



something blue

Your Regional Wedding Resource
for Bruce, Grey & Huron

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Celebrate your big day

An idyllic country setting surrounded by rustic charm and the beauty of a manicured golf course. It is the perfect location for any wedding.

With beautiful gardens, a new wedding pavilion, and onsite catering, The Club at Westlinks is the ideal location to host your big day. Our experienced staff strive to

ensure your complete satisfaction, and are happy to help with even the finest of details. Let us help bring your special day to life and ensure it is a special memory for all.



The Club at Westlinks

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APPAREL

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A location that is
Timeless

The story behind the barn ...

the barn was located north of Brussels known as the Wheeler barn. Owned and donated by the Herman Terpstra family.

This heritage barn, donated by the Herman Terpstra family, was originally located north of Brussels. When new owner Bryan had an idea of how to use this barn to give back to his community, something he learned was important from his children, the barn was meticulously deconstructed, tagged, catalogued and carefully rebuilt to its natural state. Bryan's love and passion for old barns shines through the hand crafted

details in this exquisite venue. Each and every cedar shingle that lay on the roof of the barn was hand-made by Bryan in his shed; every stone was kept, masoned by Bryan and his team and reused to create the stunning stone features located at the back and base of the barn. This beautiful venue now stands tall on the edge of the village reminding residence and guests that romance, love, passion and community is alive and well in Brussels Ontario.

Photo credits: Fresh Petals and NUS Designs

Brussels Wedding Barn

60 Orchard Lane, Brussels ■ 226-889-BARN (2276)
brusselsfourwindsbarn@gmail.com ■ www.brusselsfourwinds.ca



VENUE



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WEDDINGS
DINING
RETREATS

Weddings and Words

Helping You Write What's in Your Heart

Few events in life are more stressful than weddings. As wonderful, magical and meaningful as they are, months of planning, organizing, coordinating and general running around can take a toll, rubbing a little bloom off the proverbial rose. While you're busy arranging table centerpieces, booking just the right venue plus incredible food and musical entertainment, perhaps the last thing you're focusing on is your wedding speech. In times of great emotion — and great stress — words often fail us, especially words of truth, wisdom and honesty. Whether you're the bride, groom, best man, bridesmaid, mother, father or good friend, wedding speeches are an integral part of the special day. A few tips to consider if you find yourself having to stand and deliver include:

Take it Seriously: Jokes and embarrassing tales aside, make sure you include a few heartfelt, meaningful and memorable words. This is a big day for all involved. Don't belittle it with sarcasm.

Find a Style that Works for You: For instance, if you have a more reserved personality, stick with that for your speech. You're bound to be nervous enough as it is, so don't push your comfort zone too far. It's more important to feel comfortable and sincere.

If you find yourself hovering over your keyboard or empty pad of paper with nothing to say, I can help. I have more than 20 years experience in the writing and editing fields, and words are my passion. Please feel free to contact me with any questions.

Keep it Short and Sweet: Speeches are plentiful — often too plentiful! — during the wedding dinner. Less is definitely more, and as long as you choose the right words, they will be remembered.

Don't Procrastinate: This is a big one. Yes, it's daunting to put your thoughts down to share with a group of people, but the longer you wait, the more nervous you'll get. Leave yourself lots of time to practice. And, if all else fails, contact someone to assist you.



Allison Dempsey

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One of the most exciting times in your life can also be

one of the most stressful. This stress can have an effect on your wellbeing and your body image.

You forget to eat, or you're too busy running around trying to make everything perfect that your health takes a back seat.

Or perhaps you decide you want to lose some weight to fit into that dress.

Crash diets are everywhere, and they even market them to the new bride! Forget that.... your hormones will thank you.

You are beautiful just as you are.

Finding balance throughout the planning stages will ensure that you enjoy the big day and your new life together.

Enjoy **healthy whole foods** that nourish your body. In times of stress our body can become depleted of certain nutrients. Be sure to fuel your body with a wide variety of fresh and local foods. Skip the junk foods and diet snacks.

Maintain your **healthy sleep** habits. Sleep is the body's time to rest and repair. You will look fresh and feel rejuvenated.

Drink enough water! Your skin will thank you, and you will feel better for it. Aim to get half your body weight in ounces daily. One of the most overlooked health tips is drinking enough water. Every part of your body requires water, and it also supports the body's natural detoxification

pathways. Add a little lemon to your water for added benefits.

Find time to exercise, bike ride, walk, do some yoga. Exercise releases endorphins that make us feel good. It is also a great way to leave the stress behind.

Stick to the basics. Fuel your body, you can't run on empty. You will be able to enjoy your big day so much better if you are well nourished and well rested.



Deanna Trask RHN

dee@nutritiousliving.ca

www.nutritiousliving.ca



HEALTH & WELL BEING



PHOTOGRAPHY

John White Photography

Owen Sound, Ontario
519-708-1048
www.johnwhitephotography.ca

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Interested in having your wedding catered with *high-quality local products?*

Looking for fresh, local ingredients for your wedding reception? Look no further! Eat Local Grey Bruce provides one-stop shopping for all your local food needs. From veggies to meats, coffee to ice cream, we have the best of Grey Bruce!

Grey Bruce is pasture country! Our producers offer pastured chicken, duck, turkey, goose, pheasant, lamb, pork, beef and bison. The fish isn't pastured, but comes from Manitoulin Island. Have you ever had really fresh vegetables? Picked within hours, not weeks, of when they grace your plate? Our producers harvest to order. Fresh, in-season, delicious!

and maple syrup...the list goes on. Be prepared to be amazed by the variety and abundance produced by local farms! Our farmer-driven coop makes it easy to celebrate your special day with a meal of local wonders. Connect with our events specialist, who will assist you in assembling your feast. We are happy to work with your caterer or we can help you find great local talent to make your meals magical.

Plus, we have teas and coffee, butter and cheese, yogurt and ice cream, eggs, dry goods, fresh-baked bread, honey

Get in touch today to start planning your delicious, local wedding feast!



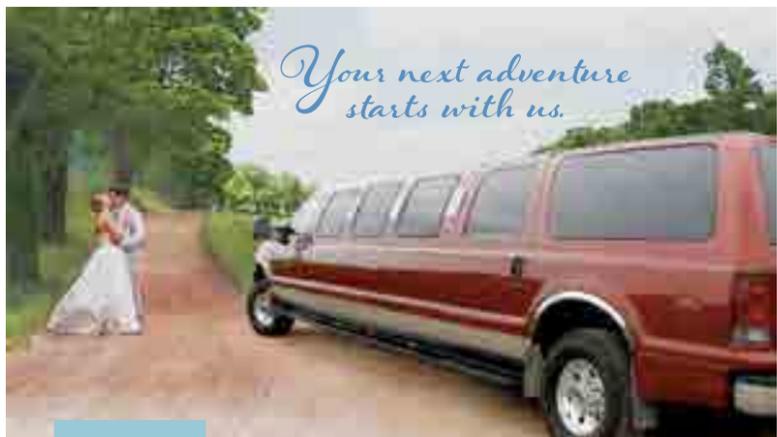
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TRANSPORTATION

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yoursomethingblue.ca
for everything local...



Eat Local Grey Bruce

sourcing@eatlocalgreybruce.ca
www.eatlocalgreybruce.ca/sourcing



CATERING

Put together your perfect local wedding.



Wedding planning is an enchanting, emotional and very demanding time for a bride and groom. Sometimes it feels as though the city holds all the answers but travelling is physically and emotionally taxing.

At Something Blue, we have worked to uncover some of our most amazing hidden gems, right here in Grey, Bruce and Huron Counties. We have taken the time to speak to the business owners, visit the locations and validate their services. The customer service offered by the businesses in Something Blue will exceed your expectations. Choose any of our local, home grown participants to aid you in planning your wedding and we know, you won't be disappointed.

www.yoursomethingblue.ca

