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A FREE MAGAZINE FOR
PARENTS AND CAREGIVERS

WINTER 2014/15 • Volume 4 Issue 4 • greybrucekids.com

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FROM THE PUBLISHER

Three years old already!

This issue marks our third anniversary of being the go-to source of local information for local parents, families and caregivers in Grey/Bruce. We've been honoured to have served the community in this capacity for 12 issues now.

In 2014, Grey-Bruce Kids explored its own backyard with stories on the Explore the Bruce Adventure Passport, the Bruce Trail and the Owen Sound Salmon Tour. We featured some really cool art tutorials, local authors in 'The Book Shelf' and spoke with some hilarious kids for Tales from Tots. A few of our featured articles included helping kids grieve, the dangers of energy drinks, dealing with stress, the benefits of a good night's sleep, intergenerational relationships, critical illness insurance, life with quadruplets(!) and, my personal fave, an opinion piece by my favourite writer (my husband/Editor Dwight), titled 'Things I want my daughters to know.'



Dwight, Amy, Layne and Jace Irwin

Along with our Cool Kid sponsor Miller Insurance, we were honoured to recognize some amazing youth in our community in our Cool Kid contest. Congratulations to our 2014 Cool Kid award winners Elizabeth, Jesse, Jocelyn and Sadie – keep up the great work!

We are always looking to our readers for feedback, so please fill out our survey at <https://www.surveymonkey.com/s/ZLX67P8> to let us know how we are doing and to share your story ideas on Facebook or Twitter (@GreyBruceKids) with us. As always, we are grateful to our continued supporters, loyal readers, community champions and amazing advertisers. Please support the businesses you see profiled in this publication. We look forward to continuing to be your #1 local publication for parents and caregivers.

Wishing you a safe, healthy and joy-filled winter season!

Amy Irwin, Publisher

CONTENTS

- 4 Tidbits
- 5 Tales from Tots
- 6 Opinion
- 9 Funding for disabled kids
- 11 Youth gambling
- 14 Do-it-yourself gifts
- 16 Lost art of handwriting
- 18  Homework help
Try these tips to make your house a homework-friendly place.
- 20 Essential oils
- 22 The Book Shelf
- 24 Resources
- 28 Cool Kid
- 29 Winter Events
- 30 Recipes



Winter 2014/15

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Local food banks in need

There is a shocking increase in the number of people using food banks across Grey and Bruce counties since 2011. These non-profit food distribution organizations saw over 3,000 more visits in 2013 as they did in '11, with disturbing spikes in Lion's Head (222 per cent), Meaford (176 per cent) and Kincardine (52 per cent) over that time. The average of food bank clients in the Ontario Disability Support Program is 16 per cent, but in Grey/Bruce it's 41 per cent, while the Canadian average of food bank clients who also work is 11.5 per cent, while here it is 13 per cent. Not only has this created a great need for donations, it has resulted in more food banks. There are now 20 across Grey/Bruce compared to only 14 in 2011. These statistics and more can be found in the United Way of Bruce Grey's 2014 Hunger Report at www.unitedwayofbrucegrey.com/news/2014-hunger-report. According to the Salvation Army in Owen Sound, the most needed food bank items are:

- Cereal
 - Peanut Butter
 - Canned pasta
 - Rice
 - Packaged school snacks
- Also consider:
- Baby formula, baby food, diapers and wipes
 - 100% fruit juice
 - Cooking oil
 - Canned fish, meat and soup
 - Household products
 - Feminine hygiene products
 - Personal care (deodorant, toothpaste, etc.)

Travelling abroad with kids?

Winter is the perfect time to load the family up and head somewhere warm – whether that be the southern U.S. or a sun-soaked destination in Mexico or the Caribbean.

If this is the first time you've ventured outside Canada with your kids, you have some work to do leading up to your departure. Firstly, there's the Passport to take care of. Depending on the type of birth certificate your child has, you may need to do some work online to order a Long-Form Birth Certificate from the government. The long-form has more detailed information on your child's birth than the regular gift certificate, and is required to apply for a Passport.

Once you have the proper paperwork, you'll need to get your child's Passport photo and either send it through the mail (along with the completed application) or drive to a Passport office for quicker service.

With the hard work out of the way, you'll be ready to start planning for your child's first plane ride – think about activities that fill the unavoidable downtime that comes with travel, as well as coping mechanisms for the kids should they not enjoy their first taste of air travel.

There's little doubt a break from winter will be welcomed by your family, but, when travelling with kids, nothing seems to come easily. So be sure to do your research and have everything you need well in advance of that first trip!

20

The number of food banks in Grey/Bruce, up from 14 in 2011.

Take our survey

Grey-Bruce Kids always appreciates feedback from our readers. To mark our third anniversary, we have created a quick, online survey to gauge what's important to you. Let us know what you like about our magazine or how we can improve at <https://www.surveymonkey.com/s/ZLX67P8>.

Support first responders with social media campaign

A group of local paramedics can no longer sit back while first responders across Canada commit suicide.

Jill Foster, Stephanie Romano, Denise Laing and Shaun Taylor wanted people to see the human side to first responders and Post-Traumatic Stress Disorder (PTSD) and launched the #IVEGOTYOURBACK911 campaign

on social media. It honours the 25 emergency first responders who have committed suicide in Canada since April 2014.

By posting photos with the #IVEGOTYOURBACK911 hashtag, community members can show their support for the people on the front lines, who see things every day most of us couldn't comprehend.



TALES from TOTS

YOU NEVER KNOW WHAT THEY'LL SAY NEXT

We interviewed Ms. Schlosser's Junior/Senior Kindergarten class at Hillcrest Central School in Teeswater about Christmas. Here is what they had to say:

Why does Rudolph have a red nose?

- Haylee – He was born like that.
 Jayla – So Santa can see where he is going.
 Joel I. – I think that's just a story.
 Elyse – I don't know.
 Sierra – So Santa can see him.
 Andrew – He has a boo-boo.
 Kaleb – I don't know.
 Sophie – He gets a red nose when it's cold.
 Lily – So Santa can ride him.
 Kaliegh – It lights up so it can glow in the dark.
 Kelsie – Because it glows, it tells him to do stuff.
 Chloe – He has an orange nose, like a carrot.
 Maddox – Because that's how his nose is.

How do Santa's reindeer fly?

- Haylee – They jump up and fly.
 Jayla – They start to run and then fly with pixie dust.
 Joel I. – Sprinkle dust that Santa has.
 Elyse – I don't know.
 Sierra – Because they have pixie dust.
 Andrew – Santa gives them a flying potion.
 Kaleb – They listen to Santa.
 Sophie – There's magic dust.
 Lily – They have big, big, big wings.
 Kaliegh – They don't fly, they just walk.
 Kelsie – Magic dust.
 Chloe – They can't fly, they run really fast.
 Maddox – They have wings. I saw them once, flying up north.

How does Santa know if you are on naughty or nice?

- Haylee – I don't know.
 Jayla – He watches you, like the song says.
 Joel I. – He can see you from the moon when you're outside and he knows if you fight or not.
 Elyse – Don't know.
 Kaleb – I don't know.
 Sierra – He follows you where you go.
 Andrew – He has little binoculars and he writes it down.
 Sophie – He knows when we are sleeping.
 Lily – He loves me.
 Kaliegh – I don't know.
 Kelsie – He has a signal that's round and he can see you.



- Chloe – He calls my Mom and Dad. He knows everybody's name.
 Maddox – My Mom and Dad leave him a list if I'm good or bad.

What does Mrs. Claus do?

- Haylee – Makes cookies.
 Jayla – She tells Santa what to do.
 Joel I. – Feeds the reindeer.
 Elyse – Makes the presents.
 Sierra – Who is Mrs. Claus?
 Kaleb – I don't know.
 Andrew – Sits down and watches TV when Santa works.
 Sophie – Santa works when he gives presents, she works on her own stuff.
 Lily – She cleans Santa's whole mess.
 Kaliegh – She cleans.
 Kelsie – I think he doesn't have any wife.
 Chloe – I don't know.
 Maddox – She just sits down. GBK

The gift of giving



GET KIDS INVOLVED IN HOLIDAY HELPING

By Dwight Irwin

Winters in Grey and Bruce counties are a challenge.

We struggle to clear deep drifts from our driveways, battle snow-covered and slippery roads to get to work, bundle the kids up in snowpants, hats and mitts whenever they venture into the cold, and go weeks without seeing the sun.

When the wintry weather stretches on as long as it did in 2013/14, it's no surprise we get frustrated with the cold and snow, and dream of escaping to somewhere warm.

Thankfully, many of us are financially fortunate enough to not have to decide between heating our homes or feeding our children. With electricity prices rising, and long, cold winters becoming the norm in recent years, an increasing number of

Grey/Bruce families are struggling to pay their energy bills and risk having their heat cut off during the deep freeze that is winter. To keep the heat on, many people on lower or fixed incomes have to significantly reduce their grocery bill, which increases the need at local food banks.

It's a difficult cycle to break for low-income working and single-parent families, as well as those on disability and government assistance. That's why it's important Grey/Bruce residents, who are in a position to do so, donate to local food banks and Christmas Hamper Programs. Not only does it help families in need today, it imparts an important lesson on your children as they enter their formative years, when their sense of philanthropy can begin to bloom.

Nearly every time I'm at our local grocery store, I forget to

purchase a pre-filled bag for the local food bank. As I'm leaving the store, I see the \$10 or \$15 bags there and scold myself for buzzing through life without recognizing my responsibility to help those in need, even in such a small way. Yet when I have the kids with me, one of them usually reminds me that we should be supporting the food bank, because from an early age, we tried to teach them about the importance of giving. Though they don't understand the socioeconomic situation of life in Grey/Bruce, they know giving to others is something we should do as often as possible.

Although our awareness of giving to others is naturally heightened in the weeks leading up to Christmas, local food banks will tell you the need is present every week of the year, not just during the holiday season.

So one way we've encouraged our daughters to give – and I'm certainly not the first to think of it – is to involve them in the decision-making process. If it's at the grocery store, I let them choose the items we'll donate, while at the same time broadening their understanding of healthy food choices by having them return the Kraft Dinner to the shelf and replacing it with real macaroni noodles, or picking up peanut butter instead of Oreos.

Taking part in toy drives is also a fun learning opportunity too, because our girls enjoy picking items for kids their age that they'd love to receive, while opening the door for us to explain how some parents struggle to give their kids a magical Christmas. As I try to impart a bit of my limited wisdom, they spend a lot of time throwing crayons, markers and colouring

books into our cart, before heading to the doll aisle.

My oldest went through a Post-It Note phase last Christmas and excitedly explained (and negotiated) that whomever received our donation would love the sticky notes as much as she, though I had to encourage her to put a few bundles back on the shelves because her enthusiasm for Post-Its was a bit over the top. More importantly though, she was engaged, and that's when you know you're laying the groundwork.

By giving them ownership of the donation and having them personally drop the bags into our community's toy drive box, they begin to understand the positive impact they're having on someone less fortunate, which allows me to reinforce how lucky they are, and explain how there's no way to tell who needs our support – they most likely have school friends who will enjoy a better Christmas because of their generosity.

We can always strive to do more, and to also give consistently throughout the year instead of just during the holidays, but this time of year especially, it's important that those of us who can, help those who are less fortunate than us, yet still have kids whose eyes glow when flipping through the Wish Book.

And by having our children involved from the shopping stage to the dropping off of the donation, we're hopefully setting our kids up for a lifetime of helping others. **GBK**

DWIGHT IRWIN is the Editor of Grey-Bruce Kids. He has two daughters, aged seven and four, with his wife Amy.

FAMILY

Access funding for kids with disabilities

By Kristen Kruse

Free stuff is good stuff, as everyone knows. Free money that can earn interest and grow into a retirement savings fund is almost unheard of.

This free government money does exist though, and it's meant to protect one of our most vulnerable sectors – Canadians with disabilities. So why are less than 20 per cent of the eligible population taking advantage of this unclaimed money?

This money is available as grants and bonds through the government's Registered Disability Savings Plan (RDSP) program, which was founded in 2008 by former Finance Minister Jim Flaherty. He too had a disabled son, and so the issue of disabilities and providing retirement income for some of our more exposed citizens in their later years was close to his heart. He was quite proud of the program, and believed governments around the world would soon follow in Canada's footsteps with similar programs. Unfortunately, at the time of his death, this wasn't the case. It was hardly even the case in Canada, where an estimated 500,000 people across the country are eligible to enrol, yet less than 20 per cent of those people have opened an account.¹

In Grey/Bruce, the number of children eligible for an RDSP are staggering. According to a 2010 report for the Grey Bruce Health Unit, it was estimated there were over 2,500 children under the age of 19 who had some sort of disability in 2006.²

Children are not the only ones who can open an RDSP – anyone under the age of 49 is eligible for the grants and bonds. However, the longer money has to compound, the more growth potential it has. Recently, the government made it possible to retroactively access the bonds and grants the disabled person is eligible for, back to 2008 when the program was created. This is a limited-time offer and, after that, the opportunity may be lost. Contact an independent financial advising office or local financial institution as soon as possible, to ensure you receive the total amount of retroactive grants and bonds to which you're eligible.

THE RDSP PROGRAM

There have been many opinions given on why there are so few RDSP accounts being opened – lack of training, lack of



knowledge, difficult paperwork process, etc. – but, at the end of the day, what matters most is that we continue to provide the information, explain the process and help as many people as we can to understand the benefits an RDSP can bring to a disabled person's life. As a mother of two, a former teacher, and now a financial advisor, I've seen the impact that preparing and saving early for the retirement of a disabled person can have, and that's why I've taken a personal interest in the RDSP program.

Here's what you need to get an RDSP:

- You need to be qualified for the Disability Tax Credit. As a person with disabilities, this in itself is advantageous when filing taxes, as it can be worth a considerable sum on your return.
- You must be a Canadian resident with a valid Social Insurance Number, and you must be under 60 years of age, although you're only eligible for the grants and bonds until the age of 49.
- That's it! Now you're ready to take advantage of the grants and bonds provided by the government in support of your retirement.

When we're dealing with children who have disabilities, the

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parents or legal guardians can open the account. The child will be the beneficiary of the RDSP. Until the child reaches the age of majority, the amount of grants and bonds that you are eligible for is based on the income of the family. Once the child turns 18, it is based on their own income.

For a family with an income of \$87,123 or less, the government will match contributions of up to \$500 at 300 per cent, and the next \$1,000 they will match at 200 per cent. So if you're able to contribute \$1,500, the government will contribute \$3,500 worth of grants for that year. Your contribution of \$1,500 has just turned into \$5,000, and will grow, tax-sheltered, until cashed in upon retirement. If your family income is more than \$87,123, the government will match your first \$1,000 at 100 per cent (they'll also put in \$1,000).*

Perhaps even more pertinent to the Grey/Bruce area are the bonds available to lower-income families. It is widely known that the median income for families – especially single-parent families – is much lower here than the rest of the province. We want to ensure everyone knows you don't have to make contributions to an RDSP to benefit from the government funding. Families with incomes less than \$25,356 don't have to contribute anything to access a \$1,000 Canadian Disability Savings Bond, and if your family income is between \$25,356 and \$43,561, you're still eligible for the bond, just at a prorated amount.

One of the main concerns we hear is that parents don't want their current funding to be negatively affected. The beauty of this program is that it doesn't affect any other income-based

funding that you or your child might be receiving from the government. Neither now, while it's being accumulated, or later when it's being withdrawn.

We've heard from people who haven't been successful in opening an RDSP even though they've qualified for the Disability Tax Credit (DTC). If this is the case, don't despair – this funding is worth pursuing. Not everyone is an expert on the topic, but there are many ways you can get free advice to help you open an RDSP.

If you have further questions about qualification or how to begin the process of retirement planning for a disabled child (or adult), contact an independent advisor who specializes in the RDSP program.

**All income levels and grant/bond amounts are current as of 2013, taken from the CRA website in 2014.*

1 Hildebrandt, Amber. *Canada's disability savings fund called a 'fiasco'.* CBC News, May 30, 2013. Web. October 2, 2104. <http://www.cbc.ca/news/canada/canada-s-disability-savings-fund-called-a-fiasco-1.1317777>

2 Clarke, Glenda and Associates. *A Profile of Child, Youth and Family Health in Grey and Bruce Counties, A Technical Report.* Public Health Grey Bruce, April 2010. Web. October 2, 2014. <http://bit.ly/1sqLUmS> **GBK**

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Gambling with addiction

By Dwight Irwin

"I bet you a million bucks you can't make your bed by the time I finish my breakfast!"

This seemingly harmless exchange between parent and child happens, in some form or another, numerous times a week. While the parent is using the phrasing as a means of motivating their child to complete a menial household activity, what it could be doing is creating an understanding of gambling in youth, say two local social service workers who deal with gambling every day.

Leah Brereton, a problem gambling and addictions counsellor with HOPE Grey Bruce, and Taylor Rosner, a youth outreach worker with the Owen Sound YMCA's Youth Gambling Awareness Program, say kids and youth today are faced with gambling in many different forms, even if they don't realize it.

"I give presentations to kids as young as eight, and they all know what I'm talking about," said Taylor, who travels across Grey and Bruce talking to kids about gambling in a neutral way, providing accurate information and harm-reduction strategies for youth so they can make informed decisions about gambling and recognize when it could be a problem. "They'll say, 'Oh yeah, I bet my sandwich,' or explain how they lost their favourite Pokemon card. When there's no money exchanging hands people don't consider it gambling, but gambling is defined as risking something of value, not necessarily money."

Taylor said these childhood bets, which occur on every playground in every town, create a comfort of gambling, where kids could then be more likely to move to monetary bets once they have an income and the ability to visit casinos or play the provincially sanctioned lottery.

These influences on children are everywhere in today’s world, she added. There’s a toy called a Webkin, which encourages the child to start an Internet-based profile for the ‘pet.’ In order to keep it alive, the child has to play games that feature a roulette wheel and scratch tickets.

“Now, children as young as three or four know what casino games look like, and they’re receiving the message that, ‘If you don’t win enough points, your pet will die,’” Taylor said.

Most parents understand the nuances of gambling and wouldn’t connect children’s toys, online games like Candy Crush and video games like Grand Theft Auto to laying the groundwork for a possible gambling addiction, but the risk is real, she added.

“The eyes of the children I meet pop when they realize they’re losing things of value when they bet with their friends. Nobody associates gambling with youth until they begin talking about it, and realize how prevalent it actually is.”

Today’s youth is the first generation that sees gambling advertised on mainstream television and can access every type of gambling – whether it be casino games or sporting pools – on the Internet, which has very loose controls on who plays the games.

“We have commercials showing people doing their ‘happy dance’ when they go to the casino or win the lottery. The commercials never show how you feel when you lose, or what you lose; they only tell you to gamble if you’ve had a bad day.”

This makes it more socially accepted than drugs or alcohol, and that shows itself in our kids, Taylor said.

“People can’t wait to turn 18 – it becomes one of those milestone life events, and the first thing many do is go out and buy a

lottery ticket to celebrate,” she said. “But sports betting is very prevalent in local schools – the Super Bowl, hockey pools... I had one student tell me he learned how to play poker at age nine with his parents.

“Most parents talk about dating, drugs and sex, but don’t talk about gambling, so kids are figuring it out on their own. They see their Dad at poker night, but they don’t see the losses.”

“We’re engaging (our kids) about drugs and alcohol, but not asking if they have gambling issues.”

Leah Brereton

The mainstream acceptability makes problem gambling harder to identify and study, Leah said. Gambling is a process, or behavioural, addiction that can continue to worsen with time. The hardest part for gamblers and their friends and families remains identifying when their gambling has become problematic or an addiction, she said.

“When you move from non-problem gambling to problem gambling, to a gambling disorder is when you start seeing distorted thinking patterns, where logic doesn’t seem to process with them,” said Leah, who helps adult and youth clients overcome their issues through HOPE Grey Bruce’s Addiction Treatment Program called ‘New Directions.’ “Someone with a gambling disorder will begin chasing losses or overestimating wins. Often, they don’t recall losses yet remember every minor detail of their wins.”

The vast majority of people can gamble without it becoming a problem – between 70 and 80 per cent do so, while between five and eight per cent of the population are either problem or pathological gamblers, says a study from the Problem Gambling Institute of Ontario and the Centre for Addiction and Mental Health. What’s more disturbing for youth is that they’ll typically have a higher prevalence of problem or pathological gambling as they hit age 18. A study in Washington, D.C., broke down the city’s gambling prevalence rates, and young adults were five times more likely to experience problem gambling between the ages of 18 and 24 than adults over 25, and over three times more likely to be pathological gamblers than adults aged 25-34, while being 10 times more likely than people over 35.

Leah and Taylor are sure the numbers from Washington would correlate to Grey/Bruce, but there haven’t been enough studies – especially of today’s fast-paced, technologically savvy youth – to pinpoint the numbers locally.

“We know there’s a problem in Grey and Bruce, but we don’t often see problem gamblers until they are in a crisis, typically

due to the financial devastation caused by problematic gambling,” Leah said, adding some clients are also court-ordered to counselling. “Many people don’t realize how prevalent it is, especially in our youth. We need to identify when kids are gambling – even if it’s not for money – and talk to them about the pitfalls of gambling before it becomes an issue.”

Some of her clients know the day they become hooked to gambling, while others were a slow progression, beginning to gamble for fun but progressing into gambling to cope with underlying stressors or issues like depression, anxiety, loss or trauma, Leah said.

“Others feel the power and excitement of the big win and don’t have the insight to connect that feeling to problem gambling. We know they’re out there, but they’re not walking through my door.

“Why aren’t people, parents and doctors asking kids if they have a gambling problem? We’re engaging them about drugs and alcohol, but not asking if they have gambling issues.” GBK

LEARN MORE ABOUT YOUTH GAMBLING

www.hopegb.org
www.ymcaowensound.on.ca/Community-Justice

How to talk to your kids

- Examine their attitudes towards gambling and be a good role model in this regard (early exposure increases the risk of developing problematic gambling behaviour).
- Communicate openly and honestly with your children, and discuss potential dangers and impacts of gambling.
- Discuss their choices before they are faced with risky situations.
- Online gambling and gaming are accessible everywhere – parents should have a talk with their kids about Internet safety and discuss appropriate sites/games they are allowed to access.
- Discuss “things of value” with kids. How would they feel if they lost their favourite/important items? Never gamble/bet anything they wouldn’t want to lose.
- Be aware and monitor what your child is engaged in, but resist the temptation to cross important boundaries that could compromise trust in your relationship with your children and deter open communication (e.g. hacking into their computer or cell phone, excessive checking of browsing history, etc.).
- When in doubt, contact your local youth addiction agency (Choices/New Directions) or mental health agency (Keystone Child & Family Services).

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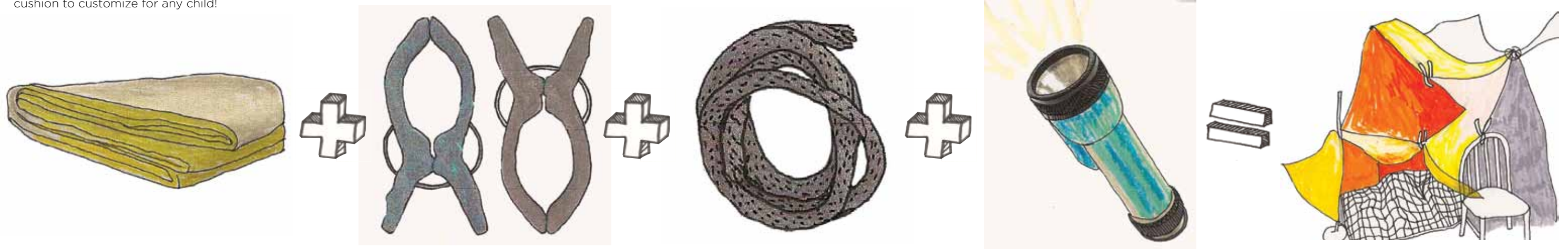
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Handmade gifts

It can be hard coming up with great gift ideas for kids, especially when it seems like many often have everything they could ever need or want! Here are some creative handmade gift ideas from Violet and Dandelion to fit any budget this holiday season.

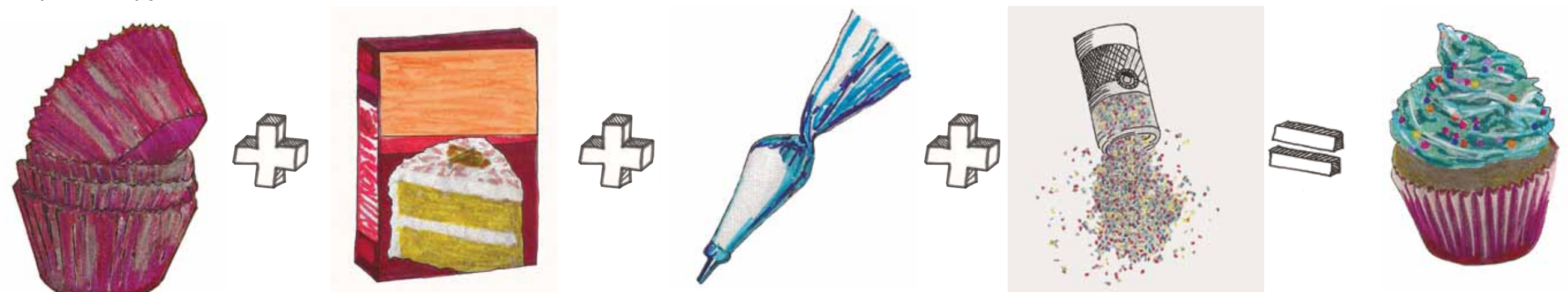
Do-it-yourself fort kit

What you'll need – One or two flat sheets, a few small clamps, some thick cord and a flashlight. If you don't have these around your home, the local houseware store will. Add some fun ribbon or a fancy cushion to customize for any child!



Do-it-yourself cupcake kit

What you'll need – Cupcake liners, boxed cake mix, a tub of ready-made icing and piping bag or bottle, and sprinkles. All of these things can be purchased at your local grocery store and often you can even find icing in a ready-to-use piping tube. Get creative with your DIY cupcake kit, customize it with their favourite candy and decorating treats, or go above and beyond and add a mixing bowl and spoon or an apron for extra flare. Wrap it all up and you have yourself a tasty gift!



Download kit extras

Violet and Dandelion is offering the cherry-on-the-top for your DIY gifts. Visit www.violetdandelion.com/printable to download a hand-drawn lettering gift tag that explains what the kit contains and the name of the kit. It also has a spot for the tag to be personalized with the child's name. Each kit will have a different printable tag so get yours today!

Project created by **VIOLET AND DANDELION**, a creative boutique that holds workshops that inspire, encourage and promote creativity in children and families. It is located at 517, 11th Ave., Hanover, and online at www.violetdandelion.com.



The lost art of *handwriting*

By Bonita Johnson deMatteis

I am always amazed when I see a child take a pen, pencil or crayon and deliver to paper an idea.

Be it an idea, a feeling or an event, recording it by hand and having others connect with it is as primal as the air we breathe.

Children naturally scribe, though often not knowing what they're trying to say or present. In the right atmosphere, children learn to express themselves and hopefully overcome the stumbling blocks of confusion, anger that may be caused by feeling they have no control over their lives. This type of archetypical communication is called Expressive Art Therapy, which helps a child shift pressure points of deep reserves of emotions and confusion to the forefront of their ability to communicate. As cave people, this supreme and unique human

quality was known as survival.

Scribing, or making a personal mark, is one of the first things a child does on their way to understanding they are a being – that they exist. The first and fundamental shape a child instinctually makes is that of a circle. Many circles. Circles and loops. These are called Mandelas and children around the world for centuries have made them. They are the first etchings of future self-portraits, portraits of others, situations, emotions and places. From here they learn who they are in the world, and who belongs to them and who doesn't.

During this development in a child's brain, skills like the ability to generate and retain ideas, mastery over physical articulation of hand and eye coordination, are enhanced. They learn how to repeat a movement, and self-regulation.

This early scribing or scribbling that leads to these sought-after qualities and gifts is called handwriting. In her report called, 'What is lost when handwriting fades,' New York Times writer Maria Konnikova includes studies on the value handwriting has on the developing brain.

"When we write, a unique neural circuit is automatically activated," said Stanislas Dehaene, a psychologist at the Collège de France in Paris. "There is a core recognition of the gesture in the written word, a sort of recognition by mental simulation in your brain. And it seems that this circuit is contributing in unique ways we didn't realize. Learning is made easier."

Dr. Karin James, a psychologist from Indiana University, prepared an experiment that asked children, who had not yet learned to read or write, to look at a letter on an index card. They were asked to reproduce it using one of three ways – tracing the letter with a dotted line, drawing the letter on a blank page or typing it on a computer.

After completing the task, the children were placed in a brain scanner and shown the original image of the letter again.

The researchers found, when children had drawn a letter freehand, they exhibited increased activity in three areas of the brain that are activated in adults when they read and write. By contrast, children who typed or traced the letter or shape showed no such effect. The activation was significantly weaker, the study showed.

Dr. James attributes the differences to the messiness inherent in free-form handwriting. Not only must we first plan and execute the action in a way that is not required when we have a traceable outline, but we are also likely to produce a result that is highly variable.

That variability may itself be a learning tool. "When a kid produces a messy letter," Dr. James said, "that might help him learn it."

Dr. James maintains that repetition not only shapes the brain, but helps to engage its motorways to help retain information being learned. This is because the areas of the brain used by handwriting and scribbling are different than those used in the technical patterned tapping of letters on a keyboard. Yes, such a skill can be efficient when it comes to word reproduction, but the retention of the matter being delivered to the paper or e-file is compromised simply because that job happens in a whole different area of our brains. When students actually handwrite a lecturer's speech while listening, they retain much more information than those who collect the data by way of typing onto their laptops. Pam Mueller, of Princeton, and Daniel Oppenheimer, of the University of California LA, present that, "... writing by hand allows the student to process a lecture's contents and reframe it – a process of reflection and manipulation that can lead to better understanding and memory encoding."

Some studies show the discipline of handwriting can help with

memory recall, treating dyslexia and self-regulation (Dr. Virginia Berninger, University of Washington). So, why then is cursive writing being diminished in our schools?

Apart from the neurological reasons, I would suspect an alarm should be going off in our linguistic culture. Our children and grandchildren won't be able to read their history laid out in journals, diaries, cookbooks and letters. This creates a very disturbing disconnect between past and future generations.

Our children and grandchildren won't be able to read their history laid out in journals, diaries, cookbooks and letters.

I am all for children learning keyboarding and computer skills, but not at the expense of their intrinsic, wholly human ability to create, comprehend, morally decipher and appreciate others who can meet them on their level, and especially those who cannot meet them on their level of comprehension.

Culturally speaking, I am from a race that was forbidden to learn to read or to write. History tells us that during slavery, black people were not allowed to be educated. This was a dangerous aspect to consider if you were a slave owner. Did you need your slave, your property, to be able to understand the laws and values and concepts? My grandparents spoke of their parents being so proud to have learned to finally write their name. A legal mark. Personal.

As I started to write this article, I spoke with parents of primary school-aged children. I wondered at their sense of need and concern for the elimination of cursive writing. To my surprise, eight of the 10 parents confessed they themselves were weak on cursive writing and were not happy about it. These young adults are the ones who were first hit with the urgency to abandon the cursive for the sake of keyboarding and computer skills. I will wager many are feeling a loss of a contingency of communication culture. Many of these parents would love for their children to achieve handwriting skills.

To these people, I encourage you to discuss a renewed focus on handwriting with your school to prevent this skill from being sidelined by progress.

To know how to write and draw is a beautiful personal and individual achievement. **GBK**

BONITA JOHNSON deMATTEIS is an author, artist, Trauma Incident Reduction Counsellor and Family Mediator at Nemesis Group Services. She lives in Owen Sound. Contact her at bonita@nemesisgroupservices.com.



greybrucekids.com • 19

Oils that are essential



By Dr. Marissa Heisel

More than 60 million school days are missed in Canada every year due to colds and influenza, while hundreds of thousands of additional days are lost due to pediatric injuries and mental health issues.

If you're anything like me, it can be agonizing to watch your child struggle when they're sick. Parents would do anything to ease their child's symptoms. Now, children are given more pharmaceutical medication than at any previous point in history.

One of the consequences of a general lack of knowledge regarding health and healing is that too many people lack confidence in the innate wisdom of their bodies. I recommend essential oils in my health care practice to empower people to care for themselves and their children for basic health issues, to know when to seek help for more serious issues, and to have safe alternatives to conventional, synthetic and pharmaceutical drugs. I turned to essential oils because of their safety and ease of use.

Essential oils are powerful, plant-based medicines, natural aromatic compounds found on the flowers, stems, leaves and bark of plants and trees. They are produced by nature and allow the body to heal itself, increasing function without masking symptoms like pharmaceutical medication does. Essential

oils provide safe and powerful benefits without cascading side effects. They work rapidly and are metabolized or cleared quickly from our systems, as well. One essential oil can have hundreds of different chemical compounds, allowing it to provide multiple therapeutic health benefits.

WHAT SHOULD I LOOK FOR?

Essential oils come in various grades. Synthetic essential oils are manufactured for their fragrance. They are used in perfumes and body products, or added to cleaning products. Food grade essential oils are considered safe for consumption, and are added to non-organic foods, candy and chewing gum. Neither of these grades of essential oils is meant for therapeutic use.

When looking for essential oils for health care purposes, it is vital to find essential oils that are therapeutic grade or above. These oils have been produced in the most careful, systematic way possible from organic, non-genetically modified plants, with multiple tests in chemistry labs to ensure their purity and potency. A good essential oil company will have research and information available to let you know how their oils were produced, and what testing they underwent to ensure their safety.

RULES TO FOLLOW

- Keep essential oils out of the eyes, nose and ears
- Dilute with vegetable oil, not water.
- Do not drink water mixed with essential oils out of plastic water bottles or through plastic straws, as the oils will cause the plastics to breakdown.
- Start slowly when using essential oils for therapeutic health benefits, especially with children.

HOW DO YOU USE ESSENTIAL OILS?

Essential oils are extremely potent and they work quickly, so even small amounts are effective. In fact, the therapeutic dose of an essential oil is generally one to two drops per use.

There are three main ways to use essential oils. The first is topical application, or applying the oils to the skin. You'd do this to address wounds or skin care issues, to affect different body systems such as digestion and respiration through the blood stream, and for boosting the immune system.

You always want to dilute an essential oil that you apply on your child. That means mixing one or two drops of an essential oil with a small amount of an all-natural, and preferably minimally processed, vegetable oil. My favourite carrier oil is coconut oil, due to its rapid absorption into the skin and its anti-bacterial and anti-viral properties. Other carrier oils include olive, wheat germ, sweet almond and avocado oil, amongst others. The skin is the largest organ in the body, and essential oils applied topically to the skin are absorbed rapidly into the blood stream.

The next way to use essential oils is aromatically, which involves inhaling (smelling) the oil from the bottle, diffuser or humidifier, on a cloth or tissue, or even dripped in warm water. Diffusing essential oils is highly beneficial for killing toxins or microbes in the air and in our bodies to boost immunity, and it's also an extremely powerful way to affect emotions, hormones and memory.

The aromatic use of essential oils powerfully affects the brain, and is particularly helpful for children struggling with behavioural or emotional issues. Inhalation of essential oils is also good for the sinuses, bronchi and lungs, and is extremely helpful at this time of year as respiratory issues increase substantially.

Lastly, most essential oils can be used internally, but only from essential oil companies that can prove the purity and potency of their plants and oils through stringent testing protocols. Store-bought essential oils do not generally fit this category, and caution should be exercised if you are unable to verify the safety of the oils from a particular company. Oils should only be used internally *after* consulting with a health care professional who is knowledgeable about the therapeutic uses of essential oils. Internal use of essential oils can include putting one or two drops under the tongue, pouring one to five drops into an empty vegetable capsule, or adding one or two drops to water and then drinking. Internal use of essential oils allows the therapeutic

benefits to be rapidly absorbed into the body, and is ideal for issues of digestion, and the mouth and throat, amongst others.

HAVE SCIENTIFIC PROOF?

Tons, actually. There are tens of thousands of research articles that have been written about the therapeutic health benefits of essential oils for both physical and emotional health issues. These are quality studies, performed in research labs at hospitals and universities around the world. To explore some of that research, visit www.aromaticscience.com.

Interestingly, medical professionals and facilities in the U.S. have been much more open and accepting of botanical medicine in recent years than Canada has been. While that is slowly changing here, there are nearly 70 hospitals south of the border that diffuse essential oils in order to purify the air of toxins and pathogens, support and uplift the morale of their staff and provide direct patient care. Orthopedic surgeons use essential oils during surgery to decrease healing time and the risk of infection, while dentists use them for infection control and to ease patient anxiety while in the dental chair. ER doctors and nurses recommend essential oils when pharmaceutical medications would not be of benefit, and pediatricians prescribe essential oils for many viral and bacterial infections, as well as to support pediatric mental health.

WHY USE THEM?

Pharmaceutical medication is synthetically produced and it can have side effects. Generally, when side effects arise, more medication is dispensed to try to limit them, and that's when we can get into trouble, because prescription drugs, followed by more prescription drugs, could lead to interactions.

Despite spending more money than ever on medicine, we have a population of children that suffer from more chronic illnesses than at any other time in history. Until recently, many of those illnesses were only found in our mid-life and senior years. Clearly, we have an issue that needs to be addressed and not simply swept under the proverbial rug. We owe it to our children, grandchildren and great-grandchildren.

Essential oils eliminate toxins, bacteria, viruses, molds and fungi. They prevent infections or limit their length, while substantially decreasing the symptoms that come with those illnesses. They offer effective relief for acne, allergies, anxiety, asthma, burns, candida, colds, coughs, emotional issues, flu, headaches, hormonal imbalance, insomnia, mental clarity, pain, sore throats, stomach issues and more. Imagine what it would be like for your child's body to function optimally without concerns of drug interactions or drug dependency.

Please consult a physician before starting a new health routine. This article is for informational purposes and does not replace a qualified health care practitioner's recommendations. **GBK**

DR. MARISSA HEISEL is a holistic integrative chiropractor, who also trained as a midwife. She is a Canadian Founder with doTERRA Essential Oils. She co-owns Spines & Minds Transformational Health in Hanover. Reach her at 519-506-2273 or www.facebook.com/SpinesAndMinds.



The BOOK SHELF

with Linda Thorn

Author of 'Beautiful Joe - A True Dog Rescue Story'



TELL US ABOUT YOURSELF

Books have always been a focus in my life, as are dogs and writing. So it seemed inevitable that I would write a book about a dog! Throughout my life I have enjoyed many interesting careers – owning a therapy clinic in Yorkville, Toronto, a conference speaker on corporate stress and sports massage, an event planner, and a teacher of Kindergarten to Grade 10 kids for almost 30 years. Now I supply teach. Looking back at my life, I still love books, writing and dogs – especially my new dog, an old rescue Lab.

WHAT WAS YOUR MOTIVATION TO WRITE THIS BOOK?

As a former board member of The Beautiful Joe Heritage Society, I wanted to create a book to continue animal advocacy, to re-tell that dog story in a shorter version and to monetarily help the society. Thus far I have donated \$1,000 from portion sales of my books to maintain Joe's grave site and other society projects. I also wanted to honour the original author, Margaret Marshall Saunders. She may be pleased to know that my book returns Joe to his Canadian roots as her 1894 book had the story location in fictional Fairport, Maine, and the Meaford Moore family became the American Morris family for reasons explained on the inside cover of my book. I am proud also to dedicate this book to my granddaughters, Jorah and Sulwen, who have kind hearts and also love their rescue dog.

DESCRIBE YOUR BOOK

My book, 'Beautiful Joe - A True Dog Rescue Story,' is a brief re-telling in rhyming novel format of an 1894 book about a local mongrel rescued from a cruel owner to a family who loved the dog, despite his appearance, until he died at age 14. Joe had such a gentle nature despite his mistreatment that he became immortalized in a story that sold seven million copies worldwide and was translated into 14 languages by 1934.

WHAT INFLUENCED YOUR BOOK?

An author who can put ink to paper to elicit laughter or tears is exceptional, but, sadly, it is newspaper accounts of unexplainable animal abuse by humans that influenced me the most. Those articles touched my heart and influenced me to write something that would make a compassionate difference. The quote by Anatole France on the back cover of my book sums up my feelings and also inspired me. It is, "Until one has loved an



animal, part of one's soul remains unawakened."

REWARDS AND CHALLENGES OF WRITING A BOOK?

Being technologically challenged was a huge obstacle to self-publishing my book. Also, being more tech savvy would have been beneficial with publishing on Amazon.ca Kindle as an e-book. However, the rewards far outweigh the hurdles. At book festivals, I am honoured to meet people who share their personal stories and memories of this well-loved dog who died over 125 years ago. Their emotions about Joe's mistreatment still affect them with tears decades after teachers or parents read them this poignant story. Once I even met an elderly gentleman who said his long deceased relative knew the real milkman who was abusive to the puppy. I am so pleased when my book is purchased as a gift for young people, but also for older fans who want a treasured keepsake of this endearing and enduring story of a local mongrel that became a world hero and a poster dog for abused animals everywhere. **GBK**

Georgian Bay resident **LINDA THORN** is the author of 'Beautiful Joe - A True Dog Rescue Story.' Learn more at www.beautifuljoepoembook.com.

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ABUSE (PHYSICAL/SEXUAL)

Assaulted Women’s Helpline

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

Bruce Grey Child and Family Services

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

Keystone Child, Youth & Family Services

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

Saugeen First Nation - Kabaeshiwim
Respite Women’s Shelter

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

Sexual Assault and Partner
Abuse Care Centre

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

Victim Services 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.sbgheh.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

Bob’s Playschool

519-538-5483
Meaford

Brooke Montessori Toddler Program

519-376-3447
Owen Sound

Bruce County Childcare Services

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

Bruce Peninsula Family Centre

519-793-4100
Lion’s Head

Chesley Nursery School

519-363-9544

Durham Nursery School

519-369-6973

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 - Port Elgin

519-389-9050

Kinhuron Integrated Day Nursery School
Co-op

519-396-4532
Kincardine

Le Jardin des decouvertes - Owen Sound

519-371-4411

Military Family Resource Centre - Meaford

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

Meaford Co-operative Nursery School

519-538-3854

Nawash N’Shiime Day Care Centre

519-534-3909
Neyaashiinigmiing (Cape Croker)

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’Shaw-da-Gawin
Day Care Centre

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

Tammy’s Learning Centre - Meaford

519-538-9980

Tobermory Primary Place

519-596-2606

Unity House - Owen Sound

519-371-8686

Viola Jean’s Garden Daycare - Owen Sound

519-416-5633 or 519-371-2362

Walkerton Day Care Centre
and School Age Program

519-881-3123
wdcc@wightman.ca

Wiarton Kids Den Day Care/Kids Club
School age Program

519-534-4434

Wiarton Nursery School

519-534-2121

Wooden Hill Child Care Centre (La Colline
De Bois) at Notre Dame School

519-376-6952
Owen Sound

DIET/NUTRITION

EatRight Ontario

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

Foodlink Grey Bruce

Find locally grown meat, fruit and produce
www.foodlinkgreybruce.com

Good Food Box

Grey Bruce Health Unit
519-376-9420 or 1-800-263-3456
publichealth@publichealthgreybruce.on.ca

Grey Bruce Eat and Learn

School nutrition program
bev_gateman@bwdsb.on.ca or www.osnp.ca

Grey Bruce Health Unit

1-800-263-3456
publichealth@publichealthgreybruce.on.ca
www.publichealthgreybruce.on.ca
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Keystone Child, Youth & Family Services

1-800-567-2384
519-371-4773
kcyfs@bmts.com
www.keystonebrucegrey.org

EDUCATION

Academy of Learning - Owen Sound

1077 2nd Ave. E., Suite B (2nd floor)
519-371-6188 or www.academytraining.ca

Adult Learning Centres

Collingwood, Port Elgin, Markdale, Owen
Sound, Walkerton, Wiarton
www.adultlearningcentres.com

Bluewater District School Board

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

Bruce-Grey Catholic District School Board

519-364-5820 or www.bgcdsb.org

Edgehill Country School, Durahm

www.edgehill-school.com

Georgian Tutors

www.georgiantutors.com

EMPLOYMENT SERVICES

LiveGreyBruce

www.livegreybruce.ca

VPI Employment Strategies (Walkerton)

519-881-4900 or 1-855-260-4900
jobswalkerton@vpi-inc.com
www.vpi-inc.com

YMCA Employment Services

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

FAMILY SUPPORT

211 Ontario

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

Big Brothers Big Sisters

Hanover and District - 519-364-1444
www.bbbshhanover.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 - Cape Croker

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

Family Support Initiative

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

Grandparent Network

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

Grey Bruce Supervised Access Program

519-371-5991
pc-superacc@bmts.com
www.supervisedaccess.ca
Owen Sound

Kids Help Phone

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

Motherisk - Hospital for Sick Children

1-877-327-4636; www.motherisk.org

Multiples in Bruce

For families with or expecting multiples
http://multiplesinbrucecounty.webs.com

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
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Victim/Witness Assistance Program

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

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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 or 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

Flesherton and Area Food Bank

Marian Doyle, 519-599-3576

Kincardine Ministerial Food Bank

519-396-2185 or circlek@bmts.com

Lion’s Head and District Food Bank

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

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

RESOURCES

Tobermory Food Bank
519-596-1501

Walkerton and District Food Bank
519-881-0168

Wiarton Food Bank
519-534-0353

Habitat for Humanity Grey Bruce
1-866-771-6776 or habitatatos@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
Wiarton - 534-1260
www.gbhs.on.ca

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

Hanover and District Hospital
519-364-2340/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
kayliarththerapy@bmts.com
www.kayliarththerapy.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
Wiarton - 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 & Archives - Southampton
519-797-2080 or www.brucemuseum.ca

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

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

Chesley Heritage & Woodworking Museum
519-363-9837

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

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

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

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

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

South Grey Museum - Flesherton
519-924-2843 or museum@greyhighlands.ca
www.southgreymuseum.ca

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

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

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

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
Counselling for local youth

PLAYGROUPS

Kincardine Toy Library and Playgroup
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@autismontario.com
<http://bit.ly/tO6kam>
Owen Sound

Autism Parent Support Group
Community Living Kincardine & District
519-396-9434 or www.clkd.ca

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

Bruce Peninsula (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

Hope Haven Therapeutic Riding Centre
226-909-0558
www.hopehavencentre.org
Keystone Child, Youth & Family Services

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

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

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

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

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

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

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

SPEECH/LANGUAGE

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

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

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

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

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

WISH PROGRAMS

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

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

COOL KID WINNER

A professional fundraiser

Sadie Morrow would be sad if she ever lost her memory.

That's why the Grade 5 student at Walkerton District Community School has made it her personal mission to raise thousands of dollars for the Manulife Walk for Memories, which raises money for the Alzheimer's Society of Grey-Bruce.

Sadie, the daughter of Shawn and Nancy, was first introduced to the walk when her grandfather asked her if she would like to join him when she was five

"When she was in Grade 1, as part of a special school project, Sadie decided to take up the challenge, participate in the walk and raise money to help the cause," Nancy said.

That year, the Chesley resident raised \$1,185 and, since, has made it a personal challenge to raise more than she did the year before. This drive has resulted in her raising over \$8,500 over the past five years!

"She can't wait to get her pledge form and start asking friends and family at Christmas to sponsor her," Nancy said. "She sends out emails to friends and family far away, as well as going door-to-door."

When in Grade 1, Sadie was asked why she wanted to help the local Alzheimer's Society.

"It would be sad if I lost my memory and it would make my family sad too," said the then-five-year-old, who has a Great Uncle with Alzheimer's, so she sees how the disease affects people.

This year, with the weather causing challenges, the Walk for Memories had to be rescheduled. Sadie was upset when she

● Sadie Morrow, of Chesley, has raised \$8,500 for the Walk for Memories over five years.



got up in that morning, Nancy said, but was pleased when she learned she would still get to participate another day.

"That gives me more time to get more donations!" she told her Mom. **GBK**

For being this issue's Cool Kid, Sadie receives a prize pack from Miller Insurance and Grey-Bruce Kids. To nominate a Cool Kid, visit www.greybrucekids.com or contact amy@greybrucekids.com for details.



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so you can focus on
what really matters.**



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www.millerinsurance.ca

WINTER EVENTS

SANTA PARADES

Mount Forest - Dec. 5
Chesley - Dec. 5
Southampton - Dec. 5 - 7 p.m.
Tobermory - Dec. 6
Durham - Dec. 6
Lion's Head - Dec. 6 - 1 p.m.
Dundalk - Dec. 6 - 6 p.m.
Hanover - Dec. 6 - 6 p.m.
Meaford - Dec. 6 - 6:30 p.m.
Kincardine - Dec. 6 - 6:30 p.m.
Warton - Dec. 6 - 7 p.m.
Kemble - Dec. 7 - 2 p.m.
Holstein - Dec. 13 - 1 p.m.
Chatsworth - Dec. 21

DECEMBER

1

By Our Hands Artisan Show
Nature's Millworks, Paisley
519-353-4017
www.naturesmillworks.com
Runs through Dec. 21

Christmas in the Southampton Art Gallery
Featuring guest and local artisans
201 High St., Southampton
519-797-5068
www.southamptonart.com
Runs through Dec. 28

Owen Sound Festival of Lights
5-11 p.m.
25 km of Christmas lights through city
www.festivallights.ca
Runs through Jan. 4

Frost Frenzy at Blue Mountain Village
Fireworks, horse drawn sleigh rides, carolers, snowshoeing, etc.
www.bluemountainvillage.ca/frost
Runs through Dec. 31

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

3

Early Dismissal Movie
Bruce County Museum & Cultural Centre, Southampton
2:30 p.m.
519-797-2080 x104
cschmidt@brucecounty.on.ca

5

Community Christmas Celebration
Southampton Town Hall Auditorium
7:30-9:30 p.m.
Diane at 519-797-1949

6

Christmas Yard Sale
Proceeds to Big Brothers Big Sisters of Kincardine & District
8-11 a.m., Kincardine United Church
519-396-3565 or bbrosis@bmts.com

Family Holiday Fun Day
Grey Roots Museum & Archives
Santa and Mrs. Claus will be visiting, while families will also enjoy crafts, games, food and seasonal movies.
Lara Javalyn at 519-376-3690 or lara.javalyn@greyroots.com
www.greyroots.com

11

Georgian Bay Symphony Family Christmas Concert
4 p.m., OSCVI Regional Auditorium
1550 8th St., E., Owen Sound
Free for children Grade 6 and under. Adults \$5. Tickets at the door.
519-373-0212

13

Memories of Christmas
Bruce County Museum & Cultural Centre, Southampton
6-9 p.m.
519-797-2080 x107
nwhite@brucecounty.on.ca

Moreston by Candlelight Winter Evening
Grey Roots Museum & Archives
4-8 p.m.
Event takes place outside. Regular admission.
www.greyroots.com

Thornbury Old Fashioned Christmas
Shopping, music, treats - fun for all ages!
www.thornbury.ca/special-events.php

14

Chantry Singers Lessons and Carols
7:30 p.m., Southampton
Linda at 519-483-9868

21

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

JANUARY

24

Grand Prix de Kincardine

New and vintage snowmobile races
Family Funland, Hwy. 21, south of Kincardine
www.gpkracing.com
Runs through Jan. 25

29

Warton Willie Festival
www.wartonwillie.com
Runs through Feb. 2

FEBRUARY

6

Tiverton Winterfest
www.kincardine.net
Runs through Feb. 8

7

Romp to Stomp Snowshoe Series
9 a.m.-1 p.m., Scenic Caves Nordic Centre, Town of Blue Mountains
<http://tubbsromptostomp.com/on>

13

Ripley Winter Carnival
Costume skate, pancake breakfast, sleigh rides, ice painting and more
www.huronkinloss.com
Runs through Feb. 14

14

Family Day Sno-fest
MacGregor Point Provincial Park, Port Elgin
Presentation, family winter triathlon, snowshoe hike, outdoor skating.
www.friendsofmacgregor.org
Runs through Feb. 16

16

Family Day at Cobble Beach
Cobble Beach Golf Resort, Kemble
Free outdoor winter activities, snowshoe and skijoring demos, outdoor skating, a bonfire with s'mores and fun festival food.
1-888-278-8112
www.cobblebeach.com

Family Heritage Day
Bruce County Museum & Archives
33 Victoria St., Southampton
10 a.m.-4 p.m.
Storytelling, music, model railroading, rug hooking, leather pouch making and more!
General admission applies. Donations accepted for local food bank.
519-797-2080 or www.brucemuseum.ca



RECIPES

Find comfort in
a hearty chili

Nothing beats a bowl of hearty chili on a cold winter's day. When the roads are closed, the wind is howling and you can't see across the road, hunker down and try these chili recipes.

SLOW COOKER QUINOA CHILI

INGREDIENTS:

- 1 cup quinoa, rinsed
- 1 can (28 oz) diced tomatoes (undrained)
- 1 can (14 oz) diced tomatoes w/ green chilies (undrained)
- 2 cans (16 oz) black beans, drained and rinsed
- 1 can (15 oz) corn, drained
- 1 can (15 oz) kidney beans
- 2 cups chicken stock
- 1 bell pepper, seeded and chopped
- 1 minced onion
- 1 tsp garlic
- 1 tsp cumin
- 1 tsp crushed red pepper
- 1 tsp chili powder

DIRECTIONS:

- Place everything in a six quart slow cooker and cook for five to seven hours on low. Keep warm until ready to serve. Garnish with cheese and/or sour cream.

Recipe via www.sixsisterstuff.com

TURKEY SAUSAGE JALAPEÑO WHITE BEAN CHILI

INGREDIENTS:

- 1 tbsp extra virgin olive oil
- 16 ounces turkey sausage, casings removed
- 1 red onion, peeled, halved, coarsely chopped
- 2 cloves garlic, minced
- 1 red bell pepper, seeded, coarsely chopped
- 1 yellow bell pepper, seeded, coarsely chopped
- 1 jalapeño seeded and finely chopped
- 1 cup butternut squash, chopped into 1" cubes
- 1 tbsp chili powder



- 1 ½ tsp ground cumin
- 1 tsp smoked paprika
- 1 tsp tomato paste
- 1 can (15 oz) cannellini beans, drained and rinsed
- 2 cups chicken stock, divided
- 2 tbsp freshly chopped cilantro
- 2 tbsp fresh lime juice
- Salt and pepper to taste

DIRECTIONS:

- Heat the olive oil over medium heat in large pot. Add the turkey sausage, breaking up with wooden spoon, stirring occasionally until cooked through, about five minutes. Remove from the pan with a slotted spoon and place in a bowl. Set aside.
- Add the red onion to the pan, cooking until softened, about five minutes, adding more oil if the pan becomes dry. Add the garlic, bell peppers and jalapeños, and sauté for two minutes or until slightly softened. Add the butternut squash and spices, and sauté for one minute. Stir in the tomato paste, then add 1¾ cups of the chicken stock. Mix the remaining ¼ cup chicken stock in a bowl with half of the beans, and mash. Stir this into the pot and bring the liquid to a boil.
- Reduce the heat and simmer on low heat until the butternut squash is tender, about 10 minutes. Add the turkey sausage and remaining beans, and simmer another 10-15 minutes. Remove from heat and stir in the chopped cilantro and lime juice. Season with salt and pepper to taste, and enjoy!

Makes six to eight servings.

Recipe via *Flavor the Moments*

GBK

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Grey County Winter Bucket List

- ☐ Enjoy Night Skiing at Blue Mountain
- ☒ View 7 Frozen Cascades by Snowshoe
- ☐ Drink Hot Cocoa and Sleigh Ride Through the Snow
- ☐ Glide Across the Outdoor Rink at Cobble Beach
- ☒ Photograph the Radiant Festival of Northern Lights

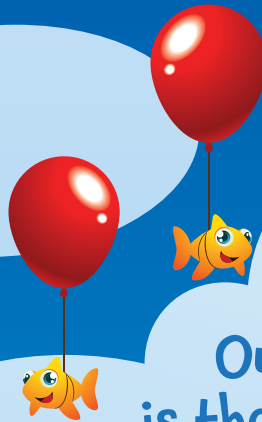
www.visitgrey.ca

Grey County
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is the 24/7 Kid friendly
place for games, stories,
homework help, and more!


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KIDS@BCPL

library.brucecountyon.ca

