

COMMUNITY LIVING
Owen Sound and District

Perspectives



2016 Autumn Highway Cleanup

Submitted by Fely Clarke

Another successful community event that Community Living Owen Sound and District self-advocates and staff participated whole heartedly in this year's Autumn Highway Cleanup. From 8th Street East, Grey Road 5 — Highway 21, with everybody's helping hands,

we picked up and bagged 11 garbage bags. Everybody came back to our main office safe and sound for pizzas and water, fellowships and friendships. With sincere dedications and commitments, they will all come back for 2017 Spring Highway Cleanup which is music to my ears. The Grey

County supplies all the needed paraphernalia for our clean-up: gloves, garbage bags, road signs, vests, and the guidelines of what and what not to touch or pick up along the assigned areas for safety and security.

We are all looking forward for 2017 sunny spring day for another highway cleanup.

Compliance Review 2016

By Sue Skinner

The Ministry of Community and Social Services recognizes that people who access developmental services and supports, their families and others who may act on their behalf and the general public, expect services and supports to be provided in a safe environment that strives to meet the needs of the individuals.

In order to meet this standard the Ministry conducts compliance inspections of MCSS-funded service agencies, to assess and ensure that agencies are meeting the requirements outlined in the regulation on quality assurance measures and policy directives.

This past September, Community Living Owen Sound and District was involved in a three-day audit with this year's focus on Supported Group Living (including four site visits) and Supported Independent Living which is a component of the Support Pool. Of course,

all of our funded adult supports were included in the review with random inspections of staff and individual files.

On day one it was the tedious task of the Program Adviser to review staffs' personnel records to ensure that staff are meeting the elements of their job and staying refreshed with all aspects, including our Core Values, policies and training requirements such as first aid, CPR and Non-violent Crisis Intervention.

The most exhilarating day of the inspection was day two, as I looked forward to introducing the Adviser to some great people and visiting the various sites including a few homes. I felt like a proud peacock everywhere we went as I knew that the Adviser would be impressed with the quality and compassion of our staff and how it was reflected in the care and support that they provide. The Adviser was totally captivated by staffs' professionalism,

competence, knowledge and genuine interest in providing quality care to the people we support. Her findings were reinforced when she engaged in conversation with the people and saw their contentment and general happiness.

The final day concluded with a very favourable meeting with the Adviser sharing her findings of only 12 elements out of more than 280 components that required improvement. She applauded our staff and in her words, "people really care and take their job seriously, not just going through the motions". She reported she felt a sense of pride and a positive organizational culture that was rare.

Obviously there is always ways to improve and we embrace the challenge of doing even better next year; nevertheless the opportunity this audit provided for all of us was a true validation of staffs' commitment of our Core Values and to the people we support.

Congratulations to everyone!

Digging Deep at Second Avenue

By Roberta Clark

For just over a year now Second Avenue has been running a Genealogy Workshop as part of its regular programme. The response has been overwhelming and a number of participants are very excited to be digging up their family roots. Everyone is interested in knowing where they came from. Many possess a strong desire to learn more about the people who contributed to making them who they are today. Searching for your family's history has never been easier. Every day there are thousands of records added to websites such as Ancestry.ca, FamilySearch.org and FindMyPast.com. The

workshop participants are sharpening their computer skills as well as their detective skills as they learn to navigate these websites and others to uncover the secrets of their past. Although there is a lot of information to be found on the Internet there is even more that is not online and can only be found at local archives, museums and cemeteries. In order to mine these gems we have taken a few road trips to such local places as Greenwood, Southampton and Shiloh Cemeteries, The Owen Sound and North Grey Union Public Library, The Bruce County Archives and The Family History Centre in Owen Sound.

See 'Family' on Page 4

Nonviolent Crisis Intervention Training

Submitted by Jackie McCartney

Have you ever had a conversation with someone and they begin to argue with you?

Sometimes, people are able to share their ideas in a calm, productive way. Other times, people may become very upset that they yell, swear, hit or kick the wall or even perhaps slam a door.

The staff at Community Living Owen Sound and District are trained and certified annually within the Nonviolent Crisis Intervention (NVC) program. This program teaches staff ways to identify escalating behaviour and provides them with various safe, non-intrusive interventions that can help to defuse the behaviours.

During the training, staff share their experiences of supporting someone in a situation that has escalated to an anxious behaviour, a verbally aggressive behaviour, or even a physically aggressive behaviour.

Staffs are then taught ways to address and intervene in

a safe way, maintaining and protecting the dignity of the person acting out.

The philosophy of this program — care, welfare, safety and security — is paramount and promoted during training as well as our own agency values to give staff options when supporting aggressive behaviours and preventing injury to all involved.

With this yearly training and certification, staff are better equipped to prevent and respond to escalations or physically assaulting behaviours whether they are in someone's home, at a work or volunteer placement, or participating within the community.

We have also developed partnerships with other resources such as Regional Supports Associates (RSA) with the development and implementation of the behavioural support plans that refer to the concepts and philosophy of the NVC program.



Gold Medal Winner from Port Elgin

Janet Campbell from Port Elgin competed in the 2016 Special Olympics Provincial Spring Games in Guelph and brought home two golds and a bronze in swimming. Janet represented The Central District under head swimming coach Kim Sullivan from Kincardine. Janet has been swimming competitively for a number of years and practices at Saugeen District Secondary

School. Janet was chosen to compete in Guelph and when asked what the best part of the meet was she said, "Cheering for my friends."

The meet consisted of athletes from all over the region including Barrie and Toronto. Janet swam in four separate front and back crawl divisions capturing medals in three of them. Way to go, Janet!

Teen Connect

Thank you for this interview and taking the time to ask me these questions, as well as taking my answers and using it in the newsletter. I believe that interviewing me about my experience with Teen Connect can further improve the Teen Connect experience for future members and leaders and benefit us all. Andrew Defrederico

Was this your first year at Teen Connect?

No, this was my second year. I came back a second time, because I really enjoyed the 2015 Teen Connect. I also enjoyed this year's Teen Connect and will be coming back for my third and final time next year.

What did you do in a typical day?

We would start off each day by arriving at the Teen Connect building and being greeted by the Teen Connect leaders, as well as any of our peers.

We could do something for ~30 minutes (9:00 a.m. or arrival time - 9:30 a.m.) to keep us busy until the fun started. Whether that be relaxing, playing a game with our peers, talking with someone, etc. Anything, as long as it was appropriate and was done with respect to the abundance of the rules of Teen Connect, obviously.

Each day was planned out with a schedule, that of which was posted on the wall in clear view for anyone to read. It was also spoken out by one of the leaders before the day started.

Every day was something different and the majority of what we did this year was different than last year.

Sometimes we would be asked if any of us would want to go for a walk down to the harbour, or around the block or partway down the street. Of course, only a few of us could go at a time because of the mandatory leader to member ratio rule. However, it was only myself and either one or two others that would ever want to go. So, that worked out

alright for everyone.

Some days, as a group we would go on a trip within Owen Sound or a nearby city, such as Southampton, or we would stay at the building and have equal fun there than if we were to go on a trip.

Every Wednesday from 9:00 a.m. to 12:00 p.m., we had Kim McCorkindale (used to be Lawson) with the help of Brianne Styles teach us about employment and what it is like to have a job. She would have us do activities that could help us better familiarize ourselves with the many types of work and the environments they are in. We would share what kind of job(s) we would like to have and the experience we may already have with other jobs. One day, she took us down the street to the EMS / fire department and we got a tour of the building and shown the different equipment they use, as well as getting to go inside the fire truck to get a feel of what it's like inside.

Every day, we had groups called 'Clubs' wherein before having registered for Teen Connect, we would get to choose what Club we would like to participate in. There were about three or four different Clubs. We could choose a Club where we could do art or anything creative, learn to cook, go around Owen Sound and do things, such as hiking or visiting a museum, etc. There may have been something else, but I can't remember what it was. I think it was a sports / athletic Club or something. I'm not sure. We did that for a couple of hours. Then we'd all meet back at the building for lunch and quiet time. At 1:30 p.m., we would have a fun group activity at the building or go on an excursion, or even do an activity in Owen Sound, such as a photo scavenger hunt, wherein we would drive around in the car to different places and take a picture of the many things we were tasked to find.

When we hung out at the building, the leaders would have activities for us to do, such as new games some of us have never heard of, or activities that

we could also do at home, like making a mini lava lamp with very few supplies. If we wanted to, we could also play our own games with peers, like playing catch out in the parking lot.

At the end of the day, around 3:45 p.m. (full Teen Connect day didn't end til 4:00 p.m.), before we got picked up, we would have a little discussion on how the day went and what we would be looking forward to. This was known as 'Roses and Thorns.' A Rose is something we enjoyed about the day and a Thorn is something we didn't enjoy about the day. We also had Buds and they were what we were looking forward to. We would go around in a circle and they would ask us what our Rose, Thorn and Bud was. Of course, we could pass if we didn't feel like speaking, but it was encouraged that we eventually do say something, as it helps them to know what went wrong, so they could make your day better next time.

Like, as aforementioned, every day was different, but kept in similarity, as to keep us familiar as to what Teen Connect is all about. Every day was a fun and enjoyable day and I won't speak for others, but it is my opinion from observance that everybody that intended the program this year had an excellent overall experience and would love to attend next year, as long as the factors of being able to attend allow them to attend (financial, free time, etc.)

What was your favourite activity? Why did you like it?

Funny, my favourite thing to do was to go for a walk; something I can do anytime I want (at home.) But it was being able to talk with someone; something I can't do at home because I don't have anyone that I feel comfortable and enjoyable with that could go for a walk with me. I abhor walking by myself! I enjoyed a good walk and getting up and moving and actually being able to talk to someone... instead of myself and we could have conversations that sometimes we could relate to.

I don't mean going on a walk

Mark's New Experience

By Melissa Pettigrew

Mark expressed a desire to learn how to box. After some research I realized that there was not a gym in the area that offered boxing lessons so I contacted the owner of the Canadian Martial Arts Centre in Port Elgin to see if they offered any classes that would interest Mark. We met with Senpai Stacy Kremer and he offered one-on-one classes to Mark to see if he would enjoy learning martial arts skills.

Mark and I went to a couple of classes together to see what Mark thought. We both found out that we needed to work on building core strength! Mark said he enjoyed the class and would like to sign up for the three-month session. From May to August Mark went to the dojo once a week for an hour.

Mark attended the classes each week and gave it his all. By the end of the three months he decided that he



would not like to renew his membership but was happy with trying a new experience.

Community Living Ontario Launches Inspiring Possibilities Estate Planning Guide

From the desks of the Family Support Team

TORONTO – People who have a disability and their families now have an online, comprehensive toolkit available to them as they consider their financial objectives and obligations. Community Living Ontario launched the Inspiring Possibilities Estate Planning

Guide: A Tax, Benefits, Trusts, and Wills Toolkit for Ontarians with Disabilities on Sept. 15.

Written by legal, tax and accounting professionals who specialize in supporting people who have a disability and their loved ones, the 112-page, seven-chapter digital book provides pertinent information on various topics including Will and Trust

planning, consent, capacity and legal decision-making, the Ontario Disability Support Program, the Disability Tax Credit and the Registered Disability Savings Plan.

People who want to know their options and when to seek out professional support can visit www.PlanInspiringPossibilities.ca to download a free copy of the guide.

as a group, although I did like that as well, but just with a leader and myself and / or with another peer. I find it hard to talk with someone when they have to keep focus on an entire group of people and everything gets noisy when there's too many people talking. I enjoy calm and peacefulness when I'm talking with someone.

We didn't get asked if we wanted to go for walks in 2015, but we did this year. Moreover, I think that next year, as well as years to come, the leaders, after getting to know the members and how they behave going for walks as a group, should ask the ones who had good behaviour when they were in a group if they would like to go for a walk. Whether that be in the morning, at lunch, or in the afternoon when they're doing activities at the building. The reason I say they should be on good behaviour before they go out as a small group is because as was aforementioned, this year, there were very few members that wanted to go on walks and therefore, there would only be one leader for that small group and say if one or hopefully not more member(s) were to say, I don't know, get frustrated and run off... the leader is up **** creek without a paddle because he or she has the others to look after, as well as the one who is uncooperative.

This very problem happened this year, but thankfully, we were together as a group when it did happen. I believe implementing this rule, as well as the leaders asking members if they would like to go on walks, would benefit both the leaders and the members and not only that, but most importantly keep everyone safe and make the day more enjoyable for everyone.

Did you do any activities outside of Owen Sound?

We had only done one activity outside of Owen Sound and that was The Southampton Museum. However, most of us didn't really want to go, so most of us stayed back and did some very basic chemistry projects in the Mad Scientist

activity. We made mini lava lamps and some coloured slime, which we got to take home.

Last year, we done a lot more things outside of Owen Sound. This year was different in terms of how often we were at Teen Connect. This year, we had Teen Connect split into two parts; two weeks in July and two weeks in August with two weeks between of no Teen Connect. Last year it was everyday, so there was more opportunity to expand our exploration of things we could do.

Did you do something that was a totally new experience for you? What was it?

I as well as a couple others got to go to Zehrs and be taught about healthy eating by the store's hired dietitian. We got familiarized with the store's very own 'blue star' system for choosing healthier foods. I had asked her lots of my curious questions that I got answered in great detail more than I expected. We went shopping around the store at her expense and we got to make ourselves a breakfast burrito with the healthiest ingredients the store had to offer. I really enjoyed that. That is something that very few people get the opportunity to do and I'm very glad that I got to do it!

We had also got to go to the Owen Sound Native Centre. It has a fancy name, but I'm not even going to try to spell it. The guy there had told us stories about Native culture, his sacred items, as well as teaching us about living a healthy lifestyle. We also did some drumming as he sang a song in his language. It was a very enjoyable experience learning about the Native culture. Other members in my group didn't seem to take full enjoyment for it, but I sure did.

Moreover, last year, there were a few things, like The Southampton Museum, catching frogs at the Bognor Marsh, a tour at the Billy Bishop Regional Airport and having a picnic and campfire and roasting marshmallows and wieners at Harrison Park, as well as other things we didn't get to do this year, but it's nice to have change.

Furthermore, I got some experience being a "support worker", so to speak. I sometimes helped the leaders with one of the more severely disabled members, as I also did the year before. Learning about the difficulties individuals face with their disability / disabilities helps me understand that person more. When dealing with someone with disabilities, it is all about communication. You have to be on the same level of understanding as them in order to understand the things they are telling you. The members of Teen Connect communicate differently from each other and communication from the support worker to the individual can be just as difficult for the individual as it is for the support worker. Proper communication and understanding is key to understanding the needs of the individual! I have been told by one of my workers that if you understand the person's disability, you will come to understand the person.

What was your overall impression of Teen Connect?

It was very enjoyable, fun and kept me busy and most importantly, out of trouble for the summer. I had been hoping that this year's Teen Connect program was going to be just the same as the year before, but there wasn't enough funding this year for all of us to have had every day of the week and to go on as many trips and such. Probably because they went over budget last year, I don't know.

I think that next year, they should balance things and spread the costly excursions out, like say once every week or two. We wouldn't need to be going on costly excursions almost every day; there's plenty of fun we could do at the building or just around Owen Sound, as was proven this year.

Overall, I'd say it was another amazing experience this year as it was the year before. I will be going to it again next year. However, it will be my last year, but I hope to have lots of fun and meet new friends. I'm sure I will.



My Summer Garden Experience

By Garnet Tettenborn

This summer I planted a garden at my apartment for the first time. To get ready to plant the garden I had some work to do. I had to take out all the weeds from the flower beds and get the soil ready to plant. I had to use garden tools to work the soil because it was very hard. This was a lot of work and I remember that it felt like concrete when I started. After a few times of working the soil, it was ready for me to plant my seeds and plants.

I planted some peas along the back of my garden and then I planted green beans in the front of my garden. A few weeks later I planted some very hot pepper plants in

my garden too. I used sticks and garden ties to support the pepper plants while they grew. Every day I watered my garden, except on the days that it rained. Sometimes I had to take the weeds out too.

The seeds and plants grew very well. The vegetables grew very big and they were ready to pick. I enjoyed tasting the beans and peas that I grew myself. The peppers were really hot and maybe next time I will grow something else.

There are still some vegetables growing in my garden that I have to look after. Now I will think about what I could plant next year. I enjoyed growing my own vegetables and looking after them.



Men's Discussion Group

It was four years ago when men's discussion group started. It started with the intent for only gentlemen that we support within Community Living. It reflected on the ideas and suggested topics of other staff and co-workers. There was a need for an outlet for persons we support to be able to talk about things and concerns not typically discussed at home or with their staff. That was when men's discussion group was created. It was a place to just hangout, watch learning videos, and just to shoot the breeze.

During which times many thoughts, opinions and ideas came about, creating our next week's topic. Some of the topics that have been touched on may range from personal hygiene to personal boundaries with peers, family and staff, to table manners at home and in public. The guys prefer topics about what is happening in the daily/ weekly news and discussing it or viewing the movie theatre listing and sharing opinions. If you are interested in joining this group, please contact your Community Support Worker.

Stay Safe: Because You Matter!

Submitted by Cathy Foster

Stay Safe is a program that has been offered to adults supported by Community Living Owen Sound and District for a few years. The material that it covers includes learning about boundaries, community resources, recognizing abuse, safety tips, rights and disclosure responsibilities.

Stay Safe is a worthwhile program for people to

participate in because it provides them with knowledge and empowerment. It also opens the door for important discussions and that can be an opportunity to assist many people.

Until very recently, individuals were able to participate in the course or choose to decline it. It has now become mandatory that individuals take this training

yearly, so that everyone is aware of their rights and our responsibility to report.

Stay Safe is offered at least once a month in group settings or on a one-to-one basis.

If you have any questions about upcoming workshops, please feel free to contact me at 226-664-0789, ext. 430.

Remember, we all have the right to be safe and respected!

T.D. Mayer — Community Living Bursary

This Bursary is established to provide a meaningful level of funding for residents of Bruce and Grey County who have a developmental / intellectual disability to pursue Post Secondary Education. With the addition of Inclusive Education programs such as Community Integration through Co-operative Education Programs at Ontario Colleges, new opportunities are now available.

Eligible Expenses

The bursary can be used for any purpose so long as it is related to a post-secondary education (tuition, computer or other technology, books, lodging, etc.)

Admission Requirements

The candidate must:

- Reside in Bruce or Grey County at time of application
- Have a developmental / intellectual disability
- Demonstrate a level of personal independence necessary to attend college as a full time student.
- Prepare and upon request present a letter of application that summarizes their personal profile and articulates their personal goals and interests.

Application Process:

Phase One: Applicants must

submit a letter of application by May 1. The letter must detail the applicants' post-secondary goals and show proof of application to College or enrollment. Applicants who are deemed eligible for Phase Two will be notified by May 15.

Phase Two: By June 1, eligible applicants will prepare an "essay" or presentation describing their personal biography, the post-secondary program they hope to attend and what they expect to gain from the experience. Wherever possible, applicants will present their application in a personal interview with the selection panel. All applicants will be contacted with the Selection Panel's decision by June 30.

Phase Three: The successful applicant will submit documentation confirming acceptance into a post-secondary program. The successful applicant will provide confirmation that they have a developmental disability (this may come in the form of a letter of support from one of the developmental service providers in Grey and Bruce Counties).

For more information or for an application form, please contact your Family Resource Worker or your Community Support Worker.

Comic Con

Submitted by Shauna Fountain

This past March I hired a support worker Jessie with my Passport Funds to go with me to Comic Con in Toronto. We stayed overnight in a hotel right across the road and spent the day Saturday at the convention centre. I read that it was important to get dressed up, so I created my own costume to wear for the day. Someone asked if I was the character I was dressed up as.

There are many booths of different comics, shows, and movies. There are lots of

things that you can buy there for your favourite shows and characters. There are many comics that you can buy. I have never seen so many comics in one place before.

I was so excited that I got overwhelmed. I was super happy. I got to see Star Wars storm trooper and got my picture taken with them. I have lots of fun pictures from my trip.

There are celebrities at comic con that you can pay extra to meet and get autographs or photos with. I want to go back again next year.

Family Histories and Mysteries Uncovered

Continued from front

The group at Second Avenue has had some great finds over the year, leading to some very interesting family stories. We even solved a 100-year-old family mystery. Barb signed up for the group hoping to get some information on the disappearance her great-grandfather in the early 1900s. Her father, who is now in his eighties, has always wondered what happened to his grandfather. We found him on the 1901 census living with his wife and two young sons in Southampton. In 1911 his wife and children were living with another man but he is nowhere to be found. We were able to find out a lot about this man, we knew his name, his birthdate, his birthplace, his occupation and the names of other family members. What we did not know was where did he go and where and when did he die. We conducted a thorough search of the Ontario Death Records which are available on the Ancestry website up to 1944 and found a man with the same name, place of birth, birthdate and

occupation who died in Sault Ste. Marie in 1934. A further search of this information revealed that the dead man's closest living relative was a sister in Southampton. This information matched the information we had so we were able to conclude that the man we found was in fact her grandfather. We downloaded the death certificate from Ancestry and printed it off on very nice, high quality paper and put it in a frame. Barb was very, very proud and happy to be able to present this to her father on Father's Day and to be able to provide him with the information as to what had happened to his grandfather many years ago.

Another participant, Chris, had been told that his great-grandfather, William Ross, was an Able Seaman on the S.S. Californian. The Californian is known as the ship who did not respond to the S.O.S. sent out by the Titanic when it struck the iceberg. After the disaster there were a number of inquiries and Chris' great-grandfather was called to testify. We were able to find

information online about his testimony and the inquiry. He testified that "he could see flares on the horizon which were interpreted as some kind of distress signal." Chris was very excited to have something concrete which placed his ancestor at the scene of a major historical event.

Penny's mother told her that she had an uncle who was killed in the Second World War. Ancestry.ca now has a database of the Service Records of the men who lost their lives in the war and so we were able to pull up and download eighteen pages of his service record. These records included information on his enlistment, his medical records, his family back in Canada, details surrounding his death and where he was buried.

This activity has benefited the participants in many ways; learning more about their community by accessing libraries, cemeteries, archives etc.; learning more about themselves and their families; sharpening their computer skills and fine tuning their detective skills.

The Kim Sparling New Vision Advocate of The Year Award

Hi everyone! I attended The Speaking Out Conference in Port Elgin, ON at the Unifor Family Education Centre October 14-16, 2016. At the dinner on the Saturday night I was shocked to hear my name get called for this special award. I nominated myself to get the award earlier this year when the application went out. I thought I deserved it for the amount of work I do with the Bruce Shoreline Advocates, on the Communications Strategy Committee, and I have done some public speeches. I also have helped out with a presentation in the past with one of the Speaking Out Conferences.

The Kim Sparling New Vision Advocate of The Year Award established in 2012 by

Ron and Gwen Sparling of London, Ontario, in memory of their daughter, Kim Sparling, to recognize the outstanding efforts of a person who has shown strong advocacy work within their community by promoting inclusion and acceptance of all people, regardless of a person's abilities.

Kim was an active member of The New Vision Advocates, educator, presenter and a strong advocate for people with intellectual disabilities. Kim is well known across the province as a presenter, Community Living Ontario council member and an advocate for inclusion, acceptance and belonging of people with intellectual disabilities. Kim was also one of the founding members of the Speaking Out



conference planning committee from 2006-2011.

Attending The Speaking Out Conference was an interesting experience. I loved learning about everything and meeting new people. I got to go because of the Bruce Shoreline self-advocate group. They participated in fundraisers to pay my way there. I am very thankful for what they did to send me to this conference. I'm hoping my article encourages more people to go. Thanks everyone, I was very proud that day.

PERSPECTIVES PURPOSE:

Perspectives promotes acceptance of people with different abilities in our community. We celebrate successes and embrace new ideas, approaches and opportunities.

Editorial Team: Jennifer Ramsay, Lorraine St. Germain, Erica Rooney, Ava Sandink, Tammy Robertson, Heather Thomson

Photographer: Charles Cottrell

Executive Director: Rick Hill

We encourage readers to use the newsletter for new ideas, contacts, websites and resources. Perspectives welcomes comments, contributions of articles or questions.

www.communitylivingowensound.ca

When you make a financial contribution to the Foundation for Community Living Owen Sound and District, you will make a difference in the lives of those you care about today and in the years to come. Consider making your donation today.

For more information and/or to make a donation, please contact the Foundation of Community Living Owen Sound and District at 519-371-9251.



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Community Living Owen Sound and District
769 4th Avenue East, Owen Sound, ON N4K 2N5
Telephone 519-371-9251, Fax 519-371-5168