

GREY•BRUCE KIDS

A **FREE** MAGAZINE FOR
PARENTS AND CAREGIVERS

WINTER 2013/14

Vol. 3 Issue 4

greybrucekids.com

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FROM THE PUBLISHER

Happy holidays from GBK!

I can't believe it has been two years since we launched Grey-Bruce Kids, the area's only magazine for local parents. I like to think some of our success stems from the fact my husband and I are young parents as well, giving us first-hand knowledge of what's important to families today.

As we enter our third year with this, our ninth issue, I took a moment to reflect on what a great year 2013 has been for Grey-Bruce Kids. This past year we've covered topics like the local Youth Justice Committee, breastfeeding basics, tutorials to initiate imaginative play, geocaching, local waterfalls, hula hooping for health, natural playgrounds, connecting with your food source, preventing youth suicide, teaching kids about money, buying a first instrument and profiled four local 'Cool Kids,' while providing our regular local events, resources, Tidbits, recipes and more!

This issue has a lot of great content as well, all from knowledgeable contributors from our region. We are proud to keep Grey-Bruce Kids as local as possible, with contributors and advertisers who live, work and parent in our area.

Thank you to our loyal readers, advertisers, contributors and distributors – your support of Grey-Bruce Kids has been tremendous over the past two years and we are so proud to be part of this community.

As always, we love feedback, so feel free to email me at amy@greybrucekids.com so we can continue to be the go-to source of information for local parents.

From our home to yours, I wish you a safe, healthy and joy-filled winter season!

Amy Irwin, Publisher, Grey-Bruce Kids



● Amy, Jace, 3, Layne, 6, and Dwight Irwin.

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Winter 2013/14

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What to give a special teacher

With the season of giving here, many students like to get their teacher something for the holidays. Keep it meaningful, thoughtful and get your kids involved! Here are a few suggestions for the special teachers in your life.

- A donation to the school, local charity or food bank. Some schools sponsor children in third-world countries. Consider donating locally, so a child in need can play a sport, take a class, etc., in the teacher's name.
- Give gifts for the classroom (paint brushes, stickers, etc.). Ask what the classroom needs!
- A handwritten letter from you and/or your child about why the teacher is so great.
- Homemade cookies, jam, candies, etc. (include the recipe!).
- Shopping, coffee or liquor gift cards.
- Seasonal ornaments.
- Personalized gifts (tote bag, mug, pens, pencils).
- Books for themselves or for the classroom – include a handwritten dedication in the front.
- Potted plant or flowers.
- Gift basket for the teacher's family – fun treats and activities they can share with their kids/spouse.
- Make a CD – include Christmas music, songs for the classroom or music celebrating your family's culture.

Some schools and teachers prefer no gifts, but if you feel it's important, just ask them!

Grey County trails feature wondrous winter waterfalls

Grey County has expanded its popular Winter Waterfalls Snowshoe Guide to include two new locations – Eugenia Falls, in the Beaver Valley, and Jones Falls, just outside Owen Sound.

Both waterfalls are on the Niagara Escarpment and Bruce Trail.

Eugenia Falls rewards visitors with an easy walk to a stunning view of a 30-metre plunge, and Jones Falls offers a beautiful hike through the forest to an intimate cascade.

Although sturdy boots will do the trick, the best way to see these and the other five waterfalls on the tour is on snowshoes, because they provide safer footing and allow you to enjoy a longer hike.

Snowshoeing is enjoyable thanks to today's lightweight, affordable and easy-to-maintain gear. It can also provide a fitness challenge if you want it. Snowshoe Magazine says it is the world's fastest growing winter sport (just ahead of snowboarding) and that you burn 45 per cent more calories on snowshoes than by simply walking on a packed trail!

The county has created a handy PDF complete with directions, parking information and trail maps, plus information on where to rent snowshoes if you don't have your own. Learn more at www.visitgrey.ca/travel-experiences/winter-adventures/winter-waterfalls.

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That's the number of times your family can catch Santa (and a whole lot more fun) at parades across the area this December.

Winter can be fun

Perhaps the greatest misconception of winter in Grey and Bruce counties is that we hunker down, unable to move about for months at a time. In actual fact, there are an incredible amount of indoor and outdoor activities to do during the winter months. Check out Explore the Bruce's 'Exhaustion Plans' at www.explorethebruce.com/exhaustion-plans.php for some ideas.

Don't forget to shop local this holiday season

With the holiday shopping season upon us, it's a good time to remember the importance of shopping local.

If you drive through Grey and Bruce communities, you'll see locally owned businesses that employ our family and friends, pay taxes to fix local roads and support our children's sports teams, local fundraising initiatives and much

more. By keeping our dollars in our communities whenever possible, we keep our local business communities strong, which translates into healthy downtowns, more jobs and even a unique tourism experience for visitors.

Before hitting the city or crossing the border this year, consider the difference your dollars can make by staying at home.



TALES from TOTS

YOU NEVER KNOW WHAT THEY'LL SAY NEXT

My four-year-old son introduced us to a game he plays at "school" called Wild Dogs. You stand in front of a partner and when the person running the game (Shay) calls out a body part, the partners touch each other. When the caller says, "Wild Dogs!" the players are supposed to bark like dogs. We played this one night at a playground full of kids and their parents, and this is how it went:

Shay (shouting) - "Touch elbows, now touch chins. Touch hands, touch bums. Now Daddy touch your ding dong to Mommy's vagina (silence for a few seconds with no action)... WILD DOGS!"

Laughing quite hard, neither Shay's mom nor I could look another parent in the face, but we did hear quite a bit of snickering.

Blair, dad to Shay

One night at supper Jack let out a very big burp and he told me, "Don't listen to my burp Mom, listen to my love."

Lisa, mom to Jack

This is the exchange I had with Emmett on the first day of school this year:

Me: "Em, for heaven's sakes, for the eighth time, please put underwear on."

E: "Why? With this kind of pants you don't need them. They are the soft kind."

Me: "Please just put them on. You can't go to school without underwear."

E: "Yes I can. I didn't wear any last year!"

Jennifer, mom to Emmett and Andrew

I have a picture of Marilyn Monroe on my table and my two-year-old daughter asked, "Who is this?" My five-year-old son answered, "Oh, it's Justin Bieber's girlfriend."

Elyse, mom to Reed and Kyla

A few days ago as I got ready to leave the house, my husband gave me a kiss goodbye. My five-year-old daughter Emma made a funny face and said, "Hey, you guys are already married!"

Christine, mom to Abby, Hannah and Emma

After visiting an old family friend and trying some of her delicious fudge, my five-year-old daughter Leah said she really enjoyed it. When we got home, her Grandma was at our house



and Leah told her that she tried fudge for the first time and she liked it! Leah then proceeded to tell grandma, "You are a good baker too Grandma. You bake yummy jam... and eggs!"

Candice, mom to Leah and Nathan

We were sitting at the dinner table talking to our son about going to Junior Kindergarten the next day and that they would be learning about the letter 'T'. My husband and I were saying words that start with 'T' like "t-t-t-train," "t-t-t-toe," and "t-t-t-tree." My son then chimed in with, "t-t-t-BUS!"

Mandy, mom to Sam, Hailey and Grace

Ben had been at Grandma's house and came home raving about the amazing new glitter glue she had in her craft box. I ran some errands the following weekend and came home with several shopping bags. I asked him to help me unpack things and when he discovered that I'd bought our very own glitter glue his face lit up and he declared, "Mommy, I love you so much, I'm going to marry you two times!"

Pam, mom to Ben and Blake GBK

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



Parenting through divorce

By Megan Cohoon

Jeanine looked up from her lap, tension in every line of her body. “If he thinks he’s gonna have Dana on her birthday, he’s got another thing coming. She doesn’t even want to see him!”

Jeanine was going to need all the support she could get. I knew what I had to offer her wasn’t the kind of support she was asking for. What she wanted was for me to align with her to ultimately help hurt her husband, like he had so badly hurt her.

There was pain etched on her face, pain that was making it impossible for her to see past it to what was actually going to be best for her children and herself. I knew it would not be easy

for her to accept the reality that her husband would continue to remain an important person in her life for the rest of her life. DNA is like that, it can’t be recalled. Even if one parent becomes absent, their DNA remains. And Jeanine and her husband had three beautiful children together – ties that bind beyond any contract.

But now was not the time to talk about DNA.

Jeanine’s story is all too common. It took just four little words – “I want a divorce” – for the world to never be the same for her or her kids. How does one make sense of such upheaval?

Perhaps her husband deserves the names she’s called him in the

last 20 minutes, or perhaps the story is much more complicated than that. When crisis hits, peoples' ability to see nuance, subtlety or complexity is greatly compromised. Our ancient, hard-wired survival strategies demand we take an either/or approach in crisis (either we jump out the window to get away from the flames or we try the stairs).

We are not hard-wired to contemplate the long-term effects of prohibiting a father from being with his daughter on her sixth birthday. That part of our brain gets hijacked by survival strategies.

As a family therapist, I have seen this before. Regardless of how connected one is to their children, it is nearly impossible to fully comprehend what their children's experience is in a divorce. The hijacking impacts even the closest relationships, and since children will do just about anything to keep their world from disintegrating further, often they won't speak about what's happening for them. They don't want to add to the pain.

By making the children the focus of our work together, even if I never meet the kids, I can help Jeanine stay connected to her most important role in life, as a parent, with all its responsibilities and sacrifices. I know of no more heroic work than that of a parent bringing their children through a divorce with integrity. Even when divorce is the wisest decision, there are significant, irreversible losses.

This is not glamorous parenting. It can be agony. Just ask the parent who, rather than put more pressure on children being subjected to severe parental alienation, decides they must let go, praying the children will find them when they are old enough to act on their own. How does one make sense of such loss?

It sounds so simple to keep the focus on the best interests of the children, but it's anything but. Successfully focusing on the children will force a parent to bring their most adult self to the process, despite it being a time when crisis is hijacking their ability to think clearly.

What will it take for Jeannine to step outside her pain to help her children; to understand, even if her husband deserves all she says of him, her responsibility to her children is to support the relationship with him. He may not deserve it, but the children do.

I wish the angry divorcing parents I've worked with could sit in on the sessions I've had with grown children who've been denied the opportunity to have a childhood with both parents, even flawed ones, and see the complex grief and sometimes rage they've been sentenced to. We all need to make sense of our parents, and to do that we need to know them.

I flinch when hear a glib version of these ideas sometimes, comments like, "Your husband isn't divorcing your children, he's divorcing you." Children lose their family structure, the life they've known, and it isn't fair to dismiss that reality. Other things make me flinch, like the idea that divorce is so common now, little Tammy will feel right at home amongst her peers, or

that she'll have two holidays for every one she used to have. The reality is she will likely feel more alone amongst her peers than she ever has, and double holidays won't make up for the loss of one united holiday.

It should be said, in spite of the children's rights to relationships with both parents, safety trumps all. Parental rights go out the window if violence or neglect, or the threat of either, is part of the picture. If a parent is at risk, the children are too.

Even when divorce is the wisest decision, there are significant, irreversible losses.

Jeanine's situation thankfully doesn't appear to involve abuse. The most loving thing she can do for her children, and what we will work toward is to model for them that they have a right to:

- their own feelings and experience
- ask for help
- two parents' time and attention
- parents who will respect the other's importance
- parents who will (re)learn to parent as a team
- information appropriate for them
- be protected from information and experiences inappropriate for them
- parents who can take care of themselves (and them) while they learn to survive the upheaval

RESOURCES

In the course of our work, I will suggest reading material for her.

Putting Children First: Proven Parenting Strategies for Helping Children Thrive Through Divorce by JoAnne Pedro-Carroll is excellent. *Between Two Worlds: The Inner Lives of Children of Divorce* by Elizabeth Marquardt shows the complexities in even the most amiable of divorces, while *Divorce Poison* by Richard Warshak addresses seriously conflicted breakups. *Parenting Through Crisis* by Barbara Coloroso is a very good general resource for all parents.

Jeanine likely has a long road ahead of her. She cannot yet imagine how she will manage, but she is not alone. She has significant supports in friendships and family.

It is a good start. **GBK**

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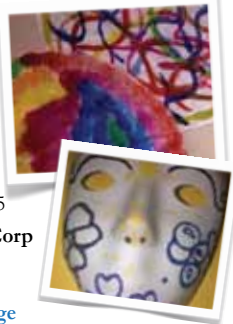
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- The Tripathi family, of Kincardine, celebrates Diwali (Festival of Lights), the most important festival of the Hindu lunar calendar.



‘Love’ central to all holidays

Despite our rural settings, Grey/Bruce is incredibly diverse

By Chandrashekhar Tripathi

The need for understanding cultures and religions beyond local borders has become critical in the 21st century, as most developed nations have seen widespread migration.

Due to our generous immigration policies, Canada has become a vibrant, diverse and progressive nation; moreover Canadians are generally tolerant of diversity and have a very liberal approach to social, religious and political issues.

Canadians believe in ‘unity in diversity,’ where people from various ethnic backgrounds live in harmony with limited

conflict, while collectively contributing to the nation’s progress. Many Canadian towns and cities celebrate their diversity by introducing people to new cultures and cuisines through multicultural festivals.

As one of the most culturally diverse countries in the world, Canada has introduced policies and steps to address discrimination, which has eased the process of bringing people from different cultural backgrounds together into an inclusive Canadian society. Much has been gained in the area of integration and acceptance, but the road ahead is still a long one.

We understand the problems associated with cultural intolerance

are rooted in ignorance and fear. Therefore, to help us better live together in peace, it is everyone's responsibility to continue working on integrating cultural and religious differences.

As diversity became a reality of the labour market in Canada, Bruce Power, our area's largest employer, has also attracted diverse populations from around the world. As a result, the surrounding towns of Kincardine and Port Elgin have become diverse communities, especially considering their rural settings. An excellent example of a community embracing its diversity is the incredible success and growth of the annual Kincardine Multicultural Day celebration (supported by Bruce Power, local schools and the municipality) featuring participants from over 40 cultures. The event has grown exponentially over the years and introduces foods, cultures, festivals and music from around the world to the people of Kincardine and area.

Bruce and Grey counties are becoming increasingly diverse, and that means there are various faith-based festivals that occur during the winter season, which are celebrated in unique ways by unique cultures. The modern world is changing and traditional festivals are the only way to keep our ancient cultures and traditions alive.

As Christians celebrate Christmas, Jewish people observe Hanukkah, Hindus celebrate Diwali, Muslims observe Eids, and Buddhists commemorate the incarnation of Buddha. One of the common themes in all these festivities, regardless of religious origin, is the integration of families, friends and societies, while keeping in mind the enlightenment, austerity, services, love and peace to all.

Here are some of the winter holidays that are celebrated in our region.

CHRISTMAS

One of the most important festivals of Christians, Christmas is observed on Dec. 25 and celebrates the birth of Jesus Christ. It is characterized by exchanging gifts within families and friends and gifts brought by Santa Claus. Christians wear new clothes and attend special prayers in the church and light the candles. The churches and houses are lit up and decorated during Christmas. The period of celebration varies in different countries from one day to several days. In modern marketing society, like all other celebrations, this is heavily commercialized. People decorate Christmas trees with toys and other decorative items, but the message of Christmas being a time of joy, peace and sacrifice for others remains.

HANUKKAH (HEBREW)

Also known as the Festival of Rededication, Hanukkah is an eight day Jewish celebration beginning on the 25th day of Kislev, according to the Hebrew calendar. The festival is observed in Jewish homes by the kindling of lights on each of the festival's eight nights, one on the first night, two on the second and so on. The holiday is called Hanukkah meaning "dedication," which also commemorates the Miracle of the Oil (one-day olive oil used to fuel the eternal flame in the Temple miraculously lasted for eight days).



• Hanukkah is also known as the Festival of Rededication in the Jewish faith.

The history of this festival chronicles the Jewish people celebrating the revolution against the suppression and assimilation of the Jewish religion.

EID AL-FITR AND EID A-ADHA

Often abbreviated to Eids, these are Islamic holidays. Eid al-Fitr is a feast-breaking that marks the end of Ramadan, the month of fasting (austerity for goodness), which is observed on the 10th day of the last month of the Islamic lunar calendar. Eid a-Adha is celebrated to commemorate Abraham's willingness to sacrifice his son at the behest of God. It is also called the 'Festival of Sacrifice' or 'Greater Eid.'

The celebrations start after the annual Hajj pilgrimage to Mecca. Abraham's sacrifice is also honoured by slaughtering an animal, usually a lamb, and dividing the meat between family, friends and those who are less fortunate. Families celebrate both Eids by spending time with friends and relatives, exchanging gifts and attending services at mosques.

BODHI DAY

In commemoration of the enlightenment of the Buddha, Bodhi Day is traditionally celebrated by Buddhists on the eighth day of the 12th lunar month, so this year it falls on Dec. 8. It celebrates how Siddhartha Gautama, who was born in a Hindu family in India, became the central figure and founder of Buddhism. It is said Gautama lived a life of extreme discipline and abstained from indulgences, while continuing meditation under the Pipal tree until he was able to find the cause of suffering and how to achieve liberation from it.

Families celebrate this important moment in their religion by hanging up multi-coloured lights and lighting candles, meditating and snacking on rice and milk called Khir, which is the first meal the Buddha ate after his enlightenment.

DIWALI

Originating from the Sanskrit word 'Deepavali,' Diwali literally means rows (avali) of lights (deepa), which is popularly known as Festival of Lights. It is regarded as the most important Hindu festival of the lunar calendar and is celebrated with great excitement across India and by Indians living abroad.

Celebrations continue over a period of five days, each of which has its own significance. The days are named as Dhanteras, Narak Chaturdashi, Lakshmi Puja, Padava and Bhaiya Dooj. Before the start of the festival, spring cleaning is undertaken to welcome the goddess Lakshmi (the giver of wealth). Traditionally, rows of clay lamps filled with oil were lit, but now candles are used and the celebration starts with prayers, sweets, songs and fireworks. This practice symbolizes the vanquishing of ignorance (darkness) by knowledge (light) and celebrates the victory of good over evil by driving away the evil spirit.

There is an exchange of gifts and the distribution of sweets, which symbolizes the dispelling of the bitterness of the past and renewal of friendship for times to come. It also means to drop the regrets of the past and the worries of the future and to live in the present. When true wisdom dawns, it gives rise to celebration of every moment of life.

In Hinduism, Diwali marks the return of Lord Rama to his kingdom of Ayodhya after defeating the demon king Ravana, in the epic Ramayana. It also celebrates the slaying of the demon king Narakasura by Lord Krishna. Both signify the victory of good over evil. In Jainism, Diwali marks the

attainment of moksha by Mahavira in 527 BC. In Sikhism, Diwali commemorates the return of Guru Har Gobind Singh Ji to Amritsar after freeing several kings imprisoned in by the Emperor, Jahangir.

Diwali is also the day on which Emperor Vikramaditya ascended the throne, and when many Hindu start their New Year (Samvat - started 2070 years ago). This year Diwali was celebrated from Oct. 31 to Nov. 4.

The key message of all these festivals is spreading love and acceptance through giving and forgiving, rising and shining, uniting, prospering and helping each other in their progress. With this note, I wish everyone a very happy holiday season. Let this season bring a wake-up call from the sleep of ignorance, burning all our bad times and bad habits, leading us to good times with good habits by attaining inner illumination.

May the supreme light of lights enlighten our understanding as we strive to attain the spiritual wealth while enjoying prosperous glory on the material plane, and spreading the message of love to all and accepting people as they are. **GBK**

CHANDRASHEKHAR TRIPATHI holds a PhD in environmental engineering from the University of Toronto and currently works at Bruce Power. Besides his professional commitment to the environmental field, he is passionate about diversity and inclusiveness. He is the founder and key organizer of the annual Kincardine Multicultural Day celebration. He is also active in a variety of civic and spiritual groups.

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Snow day!

No doubt these two words are greeted with great glee by the youngsters in your house, but storms in Grey and Bruce can stretch on for days and leave nerves frayed. If you're stuck inside this winter, try this fun craft, courtesy of Violet and Dandelion in Hanover.



WHAT YOU NEED

Natural wood popsicle sticks

Cotton swabs

Small elastics

A glass 2.5 to 3 inches in diameter

A variety of pencil crayons and markers

STEP 1

Soak the popsicle sticks in water for at least one hour. Some sticks may break rather than bend due to the grain of the wood, so soak extras.



STEP 2

Carefully bend the sticks to fit inside the cup and leave to dry over night.



STEP 3

Once the popsicle stick is dry, you will now have a beautiful bent wood bow. Now it's time to get creative and embellish your bow to make it your own. Using markers, tape or any other supplies that you have at home, decorate cotton swabs to use as your arrows. Stretch your elastic around the ends of the bow, wrapping it around until the elastic is taught.

STEP 4

Take your project one step further and wrap your bow in yarn, felt or ribbon and add beads, buttons or sparkles.

STEP 5

Make a homemade bullseye... aim... and fire!



ZARAH ACKERMAN is Creative Director at Violet and Dandelion, a creative boutique and workshops that inspires, encourages and promotes creativity in children and families. It is located at 517 11th Ave., Hanover, and online at www.violetdandelion.com.



Be safe in cold weather

By Janine Donaldson

As the cold weather descends upon Grey and Bruce, it is important to be educated on environmental emergencies so we can protect our kids and ourselves.

By understanding and recognizing the warning signs and symptoms and learning basic first aid, you can help minimize long-term effects of cold weather emergencies, which, for residents of our region, include frost nip, frostbite and hypothermia.

Frost nip is a freezing of the skin comparable to frostbite, which is actually the freezing of the tissue underneath the skin. Frostbite is also a warning sign of hypothermia, which is when a person's body temperature drops too low.

Hypothermia presents itself in three varying levels of severity – mild, moderate and severe. These levels can change very quickly

in severity if the person is not removed from the elements and the given proper first aid.

SIGNS OF HYPOTHERMIA

Mild – The body's temperature is slightly below normal at 36 C. Symptoms include shivering, numbness and the person complaining of cold temperatures.

Moderate – The body's temperature falls to 34 C. Symptoms include shivering, numbness, complaining of cold, as well as a lack of coordination and speech, unusual behaviour and impaired judgment.

Severe – The body's temperature falls to 30 C or below. The standout symptom is that the person stops shivering but still exhibits a lack of coordination and speech, unusual behaviour, impaired judgment, slowed breathing and loses consciousness.

Shivering is the body's natural response to cold and a major warning sign of hypothermia. It allows the blood to keep moving around the internal organs, which is why a person's hands and feet often become cold first.

Prevention is key when dealing with cold-related emergencies and keeping your family safe. Plan outdoor activities with weather changes in mind. Dress in layers, replace wet clothing with dry, and cover susceptible areas such as fingers, toes, ears and nose. Drink plenty of warm fluids to keep your body warm and avoid alcohol and caffeine as they cause dehydration, which stops your body from controlling its natural body temperature properly.

Some important things to remember are that hypothermia can happen at any time of year but is more common in the colder months, the level of severity can change quickly so it is important to monitor the person's signs and symptoms, and these conditions increase in severity depending on the environmental conditions.

Source: Canadian Red Cross Manual (2012)

Publisher's Note: Always seek prompt medical attention if you suspect a cold-related emergency. This article is for information purposes only and does not replace a medical professional's advice and assessment. **GBK**

JANINE DONALDSON, owner of Homefront First Aid and Emergency Training, is a certified Red Cross Training Partner. Contact her at 519-444-8164 or homefrontfirstaid@gmail.com for training information.



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Let's keep the fun in hockey

By Dwight Irwin

There is next to no chance your son is going to play in the NHL.

Have a daughter? Well, there are only 25 spots on Team Canada, so she *really* needs to be a rare talent.

Despite our best attempts to ignore these blunt truths, it's simply reality that, as none other than hockey legend and current player agent Bobby Orr recently told MacLean's magazine, only 0.0057 per cent of kids playing minor hockey today will skate in even one NHL game.

Yet, if you take a stroll through any arena in Grey/Bruce (or on the rock-lined coast of Nova Scotia, across the plains of Saskatchewan or high in the mountains of B.C., for that matter)

you'll see and hear things from supposedly rational adults that are, frankly, shocking. Especially so when you consider who is on the receiving end of those shouts – children, officials (who are often children themselves) and volunteers who selflessly spend hundreds of hours teaching our kids the finer points of this wonderful game.

And here's where I fully and openly admit that I can be an idiot. Although – even at age 34 – I am still working to temper it, I have a competitive streak that is notorious amongst my family, friends and teammates. As someone who has played, coached and/or refereed hockey for most of my 34 years, I have absolutely been guilty of getting caught up in the emotion of the game and lost my cool. Once, when I was a teen playing Midget hockey, I had an ongoing feud with a local referee that



often resulted in an extra two minutes for me in the penalty box for shooting off from the mouth. I earned the target on my back and he was happy to hit the bulls-eye knowing I couldn't resist. One night, it boiled over to the point where I called him some regrettable things and was sent to the showers. Just one week later, in my job as a referee, I sheepishly suited up beside him in the small changeroom set aside for the officials.

It's not the last time I got lost in the moment as a player (I was just 16 and bulletproof after all), but it's the first time I remember realizing how ridiculous I sometimes act when on a field of play. To this day, this humbling experience is one of those I reflect upon when I feel myself slipping into hyper-competitiveness.

So, this isn't me shouting from my high horse at everyone who gets swept up in the excitement of a child's hockey game (or dance class or soccer match) and shouts at an official or speaks poorly of a volunteer who is doing the best they can in a thankless job. This is, hopefully, a reality check for people (myself included) to resist the urge to take these activities too seriously.

I've been on both sides. As a referee, I've paused games to give arena staff time to escort irate fans out of the building, all the while knowing their child is sitting on the bench and listening to their parent's outraged voice echoing throughout the cavernous

rink. I've watched parents from the opposing team taunt and cheer while the irrational parent has made their exit, showing their own children it's OK to jeer at someone if you don't agree with their behaviour.

Unfortunately, instead of taking the opportunity to pause and reflect on why we're in the building in the first place – the youngsters wearing the skates – we resume the game and conveniently ignore the impression we just made on the most impressionable people in our lives. As any referee will attest, the players are often the quietest ones in the rink until the coach and parents decide the official is at fault for the way the game is going. Then, following the example set for them, the kids feel they're entitled to express their opinion too.

As a player, I know I've let down my parents, teammates and coaches by taking this game – and yes, it's a game, not a life-or-death matter – too seriously. I also set a poor example for my players on occasion when I coached houseleague hockey, though I never went too far over the line thankfully.

Today, my oldest daughter has no interest in playing hockey, but it looks like my youngest will in due time, so I've yet to feel the parental pull of protecting my sporting child, while demanding to right any perceived wrongs on their behalf as we're naturally wired to do. Yet, if you ask a parent why they enroll their kids in hockey, there's a good chance they'll say it's because they want

them to have fun, learn to be a part of a team, and experience a wonderful sport in its purest form.

But, once we're in the rink, is that really the case? We don't yell and scream at them to try harder, accost their opponents or whisper mean things about their friends when they're playing hockey on the street, horseback riding or frolicking at the beach, and those things are a lot of fun too.

More likely, we want our kids to thrive, succeed, enjoy the thrill of winning and be the best at all they do. There's nothing wrong with that, and it's why families spend thousands of dollars annually for their eight-year-old to play Triple-A hockey, and then spend summers travelling to practices in the far reaches of the county so they can get to know their teammates before heading to city-based tournaments on weekends.

Parents invest incredible amounts of time and money into their kids during a hockey season, so it's no surprise we get emotional about the outcomes of the games, and we're always going to think they sky's the limit for our beautifully brilliant children. Although not interested in athletics, I believe my oldest when she dreams of being an astronaut. I'll do all I can to help her along the way, but will I yell at her high school physics teacher in the hallways when I'm told she's not cut out for the difficult math necessary to pursue this path? Will I speak poorly of her classmates who are naturally more gifted in the subject and receiving more attention from the teacher, who sees their natural potential and wants to nurture that talent?

Of course not – that's unacceptable behaviour for an adult.

Why then is it OK to do so at the hockey rink?

There are too many cases today of the fun being sucked out of children's organized sports. Believe me, those of us who aren't sublimely skilled know there's virtually no chance we'll play at a professional level or get a scholarship – we just want to have fun. We've all played with those whose natural talent and work ethic make it obvious they should be playing at a higher level or even achieve a scholarship that puts them on a path to success in life. We absolutely should challenge these special kids to be better and provide them the opportunity to play with their athletic equals if at all possible. They are the rare amongst us and their

talent should be cultivated in a positive manner. As Orr also told MacLean's, if they're good enough, the talent evaluators will find them.

But do the kids who simply want to play for the love of it and enjoy the camaraderie and bond that comes with playing organized sport with friends, still receive the same joyful adrenaline rush of blades cutting through ice when some adults and coaches in their lives are acting like every game is a life-and-death, must-win moment even though the stars of the show have yet to begin shaving?

It's hard to imagine they do.

At the end of the game, what treats they're allowed to get at the booth is what most will remember on the ride home.

And yet, at the root of the very reason we pay the money, burn the fuel and get up early on our hard-earned weekends to go to the rink and drink terrible arena coffee is so our children can feel the pure joy that coffee commercials, Hockey Night in Canada and our own childhood memories tell us hockey provides.

Hockey is a fantastic game. It cultivates friendships that last a lifetime. It can be exciting, heartbreaking and exhilarating all in the same shift. Kids make fabulous plays and, just as often, costly mistakes. Yet, at the end of the game, what treats they're allowed to get at the booth is what most will remember on the ride home.

So let's cheer and encourage a good effort, remember why everyone is there, and enjoy the game as it's meant to be.

Fun. **GBK**

DWIGHT IRWIN, the Editor of Grey-Bruce Kids, likely spent as many hours at the hockey rink in his youth as he did in school. Let him know what you think on Twitter @GreyBruceKids and on our Facebook page.

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Imagination is the path to greatness

By Dylan Bartlett

I've read a lot of articles about encouraging kids to 'think like an entrepreneur,' which sounds difficult but is actually much easier than you might realize.

Work takes up a lot of our lives. It influences where we live, it can change our mood and – love it or hate it – work is a big part of our everyday lives. That's all the more reason to let our kids choose a career that is right for them and one they can really enjoy!

When I was little, I remember discussing possible career paths with my Dad. He told me if I wanted more out of life, first I should focus on finding something that I love to do, and then find a way to make money doing it. He also said, "When you find that, work will never feel like work."

It's great advice that has stuck with me into adulthood.

So here's the good news – kids have already this figured out! They find joy in everything, and they're born thinking like entrepreneurs. Some people call it imagination and others think it's daydreaming, but I think it's the beginning of something very special.

When I was a kid, my head was always in the clouds. I felt like I could do anything and that's OK. Kids should be allowed the freedom to just be kids, to build things and explore their own big ideas. The feeling that every thought and every idea was possible is what influenced me to start my own business. No tree too tall to climb, limitless potential, etc., it's a great feeling, just like when you were little. The real challenge we have as parents is encouraging our kids to practice, focus and use those skills.

Today, it seems like more exciting innovations are coming from kids, but inventions by kids are not a new thing. Did you know that the popsicle was created in 1905 by an 11-year-old? That's right, a boy left a mixture of powdered soda, water and a stick in a cup on his porch overnight and, just like that, he invented the popsicle! For more amazing innovations by kids, check out this article about inventions by kids: www.cnn.com/id/42497934/page/1.



So why do kids have success solving everyday problems? It's simple – they don't think about the reasons why something won't work, only how they can make it work. It's through this trial and error process they learn and grow. With the right guidance, kids are capable of some amazing things!

So, it's important parents watch their kids and pay attention to what they're doing. Identify what they enjoy and what they are great at. Also, be sure to listen, because your kids are sharing ideas with you, and some of them are really good!

This is really important because it's the first step to figuring out what career path they should choose. As a parent, you only need to identify those skills, encourage your kids to be themselves and to use their natural problem-solving skills.

Most importantly, have a little unorganized fun with them, because you never know, the next big idea might come from your kids! **GBK**

DYLAN BARTLETT is the owner/president of Progressive Results Group, which serves businessowners across Grey/Bruce. Email info@progressiveresultsgroup.com or visit www.progressiveresultsgroup.com for more information.

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Concussions have lasting impact

By Mandy Kent Wilkinson

As I sat down to write this article, I reflected upon my own past experience with concussions.

I remember getting mine. I remember my head hitting the sidewalk so hard that it bounced and then landed again with a thunk. It seemed that all the thoughts had been bounced right out of my brain and I couldn't think.

I was 13 and had been running home with my hands in my parka pockets (since mittens were so darn uncool). My house was another 10-minute walk away, and I have no memory of it. When I reached home, I could not remember or figure out how to use my front door key, so I rang the doorbell.

For the next two weeks, I nursed my bruised and bloodied face, a headache and my complete lack of ability to keep thoughts in my head. I could not form sentences and say them before the words seemed to float away. I was lucky. It was Easter vacation, and I had time off from school and I could sleep a lot. This was also in an era before "screen time," plus we only got five channels, so TV wasn't a big draw. For all of those things, I was lucky. The timing of that brain injury played a large role in how quickly and completely I recovered.

I was never taken to the doctor nor diagnosed with a concussion. I only recognized the symptoms as I began to learn about head injuries in my post-university, adult life. The good news was that, at age 13, I was able to recover, but it was more by fluke than design. If I had not been able to rest and heal my neural pathways, the bad news could have been an increased risk of Alzheimer's, Parkinson's-like symptoms, or memory and mood disturbances, just to name a few.

Concussion is in the headlines, especially after the potentially career limiting injuries of Sidney Crosby, Dale Earnhardt Jr., and actress Natalie Mendoza of Spiderman fame. They all suffered concussions on the job. Interest in the plasticity and vast potential of the brain may also be serving to increase the focus on brain injury, and the importance of recovery. Danielle B., a hockey player in Saugeen Shores, suffered a hit to the helmet in a game and was removed from the ice and taken to hospital by ambulance. She was 14 at the time. Without good advice, she



returned to hockey quickly and would go on to suffer several more concussions in the following three years, until she was told by a neurologist that she could never return to hockey (or snowboarding or anything where there was a chance of hitting her head) because she risked dying from even a small blow.

Let's get something straight – a concussion is an injury to your brain. There are many mechanisms; if you hit your head hard, your brain keeps going until it hits the other side of your skull. Alternately, your brain can face rotational forces inside your skull if you are twisting and tumbling as you fall (as with the help of a linebacker). Your brain can also face implosive forces if you are affected by blast waves from an explosion. Whether you just see stars, forget your sister's name for a day, get knocked out, or are in a dark room because of the headache that started after that check into the boards, all of these things are brain injuries, to different degrees, and they need to be taken seriously.

In the sports world, that is starting. In recent litigation, retired players won a large settlement against the NFL for its past handling of concussions. NASCAR recently mandated baseline concussion testing for its drivers. Although it seems that professional athletes are finally taking notice of the serious consequences of concussion, we need to remember that more kids receive concussions every year than professional athletes. On a local level, change is happening as well. Some local associations, such as Hanover Minor Hockey, are having all their minor hockey players over 10 years old do an ImPACT baseline concussion test at the beginning of the season. Those results are stored and used as a comparison should an athlete later need to be screened for possible concussion. ImPACT tests were used with Sidney Crosby's recovery process as a way to track his brain's reaction to increased workouts, and eventually were part of his doctors' return-to-play decision. ImPACT testing will be available in Saugeen Shores soon.

Brain injuries are not always visible at a glance, and without proper care and recovery, they can become lifelong deficits. Once there has been an injury to that incredibly complex network of connections that make up the brain, there are biochemical changes that occur. At that time, there is also a spike in oxygen demand as the brain tries to repair connections. These are some of the reasons that a second injury, close to the first, even if it is minor, can have exponentially devastating effects.

The brain, especially a child's, must be given adequate time to completely heal in order to avoid serious repercussions that can have an effect even decades later. Children are still developing neural connections and may face difficulties learning after a concussion if care is not taken to ensure adequate recovery. 'Return to Play' is becoming a common term that exists for monitoring athletes' return to their sport after injury. Surprisingly, however, 'Return to Learn' guidelines are less well known to students, parents and even teachers.

As parents we need to remember that our young athletes are students first, and their brain health should mean everything to us, as it means everything to our children. Educating everyone in a child's life about concussion signs, symptoms, recovery, ramifications, long-term effects and debilitating consequences will be the key to helping prevent lifelong cognitive limitations or disabilities.

Danielle is now 19 and still suffers occasionally from severe migraines. She faced depression, which is a common biological response to a brain injury. She has trouble with her memory, and must be very careful to get adequate sleep, avoid alcohol and stay away from over-stimulating environments – all very tricky when you are 19! She has had good support from her friends, although having an invisible injury makes it hard for even those close to her to appreciate the daily battle she faces.

Maddie, one of Danielle's friends, says being friends with a girl who has a head injury as serious as Danielle's has definitely been a learning curve.

"A lot of the time I have to remind myself that I am her friend, not her mother," Maddie said. "There are times when I know she has a headache and I almost have to force her to take a break – something I know I can't do very often or she may start hiding it."

One of the biggest things Maddie has noticed with Danielle is she'll often get confused, so repeating points of a conversation will help get her back on track, while other times she takes a little longer to get her thoughts organized in her head.

"Most importantly I have to find a balance between remembering that she has limitations and just doing normal 'friend things.' I can't treat her like an invalid because she's not, but I do have to remember that some things I don't think twice about - like being out in the heat or having a lot of sounds and stimuli around - can really send her reeling."

"I can't treat her like an invalid, because she's not."

Maddie, Danielle's friend

Looking to the future, researchers are working on a promising new technology that can sense protein changes in the saliva of a person if they have become concussed, which may lead to field-side diagnosis. Much research is going into helmet technology, however there is not a helmet in the world that can prevent your brain from moving inside your skull. And so, we have to make prevention and education the goal. "If in doubt, sit it out," is a catchy new slogan being used all over North America in multiple sports, when it comes to evaluating athletes on the sidelines.

We, as parents, need to make it clear to our players, as well as their coaches, that even though we can't see the injury, we are going to demand the brain garner even more care and concern than a broken arm.

After all, our child's brain is their most important tool for their future and their life.

Publisher's Note: Always seek prompt medical attention if you suspect a head injury of any kind. This article is for information purposes only and does not replace a medical professional's advice and assessment.

GBK

MANDY KENT WILKINSON, along with her business partner, Penny Hodgkins OT, operate their business Growing Connections at Optimize Healing Centre in Port Elgin. Mandy has a degree in Kinesiology, is Interactive Metronome Certified, a personal trainer and a mother of five.



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jobswalkerton@vpi-inc.com
www.vpi-inc.com

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

FAMILY SUPPORT

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

Big Brothers Big Sisters
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

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
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
Warton - 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
Warton - 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
www.safensoundgreybruce.com

Subsidized housing
Bruce County - 1-800-265-3022
www.brucecounty.on.ca/socialhousing.php
Grey County - 376-5744
Online: <http://bit.ly/vVG1ko>

HEALTH CARE

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

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

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

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

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

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

Grey Bruce Health Unit
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

Hanover Family Health Team
519-506-4348 or dford@hanoverfht.ca
www.hanover.ca/hfht

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

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

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

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

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

Kayli Hall Elwood Art Therapy
Port Elgin-519-832-1515/Kincardine-396-5886
kayliarttherapy@bmts.com
www.kayliarttherapy.com

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

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

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

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 oscpc@wightman.ca

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

Poison Control Centre
1-800-268-9017

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

South Bruce Grey Health Centre (hospitals)
Chesley - 519-363-2340
Kincardine - 519-396-3331

Durham - 519-369-2340
Walkerton - 519-881-1220
www.sbgchc.on.ca

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

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

TeleHealth Ontario
1-866-797-0007

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

LIBRARIES

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

Bruce County Public Library
Online catalogue - opac.brucecounty.on.ca
Administrative office - 519-832-6935 or libraryinfo@brucecounty.on.ca
Cargill - 519-366-9990
Chesley - 519-363-2239
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 or www.hanoverlibrary.ca

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

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

West Grey Public Library system

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

MUSEUMS

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

Bruce County Lighthouse Museums

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

Bruce County Museum, Cultural Centre 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.thebluemoorains.ca/Craigleith-Heritage-Depot.cfm

Grey Roots Museum & Archives

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

Meaford Museum

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

Owen Sound Marine and Rail Museum

519-371-3333
www.marinerail.com

Paddy Walker Heritage Society

519-396-1850
www.walkerhousekincardine.com
Kincardine

South Grey Museum - Flesherton

519-924-2843 or museum@greyhighlands.ca
www.southgreymuseum.ca

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

Directory of women's shelters across Canada

www.targetyouth.ca

www.thehealthline.ca

www.wesforyouthonline.ca

Crisis counselling for local youth

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
Wiarton - 519-534-5550

SPECIAL NEEDS

Autism Ontario Grey Bruce Chapter

226-787-0333 or marti@autismonario.com
http://bit.ly/tO6kam
Owen Sound

Autism Parent Support Group

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

Bruce County Childcare Services

1-800-265-3005 or www.brucecounty.on.ca
Walkerton

Bruce Peninsula (Wiarton) Association for Community Living

519-534-0553

Community Living Kincardine & District

519-396-9434
www.clkd.ca

Community Living Meaford

519-538-4165

Community Living Owen Sound and District

519-371-9251 or communitylivingowensound.ca

Community Living Walkerton & District

519-881-3713
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
kcyfs@bmts.com or keystonebrucegrey.org
Owen Sound

PRANCE Therapeutic Riding Centre

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

Reading Rescue Ontario

519-794-4745 or soehner@bmts.com
www.readingrescueontario.ca
Holland Centre

South Grey Bruce Youth Literacy Council

519-364-0008 or info@sgbyouthliteracy.org
www.sgbyouthliteracy.org
Hanover

Special Therapy and Education Program of Saugeen (STEPS)

519-797-1935
info@stepsahead.ca; www.stepsahead.ca
Southampton

Thames Valley Children's Centre

519-396-3360
1-866-590-8822
Paula.Holla@tvcc.on.ca or
Clare.Matthews@tvcc.on.ca
www.tvcc.on.ca

United Way of Bruce Grey

519-376-1560
unitedwaybg@bmts.com
www.unitedwayofbrucegrey.com/
Owen Sound

SPEECH/LANGUAGE

Bruce County Childcare Services

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

Closing the Gap Healthcare Group

Rehab Express Grey Bruce
1-866-990-9901 or www.closingthegap.ca
Owen Sound

Grey Bruce Health Unit - Owen Sound

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

South West Community Care Access Centre In-Home Services

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

VOICE for Hearing Impaired Children

Support, speech and language therapy
Grey/Bruce chapter is free to families
www.voicefordeafkids.com

WISH PROGRAMS

Children's Wish Foundation of Canada

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

Make-A-Wish - Southwestern Ontario Chapter

519-471-4900 or www.makeawishsw.org
London, ON

COOL KID WINNER

Helping others is natural for Grace Weber

Raising money for a great cause has always come naturally to Grace Weber, an eight-year-old student at Hanover's Holy Family School.

In the fall of 2012, a seven-year-old Grace Weber boldly announced to her parents Dan and Christy that she was going to cut her hair off to raise money for cancer research.

"We honestly thought this was just a passing phase and didn't give it too much thought," Christy said. "We should have known better than that, because on her fifth birthday she had a party but instead of presents she wanted donations to be made to the Toronto Zoo, one of her favorite places to go."

This past March, Grace decided she wanted to continue doing great work in the community, and to show just how serious she was she registered for the Hanover Cops for Cancer event, which was held on May 30. For those not familiar with the event, Cops for Cancer consists of participants collecting donations and then shaving their heads to show support and solidarity with those battling cancer.

Grace immediately started collecting pledges from friends and family, with a goal of raising \$200. Her reach was then expanded to her Mom's colleagues, and Grace even did a speech at the Hanover Lions Club while collecting pledges from the members.

"She had some help from her grandfather, Doug Eva, who collected some pledges from people he knew, and local



• Grace Weber, 8, is our Winter Cool Kid.
Photo by Amanda Liefel

businesses also pledged her. Her grandmother, Charyle Eva, also went above and beyond to help her," Christy said.

By the day of the shave-off Grace had collected an outstanding \$2,500! She not only shaved her head, but also donated a six-inch ponytail to be made into a wig.

The reason that Grace did all of this is because she hopes that with the money she raised, a cure can be found. She has decided to grow her hair long and do it all over again.

Congratulations Grace, you are definitely a Cool Kid! **GBK**

For being this issue's Cool Kid, Grace receives a prize pack from the Owen Sound Attack, which includes tickets to upcoming games, and \$50 cash from Grey-Bruce Kids. To nominate a Cool Kid, visit www.greybrucekids.com for details.

CELEBRATE YOUR **BIRTHDAY** AT AN OWEN SOUND ATTACK GAME

No mess, no cleanup, we do all the work!

PACKAGES INCLUDES:

- Tickets to the game
- Invitations
- Food and beverage
- Birthday gift for Birthday girl/boy
- Child's Birthday announced at the game
- And so much more!



Call 371-7452 for details
www.attackhockey.com

  @AttackOHL

WINTER EVENTS

SANTA PARADES

Southampton - Dec. 6 - 7 p.m.
Kincardine - Dec. 7 - 6:30 p.m.
Lion's Head - Dec. 7 - 1:30 p.m.
Warton - Dec. 7 - 7 p.m.
Meaford - Dec. 7 - 6:30 p.m.
Dundalk - Dec. 7 - 6 p.m.
Tobermory - Dec. 14 - 11 a.m.
Holstein (non-motorized) - Dec. 7 - 4 p.m.
Hanover - Dec. 7 - 7 p.m.
Kemble - Dec. 9 - 2 p.m.
Durham - Dec. 7 - 12:30 p.m.
Chatsworth - Dec. 21 - 10:30 a.m.
Mount Forest - Dec. 6 - 7 p.m.

DECEMBER

1

Frost Frenzy at Blue Mountain Village
 Scavenger hunts, horse and wagon rides, guided snowshoe hiking, Plunge! Aquatic Centre and fireworks on Dec. 28 at 8 p.m.
www.bluemountainvillage.ca
 Runs every weekend in December and Dec. 27-30

Huron-Kinloss Holiday Shopping Pass
 Downtown Lucknow and Ripley
www.huronkinloss.com
 Runs through Dec. 24

By Our Hands Artisan Show
 Paisley
 519-353-4017 or www.naturesmillworks.com
 Runs through Dec. 29

Christmas in the Southampton Art Gallery
 201 High St., Southampton
 519-797-5068
www.southamptonart.com
 Runs through Dec. 29

Owen Sound Festival of Lights
 Over 400 lighted displays
 5-11 p.m. daily
info@festivallights.ca or 1-855-868-7899
 Runs through Jan. 4, 2014

3

Story time at Warton Public Library
 10:30-11:15 a.m.
 Preschool songs, games, stories and general silliness followed by a craft. Adults must stay.
www.brucecounty.on.ca
 Also runs Dec. 10 and 17

4

Early Dismissal Program
 Owen Sound & North Grey Union Public Library
 1:30-4:30 p.m.
 Crafts for Grades 5-8. Free drop-in.
 Online at <http://bit.ly/18NDYRS>

7

Christmas Cultures
 Bruce County Museum & Cultural Centre
 Games, activities and treats, with focus on how other cultures celebrate the holidays.
 1-4 p.m.
 Call 519-797-2080 or visit brucemuseum.ca

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

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

14

Georgian Bay Symphony Family Christmas Concert
 4 p.m. at OSCVI Regional Auditorium, 1550 8th St. E., Owen Sound.
 Free for children Grade 6 and under. Features highlights from the evening performance of 'Home For Christmas.'
 Adults \$5. Tickets at the door.
 519-372-0212

Moreston by Candlelight Winter Evening
 Grey Roots Museum
 4-8 p.m.
 Experience an old-fashioned winter evening in Moreston Heritage Village
www.greyroots.com

Thornbury's Olde Fashioned Christmas
 Shopping, music, treats, magic show, stories, cookie decorating, Santa and more!

15

Horse Drawn Wagon Ride
 Giant Tiger, Port Elgin
 Wagon rides and Santa and his elves
 Organized by the South-Port Optimist Club
 Call 519-797-1855 or dsmethurst@bmts.com

Make Art
 Tom Thomson Art Gallery, Owen Sound
 1-3 p.m.
 Free afternoon of art and hands-on fun.
www.tomthomson.org
 Also third Sunday of January and February

31

New Years celebration
 Blue Mountain Village
 Scavenger hunts, guided snowshoe hikes, horse and wagon rides, fireworks at 9 p.m.
 705-444-7398
www.bluemountainvillage.ca

JANUARY

24

Sauble Beach Winterfest
 Family fun, snowshoeing, pancake breakfast, hockey and Euchre tournaments and more!
www.saublebeach.com/winterfest.html
 Runs through Jan. 25

25

Grand Prix de Kincardine Snowmobile Races
 Family Funland, 3 km south of Kincardine
www.gpkracing.com
 Runs through Jan. 26

26

'Play Again' documentary
 Meaford Hall Arts and Cultural Centre
 1 p.m.
 1-877-538-0463
info@meafordhall.ca or www.meafordhall.ca

31

Warton Willie Festival
 Lots of family events and appearance by world-famous groundhog on Feb. 2!
wwf@wartonchamber.ca or wartonwillie.com
 Runs through Feb. 2

FEBRUARY

7

Tiverton Winterfest
 Fun activities for the whole family!
www.kincardine.net
 Runs through Feb. 9

8

Romp to Stomp Snowshoe Series 2014
 In support of Breast Cancer Foundation
 Scenic Caves Nordic Centre, at the Town of Blue Mountains
 705-446-0256 x223
www.tubbsromptostomp.com

14

Ripley Winter Carnival
 Costume skate, pancake breakfast, sleigh rides, ice painting and lots more!
www.huronkinloss.com
 Runs through Feb. 15

15

Family Day weekend at Blue Mountain
 Skate under the stars, be thrilled by fire dancers, learn to drum, watch birds of prey and tour the Village by horse and wagon.
 More info at www.bluemountainvillage.ca.
 Runs through Feb. 17

17

Family Day of Play
 PLAY Bruce Grey invites families from both counties to join in a family day of play. Check with your municipality for events.
www.playbrucegrey.com

Family Heritage Day
 Bruce County Museum & Cultural Centre
 10 a.m.-4 p.m.
 Model railroading, snowshoeing, leather pouches, spinning and more pioneering skills. Free admission with donation to food bank (fee for some activities).
 519-797-2080 or www.brucemuseum.ca

If you have an upcoming event, submit it to amy@greybrucekids.com and add it to our Events Calendar for free at www.greybrucekids.com.



RECIPES

COMFORT FOOD FOR COLD WINTER DAYS

Courtesy www.sixsistersstuff.com

Though the weather outside might be frightful, a meal prepared throughout the day in a slow cooker can feel like a warm hug when you walk in from the cold. Try these hot meals with little effort this winter.

SLOW COOKER LASAGNA SOUP

INGREDIENTS:

- 1 lb ground turkey or beef
- 1 cup of vegetable broth
- 2 cloves of garlic, minced
- 1 tbsp dried parsley
- 1 tbsp dried basil
- ½ cup chopped onion
- 1 28 oz can of diced tomatoes
- 1 6 oz can of tomato paste
- 2 small cans of tomato soup
- 2 cups uncooked bow tie pasta
- 1 can of kidney beans

Salt and pepper to taste

Shredded cheese topping (optional)

DIRECTIONS:

- Brown your turkey and onions on the stovetop. Add the turkey and onions (when they are done cooking) to the crock pot. Next add the diced tomatoes, tomato paste, broth, garlic, parsley, basil, tomato soups, beans, salt and pepper.
- Cover and cook on low for 7-8 hours or on high for 4-5.
- Thirty minutes before you are ready to serve, boil some water and cook your pasta. When the pasta is done cooking throw it in the crock pot and stir until it is all combined.

SWEET + SOUR LEMONADE CHICKEN

INGREDIENTS:

- 4 frozen chicken breasts
- 1 6 oz frozen lemonade concentrate (thawed)
- 5 tbsp brown sugar
- ¼ cup ketchup
- 2 tbsp white vinegar
- 2 tbsp corn starch
- 2 tbsp cold water

Sesame seeds (optional)



DIRECTIONS:

- Spray slow cooker with non-stick cooking spray. Place chicken breasts in the bottom of your slow cooker.
- Combine lemonade, brown sugar, ketchup and vinegar in a bowl. Mix well and pour over chicken breasts.
- Cover and cook on low for 6-8 hours or high 3-4 hours.
- Remove chicken from the slow cooker. Mix cornstarch and cold water together. Simmer the remainder of the sauce over medium heat on your stovetop and add cornstarch mixture to the sauce, stirring until incorporated. Let sauce cook over medium heat for about five minutes or until the sauce has thickened.
- Pour sauce over chicken, sprinkle with sesame seeds and serve.
- Shred chicken and serve with rice and stir fried vegetables.

SLOW COOKER ROCKY ROAD FONDUE

INGREDIENTS:

- 1 ½ tbsp butter
- 2 4.25 oz Hershey's chocolate bar with almonds
- 1 ½ cups mini marshmallows
- 3 tbsp milk
- ½ cup heavy whipping cream

DIRECTIONS:

- Place butter, chocolate, marshmallows and milk in a slow cooker that has been sprayed with non-stick cooking spray. Cover and cook on low heat for 1½ hours, stirring every 30 minutes until melted and smooth. Gradually stir in whipping cream.
- Cover and keep warm for serving up to two hours.

Makes 6-8 servings.

Serve with bite-size brownie pieces, bananas, apples, marshmallows, graham crackers, strawberries, cookies, mandarin oranges or anything else you like.

Grey County Winter Bucket List

- ☐ Stroll the streets of Owen Sound during Festival of Northern Lights
- ☒ Take a horse drawn sleigh ride through the snow
- ☐ Skate outdoors under the stars at Harrison Park
- ☒ Race the kids down Happy Valley at Blue Mountain
- ☐ Toboggan the hills at Allan Park



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SCENIC CAVES sceniccaves.com NORDIC CENTRE



TUBBS
ROMP to STOMP
snowshoe series
2014
February 8, 2014



Nordic Centre Features

- Groomed Cross-country Classic and Skate Ski Trails
- Snowshoe Trails and Guided Night Snowshoe Hikes
- 420 ft Suspension Bridge
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