

Winter 2014

PRICELESS

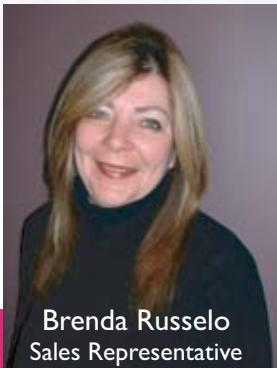
CKchild

Your Source for Parenting & Pregnancy in Chatham-Kent



INSIDE:
CK's Most
Adorable
Munchkins
TOP 10 revealed!

Because it's not just a house,
it's your home.



Brenda Russelo
Sales Representative

Direct 519.358.3577
brendarusselo@sympatico.ca



With over 22 years of experience, Brenda is dedicated to finding the perfect home for your family. Call her at 519.358.3577 and find yours today!

Welcome to the 2014 Winter Issue of CK Child!

CK Child is a hip, local parenting magazine for those raising their children in Chatham-Kent. Our goal is to unite our community by offering various viewpoints on topics relating to all stages of parenthood.

CK Child also highlights the many, valuable locally run businesses in our region & local family-friendly events occurring in C-K. Be sure to check out our new website too at www.ckchild.ca

Letter from the Editor



Photo by
Fairytale Photography

We are approaching my absolute favourite time of the year - Christmas! There is so much to love about the holiday season...the beautiful lights, the hustle and bustle of loved ones out to find the perfect gifts and there seems to be a warmth in people that just isn't there the rest of the year. My family makes an extra effort to get together a few times during this season and I love this extra time with all of them.

I would like to extend my sincerest thanks to everyone who has had a part in supporting my magazine. Without each and every one of you, CK Child could just not be. So to all of you who read this magazine and to my fabulous writers and loyal advertisers... a very sincere **THANK YOU!**

This time of year also marks the beginning of a new year. We all get a fresh start...so make 2015 your best year ever!

Tammy
Tammy Chouinard
Owner & Editor

Table of Contents

- 4 & 5 Does Coffee Come in Bucket Size?
Braving Black Friday
- 7 The Kids are Alright: Second Born
- 8 & 9 CK's Most Adorable Munchkins
Cover Photo Contest's TOP 10
- 10 & 11 Dad Around Town: TWILIGHT TALES AT THE
DRESDEN LIBRARY
- 12 & 13 You Are What You Eat
- 14 CK Business Spotlight:
Chatham Gymnastics

Please Note: Articles within CK Child Parenting Magazine do not necessarily reflect the views of the Editor.

CK Child is an independent publication created by a parent for the parent and caregivers of Chatham-Kent.



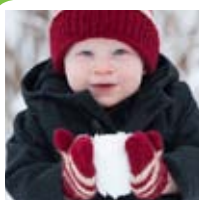
Please recycle your copy of CK Child.



CK Child shows our commitment to the environment by using a FSC certified printer

The cover of this issue of CK Child was photographed by Melissa Doyle of Casting Memories Photography

Our adorable model is 1 year old Ben.



Melissa Doyle of Casting Memories has been building her photography business for the past 7 years - & every year it gets more rewarding! Her goal with is to create the best atmosphere & experience possible for her families & just allow the amazing moments take care of themselves. She resides in C-K with her hubby & three fabulous children. Check out her Facebook page or her website at www.castingmemories.org

Does Coffee Come in Bucket Size? BRAVING BLACK FRIDAY



Picture it: Colorado, 2008.

We'd been living in America: Home of the 90% Off Sale, for several years but I still hadn't braved a Black Friday.

Prior to 2008 we had only dogs, and pet supplies didn't

go on sale at midnight.

Of course, back in 2008 everyone was totally into gourmet dog treats, dog canopy beds and dog outfits/shoes/leashes. Ahh, the glory days of the economy, when Petsmart came out with the PetHotels. For \$45 a day, (per dog, plus dog food and plus treats, and extra for dog walking) you could board your doggie and that doggie could live in a room that was nicer than my first room in college. That doggie could also accept phone calls from you (for an extra \$5.00 a call) and you could monitor your doggie via a website and webcam (that was an extra \$7.99 per day).

Since it was "celebrity cool" to own a wee dog and to indulge it

to a point of financial breakdown, the Black Friday sales didn't seem to touch those goods. 2008: Another year of blissful excess.

But this year, in 2008, I had a 6-month old.

It was Kiddo #1's first Christmas and I had much to prepare. I had to make sure she was inundated with clothing, avalanched with the latest gadgetry and overstimulated by the sheer mountain of presents. Everyone knows if you don't go insane for baby's first Christmas, the kiddo is on the fast track to prison-by-age-8 from that point forward.

Of course, I pitched it to Husband with the old, "I am trying to understand the culture!" He wouldn't understand the threat of Kiddo #1 going to prison, so instead, I came up with the culture thing in an effort to appeal to his logical, scientific-research side.

I was willing to go DEEP undercover to figure out just how to be a real, live American. Yep. In the Canadian Spy Hall of Fame, there are pictures of Jim Carrey, Mike Myers, Michael J. Fox, Ryan Gosling, Celine Dion and Me. Totes discreet.

I'll save writing the exact wording of the response I got, but suffice it to say Husband wasn't going with me even if Heidi Klum arrived to escort us.

Growing up close to Detroit, where people routinely die during Black Friday stampedes, the thought of possibly dying to get the last Garden Patch doll or Tickle Me Ken, appeals to my Hunter Gatherer side. I liked the thought of elbowing someone in the turkey-stuffed gut and grabbing the last pair of black socks as they fell down surprised.

Frankly, I figured I could just go in low, give an unexpected (hockey) check, jersey the old guys in front of me, and WHAMMO, score the best Christmas presents ever. EVER. Seriously, I kinda feel like I'd been living my whole life to get a moment like this. Cue the Kelly Clarkson.

Anyway, I had a game plan, I had the will, but as of right now, I didn't have a posse. Everyone who has ever seen a bank heist movie knows you need a posse. Or at least you need a group of people who are slower than you are so that you won't get caught.

I called some [American] friends to get in on their plans, and, shockingly, none were going out at midnight to stand in line to get the amazing 2AM door buster specials!

Say what?!

They kept telling me no sale was "worth getting up at 2AM" and that the doorbusters are usually TVs and big items, so unless you need a new washer/dryer, there was no point. I clearly had

Premium Pet Care Plans

Making excellent veterinary care affordable for pet owners

What's Included?

- ✓ Unlimited Free Doctor Consults
- ✓ Routine Vaccination and Deworming
- ✓ Option to include spay/neuters
- ✓ Yearly blood work for Leukemia, Heartworm, Lyme, and other tick-borne diseases
- ✓ Screening for serious illnesses

Unlike insurance it covers preventative care

Ask Us Today!

Chatham Kent Veterinary Professional Corporation

5 LOCATIONS IN C-K TO SERVE YOU - MAIN LOCATION:
Chatham-Kent Veterinary Hospital | 519-352-3630

Our associate clinics:
Chatham South | Ridgetown | Blenheim | Wallaceburg

WWW.CKVETS.COM

by Elizabeth Sunnen

made friends with atypical Americans. Where were the gung-ho people who lined up promptly at 6pm waiting for doors to open in the cold, wee hours of the morning? Where were the over-stuffed, over-caffeinated, over-family-timed, under slept American maniacs you see on TV?

But, instead, (after we walked a kilometre from the parking spot we found to the actual parking lot of the outlet mall), what I found was a strange, zombie-esque comradery. Sure, I was living in Posh Town, USA, but this was really... surreal. Everyone was tired, everyone was trying to get a great deal, but no one was willing to kill anyone for the last pair of sunglasses! What?

Good heavens, there was even a quartet, playing carols while the overpriced hot chocolate and coffee flowed like fishes and loaves. I was hearing lovely carols; I was expecting to hear the tuba playing the theme from Jaws.

Elizabeth is a teacher and writer who takes motherhood one laugh at a time. She grew up in C-K and is thrilled to be back in such a great community. For more great reading, check out her blog at

*www.DoesCoffeeComeinBucketSize.blogspot.com
or Tweet her @elizabethsunnen*

It was inspiring. It was peaceful. It was manically happy... just like every Hallmark Christmas movie. It even started snowing like in Hallmark movies. Just pretty, not cold or horrid. God bless America. And, after I spent half a fortune on little sweaters, socks, and rattles, I returned home at 6AM triumphant.

I came, I saw, I bought it.

Now that we're living in Canada again, I do what Canadians do: we have Thanksgiving in October; put up the tree after the 11th of November to respect those who have fallen trying to protect our way of life; we shop locally and online. We take the kids skating at the mall when it's nice, and at the arena when it's not. Have a wonderful winter, CK residents.

See you in the thaw.

Peace,
Elizabeth

*Happy Holidays & all
the best in 2015
from our family at*

CK Child
to your family!

We are so incredibly lucky to have such talented and amazing writers, fabulous business partners and dedicated readers - there is no way we could be starting our 7th year without all of you!

So thank you, thank you, thank you to each and every one of you...

Tammy Chouinard

Chatham's premier karate club - kids & adults love it!



Junior Class: Age 4-7 * Youth Class: Age 8-14 * Adult Class: Age 15+
New members are always welcome - try 2 classes **FREE!**

www.zanshindojo.ca



Quality You Can Trust!
2012
Premium Renovator



Chatham/Kent
Home Builder's
Association

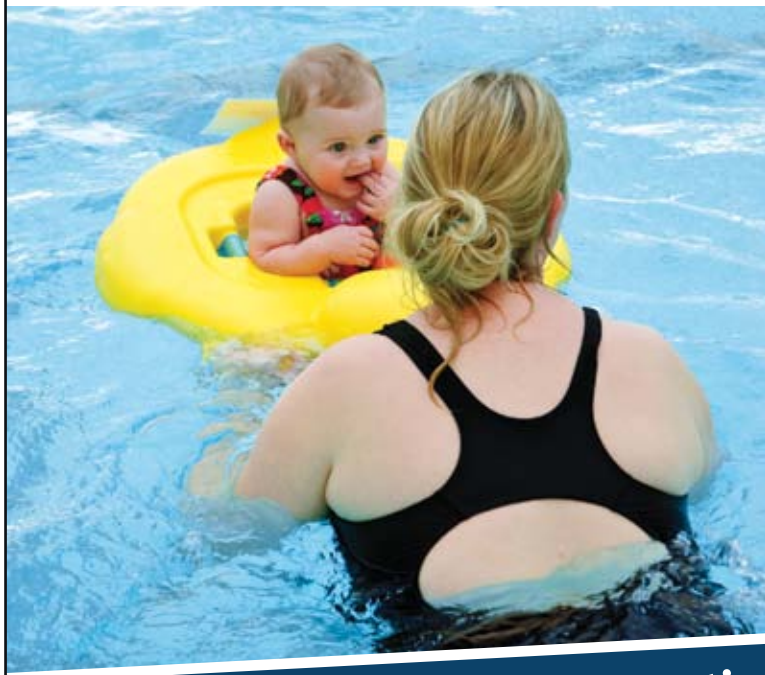


Installations - Sales - Service

519.351.5666
www.almarhomeimprovements.com



A love of swimming starts here.



Visit chatham-kent.ca/recreation for full details!

Learning to swim is more than just making a splash. Each step requires learning something new, and each step builds self-confidence and a sense of accomplishment. Discover why swimming is a great activity for you and your child.

Parent & Tot Swim

Swim Times:

Blenheim Gable Rees Rotary Pool

Mon/Wed/Fri 10:00am - 11:00am

Wallaceburg Sydenham Pool

Mon/Wed/Fri 9:45am - 10:45am

Swimming Lessons

- Red Cross Swim Preschool
- For ages 4 months to 5 years

Available at:

Blenheim Gable Rees Rotary Pool

Wallaceburg Sydenham Pool

CKRecreation 

To register, call 519.360.1998 or visit:
www.chatham-kent.ca/recreation

519.360.1998 • chatham-kent.ca/recreation



 Chatham-Kent
Cultivating Growth. Shore to Shore

The Kids are Alright: SECOND BORN

by Karen Green



We are at a standoff, my youngest daughter and I. It is a battle of wills, but also of pragmatism, each of us locked into our idea of the way it has to be, and neither inclined to change our minds. We are each of us quite exhausted by now, quite wrung out, but not worn out – and therein lies the crux of the problem.

She doesn't want to wear the coat.

Bright snowy white with starbursts of colour and a hood that extends to a bent peak and a small pom, which, when worn jauntily atop a small head, gives the acute appearance of pixie-ness.

My older daughter wore this coat for two years, bursting from the doors of the school in all her gnomish glory, into the snowy, wet grounds, cozy and warm. She smiled sweetly at the exclamations her coat invited and enjoyed thoroughly the originality of her ensemble; a rainbow above the dismal backdrop of the long, long winter.

My younger daughter, soon to turn seven, does not want to be a rainbow among the clouds. She wants nothing to do with gnomes or pixies or peaked caps. She does not want to walk through the schoolyard a burst of confetti in the gray morning light when surely there is nothing yet to celebrate at such an ungodly hour.

She doesn't want to wear the coat that her older sister loved and wore for two years. She hates the coat, won't wear it. The coat, unlike my patience, is not yet worn out.

I am not unsympathetic to her point of view. As the second born herself, my child's mother remembers the injustice of a wardrobe comprised 70% of hand-me-downs; recalls the sting of knowing that whatever suited her sister will one day land in her drawer, whether it suits the future wearer or not. She remembers that it is not always fair to be relegated a carbon copy of an older sister a year or two later; version two receiving goods now faded but not enough for the bin; worn but not enough to be freed from the small humiliation of being clothed and shod nearly entirely in seconds.

But to explain to my small child that this is not punitive; that the measure is one of practicality and good housekeeping and fiscal responsibility, is no balm to her chafed countenance. She does not understand – or, more accurately, does not care – that the coat is still good, and that good coats cost money; too much money to cast away because of something as fleeting and immaterial as personal style.

Unless ... it is not the style that my daughter objects to, but the shackling of her personality to that of her elder sibling's. Perhaps my daughter, not yet seven, is already so cognitively aware of her position in the family and the dynamics adherent to birth order that she simply will not allow us to cast her into a

predetermined role, that of baby, yes, but also of shadow. Perhaps she is asserting her strength of character and refusal to be second to anyone or any thing, from the womb to the closet to her position later in life, assuring us that she will lead, that she will not accept the seconds that life may offer – that she will fight against the oppression of the hand-me-down, allowing her parents to move into their golden years secure in the knowledge that their children – both of them – will always be strong, be independent, fight for the top, regardless of the predestined arrangement from which they came. Perhaps her parents are raising the next generation of Emma Goldmans and Simone de Beauvoirs and Tina Feys. Perhaps her mother must begin to see this act of refusal as the revolution it is, lead by a diminutive trailblazer with tousled hair and a steely resolve. Her mother's heart swells.

But, no. She hates the coat and refuses to put it on.

Is it because you feel like your needs as an individual are not being met, her mother asks?

No. The coat is ugly.

Is it because you would rather march through the untested wilds of the dark, unknown forest than trot happily along a path that others have used and proven unchallenging, her mother asks?

No. The coat is yucky and she won't wear it.

And so we stand, my daughter and me, unable to budge from this battle being waged on all psychological fronts. She, believing her mother to be mean and unwielding, and me, understanding finally that I am dealing with a child more fashionista despot than disadvantaged revolutionary.

But my bright-eyed, tow-headed, clever, stubborn child can not yet anticipate that I have, in my quiver, the only arrow I need as it is guaranteed to sail blithely onto its mark, and soon.

Winter is coming, and there is no other coat. Even she of the icy will cannot melt the ice that appears soon on the window sash.

Because my dear, it's good to learn that in Canada, in November, whether you are the first, the second, the fourth or the tenth; whether the coat is ugly or beautiful, new or old, one you love or one you hate, eventually, it's going to be put on, zipped up, worn out.

Mother (nature) always wins.

Karen Green is a mother, freelance writer, and Toronto ex-pat. She has been blogging at www.karengreen.ca since 2006, and is a writer for Bell's TheLoop.ca. She is the former parenting columnist for Canadian Family magazine, and her writing has been featured in Canadian Living, Today's Parent, and many other online and print venues. Karen's first two books for early readers were released in February 2013.

CK's Most Adorable Munchkins Photo Contest



Our TOP 10 Munchkins have now been revealed! Congratulations to these munchkins for making it into the next round and a huge thank you to all our entrants for participating.

In the New Year we will be moving into the Judging Panel round so make sure to like our Facebook page for the latest updates and exciting announcements!

Scan with your smartphone!



CONGRATULATIONS to our TOP 10!



Our Runners Up...



Dad Around Town: TWILIGHT TALES AT THE DRESDEN LIBRARY



Aside from Halloween, I don't typically take my kids around town after dark. When the sun sets, my wife and I are usually busy trying out different ways of keeping our two boys in bed, short of tying them down or sitting on them. Lately, however, the boys and I have been breaking the rules every Thursday night by venturing out after dark to attend a secret gathering. This is the one night of the week that my wife works late, so Ethan, Jonah, and I are left on our

own for a boys' night. So we end up at the library – I know, how rebelliously nerdy of us.

But we have a good reason for going there because the Dresden branch of the Chatham-Kent Public Library hosts Twilight Tales story time every Thursday. In the charming little building where the Dresden branch resides, a group of children gathers each week around Jenn Wallace, a library staff member surrounded by stacks of books and baskets of tambourines, bells, and rhythm sticks. Participating in a rousing half-hour of singing, instrument playing, dancing, role playing, and storytelling has become our Thursday night ritual. I often take the boys to literary and library events, but the timing of this one could make it appear as if I'm copping out of putting them to bed. But routines are good for bedtime, and there are advantages to attending Twilight Tales for a dad on his own one night a week.

It helps that the children are encouraged to wear pyjamas to Twilight Tales. Every other night when I say, "It's time to get pyjamas on" I am subject to a range of results that only end in success after a string of failed attempts. On the worst of nights when everything I say falls on deaf ears, I find myself imitating a hunter trying to capture a small woodland creature with a trap. I am poised with the neck hole of a shirt positioned just right to spring it over a bobbing, ever-moving head, hoping to snare it with the first lunge. By some miracle, if it does work, I wrestle with flailing arms to get them through the shirt's armholes. After ten minutes of that, I can move on to the even harder job of the pants.

Getting on pyjamas is a far quicker process on Thursdays. When I say, "It's time to get pyjamas on or we'll be late for library story time," there is an instant reaction and they do everything themselves. Go figure. It never works that way when I say that I am reading books before bed. There is some mysterious attraction to the library and part of it has to do with the compelling way that Jenn delivers her stories and keeps them entertained with songs they enjoy acting out.

Which brings me to another advantage of Twilight Tales – someone else is doing the work of reading for me. As much as I like Green Eggs and Ham, my brain has gone a bit numb after reading it thousands of times. Jenn is great with the kids, great at engaging them, and great at selecting books that are not the normal books we read at home. My boys really like hearing new stories, and with someone else reading they are less inclined to interrupt every five seconds to ask questions that I don't have answers for, like "How does that guy make the eggs green?"

You know the stories are good when they have a lasting impression. One particular story has stuck with the boys and is frequently and inconveniently re-enacted in our master bedroom. The book is called Finn Throws a Fit, but Ethan misheard it and has been calling it Finn Throws a Fid. Easy enough misunderstanding, and Jonah has followed suit with the mispronunciation.

In the book, hurricanes and rainstorms are used as a metaphor for Finn's "fit" which is an irrational outburst that results in things getting tossed around in typical tantrum fashion. Ethan and Jonah's interpretation focuses on the aftermath of the storm and the definition of "fid" has become every blanket, pillow, and stuffed animal in the house combined into a giant, messy mountain. "Fid" has become a noun in their personal vocabulary, and a "fid" makes an appearance on our bed every few days. For the record, an astronomical amount of stuffed animals of all shapes and sizes have accumulated in the five years the boys have been part of our lives.

Going around town was never meant to be part of our bedtime routine, but I am well aware of the magic of a moving car on tired boys, even though I try not to use it too often. The library

NEW!



Velata
BUY • HOST • JOIN

Book your party today at
519.351.7523 or visit
www.nancymatteis.velata.ca



Alla's
Bowtique
For all your hair candy!
Unique handcrafted hair accessories, tutus and more.

Nancy
allasbowtique@yahoo.com
519-351-7523
where chic meets trendy

by Darin Cook

closes at eight o'clock and I try to leave close to that time. The twenty-five-minute drive home from the Dresden branch usually (but not always) lulls the boys to sleep. But then I still have to make the transition of two sleeping bundles from car to bed. When it works, it is a thing of beauty. And it gives me enough time to clean up the pile of "fid" so my wife and I can use our bed for sleeping that night.

Twilight Tales has become a fun and educational weekly outing for us, and it acts as a way to alleviate my bedtime duties a bit. If the boys are tucked snug in their beds when my wife gets home from work, then I have been successful at getting them to sleep single-handedly (which is not an easy task), even if it did involve the help of a library staff member and a car ride.

Darin is a freelance writer who works and plays in Chatham-Kent, and is becoming a Dad around town by taking in children's entertainment and family-oriented attractions with his wife, Jennifer, and their sons, Ethan and Jonah. Share in more of his experiences at www.darincook.ca




open shutter
photography




www.openshutterphotography.com

HM: 519.678.3612
CELL: 226.626.5206

rebecca@openshutterphotography.com



**HINNEGAN**
TREVOR HINNEGAN LAW



- Real Estate
- Wills & Estates
- Incorporations
- Civil Litigation

(519) 355-1800
75 Thames St, PO Box 428 Chatham, ON N7M 5K5
WWW.TREVORHINNEGANLAW.COM

Nancy Matteis
Star Director
519-351-7523
senseofsmell27@yahoo.com
nancymatteis.scentsy.ca



BUY ~ HOST ~ JOIN

Interested in promoting your business with

CKChild?

Give us a call at **519.359.6383** or email us at ckchildmag@gmail.com

NOW AVAILABLE! SUBSCRIBE TO OUR ONLINE VERSION AT WWW.CKCHILD.CA & HAVE THE NEW ISSUE EMAILED TO YOU FIRST SO YOU CAN READ IT ON YOUR PHONE, TABLET, ETC!

You Are What You Eat



Vegetarian, vegan, grain free, gluten free, whole food, holistic, natural, made in Canada vs. made in china, wild caught vs. locally grown.

Do these sound like decisions you make every trip to the market? What about standing in the pet food aisle? Today's pet owners are becoming increasingly demanding about the quality and choice they want in their pet's food. The

pet food market has responded, and now there are an overwhelming array of choices, options and price ranges. What's the best food for YOUR pet?? You can bet everyone has a different opinion.

Getting started...

You're a savvy consumer! Start your research by comparing different packaging labels on pet food! Now I'm not going to tell you this is a total waste of time... but lets talk a bit about these labels and you can decide for yourself.

First of all you need to know what is in your pets food – how complicated could this be? The pet food bag is divided into different sections that provide different pieces of information. The front of the bag is essentially all advertising space. A few standard pieces information are required here, but basically the name of the food, the key features/benefits of the diet and generally a cute picture are typically displayed here. Most of this information is not regulated, therefore it may be truthful and accurate or not.

The back of the bag typically has feeding guidelines. These advise how much food your pet should eat based on body weight (and age for growth diets). It may elaborate on the benefits of the diet, provide a story or philosophy on the food – essentially, more advertising.

The side panel is more interesting. It displays the AAFCO nutritional adequacy statement, ingredient list and guaranteed analysis. The Association of American Feed Control Officials (AAFCO) establishes nutritional standards for pet food and uniform labeling rules. The AAFCO statement basically tells you whether or not feeding trials were done on a food before it went on the market and what life stages the food is formulated for – maintenance, pregnancy, growth or all life stages etc. CAUTION – Sometimes the life stage on the AAFCO statement and advertisement on front of the bag differ, in which case the AAFCO statement is most accurate. A product called an 'adult maintenance' food may in fact state formulated for all life stages in the AAFCO statement. An 'all life stages' food means it has high enough nutrition to support growth and pregnancy. Therefore is too rich for an adult dog.

Does it surprise you to know a pet food could go to market that has never been actually fed to an animal?? It should! Without

a feeding trial there is no way to know if a formula that sounds good on paper is actually digestible or if the nutrients are bio-available to the pet. Therefore feeding trials are considered the gold standard way to support nutritional claims. It will probably also surprise you to know that only 8 pets are needed to participate in an AAFCO approved feeding trial!!

Ingredients are listed in descending order by weight. Meat based ingredients have high water content, they can weigh more than dry ingredients such as grains, meals and vitamins, so they are often listed first. Legally no descriptors of ingredient QUALITY can be included on this list. This leads to a very common misunderstanding that byproduct is poor quality and whole meat ingredient is good quality. The reality is that both of these ingredients can be either good or poor quality depending on the source.

The guaranteed analysis lists the percentage of each of the nutrients in the food. The minimum percent of crude protein and crude fat, and the maximum percent of crude fiber and moisture are always required. The amount of moisture in food will skew these percentages and every food has different moisture content, making direct comparison between foods impossible.

This sounds good, but what does it mean?? Defining Natural, Organic, Holistic, And Human Grade

- "Natural" has been legally defined and requires a pet food to consist of only natural ingredients without chemical alterations, except for vitamins, minerals and other trace nutrients.
- "Organic" has been legally defined for human foods by the USDA. Pet food companies can currently use the term "organic" if they follow the same rules as applied to human foods. Note that natural and organic are not interchangeable terms.
- "Holistic" has no legal definition and is unregulated with regard to pet food. Any pet food could use the term "holistic" in marketing their product. The term currently has no meaning in pet food.

"Human grade" is not an allowed term on a pet food label, unless the food is made in a plant approved for manufacturing human food. Because of this, there are very few pet foods that are labeled "human grade." However, this regulation doesn't apply to advertising and websites, so some pet food companies will claim "human grade" ingredients in their products.

"Grain free" diets are typically high protein meat based diets. They should not contain wheat, corn, rice, barley, sorghum etc. While some dogs may do well on these formulations, grain is not inherently bad for them. Dogs are omnivores, not strict carnivores. Grain contains a lot of high quality nutrients that are often very digestible, after cooking. High protein diets can trigger digestive upset in some pets and are dangerous if the kidneys are not functioning properly. Grain allergies are not more common than meat allergies.

The bottom line is reading pet food labels can be confusing. There is no way to determine the true QUALITY of a pet food by

by Emily Durbin BSc, DVM

reading the ingredient listing or the guaranteed analysis. Individual ingredients do not determine the quality of a pet food. It's the nutritional value of each component blended together that provides the resulting benefit to the pet.

So how do you make an informed decision? You understand that your pet's health, longevity and quality of life depend on this decision!

TALK to your veterinary health care team. They have information and perspective no one else has. Your veterinarian will make a pet food recommendation based on your pet's age, lifestyle, breed, health status and risk factors for disease.

Factors I consider before recommending a food to a patient:
Does the food company provide **scientific research** and clinical data supporting the nutrition benefit claims?
Does the company produce **therapeutic diets** (foods that treat diseases) in addition to diets for healthy pets?
Does this pet food **maximize the health** of the pet, or simply meet the minimum standards required for pet food?
Does the company **manufacture it's own food** or out source to a third party manufacturer?
Does the company purchase ingredients from **safe and reliable sources**?

Does the food have a **consistent formulation** or does it vary from batch to batch?

Does the food company have a **reputation** for transparency and honesty with the consumer?

Answers to these questions will not be found on a pet food label – so ask your veterinarian!

--
Weblinks:

www.aaafco.org

www.hillspet.com

www.raynecanada.ca

Dr Emily and her husband, Tony, moved from Saskatchewan to Chatham-Kent in 2003. Dr Emily recalls, "I moved here to be part of a fantastic team, at this exciting progressive veterinary hospital. And now we love it here! The people are friendly and have small town values. It means a lot to be able to raise my children in a place they can benefit from both rural and urban community".

Interested in promoting your business with **CKChild?**
Give us a call at **519.359.6383**
or email us at **ckchildmag@gmail.com**

BALLET, JAZZ, HIP HOP, MODERN, LYRICAL & MORE!

Warmest Wishes for a Safe &
Happy Holiday Season and a
Wonderful New Year!



★ 1542 Dufferin Ave, Wallaceburg

★ 111 Chatham St, Blenheim

519.352.5000



WWW.DMSDANCE.COM

CK Business Spotlight: CHATHAM GYMNASTICS

Our CK Business Spotlight features outstanding local businesses who have made a positive impact on our community! Let us know if you would like to be featured in one of our future issues...



Our choice for this issue's 'Spotlight' business is Shay Ireland of Chatham Gymnastics Centre. After spending over 20 years coaching in other gymnastics facilities, she felt it was time to allow her abilities, strengths and love for the sport shine.



Her passion for children and the sport of gymnastics is apparent when she coaches. Miss Shay's bubbly personality and her understanding of parents' passion for their children will make Chatham Gymnastics Centre flourish in the Chatham-Kent community!

This past September, Shay officially opened her brand new 8800 square foot facility which is located at 20 Currie Street in Chatham. When asked why she decided to take the plunge and open her own space, she tells us, 'To follow my dreams! And to allow children to have the same passion I have had for over 30 years.' Gymnastics has been a part of her life since she can remember - 15 as a competitive gymnast and 22 yrs as a coach of all ages ranging from babies to provincial champions. Chatham Gymnastics is completely family oriented - her husband and 4 children are always making appearance at the gym. Their coaches are also like family. They are experienced and professional and have the same infectious passion for gymnastics as Shay.



What types of programs are offered at this new facility? Something for all ages from little ones who are just crawling to teens (no experience necessary) to competitive gymnasts. Classes include Baby and Me classes, Recreational classes, Pre-competitive Boys and Girls, Family Open Gym and Superkids Preschool Open Gym, trampoline and private lessons! They even have space set aside for birthday parties and class field trips.

COMING in January they will also be offering FITNASTICS, and CHEERGYM and are planning an expansion in January 2015.



So what can you expect from this new and fabulous resource for our community? Shay tells us that 'Chatham Gymnastics Centre will be a FUN and positive atmosphere that will aid in the growth of our community's children.'

--

For more information please visit her website at www.chathamgymnastics.ca or stop into their NEW location at 20 Currie Street in Chatham. You can also reach them at 519-354-9722. Find them on FACEBOOK and follow them on TWITTER.





Hautepink
dance wear boutique

A heartfelt thank you for your support throughout 2014!

Wishing you a very Merry Christmas & a fabulous New Year!



138 King St in Downtown Chatham
(519)355-1999

WWW.GOHAUTEPINK.COM



Chatham
Gymnastics Centre

Chatham Inspire
Gymnastics Team

— Classes for all Ages —

Crawling to Adult
Gymnastics Tumbling Trampoline
Flexibility & Strength
Special Needs Programs



Head Coach
Shay Ireland-Heidt

Birthday Parties
Continual Class Intake
chathamgymnastics.com

519-354-9722
20 Currie St Chatham
shay@chathamgymnastics.com

★ **I'm a Chatham Super Kid!** ★

WYZGUYS Training Centre

Specialized in
various
training styles!



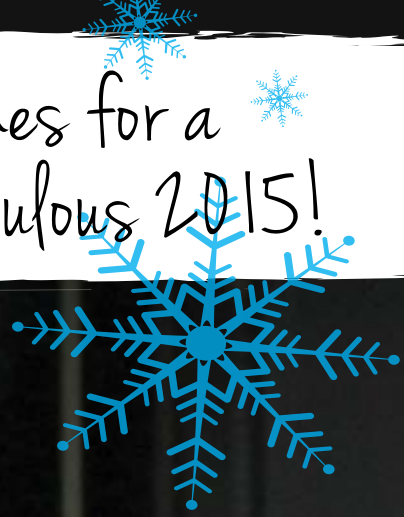
11812 LONGWOODS RD, KENT BRIDGE

519-351-1717

marion12@rogers.com

- Obedience Classes • Agility Classes •
- Conformation Handling classes
- Rally-O classes • Puppy Classes •
- Boarding • Breeding

We would like to extend our Warmest Wishes for a ❄️
Safe & Happy Holiday Season and a Fabulous 2015!



"At Pure I can be me!"

NEW!! Check out our Early Years
Classes starting in January!

 **PURE** dance
music
drama

Academy for the Performing Arts
www.pureacademy.ca



CHATHAM ❄️ **FLORENCE** ❄️ **WALLACEBURG** ❄️ **BLENHEIM**