufficient savings to handle the death of an income-earner. Without life insurance, the consequences are significant – the mortgage, loan payments and household bills still need to be paid, meanwhile the family has lost a portion of its income and, in many cases, a caregiver.

When looking at a family's insurance needs, the first priority should be to insure the primary income earners. In most cases, a child's death, while having a devastating emotional impact, does not have a dramatic financial impact. However, insuring a child can make sense and can also offer many long-term benefits.

In some cases, there may be a family history of hereditary diseases. Being diagnosed later in life with some of these diseases can prevent a person from being approved for life insurance, so insuring a child may have added importance as a way to guarantee coverage in the future. Insuring a child at a young age creates a safety net. A child who becomes an adult and eventually has a family of his/her own may have developed health issues in the interim and, as a result, may not be able to obtain new insurance.

One option for insuring a child's life is an addition to the existing life insurance policy of the parents, often known as a 'Child Protection Rider.' These riders are quite easy to add to a parent's policy and many companies will offer up to \$30,000 in coverage. This is a very quick and simple solution, as the rider will cover all of a family's children in one policy. There is very minimal medical underwriting, usually just a few basic questions, and the policy is quite affordable. It also gives the



child a guaranteed option to purchase a larger amount of life insurance as they become an adult.

Another option to insure a child's life is a permanent or 'whole life' policy, which allows for a parent to insure their child for a higher amount than available through the Child Protection Rider, while locking in very favourable rates. The policy can often be completely paid up in 10, 15 or 20 years. Many of these permanent policies also build up cash value, which can give the child's future family added financial flexibility – the cash value can be used in an emergency, towards a down payment on a new home or even as collateral for a loan to start a new business. These types of policies are often purchased by a parent, or even grandparent, and can be gifted to the child at certain age to give them a head start in their financial lives.

Often, the discussion of insuring our children stops after the different life insurance policies are explored. While life insurance policies can protect a family against a child's death, another question that should be asked is, "What if my child were diagnosed with a serious illness or injury?" It's quite common for income-earning parents to have disability insurance or a critical illness plan that would replace part of their income if they were unable to work due to sickness or accident, but many people don't consider what would happen if their child was seriously ill or injured. A parent might want the option to take time off from work to attend to their child's health needs, but in many families this is not a financial possibility.

An increasingly popular policy that many insurance companies are now offering is for critical illness in children. These plans will pay out a lump sum if a child is diagnosed with a serious illness or ailment. The policies can range from very basic coverage, insuring four major ailments or illnesses, all the way to comprehensive plans that will insure over 30 ailments and various childhood illnesses.

Most companies also offer a 'return of premium' option on these plans, which means that if no claim is made over a period of time, all or a portion of the premiums paid will be refunded to the policy owner.

Since the benefit is paid out as a lump sum, the parents can use the funds as they see fit, for example, to compensate for the loss of income when taking time from work to pay for medical and travel expenses, or even to make a child's wish come true.

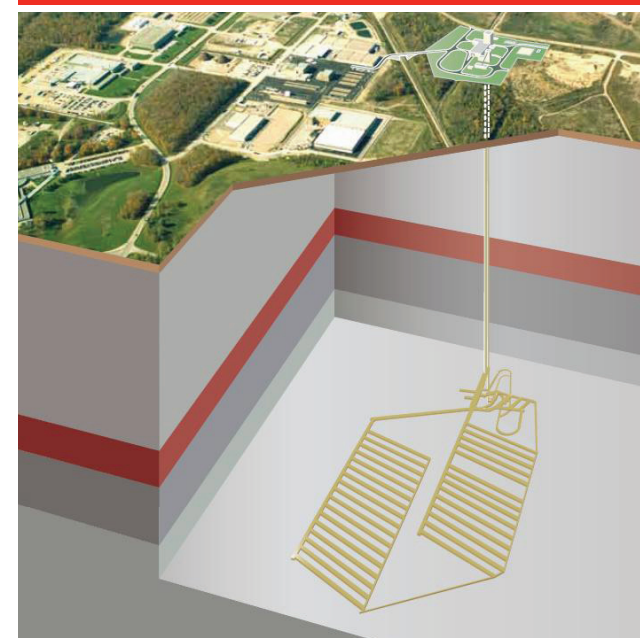
There are many things to consider when discussing insurance for your children and every family has a different idea of what's important. Being aware of the insurance products that are available in today's market will help you make an informed decision regarding your family's needs.

For more information, talk to your family insurance advisor today. **GBK**

RYAN ENRIGHT is a broker with CMR Insurance. He and his partner Shelly have a three-year-old daughter and are looking forward to a new addition to their family in the spring.

OPG's DEEP GEOLOGIC REPOSITORY PROJECT

For Low & Intermediate Level Waste



Ontario Power Generation (OPG), with the support of Bruce County municipalities, is proposing to construct a Deep Geologic Repository (DGR) for the safe, long-term management of low and intermediate level nuclear waste at the Bruce nuclear site.

The DGR Environmental Impact Statement (EIS) and supporting documents have been submitted to the Joint Review Panel. The EIS concludes the DGR is not likely to result in any significant adverse effects to human health or the environment.

For more information about the DGR Project and how to participate in the regulatory approvals process, please visit: www.opg.com/dgr.

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Signs, signs, everywhere the signs

TEACHING YOUR BABY SIGN LANGUAGE OPENS THE WORLD OF COMMUNICATION

By Kathy Moores

Have you ever wondered what's going through your toddler's mind as they play with a favourite toy or see a bird or airplane for the first time?

They may not be able to use their words to ask what that strange thing is flying across the sky, but they just might be able to ask you with their hands. A child's motor skills develop earlier than their verbal skills do, which makes using gestures with baby a great first method of communication.

Baby sign language is gesturing with hearing pre-verbal children. Fluency in American Sign Language (ASL), although a wonderful asset, is not necessary. Baby sign is about first communication so you will only be using keywords that are important to your child and in your home.

Applying sign language to baby's daily routine provides them with a communication tool that will enable them to share their basic needs and wants before speaking their first word. When baby can let you know they're hungry by signing 'milk,' they no longer need to cry until they are fed. It's a win for both baby and caregiver.

There are many developmental benefits that can be attributed to using sign language with hearing pre-verbal children. Some studies have shown earlier verbal ability, increased reading skills and even greater problem-solving skills. When you use ASL you are providing the additional benefit of teaching your child a second language. The list of benefits makes it sound so academic though when, really, the best thing about using baby sign language is that it's easy and so much fun.

Deciding to use sign language with your children doesn't mean

you've decided to start school early and you have to sit down for lessons. You simply add gestures into your normal, daily communication. It should never be stressful for you or for baby. Play and giggle as you sign and the rewards will far outweigh the effort you put in.

Here are a few tips to get you started:

Start small. Begin with signs that are closely tied to baby's needs. These typically include the signs for eat, more, milk and finished.

I recommend using American Sign Language not only because you're teaching them a second language, but because you'll never have to try and remember what made-up sign you were using. There are a number of great books, online dictionaries and resources you can refer to for ASL signs.

Always have fun. Playing with baby is a great way to engage and get them interested in watching your hands as you talk with them. Using the sign for 'more' is perfect during tickle-time. Get them giggling and then ask if they want more before starting to tickle again. You'll be amazed how quickly they pick it up!

Who's perfect? Signing shouldn't be stressful – you have enough to do. Consistency is important but it's not the end of the world if you forget or have your hands full when an opportunity to sign presents itself.

Congratulate! Congratulate! Congratulate! We all like a little pat on the back every now and then and babies are no different. When they make the effort, even when it's not perfect, let them know you've noticed. You'll boost their confidence and encourage them to try again.

Don't get discouraged. It's never too early to start signing with baby. If you start when they're still young, it will be very natural for you to sign by the time they're really paying attention to your hands. However, if you start before they're six to eight months old, don't get discouraged when they don't sign back right away. A great time to start signing is when baby begins waving hello and goodbye.

Use baby's interests as your guide. The signing experience is unique because each family's needs are different, as is every child. As baby's vocabulary and curiosity grows, let your child's interests guide you. If they are interested in animals, show them



animal signs as you look through a favourite book or play with their stuffed animals.

Always say the word as you sign. Using your voice in conjunction with your hands will help baby build on both their verbal and signing vocabularies.

Signing with baby truly is an awe-inspiring experience; it's amazing to see the world through a baby's hands. **GBK**

KATHY MOORES is the owner of mocobabies, a business focused on early language acquisition. She enjoyed signing with both of her children and was inspired to help families make learning sign language easy and fun. She blogs at mocobabies.wordpress.com and is on Twitter @mocobabies.



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• Winter camping in Grey and Bruce counties is a blast. Pictured here is a 'yurt' at MacGregor Point Provincial Park, near Port Elgin.

Get outside this winter

By Explore the Bruce and Grey County Tourism

Many parents dread the thought of winter.

There is often the misconception that, outside of local arenas, there is little to do in Grey and Bruce counties after the snow flies. Luckily, that is not the case! There is so much to do across the region during the winter months, and one of the most interesting things to do is winter camping, which just may be more relaxing than in the summer.

Winter camping is a great learning experience for kids. You don't have to worry about traffic, the campgrounds are not busy so you don't have to worry about loud neighbours, there is easy access to trails, awesome birding opportunities, and it's a great chance for some family bonding.

Winter camping is also unique because of the 'yurt', which is a semi-permanent, canvas-covered structure that is normally 16-feet in diameter and circular in shape with a wooden lattice frame. They are equipped with beds, mattresses and a wood or

electric fireplace.

Campgrounds like MacGregor Point Provincial Park, located just south of Port Elgin along the Lake Huron shoreline, has made winter camping easy through its 16 yurts. Or you can sleep in a tipi at Atelier Arboreal/Ontario Winter Camping near Shallow Lake. Here your tipi is piled high with quilt-covered evergreen boughs and warmed by a wood stove. You'll fall asleep to the sounds of coyotes and owls in the distance and wake to a hearty homemade breakfast in the cookhouse.

The best thing about camping in yurts and tipis is you don't have to pack a lot of equipment. Campgrounds usually provide the essentials such as beds and a heat source.

The best part about winter camping is the fun you get to have outside! Snowshoe and cross-country ski trails are accessible right from most campsites and are a great way to see some beautiful scenery, get a great workout and spend time in nature with those you love.

If a sleigh ride is more your thing - and there is nothing quite as magical as listening to jingling harness bells and seeing the moonlight sparkle on the snow as you wind your way through the hills bundled up under blankets - you can take an old-fashioned sleigh ride to a cabin or campfire in the bush.

The Scenic Caves, just outside the Town of Blue Mountains, also have a full slate of winter activities for the whole family, including snowshoeing, cross-country and skate-ski trails, a 420-foot suspension bridge, and beautiful winter views. Learn more about its Nordic adventures at www.sceniccaves.com.

If horses seem a little big, why not try dogs? Rob Roy Snow Dogs, near Blue Mountain, offers lessons before sending you down the trail with your team of happy huskies. You can visit an igloo on site and enjoy hot chocolate after your sledding.

Outdoor skating is another activity for the whole family. Many towns maintain outdoor rinks, as does MacGregor Park, which has ice on its walking paths and trails. Harrison Park in Owen Sound is another great place for outdoor skating, especially during the Festival of Northern Lights. Blue Mountain Village also holds fireworks over its skating rink every Saturday night in December, at 8 p.m.

So don't hunker down in your house this winter - take advantage of all the amazing outdoor opportunities Grey and Bruce counties offer. People from across Ontario travel for hours to enjoy what we have right in our own backyard. **GBK**



• Rob Roy Snow Dogs, in the Blue Mountain area, teaches you how to harness a team of beautiful huskies.

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COOL KIDS

★ contest ★

Grey and Bruce counties are full of kids who do great things every day — at home, school, and in their communities — which is why we are excited to announce the Cool Kids Contest, sponsored by the Owen Sound Attack and Grey-Bruce Kids.

Each quarter we will feature a local Cool Kid who we think is awesome.

Judging is based on, but not limited to, community participation, leadership, academics, ~~and~~ sports, involvement in the arts, or extraordinary accomplishments.

Send us your Cool Kid story in 500 words or less to amy@greybrucekids.com by Jan. 31, 2013.

The winner will be notified via e-mail and we will publish the winning story in the next issue of Grey-Bruce Kids!

CONTEST RULES AND DETAILS:

1. Nominee must live in either Grey or Bruce county
2. Nominee must be between the ages of four and 18 at time of submission
3. Nominee's parental consent form must accompany nomination (available for download at www.greybrucekids.com/consent.pdf)
4. Please include nominee's name, age, contact information for parental consent, school attend, and why you think they should be Grey-Bruce's Cool Kid.

The Cool Kids wins a prize pack from the Owen Sound Attack and \$50 cash from Grey-Bruce Kids!

Submit your nomination for a Cool Kid today!

Contact: amy@greybrucekids.com



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Kincardine, ON
T: 519.396.2700

Ripley Site

19 Tain Street
Ripley, ON
T: 519.395.2601

www.kincardinefht.ca



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Toll Free: 866-495-3959
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Melissa & Doug Toys

New Mom Support

Home Parties
Home Visits
Twin Support
Information Sessions

519.379.6769 or 519.881.2133
marioncooper1@hotmail.com



AutismONTARIO

Grey Bruce

Each of Autism Ontario's 28 local volunteer chapters provide a wide variety of educational, family and community supports for parents and their children and youth with Autism Spectrum Disorders (ASD).

Contact us at: 519-671-4048

www.autismontario.com

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

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; 519-371-4773
bgcs@bmts.com or keystonebrucegrey.org
Owen Sound

Saugeen First Nation - Kabaeshiwim Respite Women’s Shelter
519-797-2521
cgeorge@saugeenfirstnation.ca
www.saugeenfirstnation.ca

Sexual Assault and Partner Abuse Care Centre
Grey Bruce Health Services
1-888-525-0552 or www.gbhs.on.ca
Owen Sound

Victim Services of Bruce Grey and Owen Sound
Crisis: 1-866-376-9852
Administration: 1-888-577-3111
info@victim-services.com
www.victim-services.com

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

Women’s Centre (Grey and Bruce)
Administration: 519-376-0755
Crisis: 1-800-265-3722
womenscentre@bmts.com
www.bmts.com/-womenscentre
Owen Sound

Women’s House Serving Bruce and Grey
Sexual assault crisis: 1-866-578-5566
Crisis line: 1-800-265-3026
Administration: (519) 396-9814
crisis@whsbg.on.ca
www.whsbg.on.ca
Kincardine

BREASTFEEDING

Brockton and Area Family Health Team
1-866-507-2021 or 519-881-1920
RN/certified Lactation Consultant available
www.bafht.com
Walkerton

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

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

Moms Walkerton
New Mom support
320 Durham St., Walkerton; 519-379-6769

Support groups
Southampton, Port Elgin, Paisley, and Tara - 519-797-2010
Kincardine, Ripley, Tiverton, and Lucknow - 519-368-4847
South-Bruce Breastfeeding Buddies - 519-881-1920
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.sbghc.on.ca

CHILD CARE

Acorn Montessori Preschool
519-599-7577
Meaford

Amabel-Sauble Child Care Centre
519-422-3611
Sauble Beach

Beaver Valley Outreach
519-599-2577

Bobi’s Playschool
519-538-5483
Meaford

Brooke Montessori Toddler Program
519-376-3447
Owen Sound

Bruce County Childcare Services
519-881-0431 or www.brucecounty.on.ca
Walkerton

Bruce Peninsula Family Centre
519-793-4100
Lion’s Head

Chesley Nursery School
519-363-9544

Durham Nursery School
519-369-6973

Family Y Child Care/First Base
Arran Tara - 519-376-0484
Hanover - 519-364-4938
Kincardine - 519-396-9622
Owen Sound - 519-376-0484
Port Elgin - 519-832-6225
Ripley - 519-395-5570
www.ymcaowensound.on.ca

Grey County Childcare Services
519-376-7324
www.greycounty.ca/childcare

Hanover Montessori Children’s House
1-800-906-7036 or 519-364-6455

Happy Hearts Day Care Centre
519-376-1284
Owen Sound

Inglenook 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
519-389-9050
Port Elgin

Kinhuron Integrated Day Nursery School Co-op
519-396-4532
Kincardine

Le Jardin des decouvertes
519-371-4411
Owen Sound

Military Family Resource Centre
519-538-1371 x6753
mfrc.meaford@sympatico.ca
www.mfrcmeaford.com
Meaford

Meaford Co-operative Nursery School
519-538-3854

Nawash N’Shiime Day Care Centre
519-534-3909
Neyaashiinigmiing (Cape Croker)

Sandbox Daycare - Hanover
519-506-7263

Salvation Army Day Care Services
519-371-9540
sadaycare@bmts.com
www.salvationarmyowensound.com
Owen Sound

Saugeen First Nation G’Sshaw-da-Gawin Day Care Centre
519-797-2419
gshawdagawin@bmts.com
www.saugeenfirstnation.ca

Tammy’s Learning Centre
519-538-9980
Meaford

Tobermory Primary Place
519-596-2606

Unity House - Owen Sound
519-371-0141

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

Wiarton Kids Den Day Care/Kids Club Schoolage 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

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 ext 1529
1-800-263-3456 ext 1529
publichealth@publichealthgreybruce.on.ca

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

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

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

EDUCATION

Adult Learning Centres
Collingwood, Port Elgin, Markdale, Owen Sound, Walkerton, Wiarton
Free assistance with math, writing and reading; 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

Kumon of Owen Sound
Education assistance
www.kumon.ca; andreafischer@ikumon.com

EMPLOYMENT SERVICES

VPI Employment Strategies (Walkerton)
519-881-3789 or 1-888-336-9550
www.vpi-inc.com

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

FAMILY SUPPORT

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

FOOD BANKS/HOUSING

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

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

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

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
Wiarton - 519-534-0353

RESOURCES

Tobermory Food Bank
519-596-1501

Walkerton and District Food Bank
519-881-0168

Habitat for Humanity Grey Bruce
1-866-771-6776 or habitat@bmts.com
www.habitatgreybruce.com

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

Safe 'n Sound Homelessness Initiative
519-470-7233
safensoundresidence@gmail.com
www.safensoundgreybruce.com

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

HEALTH CARE

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

Brockton and Area Family Health Team
1-866-507-2021 and www.bafht.com
Walkerton

Canadian Mental Health Association Grey-Bruce Branch
Administration - 519-371-3642
Crisis: 1-877-470-5200
jralph@cmhagb.org; www.cmhagb.org
Owen Sound

Closing the Gap Healthcare Group - Rehab Express Grey Bruce
519-370-2165
www.closingthegap.ca
Owen Sound

Collingwood General and Marine Hospital
705-445-2550 or www.cgmh.on.ca

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

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

Grey Bruce Health Unit
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

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

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

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

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

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

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

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

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

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

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

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

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

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

Poison Control Centre
1-800-268-9017

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

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

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

St. John Ambulance First Aid training
519-364-7004 or grey.bruce@on.sja.ca
<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
Paula.Holla@tvcc.on.ca or
Clare.Matthews@tvcc.on.ca
www.tvcc.on.ca

LIBRARIES

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

Bruce County Public Library
Online catalogue - www.bruce.canlib.ca
Administrative office - 519-832-6935
bruce2@brucecounty.on.ca
Cargill - 519-366-9990
Chesley - 519-363-2239
Hepworth - 519-935-2030
Kincardine - 519-396-3289
Lion's Head - 519-793-3844
Lucknow - 519-528-3011
Mildmay - 519-367-2814
Paisley - 519-353-7225
Port Elgin - 519-832-2201
Ripley - 519-395-5919
Sauble Beach - 519-422-1283
Southampton - 519-97-3586
Tara - 519-934-2626
Teeswater - 519-392-6801
Tiverton - 519-368-5655
Tobermory - 519-596-2446
Walkerton - 519-881-3240
Warton - 519-534-2602

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

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

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

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

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

Owen Sound and North Grey Union Public Library
519-376-6623 or 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

MUSEUMS

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

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

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

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

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

Chesley Heritage & Woodworking Museum
519-363-9837

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

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

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

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

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

South Grey Museum - Flesherton
519-371-0031
www.greyhighlandsmuseum.com

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

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

Treasure Chest Museum
519-353-7176
<http://tiffanyweb.bmts.com/~tcmuseum>
Paisley

ONLINE SUPPORT

www.211.ca

www.pathwaysawareness.org

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

www.targetyouth.ca

www.thehealthline.ca

OTHER

Welcome Wagon
www.welcomewagon.ca
1-877-675-8463 – call for local representatives

PLAYGROUPS

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

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

SPECIAL NEEDS

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

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

Bruce Peninsula Association for Community Living
519-534-0553; bpacl@bmts.com
Warton

Community Living Kincardine & District
519-396-9434
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
519-372-2721; 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

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

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

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

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

SPEECH/LANGUAGE

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

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

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

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 or www.childrenswish.ca
Ajax, ON


Make-A-Wish - Southwestern Ontario Chapter
519-471-4900
www.makeawishsw.o
London, ON

Downtown Lucknow & Ripley



Beginning Friday, November 9th, each time you make a purchase at a Lucknow or Ripley downtown business prior to December 25th, the amount will be punched on a card in \$10 increments. Spend a total of \$150 and receive a chance to win one of THREE \$150 Huron-Kinloss Shopping Sprees. Passes will be available at businesses in the downtowns and can be downloaded from:
www.huronkinloss.com


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ScandinaveBlue.com | 705.443.8484

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Skiing & More!

Recreation Dept. 519-396-3491
Kincardine Tourism 519-396-2731

WINTER RECREATION PROGRAM GUIDE NOW AVAILABLE FOR PICK UP OR ONLINE
www.kincardine.net ~ www.sunsets.com/kincardine

WINTER EVENTS

DECEMBER

1

Huron-Kinloss Holiday Pass
Downtown Lucknow and Ripley
Taralyn Martin - 519-395-3735
www.huronkinloss.com
Runs through Dec. 24

By Our Hands artisan show
Paisley
519-353-4017
www.naturesmillworks.com
Runs through Dec. 16

Christmas in the Southampton Art Gallery
201 High St., Southampton
519-797-5068
www.southamptonart.com
Runs through Dec. 30

Lion's Head Christmas Festival of Art
10 a.m.-3 p.m.
Anglican Parish Hall

Santa Claus Parades
Durham - 12:30 p.m.
Lion's Head - 1 p.m. (Carol Fest at 7 p.m.)
Markdale - 1 p.m.
Dundalk - 6 p.m.
Kincardine - 6:30 p.m.
Meaford - 6:30 p.m.
Warton - 6:30 p.m.
Hanover - 7 p.m.

Owen Sound Festival of Northern Lights
25 km of Christmas lights throughout city
5-11 p.m. daily
info@festivallights.ca

Frost Frenzy at Blue Mountain
Fireworks, Santa, horse-drawn wagon rides, carollers, snowshoeing and more
www.bluemountainvillage.com/frost
Runs through Dec. 31

Holiday Craft Sale at Grey Roots Museum
11 a.m.-4 p.m.
www.greyroots.com

Memories of Christmas
Bruce County Museum & Cultural Centre
Old-fashioned Christmas celebration
6-9 p.m.
Call Nancy at 519-797-2080 or visit
www.brucemuseum.ca

2

Neustadt Santa Claus Parade
4 p.m.

5

Early Dismissal Craft Day
Port Elgin Public Library
1:30-3 p.m. Call Nancy at 519-832-2201

7

Ginger People Cookie Decorating
Southampton Public Library
6-7 p.m.
Call Nancy at 519-832-2201

Southampton Santa Claus Parade
7 p.m.
Call Heather at 519-832-2332
portelgininfo@saugeenshores.ca

Mount Forest Santa Claus Parade
7 p.m.

8

Holstein Non-Motorized Santa Parade
1 p.m.

Tobermory Santa Claus Parade
Downtown Tobermory

Holiday Festival in Harrison Park
Owen Sound
Visit Mrs. Claus' kitchen for gingerbread cookie decorating, crafts and facepainting. Take a horse-drawn wagon ride to Santa's Cottage and join the bannock cook-out.
www.owensoundtourism.com

Thornbury's Olde Fashioned Christmas
Shopping, music, treats, magic show, stories, cookie decorating, Santa and more!
<http://thornbury.ca/special-events.php>

Holiday Family Fun Day
Grey Roots Museum
Seasonal family films, refreshments, crafts and games and scavenger hunts for all ages
www.greyroots.com

15

Georgian Bay Symphony Christmas Concert
OSCVI in Owen Sound, 1550, 8th St. E.
Shortened one-hour concert for kids in evening
www.georgianbaysymphony.ca

Chess for Kids (Grades 1-12)
9:30 a.m.-2 p.m.
Owen Sound Library Auditorium
No registration required, drop-ins welcome

16

Family Art at Tom Thomson Art Gallery
1-3 p.m.
Third January and February as well

21

Play Bruce Grey's Shortest Day of Play
Check with your municipality for events
www.playbrucegrey.com

22

Chatsworth Santa Claus Parade
10:30 a.m.

JANUARY

2

Winter Wonders
Bruce County Museum & Cultural Centre
11 a.m.-4 p.m.
www.brucemuseum.ca
Runs through Jan. 4

18

Sauble Beach Winterfest
Wide variety of events celebrating winter
www.saublebeach.com/winterfest.html
Run through Jan. 19

26

Lego Workshop
Bruce County Museum & Cultural Centre
10 a.m.-noon
Open to ages five to 12
Call Nancy at 519-797-2080 or visit
www.brucemuseum.ca
Also runs Feb. 23

FEBRUARY

1

Warton Willie Festival
What prediction will Willie make on Feb. 2?
www.wartonwillie.com
Runs through Feb. 3

2

NordicFest
Cross-country Ski and Snowshoe Festival
Scenic Caves Nordic Centre
Town of Blue Mountains
705-446-0256 x223
www.sceniccaves.com

8

Ripley Winter Carnival
Ripley-Huron Community Centre
Costume skate, pancake breakfast, hockey games, horse-drawn wagon rides, activities
www.huronkinloss.com
Runs through Feb. 9

9

Romp to Stomp Snowshoe Series 2013
In support of Breast Cancer Foundation
Scenic Caves Nordic Centre
Town of Blue Mountains
705-446-0256 x223
www.tubbsromptostomp.com

16

Sparkle in the Park
MacGregor Point Provincial Park, Port Elgin
Numerous winter activities for families
10 a.m.-4 p.m.
Call Matt at 519-389-6231

18

Family Heritage Day
Bruce County Museum & Cultural Centre
10 a.m.-4 p.m.
Celebrate Family Day with fun activities
Call Nancy at 519-797-2080 or visit
www.brucemuseum.ca



RECIPES

COOK ONCE, EAT THREE TIMES

courtesy Kathy Drennan

Following the handy 'Cook Once, Eat Three Times' meal planning tips you read on Page 12, here is a great way to put those lessons to use for your family.

COOK THE CHICKEN

The first step is to cut 3 lbs. of chicken into one-inch cubes and cook in a frying pan, with a tablespoon of vegetable oil.

Once the chicken is no longer pink inside, divide the chicken into three portions and freeze if necessary.

You're ready to cook once and eat three times!

MEAL 1: CHICKEN STIR FRY

Make it fresh, or plan ahead and freeze it!

TO PREPARE AND FREEZE:

- 1 portion of your made-ahead chicken
- 1 cup of frozen shelled edamame (soybeans)
- $\frac{2}{3}$ cup of prepared stir fry sauce
- 2 carrots, peeled and cut into julienne strips
- 3 cups of small broccoli pieces
- 2 tablespoons of Asian seasoning mix

To freeze: Place chicken, edamame and stir fry sauce in a plastic freezer bag. In a second bag, put the carrots, broccoli and seasoning mix. Seal Bag 2 into Bag 1 and freeze for up to three months.

To cook from freezer: Add the contents of Bag 2 and some water to a skillet, cover and simmer over medium-high heat.

Add Bag 1 contents and cook until hot and vegetables are crisp.

Serve on a bed of rice.

MEAL 2: CHEESY CHICKEN TORTILLA SOUP

TO PREPARE AND FREEZE:

- 1 portion of your made-ahead chicken
- 3 cups of tortilla chips, finely crushed
- 2 cups of frozen corn kernels
- 8 oz of Cheez Whiz
- 1 can of diced tomatoes with green chilies
- 2 tablespoons of chipotle rub

To freeze: Place chicken, corn and tortilla chips in a freezer bag.



In Bag 2, combine the Cheez Whiz with the tomatoes and rub. Place Bag 2 into Bag 1 and freeze for up to three months.

To cook from freezer: Add the contents of Bag 2 to two cans of reduced sodium chicken broth and simmer over medium heat for 12-14 minutes or until the cheese is melted and the mixture is smooth. Stir occasionally.

Add the contents of Bag 1 and cook for about five minutes or until the soup is thickened.

Consider adding shredded cheddar cheese, snipped fresh cilantro, or additional diced tomatoes and tortilla chips.

MEAL 3: SMOKEY BLACK BEAN CHICKEN WRAPS

TO PREPARE AND FREEZE:

- 1 portion of your made-ahead chicken
- 1 can of black beans, drained and rinsed
- 2-3 tablespoons of a smokey barbecue rub
- 2 cups of cooked rice

To freeze: Place chicken, black and beans and one to two tablespoons of the rub in a freezer bag. In Bag 2, place the remaining rub with the cooked rice, and seal it inside Bag 1. Freeze for up to three months.

To cook from freezer: Add the contents of Bag 1 and water to a skillet and cook over medium-high heat for six to eight minutes, or until hot.

Add the contents of Bag 2 to the skillet and cook for four to six minutes or until the mixture is heated through.

Assemble the mixture on flour tortillas, with lettuce, diced tomatoes, barbecue or hot sauce and any other toppings of choice. **GBK**

KATHY DRENNAN is a former Ripley resident, a mother of two and an Independent Director with The Pampered Chef Canada. Find her on Facebook at www.facebook.com/kathydrennanpc.

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IT'S OUR ONE-YEAR ANNIVERSARY!

Thank you for reading Grey-Bruce Kids. We appreciate your support and have been overwhelmed by the positive community response over the past year. We are excited to continue our role as a destination for local information for parents, grandparents and caregivers in Grey and Bruce counties!

We'd love to hear from you! Please share your thoughts through our quick survey at www.surveymonkey.com/s/98JWKWT for a chance to win a \$50 gift certificate!

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