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WINTER 2016/17 • Volume 6, Issue 4

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5TH ANNIVERSARY ISSUE

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FROM THE PUBLISHER

Thank you for five amazing years

Five years, 21 issues, 576 pages and 210,000 copies.

Too many amazing local contributors to count.

When I started Grey-Bruce Kids five years ago, I didn't think ahead to celebrating this milestone anniversary. I was living issue-to-issue, concerned about putting out a great magazine every quarter, and the years just snuck up on me, as they do everyone. When my husband Dwight and I decided the area needed a free resource for local parents, we were freshly back in Bruce County with a three-year-old toddler and a four-month-old baby. Looking back, I'm not sure why I decided that was the right time to start a business, but things happen for a reason, and we haven't looked back since!

The first issue will always be near and dear to my heart. Just three weeks before our first press deadline – and before I had any advertisers on board, stories lined up and any idea what I was doing – my appendix burst. I had two surgeries, spent 17 days in the hospital, and came home in a haze of pain and morphine, while trying to help Dwight figure out what we wanted the magazine to look like, with mere days to spare before it had to go to the printer. Dwight shouldered most of the work and still managed to put out an amazing publication while looking after two young children and a still very ill wife.

We've always said if we survived that, we can tackle anything.

Fast forward five years and our girls are now nine and six, and we have added two more publications (Grey-Bruce and Huron-Perth Boomers) to our business. We've been so proud to become the go-to resource for local information in the area and we thank our readers, advertisers, writers and distributors from the bottom of our hearts. We are so grateful to our family, which has supported us on this journey, from helping with delivery and storage, babysitting, proofreading and so much more. "Working on the mags," is a common phrase in our family.

Many of the advertisers in this issue have been with us since Year 1, and some since the very first issue. Your trust in me and my vision for a local parenting publication will forever be valued. And please support local businesses and services!

Special thanks also to our awesome graphic designers Kathleen Scott, who created our logo and the warm and friendly feel of Grey-Bruce Kids back in 2011, and Jessica Beaty, who designed our amazing cover for this issue, and works hard on many of our advertisements.

"Five years, 21 issues, 576 pages and 210,000 copies."

Finally, this publication would not be what it is without my partner behind the scenes. Dwight works hard on evenings and weekends to write feature stories, edit and design the publication. Many hours are dedicated to GBK outside his regular job and the result is a well-written, professional publication that we are proud to showcase.

I have loved meeting people from all over Grey-Bruce, hearing their stories and being given the privilege to share them. We are continuously in awe of the amazing people who live in our area, the unbelievable places we can visit and the strong, local businesses that support our communities.

Grey/Bruce truly is the best place in the world to live and we're happy to contribute to this wonderful lifestyle in our own small way.

Amy Irwin, Publisher



WINTER 2016

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THANK YOU FOR AN AMAZING 5 YEARS!

As our family has grown, so has Grey-Bruce Kids!
We are proud to now also publish GREY-BRUCE BOOMERS
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Amy & Dwight Irwin



TALES from TOTS

YOU NEVER KNOW WHAT THEY'LL SAY NEXT

We interviewed Ms. Kingston's Grade 1 class at Hanover Heights Community School about Christmas, and here is what they had to say...

How does Santa know what you wish for?

- Ella** – Because he's magical.
Tyler – His elves gave him magic.
Myles – Because I love presents and toys and I sent him a letter.
Drew – He sees your dreams.
Alexa – Cause I make an envelope with a picture of what I want and mail it in the mailbox.
Macie – Because he watches you – he's magical.
Marissa – I write him a letter, I really want Shopkins.
Jesse – He watches out for you with his magic.
Avery – I make a list and mail it to him.
Konnor – He's watching and thinks I'm a good boy.
Hailey – Because I go to my Grandma's party and I mail him a note.
Tyrese – I tell him, he puts the presents under the tree when I'm sleeping.
Chas – Cause I ask him when I see him at the mall, or outside.

Why does Rudolph have a red nose?

- Ella** – Because he leads the sled and glows his nose because it's dark when he delivers presents.
Tyler – I don't know.
Myles – Because they call him Rudolph the Red Nosed Reindeer.
Drew – He has a cold.
Alexa – Cause he has to lead the reindeer so they can see which way they are going.
Macie – He's magical too.
Marissa – It glows.
Jesse – Because he's special and his nose flashes.
Avery – Because he wants to be the best.
Konnor – He needs to light up the dark.
Hailey – Because he's a famous reindeer.
Tyrese – So he can sniff.
Chas – So he can help Santa if it's foggy and can't see.

Why are Santa's helpers elves?

- Ella** – Because they are tiny, tiny, tiny.
Tyler – Because animals can't help him so he needs elves.
Myles – Because Santa loves elves and he needs people to help him.
Drew – To watch kids to see if you're good or bad.
Alexa – Cause they make the toys and they are small because



- they can go in the (toy) machine if it's broken.
Macie – Elves are good at doing stuff like making toys, there's a magical machine.
Marissa – They make the presents.
Jesse – Because he needs little helpers to make little stuff and grab low-down stuff.
Avery – Cause they make the presents and have to make presents for every country. You can make more presents because you have more elves because they are small.
Konnor – Because they aren't big and they can make small toys.
Hailey – They're very small to get into the houses to deliver presents.
Tyrese – Because they have to watch the kids too and you can't touch them.
Chas – Cause they need to be small so no one knows they are a real person.

What is Mrs. Claus' job?

- Ella** – To wrap the presents.
Tyler – To give all the girls presents and Santa does the boy presents.
Myles – Help Santa do stuff, like clean the closet.
Drew – Wrap the presents probably.
Alexa – To help the reindeer if they're sick, give them reindeer medicine and carrots.
Macie – When the reindeer come back they are out of (flying) dust, so she puts more dust on them.
Marissa – She makes the presents and helps the elves.
Jesse – To make Christmas cookies.
Avery – To take care of the elves by reading the list to the elves of what to make and she yells it out.
Konnor – She makes everyone help.
Hailey – She keeps the work all done at Santa's home, keeps the castle tidy.
Tyrese – She helps Santa.
Chas – To help Santa – to clean the crumbs he leaves all over.

GBK

Essential oils a holistic option for kids

By Dr. Marissa Heisel

I've always used natural solutions to care for my children.

As a holistic chiropractor for the past 17 years who trained as a midwife, and with a background in paediatric mental health, I have always reached first for healthy foods, clean drinking water, exercise, sunshine, natural supplements and the advice of other holistic practitioners to care for and raise my children.

I've watched in growing alarm as our current health care system has followed a trend of dispensing more pharmaceutical medications for every simple health care issue. Children are now being given more medication than at any previous point in history, but they're sicker than they've ever been before. More than 60 million school days are missed in Canada every year due to colds and viruses. Hundreds of thousands of additional days are lost to paediatric injuries and mental health issues. My health care practice is filled with sick children, and kids who struggle with mood management and emotional health issues, from as early as age three.

With my professional experience and educational background, and as a mom of two children, and now a step-mom of three more, I know we are capable of healing when we support our bodies and our minds with whole foods, stress management, exercise, reduced exposure to toxins and a positive mindset.

And I knew that I needed to find a way to inspire women, and particularly moms, to gain confidence in the innate healing wisdom of our bodies, and to learn to trust their intuition and ability to care for their kids' basic health issues at home. I recommend essential oils in my health care practice to empower people to care for themselves and their children, to know when to seek help for more serious issues, and to have safe alternatives to conventional, synthetic drugs. I turned to essential oils because of their safety and ease of use.

PART OF A HEALTHY LIFESTYLE

Parents often feel poorly equipped to care for their children's physical and emotional health without the assistance of an outside expert and pharmaceutical medications. We would do



anything to ease our child's physical symptoms or emotional upset, and many parents run to a health care provider with what are truly simple health issues. So often, many of those issues could effectively be dealt with at home if parents just felt they had the knowledge and tools to do so.

One of the most powerful benefits of using essential oils is to support healthy cellular function. This includes balancing brain chemistry, supporting healthy organ function, aiding in detoxification and supporting immunity. Applying essential oils topically addresses skin wounds or skin care issues, affects different body systems such as digestion and respiration through the blood stream, and supports the immune system. Aromatically inhaling essential oils from the bottle or a diffuser is highly beneficial for eliminating toxins or microbes in the air and in our bodies, and is 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 a quick and effective way to affect the respiratory system, and is extremely helpful at this time of year as respiratory issues increase substantially. Lastly, internal use of only the highest quality and intensively screened essential oils allows therapeutic benefits to be very rapidly absorbed into the body, and is ideal for issues of digestion, the mouth and the throat, amongst others.

Children are particularly responsive to aroma and healthy touch. Most children naturally love essential oils, and have an innate sense of what they need and when to use them. After using essential oils in my own home for a year or so, my then eight-year-old daughter said to me as she was using her oils, "It's not that we weren't good before; we're just so much better now!"

WHAT ARE ESSENTIAL OILS?

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 help the body to heal, increasing function without masking symptoms. Essential oils provide powerful, safe benefits without cascading side effects. They also work rapidly, and are metabolized or cleared quickly from our systems. One essential oil can have hundreds of different chemical compounds, allowing it to provide multiple therapeutic health benefits.

A high quality essential oil is very safe and gentle to use, even for newborn babies and pregnant moms. A few good rules to follow are to keep essential oils out of the eyes, nose, and ears; dilute with vegetable oil, not with water; and start slowly when using essential oils for therapeutic health benefits, especially with children.

Essential oils are extremely potent and they work quickly, so small amounts are very effective and results are achieved almost immediately. In fact, the therapeutic dose of a high quality essential oil is generally one to two drops per use. If the suggested dose of the essential oil you're buying is 10 to 20 drops it is not of good quality.

Tens of thousands of research studies have been conducted to examine the therapeutic health benefits of essential oils for both physical and emotional health issues. These are good quality studies, performed in research labs at hospitals and universities around the world. To explore some of the published research visit www.aromaticscience.com.

Imagine what it would be like for your child's body and mind to function optimally without any toxic side effects. Our children are counting on us to make the best possible choices for their health, and that's something every parent wants for their child.

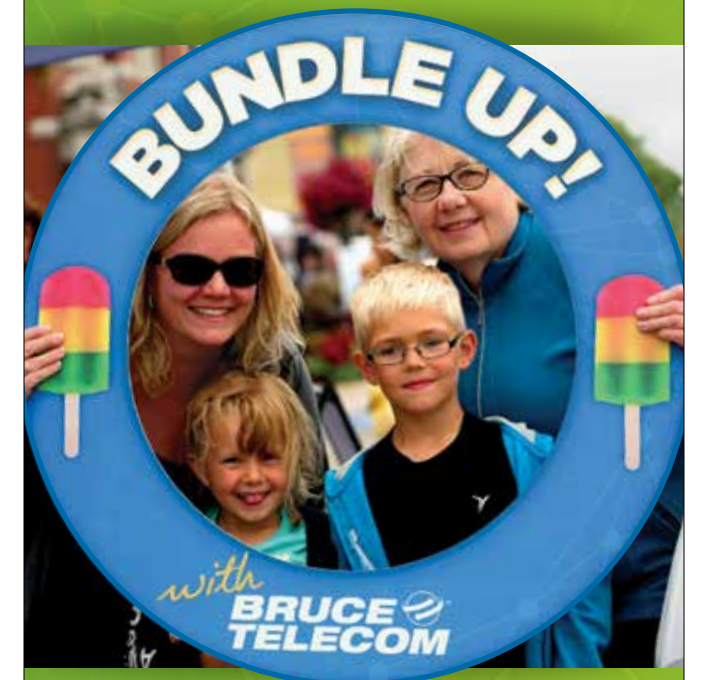
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Good morning, sunshine! – Help your kids wake up happy and energized by diffusing peppermint and wild orange essential oils in the morning.

Homework helper – Diffusing peppermint and rosemary essential oils are the perfect pair to aid in concentration and memory. They help stimulate the brain and reduce fatigue in order to get homework done.

These oils can be safely diffused aromatically for children, and can be applied topically when diluted appropriately with a vegetable carrier oil like fractionated coconut oil or grapeseed oil.

Please consult a physician before starting a new health routine. This article is for informational purposes only and does not replace the recommendations of a qualified health care professional. **GBK**

DR. MARISSA HEISEL owns Transformational Essentials, an online wellness business, and co-owns Spines & Minds Transformational Health in Hanover. She is a Canadian Founder with dōTERRA Essential Oils, and a holistic chiropractor that trained as a midwife. Dr. Heisel can be reached online at www.TransformationalEssentials.com and to learn more about essential oils, go to www.facebook.com/groups/TransformationalEssentialsGroup.

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Tooth fairy teachings

Her visits are the perfect time to talk money-management with kids

By Christy Kelly

A wiggling baby tooth is a sign the Tooth Fairy will soon be visiting.

It's also a sign for parents – it's time to help guide your kids through their important, first-time money activities.

Baby teeth earnings are more lucrative than you might think. In 2015, young Canadians could expect an average of \$3.44 for a lost tooth – a 23 per cent increase over the 2014 average of \$2.80 per tooth. That's almost \$70 for a full set of first teeth.* Depending on where they live in Canada, some youngsters can expect even more. In Québec, for example, the average Tooth Fairy payout is \$4 while about five per cent of lucky young Canucks will find \$20 per tooth under their pillow.**

Here's how you and the Tooth Fairy can help teach your young ones some basic lessons about money:

Teach kids about handling coins and currency. At some point, your child will want to save, spend or invest. Start them off on the right track by having them touch and feel some coins and identify their value. Show them how money adds up – how two nickels equal a dime and five nickels equal a quarter. Get them a piggy bank and talk to them about the importance of saving for the things they want and for emergencies. Start with a 'fun' bank they can fill with coins; eventually graduate to a 'real' bank account and an allowance tied to certain tasks to learn responsibility. A fixed amount allowance is best because it teaches them there are serious choices to be made about spending and saving. Deposit at least 10 per cent of their allowance in a bank account and explain how interest makes their money grow. Board games like Monopoly and interactive websites such as the Canadian Foundation for Economic Education are also great money education tools.

Help your kids with first purchases. Use the Tooth Fairy money to teach them the value of balancing wants and needs. Have them set aside money for savings and, when their savings goal has been reached, reward them with a trip to the store for a small purchase. Show them how to shop for the best price and let your child complete the transaction on their own.

Make the connection between kids and cash. The Tooth Fairy likely isn't the only source of cash for your kids – cash is often a popular birthday or holiday gift – so use each gift to reinforce the value of saving and spending wisely.

Introduce the concept of budgeting. As your kids get older, have them allocate their spending in line with their need to save according to a basic budget. Develop a simple budget that includes **keeping** tax receipts and statements to keep track of their money. A charitable giving component will show them how their money can have a positive impact on the community. Give an allowance 'bonus' for special work with the requirement the extra money must be invested. Introduce the concepts of compounding and tax-saving through such long-term investments as an RRSP-eligible investment.

Bank on it. Show them how adults handle money by regularly taking them to the bank and, when it's time, have them open their own savings account.

A visit from the Tooth Fairy is an ideal opening to teach your kids important money lessons. It can also serve as a reminder to you that it's time to talk to your professional advisor about your own financial life.

MORE TIPS

- Involve your kids in family financial discussions.
- Show how your family budget must balance expenses and income.

- You can even start playing 'money games' with your kids as young as two years old.

* *The Moment of Tooth: How the Tooth Fairy can Teach your Kids about Money* by Carla Hindman, Director of Financial Education, Visa Canada – Practical Money Skills, https://www.practicalmoneyskills.ca/personalfinance/practicalmoneymatters/columns_2015/09_ToothFairy.php

***Survey reveals Tooth Fairy's going rates across Canada* by Patricia Kozicka, Global News – <http://globalnews.ca/news/2171237/survey-reveals-tooth-fairys-going-rates-across-canada/>

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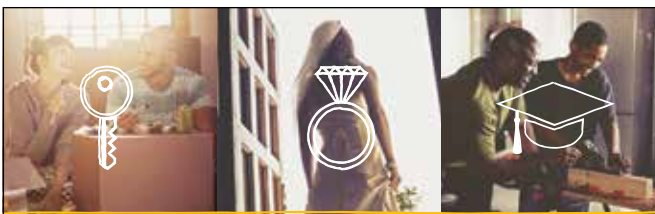
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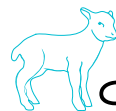
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FAMILY

Just
one of
The Girls

Ava Morgan

is like most 10-year-olds.

She loves all things fashion, to the point that, when her teachers buy new shoes, they do so knowing they will be scrutinized under her careful eye. She enjoys art, ballet, gymnastics and jumping on the trampoline with her little sister Molly. She has always loved playing with dolls, twirling in a tutu, and donning high heels and long dresses like her favourite Disney princesses. Ava is just a regular girl, aside from the fact that, until February 2014, Ava's name was Jack – the name the baby boy was given at birth – *and he didn't feel right in his skin.*



By Dwight Irwin

Jack Richard Morgan was born to Shannon Rock-Morgan and Corey Morgan, of Kincardine, on July 28, 2006, weighing 8 lbs, 5 ½ oz – the cute-as-a-button result of fertility treatments, intrauterine insemination (IUI), and finally a procedure for endometriosis. The chubby little guy – a brother for eight-year-old Braeden – looked like a little old man, and was just as sweet, Shannon said.

But as Jack celebrated birthdays and entered school, his family noticed a moodiness settle in, to the point where his grandparents, aunts, uncles and cousins lovingly joked about his demeanour.

“Oh, Jack was miserable – a moody old man,” said Shannon, who separated from Corey when Jack was two. “Though very smart, Jack was moody, had trust issues, was very specific about who could talk to him or hold him, and suffered from anxiety.”

One February night in 2014, Jack called to his mother from bed. He wanted to talk about something important.

“Jack said to me, ‘Even though I have boy parts, I’m not a boy – I’m a girl,’” Shannon recalled. “It was just cut and dried. She just said, ‘I’m a girl and I can’t go another day as a boy.’”

Although certainly a shock to hear your eight-year-old come out as transgendered, things instantly became clearer to Shannon – Jack had always gravitated to girl activities, toys and clothes, and she now understood from where his moodiness stemmed.

“All of a sudden, Jack’s anxiety made sense. Imagine what must’ve been going through her head all those years...”

Suddenly, as the confusion of owning a body you don’t fit lifted from the youngster’s chest, she immediately became a happier person.

Moody Jack was no more.

BECOMING AVA

Like all soon-to-be-parents, Shannon and Corey had chosen two names – one for a boy, one for a girl. Before coming out, Jack had asked Shannon what his girl name would have been, and just like that, Ava had found her new name.

Shannon initially asked if she’d choose a name that was closer to Jack – Jacqueline perhaps – in case her gender identification was just a phase or to create less confusion for her school friends. No dice – Ava was here to stay.

As the family began to research Ava’s impending transition, they were referred to Dr. Joey Bonafacio, the foremost authority on gender in Canada, who works with a small team at the Hospital for Sick Children and St. Michael’s Hospital in Toronto in the Adolescent Medicine and Endocrinology Division. He was instrumental in launching a Transgender Youth Clinic in 2013.

While waiting about two months for their initial appointment with Dr. Bonafacio, the family took a two-week trip to Florida. It was decided this would be Ava’s first chance to live as a girl in public.

“We referred to Ava as her/she in restaurants, and she loved it!”



said Shannon, who had the support of Corey and her current partner Rob Edwards, who she began dating shortly after her 2008 separation from Corey. “When we returned from Florida we still had one month until her appointment at Sick Kids but Ava told me she just couldn’t spend another day as a boy and wanted to go back to school as a girl. She was instantly ready to start life as a girl.”

Shannon said she wasn’t ready for the quickness of it all, but she knew her headstrong youngster had the weight of the world lifted from her shoulders and wasn’t going to wait another day – let-alone a month – to live life her way. She knew her only course of action was to embrace this change and make Jack’s public transition to Ava as smooth as possible.

“If you could’ve seen the look on her face when we said she could start growing her hair out and dressing how she wanted... she was instantly ready.”

She just had to explain it to her Grade 3 class.

NEW KID AT SCHOOL

Shannon immediately contacted the principal at Kincardine Township Tiverton Public School (KTTPS), and the principal spoke to the Bluewater District School Board, prepared other teachers and staff for the upcoming changes, and made it known there would be zero tolerance for bullying. The support from the school and board was incredible, Shannon said.

Before her first day, Shannon and Corey sent a letter home to the parents of Ava’s classmates in hopes they would sit down

with their children and discuss some of the changes they’d see in their classmate Jack over the coming months, including changes to his hair and wardrobe.

“Jack, although biologically a boy, identifies as a girl,” the letter states. “For anyone who is close to Jack, this is no surprise to us as we have watched him grow up and continuously gravitate toward girl activities, toys, clothes, etc.

“This is the way he was born. This is not a choice Jack made, but instead, it’s who he/she is.”

Although comfortable in her decision to transition to a girl, Ava worried about being laughed at and was nervous about what her friends would say on her first day of school.

“Even given the angst and worry Jack is feeling, he verbalizes that it’s worth it to not have to live another day as a boy. He’s ready, he’s so ready,” Shannon stressed in the letter.

To her credit, Ava is no wilting flower – there would be no hiding in the back of the classroom when she returned to KTTPS. She was adamant she be the one to address the class, explain how she would be growing her hair long and changing her clothes, and help her peers understand this would be the new her.

“It was very important for Ava to tell her class herself,” Shannon said, two years later. “Corey and I were by her side while she addressed the class, amazed at her bravery and bawling our eyes out. She was nervous, but I think it was freeing for her.”

Although many kids in the school have asked questions out of curiosity, Ava – who was too busy running around the backyard with her sister to stop for a chat during this interview – hasn’t complained of bullying.

“The kids just don’t focus on that,” Shannon said, adding the fact Ava transitioned before any of her fellow students had reached puberty has likely helped.

In fact, as is often the case with children, they quickly adapted to the new situation and it just became the new normal. Ava still plays with her boy friends, and has become one of the girls too.

When she moved to Huron Heights Public School for Grade 4, the principal quickly started a Gay-Straight Alliance to provide

a safe place for the students to talk, learn about LGBTQ issues, and support their classmates. The school has also created a policy that allows Ava to use the girl’s bathroom, though she currently opts for the gender-neutral facilities.

BEST BIG BROTHER

Another anchor of support for Ava was her older brother Braeden, who was 16 at the time. He was steadfast in his support for Ava, as were his friends.

“All of his friends had seen Jack around the house time and time again in high heels and dresses and never teased or laughed,” Shannon said. “When Ava came out, the boys had no problem calling her Ava and saying, ‘Hello girls!’ to Ava and Molly when walking in the house.”

Braeden was always quick to protect Ava publicly and taught others understanding and acceptance.

“On a social media website called ‘ASK FM,’ where kids can ask other kids questions anonymously, someone asked Braeden, ‘What is up with your brother/sister?’ Braeden responded, ‘She is transgender, and she is happy and the bravest person I know,’” Shannon said, beaming with pride.

Although she can’t say enough good things about the support her family, friends and the community has provided Ava, there continue to be some adults who simply can’t comprehend the situation.

“I get a lot of, ‘How could she know at eight years old?’ Well... maybe she doesn’t! Maybe she’s just following her heart. And nothing is permanent. Maybe in two or three years she’ll change her mind and go back to being Jack,” Shannon said.

In the meantime, Ava’s family will provide their full support, especially when facts show there’s a 50 per cent suicide rate for transgendered kids under age 16 who have no support system.

“I get a lot of ‘You’re such a good Mom, I don’t know how you do it.’ Ava is my child! How could I not accept her and help her move forward?”

“My job is to keep her happy, keep her confident and keep her safe. That’s it.”



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• Ava loves ballet, art and gymnastics.

a young age. For two years, she has been working with Dr. Bonafacio and, until recently, she was the youngest child in his care, due to the fact few are so self-aware or courageous at this young an age.

Although some children do return to their gender as born, the doctor says Ava's gender dysphoria – the scientific term – shows no signs of just being a phase, Shannon added.

But there's so much the scientific community still doesn't understand about gender that nobody's really sure what comes next.

"Dr. B has all the credentials in the world – PhDs in gender studies – and he said science can't specifically define what 'gender' even is," Rob said. "He says gender is a spectrum – your personality may be 75 per cent male and 25 per cent female. Obviously, you're still a man, but nobody can ever be 100 per cent 'male.' So if you identify as 49 per cent male, even though you were born a man, you may begin to question your gender."

WATCHING FOR PUBERTY

As long as Ava continues to be happy, she will continue to present herself as she chooses. Now that she's 10, the family is watching closely for the signs of puberty so they can begin her on 'blockers,' which will prevent her from ever developing an Adam's apple, a deeper voice or facial and underarm hair as her male classmates inevitably will. As soon as the puberty-blocking treatments end, puberty begins, Shannon said, eliminating any long-term risk should Ava go back to Jack.

"This gives her extra time to figure out what's going on, without the oncoming pressures of puberty," Shannon added. "You can go off them at any time with no effects, and puberty will begin."

You can also legally change your name and official gender at any age, but they're in no rush to do so. And, since it's always one of two questions at the front of people's minds, you have to be over 18 to have any form of transitional surgery, Shannon added, so that hasn't even been discussed.

Of course, the other thing people always wonder is whether Ava is attracted to boys or girls. Since she's still just 10, she hasn't entered the stage of life where it's of great importance, but her parents know it's coming quickly. She's been dropping hints of late, but it's not something they dwell on.

"We know there are going to be a lot of challenges in the future, and we'll deal with them," Shannon said. "Right now, we just go one day at a time."

THE FINAL TABOO

There has been no better time in human history for Ava to come out as transgendered, Shannon said. The high-profile transition of Caitlyn Jenner (formerly Bruce, the gold-medal winning American decathlete and reality TV star), brought a public conversation about transgenderism to the front covers of magazines, TV shows and mainstream and social media.

"Being transgendered was the final taboo subject," Shannon said. "People openly talk about being gay, lesbian or bisexual now, and Caitlyn Jenner really brought awareness and acceptance to transgendered people."

Education will continue to foster understanding, and that's why Shannon is so open and honest when discussing Ava's transition. People won't be uncomfortable or feel the need to judge if they better understand transgenderism and see Ava as a regular person. And, as transgenderism continues to gain social acceptable, more people will feel free to come out and begin their transition – to safely live life as they identify.

In fact, Shannon has already met with one local mother who is going through a similar situation, just not publicly at this point, while she has heard of another mom who may reach out to her soon.

Helpful websites

Shannon spent a lot of time reading about transgenderism when Jack began his transition to Ava. For families perhaps going through the same, she recommends these informational websites:

www.rainbowhealthontario.ca

www.gendercreativekids.ca

www.pflagcanada.ca

"We've talked about our situations," Shannon said. "I can't give advice – I've just told her what we've gone through, and how we didn't have a clue what we were doing either, so we did as much research as we possibly could."

So, while Ava's family does all it can to provide her with opportunities for personal growth and shelter from all that can hurt and harm, she joyfully cartwheels across the front yard, long, blonde hair covering a wide smile.

This is the second part of our look at life as a Lesbian-Gay-Bisexual-Transgender-Questioning (LGBTQ) youth in Grey/Bruce. Part 1 looked at Gay-Straight Alliances in the Bluewater District School Board, and can be read by downloading the Fall 2016 issue at www.greybrucekids.com. GBK

GENDER DYSPHORIA

Early in Ava's transition, she spent a lot of time working with a therapist in Kincardine who specializes in self-confidence, and she continues to see her once a month just to make sure she maintains a positive self-image. But Ava's a special kid too. Rob believes the fact they supported Ava quickly and without hesitation has provided her with a confidence uncommon for any child her age.

"Ava is out there saying, 'This is me, and I'm rocking it!'" Rob laughed.

This self-confidence and unwavering family support may also be why an eight-year-old had the courage to come out at such



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How are they now?

OVER THE FIRST FIVE YEARS OF GREY-BRUCE KIDS, WE'VE TOLD SOME HEAD-SHAKING AND HEARTBREAKING STORIES ABOUT PEOPLE IN OUR COMMUNITIES. HERE ARE UPDATES FROM OUR THREE MOST TALKED ABOUT FEATURES.



Our Fall 2014 issue featured the Coutts family, of Tiverton, who were celebrating the first birthday of their quadruplet boys Lincoln, Owen, Easton and Dylan. Through the support of their family, friends and complete strangers, Shannon, Adam and Delaney Coutts reflected on the family's first year with quads. Read the original story at greybrucekids.com/blog/2016/11/05/coutts-quads.

By Shannon Coutts

Time flies when you're having fun.

The boys celebrated their third birthday in July and there is never a dull moment when raising four boys, and big sister Delaney.

Over the last couple of years we have gone through the same ups and downs any family with a toddler goes through only multiplied by four! At each phase we persevere through the challenges and celebrate our accomplishments.

When people ask what it's like raising quadruplets and I say, "It's crazy! Everything is a production!" Simple things like brushing teeth in the morning can take half an hour. A quick run to the store? Forget about it. Even as I write this, I'm wondering how we did it.

Lincoln, Easton, Owen and Dylan are healthy, happy and vibrant. Each have their own spunky personalities and they grow more and more independent each day. It seems like yesterday they were just learning to walk and navigate around furniture, and now they are riding their bikes in front of the house. They have had to adapt to some big changes too, with me going back to work full-time and they starting daycare. After some time we decided to get a nanny because it was just too hard to get everybody up and out of the house before 7 a.m.!

We survived the terrible twos, not without learning some valuable lessons such as what one doesn't think of, one of the others will, and if it's too quiet you better go see what's going on. One day in particular, it was eerily quiet. I snuck into the boys' room and they had the window screen ripped (they used a fork), and three of them were pushing Owen up and out the window. Those little fellas had developed their own escape plan!

With winter here Adam plans to build a skating rink in the backyard so we can teach our future hockey stars to skate and we are hoping to get them started in organized sports next year. They have already shown interest in soccer, baseball and hockey. I don't think there is a local children's wrestling team but they certainly love a good royal rumble too.

Then the boys will be off to school. At the time of writing there are only 288 days left, but who's counting? The boys will join Delaney at St. Anthony's School in Kincardine and I'm looking forward to it, until I think about making lunch for five every day!

I'd be lying if I said these last few years have been all fun and games. We struggle, and get stressed out, but at the end of the day we have some pretty great kids. It's amazing how the child that throws a temper tantrum so intense you think they are possessed, can also be the same boy that gives you kisses, snuggles and shows their brothers how to share. I've learned to pick my battles, not sweat the small stuff, and when you think things are at their worst, it too shall pass, and we will make it out alive.

We truly are blessed.

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Suffering in silence

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

By Dwight Train

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

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

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

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

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

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

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

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

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

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

It didn't.

It couldn't.

Kendra Fisher, a Kincardine native, is an outspoken advocate for people with mental health issues. She recently retired from the Canadian Women's Hockey League when she realized the time and energy she was committing to hockey could be channeled to do more for others. She remains the goalie for Canada's women's in-line hockey team, which won gold at the Worlds in Italy, where Kendra was recognized as Player of the Game in both the semi-finals and finals. She talked to Grey-Bruce Kids about her struggles with mental illness in our inaugural issue, Winter 2011, and you can read her original story at greybrucekids.com/blog/2016/11/05/kendra-fisher/.

Since we interviewed Kendra Fisher in 2011 about youth mental health, she has made amazing strides in educating the public about mental health and Lesbian-Gay-Bisexual-Transgendered-Questioning (LGBTQ) awareness.

After realizing her journey with mental illness and what she learned in her recovery could be used to help others, Kendra founded 'Mentally Fit' and became a spokesperson for mental illness across North America. She speaks to schoolchildren, and with parents and teachers about mental health, and, most recently, has been sharing her story and coping strategies with corporate audiences.

"Even on your worst day, you can find it in yourself to care enough about yourself to engage with someone to help you," Kendra said this past October. "It's so



● Kendra, right, and wife Kristy welcomed their son Finley in 2016. Kendra continues to spread her 'Mentally Fit' message to youth and adults across North America.

important to say, 'Hey, I'm not OK' and know that you're not alone, that there are people available to talk to and provide a safe place."

Kendra's future goal for Mentally Fit is to create a school program that will have a year-round presence so her message that there are many things we can do to help ourselves and others during difficult times, can carry on.

Kendra has also recently become a 'You Can Play' Ambassador and is an advocate for equality, safety and respect for all athletes, without regard for sexual orientation or gender identity, using sports as a foundation for acceptance.

When she isn't doing presentations for Mentally Fit, Kendra owns and manages a construction and home renovation company in Toronto.

If this wasn't enough to keep her busy, she is recently married and she and her wife Kristy welcomed baby boy Finley five months ago. Kendra says her passion for educating others about acceptance and mental illness has grown exponentially since she became a parent.

"I've gained perspective on what really matters," Kendra said. "This is my higher purpose."

Learn more about Kendra and her initiative at www.mentallyfit.com.



Our Fall 2013 issue featured an interview with Yolanda Cameron, of Walkerton, whose son Wes had died two years previous by suicide. She and her husband Jamie launched Wes for Youth Online to provide support to youth who were suffering from mental illness or contemplating suicide. Their gut-wrenching story can be read at greybrucekids.com/blog/2016/11/05/wes-for-youth-online.

By Yolanda Cameron

It's hard to believe that five years have gone by since our lives changed forever when Wes died by suicide.

I maybe don't cry as much, but the heartache is as real as it was then. Some days the crushing pain takes my breath away. What's hard is watching Wes' family and friends continue on with their lives and know that he should be here to be part of it all. He wasn't there to see his older brother Jay be married this year and he won't be there to see his middle brother Wendel graduate from Western University.

It's all about changing minds about mental health, about starting and having conversations that keep our heads and hearts healthy. It's about Wellness and Emotional Support (WES). It's about knowing it's OK to have problems and it's OK to ask for help

Wes for Youth Online (WFYO) has come so far since we first opened our office on the main street of Walkerton in 2013. Thanks to incredible community support, we were able to win a \$130,000 Aviva Community Fund grant in 2014, which allowed us to move to our current location at 4 Park St., Walkerton, improving our online presence and online counselling, and becoming a bigger part of the communities of Grey/Bruce. Thanks also to an Ontario Trillium Foundation grant, we were able to hire Ryan Schmidtke, a Youth Outreach and Volunteer Coordinator. I head our volunteer Board of Directors as chairperson, while the rest of the board members are a dedicated group of individuals from all walks of life. Jenn Mulcaster, who started with us in a job creation program position, has become our Executive Director.

Over the past three years we have learned many lessons,



● Thanks to local support in an online vote, Wes For Youth Online opened a new office at 4 Park St., Walkerton.

especially how we communicate with and reach local youth. When we started, our goal was to meet kids where they are at, and that is online. In April 2014 we formed our first youth advisory committee, which is now known as the WES Crew. Our Crew is made up of local youth who bring many different ideas and opinions to the table. In the last year, the WES Crew has changed many things within WFYO, from the look of our marketing materials to the way we promote good mental health, as well as our message of 'Talk about ANYthing, ANYwhere, ANYtime.'

In June 2013, we launched the Online Counselling Program spearheaded by our lead clinician Daphne J. William MSW, RP, RSW, and at the time we had 12 young people registered within the first month. As of September 2016, we have over 350 youth registered from over 60 different communities, and four counsellors who have a variety of expertise working with our youth and the struggles they face.

In June 2016, WFYO was asked to be one of 35 posterboard presentations at the 21st annual International CyberPsychology, CyberTherapy, Social Networking conference held in Dublin, Ireland. Yolanda, Jenn and with Lawrence Murphy – owner of Worldwide Therapy Online and developer of the WFYO Online Counselling Program – attended the conference to discuss with colleagues the work being done for youth mental health in Canada, and showcasing our counselling program.

Some events that continue to grow are our annual WFYO high school hockey tournament held each January. We started the first year with six boys teams, grew to eight boys and eight girls teams, and this year, for our fifth annual, we hope to host 12 boys and 12 girls teams in five arenas.

Every spring we also highlight Youth Mental Health Awareness week in May with our Walk with WES, in numerous local schools.

To learn more about WES For Youth Online visit www.wesforyouthonline.ca. [GBK](#)

OFF THE BEATEN PATH

A guide to frosty fun in Grey County

Submitted by Grey County Tourism

On the walk to school this morning, I told my eight-year-old that I'd be spending the day writing a story about winter fun in Grey County. I'm happy to say that she quickly rhymed off most of the experiences on this list. Her face lit up with memories and her eyes sparkled with an understanding that this winter's adventures are just around the corner.

I also asked her what she'd say to parents who are hesitant to take their kids out in our hardy Canadian winter. First she looked a bit confused –she wasn't sure as she's always wants to go outside in the winter – but then she produced the single most important tip for winter fun... dress them warm!

Below are a few of my family's favourite Grey County winter adventures. Pack a Thermos of hot chocolate, some high-calorie snacks, a supply of handwarmers and extra socks and mitts just in case! Make this the winter you step out of your comfort zone and experience the snowy adventures in your own backyard.

AN AFTERNOON AT HARRISON PARK

If you're looking for an afternoon of adventure that's literally in your own backyard, head to Owen Sound's Harrison Park. Located within the heart of the city, the park is easy to reach yet packed with winter fun. Bring your skates and try out the Good Cheer Rink. Open daily and lit in the evenings, this is a great place to learn to skate or push the puck around on select days. The rink operates on a HOSE schedule – hockey on odd days, and skating on even days.

Did you know that Harrison Park is home to one of Grey County's 10 waterfalls? Weaver's Creek Falls is a short snowshoe in from the parking lot by the outdoor pool. This trail is well used and can often be hiked without snowshoes. If you choose to snowshoe, extend your hike along the Sydenham River and throughout the park.

Just across the bridge from the Harrison Park Inn, you'll find one of the region's legendary toboggan hills. The hill can be busy on the weekend so use common sense and double ride with little ones or start partway down the slope. A helmet is always a good idea.

Finish up your Harrison Park visit with a hot chocolate or a bowl of soup at the Harrison Park Inn. This cozy restaurant is open year-round and kids eat free on Wednesdays.

- There are many great cross-country skiing and snowshoeing trails throughout Grey County.



ALPINE ADVENTURES

In Grey County we are lucky to have some of the best alpine skiing and snowboarding in Ontario. If you've been thinking of getting your kids on the slopes, Blue Mountain's 75th year is a great time to go for it. As a true beginner, you really don't need anything except a warm snowsuit, good mitts or gloves and a sense of adventure. You can rent skis or a snowboard and a helmet at the resort and also sign up for beginner lessons. Blue Mountain has some great beginner packages that include lessons and rentals bundled together. Learn more at www.bluemountain.ca.

After you hit the slopes, there's plenty more to see and do in Blue Mountain Village. Pack your skates or rent a pair and experience outdoor skating on the Mill Pond. Then head into the lodge for a hot chocolate or warm up by the outdoor bonfire in the middle of the village. For a unique and magical winter experience, pack your swimsuit and visit Plunge Aquatic Centre. You can swim outdoors in their heated pool and hot tub or brave the waterslide under the falling snow.



- Good Cheer Rink, in Owen Sound's Harrison Park, is a great place for the family to spend a day on the ice.

SCENIC CAVES NORDIC CENTRE

Take a day and explore the great outdoors at Scenic Caves Nordic Centre. With groomed cross-country skiing and great snowshoe trails that cross the 420-foot suspension bridge, Scenic Caves offers a family-friendly way to hit the trails this winter. With snowshoe and cross-country ski rentals available, as well as a baby glider/pulka for rent, you can try these new sports without investing in the equipment. Scenic Caves also offers beginner cross-country lessons, day and season passes for the trails. Visit www.sceniccaves.com for select evening trail openings and family-friendly events throughout the winter.

SKI UNDER THE LIGHTS

The Bruce Ski Club operates the Sawmill Ski Trails in

Hepworth. With 11 km of groomed cross-country ski trails for both classic and skate skiing, and 5 km of snowshoe trails, there's something for everyone. The trailhead has a heated ski hut that's open during daylight hours. For a truly unique winter experience, the 1.1 km Jackrabbit Loop is lit for night skiing. Don't have skis or snowshoes? Rentals are available just up the road at Suntrail Source for Adventure. Trail users can buy an annual membership or a day pass at the trailhead or at Suntrail.

WINTER CAVING

Test your winter limits as you head beneath the Niagara Escarpment and experience winter caving with the help of the friendly guides at Free Spirit Tours. Suitable for children eight and up, your winter caving experience will begin in the parking lot at Metcalfe Rock. The Free Spirit team will set you up with snowshoes, a helmet and a headlamp. You'll snowshoe to the cave entrance where you'll learn everything you need to know about heading underground. Dress warm with winter gear, hats, gloves, boots and snow pants and expect to get wet and dirty. Visit www.freespiritours.com or call 705-444-3622.

SLEIGH RIDES

For an experience the whole family can enjoy, go on a relaxing horse-drawn sleigh ride at Dual Acres, near Shallow Lake. Roast marshmallows over an open fire, warm up with a steaming cup of hot chocolate and sit around our big wood stove in the shack. Learn more at www.dualacres.com. **GBK**



- Skiers of all skill levels are right at home at Blue Mountain.

Photo courtesy Richard Roth at Blue Mountain Resort

Need help planning your Grey County winter adventure? Head over to www.visitgrey.ca or give Grey County Tourism a call at 1-877-733-4739.

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 - Kabaeshiwin 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 Bruce Grey Perth
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

Hanover Family Health Team
RN/Certified Lactation Consultant
519-506-4348
www.hanoverfht.ca

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

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
mfrf.meaford@sympatico.ca
www.mfrfmeaford.com

Meaford Co-operative Nursery School
519-538-3854

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

OneList - Find and apply for child care
brucecountychildcare.ca
greycountychildcare.ca

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

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

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

Hanover Family Health Team
Registered Dietitian
519-506-4348; www.hanoverfht.ca

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, 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

Conseil Scolaire Catholique Providence
(French Catholic School Board)
1-888-768-2219; www.cscprovidence.ca

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
Owen Sound - 519-376-4449
www.bigbrothersbigsisters.ca/bbowensound
Kincardine - 519-396-3565
www.bigbrothersbigsisters.ca/kincardine

Bruce Grey Child and Family Services
1-855-322-4453; www.bgcfcs.ca

Bruce Grey Mentorship
504 10th St. Suite 2, Hanover
519-506-5065; www.brucegreymentorship.ca

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

Lesley Holm - Youth and Family Counselling
519-270-8790; holmlesley@gmail.com

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

Penetangore Wellness
Art and family therapy
www.penetangorewellness.com

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

Victim Services Bruce Grey Perth
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

RESOURCES

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

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 habitatos@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/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.hanoverfht.ca

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, chiroprodist
519-396-3500

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

Lesley Holm - Youth and Family Counselling
519-270-8790; holmlesley@gmail.com

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

Penetangore Wellness
Art and family therapy
www.penetangorewellness.com

Poison Control Centre
1-800-268-9017

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

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

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
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; 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
www.tobermorymaritime.ca

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

ONLINE SUPPORT

www.211.ca

www.pathwaysawareness.org

www.mentallyfit.ca

www.shelternet.ca
Directory of women’s shelters across Canada

www.targetyouth.ca

www.thehealthline.ca

www.wesforyouthonline.ca

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
Warton - 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 (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.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.makeawishswo.org
London, ON 



COOL KID

Charlie Wise is very involved in Wes For Youth Online's WES Crew, at her school and as part of many local sports teams.

Charlie Wise helps spread mental health messages

Charlie Wise is a Grade 12 student at Sacred Heart High School in Walkerton, and a dedicated member of the WES For Youth Online's WES Crew.

Charlie has recently stepped into the position of Chair for the Crew. She takes her leadership role with much enthusiasm and seriousness, and has been a great asset not only to WES For Youth Online but also an advocate for youth mental health.

Charlie is also quite involved with her school through many facets. She has been a part of the mentorship program (Muskoka Woods Retreat) for the Grade 7s and 8s for the last two years, her Relay for Life Team won many awards (first team to sign up, best themed tent, and for most money raised) and she was also a part of an exchange program which allowed her to go to Germany and experience another country and its culture.

Charlie is also involved with many sports including rugby, soccer and hockey, while she holds a part-time position as cook in her family-owned restaurant. **GBK**

For being this issue's Cool Kid, Charlie 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

DECEMBER

1

By Our Hands Artisan Show

Nature's Millworks, Paisley
519-353-4017; www.naturesmillworks.com
Runs through Dec. 23

Christmas in the Southampton Art Gallery

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

Owen Sound Festival of Lights

5-11 p.m. daily; www.festivallights.ca
Runs through Jan. 8

Huron-Kinloss Holiday Shopping Pass

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

My Bruce County: Youth Art Show

Bruce County Museum & Cultural Centre
33 Victoria St., Southampton
www.brucemuseum.ca
Runs through Dec. 31

3

Victorian Christmas Family Activities

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

Big Brothers Big Sisters of Kincardine & District Christmas Yard Sale

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

Breakfast with Santa

Warton Arena, 563 George St.
9 a.m.-noon
519-534-2555

Visits with Santa

Bruce County Museum & Cultural Centre,
Southampton
1-3 p.m.; www.brucemuseum.ca
Also runs Dec. 10 and 17

Edge Hill Country School's Christkindl Market

393887 Conc. 2, Durham
4-9 p.m.
European foods, sleigh rides, children's
activities, artisanal vendors and more!
519-369-3195; www.edgehill-school.com

4

Family Fun Day Seasonal Celebrations

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

7

Pre-school Christmas Fun

Bruce County Museum & Cultural Centre,
Southampton; 10 a.m.
www.brucemuseum.ca
Also runs Dec. 14

Victorian Christmas Tea

Bishop House: Museum, Archives & National
Historic Site, Owen Sound
Sittings at 1:30 and 3 p.m. Cost: \$10.
519-371-0031; info@billybishop.org
Also runs Dec. 14

9

Kids in the Meaford Hall present 'Whoville'

12 Nelson St., Meaford
7-10 p.m.; Tickets \$15
www.meafordhall.ca

There's a Monster in the Closet

Civic Theatre, Hanover; 7:30 p.m.
Tickets - Adults \$ 17; Students, \$14; children
under 12, \$6.
\$ 1 from every adult ticket will be donated to
the Bruce Grey Mentorship program.
519-506-6902; hanovercommunityplayers.ca
Also Dec. 10 at 7:30 p.m. and Dec. 11 at 2 p.m.

10

Handmade Holiday Market

Heartwood Concert Hall, Owen Sound
9:30 a.m.-4 p.m.; Free admission
519-477-2081

Family Christmas Concert

OSCVI Regional Auditorium
1550 8th St. E., Owen Sound
4-5 p.m.; 519-372-0212

Moreston by Candlelight Winter Evening

Grey Roots Museum & Archives, Owen Sound
4-8 p.m.
Celebrate old-fashioned Christmas outdoors.
Regular admission applies.
www.greyroots.com

Thornbury Old Fashioned Christmas

21 Bruce St., Thornbury
Shopping, music, treats - fun for all ages!
www.thornbury.ca

11

Community Christmas Choir Concert

Annesley United Church, 82 Toronto St. S.,
Markdale
2-4 p.m.
Chris Griffin at chrisg@bmts.com
Also runs Dec. 12 at 7:30 p.m.

Owen Sound City Band Christmastime Family Concert

Bayshore Community Centre
2 p.m.; info@owensoundcityband.org

15

Peter Pan - The Panto

Meaford Hall
7 p.m.; sandcastletheatre.com
Also runs Dec. 18 at 2 and 7 p.m.

18

sTomp

Tom Thomson Art Gallery, Owen Sound
1-3 p.m.
www.tomthomson.org
Also runs Jan. 22 and Feb. 19

28

Christmas Family Fun Days

Bruce County Museum & Cultural Centre,
Southampton; 10 a.m.-5 p.m.
www.brucemuseum.ca
Runs Dec. 29, 30 and Jan. 3-6

JANUARY

4

Teen Creative Writing Circle

Owen Sound & North Grey Union Library
4 p.m.
ndanyluk@owensound.library.on.ca

FEBRUARY

2

Warton Willie Festival

www.visitwarton.ca
519-534-4545

8th annual Groundhog Jog in Warton

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

3

PA Day adventures

Grey-Roots Museum & Archives, Owen Sound
'Interpreting the Signs'; must pre-register
www.greyroots.com

4

Romp to Stomp Snowshoe Series

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

11

Ripley Winter Carnival

www.huronkinloss.com
Runs through Feb. 12

20

Family Day at YMCA

YMCA, Owen Sound; ymcaowensound.on.ca

Family Day at Cobble Beach

Cobble Beach Golf Resort, Kemble
1-888-278-8112; www.cobblebeach.com

25

15th annual Rotary Winterama

Tara, Hepworth and Shallow Lake
9:30 a.m.-1 p.m.
Facebook.com/rotarywinterama
drfryday@icloud.com **GBK**

If you have an event happening in
March, April or May 2017, and would
like to be included in our Spring 2017
Events listing, contact Amy before Feb.
1, at amy@greybrucekids.com.



RECIPES

RECIPES IN A JAR

Recipes adapted from
A Taste of Home, allrecipes.com
and kidspot.com

Homemade gifts are the best – the kids will love making their own “recipe in a jar” gifts to give. Just add dry ingredients in a jar, decorate and include the instructions for the recipient.

MINTY HOT COCOA MIX

INGREDIENTS:

- 7½ cups instant chocolate mix
- 1 package non-fat dry milk powder
- 2½ cups confectioners sugar
- 1 cup powdered non-dairy creamer
- 20 peppermint candies, crushed
- 1 cup of milk (add at time of use, not to jar)

DIRECTIONS:

In a large bowl, combine the first five ingredients. Store in an airtight container in a cool dry place for up to six months.

To prepare hot drink, warm the milk and stir in ½ cup mix until dissolved.

Makes 53 servings (over 17 cups).

BROWNIES IN A JAR

INGREDIENTS:

- 1¼ cups plain flour
- 1 tsp salt
- 1 tsp baking powder
- ⅔ cup cocoa powder
- ¾ cup brown sugar (firmly packed)
- ¾ cup white sugar
- ¾ cup milk chocolate chips
- ¾ cup white chocolate chips

DIRECTIONS

Use a one-litre jar for the contents.

Sift the plain flour, baking powder and salt into a bowl and mix.

Put half of the flour mixture into the bottom of the glass jar and tap lightly to settle. Using a spoon, carefully add the cocoa powder on top of the flour – try not to mix them together. Add the remaining flour mixture, and then the brown sugar.



Layer the white sugar, milk chocolate chips, white chocolate chips.

To bake, preheat the oven to 325° and grease and line an 8x11 rectangular baking tin. Place all the ingredients from the jar into a large bowl and add ⅔ cup melted butter and three lightly beaten eggs. Mix well. Bake for 25-30 minutes or until cooked through.

FRIENDSHIP SOUP MIX

INGREDIENTS:

- ½ cup dry split peas
- ⅓ cup beef bouillon granules
- ¼ cup pearl barley
- ½ dry lentils
- ¼ cup dried onion flakes
- 2 tsp dried Italian seasoning
- ½ cup uncooked long-grain white rice
- 2 bay leaves
- ½ cup uncooked small paste

DIRECTIONS:

Layer all ingredients in a 24 oz jar (put the pasta on top, in a small Ziploc bag).

When ready to cook, add 1 lb ground beef, black pepper to taste, garlic powder to taste, one 14 oz can of diced tomatoes, undrained, one six-ounce can of tomato sauce, and three quarts of water.

To prepare the soup, remove pasta from top of jar, and set aside. In a large pot over medium heat, brown beef with pepper and garlic; drain excess fat. Add diced tomatoes, tomato sauce, water and soup mix. Bring to a boil, then reduce heat to low. Cover, and simmer for 45 minutes.

Stir in the pasta, cover and simmer 15 to 20 minutes, or until the pasta, peas, lentils and barley are tender. **GBK**

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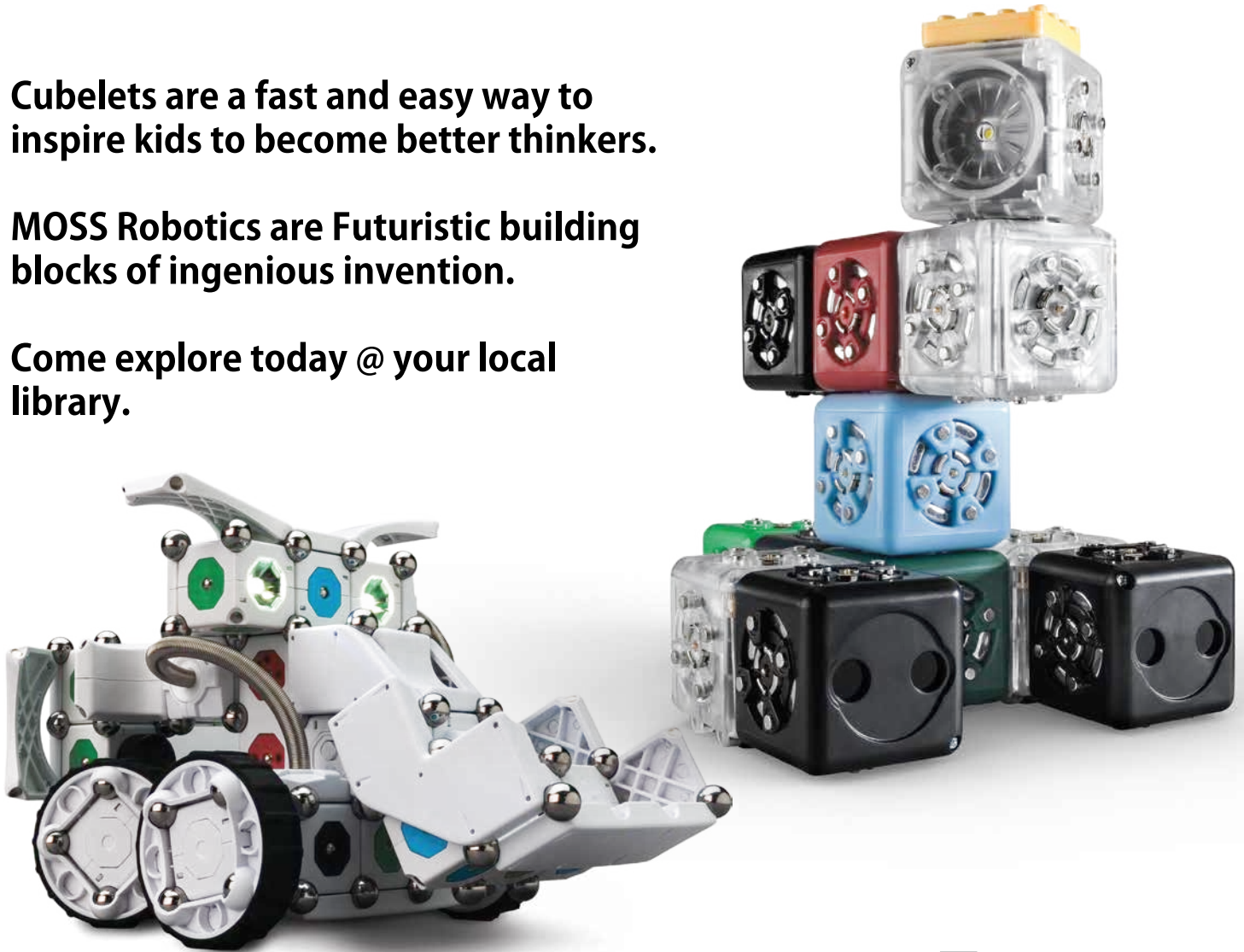
Innovation at work

ROBOTS HAVE INVADED THE LIBRARY

Cubelets are a fast and easy way to inspire kids to become better thinkers.

MOSS Robotics are Futuristic building blocks of ingenious invention.

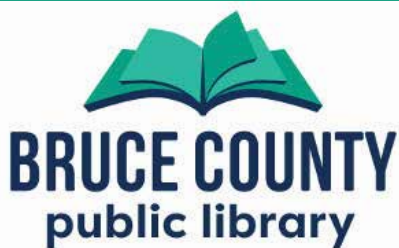
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Funding for these kits was provided by The Society of Energy Professionals Bruce Power Local Community Foundations Fund.



library.brucecounty.on.ca/kids