

GREY•BRUCE KIDS

A FREE MAGAZINE FOR
PARENTS AND CAREGIVERS

WINTER 2015/16 • Volume 5 Issue 4 •

greybrucekids.com

4th anniversary
issue!

A day in the life of...

GET TO KNOW A LOCAL REGISTERED
EARLY CHILDHOOD EDUCATOR

Online safety

TALK TO YOUR KIDS ABOUT
HOW THEY USE TECHNOLOGY

FREE!



Building Character Through Adventure



CELTIC

Celtic Sports and Arts Camp

248 Stokes Bay Road, Lion's Head, Ontario N0H 1W0

(519) 793-3911 voice and fax

Web: www.campceltic.ca · Email: info@campceltic.ca

 @CelticCamp

**ACCREDITED
MEMBER**

OCA 
Ontario Camps Association

FROM THE PUBLISHER

Four wonderful years!

This issue marks our fourth anniversary of being the most trusted source of information for parents and caregivers in Grey and Bruce counties.

When we launched our first issue on Dec. 1, 2011, we had no idea if people would be receptive to our magazine, but since Day 1 we have been overwhelmed by the support of our readers, advertisers and distributors. To this day, we are still shocked by the number of people – friends and strangers alike – who take the time to tell us how much they enjoy Grey-Bruce Kids or, if their kids are grown or they're grandparents, how they wish it existed when they were raising their family.

Although receiving such positive feedback never gets old, the credit certainly doesn't belong with me. There is simply no way to thank the writers throughout our community for the hard work they do for our magazine. Every quarter I ask people from all walks of life and careers in Grey/Bruce to share their wealth of knowledge, and they do so with an enthusiasm that always shines through in their stories. Without their commitment to educating people locally, Grey-Bruce Kids would enjoy none of its successes.

This issue is no different, with some interesting stories on the growing cases of children with diabetes in our schools, how to help kids have healthy relationships, and the importance of making memories instead of just buying 'stuff' this holiday season. We also talked to OPP Const. Kevin Martin for Part 2 of our three-part look at staying safe on social media and he opened our eyes to potential pitfalls and dangers of youth and the Internet and cell phones.

Please enjoy our fourth anniversary issue, frequent our advertisers this holiday season, thank a distributor for hosting us, and have a happy holiday season and great winter!



Amy Irwin, Publisher



Happy Holidays from Amy, Dwight, Layne and Jace Irwin!

CONTENTS

- 4 Tidbits
- 6 Tales from Tots
- 8 Juvenile diabetes

11



Social media safety

Part 2 of our series looks at how parents can help keep their kids safe while using social media and cell phones.

- 14 Off the beaten path
- 16 Healthy relationships
- 18 A day in the life of...
- 20 Opinion
- 22 Conversation cards
- 24 Resources
- 28 Cool Kid
- 29 Winter Events
- 30 Recipes



Winter 2015/16

Publisher

Amy Irwin
amy@greybrucekids.com

Editor

Dwight Irwin
dwight@greybrucekids.com

Advertising inquiries

amy@greybrucekids.com

Grey-Bruce Kids welcomes your feedback.

EMAIL amy@greybrucekids.com

PHONE 519-524-0101

MAIL P.O. Box 287, Ripley, ON NOG 2R0



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

Snow Day? Keep the kids busy

Winters in Grey/Bruce can be harsh and when Old Man Winter strikes, he can keep us locked in our homes for days. For anyone with kids, that can mean some tense times, as tempers flare and the tension of tight quarters grows. If that happens this winter, try these ideas:

- Board game marathon.
- Skype long distance relatives (or friends down the street).
- Google some easy 'Minute to Win It' games and have a competition – parents included!
- Plan a progressive party. Each person is in charge of setting up an activity in a different room of the house. It can be colouring, a board game, a dance party, whatever. Kids can visit each of the various party stations.
- Spy training – tie yarn around the house (across thresholds, doorways, between pieces of furniture, etc.) and have your kids try to go through them as a spy in training would.
- Sugar cube snow fort – make snow castles by glueing together sugar cubes.
- Create a bullseye for snowballs and keep score.
- Fill spray bottles with water and food colouring and let the kids paint the snow.
- Freeze coloured water into ice cubes, then hide them around the yard for a wintertime scavenger hunt.

Be breastfeeding friendly

A new Breastfeeding Friendly Business Toolkit is now available to assist businesses and organizations in supporting both their customers and employees as they breastfeed their children. Breastfeeding is one of the most important starts to healthy infant and child development.

"Embracing breastfeeding-friendly businesses helps to support the entire community on the road to wellness; and we all want to be healthy," said Dr. Hazel Lynn, Grey Bruce Medical Officer of Health. "A measure of wellness of a community is reflected in the number of mothers who start and continue breastfeeding."

Launched in November by the Grey Bruce Health Unit, the toolkit speaks to the benefits of breastfeeding and contains strategies and resources businesses can use to create a baby-friendly environment for their patrons and employees. It takes a community-wide effort to break down the challenges to breastfeeding and to make it easier for breastfeeding to become part of the norm.

The health unit encourages businesses and organizations to review the Toolkit, go over the checklist and place a sticker in a visible location to show their support. The toolkit is available as a downloadable pdf online at <http://bit.ly/1SECqmr>. For more information, to receive a print copy of the toolkit and reusable sticker, contact the health unit at 1-800-263-3456 or publichealth@publichealthgreybruce.on.ca.

18

**Editions of Grey-Bruce Kids
have been published
since the first one
hit the street
on Dec. 1, 2011**

Santa Parades

Jolly Ol' Saint Nick and his elves are going to be busy again this December, with numerous Santa Parades planned for the first half of the month across the region. For a full listing of Santa Parades across Grey and Bruce, check our Events section on Page 29.

Random Act of Kindness Day® held

You may have heard Nov. 6 was Random Act of Kindness Day® in Grey/Bruce. The Community Foundation of Grey Bruce held the inaugural celebration of acts of kindness in our community with a goal of paying it forward and fostering a sense of belonging and well-being throughout Grey/Bruce. Random Acts of Kindness can be

as simple as helping a neighbour in need or buying a stranger's coffee at the drive-thru. These small acts put smiles on faces and can result in them doing the same for someone else. So why not practice for this annual event at least once a week? Learn more at <http://randomactofkindnessgb.com/about-rak/>.



360 VICTORIA ST NORTH
DOCKWICH, ONTARIO
N7A 2B6
TEL: 519-824-8580
FAX: 519-824-1341
BEN.LOBB@PARL.GC.CA
WWW.BENLOBB.COM

8400 HIGHWAY 28 SOUTH
BOX 9, SUITE 4
PORT ELGIN, ONTARIO
N0H 2C9
TEL: 519-833-2999
FAX: 519-833-2999

BEN LOBB, MP
Huron-Bruce



HOMEFRONT
first aid and
emergency training



Courses offered include:

- Standard First Aid and CPR (Levels A, C & HCP)
- Emergency First Aid and CPR (Levels A, C & HCP)
- AED Training and CPR (Levels A, C & HCP)

Call or email for course information and dates.

JANINE DONALDSON | Red Cross Training Partner
519 444 8164 | homefrontfirstaid@gmail.com

Helping You ... Think of Everything.



**You may know what you want in a home...
But Royal LePage helps you get what you need...**

- ✓ The perfect climbing tree
- ✓ A creaky stair, so you know when the kids get home late
- ✓ The right neighbourhood

Linda Bowers
519-396-5522 (OFFICE)
Royal LePage Exchange Realty Co.
PO Box 1270 - 777 Queen Street, Kincardine, ON
linda@bowershomes.ca
www.bowershomes.ca



Helping you is what we do.



the
TOP 10
REASONS
to be with

BRUCE TELECOM
brucetelecom.com

Positively **OUTRAGEOUS** service

1

2

Your **LOCAL** partner

3

Gimmick-free **VALUE**

4

EVERYTHING is right here

5

Truly **RELIABLE** service

6

You already **LOVE** us!

7

UNLIMITED streaming

8

The **LATEST** technology is here

9

We're close & **CONVENIENT**

10

We like to **GIVE STUFF AWAY!**

brucetelecom.com **BRUCE TELECOM**



TALES from TOTS

YOU NEVER KNOW WHAT THEY'LL SAY NEXT

We spoke to Mrs. Cohoon's Grade 1 class at Kincardine Township Tiverton Public School about Christmas!

How does Santa know what you wish for?

Isabella – He's magic.

Ava – Because he listens to you with his magic snowball.

Shyla – Because he watches everyone.

Taydem – Rollerskates – because he always has rollerskates.

Ruby – I always send my letter to him and I know he comes because he eats the cookies.

Paisley – 'Cause he's magic.

Trenton – I make a list.

Kyra – Because he can hear me.

Shawn – He hears me.

Coco – I have the Wish Book and I leave it out, open to what I want.

Cali – He has a magic mirror.

Avery – 'Cause I make a list for him.

Cohen – I tell him.

Victoria – I know Santa, I fly up to space when I'm sleeping and visit him.

Ella – I write a list.

Liam – Make a list, or he could just know.

Olivia – Because he knows what you are thinking and I send him a list. My Mom does because she works at the post office.

Lily – We write a list.

Hailey – 'Cause he can hear you.

Mackenzie – 'Cause when he comes he sees the list I made.

Nicholas – I write a list.

Craig – He's magic, he keeps an eye on us.

Finley – He has a big globe so he can see everyone.

How does Santa know if you are naughty or nice?

Isabella – 'Cause he can see you!

Ava – He can look through his magic snowball and see everyone.

Shyla – He just knows.

Taydem – Because I'm always nice.

Ruby – He always looks around for the kids who are good or bad and he sends me a letter.

Paisley – I don't really know.

Trenton – Don't know.

Kyra – Because he watched you if you're doing nice or bad and he looks at a TV to see.

Shawn – He watches you.

Coco – He's watching you and writes it down if you are good or bad.

Cali – He can see through the mirror and knows if you're naughty or not.

Avery – Cause he can see us in his special globe.

Cohen – My mom tells him.

Victoria – He watches you from space.

Ella – Because he can see us – but I don't know how.

Liam – If I'm angry he'll put me on the naughty list.

Olivia – He knows you're being bad because he's right above your head.

Lily – Because he's watching from the top of the earth and if you're very mean and naughty you get a chunk of coal – if you're nice you get a present.

Hailey – Depends on how good you've been because he can see you.

Mackenzie – He can see me.

Nicholas – He can see me.

Craig – Santa brings his elves down to look at us.

Finley – He can see me.

“Santa's watching from the top of the earth and if you're very mean and naughty you get a chunk of coal.”

If you could ask Santa any question, what would it be?

Isabella – To get a bike.

Ava – Why do you have a hat?

Shyla – I'd ask for lots of presents.

Taydem – I would like some shiny pink rollerskates.

Ruby – I'd ask him for a present.

Paisley – For a present.

Trenton – I'm hoping to get a Nerf gun that shoots 3,000 inches.

Kyra – What does he do when it is not Christmas?

Shawn – For a present I want a snowball maker.

Coco – What do you do in your workshop?

Cali – I would like to be a little fairy, can he make me one?

Avery – A doodle board.



Victoria – I want a Monster High.

Ella – How he makes all the toys.

Liam – If Santa has any helpers and I'd tell him when I sit on his lap.

Olivia – Can I have a baby doll? Then he'd drop it from above.

Lily – How cold is it?

Hailey – I like him and can I have a pet horse?

Mackenzie – How do the reindeer fly around the world?

Nicholas – Is the North Pole snowy?

Craig – What does Mrs. Claus look like?

Finley – What is his favourite sport?

What does Mrs. Claus do?

Isabella – She tells the elves what to make.

Ava – She waits for him until he gets back and helps the elves.

Shyla – She helps make the toys.

Taydem – She works on stuff like plants and flowers and tells those guys to make the presents.

Ruby – She helps him.

Paisley – I think she helps Santa write down the names on the naughty or nice list.

Trenton – She tells the elves what the children want.

Kyra – She delivers presents if Santa is busy.

Shawn – She makes the presents.

Coco – She helps Santa.

Cali – She helps Santa.

Avery – She cleans his suit.

Cohen – She helps him give out presents.

Victoria – She makes snacks for Santa.

Ella – She bakes cookies.

Liam – I don't know.

Olivia – She helps the elves make the toys.

Lily – She gets candy.

Hailey – She makes him supper.

Mackenzie – She cleans the floor.

Nicholas – I don't know what she does.

Craig – She helps Santa bring down the presents.

Finley – She just sits there and does nothing but cook him food.

GBK



HEALTH

Diabetes in our schools



By Denise Rand

All parents have concerns about leaving their children in the care of others, but for parents of children with diabetes there are more than the usual fears.

Children spend the majority of their waking hours at school during the week and, as a result, it becomes a team effort to ensure their health and safety.

COMMON MYTHS

Eating too much sugar does not cause diabetes. With planning, both adults and children with diabetes can include sweet treats in their diet. Diabetes is not contagious.

TYPES 1 AND 2

Type 1 diabetes occurs when the pancreas stops making insulin. It is an autoimmune disease and the most common type of diabetes in children, affecting about 100 kids in Grey and Bruce counties. It can't be prevented. When the pancreas stops making insulin, the body is unable to control the amount of sugar in the blood. A person with Type 1 diabetes must have insulin injected by a needle, pen or pump.

Type 1 diabetes can occur at any age but is most commonly diagnosed in childhood and you may hear it called 'Juvenile Diabetes.' In fact, the age group currently experiencing the largest increase in diagnoses of Type 1 diabetes are infants and toddlers. Type 2 diabetes is diagnosed when the body does not produce enough insulin or the body is resistant to the insulin that is produced. As a result, the body is unable to control the amount of sugar in the blood. Type 2 is most commonly diagnosed in adults and you may hear it called 'adult-onset diabetes.' However, over the last 10 to 20 years, more and more children are being diagnosed. Type 2 diabetes tends to run in families. Children with Type 2 are encouraged to eat a healthy diet, be physically active and, in addition, may need to take oral medication or inject insulin to control blood sugar levels.

WHAT ABOUT FOOD?

It is important to note that meals and snacks for children with diabetes are based on the same principles of nutrition as for any child. The difference is that timing of meals and snacks becomes more important since the food needs to balance with the insulin in order to control blood sugar. The carbohydrate content of meals also becomes important. For some children, the carbohydrate amount in the meal or snack has been planned or controlled. For others, the amount of carbs can be more flexible and the insulin dose is modified accordingly.

Carbohydrate is an important nutrient and should provide about half the calories in everyone's diet. Carbs are found in starchy foods such as bread, crackers and cereals as well as fruits, some vegetables and milk products. Protein foods such as meat, fish, poultry and cheese, as well as fats, do not contain carbohydrates.

With a little extra planning, children with diabetes can enjoy treats just like any other kids. For anyone supervising a child with diabetes, make sure the child has enough time to eat all

Paige's diabetes story

Hi, I'm Paige Jones. I am 14 and I was diagnosed with Type 1 diabetes on Nov. 6, 2009.

When I was first diagnosed with Type 1 diabetes it was tragic. It was a struggle but my parents were so amazingly supportive. My father has Type 1 diabetes too, so at least we had some experience on what to do. It was a struggle at first, watching what I ate and when. I had to eat certain foods to keep my counts maintained and I had to eat at certain times.

Having four needles a day was the absolute worst! I would have to have a needle while eating breakfast, lunch, dinner and before I went to bed. My mom would have to leave work at lunch just to come give me a needle and leave. I thought I had a hard time, but I try to imagine how my parents felt.

On Aug. 27, 2010, I got a Medtronic Pump. I didn't know such a small thing like a pump could make such a big difference. It didn't take me very long to get used to the pump, although there were some cons, but there were so many pros about having a pump.

Having a square electronic device on my side 24/7 was a con, and it can be difficult when swimming or at the beach, but these are things I've learned to overcome.

The pros are that I can eat whatever and whenever I want. My mom doesn't have to leave work at lunch, there are fewer fluctuations of blood sugars, there is precise and predictable insulin delivery, an increasingly flexible lifestyle and I only need a needle every other day!

My favourite part about having a pump is not needing four needles a day. What kid wants four needles a day? As a kid I was terrified of needles, I hated them. Finding out I needed four needles a day was horrible, until one day my Dad talked to me about getting a pump. I got to choose the colour (pink). The pump really showed me that I can have a semi-normal life.

For all the people saying they don't want a pump or they're scared to get one or don't know much about them, talk to someone and do some research, because I have four words to describe an insulin pump – could not live without!

Ever since I got my pump I have had so much more freedom. I can now hang out with my friends without my Mom or Dad worrying because I take sugar with me everywhere I go if I need it. An insulin pump has taught me how to take care of my own life. I strongly recommend an insulin pump to everyone living with diabetes.

Don't let diabetes control your life!

meals and snacks, and that the child eats at consistent times.

MEDICAL EMERGENCIES

It is important to note that, although high blood sugar is a risk for long-term complications of diabetes, it is usually not a medical emergency. On the other hand, low blood sugar or hypoglycemia needs to be recognized and treated immediately. A low blood sugar is when the blood glucose meter reads 4 mmol/L or less. Children younger than six are considered to have low blood sugar with a reading less than 6 mmol/L.

Common symptoms of low blood sugar are trembling, shaking, tiredness, weakness, sweating, irritability, hunger and dizziness. If any of these symptoms occur in a child it is a good idea to test the blood sugar. However, don't hesitate to provide fast sugar to the child if the blood glucose meter is not available and the child has these symptoms. The child needs fast sugar such as four glucose tablets or ½ to ¾ cup fruit juice or regular pop. It is best to avoid chocolate since it does not hit the blood stream as quickly. After treatment, wait 15 minutes. Recheck the blood sugar and repeat the treatment every 15 minutes until the child is feeling better and the blood sugar is above 4 mmol/L. Once the child is feeling better, and if the next meal is more than one hour away, the child needs a snack to prevent the blood sugar from dropping again. A good snack is three plain cookies, a granola bar or half a sandwich. Children with diabetes must have fast sugar and extra snacks available to them at all times. During and after treatment children need to be supervised. If you have questions, ask a medical professional.

All school staff should be familiar with the child that has diabetes and know how to treat low blood sugar. A low blood sugar reaction can be caused by a child not eating enough, or being extra active, but sometimes a low blood sugar reaction can seem to have no obvious cause. With planning, children with diabetes should be able to participate in all activities. The child may need to adjust meals, snacks and possibly insulin doses for special days and activities. Communication between the parents and the school staff is key to planning ahead.

SUPPORT

For children attending school, the parents, the child's diabetes team and the school educators work to create an Individual Care Plan. For younger children, the local Community Care Access Centre may be involved. School personnel participate in annual diabetes education, training and resource review to learn how to manage diabetes, including emergency procedures. Certified Diabetes Educators working with Diabetes Grey Bruce can facilitate training sessions in the child's community. Diabetes Grey Bruce is a team of registered nurses, registered dietitians and a nurse practitioner working at hospital sites throughout Grey and Bruce. The specialized team is based at Grey Bruce Health Services in Owen Sound and works in conjunction with the pediatricians at the hospital. **GBK**

***DENISE RAND** is a Registered Dietician, a Certified Diabetes Educator and an insulin pump trainer working with the Diabetes Grey Bruce team. Denise has over 30 years experience in health care, working many years in Brantford and more recently in Grey/Bruce.*



BIRTHDAY PARTIES!

Your unforgettable birthday party at the Museum includes:

- USE OF THE CAFE LEVEL/CHILDREN'S ROOM
- ADMISSION TO THE GALLERIES FOR UP TO 10 CHILDREN
- SCAVENGER HUNT
- MUSEUM PASSES TO COME BACK AGAIN
- SET-UP AND CLEAN-UP

Call to book yours today and ask about adding a craft as well. Your cost: Only \$100 (+HST)

33 VICTORIA STREET NORTH, SOUTHAMPTON, ONTARIO
519.797.2080 • 1.866.318.8889 • brucemuseum.ca

BRUCE COUNTY MUSEUM
A CULTURAL CENTRE
• BIRTHDAYS • PARTIES • EVENTS



AUDITORY
Health Care

Mandy Rhody M.Sc., Audiologist

We are a full service Hearing Clinic:

- Hearing assessment for all ages
- Hearing Aid prescription, fittings and care
- Cerumen (earwax) management

**202 Cayley Street
Walkerton, ON, N0G 2V0**
Contact us at (519) 881-4994
or info@auditoryhealthcare.ca

OFFICE HOURS:
Monday, Tuesday and Thursday
9:00 am to 5:00 pm
Wednesday and Friday
9:00 am to 3:00 pm

Closed daily for lunch from 12:30 to 1:30 pm



FOR ALL YOUR MUSIC NEEDS!
INSTRUMENTS • BOOKS • ACCESSORIES • REPAIRS

A&R Music
Artists and Repertoire

401 Durham St. E., Walkerton 
519.507.5550 armusic.ca



FAMILY



Online safety

PART 2 OF SERIES LOOKS AT HOW PARENTS CAN KEEP KIDS SAFE WHILE ONLINE

By Dwight Irwin

Kids over 10 have been flirting with each other since the beginning of time.

They know they're supposed to like each other; they're curious and awkward, and those who are ahead of the curve guide the less experienced through one of life's rites of passage – their first real crush. Some stumble along blindly, hoping to avoid making a fool of themselves, while the more confident ones do the teasing and giggling, initiate the first holding of hands and stealing of the first kiss.

These age-old rituals have taken place on playgrounds and in school hallways for generations, usually with the watchful eye of adults never far away. But today, it's nearly impossible for parents to see with whom or how their child is entering this phase of life, because a lot of it is done on computers and cell phones.

Sending a flirty text is today's equivalent of a boy pulling the braids of the cute girl that sits in front of him in math. Since these conversations can continue after school and throughout the night because of the immediacy of today's technology, and the fact most parents don't have access to their kid's phone conversations, they can quickly escalate and become more suggestive.

Think about how you got to know someone you were interested in during your teen years, and the barriers that prevented you from saying exactly what you were thinking. There was the risk of completely embarrassing yourself because your interactions were exclusively – at least until you were 'going out' and talked on the home phone (but often in the kitchen) – face-to-face, and there was also the physical end of the school day. When you went your separate ways after the last bell, you generally had no contact with this person until you returned to the school halls the next day.

Today, neither of these issues remain, because of the prevalence of cell phones in kids' hands and access to a social media landscape many of today's parents don't fully understand. Conversations can escalate from youthful fun to dangerous territory quickly, said OPP Const. Kevin Martin, the Community Services Officer for the South Bruce Detachment.

"This is how kids become brave enough to ask for naked pictures of each other – they just keep the conversation moving and it becomes more and more serious," Const. Martin said.

You're a lot less likely to be shy when you're in the privacy of your own home. In fact, this perception of being risk-free is exactly the behaviour that is so dangerous for today's kids, the officer said.

"Even if they trust the person they're sending the picture to, it only takes that person sharing it with one other person for that private picture to live forever."

And once a picture is out there, it's never coming back. There is no such thing as 'deleted from the Internet' and no recall function for texts. This has led to numerous youth having these suggestive or nude pictures leaked and shared across the Internet,

which can lead to bullying or being preyed upon, and fear, depression and even suicide for the victim. Every time someone sends a picture of themselves to a friend or stranger, they are opening themselves to this sort of cyberbullying. Yet it happens every day, right here in Grey/Bruce.

"It's natural for kids to be curious about the other gender, or drugs, booze and cigarettes for that matter," Const. Martin said. "But they don't have the maturity to know what is appropriate, and that's why sexting can be so dangerous."

Though concerning, this back-and-forth, 21st Century version of flirting is usually a two-way street. Another more pressing danger is the friendships with strangers that can easily be struck up online by unsuspecting or overly trusting kids, who are the first generation to be raised with the technology that allows them to display their entire lives for the world to see.

WATCH FOR ONLINE PREDATORS

An online predator's calling card is one simple question posed in a forum or chat room – age/sex/location (ASL)? People today don't hesitate to outline their entire life – what makes them happy and sad, their likes and dislikes – online. This paves the way for predators to easily get to know a teen, Const. Martin said.

"The Internet has become an electronic diary, for good or bad. Friends exchange thoughts, talk about what's trending, their favourite music – their whole life."

'Cyber Sleuth' checklist

Const. Martin uses the 'Cyber Sleuth Cyber Proof Checklist' when talking to students about online safety. Here is the contract he has students sign with their parents.

- I will not put personal information about my family, myself or any other person on any Internet site.
- I will not meet face-to-face with any person I meet online.
- I will never email or webcam any picture of myself, my family, my friends or my home.
- I will not respond to any message that is mean or that makes me feel uncomfortable. I know it is not my fault I received the message and I can tell my parents without being afraid.
- Our family will complete Cyber Sleuth's Cyber Proof Chart and post it with this checklist beside our computer.
- Only my parents and I know my password.
- I will not participate in any form of cyberbullying or cyber meanness.
- I know that information I get online may not be true and I will share with my parents any information or questions that make me feel uncomfortable.
- My family and I will meet once every month to discuss our experiences online.

This makes teens easy picking for predators, who can choose a person at random and immediately know practically everything about them.

“It’s like a smorgasbord for these people – they can sample as much as they want until they find someone they can groom.”

A predator will live as a teenager online and open a dialogue with their target. They’ll ‘mirror’ the youth, liking and disliking the same things to easily establish a rapport.

“They’ll build trust by saying, ‘Oh yeah, my parents really drive me crazy too. Nobody gets us like we do,’” Const. Martin said.

“The power lies in keeping this secret relationship from their victim’s parents. Predators say, ‘We have a solid connection and I always listen to you and understand what you’re saying, so now you’re going to send me a picture or meet me in person.’”

Then, if the child refuses, the predator flips it around and says they’ll contact the child’s parents and tell them they’ve been having an online relationship, and they’ll be in trouble if they don’t do what they’re told. This is where it gets dangerous, Const. Martin said, as many youth don’t realize it’s a sick adult on the other end of the conversation, sometimes until it’s too late.

WHAT CAN PARENTS DO?

It is nearly impossible to track what kids are doing on the Internet or their cell phones, Const. Martin said, though having the computer in a common room in your home is a start. The next step is to talk about proper use of these platforms from the very first time they use them. Set the ground rules, talk about what they’re doing online and on their phone, and establish a mutually agreed upon system for being walked through their profiles on occasion – all of them, even the apps and websites you’re not familiar with.

“The best way to protect them is to talk to them – to have an open dialogue. That way they know the difference between right and wrong. Be caring and be involved – show them you’re concerned about their online activity even if you don’t know much about the apps or social media platforms they’re using.”

Technology isn’t going anywhere and is advancing so quickly that no parent can be expected to be up-to-date on what kids are using to communicate today.

Online resources

www.internet101.ca
www.cybertip.ca
www.safecanada.ca
www.cyberbullying.ca
www.kidshelpphone.ca
www.netlingo.com
www.wiredsafety.org
www.media-awareness.ca
www.safety.sympatico.msn.ca
www.safety-council.org
www.preynet.ca
www.opp.ca
www.netsmartz.org
www.bewebaware.ca

“Parents don’t need to be computer programmers to protect their kids online, but they do have to embrace technology. Too many just say, ‘I don’t know how to use computers,’ and turn a blind eye.

“A parent’s link to their child supersedes any safety setting on a computer or site blocker, so invest the time to learn about their life and talk about what is and isn’t acceptable.”

He said many parents also think their children are too young to have these conversations, but you’d be surprised just how much they know at a young age. His school sessions begin for students in Grade 6 because they’re old enough to understand the issues but are hopefully young enough to not have had any experience.


Parents should also take their own advice when using social media, Const. Martin said. He constantly sees people posting family photos from a resort down south or ‘Checking In’ while on holiday. Predators have ways of using this information and the GPS data on your phone to track your family, putting you all at risk. It also gives potential robbers an open invitation to your home, while you’re enjoying your vacation, he added.

“It’s wonderful to be proud of your family and post photos – just wait until you get home.” **GBK**

PEAK® Point Real Estate Amber Jenings, Broker/ Owner
519.477.9639 amberjenings@peakpointrealestate.ca www.peakpointrealestate.ca



*Selling Homes, Cottages and Waterfront properties on the Bruce Peninsula,
including Sauble Beach, Southampton, Port Elgin, Wiarton & surrounding areas!*

CLHMS® Certified Luxury Home  **Marketing Specialist®**



BUYERS: I can show you/ work with you on any listed MLS® Property, not just PEAK® listings!

SELLERS: Book an appointment with me for a **FREE** Market Evaluation!



OFF THE BEATEN PATH

Bruce County is known for beautiful beaches, turquoise bays, world-class diving and phenomenal hiking, but summer isn't the only season to explore the Bruce. Have a snow-filled adventure in Bruce County this winter (don't worry, we'll provide the snow).

MacGregor Point Provincial Park's Winter Wonderland

Rustic, four-season camping yurts provide a cozy home base for exploring MacGregor's 11 kilometres of groomed trails and feeding friendly chickadees from your hands. MacGregor is also home to Ontario's first outdoor skating loop! It's 400 metres long, lit at night and open daily from 9 a.m.-10 p.m.



Cross-country skiing 101

The Jackrabbit Program at Sawmill Ski Trails teaches life-long recreational skills and cross-country skiing to children aged four to 12. Take the kids out for some extra practice on weekends at the Sauble Ski Trails and enjoy free hot apple cider in the chalet. Don't miss other exceptional trails throughout Bruce County, including Stoney Island Conservation Area, Colpoy's Ski Trails and Rankin Ski Trails, to name a few.

**PHOTOS COURTESY
BRUCE COUNTY
TOURISM**





Snowshoeing

Bruce County offers exceptionally varied trails ideal for snowshoeing beginners and pros. Don't have your own gear? No problem! Rentals are available at numerous stores throughout the county. Don't forget make a snow angel!



Wiarthon Willie Festival

With thousands of visitors each year, the Wiarthon Willie Festival honours Wiarthon's famous albino prognosticating groundhog. This year, expect giant igloos, sleigh rides, a kids' fun day, live music, a huge snowball fight, and, of course, Wiarthon Willie's spring prediction on Feb. 2.



Winterfests Galore

Pancake breakfasts, free skating, sleigh rides, tobogganing, ice sculpting, outdoor BBQs, and hot chocolate... Tiverton Winterfest, Sauble Beach Winterfest, and Ripley Winter Carnival are all great excuses to come out of hibernation!



Snowmobiling

Bruce County is a part of the OFSC District 9 trail system, which includes over 3,700 km of packed, groomed snowmobile trails. The clubhouses throughout Bruce County are great spots to socialize with fellow snowmobilers and they host events all winter.

Developing healthy relationships

By Bluewater District School Board staff

Healthy relationships, both at home and at school, are essential components to student wellness and success, and an important aspect of student mental health and well-being.

The strategic plan for the Bluewater District School Board ensures the well-being of students and staff in a safe supportive environment for teaching, learning and working. A tremendous amount of work surrounding this priority is being done by the board, including research and collaboration with staff, students and community partners to implement a number of strategies and initiatives that support student wellness. For example, the Link Crew program connects new Grade 9 students with senior students who offer mentorship, guidance and support when it comes to the adjustments and potential stresses perceived by entry into high school.

Outside the classroom, parents play a pivotal role in the area of relationships. To focus on this topic, the Council of Ontario Directors of Education recently released the 'Parent Tool Kit: Relationships' with its supporting document, 'A Guidebook for Parents and Schools.' These resources contain a wealth of helpful tips for parents when it comes to assisting their children in the development of healthy relationships.

The toolkit is divided into six sections:

- **Be a mentor:** This emphasizes the importance of empathy, modeling and positive parenting in building and maintaining healthy relationships.
- **Be involved:** This gives tips on how parents can be involved in supporting children's appropriate use of social media.
- **Be a role model:** This highlights importance of building positive and inclusive relationships.
- **Be a learner:** This focuses on the mental health and well-being of young people.
- **Be a coach:** This provides ways to deal with conflict and prevent bullying.
- **Be a guide:** This helps build resilience in children.




To complement these resources, Bluewater staff, who have been immersed in developing strategies around student wellness, offer the following tips to parents:

Recognize the importance of physical health. Physical and mental health go hand in hand. Nutrition, physical activity, play, restful activities before bed and regular and restorative sleep all contribute to emotional well-being and good mental health.

Teens need eight to 10 hours of sleep each night to function at their best. According to the National Sleep Foundation, sleep is food for the brain.

Positivity matters. Psychologist Dr. Martin Seligman came up with the acronym 'PERMA' - Positivity, Engagement, Relationships, Meaning and Accomplishment in life are essential for our happiness and in order for us to flourish.

Know the warning signs. When your child's mood, behaviour or lifestyle shifts significantly, it may be an early warning of some mental health stressors or struggles. Ask them about it. Early intervention and getting help is key to prevention and recovery. Keystone Child, Youth and Family Services can help so learn more at www.keystonebrucegrey.org.

An excellent resource for more information is the Children's Mental Health Ontario website at www.kidsmentalhealth.ca/children_youth/introduction.php. 

BLUEWATER DISTRICT SCHOOL BOARD serves communities in Bruce and Grey counties, with 42 elementary and 11 secondary schools. The board's vision is 'Preparing our Students Today for the World of Tomorrow.' Visit www.bwdsb.on.ca or on Twitter @BluewaterDSB.

LOOKING FOR SPACE TO OFFER
AN **EVENING PROGRAM FOR
YOUTH OR ADULTS?**

WONDERING WHAT IS
CURRENTLY BEING OFFERED
AT AREA SCHOOLS?



Please check us out at www.bwdsb.on.ca/coned
or give us a call at (519) 363.2014

SCANDINAVE SPA BLUE MOUNTAIN



Rejuvenating Scandinavian Baths

Relaxing Massage Treatments

Unwind Wednesdays

Getaway Packages

Holiday Gift Cards

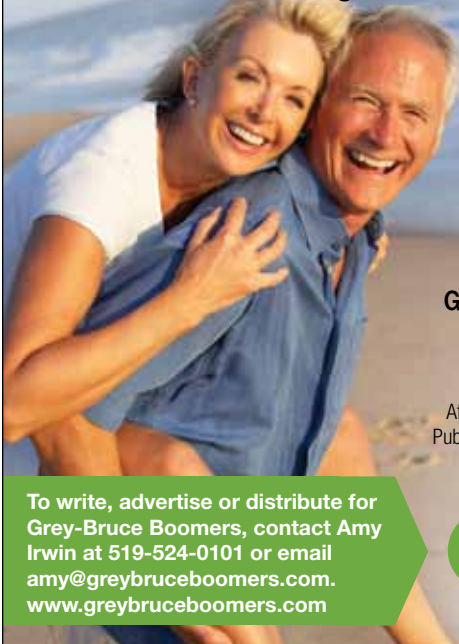
Open Daily

Enter our 12 Days of Christmas Contest!
Visit us on Facebook for more information.

ScandinaveBlue.com | 705.443.8484
152 Grey Road 21, Blue Mountains, ON

GREY-BRUCE boomers

A free magazine for adults 50+



Pick up the
only local
magazine for
Boomers in
Grey and Bruce!

Local information
Local writers
Affordable advertising
Published 4 times a year!

To write, advertise or distribute for
Grey-Bruce Boomers, contact Amy
Irwin at 519-524-0101 or email
amy@greybruceboomers.com.
www.greybruceboomers.com



Affordable solutions to protect your family

Focus on taking care of your family. Let's talk
about the customized life insurance options
I can offer to protect you today, with the
flexibility you need for tomorrow.



Jason Finner* B.A.Sc. P.Eng.

Tel: 519-396-2220

Cell: 519-955-2566

jason.finner@sunlife.com

www.sunlife.ca/jason.finner

732 Queen Street

Kincardine, ON N2Z 2Y4



*Mutual funds offered by Sun Life Financial Investment Services (Canada) Inc.
Sun Life Assurance Company of Canada is a member of the Sun Life Financial group of companies.
© Sun Life Assurance Company of Canada, 2015.

A day in the life of...

a Registered Early Childhood Educator

Often, we attend Early Years programs or drop the kids off at daycare without taking the time to think about who is looking after our kids or what their day looks like. In this new feature, we'll introduce parents to the community professionals who are helping care for our kids.

Who?

Kathy Johnston

Role?

Registered Early Childhood Educator at Ontario Early Years Centre, Walkerton

Experience?

- Early Childhood Education Diploma from Mohawk College
- 12 years working in childcare centres
- 2003 to present at OEYC in Walkerton
- Registered Member of the College of ECE

Kathy's role is to provide educational programs, information and support to assist families in their parenting role. A large part of this is working together with parents and caregivers to prepare children up to six years of age for lifelong learning, health and well-being.

During these programs, parents and caregivers learn about their child's growth and development, experience activities they can re-create at home, meet other parents/caregivers, share parenting experiences with professional staff, find out about other community services and more. Kathy also provides information and support to other early years professionals in the community.

Biggest reward?

Kathy says she's fortunate to see so many smiles. "Baby grins, the proud smile of a child making a new discovery, children laughing together, beaming smiles when parents/caregivers share their parenting triumphs, and smiles mixed with relief when challenges are shared and parents/caregivers find out that many others have shared the same experiences," she said. "Definitely the relationships I develop with children, parents, caregivers, team members and partner agencies are the most rewarding part of my role."



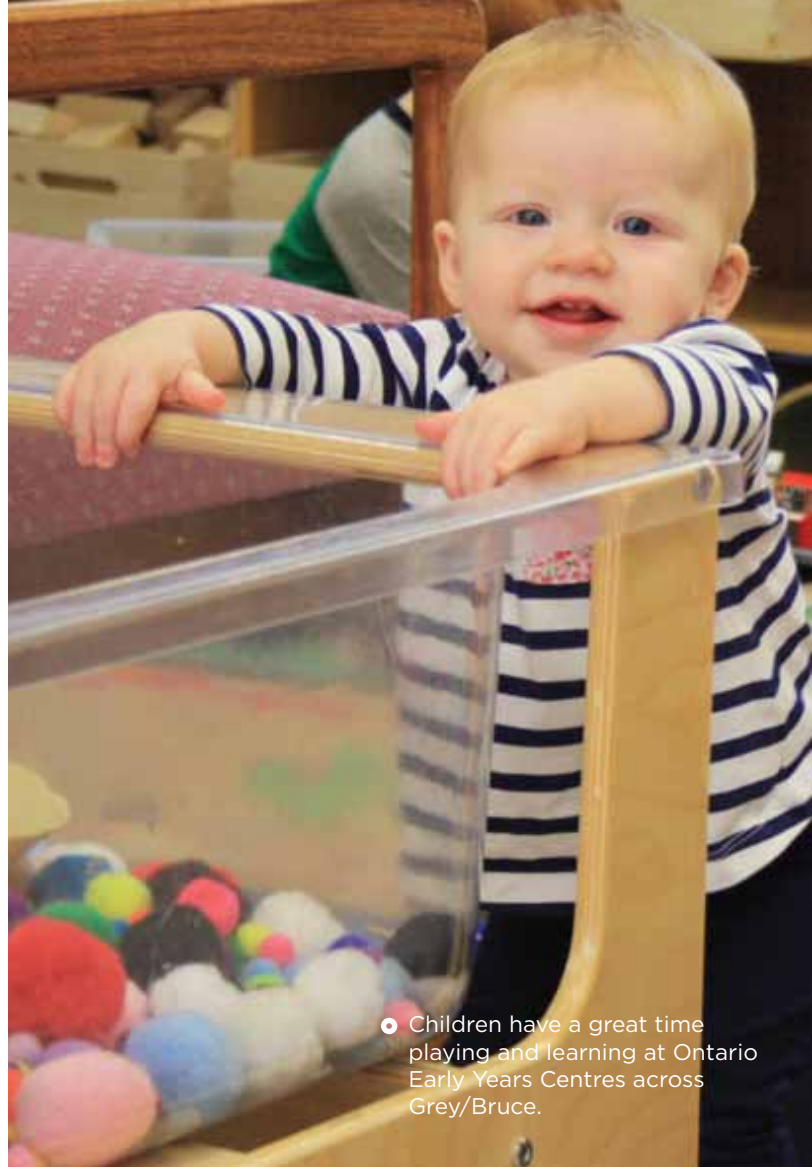
• Kathy Johnston, a Registered Early Childhood Educator, works for Ontario Early Years Centres.

Biggest challenge?

"When programs are extra busy, it is more difficult to make meaningful connections with all of the families present. On these busy days it is more challenging to ensure everyone's needs are being met. I really appreciate when families step in and support each other when they see that I am connecting with a family."

What should parents/caregivers know?

"Ontario Early Years Centre program staff are here for them. Without families attending and providing feedback, we wouldn't have the wonderful programs that we offer! Parents/caregivers, OEYC workers and community agencies are all part of a team that strives for the best possible outcomes for children."



● Children have a great time playing and learning at Ontario Early Years Centres across Grey/Bruce.

A typical day...

8-8:30 a.m.: Load vehicle and drive to outreach location.

8:30-9:30: Set up the space for early learning playgroup. This includes a balance between pre-planned activities based on previous experiences with the group and new activities Kathy thinks will be of interest to the children. When she has extra time before families arrive, she checks emails/Facebook for messages from families or co-workers.

9:30-10:30: Welcome families as they arrive and support those who may need an extra hand. During free play and discussion, Kathy offers ideas for activities at home and provide links to outside resources/agencies as needed. She answers questions, gives suggestions and updates participants when there is new information from public health and other community agencies. She often takes pictures and video of children and parents/caregivers playing together so she can document the learning that takes place during play. Photos/video can also be shared with family members who are unable to attend the program.

10:30-11:10: At outreach, children bring a snack and there is a time offered for taking a break from play and coming together for conversation and refreshment. After snack there is more time for children to explore and learn through play.

11:10-11:30: Playgroup ends with a tidy up time that children participate in and a group time experience that includes a combination of active songs and finger plays, games and a story. This group time is flexible and content can change based on the age group.

11:30-noon: Kathy finishes cleaning up and storing the equipment. She drives back to the main site, unloads and cleans her supplies. She connects with co-workers about their outreach experiences that day, often sharing ideas and photographs of how children responded to activities to enhance future planning. Back at the main site (depending on the day) the afternoon may include a program for parents, staff meetings, research and planning for future programs, inviting guest speakers, connecting with community partners, monthly calendar updates, proofreading, Facebook posts, responding to or sending emails to participants, inputting statistical data and purchasing.

GBK

Making memories

Family traditions last much longer than the gifts under the tree

By Erin Little

Let me paint you a picture.

It's Christmas morning and the air is bitter cold. A light snow is falling. The fire is lit, warming the winter air. Fresh hazelnut coffee is brewing and the house is filled with the smell of fresh cinnamon buns being baked in the oven.

The kids wake to find a new fluffy bathrobe, along with new pajamas with the latest design, and some fuzzy slippers to match. They quickly change and then race down the stairs to see if Santa has finished his cookies and milk. Everyone sits around the table indulging in sweet, sticky, warm and delicious cinnamon buns with the most delicious cream cheese frosting, a breakfast dish that is normally considered a sweet dessert and would never be served on a "normal" day.

The kids can't wait to see the look on Mom and Dad's faces when they open the beautifully decorated picture frame they made. Breakfast is finished and the rules are again broken when dirty plates and empty cups are left behind. Mom and Dad fill their Christmas-themed coffee mugs that were made by the kids last year during an arts and crafts session at Grandma's, and they walk into the family room, egg nog and coffee in

hand, Christmas Carols playing in the background and the kids enthusiastically sorting through their stockings.

The stockings are filled with a multi-coloured candy cane, a tinker toy, a pair of holiday tights and socks, a homemade bath bomb, a hair clip for the girls and a new hat for the boy, and ornaments that reflect upon a baby's first Christmas – a bicycle representing learning the art of riding and ballet slippers to signify a new-found love of dancing.

Everyone is seated around the Christmas tree anticipating whose name will be called to play elf. It was always special to be the one to hand out the gifts that magically appeared under the tree; to be the first to give the presents a gentle squeeze and soft shake. The house rule has always been the kids were allowed to dive into their stockings but there was no touching of the presents.

The two other kids sit patiently as the elf carefully tiptoes around the tree to find the perfect gift to hand to each person, and they always start with gifts to and from each other. There are handmade gifts into which much love and thought goes. One year, the planning for mother's lavender sachets, which she places around the house, began in the spring when they cut and dried the lavender. Kind words are exchanged as everyone expresses their appreciation for the hard work and thoughtfulness to each gift.

By now, the kids are bursting at the seams to give their gifts to Mom and Dad. It's a picture frame and photo collage that

encapsulates the year that was – the toothless smiles, skinned knees and dirty cheeks will remind them of their son learning to ride a two-wheeler, the lost tooth at the cottage and when they thought the youngest was playing quietly, only to learn she was in the bathroom filling the toilet with goldfish crackers, saying “Oh no,” the entire time.

Next Mom and Dad exchange gifts. Dad gives Mom the usual book of coupons consisting of a day at the spa, a day off from cooking dinner, a special fancy date night and, Mom’s favourite, a family movie night with popcorn and M&Ms. Mom surprises Dad with a new picture frame for his office, filled with the newest family photo, along with homemade shaving gel and a container of coins for him to sort through as he is an avid coin collector.

Only three gifts remain under the tree and all proudly with a tag that reads, “From: Santa.” The kids are ready to burst since they have waited all month to see if they would receive the one thing they so desperately wanted. The oldest, who is eight, has a doll named Pixie that she got when she was two. How she loved playing mom and baby alongside her Mom, soon after her little brother was born. Pixie is a part of the family. So this year, when she got to ask Santa and his elves for one thing, she asked that Pixie get new hair. She loved taking care of Pixie and, after many years of brushing her beautiful golden locks, much of her hair had been lost.

As she ripped open the wrapping paper and discovered Pixie with new hair, her face lit up with delight as she grabbed her and gave her a loving hug. Her Christmas wish had come true and, as the last gift was unwrapped, the warmth, love and laughter throughout the house continued. The day was filled with family time shared with stories, games and a special Christmas movie, culminating with a feast with extended family and friends.

I paint this picture as an example of how less is often more – Christmas should be less about ‘stuff’ and more about time spent together. Christmases will come and go – as will gifts – but the memories and traditions of your family will last a lifetime.

Before I wrote this, I asked myself how many gifts of the hundreds I opened as a child do I remember? How many do my parents remember? Between us, we could recall a handful over my 31 years, and the ones we did remember were the gifts I truly wanted at the time. It’s sad I don’t remember all the gifts



my parents worked so hard to put under the tree, but what I do remember is them being there, being present and sharing traditions, the rule-breaking breakfasts, the sounds and smells of Christmas, being the elf, and how tired my parents were after being woken up at 4 a.m. sharp to tell them Santa had made it. Those are the moments that matter, and no one can ever take them away from me. They will never end up in a landfill because the arm broke off or too many pieces were lost.

This year I encourage everyone to reflect on your family and put your energy into creating memories instead of buying the many things your child likely doesn’t need, and most likely won’t remember. As you get inspired to celebrate the holidays with traditions that are comfortable with you, I wish you much love and simplicity to all. **GBK**

ERIN LITTLE lives in Port Elgin with her two children and husband Chad. She blogs at www.ourlittlehappenings.com.



MAKE A DIFFERENCE IN THE LIFE OF A CHILD -

Open your Home,
Open your Heart!

FOR MORE INFORMATION ON FOSTER CARE AND ADOPTION, PLEASE CALL

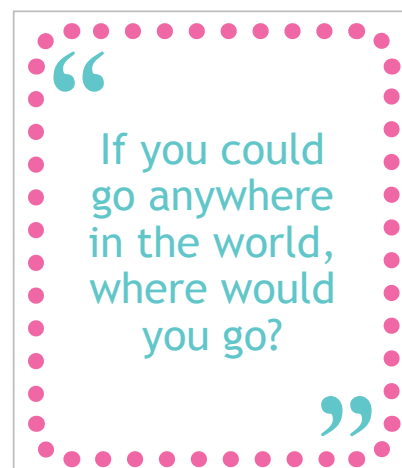
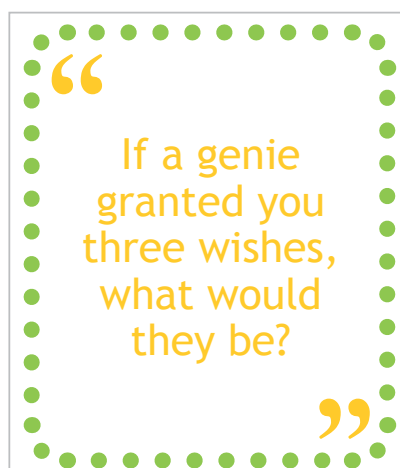
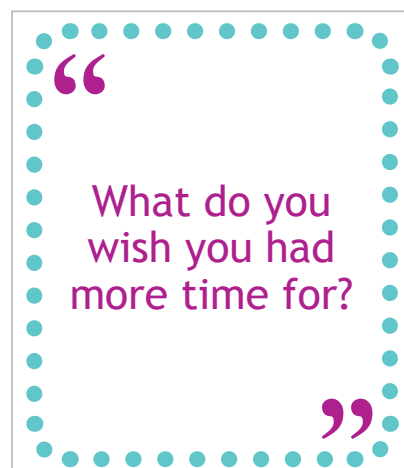
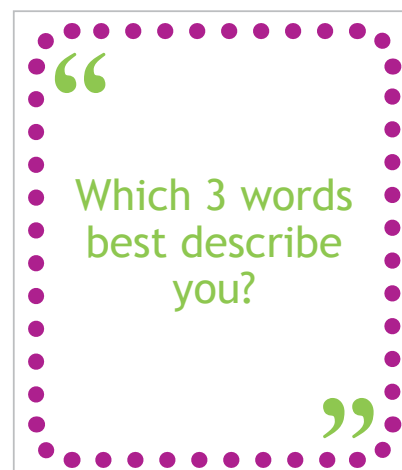
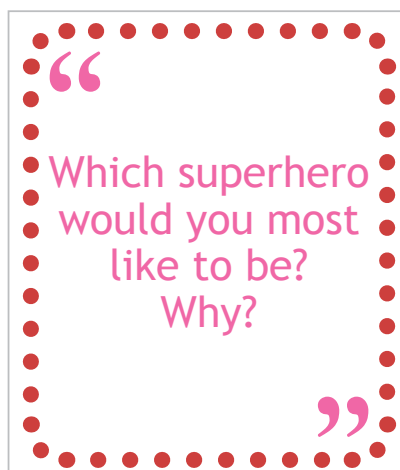
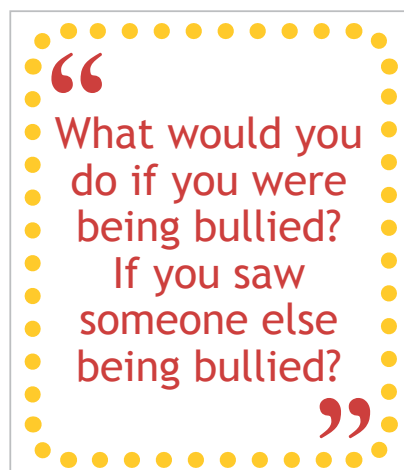
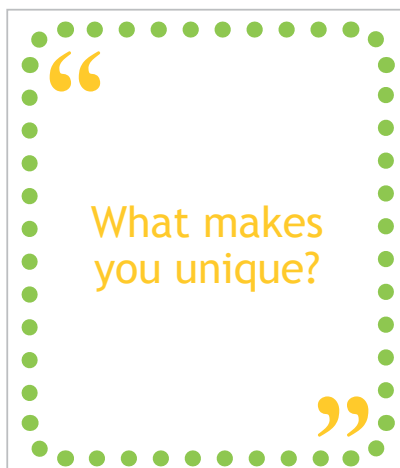
(519) 371.4453 or 1.855.322.4453
or visit www.bgcsf.ca

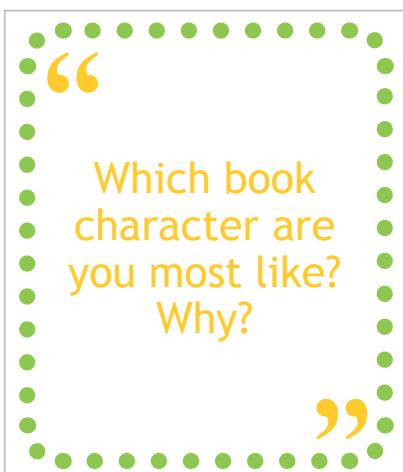
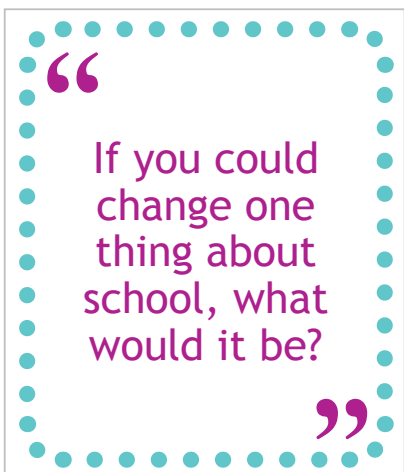
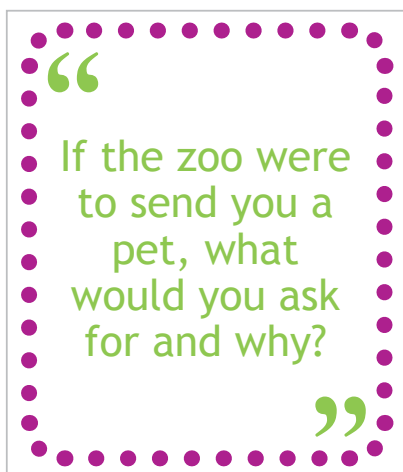
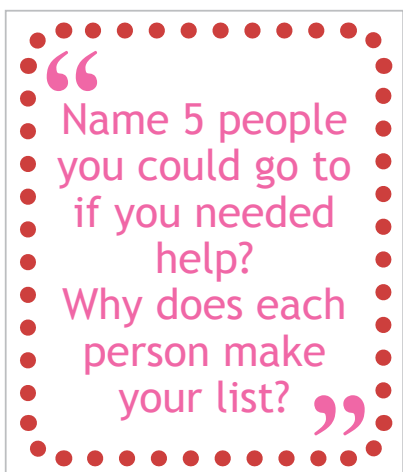
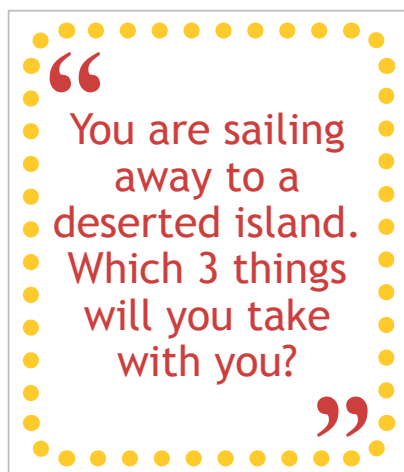
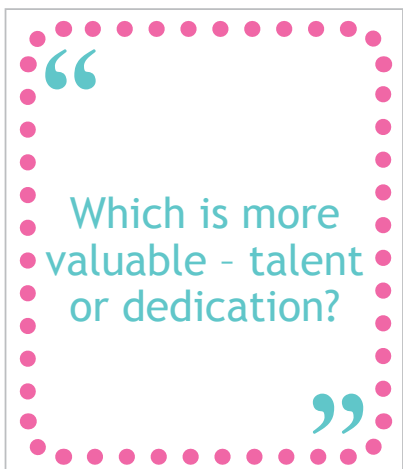
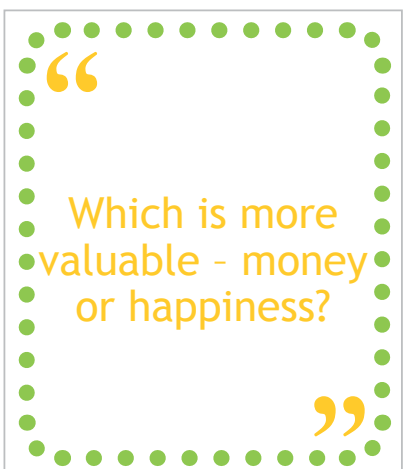
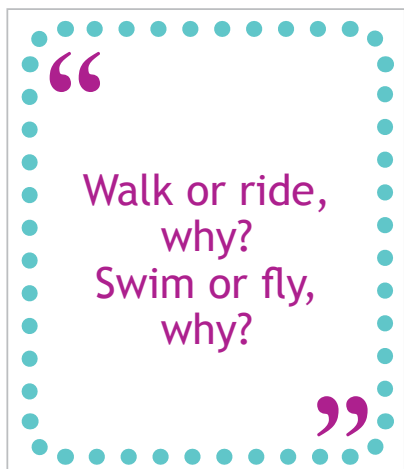
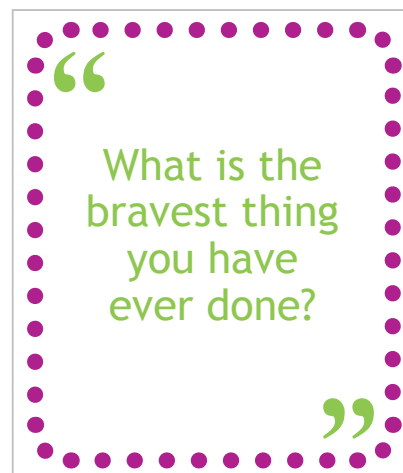
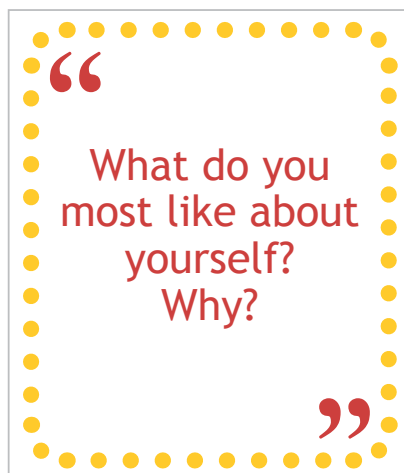




Conversation starters

QUIET AROUND THE DINNER TABLE? BOOST YOUR CHATS WITH THESE TOPICS





RESOURCES

ABUSE (PHYSICAL/SEXUAL)

Assaulted Women's Helpline

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

Bruce Grey Child and Family Services

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

Keystone Child, Youth & Family Services

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

Saugeen First Nation - Kabaeshiwiw 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
Warton 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.sbgbc.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

Grey County Childcare Services

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

Hanover Montessori Children's House

1-800-906-7036 or 519-364-6455

Happy Hearts Day Care Centre

519-376-1284
Owen Sound

Inglennook Creche Day Care

519-371-9471
Owen Sound

Kids & Us Community Childcare and Family Education Centres

Ayton - 519-665-2022
Dundalk - 519-923-2182
Durham - 519-369-9911
Holstein - 519-334-3132
Markdale - 519-986-3692
Osprey - 519-922-2333
Paisley - 519-353-7220
www.kidsandus.ca

Kids Street Nursery School - Port Elgin

519-389-9050

Kinhuron Integrated Day Nursery School Co-op

519-396-4532
Kincardine

Le Jardin des decouvertes - Owen Sound

519-371-4411

Military Family Resource Centre - Meaford

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

Meaford Co-operative Nursery School

519-538-3854

Nawash N'Shiime Day Care Centre

519-534-3909
Neyaashiinigiing (Cape Croker)

Queen of Hearts Nursery School

109 Balmy Beach Rd., Owen Sound
www.queenofheartsnurseryschool.com

Sandbox Daycare - Hanover

519-506-7263

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

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

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

**Warton Kids Den Day Care/Kids Club
School age Program**
519-534-4434

Warton Nursery School
519-534-2121

**Wooden Hill Child Care Centre (La Colline
De Bois) at Notre Dame School**
519-376-6952
Owen Sound

YMCA Childcare
Arran Tara - 519-376-0484
Hanover - 519-364-4938
Kincardine - 519-396-9622
Owen Sound - 519-376-0484
Port Elgin - 519-832-6225
Ripley - 519-395-5570
ymcaowensound.on.ca

DIET/NUTRITION

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

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

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

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

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

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

EDUCATION

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

Adult Learning Centres
Collingwood, Port Elgin, Markdale, Owen
Sound, Walkerton, Warton
www.adultlearningcentres.com

Blewater 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, Durham
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.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 - 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>

Nemesis Group Services
Owen Sound; 519-372-2425
www.nemesisgroupservices.com

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; Admin: 1-888-577-3111
info@victim-services.com;
www.victim-services.com

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

FINANCIAL SUPPORT

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

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

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

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

YMCA of Owen Sound and Grey/Bruce
519-376-0484 or ymcaowensound.on.ca

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)

RESOURCES

Salvation Army

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

Tobermory Food Bank

519-596-1501

Walkerton and District Food Bank

519-881-0168

Warton Food Bank

519-534-0353

Habitat for Humanity Grey Bruce

1-866-771-6776 or habitat@bmts.com
www.habitatgreybruce.com

Ontario Tenants Rights

ontariotenants@hotmail.com
www.ontariotenants.ca

Safe 'n Sound Homelessness Initiative

519-470-7233
www.safesoundgreybruce.com

Subsidized housing

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

HEALTH CARE

Auditory Health Care

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

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 - 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>

Heart to Heart

Psychotherapy and Play Therapy
www.maryjo.ca or 289-237-7056

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, chiropractist
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 - Owen Sound

1-866-202-2068 or admin@mwikwedong.com
www.mwikwedong.com

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 thebluemoountainslibrary.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
Kincardine - 519-396-3289
Lion's Head - 519-793-3844
Lucknow - 519-528-3011
Mildmay - 519-367-2814
Paisley - 519-353-7225
Port Elgin - 519-832-2201
Ripley - 519-395-5919
Sauble Beach - 519-422-1283
Southampton - 519-797-3586
Tara - 519-934-2626
Teeswater - 519-392-6801
Tiverton - 519-368-5655
Tobermory - 519-596-2446
Walkerton - 519-881-3240
Warton - 519-534-2602

Collingwood Public Library

519-445-1571
www.collingwoodpubliclibrary.ca

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.brucecounty.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
www.tobermorymaritime.ca

Treasure Chest Museum - Paisley
519-353-7176 or http://bit.ly/1PjTS1D

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'Wickwedong (Owen Sound) - 519-371-1147
Owen Sound (Bayview) - 519-371-7034
Port Elgin - 519-389-5762
Thornbury - 519-599-2577
Walkerton - 519-881-2739
Warton - 519-534-5550

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 or www.clkd.ca

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

**Bruce Peninsula (Warton) Association
for Community Living**
519-534-0553

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

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 or 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@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.swccac-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

Overcoming adversity

Imagine how devastating it would be to learn you had chronic kidney disease at the tender age of 10. How much worse would it be if you learned you were actually born without a left kidney?

Christopher Pennington, who will turn 11 on Dec. 6, experienced just that this past spring when he was diagnosed with an autoimmune disorder called Henoch-Schonlein Purpura (HSP), which rarely causes chronic kidney disease, but unfortunately does in his case.

Though this diagnosis was shocking, he has remained positive and active, leading his hockey team to the championship as its goaltender, said his Mom Cathy.

“With the help of the doctors at London’s Children’s Hospital, and the support of the Kidney Foundation, as well as the proper precautions in place, Christopher is determined to continue being an active boy, playing the sports he enjoy so much,” she said.

Christopher has also become an advocate for the local kidney foundation, being named the Honorary Chair of the Owen Sound Kidney Walk, which was held in September. His team of walkers raised an amazing \$6,222.85 of the \$7,232.85 raised at the walk, with Christopher bringing in nearly \$3,000 by himself!

“He did an amazing job and I’m so proud of him,” Cathy said, adding his goal is to work with the Kidney Foundation to find a cure for kidney disease.

Christopher knows many people with chronic kidney diseases lose kidney function and require a transplant. He also knows that for many, dialysis is the only option, because there are not enough kidneys available for transplant. That’s why he makes a



● Christopher Pennington was diagnosed with chronic kidney disease this year and has become an advocate for the Kidney Foundation. Photo submitted

point of asking everyone to register to become an organ donor, so less people will require dialysis, his Mom said.

“The more people that can receive a kidney transplant the sooner they can return to leading a normal life,” Cathy said. **GBK**

For being this issue’s Cool Kid, Christopher 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.

**We have you covered,
so you can focus on
what really matters.**



MILLER
INSURANCE BROKERS

Kincardine | Port Elgin | Southampton | Owen Sound
Hanover | Teeswater | Clifford | Harriston

1 (800) 265-3000

www.millerinsurance.ca

WINTER EVENTS

SANTA PARADES

Southampton - Dec. 4 - 7 p.m.
Lion's Head - Dec. 5 - 1 p.m.
Durham - Dec. 5 - 2:30 p.m.
Dundalk - Dec. 5 - 6 p.m.
Kincardine - Dec. 5 - 6:30 p.m.
Warton - Dec. 5 - 6:30 p.m.
Hanover - Dec. 5 - 7 p.m.
Meaford - Dec. 5 - 7 p.m.
Chesley - Dec. 6 - 7 p.m.
Kemble - Dec. 6 - 2 p.m.
Tobermory - Dec. 12 - 1 p.m.
Holstein - Dec. 12 - 1 p.m.
Chatsworth - Dec. 19 - 10:30 a.m.

DECEMBER

1

By Our Hands Artisan Show

Nature's Millworks, Paisley
 519-353-4017
www.naturesmillworks.com
 Runs through Dec. 21

Victorian Christmas Family Activities

Billy Bishop Heritage Museum, Owen Sound
 Saturdays and Sundays in December
 1-4 p.m.
www.billybishop.org

Jingles & Joy

Blue Mountain Village
 10 a.m.-7 p.m., Sunday to Thursday
 10 a.m.-9 p.m. Friday and Saturdays
www.bluemountainvillage.ca

Christmas in the Southampton Art Gallery

201 High St., Southampton
 519-797-5068 or www.southamptonart.com
 Runs through Dec. 28

Owen Sound Festival of Lights

5-11 p.m. daily
 25 km of Christmas lights throughout the city
www.festivallights.ca
 Runs through Jan. 4

Huron-Kinloss Holiday Shopping Pass

Downtown Lucknow and Ripley
www.huronkinloss.com
 Runs through Dec. 24

2

Pre-school Christmas Fun

Bruce County Museum & Cultural Centre,
 Southampton
 10 a.m.
www.brucemuseum.ca
 Also runs Dec. 9 and 16

3

School's Out Movies

Bruce County Museum & Cultural Centre,
 Southampton
 2:30 p.m.
 519-797-2080 ext. 104
cschmidt@brucecounty.on.ca

4

Aladdin and the Wonderful Lamp

Meaford Hall, 12 Nelson St., Meaford
 7-10 p.m.
 Free play for kids 13 and under.
www.meafordhall.ca

5

One Magic Christmas 30th anniversary

Meaford Hall, 2 p.m.
 Free with donation to Golden Town Food-bank.
www.meafordhall.ca

Big Brothers Big Sisters of Kincardine & District Christmas Yard Sale

Kincardine United Church
 8 a.m.-noon
 519-396-3565 or bbrosis@bmts.com

6

Ol' Fashioned Santa Holiday Fun Day

Grey Roots Museum & Archives, Owen Sound
 519-376-3690 or lara.javalyn@greyroots.com
www.greyroots.com

12

Memories of Christmas

Bruce County Museum & Cultural Centre,
 Southampton
 1-4 p.m.
www.brucemuseum.ca

Moreston Village by Candlelight

Grey Roots Museum & Archives, Owen Sound
 4-8 p.m.
www.greyroots.com

Thornbury Old Fashioned Christmas

21 Bruce St., Thornbury
www.thornbury.ca

West Grey Family Christmas

Durham Community Centre
 1-4 p.m.

13

Chantry Singers Lessons and Carols

Southampton United Church
 7:30 p.m.
 519-832-9957

Christmastime Family Concert

Owen Sound City Band
 Bayshore Community Centre, Owen Sound
 2 p.m.; info@owensoundcityband.org

19

Christmas Cookies & Cards

Bruce County Museum & Cultural Centre,
 Southampton
 1-2:30 p.m.; www.brucemuseum.ca

Make Art

Tom Thomson Art Gallery, Owen Sound
 1-3 p.m.
www.tomthomson.org
 Also the third Sunday of Jan. and Feb.

Christmas Cookie Exchange

Chesley, Paisley and Tara library branches
 1-2 p.m.
 Registration is Dec. 1-15.
<http://library.brucecounty.on.ca>

21

Christmas Family Fun Days

Bruce County Museum & Cultural Centre,
 Southampton
 10 a.m.-5 p.m.; www.brucemuseum.ca
 Runs through Dec. 23

31

New Year's Eve Family Celebration

Julie McArthur Regional Recreation Centre,
 Owen Sound
 5:30-8:30 p.m.; www.owensound.ca

JANUARY

30

7th annual Groundhog Jog in Warton

Peninsula Shores District School, Warton
 Leigh Grigg 519-270-8041
www.peninsulaadventure.ca

Warton Willie Festival

519-534-4545 or www.visitwarton.ca
 Runs through Feb. 2

FEBRUARY

4

PA Day Adventures - The Science of Food

Grey-Roots Museum & Archives, Owen Sound
 Pre-registration required
www.greyroots.com

5

Tiverton Winterfest

www.kincardine.net
 Runs through Feb. 7

6

Grey/Bruce Chinese New Year Celebration

Owen Sound & North Grey Union Public
 Library, Grey Roots Museum and Tom
 Thomson Art Gallery
 519-376-6623

Romp to Stomp Snowshoe Series

Scenic Caves Nordic Centre, Blue Mountains
 9 a.m.-1 p.m.
www.sceniccaves.com

12

Ripley Winter Carnival

www.huronkinloss.com
 Runs through Feb. 14

13

Family Day Snowfest

MacGregor Point Provincial Park, Port Elgin
www.friendsofmacgregor.org
 Runs through Feb. 15

15

Family Day at Cobble Beach

Cobble Beach Golf Resort, Kemble
 1-888-278-8112 or www.cobblebeach.com **GBK**



RECIPES

No-bake holiday cookies

Here are some super-easy, no-bake holiday cookie recipes that the kids can help with, from the recipe collection of Grey-Bruce Kids Publisher Amy Irwin (well, her Mom!).

CHEERIO PEANUT SQUARES

INGREDIENTS:

- ¼ cup butter
- ½ cup peanut butter
- 1 cup peanuts
- 3 cups mini-marshmallows
- 3-4 cups Cheerios
- 1 cup raisins

DIRECTIONS:

Butter a 9x9 pan. In a large saucepan, melt butter, marshmallows and peanut butter until smooth. Mix in cereal, peanuts and raisins until coated. Press into pan and let cool.

SPIDERS

INGREDIENTS:

- 1 six ounce package, chocolate chips
- 1 six ounce package, butterscotch chips
- 1 eight ounce package, peanuts
- 1 package, dry Chinese noodles

DIRECTIONS:

Melt all chips in a double boiler. Mix in peanuts and noodles. Drop onto a cookie sheet or waxed paper. Cool until set.

CHOCOLATE COCONUT COOKIES

INGREDIENTS:

- 2 cups white sugar
- 3 tbsp cocoa
- ½ cup butter
- ½ cup milk



DIRECTIONS:

Boil for exactly 1 minute and 40 seconds in a saucepan.

ADD:

- 2 ½ cups oatmeal
- 1 cup coconut
- 1 tsp vanilla
- 1 tsp salt

Drop onto waxed paper and cool until set.

FIVE MINUTE FUDGE

INGREDIENTS:

- ⅔ cup Carnation milk
- 1 ⅔ cups white sugar
- 1 tsp vanilla

DIRECTIONS:

Mix in saucepan, bring to a boil, stirring constantly. Boil five minutes.

ADD:

- 1 ½ cups mini marshmallows
- 1 ½ cups chocolate chips
- ½ cup nuts (if desired)

Pour into a buttered, 8x8 inch pan. Cool and cut. **GBK**

Give the gift of
CAMP
this Christmas!

Camp 
Cherith®



www.campcherith.ca | 519-881-2448 or 705-734-2122 | cherith.ont@sympatico.ca

*Your energy
adventure*

STARTS HERE

WWW.BRUCEPOWER.COM

EXHIBITS
.....
FILM PRESENTATIONS
.....
FREE ADMISSION



BRUCE POWER VISITORS' CENTRE

Open year round, Monday to Friday, 9 a.m. to 4 p.m.
Open Saturdays in July and August (closed statutory holidays)

3394 Bruce County Road 20 (4th Concession)
West of Highway 21, 5 km north of Tiverton, ON
519 361 7777

Bruce Power™

Innovation at work



THE COOLEST PLACE TO BE



LEGO
Stories
Crafts
Movies
Contests
Video Games



BRUCE COUNTY
PUBLIC LIBRARY

KIDS@BCPL



library.brucecounty.on.ca