

Spring 2012

PRICELESS

# CK Child

Your source for pregnancy & parenting in Chatham-Kent

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Spring Cover Model!  
...see inside for details



Inside: Your Guide to Local Family Events in C-K this Spring!



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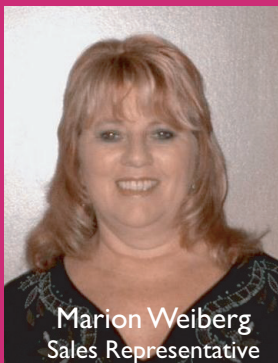
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# Welcome to the 2012 Spring Issue of CK Child!

CK Child is a hip, local parenting publication 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 & lists local, family-friendly events occurring in Chatham-Kent.

## Letter from the Editor



*The warm weather has already arrived which makes it even more exciting to get things going with the newest Spring issue of CK Child! In celebration of the change in seasons we are making some exciting new changes with CK Child! One major change will be the changeover from black & white pages to full colour! Each and every page of our next issue will feature bright, bold colours. So be sure to check out our 2012 Summer issue for this new look.*

*We've had a couple of bumps in the road with the online version of CK Child but we are finally almost ready to unveil our new website! It will offer a ton of new features including an online version of our magazine, a searchable database of every article we've ever offered, an up-to-date program and events section and much more! Join our Facebook group for the latest details.*

*Warmly,  
Tammy*

*Tammy Chouinard  
Editor/Publisher P.S. Check out the new CK Teen!*



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

The cover of this issue of CK Child was done by Julie of Julie Rhodes Photography.

Our model is adorable **Harper**, who's Grandmother had the winning bid at the Flavours & Favours Charity Auction (see pg 15).



Julie Rhodes has turned her passion into a successful full time career. She creates a fun & relaxed environment both in her studio or out on location. Her photojournalistic style will capture your authentic connections. Capturing "who" you are not only "what" you look like. She has the ability to connect with her clients & take their memories to create artwork for their walls. Her studio is open by is located in the beautiful historic downtown Chatham. [www.julierhodesphotography.com](http://www.julierhodesphotography.com)



Please recycle your copy of CK Child.

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Please note: Articles within the CK Child Publication do not necessarily reflect the views of the Editor.

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

## Staying Connected with Your Child



Scientists have found a way to predict which couples will end up divorcing: those who don't insure that they have at least 5 positive interactions for every negative one. It turns out that maintaining this 5 to 1 ratio is effective insurance in every relationship, including between parents and children.

Life, with its infinite distractions and constant separations, has a way of eroding connection. All parents need to repeatedly reconnect with their children, just to repair the daily erosion created by life's normal separations and distractions.

While our children are separated from us, they orient themselves around other things: their teacher, their peers, their computer.

When we recollect our children physically into our orbit, we must recollect them emotionally as well.

Effective parenting is almost impossible until the positive connection with your child has been re-established, so think of this as preventive maintenance, before there's a problem. How?

1. Place a premium on relationships in your family. If your expectation is that re-connecting after time apart is an important part of life, your children will share that expectation.

2. Acknowledge relationship and separation. When you leave, say goodbye. When you return, say hello. When you first see your children in the morning, make a point of greeting each of them, preferably physically. This may seem obvious, but lots of families don't do it.

Research shows that men who kiss their wives goodbye in the morning live longer, earn more, and are happier. While there is no data yet on how this applies to parents and kids, you can bet I kiss my kids, as well as my husband, goodbye!

3. When you physically reconnect, consciously refocus your attention. Otherwise, it's automatic for all of us to keep thinking about the meeting you just attended or what you need to pick up at the grocery store.

4. Until you've re-established the connection, keep distractions to a minimum. This may seem obvious, but if you can make yourself turn off the news when your child gets in the car, you're lots more likely to make a connection with him and hear about what happened at band practice. If she's coming back from a sleepover, try to avoid having family friends over at the same time. Insist that she spend some time interacting with the family before she gets on the phone or computer to chat with her friends. When one of you arrives home, don't answer the phone during your greeting, even if it was a routine separation. As automatic as it is to answer the phone, greeting each other and reconnecting is ultimately more important. That's

what answering machines are for.

5. Attune to your child's mood. Your moods are unlikely to be in sync after time apart. To re-connect, you will probably need to adjust your mood to your child's.

6. Connect on their level. Neufeld and Mate, authors of the book *Hold onto Your Kids* and originators of the phrase "Collecting your child," call this "getting in their face in a friendly way." For toddlers, it means stooping down to make eye contact. For older kids, the idea is to demand their attention in an inoffensive way, which usually involves getting in their space physically.

7. Everyone needs "floortime." With toddlers, floortime is when you get down on the floor with them, in their space and in sync with their energy level, and connect in their world, whether it's building a train track or playing pretend or reading a book. When they're ten, floortime will probably take the form of snuggling on the couch while you chat, in a relaxed fashion, about anything from their day at school to the coming weekend to a TV show you just watched together. Forget about teaching or directing or rushing your kid to the next item on the schedule. None of those are quality time. Quality time means being in the present moment and responding to whatever is up for your child. The point is setting aside some

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by Dr. Laura Markham

time to just be present, daily, with every person in your family.

8. Welcome your child's babyself. It's classic. Your child has been happily playing at childcare, but as soon as you show up, he has a meltdown. That's because he's been squashing his dependency needs so that he can function independently in a demanding environment. Your presence, with all of its comforting reassurance and warmth, signals to him that he can relax and let down his guard.

Scoop him up, give him that snuggle he needs, and get him out of there. Some little ones need to cry for a few minutes in your arms before they're ready for the carseat; those who are still nursing often need to nurse. Preschoolers may need to revert to babytalk. Accept all this as proof of the age-appropriate solace your child finds in your company. Just remember not to make a meltdown the precondition for comforting, so you don't set that up as a daily response. Offer a pre-emptive snuggle as you pick them up at the end of the day and you can often avoid a meltdown. Some parents object to this as "encouraging dependency." I see it as "allowing" the dependency that is there anyway, and will otherwise go undercover. Don't worry, your kids won't be dependent forever.

9. Remember the 5 to 1 ratio. Try as we might, all of us sometimes have less than optimal interactions with our children. Remember that each one of those interactions that leave anyone feeling bad require five positive interactions to restore a positive valence to the relationship. These can be little – a smile or pat on the shoulder – as long as you make sure they have a positive impact.

One caution -- don't be tempted to buy five presents, even if you goofed royally. Occasional gifts for no reason are fine, but all kids distinguish between emotional connection and things, and they always notice when parents use money to buy their goodwill. They won't turn down the gifts, but it's a net loss to the relationship's emotional bank account.

10. In addition to daily preventive maintenance, do repair work as necessary. If your child's attachment needs have gone unmet, for whatever reason, he or she has probably turned to the peer group to try to get them filled. Parenting becomes impossible when you aren't your child's "secure base," as the attachment theorists say. You'll need to do some relationship

repair work to get your child's attachment focused back on you where it belongs.

*Dr. Laura Markham trained as a Clinical Psychologist at Columbia University, but she's also a mom, so she understands kids -- and parents! For more information, check out her website at [www.ahaparenting.com](http://www.ahaparenting.com)*

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## PURE Perspective

by Brittany Meechem



When I wake up in morning, I can hear the birds chirping. When I look out my window, the frost is gone and I can see the stems of flowers starting to sprout from the ground. Spring is on it's way! Although no one in Chatham-Kent can even begin to complain about the mild winter we've had, we can't help but be excited for the upcoming months! Even more exhilarating than the beautiful weather, Spring brings about new experiences and new energy that every family has been anticipating since the New Year.

For me, as the Dance Pak coach at Pure Academy, Spring means it is time to get prepared for our competition season! There is a buzz in the classroom as everyone is getting pumped up and working hard for this opportunity that only comes a few times each year. The costumes have been tried on, the dances have been rehearsed and now all we have left to do as a team is prepare for the incredible moment when we step out on the stage and perform for the cheering crowd. Although I am now behind the scenes as a coach, I still feel all the same emotions as my students as they are standing backstage in the wings ready to walk on. I feel the butterflies, the nerves, the fear, the excitement, the joy. We are all putting our heart and soul on the stage with every single step. We are unveiling a project that the students have been working on since September and it is no doubt a very proud and profound time for us!

Although we began practicing as a team in September, for me, the season began a few months earlier. I spent my summer swimming in my pool, spending time with friends and family, and planning for the upcoming dance season. I had plenty of music to choose and dances to choreograph, as I was taking on the responsibility of running four teams – a total of 46 dancers. This was a huge task in front of me, but I was thrilled to take on the challenge.

Eight months later here we are – ready to compete with dances that we all have so much pride in. It is amazing to me to see how an idea in my head can go from messy chicken scratch notes in a binder to a professional and impressive performance. There is nothing more rewarding than knowing how far the students have come since September and seeing all of them

grow into confident, expressive dancers right before my eyes. These kids are truly incredible and I am so honoured and privileged to be their coach.

The Pak team very quickly becomes a family every year. There are always both new and returning students every year, yet everyone is very accepting and encouraging no matter how the dynamic of the group changes. It is a beautiful thing to see children care so much about one another from age 8 to 18. Wonderful relationships have been developed between the students, but also between myself and the dancers. Although many people may think of me as 'just their coach', I also like to make myself available for a shoulder to cry on and someone they can come to in a time of need. This may not be everyone's preferred style of coaching, but I think it is important for all children to have as many supportive and understanding adults in their life as possible. After all, as dance instructors we are making a huge impact on our students' lives and should value them as a dancer and a human being. We all need a shoulder to cry on at one point or another.

When my dancers step out on stage at the end of March, I know that there will be no other place they would rather be. It has been a long road filled with hard work and discipline, but in the end it will be worth it. It will be worth it because we got to show everyone how passionate we are and how much we love to dance. It's that love of dance that has brought the teams together and all the trophies in the world would not compare to the feeling my students will get when they perform what they love.

At Pure Academy, I am fortunate enough to go to work every day and do what I love. That's not to say that there are no struggles or difficulties, but the supportive staff and families at the studio are so helpful through any hard times and remind me what is important. I get to share my joy and passion with children and hopefully impact their life in a positive way. That makes me an extremely lucky person and reassures me that all the hard work does pay off and it is most definitely worth it.

*Brittany is the Dance Pak Coordinator at Pure Academy and also teaches several recreational classes in all age groups. She was born and raised in Chatham-Kent and loves spending time with her husband and her Black Lab fur baby, Max.*

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## Eliminating Infertility ~ Part 3

by Mary Ann Millar CFCP



Do you know of a friend who misses work one day a month and who is in such pain at the beginning of "the curse" that she has to stay in bed, dose herself with Ibu-profan or some other pain killer for relief? Chances are that this woman is suffering

from the disease of endometriosis. Big Word - matches the pain and the problems it causes. 80% of infertility patients can figure this is the cause of their difficulty in conceiving.

The endometrium is what we call the lining of the uterus. The uterus itself has two functions: 1) it contains and nourishes the baby from the beginning of a pregnancy until birth, 2) it helps with the delivery of the baby.

Our ovaries produce the eggs and the hormones that build the lining of the uterus (the endometrium) to prepare for the fertilized egg to implant. If the egg is not fertilized, this lining is shed each month through bleeding (menstruation)

Endometriosis is this same tissue but is found in places other than the uterus - the ovaries, fallopian tubes, bowels, as well as on body tissue in the abdomen. When menstruation begins and the hormones cause the uterus to shed its lining, endometrial tissue in these other areas also break apart and bleed. Whereas the menstrual fluid from the uterus flows freely from the body, the tissue of the other organs are surrounded by inflammation which attempts to be absorbed back into the blood.

This inflammation subsides when bleeding ends and scar tissue is formed around the area. It also may cause adhesions (scarring of the fallopian tubes and tubal blockage, leading to ectopic pregnancies) and abnormal tissue growth that binds organs together. Some patches may rupture and spread contents to other pelvic areas. The disease is often associated with irritable bowel syndrome, hormonal dysfunction, and some cancers.

Charting her cycle will usually identify the presence of

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endometriosis as the post ovulatory phase will indicate the lack of progesterone, the hormone necessary to support a pregnancy and also modifies the immune system.

The best way to treat this disease is by surgery. An expert in this area of medicine is able to use new methods such as those developed in the new science of NaProTECHNOLOGY, to prevent adhesions from forming as a result of the surgery. Although there is a chance of recurrence of the disease, usually long lasting relief can be expected as well as successful pregnancies.

Mary Ann runs the Fertility Care Centre of Chatham-Kent. For more information, please contact her at 519-354-0265 or visit [www.fertilitycarecenterck.org](http://www.fertilitycarecenterck.org). A free introductory session is offered monthly at the CK Health Alliance

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Find these and other great programs in the Spring Edition of the CK Recreation Program Guide, available at your local municipal centre or online at [www.chatham-kent.ca/recreation](http://www.chatham-kent.ca/recreation).



## Does Coffee Come in Bucket Size?

by Elizabeth Sunnen



Dinner always includes a show at our house. It doesn't matter what I'm making, there will always be entertainment that will include any or all of the following: musical instruments, singing, interpretive dance, dog toenails clicking

the floor, fire alarms going off and intermittent "woahs" as I nearly fall to my death, tripping over yet another thing that has found its way underneath my feet.

I think it's wonderful that my family likes to be close to each other.

I think it's insane that we all want to be within a three-square-foot circumference of one another, but hey, what do I know? The Oldsters tell me to soak it up, because pretty soon the kids will roll their eyes when I suggest we have dinner together. Friends tell me to be happy Kiddo #1 is singing Lady Gaga because Kiddo #1's kids will be singing the f-bomb in every verse (because every generation gets more in-your-face than the last and hey, I can't argue-- Madonna is my vintage and here we are today). But, amidst the calamity, I must admit, I have found that taking a breath and being patient is not as easy as TV moms make it look.

How did Claire Huxtable do it with five children, her job as a lawyer and her hilarious Dr Husband? How did Carol Sever manage three kiddos and her (also) hilarious (also) Dr Husband? Ok, the dad on "Growing Pains" wasn't that funny. He's Canadian, so I give him extra credit.

But, after years of difficult research (from my couch), I think the answer comes down to this: they had a laugh track.

It's easy to have patience when someone is there to laugh out loud (not just LOL, but to actually laugh) at a zany misadventure.

What I learned from my research is: when tripping over a wee dog that is winding itself through your legs, while holding

a tray of hot cookies, a laugh track keeps you from dropping the molten lava onto your toddler. When your teenager takes your car keys and accidentally drives through the garage door, the glad-it's-not-me laughter of the audience keeps you from apoplexy.

After I realized this, I quickly downloaded a couple different laugh tracks. I keep them on my iPod, which is on my person at all times, ready for use.

The other day, when I forgot to pay my cell bill, and a whopper arrived, I played the laugh track while my husband's eyes bugged out of his head. It really changed the mood. I played my laugh track when I sneezed, immediately after applying the 47th coat of mascara and, amazingly, it made me feel good about looking like a Picasso sketch. When my daughter got marker on her bedroom walls, I played the laugh track after she told me how it got there; it made giving her the timeout even more fun than usual. I walked into an atom bomb of stink when I entered my son's room, played the laugh track, and the diaper was much more fun to change.

I tell you, try it. If it doesn't make the everyday feel much less ordinary, you should demand your money back. Not from me, of course (insert laugh track). See! It's working already!

*Elizabeth Downey-Sunnen is a teacher and writer who takes motherhood one laugh at a time. When she's not busy chasing her daughter and son, she is usually chuckling with her husband or writing it all down on her blog before she forgets what she was laughing about. Elizabeth grew up in Chatham-Kent and is thrilled to be back in such a great community. Check out her blog: [www.DoesCoffeeComeInBucketSize.blogspot.com](http://www.DoesCoffeeComeInBucketSize.blogspot.com)*

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## CK Business Spotlight:

**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 Kim Hinnegan at the Paper Pickle! Kim started the business with her sister Kelly in 2003 and together they have built a successful craft store that is loved by so many in our community! Recently Kim has taken over with running the store herself and has joined forces with another one of her sisters, Jen Aitken to offer fabulous & scrumptious cupcakes for her childrens' birthday crafting parties! Mmmmmm!

I'm not sure about you, but do you find time moving at a much quicker speed these days? It seemed like just yesterday that my daughter, Julia was born. And now here I am, planning her sixth birthday! Honestly, where has the time gone? I could ponder this question for days but let's get serious here. Time is wasting and there is a party to plan. But what am I going to do for her birthday this year?

### HOW ABOUT A CRAFTING PARTY?

I know many of you ask yourself that very question each year. So this is where The Paper Pickle Company comes in. We are a dill-ightfully different paper craft store located in the heart of downtown Chatham. We love to create beautiful projects using stamps, ink, ribbons, gorgeous papers and let's not forget the glitter! The Paper Pickle has been in business for eight years so we have designed a project or two. We have always held classes at the store but these have been mainly for existing customers. One day we thought, wouldn't it be great to have birthday parties here for children here? My ideas could be a little selfish but hey, my kid loves it and I know many others do too!



### LET US TAKE CARE OF THE DETAILS

A stamping or scrapbooking themed party will be designed specifically around the interests of your child. For example, if you little girl absolutely loves animals, we will make sure to include these in the class. She can also pick out the paper she would like us to use. Party sizes range from 6-12 children and are held at the store mainly on Saturdays but we can work with you to set the date and time that works best for you. Costs range from \$12-20 per child depending on how elaborate the class.

### BRING IN THE CUPCAKES

You are able to bring in your own food and drink during the two hour party. But if you don't have the time to bake, let us take care of that for you too! We are now offering cupcakes from a fabulous up and coming baker, Jen Aitken. Her creations are not only delicious but beautiful. Have a look at her sweet works of art. Order these cupcakes in dozens (\$18) to match the colours or themes we are using on our paper projects.

### NOW WASN'T THAT EASY?

Stop by today to see what The Paper Pickle has to offer. Our parties are sure to provide your child and their friends a little inspiration, a lot of fun and provide you with a hassle-free party that is sure to be a hit!

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## Mommy Tips

**We're starting a new section in CK Child that will be dedicated to Moms sharing fabulous tips with other Moms in our community! These tips could include general parenting tips, places to bring your kids that others might not know about, local businesses that offer unique or hard to find items and virtually any advice you want to share!**

### TAKE LITTLE ONES OUT OF DAY CARE FOR THE SUMMER

Take your kids out of home daycare for the summer & hire a summer babysitter - like a friend's daughter who is old enough, very responsible and has safety training. It will save you a TON of money so you can afford a few extra hours to get more done and it's been fun for them to be home!

### TEACH THEM THE VALUE OF A DOLLAR

Think about getting your kids a piggy bank. It seems very simple, but letting your kids save up their pocket money and other 'income' (ie an allowance for helping out around the house) and see it grow from week to week can teach them valuable lessons about saving up for more expensive items like new clothes (especially for little girl's - if they are anything like my daughter!) or the latest toy, rather than spending it all in one go.

### TODDLER GET A HOLD OF A PEN?? TRY THIS TRICK!

Ink stains can be hard to get out spray hair spray on the affected area and scrub gently with a tooth brush rinse and repeat until stain fades then add a touch of stain remover to the affected area and wash as normal.

**Send us your tips for our next issue to [ckchildmag@gmail.com](mailto:ckchildmag@gmail.com) - & we'll even give you the credit ;)**

## On the Cover: Harper!



CONGRATULATIONS to Mary Ann Brull who was the winner of our Cover Prize Package at the 2011 Flavours & Favours Charity Auction that took place this past November to raise funds for the Canadian Cancer Society (raising a total of \$9,300)!

Bidders competed for this prize during the auction at this event and Mary had the winning bid. She was eager to win this prize for her

grandaughter, Harper. This cover shoot was so much fun! Harper did a fabulous job and is simply adorable.

CK Child joined up with Julie Rhodes Photography, Milen Designs and Alla's Bowtique to offer a prize package that is truly priceless! The lucky winner received the cover of the Spring 2012 issue of CK Child, a photo session with Julie Rhodes Photography, a gorgeous Twirly Whirly Girly Skirt designed by Elizabeth Sunnen of Milen Designs and an adorable hair accessory by Nancy Matteis of Alla's Bowtique!

Thanks Mary, Nadeane & Harper!

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## Spring Has Sprung!

by Nicole Gordon



Finally after a long cold winter it is time to open the windows, throw on our jackets and rain boots and get outside.

My kids and I love taking a drive to the park. The kids love playing on the equipment and fortunately there are quite a few wooded areas around a few of our parks in Chatham. So after playing on the equipment, we change the scene with a walk in the woods. There are some beautiful trails. We will often add adventure to

our walks by looking for bugs, different leaves, listening to and distinguishing the many different sounds we hear, climbing some small trees and maybe even making a trail of our own!

If I do not have time to take the kids out because of spring cleaning needing to be done, etc. it doesn't mean the kids can't get out there and enjoy the beautiful weather. Even if the sun is not shining send them out! The rain may be even more fun. There is nothing better than a rainy day when you are a kid. Throw on some rain boots, grab an umbrella just to go outside and get muddy and wet splashing in the puddles (make sure they are wearing some older clothes because who knows what

they are going to look like when they return).

Another one of our favorite activities is getting those bikes out of the shed, filling the tires with air and taking a ride around town. A lot of the times we will ride along the river stopping to feed the squirrels and watch the river flow carrying trees and other debris - or if we are really lucky catch a glimpse of some wild life enjoying the spring weather as well.

There is nothing better than getting outside and smelling the fresh air again after being cooped up in the house all winter!

*Nicole has grown up in the Chatham-Kent area and is the proud mother of a 7 year old boy and a 12 year old girl.*

Are you a parent or local business owner who is interested in writing a future article for **CKChild**?

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# What to Do, What to Do

Happy St. Patrick's Day from

# CK Child

## {March 2012}

|             |          |   |                           |
|-------------|----------|---|---------------------------|
| Mar 3 & 4   | 8am-10pm | Futures - West Invitational Skating Competition               | Blenheim Arena            |
| Mar 12-16   |          | MARCH BREAK   |                           |
| Mar 17      |          | HAPPY ST. PATRICK'S DAY                                       |                           |
| Mar 17      | 8pm      | Mama Kin: A Salute to Aerosmith                               | Capitol Theatre           |
| Mar 17      | 9-3pm    | Wallaceburg Crafters Show & Bake Sale                         | Wallaceburg Kinsmen       |
| Mar 17      | 10-4pm   | Paving a Miracle for Pam                                      | Active Lifestyle          |
| Mar 17 & 18 | 10-4pm   | 2012 Wings of Spring  | Rondeau Provincial Park   |
| Mar 20      | 12:30pm  | Rattle 'n Roll: Movies for Mommies & Babies 'P.S. I Love You' | Kiwanis Theatre           |
| Mar 23      | 8pm      | J.P. Cormier  | Mary Webb Centre          |
| Mar 23-25   | -        | Chatham-Kent Home & Garden Show                               | Bradley Convention Centre |
| Mar 24      | 6:30pm   | Indulgence at the Armoury                                     | Chatham Armoury           |
| Mar 24 & 25 | 9-2pm    | Spring Craft Show   | Blenheim Family Cafe      |
| Mar 30      | 7pm      | A Taste of Lambton-Kent                                       | U of Guelph (Ridgetown)   |
| Mar 31      | 7-9pm    | Relay for Life for Champion Scott Woods                       | Glad Tidings Church       |

Happy Easter from

# CK Child

## {April 2012}

|           |             |   |                           |
|-----------|-------------|---|---------------------------|
| Apr 4     | 6:30pm      | Sydenham Field Naturalists Annual Dinner  | Balloon Golf Club         |
| Apr 4     | -           | Roses for Rotary (Order Deadline: Mar 27) | Portuguese Club           |
| Apr 6     | TBA         | C-K Easter Egg Festival                   | Bradley Convention Centre |
| Apr 12    | 7pm         | 10th Annual Parade of Chefs               | Club Lentina              |
| Apr 14    | 5:30-9:30pm | Furball Fete                              | Moose Lodge (Chatham)     |
| Apr 14    | 8pm         | Just for Laughs Road Show                 | Capitol Theatre           |
| Apr 14    | 6pm         | Titanic: The Dinner                       | Chatham Armoury           |
| Apr 18-21 | 7pm         | UCC Production of Les Miserables          | UCC (The Pines)           |
| Apr 21    | 9-3pm       | Wallaceburg Crafters Show & Bake Sale     | Wallaceburg Kinsmen       |
| Apr 22    | TBA         | 1st Annual Grounded in the Arts           | Bradley Convention Centre |
| Apr 27    | 7pm         | Windsor Symphony Orchestra                | Mary Webb Centre          |



Interested in finding out about the programs & activities that will be available this Summer for your kids? Check out our new website at [ww.ckchild.ca](http://ww.ckchild.ca) this May as we will now feature information on various summer day camps, programs, etc!



Offering a program or activity to kids this summer? Send us the details at [ckchildmag@gmail.com](mailto:ckchildmag@gmail.com)

# What to Do, What to Do

Happy Mother's Day from

# CK Child

## {May 2012}

|           |         |   |                           |
|-----------|---------|---|---------------------------|
| May 1     | 5-9pm   | Right to Life Kent's 38th Annual Banquet      | St Mary's Hall            |
| May 4     | 7pm     | Only Make Believe                             | PURE's Black Box Theatre  |
| May 5     | 1 & 7pm | Only Make Believe                             | PURE's Black Box Theatre  |
| May 5     | 7pm     | 'Lights. Camera. Fashion.' Teen Fashion Event | Chatham Chrysler Building |
| May 6     | 2 & 8pm | Concert for the Kids - The Tribute Series     | Capitol Theatre           |
| May 13    |         | HAPPY MOTHER'S DAY                            |                           |
| May 19    | 9-3pm   | Wallaceburg Crafter's Show & Bake Sale        | Wallaceburg Kinsmen       |
| May 25    | 8pm     | Concert for the Kids - The Tribute Series     | Capitol Theatre           |
| May 25-27 | -       | Retrofest                                     | Downtown Chatham          |

Please Note: We list as many events that cater to family & parents as possible & confirm details as best we can. However, it may occur from time to time that an event may change so we always recommend confirming details before making plans. For details, visit [www.ckchild.ca](http://www.ckchild.ca). If you know of an upcoming event you would like us to list, please email us at: [ckchildmag@gmail.com](mailto:ckchildmag@gmail.com)



## Relay For Life in Chatham June 15-16, 2012 Chatham-Kent Athletic Complex

For more information visit  
[www.relayforlife.ca](http://www.relayforlife.ca)  
or call the Chatham-Kent Unit (519) 352-3960



[www.relayforlife.ca](http://www.relayforlife.ca)

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